



Western's Inaugural Fall Pride Parade

Show your pride and be a part of history at Western's Inaugural Fall Pride Parade! On **Tuesday, October 17 at 11:30 a.m.**, let's come together on **Concrete Beach** (Outside UCC) to celebrate love, unity, and the 2SLGBTQIA+ community.

This event is all about embracing diversity and promoting an inclusive environment for everyone. Share the love, and let's make Western's first ever pride parade unforgettable!

[Pride Parade Details](#)

Events on Campus

OCT 17

Halloween Movie Night

Join the USC on Concrete Beach (Outside UCC) for a spooky double-feature, free of charge. The lineup is *Corpse Bride* at 7 p.m. and *Us* at 9 p.m. Hot chocolate, popcorn, blankets, and comfy seating will be provided.

[Follow USC](#)

OCT 19

Barbie Party at The Wave

On Thursday, October 19 dance the night away at the USC's Barbie Party! Come to The Wave (Inside UCC) from 10 p.m. to 1 a.m. for a Barbie-themed dance party with a DJ, pinktastic decor and more. Get tickets in advance or at the door!

[Get Tickets](#)

OCT 21

Mustangs Football Throwback Game

The Mustangs Football team will play the only other undefeated team in the OUA - the Laurier Golden Hawks - for our Mustangs Football Throwback game on Saturday, October 21 at 1 p.m., at Western Alumni Stadium.

[Learn More](#)

OCT 26

Global Café

Join Western International every Thursday from 3 to 5 p.m. in the IGAB Atrium for Global Café. This week's activity will be pumpkin carving! This weekly event is a great way to meet new people from all over the world and is open to all students.

[Learn More](#)

OCT 26 & 27

Graduate & Professional School Fair

Join us in the Mustang Lounge (UCC) from 10 a.m. to 3 p.m. Thursday and Friday to explore options to continue your education. Don't miss your chance to speak with recruiters from Canada and abroad.

[Learn More](#)

OCT 27

Intro to Your Strengths

Learn about leveraging your unique talents at Western and beyond. Join this in-person workshop from 12:30 to 1:30 p.m. in the Weldon Library Community Room.

[Register](#)

[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: THERAPY DOGS



The St. John Ambulance Therapy Dogs visited campus on October 11 to offer some stress relief as we head into midterm season.

Did you miss them? Don't worry, they'll be back November 14!

[Learn More](#)

MY TOP 5 STUDY SPOTS ON CAMPUS



Exploring Western for the perfect study spot? Look no further! Vianne's got your back in the latest Thrive Online blog.

Check out her handpicked list of five on-campus study spots you need to try.

[Read Vianne's Blog](#)

WESTERN WELLNESS

Survivor Workshop Series

These newly implemented group sessions are designed to foster a sense of community in a non-judgmental, inclusive environment for survivors of gender-based violence. Join us as we explore topics that intimately impact survivors, such as self-care, pleasure, coping, and normalizing unique healing experiences. **The first session is Thursday, October 19.** Learn more and register by visiting uwo.ca/health.

CMHA After-Hours

The Canadian Mental Health Association has after-hours **mental health counselling** appointments available for Western students from **5 to 9 p.m. Monday** (in-person, on campus) **and Thursday** (virtual). [Email CMHA](#) to set up an appointment.

Explore mindfulness resources and programs offered through Learning Development & Success. Try [Guided Practices](#) such as a 3-minute breathing exercise, self-compassion break and more.

MUSTANGS MINUTE

The **#1 nationally ranked Western Mustangs Football team** won against the Toronto Varsity Blues at the Saturday Night Lights game over the weekend, to stay undefeated at 7-0 on the season.

2023 OUA Provincial Championship Results: [Mustangs Men's Tennis](#) won Silver and Ashton Cross from Men's Tennis won OUA Player of the Year. [Mustangs Men's Golf](#) won Silver and Lexie McKay, Women's Golf, won an individual silver medal.

Read the full [Weekly Recap](#) of Mustangs sports.

Mustangs Hockey Season has started! Come out and see some incredible hockey. The [Mustangs Men's team](#) play at home on Wed, Oct 18 vs TMU and Thurs, Oct 19 vs Toronto, both at 7 p.m. The [Mustangs Women's team](#) play their home opener on Fri, Oct 20 at 7 p.m. vs TMU. All games are at Thompson Arena.

Admission is FREE for Western students for all sports teams' regular season home games with valid Western ONECard. [See full schedule.](#)

GET INVOLVED

- Applications are open until October 29 for [CEOx1Day](#), which offers students the opportunity to learn from and network with some of Canada's top CEOs and CHROs.

- Looking for a fun way to get involved at Western, meet new people from around the world and help promote diversity and global learning on campus? [Join the International Week Volunteer Team!](#) Support events and promotions during International Week (November 20-24). **Apply by October 27!**

- [Writing in the Disciplines Seminar Series](#) - Learn tips to write effectively for specific audiences. Running October 23-26.

- 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.

- [Participate in Diversity Western](#): A Study on Black Lived Experience at Western.

STUDENT LIFE

- Are you a first year student? **Share your OWEEK feedback** with us! [Submit your response](#) by October 17 at 11:59 p.m.

- Feel confident heading into midterm season** by accessing academic supports from [Learning Development & Success](#) and the [Writing Support Centre](#). You can also drop in the [Peer Assisted Learning \(PAL\) Centre](#) for course-specific tutoring.

- Interested in trying one of the following sports: **Aikido, Artistic Swimming, Curling, Jump Rope, Karate or Roundnet?** These Western Recreational Sports Clubs still have some space for new members for the Fall. [Sign up now!](#)

- Western Campus Recreation** will have adjusted hours for Fall Reading Week. [View them here.](#)

- Want to know how many people are currently using the **Fitness Centre** at Western Campus Recreation? Follow [@WesternWeightRm](#) for timely updates and usage stats, to help you plan your visit.

IMPORTANT DATES

- Oct 18-20:** Autumn Convocation
- Oct 30-Nov 5:** Fall Reading Week
- 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)

[See More Dates](#)

HOT TAKE

With midterms just around the corner, which type of exam do you prefer?

Multiple Choice OR Essay Questions

[Vote Now](#)

Results from our Library Poll: Your favourite library is...

Weldon 44%

Taylor 27%

Law 14%

Business 9%

Music 6%

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