



Prioritize your wellness this March

As you gear up for the homestretch of the academic year, we wanted to share some upcoming opportunities to de-stress and supports for your academic wellness.

De-Stress Fest is back on Thursday, March 6 from 1 to 3 p.m. in and around the Weldon Community Room. Enjoy some refreshments, colouring and bracelet making, hear from learning and wellness supports and hang out with the St. John Ambulance Therapy Dogs.

The Writing Support Centre's **upcoming seminars** include topics like writing essay exams and executive summaries, and the next **skill boosting workshops** hosted by Learning Development & Success cover **productive problem solving** and **preparing a study matrix**.

If you struggle with procrastination, check out national events this week (March 3-7) that are part of **Procrastination Awareness Week**.

You're almost there—keep going, Mustangs. You've got this!

Events on Campus

March 5 & 19

Pow Wow Fitness

Join Lisa Hill from Moccasin Flow at the Wampum Learning Lodge for an energizing workout featuring 40 minutes of aerobic movement to pow wow music, followed by 15 minutes of yoga. Open to everyone—yoga mats provided!

Pow Wow Fitness

March 6-9

Opera at Western: Die Zauberflöte (The Magic Flute)

Mozart's last and often deemed best opera is The Magic Flute. Bring your friends and enjoy discounted student pricing for all performances March 6-9, 2025.

Opera Tickets

March 7

Deeds Not Words: Exploring Genderwashing in Leadership

In honour of International Women's Day, the Faculty of Education invites you to a virtual panel on the phenomenon of genderwashing – where surface-level commitments to gender equity mask deeper, systemic inequalities.

Register Now

March 11

Healthy Neurodivergent Relationships

Join Paige Layle for a keynote on navigating boundaries, connections and relationship dynamics through a neuro-affirming lens. Open to all Western students, staff and faculty, with a focus on neurodivergent students. **The first 50 attendees receive a swag bag**, and five grand prizes will be raffled!

Register for Keynote

March 11

USC Job Fair

Discover all the ways to get involved with the USC and talk to staff and student leaders in-person at the USC Job Fair on March 11, from 10 a.m. - 2 p.m. in the UCC Atrium.

Follow USC

March 12

Battle of the Bands

Ready for ROUND 2? The USC's Battle of the Bands is back! The final countdown is ON to the big show on March 12 from 7 to 10 p.m. in the Spoke. Get ready to rock, Mustangs.

More Info

Featured Event: Western Day

Celebrate Western's founding 147 years ago with a sweet treat! Grab a free cookie in your dining hall or on campus at the UCC Food Hub or Nucleus Food Hub (Nat Sci) on **Friday, March 7** at 11:30 a.m. or 1:00 p.m. (while quantities last). Show your purple and proud spirit by wearing purple and posting to social! Need new Western gear? The Dellelce Family Bookstore is offering 18.78% off storewide—but hurry, the sale ends Friday, March 7! (*Standard exclusions apply*)

Western Day

See All Events

Campus Life

Survivor Winner Erika Casupanan comes to campus March 10!



Join us on March 10 from 2 to 3:30 p.m. for Leading with Strengths: A Conversation with Erika Casupanan, the **first Canadian to win Survivor** and proud Western alum! Learn how Erika leveraged her CliftonStrengths to navigate challenges, achieve success and redefine leadership.

Register to Attend

GET INVOLVED

- Join the **Shaping Sustainability Priorities: A Campus Conversation** virtually on March 7 from 1:30 to 3:30 p.m. to learn about what was heard through campus consultations so far, and share your input to continue shaping climate and sustainability priorities on campus.
- Take part in the **International Career Workshop Series** March 3-7. Learn about gaining Canadian work experience in this career workshop series tailored for international students.
- 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](#).
- Discover how the **Western Peer Leader program** can help you build valuable experience and develop transferable skills! Now recruiting for Summer 2025 and Fall/Winter 2025-26.
- Navigating life after graduation? **LinkedInUp** is your chance to 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 on **March 19 at 7 p.m. in the Mustang Lounge** for this **19+ event**. Business casual attire is recommended. Tickets are just \$5 and includes free food and a drink ticket.

STUDENT LIFE

- Get home safe using the USC's MOD service - now operating on Wednesday nights (in addition to Thursday, Friday and Saturday) from 12 a.m. to 3 a.m. [Download the MOD app today](#) and get home for FREE.
- This month's Western Campus Recreation will be offering a pilot program of **Women's Only and Men's Only Fitness hours** in the Blue Gym Fitness Centre space in the Western Campus Recreation Centre (WSRC).
- Registration opens TODAY for **Western Intramural March Tournaments** in Badminton, Pickleball, Dodgeball, Futsal, Volleyball, Racquetball and Dodgeball. Space is also still available in the March Ice Hockey Ice Hockey Tournament. Tournaments will take place in late March - more details are available on the website. The goal is to provide a fun and friendly yet competitive environment for all players in a short tournament format.
- This month's **career workshops** cover topics like personal branding, setting up your LinkedIn profile, networking and more. [See all workshops](#).
- Join the **Office of EDI** for **new virtual workshops**, meant to enhance awareness within the Western community and equip students with essential tools to practice allyship and embrace core values of equity, diversity and inclusion.

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.

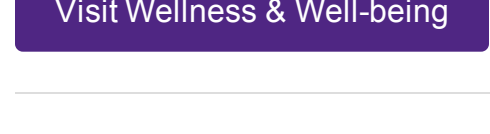
Western Leadership Certificate

WESTERN WELLNESS

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

- International Students Group - March 11 & 25 from 1:30 to 2:30 p.m.**
A group for international students to connect, share experiences and find support. Topics: Dealing with Transitions and Change — snacks included! Email health@uwo.ca to sign up.
- Queer Connections - March 6 & 20 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 sign up.
- Self-Defense Training Course - March 17, 18, 19 - 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!](#)

Visit Wellness & Well-being



Congratulations to **Mustangs Women's Track & Field** who are back-to-back OUA Provincial Champions!

The team won gold and now turn their attention to the U SPORTS National Championship set for March 6-8 in Windsor. Mustangs Track & Field Men's team also won Silver (2nd place) at the OUA Championship and head to the U SPORTS National Championship. Several top awards were also won by the Western Mustangs:

- Favour Okpali was the winner of the Dr. Wendy Jerome Trophy as Women's MVP
- Kenneth West won the Hec Philips Award as Men's MVP
- Vickie Croley, Head Coach Mustangs T&F was named the Sue Wise Women's Coach of the Year

View Sports Schedule

Want to see some behind the scenes action by the teams, follow Western Mustangs on TikTok [@WesternMustangs](#)

IMPORTANT DATES

- March 1:** Application to graduate in June Convocation opens in Student Center
- March 7:** Last chance to sign up for accommodated exams by 11:59 p.m.
- March 9:** Daylight Savings
- 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).

See More Dates

HOT TAKE

Spring forward: Necessary tradition or the worst sleep disruptor?

Vote Now

Results from last poll: Reading week so far...

Relaxed & Recharged 32%

Still Catching Up 68%

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



Western University 2025
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