Student Experiences:

Increased feelings of stress, anxiety, depression, and/or other mental health concerns are common among university students. As February brings the first round of graded assignments being returned, many students may feel a sense of academic pressure. If your student is frustrated with how the semester has started, encourage them to visit their professor's office hours to gain insight into their teaching methods and advice. Check out the resources offered through the Counseling Center to support mental health needs.

Although it is the shortest month, February can seem endless, especially for upperclassmen who may feel overwhelmed by the workload. Encourage them to focus on time management and prioritize their self-care. Start to wear layers as the days get colder, and course work gets harder. Physical activity has been proven to help reduce stress levels of college students. Advocating for your student to focus on physical activity during their semester is imperative at this time to support their mental health.

February brings the new semester feel, but things pick up quickly throughout the month. Students may feel the academic pressure of finals season. Urge them to keep an eye on their course schedules and make plans for note-taking and exam preparation.

In fact, more than 40% of college students nationwide do not meet the recommended guidelines of 150 minutes of physical activity each week. Did you know that your student may be experiencing a lack of physical activity during their semester? University College offers a variety of resources to support physical activity, including the new Ram Connect program, which is now in its third year. Ram Connect is a one-stop-shop for students to find answers to their questions. Students can sign up for virtual one tutoring available to students.

University College offers a number of services are available remotely. The Counseling Center offers virtual sessions for students seeking academic accommodations. The Office of Disability Services provides accommodations and support for students with disabilities. OCCS offers individual appointments to discuss your personal housing needs. In addition, OCCS offers a number of programs to support students living on campus, including the University Center for International Programs and Off-Campus Student Affairs.

Valentine's Day can be a bright spot in the month, or it can bring on feelings of loneliness, unmatched desires, and disappointment regarding past or current relationships. Feelings of claustrophobia as winter continues; tempers tend to be short and tensions increase. The Counseling Center offers virtual sessions to help students navigate through these challenging times. Encourage your student to continue practicing good health and to watch for the weekly Ram Roundup Newsletter announcing campus events. The Counseling Center will remind everyone to continue practicing good health.

Remember, we are here to support your students. If you have any concerns or questions, please don't hesitate to reach out. As always, we are proud of the WCU Ram Fam, your student, and the challenges they have faced.