



Welcome Back, Mustangs!

We hope you had a restful break and are ready to start the Winter term feeling recharged. To help kickstart your success in 2025, join us at the **Graduate Student Resource Fair** tomorrow, **January 7** to learn about the many services and supports available to you.

Between 12 – 1:30 p.m., meet representatives from campus units including the Writing Support Centre, Wellness & Well-being, the Society of Graduate Students, Western International, and more.

[Graduate Resource Fair](#)

Events on Campus

Jan 6

Kindred Spirit Exhibit

Visit Weldon Library from January 6 to March 26 to explore an exhibit showcasing a collection of handcrafted book art and celebrating the life and work of Lucy Maud Montgomery, the beloved author of *Anne of Green Gables*. Drop by the exhibit's launch event on January 10, 6-8 p.m., at the Weldon Community Room!

[Learn More](#)

Jan 8

Pow Wow Fitness for Everyone

Join Lisa Hill from Moccasin Flow for a high-energy, full-body workout blending Big Drum beats, Zumba moves, and uplifting steps. Held at the Wampum Learning Lodge on January 8 and 22 from 6 to 7 p.m.

[Learn More](#)

Jan 15

Life Design Seminar Series

Learn strategies for designing a meaningful life and career through this 3-part seminar series starting January 15 at 5 p.m.

[Learn More](#)

Jan 20

On Being Bold: Inspiring Climate Action & Sustainability

Join the conversation on January 20 from 3 to 5 p.m. in the McKellar Room for a keynote and panel discussion on Western's new climate and sustainability strategy.

[Learn More](#)

Jan 21

Careers in Federal Government Day

Learn about opportunities to work in the public service at Careers in Federal Government Day online on January 21, from 11 a.m. to 4 p.m. (EST)

[Learn More](#)

Jan 23

Therapy Dogs

The first therapy dog visit of the year takes place on Thursday, January 23 from 1:30 to 3 p.m. in the Weldon Library Community Room.

[Learn More](#)

[See All Events](#)

Campus Life

WESTERN NEWS: 10 winter reads by Western faculty and alumni



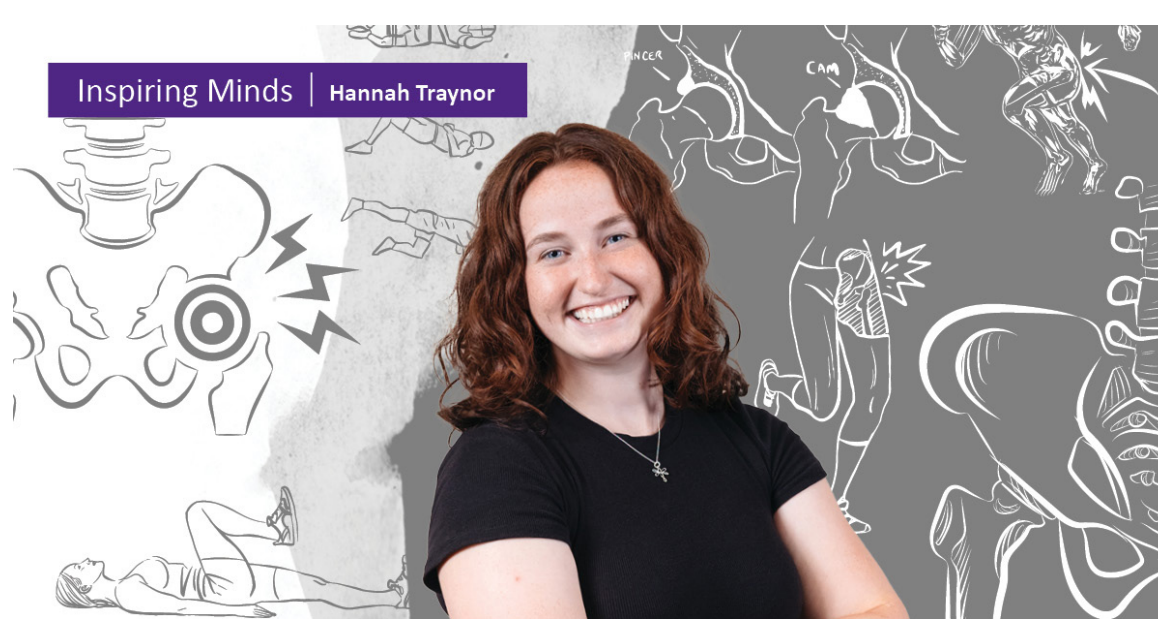
Ten winter reads, written by Western faculty members and alumni. (Image design: Julide Cakiroglu/Western Communications)

With winter here, what better time to cuddle up with a cup of cocoa and a good book?

Western News suggests the ten titles by faculty and alumni, from history, hockey and current events to politics, poetry and picks for the kids.

[Check Them Out](#)

INSPIRING MINDS: Hannah Traynor



Hannah Traynor, MSc candidate in Anatomy and Cell Biology at the Schulich School of Medicine & Dentistry, studies hip impingement, a condition affecting one in four young adults. Using medical imaging, she examines how hip muscles differ in those with and without impingement, aiming to improve understanding of its impact on joint health and early osteoarthritis.

[Learn More](#)

GET INVOLVED

- Attend the Secretariat's [Senate & Board of Governors Online Information Session](#) on Friday, January 10 to learn more about opportunities to serve on Western's Senate or Board of Governors. RSVP by January 8 to attend.
- Student Accessibility Advisory Committee (SAAC)** - Join SAAC to help enhance accessibility at Western and make campus programming more inclusive. [Applications are open](#) until January 24!
- Winter Intramurals** registration is open until January 13 at 11:59 p.m. Meet new people, enjoy friendly competition, compete for a coveted Purple Shirt, and learn a new skill. No sports experience is required. Space is limited, and registration is first-come, first-served. Wait-lists are available.
- Esports Intramural** registration is open now. Games include: League of Legends, Valorant and Rocket League (Duos). These intramurals are offered in collaboration with WEGA. More sign-up, eligibility, and specific date details are available on the website.
- Recreation Sport Clubs** winter term registration is open now. Sport Clubs provide instruction and skill development, student leadership opportunities, and/or competition. They are designed to enhance the Western University student experience and promote life-long learning and appreciation for physical activity, leadership, and service.
- Nominate someone who is championing positive change for the [Western Climate & Sustainability Awards](#) until January 31.

GRAD STUDENT LIFE

- Career workshops** are back this month with topics ranging from personal branding to using AI in your career plan. [See workshop dates and details.](#)
- 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.
- Get **free drop-in writing support** at Weldon Library! You can bring any academic or professional writing at any stage of the writing process for expert advice from our writing advisors.
- All students are invited to January's special **Winter International Student Orientation Global Cafe** events! Meet and connect with new and returning students from around the world.
- Western Campus Recreation** offers programs for all skill levels, including Group Fitness, Aquatics, Intramurals, Sports Clubs, and Drop-in Sports. Explore [video tours](#), self-guided walking tours, and equipment usage guides on our [Orientation page](#).
- New this term:** Visit the expanded **4th Floor Fitness Area** in the retrofitted Blue Gym on the 4th floor of the Western Student Recreation Centre (WSRC). This addition complements the original weight room on the main level, providing more capacity for campus workouts. [Learn more here!](#)
- Ready for independence but still want the conveniences, academic advantages and community of on-campus living? Limited spaces are available in [residence for upper-year students](#). Single room is guaranteed and meal plan is optional (except in Clare Hall).

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 available—call **519-661-3030** to book an appointment.

Join us for **Wellness Groups & Workshops** this month:

- Queer Connections - January 9 & 23 from 2:30 to 4 p.m.**
A 90-minute group for 2SLGBTQIA+ students, offering discussion, support, and connection on topics that matter to the community.
- Group for International Students - January 21 from 1:30 to 2:30 p.m.**
A group for international students to connect, share experiences, and find support. Topics and dates coming soon—snacks included!

Register by emailing health@uwo.ca. Learn more and view all wellness groups for the term below.

[Wellness Groups](#)

MUSTANGS MINUTE

Mustangs teams are back in action for January!

- Men's Hockey** play the York Lions on Thursday, January 9 at 7:00 p.m. at Thompson Arena
- Men's and Women's Volleyball** both play TMU Bold on Friday, January 10 with the women's game at 6 p.m. and men's at 8 p.m. Both games are at Alumn Hall
- Women's Hockey** take on the Toronto Varsity Blues on Friday, January 10 at 7:00 p.m. at Thompson Arena

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

With games and events on campus every week, check out the full Western Mustangs sports schedule to see what's happening each and every week and come cheer on your Mustangs!

[Sports Schedule](#)

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

OWN YOUR FUTURE

Upcoming Workshop:

Designing Your Career: A Workshop for Doctoral Students

Pursuing a PhD is about more than just earning a degree; it's about finding the right path for your life. Join Career Coach David Feeney for this interactive workshop where participants will:

- Adopt a proactive and innovative "Designer" mindset to embrace curiosity and explore multiple career possibilities
- Reflect on your values, interests, and strengths to create a purpose-driven career journey

Date: Thursday, January 23, 2025

Time: 10:30 a.m. to 12:30 p.m.

Location: International and Graduate Affairs Building (IGAB)

[Register Now](#)

IMPORTANT DATES

- Jan 1 (Beginning of Winter Term):** Winter term officially begins. Since this date does not necessarily coincide with the beginning of classes, students should contact their program for the specific date when courses start.
- Jan 10:** Due date for winter term tuition (first installment).
- Jan 16:** Grade submission deadline for fall term grades for continuing students.
- Jan 29:** Last day to provide proof of Permanent Residency to have winter term tuition fees reduced to the domestic rate.
- Jan 31:**
 - Last day to enrol in graduate courses starting in the winter term. Students who are not enrolled by this date cannot receive academic credit for the winter term.
 - Last day to declare an audit for a course starting in the winter term.
 - Last day to drop a graduate course beginning in the winter term without it appearing on the transcript. Students who drop after this date but before March 1 will receive a WDN on their transcript.

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

