The Financial Aid Office is excited to announce that the 2021-2022 FAFSA form for next year is now available on February 5, 2021. Current first-year students with a previously completed 2020-2021 FAFSA can access and fill out the form in MyHousing (in MyWCU).

If you are considering living in the off-campus neighborhoods for the 2021-2022 academic year, OCCS can help. Enter this OCCS raffle for a chance to win a light timer! This timer will turn your lights on and off in the number provided when a student registers for an appointment.

Consider the following emotional support strategies as you navigate this challenging time:

- **Communicate your feelings**: It’s important to express your own emotions. Encourage your student to express their feelings, whether they are happy, sad, angry, or any other emotion. It’s okay to feel a range of emotions.
- **Encourage seeking support**: If your student is struggling, encourage them to seek counseling support. Many universities have resources available, such as the Counseling Center or the Office of Services for Students with Disabilities.
- **Offer guidance and support**: Be a source of support and guidance for your student. Offer to help them with tasks or to listen to them. Your presence can make a big difference.
- **Stay informed and provide guidance**: Stay informed about news and updates related to the pandemic. Provide your student with the information they need to make informed decisions. For example, if there are changes to campus policies or academic requirements, stay up-to-date and communicate these changes to your student.
- **Maintain routines**: Establishing routines can provide a sense of normalcy and help manage stress. Help your student create a schedule that includes time for academic work, exercise, and relaxation.
- **Focus on self-care**: Make self-care a priority for yourself and your student. Encourage them to engage in activities that make them happy, such as reading, listening to music, or spending time with friends.
- **Support your student in finding ways to stay connected**: Encourage your student to stay connected with friends and family. This can help them feel less isolated and more supported.
- **Encourage physical activity**: Physical activity can help reduce stress and improve mood. Encourage your student to engage in physical activity, whether it’s a walk around the neighborhood or a workout at home.
- **Be patient and understanding**: Remember that the pandemic has been a challenging experience for everyone. Be patient with your student and understand that they may need more support during this time.
- **Stay connected**: Stay in touch with your student and let them know that you are there for them. This can help them feel less isolated and more supported.

Additionally, please note the following requirements for undergraduate students:

- Option 1:
  - [FOR UNDERGRADUATE STUDENTS]

The University understands that the impact of the COVID-19 pandemic continues unabated and, in many ways, is worse than at the beginning of last spring. Many of our families are sharing similar feelings of disappointment that classes will be virtual again in the fall. Again, another loss that our students and families have to tackle. It can feel helpless as many of our families are trying to navigate these unprecedented times.

Many of our families are sharing similar feelings of disappointment that classes will be virtual again in the fall. It can feel helpless as many of our families are trying to navigate these unprecedented times. Many families are also worrying about their student’s mental health and well-being.

For additional resources and information, please visit [this link](https://wcu.caresforyou.org).

Lastly, WCU has resources dedicated to overall well-being and student success. If current events in your family or your student’s life are causing you stress or anxiety, please reach out to the [Office of Parent and Family Relations](https://wcu.caresforyou.org).

In addition, the University is committed to ensuring that all students have access to the resources they need to succeed. The Learning Assistance and Resource Center (The LARC) is available to provide academic support and assistance. The Center for Women and Gender Equity is available to support students who are experiencing gender-based violence or harassment. The Center for Trans and Queer Advocacy is available to support students who are LGBTQ+.

Thank you for your support and understanding. We are all in this together.

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