



## Attend the hirewestern Career Fair on January 31 & February 1!

Meet with more than **100 employers** at the **two-day** Winter Career Fair, taking place in the **Mustang Lounge (UCC)** on January 31 and February 1 from **10 a.m. to 3 p.m.** Attending employers are excited to share the full-time, part-time, and work integrated learning opportunities in their organizations.

Our two-day fair allows for more space and greater access to employers which we hope will improve the experience for all attendees. The Fair is open to all graduate and undergraduate Western and Affiliated University College students, as well as alumni and London community members. No registration required.

Check out who's attending and discover tips to help you prepare!

[Visit careerfair.uwo.ca](https://www.uwo.ca/career/careerfair)

## Events on Campus

**JAN 23**

### Rocheoke

Come to the Spoke every Tuesday starting at 8 p.m. for Rocheoke, karaoke with a live band instead of an audio track! Everyone who sings a song on the Spoke stage will be entered into a weekly \$50 gift card draw!

[Learn More](#)

**JAN 24**

### Careers in Federal Government Day

Learn about opportunities to work in the public service at Careers in Federal Government Day! This virtual event will take place this Wednesday from 11 a.m. to 4 p.m.

[Register](#)

**JAN 25**

### Rekindle the Flame - Burnout & Recovery

Join your classmates virtually every Thursday from 11 a.m. to 12 p.m. for the Wellness Hub - a peer-to-peer support group discussing various topics that impact students! This week we will discuss strategies to use when experiencing burnout.

[Register](#)

**JAN 25**

### Holocaust Remembrance Day Ceremony

Join us in the Mustang Lounge to honour the lives lost during the Holocaust. We will light candles, hear from distinguished speakers and welcome special keynote speaker Rev. Dr. David A. R. Clark. RSVP required. Light food & refreshments will be provided.

[RSVP Here](#)

**JAN 31**

### Shoot for the Cure Women's Basketball

Shoot for the Cure is the U SPORTS Women's Basketball breast cancer fundraising initiative that raises money for the Canadian Cancer Society and other related local and provincial charities. Join us for tip off at 6 p.m. at Alumni Hall. Western students get in FREE with valid Western ONECard

[More Info](#)

**FEB 6**

### Networking for Career Acceleration

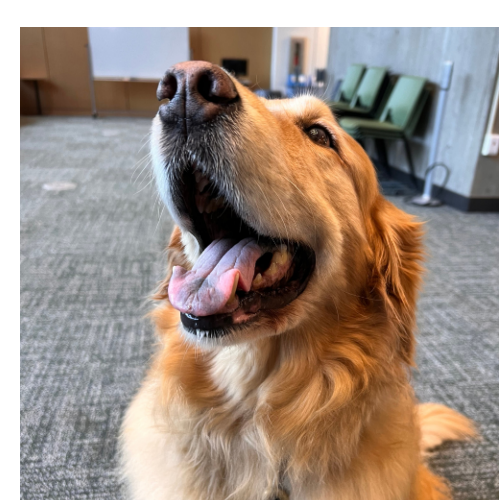
Join Western Alumni and the LEDC online from 12 to 2 p.m. as career expert Steve Dalton shares research-backed frameworks for building a strong professional network to accelerate your career.

[Sign Me Up](#)

[See All Events](#)

## Campus Life

### PHOTO SPOTLIGHT: THERAPY DOGS



Thanks to everyone who dropped by our January Therapy Dogs event. Mark your calendars for our special Valentines Pups session on February 14!

[Learn More](#)

### THE GAME PLAN FOR NETWORKING



With the Career Fair and many other networking events just around the corner, Amy's sharing some networking tips in the latest Thrive Online blog to help you prepare!

[Read Amy's Blog](#)

## WESTERN WELLNESS

The Canadian Mental Health Association is back this semester offering **virtual after hours crisis appointments** on Thursdays from 5 - 9 p.m. To book an appointment, email [campus@cmhntv.ca](mailto:campus@cmhntv.ca)

**For the Love of Art & Education** - As part of Consent Action Week, the Gender-Based Sexual Violence Prevention Education team is providing students with **free art therapy kits**. Art is a powerful tool for healing and coping with difficult emotions. **Register to request your kit!** The last day to register is Friday, January 26. \*One per student, while supplies last.

The **Survivor Workshop Series** is back offering support for survivors of gender-based violence. This session will explore navigating intimacy, how to learn about your own needs & set boundaries. **Register** to join us on Thursday, January 25 from 2 to 3 p.m.

\*Refreshments will be served & self-care kits will be offered to participants.

## MUSTANGS MINUTE

Come out and cheer on your Mustangs as regular seasons wind down and playoffs begin soon! **Admission is FREE** with valid Western ONECard. Concessions are available.

**Mustangs Men's and Women's Basketball** teams play vs Queens on Fri, Jan 26 at 6 p.m. (W) & 8 p.m. (M) and vs Ontario Tech on Sat, Jan 27 at 6 p.m. (W) & 8 p.m. (M) at Alumni Hall. Jan 27 is also Seniors Night, celebrating our basketball graduating student athletes.

**Men's Hockey** plays Fri, Jan 26 vs Laurier & Sat, Jan 27 vs Waterloo | 7 p.m. at Thompson Arena.

**Women's Hockey** plays vs Waterloo on Sat, Jan 27 | 3 p.m. at Thompson Arena.

[See full sports schedules!](#)

Follow [@WesternMustangs](#) on TikTok for behind the scenes with all of our Mustangs teams or [@WesternMustangs](#) on all other platforms for game day info and team coverage.

## GET INVOLVED

- Help incoming students feel welcomed at Western by joining a Soph team! **Applications for all Soph teams are open now.** Learn about joining the [Off Campus](#), [Charity](#), [Residence](#), and [Faculty](#) teams.
- Western Libraries Undergraduate Research Awards** - Want to win \$1,000 for one of your course assignments? Submit your application in four easy steps.
- Join **Learn2Thrive**, a holistic 10-week group that will help you discover strategies and academically.
- Become an EDID Champion!** Join fellow students, staff and faculty and advocate for creating inclusive spaces and places at Western University.
- Get involved in Black History Month by attending **Our Joy Matters: Resilience, Reclamation and Affirmation** with special guest speaker Dr. Andrew B. Campbell (DR. ABC) on January 26. [Learn more & reserve your spot here!](#)

## STUDENT LIFE

- Registration for **Esports tournaments** is open until January 30, 2024! Tournaments are one-day only and include Super Smash Bros. Ultimate, Overwatch 2, Counter-Strike 2, Rocket League (Duos), Fortnite, Teamfight Tactics. [More info & register here!](#)
- Attend a **Multiple Mini Interview (MMI) prep session** (running) January 29-February 1 to practice for evaluations commonly used for health-related professional school admissions.
- Research Support** - Take advantage of personalized, one-on-one research help from library experts. Book a consult or stop by Weldon Tuesday-Thursday from 11 a.m. to 3 p.m. for drop-in support.
- New to Campus Rec?** Visit the **Western Campus Recreation Orientation** webpage, video tour and self-guided walking tour which outline the various programs, services, and specifics that will help to orient you to all that Western Rec has to offer!

## IMPORTANT DATES

- Jan 31:** Deadline to apply for relief against a final grade in a Fall/Winter first-term course.

[See More Dates](#)

## HOT TAKE

**Group Projects: Love em' or Hate em'?**

[Vote Now](#)

Results from our last poll: Which do you prefer?

**In-Person Classes 70%**  
Online Classes 30%

## Follow us on social



Have feedback or want to share your story? Email us at [WhatsUpWestern@uwo.ca](mailto:WhatsUpWestern@uwo.ca)