

## Have you checked out the new GradLife website yet?

It's your one-stop hub for everything related to graduate student life at Western — from career development and academic support to housing, finances, social life, and more. Designed based on student feedback, the site makes it easier to find the programs, resources, and support you need to thrive. Take a look and bookmark it for the year ahead!

Visit the GradLife Website

## Events on Campus

August 6, 13, 20, 27

### Western Farmers Market

Stop by Kent Drive every Wednesday from 10 a.m. to 2 p.m. to pick up fresh produce, flowers, baked goods and other local treats. A food truck will also be on site if you're looking to grab a quick lunch between classes or research sessions.

Farmers Market

August 14

### SOGS Study Hall

SOGS Study Hall is happening on August 14 from 11 a.m. to 1 p.m. in the Grad Club. Coffee and tea will be provided at this writing jam session. Come get some work done and meet other grad students! Register below to join us.

Register for Study Hall

August 14

### Art + Green Tour

Take a break, connect with nature, and explore campus while learning about Western's sustainable features and artistic pieces.

Art + Green Tour

August 23

### SOGS Squid Games

Join the SOGS Graduate Peer Support Committee for Summer Squid Games —a high-energy day of outdoor games, friendly competition, and fun. Sign up solo or as a team of five (\$5 per player) and compete in challenges like tug of war, water balloon dodgeball, and academic jeopardy. The event runs from 10 a.m. to 4 p.m. on Saturday, August 23 at the HSB Practice Fields. Pizza lunch, refreshments, and prizes for the top three teams included!

SOGS Squid Games

See All Events

## Campus Life

### WESTERN NEWS: Western PhD students and postdocs named Vanier Scholars, Banting Fellows



Western's five newest Vanier Scholars (top row, L to R) Christina Ji, Reforce Okwe, Ella Doornaert. (Bottom row, L to R) Ananya Srivastava and Naser Ahmed. (Image design: Rob Potter/Western Communications)

Seven Western researchers are recipients of the prestigious 2025 [Vanier Canada Graduate Scholarships](#) and [Banting Postdoctoral Fellowships](#).

Read Full News Story

## GET INVOLVED

- Get involved this fall with the **Western Peer Leader program**. Many opportunities are still accepting applications, including Peer Wellness Advocate, Career Education Peer Advisor, and more. [Check out open postings](#).
- Relax, recharge, and refocus with drop-in meditation through **weekly Mindful Moments**. Wednesdays from 12 to 12:30 p.m. in UCC 38B until August 20.
- Complete the Anti-Oppression Certificate Program** - Navigate systems of oppression and reflect on stereotypes affecting equity-deserving groups. Become an ally, build compassion and learn how to create inclusive places and spaces at Western.

## GRAD STUDENT LIFE

- Stay on top of grad school with **GRADUpdATE**—your monthly dose of tips and strategies for success. In the [August Issue](#), we discuss reflective journaling.
- Access [grad life coaching](#) for support navigating your holistic journey through graduate school at Western.
- The event calendar on Western Connect includes upcoming opportunities to **connect with employers** interested in hiring Western students. [Check it out](#).
- Summer's a great time to check in on your career goals. [Chat with a career coach](#) to plan your next steps!
- SOGS Summer 2025 Subsidy portal** is open — Deadline is August 31. Learn more at [sogs.ca/subsidies](#).
- Come for a workout at Western Campus Recreation this summer**. The Western Student Recreation Centre includes a pool, fitness centre spaces, equipment rentals (many are free), lockers, squash courts and more. [View virtual orientation](#) to the space.

## INSPIRING MINDS: Marina Emerick



Marina Emerick, PhD candidate in Neuroscience, is exploring how music and non-invasive brain stimulation can improve walking ability in people with neurological conditions. Her research examines how rhythmic cues and brain stimulation influence the way we move, aiming to support better mobility and independence. Marina's work could lead to more effective, accessible rehabilitation strategies for those living with movement challenges.

Read About Marina's Research

## WESTERN WELLNESS

### Lunch & Learn: Boundaries Workshop

Join the Wellness & Equity Education team for the final session in the Lunch & Learn summer series, focused on understanding and communicating personal and professional **boundaries**. Learn practical skills to help foster safer, healthier relationships in and out of the workplace. The workshop runs on **Thursday, August 14 from 12 to 1 p.m.** in the Weldon Library Community Room, light snacks provided. [Read workshop description](#).

Register for Workshop

Reminder: Student Health & Wellness Services are open Monday to Friday, from 9 a.m. to 4 p.m. during the summer (excluding holiday closures).

You can book an appointment to meet with a doctor, case manager, or mental health counsellor. [Mental health counseling](#) is also available virtually for students, whether you're on campus or not!

## GRADCAST: Check out the official podcast of the Society of Graduate Students (SOGS)



[GradCast](#) is the official podcast of the Society of Graduate Students (SOGS) at Western, showcasing the research and experiences of graduate students. New episodes drop every Tuesday, featuring a different grad student guest.

In this episode, hosts **Anthony Cruz** and **Riya Sidhu** interview **Anthony Tannous**, an incoming PhD student in Physical Therapy. Anthony is going to study whether robotic surgical assistants can improve patient satisfaction while saving healthcare dollars. Tune in for a look at how technology might reshape recovery—and the healthcare system.

Listen to the GradCast Episode

## IMPORTANT DATES

- August 22:** Final date for thesis examination for doctoral and master's candidates to complete the degree within the summer term and be eligible for the October Convocation.
- August 29:**
  - Grade submission deadline for summer term grades for students wishing to graduate at Autumn 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 fall term.
  - Final thesis submission deadline for students wishing to graduate at the Autumn Convocation.
- August 31:** Summer Term Ends

Have feedback or want to share your story? Email us at [WhatsUpWestern@uwo.ca](mailto:WhatsUpWestern@uwo.ca)



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