



You've Got This, Mustangs!

It's that time of year again! Our final What's Up Western email of the academic year is here, packed with everything you need for exam season. From late-night exam shuttles and free midnight breakfast to essential library tips and tricks—we've got you covered!

Remember, if you need support during exams, don't hesitate to reach out. Western offers a variety of wellness and academic resources to help you through the end of the term.

Exam Supports

Events on Campus

- April 1**

Study Café

Looking for some study motivation? Check out Study Café on April 1 from 4 to 9 p.m. in the Weldon Library Community Room! Get course-specific support from upper-year learning peers and enjoy some study snacks.

Study Café
- April 2**

Organizing Your Presentation

Get support organizing your final presentation at the last Writing Support Centre seminar of the year. You'll learn how to create a presentation that people actually want to hear.

Seminar Info
- April 2**

We Got You Day

Take a break from studying and stop by the Weldon Library Community Room on Wednesday, April 2 from 10 a.m. to 3 p.m. for bracelet making, Lego, puzzles, colouring and more.

We Got You Day
- April 3**

Therapy Dogs

Don't miss the last Therapy Dog visit of the term! Join us in the Weldon Library Community Room from 1:30 to 3 p.m. to de-stress before finals.

Therapy Dogs
- April 3**

Transforming Tension

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 - join us on April 3 from 6:00 to 7:30 p.m. in the UCC Community Room 26C. Register today to save your spot!

Register for Workshop
- April 15-17**

FREE Late Night Breakfast

Drop by Mustang Lounge April 15-17 starting at 10 p.m. to fuel up on some FREE Late Night Breakfast, courtesy of the USC. First come, first serve while quantities last. On the menu: eggs, sausage, bacon, home fries, pancakes, and of course, coffee.

Follow USC

See All Events

Campus Life

THRIVE ONLINE: House Hunting 101: Avoiding Scams and Securing a Safe Rental



Moving off-campus is an exciting milestone, but navigating the rental market can be overwhelming—especially with the risk of scams. In this blog, Sharone shares her personal experiences and essential tips to help you find a safe, reliable home while staying CyberSmart. Don't let rental scams catch you off guard—read more to protect yourself and make informed housing decisions!

Read Sharone's Blog

GET INVOLVED

- Course Feedback Questionnaire** - Provide feedback on your courses by April 6 for a chance to win 1 of 10 \$250 gift cards to the Dellelce Family Bookstore!
- Submit your work to the Undergraduate Awards**- If you are an undergraduate student graduating in 2025 or 2026 and have a piece of academic coursework that received an A grade or equivalent, you could earn international recognition by submitting it to [The Global Undergraduate Awards!](#)
- Reminder: the deadline to **add 2024-25 activities to your Co-Curricular Record** is April 30. Don't miss the opportunity to highlight your experiences outside of the classroom! [Learn more.](#)
- Job Opportunities:**
 - BrainsCAN Diversity in Neuroscience Internship:** This paid 16-week summer internship provides an immersive cognitive neuroscience research opportunity for undergraduate students from any STEM department who are marginalized and face barriers to access despite meritorious qualifications. The deadline to apply is April 6.
 - Peer Guide Program:** If you're interested in supporting new international students while developing your leadership skills, building intercultural competence, and engaging in meaningful professional development opportunities, apply to be an [Undergraduate Student Leader](#) with the Peer Guide Program by April 7.
 - Library Social Media Ambassador:** Get paid to create fun content for Western Libraries in Fall/Winter 2025-26. Apply by April 5 by visiting [recruit.uwo.ca](#), searching Job ID 38087.
 - Digital Media Designer:** Are you passionate about photography, audio, web design, or creating multimedia? Join the Instructional Technology Resource Centre (ITRC) – there are multiple paid positions available.
- There's still time to **secure a summer job!** Check out listings on [Western Connect](#) and get resume support from [Career Education](#).
- Looking to get more involved on campus? Explore opportunities with the [Western Peer Leader program](#) – positions are still recruiting for Summer 2025 and Fall/Winter 2025-26.

STUDENT LIFE

- Need a ride home after a late-night study session? The USC's [Late Night Exam Shuttle](#) is back! From April 5 to 27, 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 to walk with you on campus at night. [Learn more here!](#)
- [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 [pick the study zone that best suits you!](#)
- Visit [Western Campus Recreation](#) for a study break! Check out [FREE Move Your Mood events](#), including Jump Rope Class and Glow & Flow Yoga on April 6 (first 100 attendees receive a free yoga mat).
- [Women's & Men's Only Gym Hours](#) also run until April 3 in the Blue Gym Fitness Centre space at the Western Student Recreation Centre (WSRC).
- To better support students and the community, Western International is streamlining its services and transitioning the International and Exchange Student Centre (IESC) name to [International Student Services](#).
- [Western Summer Accommodations](#) - Looking for somewhere to stay in London over the summer? Have a visitor in need of a room? Reserve a space with Western Summer Accommodations. Short- and long-term stays available, open to the Western community and their referred guests.
- Heading out of Canada for the summer?** Remember to check that your [Duo MFA account](#) has other options enabled (not just your phone number for texts or calls) to ensure you can access Western services!

Western Leadership Certificate in purpose-driven leadership, Powered by Ivey



The new Western Leadership Certificate is now accepting applications. Open to undergraduate students at Western, King's and Huron, the Certificate aims to equip students with key leadership skills, a strong foundation in character leadership and a clear sense of purpose. This program is valuable for students in any faculty. Strong leadership skills are essential across all career paths. **Applications are due by April 2 at 11:59 p.m.**

Western Leadership Certificate

WESTERN WELLNESS

- Join us for upcoming **Wellness Groups & Programs:**
- Queer Connections** - **Thursday, April 3 & 17 from 2:30 - 4:00 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.
 - R&Art** - **April 9 from 11 a.m. to 1 p.m. & April 23 from 2 to 4 p.m. at the Western Student Recreation Centre**
McIntosh Gallery, in collaboration with Campus Recreation and Student Health and Wellness, is excited to offer two R&Art programs during the exam period that promote health and wellness through art. Students will be invited to choose from a variety of artmaking materials to create whatever they want in a welcoming and inclusive environment. Drop in or preregister at [shop.westernmustangs.ca](#).
 - Self-Defense Training Course** - **May 5, 6, 7 - 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. [Register & learn more here!](#)

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.

Measles cases are on the rise in Canada, including recent exposures in the Middlesex-London region. Visit the [Middlesex-London Health Unit](#) for exposure site details and guidance. If you believe you have been exposed, isolate and contact your care provider before seeking care so that proper precautions can be put in place. If you are looking to get vaccinated, Student Health & Wellness Services can help—[book an appointment today.](#)

Visit Wellness & Well-being

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 2:** The live monthly testing of [Western's emergency weather siren](#) will take place on April 2 at noon. Unless otherwise notified, this is only a test and no action is required.
- April 7-30:** Final examination period. View your personal April exam schedule by visiting [myexams.uwo.ca](#).

See More Dates

HOT TAKE

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

Vote Now

Results from last poll: How are you prepping for finals?

Library lock-in 32%
Planning 27%
Balance & breaks 36%
Study squad 5%