Student Health Services Update

The flu vaccine is available for students. College students are at risk of getting the flu due to living and sharing close quarters and through contact with others on campus. The flu can make you sick, get you out of classes and activities, and keep you from performing your best. You need to be healthy to succeed! The flu vaccine is available for students. Office of Parent and Family Relations #RamFam Love,

As always, please reach out if you have any questions or concerns. If you've ever wondered about the most effective ways to support your student while they're at WCU, consider how you will continue the conversation.

Talking with College Students About Alcohol

If you have not had a chance to view the parent start? If you have completed the online education module, your student if they have completed the online education module, think about it provides your student with information on alcohol and other drugs, sexual health, other drug use. If you are a parent or family member of a new student, encourage you to do so.

Whether your student is a first-year or a returning student, it is never too late to engage in conversation around alcohol and other drug use. Whether your student is coming to campus for their first semester at WCU or their last, they are likely experiencing some nervousness for all that is to come this Fall. Encourage them to get finding a sense of belonging.

Welcome new Ram Fam members to the WCU community and returning families. The start of the fall semester is always an exciting time for our Golden Rams, and this semester is no different. The Office of Parent and Family Relations

A Message from President Fiorentino

Dear Ram Fam,

We are very pleased that your student is a Golden Ram, and we consider you a Golden Ram, too. At WCU, the Office of Parent and Family Relations and the Office of Parent and Family Engagement work together to support students and families. If you have any questions or concerns, please reach out.

Important Dates and Deadlines

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>September 3</td>
<td>Pay to reserve your seat at dinner in Lawrence Dining Hall.</td>
<td>Dining Hall</td>
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<tr>
<td>December 9</td>
<td>Last Day of Classes</td>
<td>WCU</td>
</tr>
<tr>
<td>December 10-14</td>
<td>Family Weekend Picnic hosted by the Ram Fam</td>
<td>Lawrence Hall</td>
</tr>
</tbody>
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Family Weekend Registration is LIVE

Register for Family Weekend (October 4-6, 2019) TODAY!

You will have three ticket options:

- Let us know you are coming to enjoy all of the free programs offered throughout the weekend.
- Pay to reserve your seat at dinner in Lawrence Dining Hall.
- Pay to reserve your seat at dinner in Lawrence Dining Hall.

You may find yourself wanting to send words of encouragement as your student navigates their first few days on campus. Consider including the sentiments below in your communication:

- Remember who you are and that your family is already proud of you.
- Keep your perspective and don't lose your sense of humor.
- Help your student stay focused on the positive aspects of this new experience.
- Understand that this may not be an easy transition.
- Students know that you support the pursuit of what interests them and articulates that you want them to succeed.
- Encourage them to get finding a sense of belonging.

Wellness Promotion Reminder

The staff and faculty of WCU are highly invested in working with our students to ensure a safe and inclusive environment. The Division of Student Affairs works collaboratively with other members of the University to empower students to succeed through learning experiences that support educational mission.

Career Center Corner

The Career Center offers a variety of services to help students find and prepare for rewarding careers. Regular workshops and events are held to help with writing support, interview preparation, and other career-related topics. Students can also receive individualized advice and support from the Career Center staff.

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Best wishes to you and your student for a productive and happy autumn!