

### **Fall Reading Week**

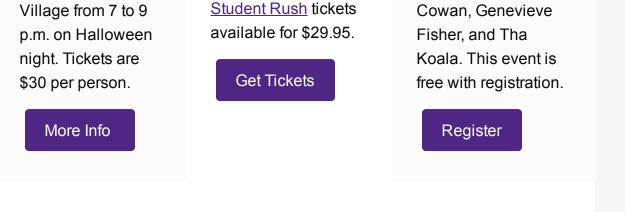
Can you believe it's already Fall Reading Week? Congrats on making it more than halfway through the Fall term. Whether you're using the break to catch up on course material or winding down from the buzz of midterms, we've got you covered!

Many of our supports and services are available during Reading Week, ensuring you will continue to have access to academic support, career guidance, wellness services, sports & recreation and more.

If you are staying in London this week, we've also included some local London events in this newsletter to help you take a well-deserved study break!

### **Events in London During Reading Week**

OCT 31	NOV 1-4	NOV 4
The	Kim's	The
Abandoned	Convenience	Songwriters'
Village	Playing at the Grand	Sessions
Fanshawe Pioneer	Theatre until Nov 4,	The London Music
Village and	Kim's Convenience is	Office and the Words
ByronScaryHouse	a relatable story for all	Festival present the
present another	families, Ins Choi's	Songwriters'
performance of	award-winning play -	Sessions at Museum
"The Abandoned	that inspired the	London from 4 to 6
Village". See five	beloved hit TV show	p.m., featuring
spine chilling	of the same name - is	performances by
haunted houses at	a modern Canadian	Carla Luna White,
Fanshawe Pioneer	classic. Same-Day	Willem James



### **Events on Campus**

### NOV 4

Mustangs Football Semi-Final Playoff

### Mustangs Football play at home in the OUA semi-final playoffs. It's a mustwin game vs Queens, Saturday, November 4 at 1 p.m. at Western Alumni Stadium. <u>Tickets are still</u>

#YouGottaBeThere

available.

Get Tickets

NOV 7-10

### Wampum Learning Lodge 1st Anniversary

"The Wamp" is turning one year old this November, and that means it's time to celebrate. Join the Office of Indigenous Initiatives from November 7 to 11 to honour the Lodge with a week of learning, sharing, and growing community.

### **NOV 8**

### Strengths 2.0: Career Exploration

Take a deeper dive into your individual strengths and learn how you can use them to find the right career pathway for you. Join us on November 8 from 12:30 to 1:30 p.m. in UCC 210! Registration includes access to the CliftonStrengths assessment.

Register

## See All Events

Learn More

### **Campus Life**

### PHOTO SPOTLIGHT: LONDON FALL HIKING TRAILS

### 8 PLACES TO VISIT IN LONDON DURING FALL READING WEEK





As the leaves change colour and the temperatures drop, now is the perfect time to get some fresh air and exercise while enjoying the beautiful trails that London has to offer.

Check out five hikes in London to keep you active this fall!

Read More

Staying in London during Fall Reading Week? Amy's got you covered in our latest Thrive Online blog with eight places you need to visit!

Read Amy's blog to see all eight ideas.

Read Amy's Blog

### WESTERN WELLNESS

#### Vaccine Clinic

Health and Wellness Services is holding a walk-in vaccination clinic **November 6 to 10**, Monday to Thursday from 9 a.m. to 5 p.m. and Friday from 9 a.m. to 1 p.m. in the **Thames Hall atrium**. Vaccines available: Influenza (flu) and COVID-19 (recently approved booster dose). Individuals can choose to receive both vaccinations at the same time. Learn more at <u>uwo.ca/health</u>.

Join Man|Made, a 5-session discussion group designed to help male-identifying students learn how to be a part of creating a safer campus culture here at Western. Facilitated by Anova, topics include discussion about masculinity, healthy relationships, and sexuality. To learn more, or register visit manmade.uwo.ca.

#### Be Kind to Me

On Mondays starting November 6, Be Kind to Me: an Intro to Mindful Self-Compassion mental health group care will be running from 1:30 to 3:00 p.m. This four-week group will incorporate skills of mindfulness and self-compassion through hands on activities, to help enhance emotional resilience. <u>Read more or register today</u>!

### MUSTANGS MINUTE

Mustangs Basketball Season starts this week! Both home openers are on Tuesday, Oct 31 versus the Windsor Lancers at Alumni Hall. <u>Women's team play</u> <u>at 6 p.m.</u> and <u>Men's team play at</u> <u>8 p.m.</u> Concessions are available.

<u>Women's Soccer</u> play in the provincial semi-final playoffs this Wed, Nov 1 at home, on Mustangs Field. Come out and cheer them on!

<u>Men's Lacrosse</u> are 9-1 in their regular season and play in the Baggataway Cup this upcoming weekend in Peterborough.

Admission is FREE at regular season home games with valid Western ONECard.

2023 Championship Results:

#### Mustangs Women's Cross-

<u>Country</u> took home 1st place at the OUA Provincial Championship on Saturday.

### **Mustangs Women's Lacrosse**

won the Patterson Cup, coming in first at the OUA Provincial Championship.

<u>Mustangs Softball</u> won silver at the 2023 OUS Provincial Softball Championship.

### <u>Mustangs Men's and</u>

<u>Women's Rowing</u> won silver at the 2023 OUA Provincial Championships.

### **GET INVOLVED**

• Looking for something to do in London? <u>Tourism</u> London's events calendar lists the best in upcoming concerts, festivals, theatre, fun for all ages, sporting events, food events, and much more. There's always something going on in the forest city!

### **STUDENT LIFE**

- Looking to hone your study skills over the break? Meet with the <u>Learning</u>
   <u>Development & Success</u> team for personalized
- <u>Book an appointment</u> with a Career Coach over Reading Week to discuss any careerrelated topics or questions you may have.
- Learning Development & Success Workshop Series: Get Motivated - Get back into gear after Reading Week with this series running November 6 to 8.
- Writing Support Centre Seminar Series: Exploring Different Genres - Learn about writing annotated bibliographies, essay exams, and more November 6 to 9.
- Promote Inclusivity, Impress Employers, and Drive Positive Change with the Office of Equity, Diversity, and Inclusion's <u>FREE</u> <u>certificate programs</u>: Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.

### **IMPORTANT DATES**

- 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

supports. Get ahead on your written assignments or presentations prep by working with the <u>Writing</u> <u>Support Centre experts</u>.

- Pickup books anywhere this Reading Week! Did you know you can request books to and from 16 universities across Ontario or walk in to a partner library, pick from the shelves, and check out using your Western ONECard. The same goes for returns - drop off books at any partner library. Learn more about <u>Pickup Anywhere</u>!
- Western Campus
  Recreation is OPEN with
  adjusted hours for Fall
  Reading Week. <u>View hours
  of operation and
  programming information</u>.
- Drop-in Sports and Fit Lane Swim programming is offered daily at the Western Student Recreation Centre (Campus Recreation). Open to all Western students with valid Western ONECard.

### **HOT TAKE**

What's your favourite thing to do during Reading Week?

Study, Travel, See Friends or Family, Relax/Recoup

#### Vote Now

Results from our midterm poll, which type of exam do you prefer?

Multiple Choice 85% Essay Questions 15%

### Follow us on social



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

# Western StudentExperience