



You've got this, Mustangs!

Welcome to the last *What's Up Western* of the fall term—*exam season edition!* Inside, you'll find all the essentials: exam shuttle bus info, free late-night breakfast details, library hacks, and more!

As you navigate your final exams, remember Western has a wide variety of wellness and academic supports to help you finish strong—check them out!

[Exam Supports](#)

Events on Campus

Dec 3

Study Café

Final exams are fast approaching! Drop into Study Café in the Weldon Library Community Room on Tuesday, December 3 from 12 to 9 p.m. for warm drinks, chill vibes and course-specific or general learning help.

[Learn More](#)

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

We Got You Day

Stop by Weldon Library's Community Room on December 6 from 10 a.m. - 3 p.m. for a fun-filled "We Got You" Wellness Day, where you can destress with activities such as bracelet making, colouring and Lego—no registration required, just drop in and enjoy!

[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 Iskwew, Hawii Pichette!

[Learn More](#)

Dec 10-12

FREE Late Night Breakfast

Head to the Mustang Lounge on December 10, 11 and 12 starting at 10 p.m. for some FREE late night breakfast and fuel up that study session. First come, first serve (while supplies last).

[Follow USC](#)
[See All Events](#)

Campus Life

VIDEO FEATURE: Western's Signature Experiences



Did you know? All undergraduate students can choose to engage in **Western's Signature Experiences**: education abroad, entrepreneurship, project based learning, research, and work integrated learning. Explore the possibilities!

[Learn More](#)

THRIVE ONLINE: Study Smarter, Not Harder: Your key to success for Exam season



Exam season can feel overwhelming with assignments, exams, and catching up on lectures and readings. Master's student Ammanat shares her top strategies for managing heavy workloads and staying on track in the latest Thrive Online blog!

[Read Ammanat's Blog](#)

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.
- Course Feedback Questionnaire** - Provide feedback on your courses for a chance to win 1 of 10 \$250 Dellelce Family Bookstore gift cards!
- 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!

STUDENT LIFE

- Need a ride home after a late-night study session? The USC's **Late Night Exam Shuttle** is back! From December 6 to 19, catch a free ride home between 12 a.m. and 3 a.m. Pick-up is at Alumni Hall. Look for vans with digital signs on the dashboard that say "Exam Shuttle."
- Foot Patrol** is also available during the exam period Dec 6-19 from 9 p.m. to midnight to walk with you on campus at night.
- Library Tips and Tricks for Exam Season** - Many libraries have extended hours in December, including Weldon and Taylor, open until 3 a.m. and midnight, respectively. [Check hours for all libraries.](#) Remember to ensure you [peek the study zone that best suits you!](#)
- The **Peer Assisted Learning (PAL) Centre** is open until December 6. Get details on when help is available for your courses [on our website.](#)
- Join us on December 6 the **National Day of Remembrance and Action on Violence Against Women**, as we commemorate the lives lost at L'Ecole Polytechnique Montreal. [Learn more here.](#)
- Most application deadlines for [international learning programs](#) for summer 2025 and the 2025-2026 academic year fall between December 1 and January 15! Be sure to check Atlas program pages for deadlines and apply soon!
- The **holiday buffet is back at Green Leaf Café!** Have family visiting? Bring them to campus and enjoy a festive holiday brunch. For \$35, indulge in a spread of seasonal favourites and a delightful selection of desserts to complete your meal, available Wednesday to Friday. [Reserve your table today!](#)

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 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](#).

IMPORTANT DATES

- Dec 2:** Second installment of [tuition fees due](#) for undergraduate students
- Dec 6:** Fall classes end
- Dec 9:** Student Central office will be closing at 1:30 p.m. For more hours, check us out on [Google](#).
- Dec 18:** Student Central office will open at 12:30 p.m. For more hours, check us out on [Google](#).
- Dec 9 to 22:** Mid-year examination period

[See More Dates](#)

HOT TAKE

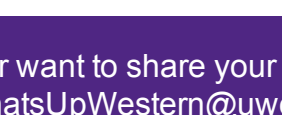
This is the last issue of **What's Up Western** for the fall term. We'd love to hear your feedback! **Vote on your favourite sections and provide feedback** on what YOU want to be included in these emails!

[Vote Now](#)

Results from our last poll...Favorite Season on Campus:

Fall 85%
Winter 15%

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



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