



Your Bi-Weekly Student Newsletter | March 17, 2025

## Spring is just around the corner!

Spring is just around the corner, and so are some exciting events! Throughout March, **Springfest 2025** brings a series of events from the Western Environment & Sustainability Network, celebrating all things green. It's also **SDG Month**, a national collaboration to raise awareness and engagement with the 17 UN Sustainable Development Goals (SDGs) on university and college campuses. Get involved, learn something new and make the most of the season!

Sustainability at Western

## Events on Campus

### March 19

#### LinkedUp

Connect with industry professionals in a relaxed setting, gain career insights and build valuable connections—because 80% of jobs are filled through networking! Join the USC for LinkedUp on March 19 at 7 p.m. in the Mustang Lounge. Business casual attire is recommended. Tickets are just \$5 and include free food and a drink ticket. This is a 19+ event.

LinkedUp Tickets

### March 19

#### Black Business Opportunities and Career Conference

Join the Office of EDI in the Great Hall from 9 a.m. to 2 p.m. for a day filled with workshops, networking and learning, designed to support secondary and post-secondary Black students in London.

Register for Conference

### March 25

#### Student Film Festival

Join the USC and the Forest City Film Festival at McKellar for a one-day cinematic experience featuring Western student films alongside selections from the festival. Don't miss the screening of *Dark Highway*, a powerful documentary on sex trafficking in Ontario.

Film Festival

### March 26-27

#### Western Leadership Certificate Information Session

Interested in developing your leadership skills? Drop by the UCC Atrium on March 26-27 between 9:00 a.m. and 4:30 p.m. to learn more about the new Western Leadership Certificate, now accepting applications. Open to undergraduate students at Western, King's and Huron.

Western Leadership Certificate

### March 28

#### Learn to Lead

The final Learn to Lead Summit of the year is taking place on March 28. Strengthen your leadership skills and earn recognition on your Co-Curricular Record.

Learn to Lead

### March 29

#### USC Grad Ball


Join the USC for an exclusive 19+ soirée where we toast to your incredible journey! Walk the red carpet, indulge in delicious bites and signature cocktails, and celebrate all your hard work in vintage Hollywood glamour.

Grad Ball Tickets

See All Events

## Campus Life

### PHOTO FEATURE: Therapy Dogs



Thank you to everyone who joined us at De-Stress Fest earlier this month! The St. John Ambulance Therapy Dogs are back for one last visit before exams—mark your calendars for April 3!

Therapy Dogs - Save the Date!

### GET INVOLVED

- Promoting Inclusion & Accessibility** - Join the SOGS Accessibility Commission's first-ever research showcase on **March 21 from 2 to 3 p.m. on Zoom** to explore interdisciplinary disability research by Western graduate students. ASL interpretation and live transcription will be available. [Register in advance for the Zoom link](#) and a chance to win a Grad Club gift card! For any questions or concerns, please reach out to [accessibility@sogs.ca](mailto:accessibility@sogs.ca).
- Submit Your Research Project to Win \$1,000** - Want to win \$1,000 for one of your course assignments? Whether you're a first-year or upper-year student, full-time or part-time, you're eligible to win a Western Libraries Undergraduate Research Award. [Submit your application](#) in four easy steps!
- Be part of **Alchemy**, Western's first-ever passion project showcase on **March 23 from 5 to 8 p.m.**! Experience bold student ideas through live presentations, a science fair-style exhibit, great food, and networking. [Register here](#).
- 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](#).
- 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.
- Standard First Aid & CPR-C** courses are available at Western! This Lifesaving Society course provides comprehensive training covering all aspects of first aid, CPR and Automated External Defibrillation (AED). Registration is open now for March 29 & 30. Space is limited—sign up today!

### STUDENT LIFE

- Are you starting an internship, co-op or new job this summer?** Check out an upcoming "Bringing Our Values to Work" training session on [March 20 \(in-person\)](#) or [March 24 \(online\)](#) to increase your understanding of power and privilege in professional spaces and learn practical skills for setting boundaries.
- Check out the **upcoming skill-boosting workshops** hosted by Learning Development & Success, including [writing essay exams](#) and [battling test anxiety](#).
- The remaining **Writing Support Centre seminars** for the term cover topics around [professional writing](#) and [effective presentations](#).
- Study with your peers and get course-specific help from upper-year students. Save the date! **Study Café returns April 1** from 4 to 9 p.m.
- Women's & Men's Only Gym Hours** – Pilot program runs until April 3 in the Blue Gym Fitness Centre space at the Western Student Recreation Centre (WSRC). Women's Only runs Monday/Wednesday 6:30-8 a.m. and Men's Only runs Tuesday/Thursday 6:30-8 a.m.
- [Register for Intramural March Tournaments](#) – Sports include: Badminton, Pickleball, Futsal, Volleyball, Racquetball and Dodgeball! Compete in late March—spots are limited, so register now.
- ESPORTS are back!** Registration is open now for **Valorant and Teamfight Tactics Tournaments**. Students are able to sign up for multiple tournaments. Valorant tournament will be on Sunday, March 23, 5-9 p.m. Teamfight Tactics Tournament will be on Sunday, March 30, 5-9 p.m. Winners receive a Purple Shirt.

### WESTERN NEWS: Student designs New York Times crosswords



Jeffrey Martinovic (Photo source: Christopher Kindratsky/Western Communications)

Engineering student Jeffrey Martinovic has designed hundreds of crosswords, including nine published in *The New York Times*, using puzzle-creating skills that enhance his mechanical engineering studies.

Read Full News Story

### WESTERN WELLNESS

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

- Heart2Heart: Saving Lives Together – March 23 – 9:00 a.m. to 2:30 p.m.**  
Learn life-saving CPR and AED skills at this interactive event featuring hands-on training, inspiring speakers, and a cardiac arrest survivor's story. Open to students, faculty, and staff—\$10 includes breakfast, lunch, and training, with proceeds supporting the Heart & Stroke Foundation. Supported by Western Campus Safety & Emergency Services and SERT. **Secure your spot: email [djelich@uwo.ca](mailto:djelich@uwo.ca).**
- Transforming Tension Workshop – April 3 – 6:00 to 7:30 p.m.**  
Feeling stressed, frustrated or overwhelmed? This workshop will help you understand and manage these emotions in healthy ways through practical strategies. Plus, take home a self-care package to continue your practice! Open to all students - [register to save your spot!](#)

Reach out for support when you need it. Mental health counselling appointments are available for all students - 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.

**Western Health and Wellness Services** offers an appointment-based medical clinic for ALL registered part-time and full-time students at Western and provides an array of services including: Medical Care, Counselling & Psychiatry, Birth Control Information, Allergy Injections & Immunization, COVID-19 Vaccination and Testing, Flu Shots, Sexually Transmitted Disease Testing, and more.

Visit Wellness & Well-being

### MUSTANGS MINUTE

Congratulations to some incredible Mustangs teams for their amazing success so far this month!

Western Mustangs **Men's & Women's Track and Field teams** are **2025 National Champions** after a dominating performance at the U SPORTS National Championship in early March – making Mustangs history by both teams taking first place in the same year!

Head Coach Vickie Croley was named U SPORTS National Head Coach of the Year for both men's and women's teams in her final year as Head Coach of the Mustangs program.

For the 2025 Ontario in a row, the Mustangs **Figure Skating team won gold** (1st) at the 3rd Ontario University Athletics (OUA) Figure Skating Championship.

Emma Buntic from Women's Volleyball was named OUA Rookie of the year. And Mustangs Head Coach, Women's Volleyball, Melissa Bartlett was named OUA Coach of the Year for 2024-25.

Mustangs Men's Volleyball won bronze at the OUA provincial championship bronze medal game on Friday, March 7 – and at the same time punched their ticket to the U SPORTS Men's Volleyball National Championship – with a 3-0 win over York. The U SPORTS Men's Volleyball Championship will be March 21-23 in Brandon, MB.

And last but definitely not least, Mustangs Men's Squash brought home another gold medal winning the Hoehn Cup at the 2025 CSA Divisional Team Championships in the USA.

Visit WesternMustangs.ca for more!

### IMPORTANT DATES

- March 31:** Last day to withdraw from a second-term half (0.5) course, or a second-term full (1.0) course resulting in a grade of 'WDN' (withdrawn, without academic penalty).
- April 7-30:** Final examination period. View your personal April exam schedule by visiting [myexams.uwo.ca](http://myexams.uwo.ca).

See More Dates

### HOT TAKE

**Spring is almost here! How are you prepping for finals?**

- Library lock-in** – Long study sessions, extra coffee and deep focus mode
- Planning** – Scheduling study time, making review guides and staying organized
- Balance & breaks** – Prioritizing self-care, gym time and mental wellness
- Study squad** – Group study sessions, tutoring and sharing notes

Vote Now

Results from last poll: Spring forward...  
Necessary tradition 43%  
The worst sleep disruptor 57%