



## International Week is November 20-24!

Get ready for a week of exciting events and activities with a focus on diversity, intercultural learning and global perspectives. From keynote speakers on timely topics to cultural performances and opportunities to connect with other students, faculty and staff, International Week is full of options to learn, explore and have fun!

### Highlights:

- [Western Goes Global Cultural Showcase and Kick-off Event](#)
- [Global Cafe: Special Edition with President Shepard](#)
- [Power and Global Health Day](#)
- [Virtual Go Abroad Fair & In-person Sessions](#)
- [Passport Contest](#)
- And so much more!

Visit [internationalweek.uwo.ca](https://internationalweek.uwo.ca) to learn how to [join the app](#) to get the schedule and join the Passport Contest!

[Learn More](#)

## Events on Campus

### NOV 7-11

#### Wampum Learning Lodge 1st Anniversary

"The Wamp" is turning one year old this November, and that means it's time to celebrate. Join the Office of Indigenous Initiatives from November 7 to 11 to honour the Lodge with a week of learning, sharing, and growing community.

[Learn More](#)

### NOV 11

#### Yates Cup

The Western Mustangs Football team will take on the Laurier Golden Hawks at home for the 115th Yates Cup OUA Provincial Championship on Sat, Nov 11 at 1 p.m. at Western Alumni Stadium. [Tickets are on sale now](#). Western student tickets are only \$10. #YouGottaBeThere

[Get Tickets](#)

### NOV 13-16

#### GIS Days

Join Western Libraries for GIS Days 2023. Celebrate Geographic Information Systems (GIS) Nov 13 to 16 alongside community leaders at this free, online/in-person event. Presentations will be in the form of 7-minute lightning talks, live digital mapping demonstrations, and tutorials.

[Learn More](#)

### NOV 14

#### De-Stress Fest

Enjoy some snacks and de-stressor activities, learn about available student supports, and hang out with the St. John Ambulance Therapy Dogs! Join us on Tuesday, November 14 from 2:30 to 4:30 p.m. in the Weldon Community Room.

[More Info](#)

### NOV 17

#### Karaoke Night at Grad Club

Love to sing? Join SOGS at the Grad Club for a monthly instalment of karaoke night! Bring your friends, colleagues, and lab mates for a fun night of song, albeit off-key. FREE event! First 5 people to sing get a \$5 Grad Club gift voucher.

[Learn More](#)

### NOV 28

#### SOGS Pride Film Screening

Join SOGS Pride Commission for a special screening of some super fun, queer-positive + campy films. For the month of November, we're watching *The Birdcage* (1996). FREE event! BYO drinks and snacks Tuesday, Nov 28 from 7 to 9 p.m. in NCB 117.

[Register Here](#)

[See All Events](#)

## Campus Life

### INSPIRING MINDS: GRANT JAMES



Inspiring Minds seeks to broaden awareness and impact of graduate student research, while enhancing transferable skills. Students were challenged to describe their research, scholarship or creative activity in 150 or fewer words to share with our community.

Grant James, PhD candidate, Biomedical Engineering, Faculty of Engineering shares a bit about his research which investigates how we can prevent incidences of commotio cordis in children playing sports.

[Read Grant's Story](#)

### GRAD FINDS 'TRUE CALLING'



Throughout her time at Western, recent graduate Andie Albert found her way, not only as a student, but as a valued contributor to the master of environment and sustainability program.

Crossing the stage during fall convocation marks a significant milestone on a journey she once felt was out of reach.

*(Photo courtesy of Andie Albert)*

[Read Full Story](#)

## GET INVOLVED

- Check out career workshops on themes like [Accessibility in the Workplace, Job Search Strategies, and Life Design](#).
- [Explore the Design Your Western Digital Career Workbook](#) to learn more about the key principles and concepts of life design and how you can apply them to your time at Western and beyond.
- [EDI Certificate Programs](#) Promote Inclusivity, Impress Employers, and Drive Positive Change - Experience transformational learning with the Office of Equity, Diversity, and Inclusion's FREE certificate programs: the Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.

## LEARNING CORNER

- [Writing Support Centre Seminar Series: Exploring Different Genres](#) - Learn about writing annotated bibliographies, executive summaries, and more. Series takes place November 8 to 9, learn more at [writing.uwo.ca](https://writing.uwo.ca).
- [Strengths 2.0: Career Exploration](#) - Take a deeper dive into your individual strengths and learn how to apply them to your personal and professional development. Sessions take place every Wednesday in November (8, 15, 22, 29) from 12:30 to 1:30 p.m. in UCC 210. [Register Now!](#)
- [Sustaining Motivation in Grad School](#) - Join us on November 16 from 1:30 to 2:30 p.m. in the Weldon Library Community Room to learn about what motivation consists of and ways you can impact it. This presentation is best suited for graduate students in thesis-based programs. [Register Now!](#)

## MUSTANGS MINUTE

### Western Mustangs Graduate Student Family & Friends Offer:

Western Graduate Students can now enjoy a Mustangs game with their friends & family for free!

**Use coupon code GS23NOV to receive a 4-pack of tickets for FREE; only available for select home game dates.**

Additional tickets can be added at the \$5 youth price.

Select the ticket option Graduate Student and apply the coupon code at checkout. *"Minimum of 4 tickets required in online cart to use discount. All sales are final and there are no refunds or cancellations. The Western Mustangs reserve the right to restrict or cancel orders."*

### November Promotion Game Dates:

- [Basketball \(W/M\) - Fri, Nov 10 vs Carleton Ravens](#)
  - Doubleheader - Watch one or both games!
  - Women's game 6 p.m.
  - Men's game 8 p.m.
- [Hockey \(M\) - Fri, Nov 10 vs Concordia Stingers](#)
- [Hockey \(W\) - Sat, Nov 11 vs Windsor Lancers](#)
- [Volleyball \(W/M\) - Sat, Nov 18 vs York Lions](#)
  - Doubleheader - Watch one or both matches!
  - Women's match 6 p.m.
  - Men's match 8 p.m.

## WESTERN WELLNESS

### November Vaccine Clinic

Health and Wellness Services is holding a **walk-in** vaccination clinic **November 6 to 10**, Monday to Thursday from 9 a.m. to 5 p.m. and Friday from 9 a.m. to 1 p.m. in the **Thames Hall atrium**. Vaccines available: Influenza (flu) and COVID-19 (recently approved booster dose). Individuals can choose to receive both vaccinations at the same time. [Learn more at uwo.ca/health](https://uwo.ca/health).

### Virtual Trauma Informed Yoga

Join Kaitlyn Robinson, a certified yoga therapist, who will guide a virtual class through a yoga session, designed to provide space for participants to (re)connect and be safely present with their bodies and breath. Running November 9 from 7 to 8 p.m. [Register Now!](#)

### HIV Self-Testing Kits

HIV Self-Testing Kits are now available for pick up at Western's Health and Wellness Services. Download the 'I'm Ready, Test' app to get started, click to order a kit, and stop by the Health and Wellness clinic in Thames Hall to grab it. For more information, visit [readytoknow.ca](https://readytoknow.ca).

Explore mindfulness resources and programs offered through Learning Development & Success. Try [Guided Practices](#) such as a 3-minute breathing exercise, self-compassion break and more.

## OWN YOUR FUTURE

### Upcoming Workshop: *PhD Career Panel: Research Administration*

November 23, 2023 from 1:30 p.m. to 2:30 p.m. ET (Virtual)

This Career Panel will feature PhD graduates who advance research and innovation through roles that navigate funding sources, determine success criteria, write winning applications, and manage award implementation. Gain insight into the career path for pursuing this skills needed.

**Panelists:**  
Dr. Alexandra Levine, EDID in Research Office, Western University  
Dr. Letitia Henville, Freelance Editor  
Dr. Cintia Restia, Strategic Research Development Officer, TMU

Register on Western Connect!

[Register Now](#)

## GRAD STUDENT LIFE

### Grad Study Club

Work alongside other grad students to boost your motivation, meet peers, and access productivity tools.

*Thursdays 10 a.m. to 12 p.m. at Weldon Library (room M22). Add to calendar*

### Drop-in Sports and Fit Lane Swim

Swimming is offered daily at the Western Student Recreation Centre (Campus Recreation). Open to all Western graduates with valid Western ONECard.

### Standard First Aid and CPR-C Certification

is available at the Western Student Recreation Centre. [Registration and information here.](#)

### Looking for a study break?

Join SOGS for a casual night at the Grad Club every Wednesday at 7:30 p.m. where you can listen to the acoustic stylings of London legend, **Rick McGhie!** This is a FREE event. For other study break ideas, visit [sogs.ca/events](https://sogs.ca/events)

## IMPORTANT DATES

- **Nov 10:** Final date for doctoral candidates to complete the preliminary thesis submission to finish the degree within the fall term and be eligible for the February in-Absentia Convocation.
- **Nov 24:** Final date for master's candidates to complete the preliminary thesis submission to finish the degree within the fall term and be eligible for the February in-Absentia Convocation.
- **Nov 27:** Recommended deadline to submit to the School of Graduate and Postdoctoral Studies any request for a Change of Registration for the winter term (leave of absence, part-time status, transfer from master's to doctoral degree, intent to be eligible for TDO status etc.). Recommended deadline to Apply for the February In-Absentia Convocation.
- **Dec 1:** [Tri-Agency Scholarships Master's Deadline](#)

## GRAD POEM SUBMISSION

Let's get to know **RESEARCH**

**Read**, understand, re-read, comprehend, Do so, till you find the right content.

**Engage**, hold, absorb, connect, Explore relevant information coming next.

**Scrutinize**, inspect, check, combine, Deliberate and design an outline.

**Evaluate**, assess, appraise, ponder, Start fixing the sections of the proposal.

**Anticipate**, predict, foresee, expect, Focus on the data collection instrument.

**Reflect**, suggest, think, indicate, You will be back and forth so meditate.

**Consider**, expect, envision, contemplate, Be persistent and accept to wait.

**Hope**, harmonize, pause, balance, Maintain perseverance and accept the challenge.

**Note:** The day will come when you say "I am done with my **RESEARCH.**"

Poem submitted by Shahnaz Ali.

## Follow us on social



Have feedback or want to share your story? Email us at [WhatsUpWestern@uwo.ca](mailto:WhatsUpWestern@uwo.ca)