



Welcome back, Mustangs!

We hope you had a restful break and are ready to kick off the Winter term feeling recharged. What better way to kick things off than with **FROST WEEK**?

Purple Frost is happening all week, and tickets are live now! Don't miss out on exciting events from Tuesday to Saturday, including **Puppy and Goat Yoga**, **Ice Skating**, **Sex Toy Bingo**, the **SWAE LEE concert**, and more!

Check out all the events on **Bounce**—some are 19+, so be sure to read the details carefully.

[Purple Frost Events](#)

Events on Campus

Jan 6

Kindred Spirit Exhibit

Visit Weldon Library from January 6 to March 26 to explore an exhibit showcasing a collection of handcrafted book art and celebrating the life and work of Lucy Maud Montgomery, the beloved author of *Anne of Green Gables*. Drop by the exhibit's launch event on January 10, 6 to 8 p.m., at the Weldon Community Room!

[Learn More](#)

Jan 8

Pow Wow Fitness for Everyone

Join Lisa Hill from Moccasin Flow for a high-energy, full-body workout blending Big Drum beats, Zumba moves, and uplifting steps. Held at the Wampum Learning Lodge on January 8 and 22 from 6 to 7 p.m.

[Learn More](#)

Jan 14

Creating a Course Roadmap

Join the Learning Development & Success team for a 30-minute workshop at 1:30 p.m. on creating a plan for each of your courses to help reduce your stress and increase your productivity.

[Register](#)

Jan 15

Leadership Fair

If you're interested in opportunities to get involved on campus next year, join us at the Leadership Fair on January 15 in the Weldon Library Community Room. Teams within Student Experience and across campus are recruiting now for the 2025-26 academic year!

[Learn More](#)

Jan 15

Life Design Seminar Series

Learn strategies for designing a meaningful life and career through this 3-part seminar series starting January 15 at 5 p.m.

[Register](#)

Jan 20

On Being Bold: Inspiring Climate Action & Sustainability

Join the conversation on January 20 from 3 to 5 p.m. in the McKellar Room for a keynote and panel discussion on Western's new climate and sustainability strategy.

[Learn More](#)

[See All Events](#)

Campus Life

PHOTO FEATURE: New 4th Floor Fitness Area



NEW to Campus Recreation this term – check out the newly opened 4th Floor Fitness Area in the retrofitted Blue Gym on the 4th floor of the Western Student Recreation Centre (WSRC). This space is an addition to Campus Recreation's original weight room fitness space on the main level of the WSRC, and will help to provide additional capacity for this popular place to workout on campus.

[Learn More](#)

THRIVE ONLINE: My Experience as a Soph and Why You Should Do It!



Want to know what it's like to be a Western Soph? Macey shares her experience in the latest Thrive Online blog! Applications are open until January 7 at 11:59 p.m. Check out Macey's story and [apply to become a Soph](#) for next year's OWeek!

[Read Macey's Blog](#)

GET INVOLVED

- Attend the Secretariat's **Senate & Board of Governors Online Information Session** on Friday, January 10 to learn more about opportunities to serve on Western's Senate or Board of Governors. RSVP by January 8 to attend.
- Looking for Reading or Week plans? Volunteer in the London community through **Impact Experience!** Applications start closing on January 10 – keep an eye on the website as additional options will be posted soon.
- Student Accessibility Advisory Committee (SAAC)** - Join SAAC to help enhance accessibility at Western and make campus programming more inclusive. [Applications are open](#) until January 24!
- Winter Intramurals** registration is open until January 13 at 11:59 p.m. Meet new people, enjoy friendly competition, compete for a coveted Purple Shirt, and learn a new skill. No sports experience is required. Space is limited, and registration is first-come, first-served. Wait-lists are available.
- Esports Intramural** registration is open now. Games include: League of Legends, Valorant and Rocket League (Duos). These intramurals are offered in collaboration with WEGA. More sign-up, eligibility, and specific date details are available on the website.
- Recreation Sport Clubs** winter term registration is open now. Sport Clubs provide instruction and skill development, student leadership opportunities, and/or competition. They are designed to enhance the Western University student experience and promote life-long learning and appreciation for physical activity, leadership, and service.
- Nominate someone who is championing positive change for the **Western Climate & Sustainability Awards** until January 31!

STUDENT LIFE

- Join **The Study Zone**, a group study session at the Weldon Community Room to boost focus and productivity with the Pomodoro Method. Peer Coaches offer structure, accountability, and tips—plus snacks! The first session is Friday, January 17 from 12:30 to 2:30 p.m. & 2:30 to 4:30 p.m. See you there!
- Get **free drop-in writing support** at Weldon Library! You can bring any academic or professional writing at any stage of the writing process for expert advice from our writing advisors.
- All students are invited to Western's special **Winter International Student Orientation Global Café** events! Meet and connect with new and returning students from around the world.
- Western Campus Recreation** offers a wide variety of programs for all skill levels and abilities, including Group Fitness, Aquatics & First Aid, Intramurals, Recreational Sports Clubs, Drop-in Sports, and much more. Check out our video tours, self-guided walking tours, or our equipment usage videos. For more information on all of this and more, visit our [Orientation page](#).
- Ready for independence but still want the convenience, academic advantages and community of on-campus living? Limited spaces are available in [residence for upper-year students](#). Single room is guaranteed and meal plan is optional (except in Clare Hall).

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 **Wellness Groups & Workshops** this term!

- Queer Connections** - SLGBTQIA+ 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.
- 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. Topics and dates coming soon—snacks included!

Register by emailing health@uwo.ca. Learn more and view all wellness groups for the term below.

[Wellness Groups](#)



Mustangs teams are back in action for January!

- Men's Hockey** play the York Lions on Thursday, January 9 at 7 p.m. at Thompson Arena
- Men's and Women's Volleyball** both play TMU Bold on Friday, January 10 with the women's game at 6 p.m. and men's at 8 p.m. Both games are at Alumni Hall
- Women's Hockey** take on the Toronto Varsity Blues on Friday, January 10 at 7 p.m. at Thompson Arena

Admission is free for Western students to all regular season home games with valid Western ONECard.

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 6:** Classes resume, Winter 2025 term begins
- Jan 14:** Last day to add or drop a second-term half (0.5) course or a second-term full (1.0) course. Courses dropped by this date will not appear on a transcript. Courses dropped after this date will appear on a transcript with a grade of 'W/DN' (withdrawn, without academic penalty)
- Jan 15:** Deadline to declare a Discovery Credit for a Fall (first-term) course
- 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

[See More Dates](#)

HOT TAKE

First week back vibes:

Excited to see friends OR Still in holiday mode?

[Vote Now](#)

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



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