



Mustangs, as you get settled into Winter term, there are a variety of supports available to help you reach your academic goals.

You can attend a [writing seminar](#) this week to learn about topics including understanding and planning your written assignments and referencing your paper, and learn to study smarter, not harder at a [30-minute skill boosting session](#) covering things like managing your time using Brightspace and prioritizing tasks effectively.

For some peer-guided support, drop by the [Peer Assisted Learning \(PAL\) Centre](#), or join the [Study Zone](#), a group study session where you can boost focus and productivity with the Pomodoro Method.

[More Academic Supports](#)

Events on Campus

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).

[CFG Day](#)

Jan 27

Vintage on Campus

Start your year off right with a shopping haul from Vintage on Campus! Join the USC in Mustang Lounge from 11 a.m. to 6 p.m. for an indoors, one of a kind shopping experience featuring 20+ vintage vendors!

[Follow USC](#)

Jan 27-29

MMI Prep

Attend a Multiple Mini Interview (MMI) prep session on January 27-30 to practice for evaluations commonly used for health-related professional school admissions.

[MMI Registration](#)

Jan 28

Wellness & Recreation Fair

Come out the Western Student Recreation Centre Atrium on Tuesday, January 28 from 2 to 5 p.m. for Move Your Mood: Wellness & Recreation Fair. Drop by for a **FREE petting zoo**, wellness activities, **free fitness classes**, tours of Campus Recreation, snacks, and more!

[Fair Details](#)

Jan 29

Peer AI Session

Join the USC on Jan. 29, 2025 to learn from our AI Peer Learning Instructors about how artificial intelligence is transforming the landscape of business and entrepreneurship.

[AI Session RSVP](#)

Feb 1

Drag Brunch

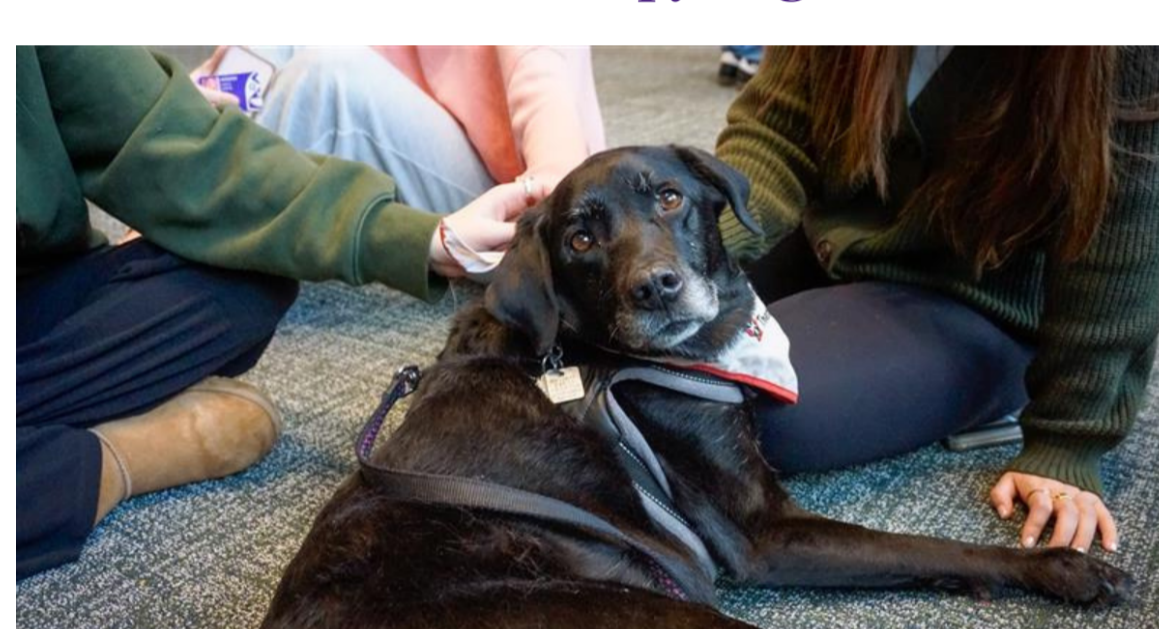
Enjoy a fun-filled drag show & all-you-can-eat brunch buffet courtesy of the USC on Saturday, February 1 at The Wave. Tickets are just \$30! Doors & brunch at 11 a.m. & show at 12 p.m.

[Drag Brunch Tickets](#)

[See All Events](#)

Campus Life

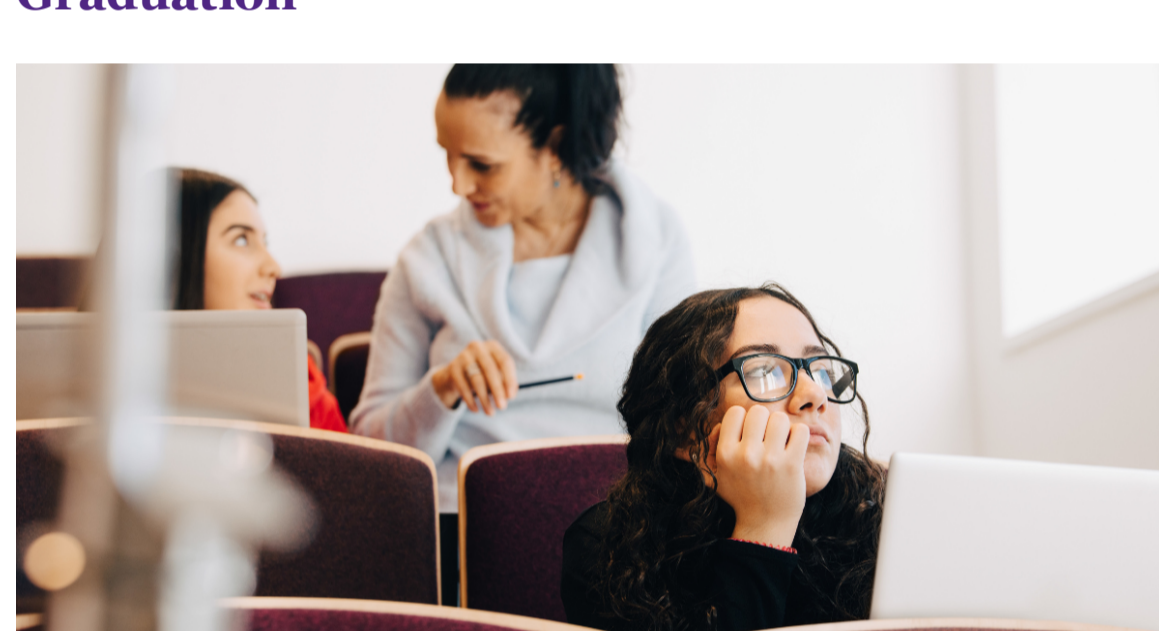
PHOTO FEATURE: Therapy Dogs



The Therapy Dogs are back! The first visit of the year takes place on Thursday, January 23 from 1:30 to 3 p.m. in the Weldon Library Community Room. We hope to see you there!

[Therapy Dogs](#)

THRIVE ONLINE: Sitting with Uncertainty: Reflections on My Final Semester Before Graduation



Feeling uncertain about life after graduation? You are not alone, Fabbihha shares some reflections on embracing the unknowns as she heads into her final semester at Western. Check it out in the latest Thrive Online blog.

[Read Fabbihha's Blog](#)

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

GET INVOLVED

- Looking for a paid internship with hands-on experience? **The USC is hiring 7 interns!** Open to graduating Western students or those taking a year off, this is your chance to learn how the USC operates and receive mentorship from industry experts. [Apply now](#), deadline is January 27!
- Looking for a job opportunity that works around your class schedule and provides transferable skills? Join the [Off-Campus Advisor team](#) and help Western students like you find their next home.
- Looking for Reading Week plans?** Consider joining an Impact Experience! Register by February 6. More details available at [impactexperience.uwo.ca](#).
- Learn how you can gain valuable experience and develop your transferable skills through the [Western Peer Leader program](#)! Recruiting now for Summer 2025 and Fall/Winter 2025-26.
- Get ready for your summer jobs or meet academic requirements by enrolling in our [Standard First Aid and CPR-C courses](#)!

STUDENT LIFE

- The USC **Grocery Shuttle** is back! Running Tuesdays (Jan 21, 28, Feb 4, 11) from 5:30–8:30 p.m., with stops at Alumni, O'Hall, and Elgin every 30 minutes. Food Basics offers a 10% student discount—don't forget your Western ONECard! More details on [USC's Instagram](#).
- Join the *Move Your Mood* initiative with [FREE weekly yoga and meditation classes for all Western students](#)—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!
- Skip the line and make campus dining easier with the [WesternEats app](#). Enjoy exclusive in-app promotions and **get \$5 off your first order when you download the app before February 14**. Just download the [Campus OrderUp app](#) from your app store and select Western University to get started!
- [Career workshops](#) have started again for the winter term. Learn about personal branding, resume and cover letter tips, using AI in your career plan, and more!
- Explore the EDI Office's new Guide for [Courageous and Respectful Conversations Guide](#). Develop skills in reflective listening, emotional intelligence and self-awareness to navigate conversations effectively and facilitate meaningful interactions.

WESTERN WELLNESS

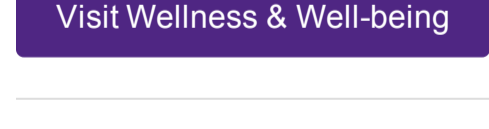
Reach out for support when you need it.

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.

Upcoming Wellness Groups & Events:

- 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. The topic this week is A Conversation on Friendships—snacks included! Email health@uwo.ca to register.
- Queer Connections - January 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. Email health@uwo.ca to register.
- A Date with Myself - February 5 at 12:00 p.m.**
Show yourself some love and care by joining us for lunch, terrarium building, and grounding stone decorating in the Huron Caskey-Gilday Wellness Centre. The first three students to [register and attend](#) will receive a self-care basket.

[Visit Wellness & Well-being](#)



Mustangs teams are getting close to playoffs and championships. Admission is FREE for Western students to all regular season home games with valid Western ONECard.

- Men's Hockey** play the Windsor Lancers on Thursday, January 23 at 7 p.m. at Thompson Arena
- Women's Hockey** take on the Laurier Golden Hawks on Friday, January 24 at 7 p.m. and also play Ottawa on Saturday, January 25 at 7 p.m. at Thompson Arena
- Men's and Women's Volleyball** play Brock on Friday, January 24 at 6 p.m. (Women) and 8 p.m. (Men) and Saturday, January 25 at 2 p.m. (Women) and 4 p.m. (Men) for Seniors Day at Alumni Hall

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

- Jan 22:** Deadline to apply for February In Absentia Convocation
- Jan 31:** Deadline to apply for relief against a final grade in a Fall/Winter first-term course
- Feb 1:** Last day to drop to part-time status or identify as a "per course" student

[See More Dates](#)

HOT TAKE

Are you a New Year's Resolution maker or breaker?

[Vote Now](#)

Results from last poll: First week back vibes...

Excited to see friends 28%

Still in holiday mode 72%

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



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