



The Apple *Newsletter*

Writers:

Victoria Ceolin

Emma Anwar

Maggie Li

Aidan Huynh

Editors:

Kimberly Nabukenya

Noura Shafshak

Graphic Designer:

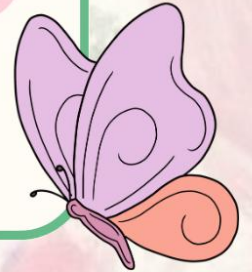
Shalana Anand



HOW TO MAKE THE

MOST OF *Spring*

by: Victoria Ceolin



HI MUSTANGS! SPRING IS FINALLY HERE, BRINGING LONGER DAYS AND WARMER WEATHER. IT'S THE PERFECT TIME TO SHAKE OFF THOSE WINTER BLUES AND EMBRACE THE RENEWAL AND SENSE OF HOPE THAT COMES WITH THIS SEASON. EMBRACING THE SPIRIT OF SPRING CAN DO WONDERS FOR YOUR MOOD, OVERALL WELL-BEING, AND ACADEMIC PERFORMANCE. HERE ARE FIVE WAYS YOU CAN MAKE THE MOST OF THIS VIBRANT TIME OF YEAR:

1. Prioritize Outdoor Activities

It's no secret that spending time outdoors has several benefits for your body and mind. Whether you're strolling through campus, cycling along scenic trails, or enjoying a restful picnic in a park, soaking up some sunshine can boost your mood and energy levels. You may even consider studying outside every now and then for a refreshing change of scenery and enhanced concentration.

3. Explore Local Markets

Venture beyond campus every once in a while to discover our community's local markets! For example, within downtown, gather your friends for a study break and explore the numerous vendors selling their local produce at the Covent Garden Market.

2. Declutter

"Spring cleaning" is a familiar term involving a dedicated effort to tidy up various neglected areas of our homes including drawers, pantries, and other hard-to-reach areas like light fixtures, not to mention our overflowing closets! Creating a clutter-free environment can promote mental clarity and calmness, helping you tackle your academic responsibilities with renewed vigour.

4. Get Your Hands Dirty

With springtime comes gardening. Whether you have a sprawling garden or a couple of potted plants, gardening can be a therapeutic and rewarding activity. So, don't hesitate to get your hands dirty and watch as your efforts bloom!

Fun fact: the practice of spring cleaning is rooted in our biology! The lack of sunlight during winter prompts our brains to produce more melatonin; a hormone which makes us more sleepy often leaving us feeling lethargic (or lacking energy) to embark on the task of spring cleaning. However, with spring and longer days of sunshine, this gives us a boost to partake in activities such as spring cleaning!

5. Treat Yourself

Last but not least, don't forget about self-care! Take breaks to recharge by pampering yourself or indulging in a sweet treat on the patio of your favourite cafe! Remember, a little self-love and care go a long way in maintaining your well-being and academic pursuits.

That's a wrap! I hope these tips were helpful and that you learned something new about the benefits of springtime. Wishing everyone the very best as you tackle the final month of this academic year :) You got this!

Spring Cleaning Tips for Mustangs

by: Emma Anwar

Hello, Mustangs! As the vibrant blooms of spring begin to paint our beautiful Western campus, it is the perfect time to embrace the season of renewal with some thorough spring cleaning.

Not only is this a fantastic opportunity to declutter and refresh your living spaces, but it's also a chance to make a meaningful difference in our community. Here are some top tips to get you started on your spring cleaning journey, along with how you can help others by donating unwanted items to Habitat for Humanity, Goodwill, and Value Village.

1. Plan your Approach

Begin with a plan of attack. Break down your cleaning tasks by room or by category (e.g. clothes, books, electronics, etc.), and set realistic goals for what you want to achieve. This will help you stay focused and not feel overwhelmed by the task at hand.

2. The art of letting go

As you sift through your belongings, ask yourself if each item brings you joy or serves a purpose. If it doesn't, it's probably time to let it go. Remember, what no longer serves you could greatly benefit someone else.

3. Make it fun

Turn up your favourite playlist, invite friends over to help, or reward yourself after completing each task. Remember, spring cleaning doesn't have to be a chore – it can be an enjoyable and fulfilling activity!

4. Sustainable cleaning

Opt for eco-friendly cleaning products or homemade solutions like vinegar and baking soda. Not only are they better for the environment, but they can also be gentler on your home and health.

5. Donate with purpose.

This is where you can truly make a difference. Mustangs are known for their generous spirit, and spring cleaning offers a unique opportunity to embody this trait! As you find items you no longer need, consider donating them to places like Habitat for Humanity, Goodwill, and Value Village. These places welcome a wide variety of gently used items some of which include clothes, and furniture. In conclusion, donating gently used or unwanted belongings, not only gives the items a second life but also is a great way to support local non-profit organizations.

By embracing these spring cleaning tips, you will not only rejuvenate your living space but also contribute to our community in a significant way! Let's come together as Mustangs and make this spring cleaning season both productive and meaningful!

Wishing you all a refreshing and rewarding spring season!



by: Maggie Li

Spring has sprung! Well, not really... judging by the icy winds and blankets of neverending snow. But hopefully, the bleak Canadian weather will soon leave us and the days of warmth and sun will be upon us. In preparation for the beautiful weather where everything shines just a little brighter, it is important to practice mindfulness and take care of our well-being for the final exam season of this school year- and to prep our minds and bodies for summer!

As nature blooms and birds chirp, here are some tips to grow and bloom into your best self this spring!

1. Gratitude Journal

Sometimes life can get tough where nothing goes our way and it may be difficult to stay positive. However, all bad things come to an end and it's important to appreciate all the small moments in your everyday life. Take some time to reflect on your day or week by writing down all that you're grateful for or the highlights of your days- no matter how big or small.

2. Springtime Yoga & Meditation

There are various health benefits of yoga such as physical and mental well-being. Practising yoga and getting the benefits don't require complicated poses or flexibility but rather moving to your abilities and stilling your mind to connect with your body. Yoga focuses on staying in the moment and relaxing the mind and body from the everyday hustle of school or work. You can simply go with the flow or follow a simple YouTube video and take 20 minutes out of your day to relax and stretch out sore muscles.

3. Seasonal Self-Care

Self-care is one of the best forms of well-being and varies from person to person. There is no one set form of care that is right or wrong. Practising self-care is to focus on yourself whether that means unwinding with a movie at night or going on a hike. No matter how busy life can get, it is important to take time to reset and recharge in order for you to perform to the best of your abilities. So take that hot bath, do a face mask, and order your favourite food. You deserve it.

4. Nature Walks

Going on walks is a wonderful way to connect with nature, get some fresh air and take a break from work. A change of scenery may help with writer's block or any other troubles where you feel stuck by allowing you to take inspiration from your surroundings. A simple walk down the neighbourhood or through a hiking trail will help alleviate mental stress as well as promote healthy exercise.



Summer Plans & Academics

by: Aiden Huynh



Dear Western Mustangs,

As the spring term draws to a close, it's time to gear up for a summer filled with opportunities and adventures. Whether you aspire to advance your academic journey, gain invaluable work experience, or simply soak up the sun, Western University is here to support you every step of the way. Here's how you can make this summer at Western unforgettable!

Start by creating your very own Summer Bucket List. Imagine all the things you've wanted to do but never had the time for during the busy school year.

For those who love the great outdoors, the Thames Valley Trail is a must-visit, offering scenic hiking along the Thames River. Fanshawe Lake provides opportunities for water activities, from peaceful canoe rides to thrilling kayaking adventures. And don't forget about Victoria Park, a central hub where you can catch festivals and outdoor concerts. Cultural enthusiasts can explore Museum London's exhibitions, catch a show at The Grand Theatre, or browse the Covent Garden Market for local produce and artisanal goods.

Nightlife and dining options abound, especially along Richmond Row, where you can find a variety of restaurants and bars. Craft beer enthusiasts can sample local brews at breweries like Forked River Brewing Company. For a unique night out, catch an outdoor movie at Hyland Cinema or enjoy Shakespeare in the Park at Springbank Park.

Sports and recreation are well-catered for, with numerous golf courses and Boler Mountain's summer activities like mountain biking and treetop adventures. To stay cool during the warmer months, take advantage of the city's public pools and splash pads.

On the academic front, Western offers a variety of summer courses to help you get ahead in your studies or explore new areas of interest. Check out Western's Summer Academic Calendar for a list of available courses and registration details.

In the upcoming months of April, May, June, July, and August 2024, Western University students should be aware of several key dates and deadlines as part of their summer term.


April marks the transition into the summer session, with students wrapping up their winter term. In May, the 7th is the due date for the first installment of graduate summer term tuition. The 10th is the last day to add or drop a 12-week full or half course, or a 6-week first-term half course for both Summer Distance Studies and Summer Evening sessions. Intersession courses begin on the 13th, with the last day to add or drop these courses falling on the 14th. The 15th is a busy day with the deadline to declare a Discovery Credit for Winter or Fall/Winter courses, the last day for students on exchange or a letter of permission to submit transcripts for Spring Convocation, and the due date for summer tuition. The month wraps up with the Victoria Day holiday on the 20th and the end of 3-week first-term half Intersession courses on the 31st.



June sees the continuation of the Intersession and the start of Summer Day courses. The 3rd is the last day to withdraw from a 6-week first-term half course resulting in a grade of 'WDN' for Summer Evening and Summer Distance Studies, as well as the last day to withdraw from a 6-week full Intersession course. Intersession's 3-week second-term half courses begin on the same day. The 4th is the last day to add or drop these second-term half courses. From the 10th to the 14th and the 17th to the 21st, Spring Convocation ceremonies take place. The 21st also marks the end of 6-week full and half Intersession courses. Summer Evening and Summer Distance Studies have their last day to add or drop a 6-week second-term half course on the 21st as well. Intersession examinations are scheduled from the 25th to the 29th. The month concludes with several deadlines on the 30th, including the application for relief against a final grade in a Fall/Winter second-term or full-year course.

As we move into **July**, **Canada Day** is observed on the 1st, with the university closed. The 8th marks the beginning of 6-week full and half courses, as well as 3-week first-term half courses for the Summer Day session. The 9th is the last day to add or drop these courses. The 15th is the deadline to declare a Discovery Credit for Intersession courses and the last day to withdraw from 6-week second-term half courses for Summer Distance Studies and Summer Evening, resulting in a grade of 'WDN'. The 19th is the last day to withdraw from a 3-week first-term half course for Summer Day. The 26th sees the end of these 3-week first-term half courses and the 12-week full and half courses for Summer Distance Studies and Summer Evening. The 29th marks the start of 3-week second-term half courses for Summer Day, with the last day to add or drop these courses on the 30th. Examinations for Summer Evening take place from the 29th to the 30th, and for Summer Distance Studies from the 29th to August 1st. The 31st is the deadline to apply for relief against a final grade in an Intersession course.

In **August**, first-year tuition and residence fees are due on the 1st, and incoming students have until the 2nd to upload a photo for their ONECard. The Civic Holiday is observed on the 5th. The 12th is the last day to withdraw from a 3-week second-term half course for Summer Day, resulting in a grade of 'WDN'. The 15th is the deadline to declare a Discovery Credit for Summer Distance Studies and Summer Evening courses. The 16th marks the end of 6-week full and half courses and 3-week second-term half courses for Summer Day, with examinations scheduled for the 19th and 20th.



Students are encouraged to stay informed and reach out to Student Central or visit the Office of the Registrar's website for any questions or additional information.

For those interested in research, reach out to your professors or visit the Western Research website to learn about summer research opportunities that can enhance your academic experience.

If you're aiming to gain professional experience this summer, Western's Student Success Centre is here to help. Update your resume and cover letter with the support of their career advisors, and explore job postings on Western Connect. Setting clear goals for what you hope to achieve in your summer job can help you stay focused and make the most of this opportunity.

In conclusion, summer at Western is all about making the most of every moment. Whether you're focusing on your academic growth, professional development, or personal well-being, make sure to plan ahead and take advantage of all the resources available to you. Wishing you all a productive and enjoyable summer ahead!

Go Mustangs!

