



Summer is officially here!

As you tackle your summer studies, remember that many campus supports are available to assist you every step of the way. Visit the Student Experience website to learn more.

Student Experience

Events on Campus

July 9, 16, 23, 30

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

July 10

SOGS Study Hall

SOGS Study Hall is happening on July 10 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

July 11

Out on the Beach

Join the Office of Equity, Diversity and Inclusion for a vibrant outdoor celebration of Western's 2SLGBTQIA+ community and its allies, featuring music by DJ Nic Nemesis. Connect with others, explore community resources and recognize the achievements and resilience of 2SLGBTQIA+ individuals and communities. Everyone is welcome. **No registration required.**

Pride at Western

July 17

Global Café

Join Western International from 3 p.m. to 5 p.m. in the IGAB Atrium for Global Café. Meet people from around the world and learn about different cultures and experiences. This event is open to all students.

Global Café

July 20

London Pride Parade

March alongside fellow faculty, staff and students as we represent Western in the 31st annual Pride Parade, celebrating and honouring the 2SLGBTQIA+ community. Meet at the staging area between 10 and 11:45 a.m. to get ready, connect and enjoy some pre-parade fun, including face-painting. The parade kicks off at noon.

London Pride Parade

July 31

Lunch & Learn: Values Workshop

Join the Wellness & Equity Education team for the next session in the Lunch & Learn summer series, focused on exploring personal and professional **values** & their impact in the workplace. The workshop runs from 12 to 1 p.m. in the Weldon Library Community Room, light snacks provided. [Read workshop description.](#)

Register for Workshop

See All Events

Campus Life

WESTERN NEWS: Western researchers show nostalgia's influence on grooving to music



Western neuroscientists studied groove and its impact on how we move, tap our toes and dance. (Cottonbro/Pexels)

New research from Western neuroscientists reveals that nostalgia plays a powerful role in why we dance to certain songs—even more than simple familiarity. Discover why hits like *Tik Tok* and *Call Me Maybe* still get twenty-somethings moving.

Read Full News Story

GET INVOLVED

- Explore open opportunities with the [Western Peer Leader program](#) to gain experience and make an impact in the Western community. Positions still recruiting include Student Writing Advisors, Digital Peer Leaders, Employer Relations Volunteers, and more.
- 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.
- [FREE Beginner Yoga & Pilates](#) - this gentle class blends yoga and pilates to help you build strength, improve flexibility, and reconnect with your body in a supportive, beginner-friendly environment. Ideal for newcomers, those returning to fitness, or anyone seeking a calming, low-impact way to move. Running Mondays and Wednesdays at 5:30 p.m. in the summer.
- [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 [July Issue](#), we discuss goal tracking.
- Access [grad life coaching](#) for support navigating your holistic journey through graduate school at Western.
- On campus this summer? Drop by Careers & Experience in UCC 210 for a **free professional headshot!** The process only takes about 3 minutes. [Learn more.](#)
- Looking for something fun or relaxing to do? Head to the [Grad Club](#) for a study session, unwind on the patio, or join in on Karaoke Night, Trivia, and other great events. Visit [sogs.ca/events](#) for details!

INSPIRING MINDS: Carly Charron



Carly Charron, PhD candidate in Biology, is developing an innovative, plant-based edible vaccine to protect poultry from Salmonella—a major source of foodborne illness in humans. By engineering plants to produce the vaccine, her research aims to create a cost-effective, easy-to-administer solution for farmers, reducing infection rates in both birds and people. Carly's work could pave the way for greener, more accessible disease prevention in agriculture.

Read About Carly's Research

WESTERN WELLNESS

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 counselling](#) is also available virtually for students, whether you're on campus or not!

Wellness & Well-being



Western Mustangs Shine on the International Stage at 2025 FISU Summer Games

Many Western Mustangs student-athletes are representing Canada on the international stage this summer, including at the 2025 FISU Summer World University Games, taking place July 16–27 in the Rhine-Ruhr region of Germany.

Shona Branton, a fourth-year Social Sciences student and former Western Female Athlete of the Year, will compete in swimming at FISU, continuing her standout performances in the pool.

In rowing, Olivia Calbeck, a third year Science student, has been selected to represent Western and Canada in the Coxless Four event, building on the Mustangs' long-standing tradition of rowing excellence on the water.

In addition, a notable [twelve exceptional Western Mustangs](#) will represent Canada in Track & Field at FISU this summer, alongside coach Vickie Croley.

Looking ahead, the Mustangs community is proud to help bring the global spotlight home, as Western will serve as a host site for the [2026 FISU Rowing - World University Summer Games](#).

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 [Ryan Baxter](#) interview [Ince Husain](#), a PhD student in Neuroscience. Ince discusses her research on mapping the actions and impacts of the cerebellum, as well as her contributions to the London community as a local journalist.

Listen to the GradCast Episode

IMPORTANT DATES

- **July 18:** Final date for doctoral candidates to complete the preliminary thesis submission to finish the degree within the summer term and be eligible for the October Convocation.
- **July 24:**
 - Recommended deadline to submit to the School of Graduate and Postdoctoral Studies any request for a Change of Registration for the fall term (leave of absence, part-time status, transfer from master's to doctoral degree, intent to be eligible for TDO status etc.).
 - Recommended deadline to Apply to Graduate for Autumn Convocation.

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



Western University 2025
1151 Richmond Street, London Ontario, N6G 3K7