

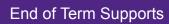
What's Up Western Grad Students





You've Got This, Mustangs!

Can you believe it's almost the end of another term? Congrats on making it this far, Mustangs! Remember that Western has a wide range of academic and wellness supports available to grad students to help you through your academic studies.



Events on Campus

April 9 & 23

April 10

Art Unwind (R & Art)

McIntosh Gallery, in collaboration with Campus Recreation and Wellness & Well-being, invites you to Art and Unwind—a drop-in art activity promoting relaxation and creativity! Join us in the Western Student Recreation Centre atrium for art and painting in a welcoming space. No experience is needed—just come, create, and enjoy. Wellness staff will be available for support, with optional facilitated conversations. Drop-in or preregister.

More Details

April 10

April 25

SOGS Study Hall

SOGS Study Hall is happening on April 10 from 10 a.m. to 12 p.m. We will have Dr. Maggie Kubow there to offer professional writing support. This is a writing jam session. Spots are limited. Coffee and tea will be provided.

Register for Study Hall

International Career Coaching Drop-In Session

Meet with an international career coach in the Western International office every Thursday from 2 to 4 p.m. Get support with resume building, job searching, career planning, networking, experiential learning, and more. No appointment is necessary - just drop by to connect!



April 16 & 17

Nachos & Board **Games and Trivia**

Check out two upcoming events at the Grad Club. Nachos & Board Games is happening on Wednesday, April 16, at 7 p.m. - register to attend. Drop by Themed Trivia: Childhood Nostalgia and TV shows (1990s-2010s) on April 17 at 7 p.m.

SOGS Events

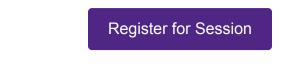
April 25

Scholars to Leaders

Are you a doctoral student wondering where PhD graduates can find work beyond academia? Do you want to hear from those who have successfully found non-academic jobs and learn about their experience with job searching, applications, interviews, and getting comfortable in an unfamiliar work environment? Join us for an online panel discussion with PhD alumni who have walked this path and found success in diverse fields.

Income Tax Info Session for International **Students**

Western International is hosting a workshop to help international graduate students navigate the Canadian tax system. Topics include residency status, benefits of filing, required documents, and how to file using UFile. Join us on April 25 from 1 to 3 p.m. via Zoom.



See All Events

Campus Life

Learn More

WESTERN NEWS: Western PhD student cultivates new audiences with classical, avantgarde musical style



Rashaan Allwood, composer-in-residence at New Music Concerts, is acknowledged by artistic director Brian Current at the premiere of Allwood's newest composition "Black Ice", part of NMC's 54th season. (Dahlia Katz/New Music Concerts)

PhD candidate Rashaan Allwood is making waves in classical and avant-garde music as the composer-in-residence at New Music Concerts. From his experimental composition *Black Ice* to social media performances of historical Black composers, Allwood blends tradition and innovation to engage new audiences.

Read Full News Story

GET INVOLVED

- The 125th Scholarship is due on April 15. SOGS has \$1,500 in scholarships for 2 Master's and 2 PhD. This scholarship is intended for members who pay more in tuition than they are funded. Awards are adjudicated based on financial need, academic merit, research excellence, and community involvement.
- The SOGS <u>Financial Support Subsidy Program</u> (Winter 2025 Term) applications are due on April 30. Learn more & apply today!
- SOGS VP, Non-Exec and Community Advocate (Commissioner) elections will take place at SOGS April Council on April 24. Learn more at sogs.ca/elections. Nominations are due via email to the speaker@sogs.ca by April 15 at 11:59 p.m.
- Reminder: the deadline to add 2024-25 activities to your Co-Curricular **Record** is April 30. Don't miss the opportunity to highlight your experiences

outside of the classroom! Learn more.

- Looking to get more involved on campus? Explore opportunities with the <u>Western Peer Leader program</u> – positions are still recruiting for Summer 2025 and Fall/Winter 2025-26.
- Summer Intramurals Registration will open on Monday, April 14 at 8 a.m. ٠ Summer Intramurals are open to all, not just registered students. Watch for more details in the coming weeks at <u>@Western_Rec</u>.
- Interested in becoming a certified swim instructor? Western Campus Recreation is offering the Lifesaving Society Swim For Life Program April 9-12-gain hands-on teaching experience, stroke development techniques, and certification to teach Swim for Life programs.

GRAD STUDENT LIFE

- Stay on top of grad school with <u>GRADUpdATE</u>—your monthly dose of tips and strategies for success. In our April issue, we discuss and share some tips of receiving feedback.
- Access grad life coaching for support navigating your holistic journey through graduate school at Western.
- Employers are still recruiting for this summer (and beyond)! Check out listings on Western Connect and get resume/CV support from Career Education.
- <u>Move Your Mood Yoga</u> offered free almost daily throughout April! Check out the <u>schedule</u> and join us when you can.
- To better support students and the community, Western International is streamlining its services and transitioning the International and Exchange Student Centre (IESC) name to International Student Services.
- Western Summer Accommodations Looking for somewhere to stay in London over the summer? Have a visitor in need of a room? Reserve a space with Western Summer Accommodations. Short- and long-term stays available, open to the Western community and their referred guests.
- Heading out of Canada for the summer? Remember to check that your <u>Duo</u> MFA account has other options enabled (not just your phone number for texts or calls) to ensure you can access Western services!
- Spring cleaning? Donate items to the new Free Store at Western! To get our Free Store up and running, we are only collecting items at this time. Items must be clean and in good condition. Learn more!



INSPIRING MINDS: Anastazia Csegeny

Anastazia Csegeny, PhD candidate in Media Studies, Faculty of Information & Media Studies, researches how caregivers use graphic novel memoirs to represent their experiences. Her work explores how comics reshape narratives of disability, illness, and trauma, highlighting the power of visual storytelling in caregiving.

Read About Anastazia's Research

WESTERN WELLNESS

Join us for Wellness Groups & Events this month:

- Queer Connections Thursday, April 17 from 2:30 to 4:00 p.m. A 90-minute group for 2SLGBTQIA+ students, offering discussion, support, and connection on topics that matter to the community. Email health@uwo.ca to register.
- Self-Defense Training Course May 5, 6, 7 9 a.m. to 1 p.m. Join this free, three-day course to learn practical self-defense techniques that require no special skills. Open to all female and non-binary members of the *Western community.* This trauma-informed program, led by the Western Special Constable Service and Student Experience's GBSV Prevention Education team, focuses on personal safety, awareness, risk reduction and avoidance. Register & learn more here!

Reach out for support when you need it. Mental health counselling appointments are available for all students - Monday to Thursday from 9 a.m. to 7 p.m., and Friday from 9 a.m. to 4:30 p.m. Some same-day and next-day appointment slots are available—call 519-661-3030 to book an appointment.

Measles cases are on the rise in Canada, including recent exposures in the Middlesex-London region. Visit the Middlesex-London Health Unit for exposure site details and guidance. If you believe you have been exposed, isolate and contact your care provider before seeking care so that proper precautions can be put in place. If you are looking to get vaccinated, Student Health & Wellness Services can help—book an appointment today.

Wellness & Well-being

OWN YOUR FUTURE

Upcoming Workshop: LinkedIn Lunch & Learn

Did you know that many companies actively use LinkedIn for recruiting? LinkedIn is a powerful job search tool, if used right. Learn how to optimize your profile, build your professional network and make LinkedIn an asset in your job search.

Date: Tuesday, April 15, 2025 **Time:** 12:00 to 2:00 p.m. Location: International and Graduate Affairs Building, Room 1N05

Register for Workshop

IMPORTANT DATES

- April 2: Final date for master's candidates to complete the preliminary thesis submission to finish the degree within the winter term and be eligible for the June Convocation.
- April 23: Final date for thesis examination for doctoral and master's candidates to complete the degree within the winter term and be eligible for the Spring Convocation.
- April 30:
 - Grade submission deadline for winter term grades for students wishing to graduate at Spring Convocation.
 - Deadline for doctoral and master's candidates to submit the thesis for examination to SGPS to be eligible for Thesis Defense Only status for the summer term.
 - Final thesis submission deadline for students wishing to graduate at the Spring Convocation.
 - Winter term ends.

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



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Western StudentExperience