Greetings Ram Fam!

Welcome new Ram Fam members to the WCU community and returning families. The start of the fall semester is right around the corner, and it’s time to think about getting involved on campus! WCU offers many opportunities for new and returning students to get involved. Please consider taking a moment to explore the campus opportunities that interest your student. We encourage you to engage with your student about their involvement and the programs they choose. The more your student gets involved, the more likely they will find a sense of belonging.

For example, the Division of Student Affairs provides a variety of programs for students to get involved with. 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:

- You may find yourself wanting to send words of encouragement as your student navigates their first few days on campus.
- Having your child come to a new school or university is an exciting, but sometimes challenging, time.
- Your student is likely experiencing some nervousness for all that is to come this Fall.
- Encourage them to get involved with student organizations that are of interest to them and remind them that it is never too late to engage in conversation around alcohol and other drug use.
- Remember who you are and that your family is already proud of you.
- Not everything will go smoothly, and that’s okay. This helps your student to learn resilience.
- Your student may be feeling homesick as they adjust to their new environment.
- It’s normal for your student to feel some anxiety about how they will fit in.
- Your student may be excited about being on their own.
- It’s important to have a conversation about the importance of taking care of your mental health and well-being.
- It’s important to have a conversation about the importance of taking care of your mental health and well-being.

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 encourage your student to watch for “Welcome Back” programs during the first week of classes! The Office of Parent and Family Relations is here to support student success! Whether your student is interested in exploring new activities, finding a place to fit in, or wants to learn more about study skills and writing support, please take a look at this short overview of some of our offerings.

## Fall Student Involvement Fair

Wednesday, September 4, 2019

It’s time for Fall Student Involvement Fair! Throughout the day, students, faculty, and staff members will be on hand to provide information about the many opportunities WCU has to offer. From academic clubs to sports teams and other student organizations, you’re sure to find something of interest. Stop by the following booths to learn more:

- **Center for Student Life:** Information on student-led initiatives and events on campus.
- **Theatre Department:** Learn about upcoming productions and auditions.
- **The University College:** Information about the University College Services and their programs.
- **WCU Foundation:** Learn about the WCU Foundation and its impact on the University community.
- **Student Health Services:** Information on important health topics and services available on campus.
- **Office of Parent and Family Relations:** Information about Family Weekend and other events for Ram Fam members.
- **Office of International Programs:** Information on study abroad opportunities.
- **Center for Queer Advocacy:** Information about LGBTQ+ resources on campus.
- **Wellness Promotion Reminder:** A message reminding students to take care of their well-being.

The flu vaccine is available for everyone aged 6 mos. and older. The flu vaccine is one of the most effective ways to prevent the flu and its complications. It can also help prevent you from spreading the flu to others. The flu can cause serious illness and even death, so it’s important to get vaccinated.

The CDC recommends an annual flu vaccine for everyone aged 6 mos. and older. This year you can protect yourself and your loved ones by getting vaccinated. If you need assistance with the flu vaccine, please contact Student Health Services! They are located in the Student Center and have a variety of options available to ensure you receive the vaccine in a safe and comfortable environment.

If you have not had a chance to view the parent involvement guide yet, you may want to start? If you have already started the conversation, when might be a good time to complete it? If your student is having difficulty in a particular subject, they may want to reach out to their professors or the Writing Center for support. Remember, it’s important to have open and honest conversations with your student about their academic success.

University offers many opportunities for new and returning students to get involved. Please consider taking a moment to explore the campus opportunities that interest your student. We encourage you to engage with your student about their involvement and the programs they choose. The more your student gets involved, the more likely they will find a sense of belonging.

For additional questions, you can also contact our Student Ombuds at 610-436-3356.