



## You've got this, Mustangs!

Can you believe it's almost the end of the fall 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 the end of the term.

[End of Term Supports](#)

## Events on Campus

**Dec 3**

### Coffee Day for United Way

On Tuesday, December 3 support United Way by purchasing a large or extra-large coffee at any of these on-campus locations: Tim Horton's, Einstein's, DaVinci's, Chambers Cafe, Talbot Eatery, and All Residence Dining Halls. Every coffee sold from open until 3 p.m. will go toward supporting the United Way.

[United Way](#)

**Dec 4**

### EDIDA Strategic Plan Launch

Join the Office of EDI as we launch Western's first Equity, Diversity, Inclusion, Decolonization and Accessibility (EDIDA) Strategic Plan! Learn more about Western's strategic priorities and how we can create a more inclusive campus together.

[Register](#)

**Dec 5**

### Therapy Dogs

De-stress with the St. John Ambulance Therapy Dogs one last time before exams! The pups will be in the Weldon Community Room on Thursday, December 5 from 1:30 to 3 p.m.

[Learn More](#)

**Dec 6**

### National Day of Remembrance & Action on Violence Against Women

Join us at 10 a.m. as we commemorate the lives lost at L'Ecole Polytechnique Montreal. Dr. Lauren Tribe and Dr. Opiyo Oloya will be speaking about how we can remember and take action.

[Learn More](#)

**Dec 7**

### Indigenous Winter Market

Shop for the holidays while supporting 20 incredible local Indigenous creators, artisans, and entrepreneurs. Plus, enjoy a coloring table with designs by Urban Iskewew, Hawlii Pichette!

[Learn More](#)

**Dec 9-13**

### 5 Days of SOGSmas

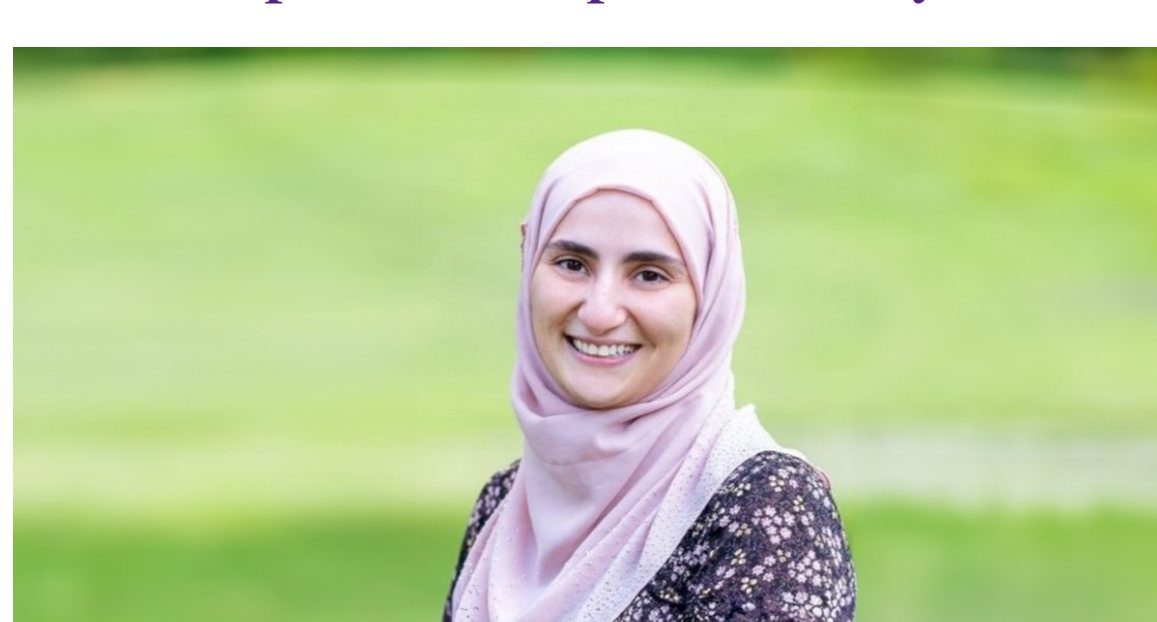
Join SOGS for a week of Christmas holiday-themed events from December 9-13! Celebrate the season, have fun with your peers, and get a chance to win prizes. Register to participate and be entered to win one of three SOGS holiday gift baskets (valued at \$75+ each).

[Learn More](#)

[See All Events](#)

## Campus Life

### WESTERN NEWS: Western PhD candidate studies impact of smartphone use in youth



Sarah Alakshar harnesses the power of digital tools to address youth mental health. Her ultimate goal is to improve mental health resources and support systems worldwide. (Submitted)

Western PhD candidate Sarah Alakshar's research focuses on the impact of smartphone usage on youth mental health, aiming to develop ethical and effective digital health platforms. Her work combines citizen science and systems science to better understand smartphone behaviours and improve access to mental health resources. Alakshar advocates for creating digital tools that empower youth to manage their well-being while promoting responsible and informed use of technology.

[Read Full News Story](#)

### INSPIRING MINDS: Lisa Macklem



Lisa Macklem, PhD candidate in Law, focuses her research on digital content delivery, intellectual property (IP), and the entertainment industry, with an emphasis on access, copyright and technology. She advocates for Canadian policies that more holistically support creators, users and owners, addressing the tension between broadcasting regulations and creator support. Her work also explores the public interest in copyright, the impact of Canadian laws on creators, and the evolving role of digital media in modern culture.

[Read More](#)

## GET INVOLVED

- Registration is open for **Winter Intramurals!** League space is limited, and registration is first come, first served. There is a wait-list option. [See the full list of sport options and register!](#)
- Registration is open now for **Winter Recreational Sport Clubs.** A Western Campus Recreation Sport Club is a sanctioned group established by students who share a common interest in a particular sport or physical activity. Sport Clubs provide instruction and skill development, student leadership opportunities, and/or competition. Space is limited, [register today!](#)
- Unwind and recharge with **FREE Glow & Flow Yoga** on Friday, December 6 at 8:30 p.m. in the Western Student Recreation Centre (WSRC). Glow bracelets will be provided. Yoga Mats available. This session is designed for all skill levels, no prior experience needed. [Registration is required](#), space is limited.
- Wellness and EDI Trainings & Workshops** - Check out upcoming [Wellness](#) and [EDI](#) workshops on campus covering various topics, including Wellness Reset, Mental Health Skill Building, Conflict vs Harassment, Digital Defense, and more!
- Climate & Sustainability Strategy Survey** - Join the conversation! Participate in the campus-wide input survey until December 7 for a chance to win a \$100 gift card to the Dellelce Family Bookstore!

## GRAD STUDENT LIFE

- Stay on top of grad school with [GRADUpdATE](#)—your monthly dose of tips and strategies for success. In our [December issue](#), we offer tips on staying focused, productive and balanced during the holiday season.
- [Surviving Graduate School!](#) - Join us virtually on December 9 from 10:30–11:30 a.m. to explore strategies for success in graduate school, including motivation, time management, well-being and writing tips.
- [Mindfulness for Academic Success](#) is a 6-week in-person program designed as an introduction to mindfulness and meditation practices. Reflect on how being more mindful can help you succeed as a graduate student.
- Looking for something to do? Check out the [SOGS event calendar](#) for events and activities like the weekly trivia, fresh air Fridays and more!

## WESTERN WELLNESS

### Reach out for support when you need it!

Mental health counselling appointments are available 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 also available—call **519-661-3030** to book an appointment.

Join us for our final two **Wellness Groups & Workshops** of the fall term!

- Anxiety 101 – December 11**  
This 90-minute workshop explores what anxiety is, why it happens, and how to manage it with practical strategies.
- Queer Connections – December 12**  
A 90-minute group for 2SLGBTQIA+ students, offering discussion, support, and connection on topics that matter to the community.

[Learn More & Register](#)

The Health and Wellness Clinic will close early on Wednesday, December 18 at 1:00 p.m. and on Thursday, December 19 at 5:00 p.m.

**Health & Wellness Services** will not be open during Western University closure, from Dec 23 to Jan 2. For crisis supports during this time, visit [uwo.ca/health](#).

## MUSTANGS MINUTE

The Mustangs Athlete Student Council (MASC) and Mustangs Care recently partnered with the Boys and Girls Club of London at the "Spark Symposium," offering local students hands-on learning in Health and Wellness. Mustangs athletes' dedication to volunteering highlights their community spirit and strengthens ties with London. [Full article.](#)

Mustangs teams are on the road in December but will be back in action starting early in the new year. Check out the full Western Mustangs sports schedule to see what's happening every week and come cheer on your Mustangs!

[Sports Schedule](#)

Admission is free for Western students to all regular season home games with valid Western ONECard.

For more info, follow [@WesternMustangs](#).

## OWN YOUR FUTURE

### Upcoming Workshop: Dissertation Writers' Retreat

Remove yourself from daily distractions and focus your time exclusively on dissertation writing! The Dissertation Writers' Retreats provides PhD candidates with dedicated time for intensive writing. Participating in the retreat can help you make significant progress in writing your dissertation and help establish good writing habits.

Coffee, tea and snacks will be provided in the morning and afternoon, along with lunch at the Grad Club. Please make every effort to clear your calendar and commit to attending the full retreat.

**Date:** December 17 & 18

**Time:** 9:30 a.m. to 4 p.m. EST

**Location:** Dr. David S. H. Chu International Student Centre, International and Graduate Affairs Building (IGAB)

**Eligibility:** PhD candidates working on their dissertation

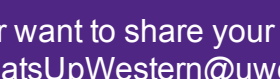
**Hosted by:** Dr. Magdalena Kubow, Senior Writing Advisor - Writing Support Centre

[Register Now](#)

## IMPORTANT DATES

- Dec 16:** Final date for thesis examination for doctoral and master's candidates to complete the degree within the fall term and be eligible for the February In-Absentia Convocation.
- Dec 20:** Grade submission deadline for fall term grades for students wishing to graduate at the February In-Absentia 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 winter term. Final thesis submission deadline for students wishing to graduate at the February In-Absentia Convocation.
- Dec 31:** Fall term ends

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



Western University 2024  
1151 Richmond Street, London Ontario, N6G 3K7