

# FIMSSC November Newsletter

November 1st, 2025



## Attend a General Meeting, Become a General Member!

Your voice matters — and we want to hear it! Join us for our next two FIMSSC General Meetings happening this month. Come share your ideas, learn about upcoming initiatives, and enjoy free pizza or snacks while connecting with your peers. This semester, meetings are behind held bi-weekly from 5:30 PM-7:30 PM on Mondays

Attend three FIMSSC meetings this year, and you'll officially **gain General Member status** — a great way to get involved and make a difference in our FIMS community!

## New FIMS Councillor: Harrison Powell

We're excited to welcome **Harrison Powell** as our new FIMS Councillor! Similar to Members of Parliament at the federal level, USC Councillors serve as the legislative body of the University Students' Council. They're an equal partner with the Student Executive in how the USC is run — representing your voice and ensuring student needs are heard at the highest level.



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## Have Your Voices Heard.



The **University Students' Council (USC)** is a student-led organization that first and foremost exists to advocate for and represent undergraduate students at Western University. Since 1965, it has grown beyond an advocacy organization, becoming one of the largest student governments in Canada and one of the largest not-for-profits in London, Ontario. Each day, the USC works to support, improve, and enhance your student experience, because it believes that students have the power to change the world.

Your USC FIMS representatives are Macey Whiteside, the President of FIMSSC, and formerly introduced FIMS Councilor, Harrison Powell. They were elected by you in the USC elections to represent our faculty. These two sit on the USC Council every month to discuss and vote on important issues that affect students, acting as the official voice for FIMS.

### Why does this matter to YOU?

Because students deserve to have their voices heard — and you have the power to make a difference and help improve student life across Western.

### How can you make a difference?

Reach out to Harrison at [harrison.powell@westernusc.ca](mailto:harrison.powell@westernusc.ca) or Macey at [macey.whiteside@westernusc.ca](mailto:macey.whiteside@westernusc.ca) to share your thoughts or concerns about anything related to FIMS, the USC, or Western as a whole.

Don't hesitate to get in touch.  
**We want to hear from you!**



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## OPENWIDE Is Hiring!

Core Team hiring is complete, and general team hiring is opening this month! Don't miss your chance to get involved.

### What's an Alternative Zine?

An alternative zine is a creative space for voices that exist outside of mainstream media: unfiltered, expressive, and bold.

OPENWIDE is just that: a home for passionate, experimental, and unapologetically real work. From art and culture to storytelling and opinion pieces, if it's raw and authentic, it belongs here.



Thank you to all those who attended the **FIMSSC x Soph Team Study Session & Career-Chella** last month!

## The Revamped FIMSSC Website Is Launching this Month!

Last month, we announced that a **revamped FIMSSC website** was on its way: cleaner, easier to navigate, and built with YOU in mind. We're happy to share that it's almost here!

Keep an eye on our social media for the official launch announcement, where you'll find resources, event info, and advocacy updates all in one place.



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## Upcoming November Events

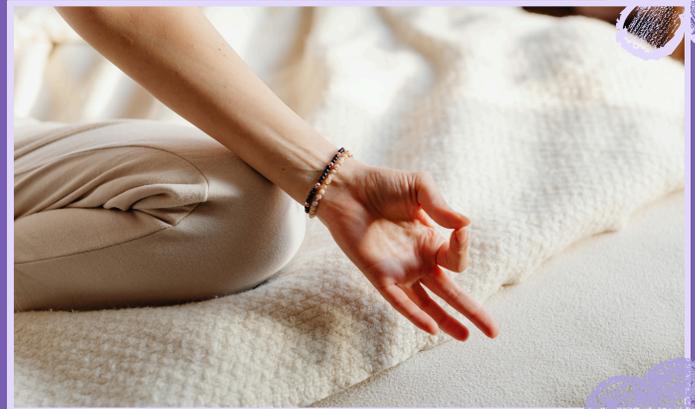
### Mindfulness Mondays

Beginning after reading week!

Find your calm in the chaos. Join us for Mindfulness Mondays, a bi-weekly series hosted by our Student Support & Programming Portfolio, focused on relaxation, reflection, and mental well-being.

🧑‍🎓👩. Learn strategies to manage stress, reset your focus, and start your week with peace of mind.

🔔 Stay tuned for more information!



### November Fundraiser

Get ready to give back and win big! Our Finance Portfolio is planning a November Raffle Fundraiser to support future FIMSSC initiatives and events.

Enter for a chance to win exciting prizes while helping fund the projects that make FIMS thrive - from community events to academic programming.

📅 Details of location and ticket info will be announced soon on our Instagram - stay tuned!

### FIMSSC Bar Night

Bar TBD - Stay Tuned!

This is the bar night you've been waiting for! Whether you're looking to meet new peers or just taking a well-earned study break, this is your night to kick back and enjoy. Open to MACS and non-MACS students alike.

🔔 Stay tuned for more information!



+ General Meetings will be occurring on November 10<sup>th</sup> & 24<sup>th</sup> @ 5:30 PM

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## Wellness Corner: Be Well With FIMS.

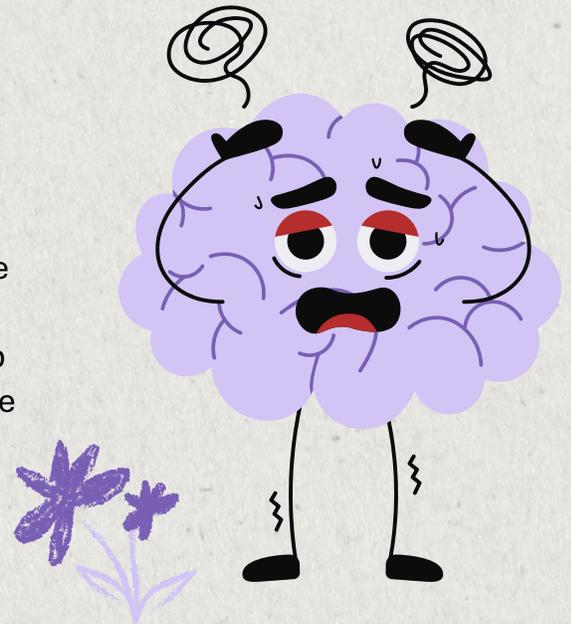
### Burnout: Recognizing It, Preventing It, and Recovering From It

As the semester heads into its final stretch, the pressure of deadlines, exams, and group projects can feel overwhelming. Many students push themselves past their limits - skipping breaks, sacrificing sleep, and forgetting to slow down. What often follows is burnout, which is a state of emotional, physical, and mental exhaustion caused by prolonged stress.

Burnout doesn't happen overnight. It's the slow erosion of motivation, joy, and focus. You might notice it when simple tasks start feeling impossible, when your creativity fades, or when you begin to detach from your work and peers. These signs are your body and mind saying, "Enough."

#### So how can we prevent burnout?

- 1. Set Boundaries.** It's easy to feel like you need to say yes to everything- clubs, shifts, social events-but rest is not a reward; it's a requirement. Protect your time by setting boundaries that allow you to recharge.
- 2. Find Small Joys Daily.** Wellness isn't just self-care Sundays. It's the small things-listening to your favourite song on the way to class, grabbing coffee with a friend, or simply breathing between study sessions.
- 3. Redefine Productivity.** Productivity isn't measured by how late you stay up or how many tasks you finish-it's about sustainability. You're allowed to take breaks.
- 4. Reach Out.** You're never alone in feeling burnt out. Talking to peers, professors, or a wellness counsellor can provide support and perspective. Sometimes, naming what you're going through is the first step to healing.



## Additional Resources for Both Mind and Body

### Wellness & Wellbeing

Book online with their amazing staff, located in Thames Hall.

### Equity & Education

Programs designed to support holistic student health.

### Mindful Moments

Drop-in meditation at UCC 38B on Wednesdays 12-12:30 PM.

### Learn2Thrive

Register for strategies on learning, wellness, and resilience.

### Academic Supports

PAL Centre, Writing Centre, & Learning Development & Success are here to help.

If you find yourself running on empty this month, take a break. Remember that resilience doesn't mean never getting tired; it means knowing when to rest, reflect, and start again.

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## Happy Reading Week, FIMS!

As we wrap up a busy November and head into Reading Week, we hope you take some time to recharge, reflect, and rest. Whether you're catching up on work, spending time with friends, or simply slowing down- remember that balance is key.

You've worked hard this term, and you deserve a moment to breathe. From all of us at FIMSSC, we're wishing you a productive, peaceful, and restorative Reading Week.

See you on the other side, refreshed and ready to finish the semester strong!

## Thanks for catching up!



Until next month,  
Malaak Hamadeh  
*Chairperson, FIMSSC 2025-2026*

On behalf of the Faculty of Information and Media Studies' Student Council