



New GradLife Website!

We heard from grad students that it was difficult to navigate the resources, programs and supports available at Western so we built a site to serve as a one-stop-shop for all things graduate student life.

With content including Career Development, Academics & Learning Support, Social Life, Housing & Finances, and more, we hope this website helps you feel connected and supported at Western.

[Visit GradLife.uwo.ca](https://www.westernu.ca/gradlife)

Events on Campus

March 5 & 19

Pow Wow Fitness

Join Lisa Hill from Moccasin Flow at the Wampum Learning Lodge for an energizing workout featuring 40 minutes of aerobic movement to pow wow music, followed by 15 minutes of yoga. Open to everyone—yoga mats provided!

[Pow Wow Fitness](#)

March 6

De-Stress Fest

Enjoy some snacks and de-stressor activities, learn about available student supports, and hang out with the St. John Ambulance Therapy Dogs from 1 to 3 p.m. in and around the Weldon Library Community Room. Can't make it? The pups are back April 3!

[De-Stress Fest](#)

March 6-9

Opera at Western: Die Zauberflöte (The Magic Flute)

Mozart's last and often deemed best opera is The Magic Flute. Bring your friends and enjoy discounted student pricing for all performances March 6-9, 2025.

[Opera Tickets](#)

March 7

Deeds Not Words: Exploring Genderwashing in Leadership

In honour of International Women's Day, the Faculty of Education invites you to a virtual panel on the phenomenon of genderwashing - where surface-level commitments to gender equity mask deeper, systemic inequalities.

[Learn More](#)

March 10

Leading with Strengths

Join us on March 10 from 2 to 3:30 p.m. for Leading with Strengths: A Conversation with **Erika Casupanan**, the first Canadian to win **Survivor** and proud Western alum! Learn how Erika leveraged her CliftonStrengths to navigate challenges, achieve success, and redefine leadership.

[Register Now](#)

March 11

Healthy Neurodivergent Relationships

Join Paige Layle for a keynote on navigating boundaries, connections, and relationship dynamics through a neuro-affirming lens. Open to all Western students, staff, and faculty, with a focus on neurodivergent students. **The first 50 attendees receive a swag bag**, and five grand prizes will be raffled!

[Register Now](#)

March 10

Leading with Strengths

Join us on March 10 from 2 to 3:30 p.m. for Leading with Strengths: A Conversation with **Erika Casupanan**, the first Canadian to win **Survivor** and proud Western alum! Learn how Erika leveraged her CliftonStrengths to navigate challenges, achieve success, and redefine leadership.

[Register Now](#)

March 11

Healthy Neurodivergent Relationships

Join Paige Layle for a keynote on navigating boundaries, connections, and relationship dynamics through a neuro-affirming lens. Open to all Western students, staff, and faculty, with a focus on neurodivergent students. **The first 50 attendees receive a swag bag**, and five grand prizes will be raffled!

[Register Now](#)

Featured Event: Western Day

Celebrate Western's founding 147 years ago with a sweet treat! Grab a free cookie on campus at the UCC Food Hub or Nucleus Food Hub (Nat Sci) on **Friday, March 7** at 11:30 a.m. or 1:00 p.m. (while quantities last). Show your purple & proud spirit by wearing purple and posting to social! Need new Western gear? The Dellelce Family Bookstore is offering 18.75% off storewide—but hurry, the sale ends Friday, March 7! (*Standard exclusions apply*).

[Western Day](#)

[See All Events](#)

Campus Life

WESTERN NEWS: Engaging Black youth to improve access to mental health services



Western PhD candidate Petra Owusu (Submitted photo)

Education PhD candidate Petra Owusu is engaging Black youth to improve access to mental health services and address the lack of race-based data in Canada.

[Read Full News Story](#)

GET INVOLVED

- The Society of Graduate Students presents the 39th annual **Western Research Forum: Interdisciplinary Research in the Digital Age** on Friday, March 14, at the Physics & Astronomy Building. This full-day event highlights research enabled by digital advancements, featuring keynote speakers, oral presentations, and 100 poster displays. Prizes will be awarded to top presenters!
- Join the **Shaping Sustainability Priorities: A Campus Conversation** virtually on March 7 from 1:30 to 3:30 p.m. to learn about what was heard through campus consultations so far, and share your input to continue shaping climate and sustainability priorities on campus.
- Take part in the **International Career Workshop Series** March 3-7. Learn about gaining Canadian work experience in this career workshop series tailored for international students.
- Did you know it's **Procrastination Awareness Week**? Learn time management and study strategy tips from institutions across Canada, including experts from Western! You'll also get the chance to connect virtually with other students.
- Your transcript only tells half the story; your Co-Curricular Record can help tell the rest. **The deadline to add activities to your Co-Curricular Record is April 30** through [Western Connect](#).
- Discover how the **Western Peer Leader program** can help you build valuable experience and develop transferable skills! Now recruiting for Summer 2025 and Fall/Winter 2025-26.

GRAD STUDENT LIFE

- Stay on top of grad school with GRADUPDATE**—your monthly dose of tips and strategies for success. In our **March issue**, we discuss meeting with your supervisor and how important and essential this step is in the research and writing process.
- Learn about writing annotated bibliographies, executive summaries and more with the **Writing Support Centre's upcoming seminars**.
- This month's **career workshops** cover topics like personal branding, setting up your LinkedIn profile, networking and more. [See all workshops](#).
- Join the **Office of EDI** for **new virtual workshops**, meant to deepen awareness within the Western community and equip students with essential tools to practice allyship and embrace core values of equity, diversity and inclusion.
- This month Western Campus Recreation will be offering a pilot program of **Women's Only and Men's Only Fitness hours** in the Blue Gym Fitness Centre space in the Western Campus Recreation Centre (WSRC).
- Western Campus Recreation is offering a new **Recreational Family Swim** on Sundays 9:30 a.m. - 11 a.m. Dates: March 16, 23 and 30, April 6, 13, 20 and 27. Please note, no recreational swim on March 9. Student members with valid memberships are FREE! There is a charge for friends and family members.
- Registration opens TODAY for **Western Intramural March Tournaments** in Badminton, Pickleball, Dodgeball, Futsal, Volleyball, Racquetball and Dodgeball. Space is also still available in the March Ice Hockey and Hockey Tournament. Tournaments will take place in late March - more details are available on the website. The goal is to provide a fun and friendly yet competitive environment for all players in a short tournament format.

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



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

In this episode, **Temitope Osifeso**, a PhD candidate in Physical Therapy, shares research on how firefighters manage shoulder injuries and what is needed for effective recovery. By interviewing firefighters across North America, the study explores potential gender differences and strategies to prevent and treat these injuries in a high-risk profession.

[Listen to Temitope's Episode](#)

WESTERN WELLNESS

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

- International Students Group - March 11 & 25 from 1:30 to 2:30 p.m.**
A group for international students to connect, share experiences, and find support. Topics: Dealing with Transitions and Change—snacks included! Email health@uwo.ca to sign up.
- Queer Connections - March 6 & 20 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. Email health@uwo.ca to sign up.
- Self-Defense Training Course - March 17, 18, 19 - 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!](#)

[Wellness & Well-being](#)



Congratulations to **Mustangs Women's Track & Field** who are back-to-back OUA Provincial Champions!

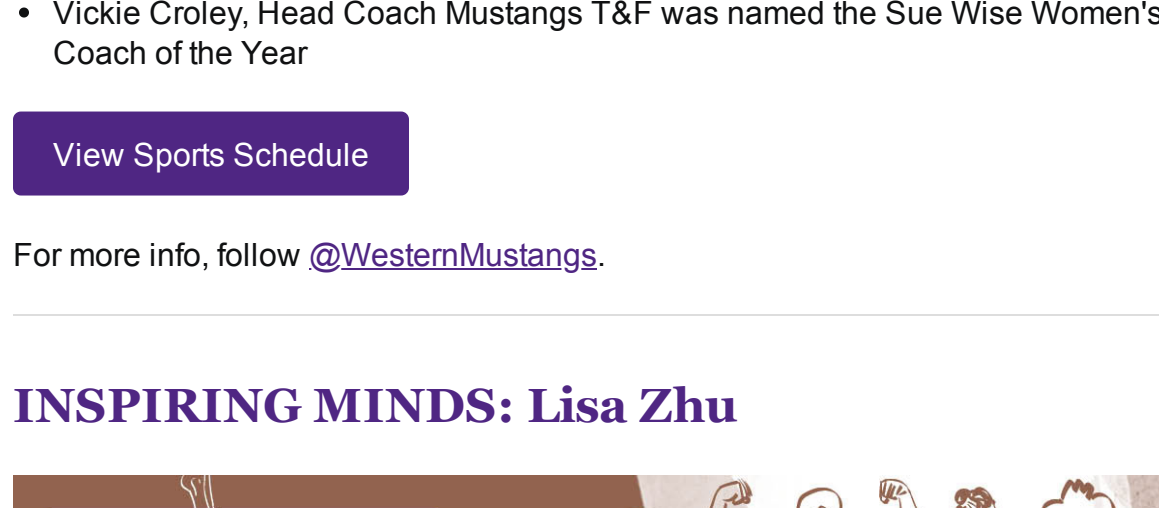
The team won gold and now turn their attention to the U SPORTS National Championship set for March 6-8 in Windsor. Mustangs Track & Field Men's team also won Silver (2nd place) at the OUA Championship and head to the U SPORTS National Championship. Several top awards were also won by the Western Mustangs:

- Favour Okpali was the winner of the Dr. Wendy Jerome Trophy as Women's MVP
- Kenneth West won the Hec Phillips Award as Men's MVP
- Vickie Croley, Head Coach Mustangs T&F was named the Sue Wise Women's Coach of the Year

[View Sports Schedule](#)

For more info, follow [@WesternMustangs](https://twitter.com/WesternMustangs).

INSPIRING MINDS: Lisa Zhu



Lisa Zhu, MSc, Psychology, Faculty of Social Science, shares her research on eating disorders in individuals striving to be more muscular. Her work explores how fear of "being fat" can lead to excessive exercise, strict dieting and cycles of bulking and cutting, affecting people of all genders. Her findings aim to improve diagnosis and treatment for these often-overlooked eating disorders.

[Read About Lisa's Research](#)

OWN YOUR FUTURE

Upcoming Workshop:

PhD Career Prep Series Part 2 - Articulating Your Skills

People who do well in interviews are good storytellers. We'll help you craft stories demonstrating your transferable skills while also understanding what is expected in an interview. Learn the various types of interviews and how to succeed using tried and true strategies.

Date: Wednesday, March 5, 2025

Time: 12:30 to 2:30 p.m.

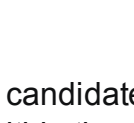
Location: International and Graduate Affairs Building (IGAB), Room 1N05

[Register For Workshop](#)

IMPORTANT DATES

- March 9:** Daylight Savings
- March 19:** Final date for doctoral candidates to complete the preliminary thesis submission to finish the degree within the winter term and be eligible for the June Convocation.
- March 26:**
 - Recommended deadline to submit to the School of Graduate and Postdoctoral Studies any request for a Change of Registration for the summer 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 Spring 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