



International Week is November 20-24!

Get ready for a week of exciting events and activities with a focus on diversity, intercultural learning and global perspectives. From keynote speakers on timely topics to cultural performances and opportunities to connect with other students, faculty and staff, International Week is full of options to learn, explore and have fun!

Highlights:

- [Western Goes Global Cultural Showcase and Kick-off Event](#)
- [Global Café: Special Edition with President Shepard](#)
- [Power and Global Health Day](#)
- [Virtual Go Abroad Fair & In-person Sessions](#)
- [Passport Contest](#)
- And so much more!

[Join the app](#) to get the full schedule and join the Passport Contest!

[International Week Details](#)

Events on Campus

NOV 13-16

GIS Days

Celebrate Geographic Information Systems (GIS) Nov 13 to 16 alongside community leaders at this free, online/in-person event. Presentations will be in the form of 7-minute lightning talks, live digital mapping demonstrations, and tutorials.

[Learn More](#)

NOV 14

De-Stress Fest

Enjoy some snacks and de-stressor activities, learn about available student supports, and hang out with the St. John Ambulance Therapy Dogs! Join us on Tuesday, November 14 from 2:30 to 4:30 p.m. in the Weldon Community Room.

[More Info](#)

NOV 15

Battle of the Bands

Don't miss USC's Battle of the Bands at the Spoke on Nov 15 at 8 p.m. Watch four incredible bands compete and vote on your favourite to help them secure the top prize! This year's line up includes: Beef, Basement Carousel, Fransislav, and Tower Lane.

[Follow USC](#)

NOV 20

Western Goes Global Cultural Showcase

Join us on Nov 20 from 4 to 7 p.m. in Mustang Lounge (UCC) to kick off International Week with amazing music, cultural performances, fun activities, delicious food and more!

[More Info](#)

NOV 21-23

PurpleWeek

PurpleWeek has a variety of programming that will run November 21-23, with events such as Beer Fest, puppy yoga, drag show, hypnotist, sex toy bingo, and a finale concert with headliner NAV!

[Learn More](#)

NOV 24

Learn to Lead Summit

Develop vital leadership skills and enhance your resume through the Learn to Lead Summit, taking place Friday, November 24. Learn more & register below!

[Register](#)

[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: MUSTANGS WIN YATES CUP!



The Western Mustangs are the 115th OUA Yates Cup provincial champions, winning 29-14 on Saturday over the Laurier Golden Hawks; giving them a three-peat; winning 3 years in a row!

[Game Recap](#)

NEW SAFE SPORT MEASURES



Laura Misener (Photo Source: Western Communications)

Western is introducing new safe sport commitments to support student-athletes, including the appointment of Laura Misener on Safe Sport.

[Read More on Western News](#)

WESTERN WELLNESS

Western Wellness Hub

Co-created by students for students, Western Wellness Hub's 'Navigating Change' is designed to help you manage all of the challenges that come with university life. Running virtually on Thursdays from 11 a.m. to 12 p.m. This week's topic is Overcoming Imposter Syndrome.

Future topics include: Perfectionism, Growing Through University, How to Pivot, and College to Career.

Feel free to join all or even some of the topics that you are interested in.

*Participation is micro-credential approved!

[Register Now](#)

HIV Self-Testing Kits

HIV Self-Testing Kits are now available for pick up at Western's Health & Wellness Services. Download the 'I'm Ready, Test' app to get started, click to order a kit, and stop by the Health & Wellness clinic to grab it. For more info, visit [readytoknow.ca](#).

MUSTANGS MINUTE

Congratulations to **Ibrahim Saadi**, Mustangs Men's Soccer team, who received a top Ontario University Athletics award for soccer as he was named [OUA West Rookie of the Year](#), as well as a First Team (West) All-Star.

And congratulations to **Ramiro Wentzel**, Mustangs Men's Rugby team who was named [OUA Rookie of the Year](#).

Mark your calendars! Mustangs [Men's](#) and [Women's](#) Volleyball season starts on Friday, November 17. [Admission is FREE](#) for Western students.

2023 Championship Results:

Congratulations to the Western Mustangs **Men's Lacrosse** team who are [National Champions!](#) - they won the Baggataway Cup National University Championship.

Congratulations to the **Mustangs Football** team who won the 115th Yates Cup. See Photo Spotlight for [more info!](#)

Congratulations to the Mustangs **Women's Soccer** team who won the [OUA Bronze Metal](#) and came in 5th in the country at the U Sports National Championships this past weekend.

GET INVOLVED

- **Explore Your Strengths** - Take a deeper dive into your individual strengths and learn how to apply them to your personal and professional development. Sessions take place every Wednesday in November (15, 22, 29) from 12:30 to 1:30 p.m. in UCC 210. [Register Now!](#)
- **Writing Support Centre Seminar Series: Professional Writing** - Learn about writing cover letters, personal statements, and more. Series take place November 20 to 23, learn more at [writing.uwo.ca](#).
- Discover how principles of life design can help you design a life you want. Explore the [Design Your Western digital career workbook](#) and chat with life design experts in the UCC Atrium on November 14, 21, and 28 from 10 a.m. to 3 p.m.
- Looking for an internship? Want to experience a new culture? Applications for the **Western Heads East** program are now open! [Apply Now](#) for Summer 2024!

[See More Dates](#)

STUDENT LIFE

- **Soph leadership apps are now open!** Help support incoming students during OWeek 2024 by applying to join the [Faculty, Residence and Brescia, Off-Campus](#), or [Charly Soph](#) teams in a leadership position.
- We want to hear from you! Complete our [Student Experience Communications Survey](#) and share your feedback to help us better serve you!
- **Standard First Aid and CPR-C Certification** is available at the Western Student Recreation Centre.
- Interested in using nutrition to hit your peak performance? Check out this **Nutrition Education Seminar** which offers nutritional education on sports performance. Spaces are limited. [Register now!](#)
- With finals around you! drop into the [PAL Centre](#) for course-specific tutoring and help creating your study schedule.

IMPORTANT DATES

- **Nov 13:** Last day to withdraw from a first-term half (0.5) course or a first-term full (1.0) course resulting in a grade of "WDN" (withdrawn, without academic penalty).
- **Nov 30:** Last day to withdraw from a full (1.0) course and half-year (0.5) course resulting in a grade of "WDN" (withdrawn, without academic penalty).

[See More Dates](#)

HOT TAKE

Campus is beautiful year-round, but which season is MORE Instagram worthy?

Favourite Season on Campus: Fall vs Winter

[Vote Now](#)

Results from our Reading Week Poll: What's your favourite thing to do during Reading Week?

Relax/Recoup 43%
See Family/Friends 32%
Travel 14%
Study 11%

Follow us on social



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