



Happy New Year, Welcome Back!

Welcome back, Mustangs! We hope you all had an amazing and restful holiday break. As you return to campus and dive into the second half of the academic year, don't forget to prioritize your well-being. Western offers a wide range of health and wellness supports to help you throughout your academic journey. Reach out if you need support!

[Wellness Supports](#)

Events on Campus

JAN 11

Western Heads East Intern Panel

Join us from 4 to 5 p.m. in the Chu Centre in the IGAB to learn about the impact Western Heads East interns had on the interns and communities they worked with in East Africa.

[Register](#)

JAN 12

Leadership Fair

Join us for the Leadership Fair on Friday, January 12 between 10 a.m. and 3 p.m. in the Weldon Library Community Room to learn about opportunities to get involved on campus.

[Learn More](#)

JAN 15

Therapy Dogs

They're back! De-stress and hang out with the St. John Ambulance therapy dogs on Monday, January 15 from 1:30 to 3 p.m. in the Weldon Library Community Room. No registration required, open to the entire Western community.

[More Info](#)

[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: WESTERN LIBRARIES UNDERGRADUATE RESEARCH AWARD WINNERS 2023



Five undergraduate students are the first to win a Western Libraries Undergraduate Research Award (WLURA) for their outstanding research.

Award recipients, Sarah Al-Saoud, Katarina Jovanovic, Richard Martinez Loyola, Caitlin E. Mungall, and Amber Yixuan Wu (pictured above), come from a wide range of disciplines across Western.

[Learn More](#)

SIDELINE SYMPHONY: WESTERN MUSTANG BAND WRAPS UP SUCCESSFUL SEASON



For the fall 2023 season, the Western Mustang Band showcased not just musical talent but also a remarkable spirit of unity and resilience.

Known for their dynamic performances and strong sense of community, the Western Marching Band's season this year was a symphony of unforgettable moments and camaraderie.

[Read More](#)

WESTERN WELLNESS

Did you know you can access partially or fully-funded dietitian services in Health & Wellness through your student health plan? [Gut Health Dietitian](#) offers 1:1 nutrition counselling for a wide variety of nutrition conditions including general healthy eating, digestive conditions, eating disorders, hormonal conditions, chronic disease, sports nutrition, and specialized diets. Meal planning and custom nutrition plans are also available. [Learn more at \[health.uwo.ca\]\(http://health.uwo.ca\)](#).

The [Wellness Hub](#) is a unique well-being learning experience where students come together to foster connection, self-identity, belonging and empowerment, while discussing relatable mental health topics. Starting January 18 with "Your Guide to Self-Care", running virtually every Thursday from 11 a.m. to 12 p.m. Join your peers as they explore self-care essentials, burnout and recovery, mastering mindset for lasting habits and more! [Learn more or register](#).

There are [new mental health group care sessions](#) running this term. Visit uwo.ca/health for more info and to find support with your peers, facilitated by counsellors.

MUSTANGS MINUTE

The [Western Mustangs Ringette](#) team are back-to-back Canadian University Ringette champions, winning the gold medal on December 31, 2023. They also won this championship in 2022. Congratulations Mustangs!

Come out and cheer on your Mustangs this New Year! **Admission is FREE** with valid Western ONECard. Concessions available.

- [Mustangs Men's](#) and [Women's Basketball](#) teams play vs Toronto on Fri, Jan 12 at 6 p.m. (W) and 8 p.m. (M) and vs TMU Sat, Jan 13 at 6 p.m. (W) and 8 p.m. (M) at Alumni Hall
- [Men's Hockey](#) plays Fri, Jan 12 and Sat, Jan 13 vs Nipissing at 7 p.m. at Thompson Arena
- [Women's Hockey](#) plays vs Ontario Tech on Sat, Jan 13 at 3 p.m. at Thompson Arena

[View 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

- Attend our [Career Workshops](#) to learn about career-related topics including developing a strong resume and cover letter, how to network effectively, setting up your LinkedIn profile, and more!
- Employers are still recruiting for Summer 2024 and beyond, and they want to meet you! Check out the [organizations](#) hosting [information sessions](#) this month.
- Looking for an internship? Want to experience a new culture? Applications for the [Western Heads East](#) program are now open! Apply by January 15 for Summer 2024.
- Are you interested in going abroad in 2024/25? Apply now! Many [International Learning Applications](#) close January 15! [Learn more at \[goabroad.uwo.ca\]\(http://goabroad.uwo.ca\)](#).
- [Strengths at Western](#) is running a workshop series to help you learn about your unique talents and how you can use them to be successful during your time at Western. Registration to any workshop includes access to the CliftonStrengths assessment!
- Upgrade your LinkedIn profile with [free professional headshots](#) available now in the Careers & Experience office! Available Monday to Friday from 8:30 a.m. to 4:30 p.m. in UCC 210.

STUDENT LIFE

- **Get ready...Soph apps are coming!** Apps for all teams will open Friday, January 12. Follow [Student Experience](#), [Housing at Western](#), and the [University Students' Council](#) on Instagram to learn more.
- **The USC Election Season kicks off January 15!** [See key dates and more details.](#)
- [Western Esports Intramurals](#) - Registration is now open for Esports (League of Legends & Valorant) Winter Intramurals. Space is limited, so register early as a team or as an individual.
- [Recreational Sports Clubs](#) are back in action starting January 21 and some of them still have memberships available. Registrations are on a first come, first serve basis and there are no waitlists, so make sure to take a look at our [registration website and sign up now!](#)
- Visit [Western Campus Recreation](#) to see [January hours and orientation programming](#). New for 2024: Curious how to use a piece of equipment in the WSRC the you're not familiar with? Check out our new [Equipment Guide](#). Staff-made videos of how to use the different pieces of equipment, grouped by muscles. Or feel free to ask any of our Campus Recreation staff members for help.
- Start the term off strong with [Learning Development & Success presentations](#) on topics including time management and effective learning in STEM courses.

IMPORTANT DATES

- **Jan 16:** Last day to add or drop a second-term half (0.5) course or second-term full (1.0) course. Courses dropped by this date will not appear on a transcript. *Courses dropped after this date will appear on a transcript with a grade of "WDN" (withdrawn, without academic penalty).*
- **Jan 22:** Deadline for applications for graduation: In Absentia February Convocation.

[See More Dates](#)

HOT TAKE

As classes resume, we want to know what's your preference?

Online Classes OR In-Person Classes

[Vote Now](#)

Have feedback about What's Up Western? Vote on your favourite sections, share content ideas and tell us what you want to see in these emails!

[Provide Feedback Here!](#)

Follow us on social



Have feedback or want to share your story? Email us at WhatsUpWestern@uwo.ca