



## Celebrate Black History Month at Western!

This February, the Office of Equity, Diversity and Inclusion and campus partners are hosting free events that honour Black resistance and celebrate Black excellence. Registration may be required for some events - see descriptions for details. Everyone is welcome to attend!

### Black History Month Events:

- **Feb 5:** Black Excellence with Cameron Bailey
- **Feb 6:** Redefining Black History: An Exhibition of Resilience and Enduring Legacies
- **Feb 6, 13, 26:** Black History Month Movie Collection: Exploring Black Stories Through Film
- **Feb 24:** Black Resistance Against the Status Quo: A Black History Month Celebration
- **Feb 26:** Being Black with a Purpose: Black Resistance and Leadership in Action with Sunday Ajak
- **Feb 27:** Diasporic Delights and Black Community Panel
- **Feb 28:** The Power of Representation in Hockey with Dean Barnes

[Black History Month Events](#)

## Events on Campus

**Feb 5**

### Alan Walker Concert

Get ready to join the 'Darkside' with Norwegian DJ and producer, Alan Walker. Come see Alan Walker perform in Mustang Lounge on Wednesday, February 5 as part of Purple Beats, presented by the USC.

[Get Tickets](#)

**Feb 6**

### Grad Chats

Join the USC from 5 to 7 p.m. in the UCC Community Room for Grad Chats, an informal get-together where you can connect with current graduate students for insider tips on crafting a standout grad school application, finding the right supervisor, and navigating the admissions process!

[Follow USC](#)

**Feb 9**

### USC Goes Varsity

Join the USC at the Mustangs Varsity Men's Hockey game versus the Laurier Goldenhawks on Sunday, February 9 at 3 p.m. at Thompson Arena.

[Men's Hockey](#)

**Feb 11**

### Therapy Dogs

They're back again! Visit with the St. John Ambulance Therapy Dogs in the Weldon Community Room between 1:30 to 3 p.m.

[Therapy Dogs](#)

**Feb 11 & 12**

### hirewesternu Career Fair

Meet with more than 120 employers on February 11 and 12 from 10 a.m. to 3 p.m. in the Mustang Lounge (UCC). Attending employers are excited to share the full-time, part-time, and work integrated learning opportunities in their organizations.

[Career Fair](#)

**Feb 13**

### Sexual Wellness Fair

Drop by the Mustang Lounge (UCC) from 10:30 a.m. to 2:30 p.m. for the Sexual Wellness Fair! Access FREE condoms and sexual health products, take part in trivia and games with prizes, and snap a photo at our photobooth. Plus health supports will be onsite to answer any questions.

[Sexual Wellness Fair](#)

[See All Events](#)

## Campus Life

### THRIVE ONLINE: The Power of Being Present



In a world of constant notifications, being truly present can transform your mental health, academics and connections. In the latest *Thrive Online* blog, Farida explores how setting boundaries with technology and fully engaging in the moment can help you make meaningful memories and thrive in university life.

[Read Farida's Blog](#)

Interested in writing for Thrive Online? We are currently hiring volunteers through the Western Peer Leader Program to join our [Summer 2025](#) (Job Id: 116707) and [Fall/Winter 2025-2026](#) (Job Id: 116709) writing team!

## GET INVOLVED

- There's still time to register for [Impact Experience!](#) Volunteer locally over Reading Week and give back to the London community. Register by February 6.
- Work with us this summer! Applications for **Western Launch student roles** are open now until February 6. See details on our [Instagram](#) and apply at [recruit.uwo.ca](#).
- The next [Learn to Lead Summit](#) is taking place on February 7. Strengthen your leadership skills and earn recognition on your Co-Curricular Record.
- Join the Move Your Mood initiative with [FREE weekly yoga and meditation classes](#)—no experience needed! Mats and equipment are provided; just bring yourself and a positive attitude. Space is limited, and registration is first-come, first-served for a single week and class type. Don't miss out!
- Western wants your feedback on the provisions of the [Code of Student Conduct](#) as part of the normal five-year review process. Since the last revision, there have been changes to the university landscape and culture. This is an opportunity to ensure the Code reflects the current needs of our student population. Provide your anonymous feedback [here](#).

## STUDENT LIFE

- **Today's the last day for voting in the USC Elections.** Check your UWO emails for the link to cast your vote now! Now's the time to make your voice heard.
- **Student Central has new hours of operation** for in-person services and Western Chat. [Student Central](#) will be closed Monday - Friday for in-person visits from 12 - 1 p.m. [Western Chat](#) will be open Monday - Friday from 10 a.m. - 4 p.m.
- The [Tim Hortons Express](#) in Social Science is now open! Swing by Monday to Friday from 8 a.m. to 3 p.m. for your daily coffee fix or a quick snack before class.
- This week's [writing seminars](#) include topics like crafting a thesis statement and editing and proofreading.
- Check out the upcoming [skill-boosting workshops](#) hosted by Learning Development & Success, including how to [annotate journal articles](#) and strategies to catch up and [learn 'out of order'](#).
- Need to brush up your resume before the Career Fair? Drop in to UCC 210 to meet with a [Peer Advisor](#). Open daily, [see hours](#).
- Get ready for your summer jobs or meet academic requirements by enrolling in our [Standard First Aid and CPR-C courses!](#)

## PHOTO FEATURE: Wellness & Recreation Fair



A big thank you to everyone who dropped by the Western Student Recreation Centre for the Move Your Mood: Wellness & Recreation Fair last week! It was wonderful to see students exploring wellness and recreation activities, connecting with supports—and, of course, enjoying the adorable bunnies!

## WESTERN WELLNESS

### Upcoming Wellness Groups & Events:

- **Grief Loss & Support - Starting February 6 - Thursdays 2:30 to 4 p.m.**  
This 6-week group aims to create a safe, nurturing and non-judgmental space to help process the loss of an individual through emotional support, connection, validation and education around the grieving process.
- **Relationship Basics - Starting February 26 - Wednesdays 1:30 to 3 p.m.**  
This 4-week group focuses on learning how to form the meaningful and fulfilling relationships that you want. *\*Please note this group is for female & non-binary identified students.*

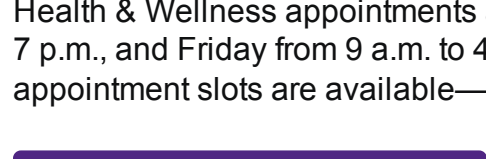
To view all wellness groups for the winter term, visit [uwo.ca/health](#). To register for a group email [health@uwo.ca](mailto:health@uwo.ca).

- **Self-Defense Training Course - February 18, 19 & 20 - 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. *A \$20 deposit is required upon registration and will be fully refunded upon course completion. [Learn more & register here!](#)*

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

Health & Wellness 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.

[Visit Wellness & Well-being](#)



Come cheer on your Mustangs!

Free drop-in admission for Western students to all regular season home games with valid Western ONECard.

- **Women's Hockey** vs Waterloo Warriors - Friday, February 7 at 7 p.m. at Thompson Arena
- **Men's Volleyball** vs Windsor Lancers - Friday, February 7 at 7 p.m. and Saturday, February 8 at 1 p.m. (Seniors Game) at Alumni Hall
- **Men's and Women's Basketball** vs Windsor Lancers - Saturday, February 8 at 6 p.m. (Women's) | 8 p.m. (Men's) at Alumni Hall
- **Women's Hockey** vs Brock Badgers - Saturday, February 8 at 7 p.m. at Thompson Arena

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](#).

## IMPORTANT DATES

- **Feb 15-23:** Spring Reading Week
- **Feb 19:** Summer Term Activation and access to course registration will be available through Student Center

[See More Dates](#)

## HOT TAKE

Midterm prep strategy: Would you rather start studying early or cram last minute?

[Vote Now](#)

Results from last poll: Are you a New Year's Resolution maker or breaker?

**Maker 51%**  
**Breaker 49%**

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



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