



Get Involved this fall!

As we move through the fall term, there are plenty of ways to get involved—not just on campus but in the London community as well. Discover upcoming opportunities like the Volunteer Fair, Track Day for United Way, and more in this issue of *What's Up Western!*

Events on Campus

Nov 8

Mustangs Basketball Home Openers

Join us for the Mustangs basketball doubleheader home openers on Friday, November 8 vs McMaster Marauders – [Women at 6 p.m.](#) and [Men at 8 p.m.](#) at Alumni Hall. Western students get in free to all regular season home games with a valid Western ONECard.

[Sports Schedule](#)

Nov 12

Volunteer Fair

Drop by the Mustang Lounge on Tuesday, November 12 from 10 a.m. to 2 p.m. to discover opportunities to get involved on campus and in the London community!

[Learn More](#)

Nov 12

Track Day for United Way

Join us for Track Day for United Way on Tuesday, November 12 from 11:30 a.m. to 1:00 p.m. at Alumni Stadium—**enjoy a donut and coffee or hot chocolate with your \$5 donation**, plus lawn games and community spirit as we walk to raise funds for United Way Elgin Middlesex. This event is rain or shine, so dress for the weather!

[United Way](#)

Nov 13

Battle of the Bands

Get ready to rock! Battle of the Bands is BACK on November 13 at 8 p.m. in the Spoke. Cheer on your favorite bands, cast your vote and help crown this year's winner! Shoutout to last year's champ, Tower Lane, who got their start at Battle of the Bands last year and performed live on the Main Stage at OWeek 2024. Follow [@westernusc_events](#) on social for more details!

[USC Events](#)

Nov 14-17

Opera at Western: Die Fledermaus (The Bat)

Die Fledermaus - a perennially popular and deeply cherished Viennese comedic operetta - has something for everyone: practical jokes and posh masked balls, mistaken identity and deception, romance and seduction—all set to an enchanting score from the Waltz King himself, Johann Strauss II. Music and dialogue in English. November 14-17. Discounted student tickets available!

[Get Tickets](#)

Nov 18-22

International Week

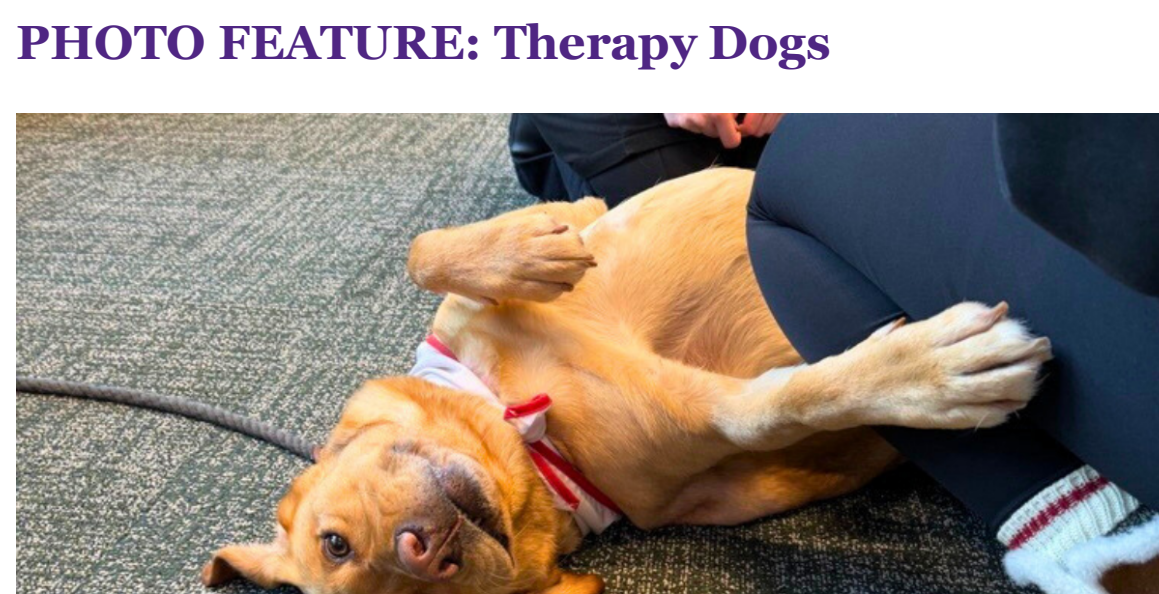
Mark your calendar. International Week is November 18-22! Celebrate diversity and global opportunities at events including the [Cultural Showcase](#) on November 18 and the [Go Abroad Fair](#) on November 19!

[More Info](#)

[See All Events](#)

Campus Life

PHOTO FEATURE: Therapy Dogs



Thank you to everyone who joined us for Therapy Dogs last month! Mark your calendars—our next puppy visit is on November 21 as part of [De-stress Fest!](#)

THRIVE ONLINE: A Self-Care Guide for Busy Students



Macey shares practical self-care tips—from setting a sleep schedule to a "Sunday reset" routine—to help balance the demands of university life while maintaining your mental well-being.

[Read Macey's Blog](#)

WESTERN WELLNESS

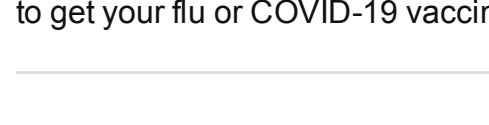
Fall Flu and COVID-19 Vaccination Clinic

Health and Wellness Services is holding its fall vaccination clinic **November 11-14, from 8:30 a.m. to 4 p.m. daily, in the Thames Hall Atrium** – no appointment needed. Vaccines available: Influenza (flu) and COVID-19 (recently approved booster dose). Individuals can choose to receive both vaccinations at the same time. [Learn more on our vaccination page.](#)

Reminder: Don't forget to bring your health card or UHIP card (for international students)!

*If it's your first time at Health & Wellness Services, call 519-661-3030 or stop by Thames Hall, Room 2170, to register with the clinic.

Can't make the fall vaccination clinic? Call 519-661-3030 to book an appointment to get your flu or COVID-19 vaccine.



For the 2nd year in a row **Mustangs Women's Cross Country** [won the provincial banner](#), coming in 1st in the province at the Ontario University Athletics (OUA) Championship; and **Mustangs Men's Lacrosse** team [won the Baggataway Cup national championship](#) this past weekend. Back to back championship wins for both teams.

Mustangs teams are in the PLAYOFFS! **Mustangs Football plays in the Yates Cup OUA provincial championship** at Laurier on Saturday, Nov 9.

Mustangs Basketball Season Home Openers – doubleheader – Friday, November 8 vs McMaster – Women at 6 p.m. and Men at 8 p.m. Both teams also play on Saturday, Nov 9 vs Lakehead – Women at 6 p.m. and Men at 8 p.m. All games are at Alumni Hall.

Mustangs Volleyball Season Home Opener – a doubleheader on Friday, November 15 with the Women at 6 p.m. and Men at 8 p.m. Both teams also play on Saturday, November 16 - Women at 2 p.m. and Men at 4 p.m. All games are at Alumni Hall vs the McMaster Marauders.

Check out the full Western Mustangs sports schedule!

[Sports Schedule](#)

For more info, follow [@WesternMustangs](#).

GET INVOLVED

- **Thinking of running in the 2025 USC Election?** Start with **Campaign School** on November 9 from 10 a.m. to 4 p.m. in UCC Rm 269 (lunch and snacks provided!) and get the inside scoop on how the USC operates, where you can make an impact and more! [Sign up by November 5.](#)
- **Connect-IT Recruitment** - Looking for a part-time job where you can learn valuable skills, gain leadership experience and that works with your class schedule? Then apply to join the Connect-IT team! [Apply by January 3, 2025.](#)
- **Climate & Sustainability Strategy Survey** - Join the conversation! Participate in the campus-wide input survey from November 1 - 30, 2024.
- **International Student Career Workshops** - Join our career coaches November 18 - 22 for a series of workshops designed to support international students in their career journey.
- Join the **Office of EDI Workshops** meant to deepen awareness within the Western community and equip students and staff with essential tools to practice allyship and embrace core values of equity, diversity, and inclusion.
- Western Campus Recreation is offering the **National Lifeguard Course** this November! The course runs November 15 and 23 - 24, 9:15 a.m. to 5:15 p.m. Eligible candidates must be 15 years of age by the last day of the course, hold a current Standard FirstAid w/ CPR C certification, and hold a Bronze Cross certification. [Register now](#), space is limited.

STUDENT LIFE

- **Try Something Odd – Get Something Free!** All November long, grab any sandwich from Odd Burger and score free fries—a \$5.79 value! Find a Street Team member in the UCC to get your voucher and enjoy this tasty deal on weekdays from 11 a.m. to 3 p.m. at [Odd Burger](#) in the Food Hub.
- Ever wondered about how to use AI in your job search? Or how to stand out at a networking event? Check out [upcoming career workshops](#) to learn these skills and more.
- This month's **Writing Support Centre workshops** focus on [writing for specific purposes](#) (like essay exams and executive summaries) and [writing for professional purposes](#) (like letters of intent and personal statements).

IMPORTANT DATES

- **Nov 12:** Deadline to register to write your final exam through the [Accommodated Exams portal](#)
- **Nov 30:** [Last day to withdraw from a full \(1.0\) course and full-year half \(0.5\) course](#) resulting in a grade of 'WDN' (withdrawn, without academic penalty)
- **Dec 2:** Second installment of [tuition fees due](#) for undergraduate students
- **Dec 6:** Fall classes end
- **Dec 9 to 22:** Mid-year examination period

[See More Dates](#)

HOT TAKE

What's the ultimate fall drink?

- Pumpkin Spice Latte
- Apple Cider
- Hot Chocolate
- Chai Latte

[Vote Now](#)

Results from our last poll: What are your study must-haves?

Caffeine 25%
Quiet study space 38%
 Study buddies 12%
 Sleep 25%

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



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