



SDG Week Canada is March 4-8!

SDG Week Canada is a national collaboration from March 4 - 8, to increase awareness and engagement with the 17 UN Sustainable Development Goals (SDGs) on university and college campuses. Western Sustainability will be hosting a number of events throughout the week, open to the entire Western community!

[See all SDG Week Events!](#)

Events on Campus

MARCH 7

Rooted Resilience: Eco-distress and Messy Hope Discussion

As part of SDG Week, Western Sustainability is pleased to host the Eco-distress & Messy Hope Discussion in collaboration with event moderator, Dr. Lesley Gittings. This event will create space for dialogue and reflection around the variety of emotions people may be feeling in relation to climate change.

[Register](#)

MARCH 8

The Role of Empathy and Vulnerability in Leadership

Join us online to explore the importance of empathy and vulnerability in effective leadership. Terri Givens will be our guest speaker, author of "Radical Empathy: Finding a Path to Bridging Racial Divides," and Professor of Political Science at McGill University and formerly the CEO of the Center for Higher Education Leadership.

[Learn More](#)

MARCH 9

Igniting Change: Empowering Women's Health, Education & Employment

All undergraduate and graduate students are invited to engage with expert speakers from Western and participate in a case competition focused on women's health, education and empowerment worldwide. Join us March 9 from 10 a.m. to 3 p.m. in the Weldon Library Community Room.

[Learn More](#)

MARCH 12

De-stress Fest

Enjoy some snacks and de-stressor activities, learn about available student supports, and hang with the **St. John Ambulance Therapy Dogs!** Join us on Tuesday, March 12 from 1 to 3:30 p.m. in the Weldon Library Community Room. No registration required, see you there!

[More Info](#)

MARCH 12

Outside of the Shadows: Addressing Stalking in Canada

In this interactive presentation, women's rights advocate & stalking survivor **Julie S. Lalonde** will lead a discussion on the reality of criminal harassment in Canada. Join us virtually at 3 p.m. via zoom.

[Learn More](#)

MARCH 13

hirewestern Ability Accessible Employment Forum

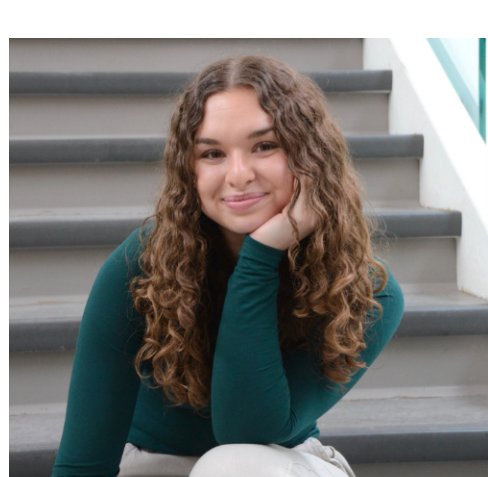
Join us on March 13 from 5:30 to 8 p.m. to network with employers and hear a keynote address from Stephanie Cadieux, Chief Accessibility Officer for the Government of Canada. Attendees will be entered in a draw to win an Apple iPad or 1 of 4 \$100 gift cards!

[Register](#)

[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: CONGRATS EMILIE KALAYDJIAN!



Congratulations Emilie Kalaydjian, the new incoming Western USC president for the 2024-2025 school year!

Thank you to every candidate who put their name forward, the students who volunteered on campaigns, and especially everyone who voted in the USC Election 2024.

[Read More](#)

THRIVE ONLINE: MY FAVOURITE CAMPUS EATS



Ammanat shares her favourite campus eats in the latest Thrive Online blog.

Whether you are craving a filling meal, a quick snack, or even a fresh drink there are so many options on campus.

Find your next food spot today!

[Read Ammanat's Blog](#)

WESTERN WELLNESS

The Wellness Hub is running Thursdays from 11-12 p.m. virtually on Zoom. Topics include: goals & dreams, bouncing back from failure, mastering emotional regulation, and self-compassion. [Register here!](#) **You are free to join whatever sessions you are interested in!*

Struggling with anxiety? **Anxiety 101** is a mental health workshop that offers practical knowledge and skills to address anxiety symptoms and learn how to cope. Running Wednesday, March 13 from 1:00 - 2:30 p.m. Email health@uwo.ca to register.

The Survivor Workshop Series: Moving Forward with Intention will encourage participants to consider ways to engage in self-growth while living in a society that still stigmatizes experience of gender-based and sexual violence. Participants will explore self-empowerment and how to exist within a society that perpetuates rape culture, patriarchy and misogyny. [Register to join us](#) on Thursday, March 7 from 2 to 3 p.m.

MUSTANGS MINUTE

The Mustangs Track & Field team won double banners at the OUA Provincial Championships on Feb 23-24. First time in history that Western has won for both Men and Women in the same year.

Two student athletes who won gold medals at the T&F championships also set new OUA Records:

- Kenneth West - Men's Long Jump (OUA Record) & Men's Triple Jump (OUA Record)
- Favour Okpali – Women's 600m (OUA Record).

The Western Mustangs Ringette team won their Provincial Championship over the weekend, taking the Gold medal on Sunday. This is the third time the team has won the provincial championships; they also won the national championship in 2023.

Visit [Western Mustangs](#) for more information about results and upcoming competitions.

[See Full Sports Schedule](#)

GET INVOLVED

- Participate in [Student Experience Communications Focus Groups](#) on March 20 and receive a \$25 Western Hospitality gift card. Food and refreshments also provided. [Learn more here!](#)

- Applications for many [Western Peer Leader roles](#) are still open! Learn how you can get involved on campus this summer and next academic year.

- **Interested in working part-time on campus next year?** Stop by the [USC Job Fair](#) on March 14 from 10 a.m. to 3 p.m. in the UCC Atrium! Ask questions about student-government roles like AVPs and Coordinators or bring your resume for the chance at an in-person interview for the Spoke or the Wave.

- Promote Inclusivity, Impress Employers, and Drive Positive Change with the **Office of Equity, Diversity, and Inclusion's FREE certificate programs:** Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.

STUDENT LIFE

- **Purple Fest is back!** Join the USC March 22 (QUAVO) & March 23 in the Mustang Lounge. March 23 artist to be announced this week! Stay tuned to [Western USC](#) on social.

- **Check out workshops** from [Career Education](#), [Learning Development & Success](#), [Strengths at Western](#), and the [Writing Support Centre](#) this month!

- If you are an undergraduate student graduating in 2024 or 2025 and have a piece of academic coursework that received an A grade or equivalent, you could earn international recognition by submitting it to [The Global Undergraduate Awards!](#)

- **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.

- **Attend employer information sessions** to learn about internship/co-op, summer, and new grad opportunities. See all events on [Western Connect](#).

IMPORTANT DATES

- **March 7:** Last day to withdraw from a second term half (0.5) course, or a second term full (1.0) course resulting in a grade of 'WDN' (withdrawn, without academic penalty). Course withdrawals after this date will appear on a transcript with a grade of 'F'.

[See More Dates](#)

HOT TAKE

Which sustainable ride rules your campus commute?

Biking, walking, or hopping on public transit

[Vote Now](#)

Results from our last poll:
Reading Week Vibes...

Staying Home 78%
Travelling 22%

Follow us on social



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