Although it is the shortest month, February can seem endless, especially for upperclassmen. While February starts off with the new semester feel, things pick up quickly throughout the month. The transition of an on-campus college experience to a more isolated remote environment has also increased feelings of stress, anxiety, and depression. Advocating for your student to focus on their social and academic needs will be imperative at this time to support your students. Learn more according to the Anxiety and Depression Society of America. Encouragement of physical activity is reported increased feelings of stress, anxiety, and depression.)

In fact, more than 40% of college students nationwide do not meet the recommended guidelines of weekly physical activity. Due to the external obligations and priorities in your student’s life such as school, employment, or social life, exercising may become less of a priority to your student. Did you know that your student may be experiencing a lack of physical activity during their semester? In addition, OCCS offers individual appointments to discuss your personal housing needs. Email Office of Parent and Family Relations

 lexie.mccarthy@wcupa.edu or call 610-330-6013.

Students seeking Student Health Services can call 610-330-6013 for a phone triage appointment. We have extended our priority deadline to March 1, 2021 for the 2022 FAFSA. Prepare for the Housing Fair (2/23 & 3/1).

The Office of Financial has three updates to share with the Ram Fam:

- Updated the 2020-2021 scholarship and grant application deadline to February 1, 2021.
- Extended the 2020-2021 priority deadline for the 2021-2022 FAFSA to March 1, 2021.
- Added a ‘Make-up’ option for Spring 2021 final exam dates.

**Student Experiences:**

Based on the March 2020 survey, 82% of students responded that they are “satisfied” or “very satisfied” with their accommodation options, which is a significant increase from the March 2019 survey. The LARC has expanded its services to support student success. Students can check out the Spring Involvement Fair as an opportunity for new students to explore campus resources and activities.

**PANDEMIC EXERCISE**

With the pandemic continues to support students, the Office of Financial has three updates to share with the Ram Fam:

- Updated the 2020-2021 scholarship and grant application deadline to February 1, 2021.
- Extended the 2020-2021 priority deadline for the 2021-2022 FAFSA to March 1, 2021.
- Added a ‘Make-up’ option for Spring 2021 final exam dates.

**UNIVERSITY COLLEGE RESOURCE GUIDE**

The LARC has expanded its services to support student success. Students can check out the Spring Involvement Fair as an opportunity for new students to explore campus resources and activities.

**CELEBRATE YOUR GRADUATE**

To celebrate the Class of 2021, the Office of Financial is offering a new program, which is now in its third year. Students can check out the Spring Involvement Fair as an opportunity for new students to explore campus resources and activities.

**GOOD NEWS FROM WCU**

**1,000 Rewards**

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**PROUD WCU**

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- Updated the 2020-2021 scholarship and grant application deadline to February 1, 2021.
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- Added a ‘Make-up’ option for Spring 2021 final exam dates.

**RAM FAN TIMELY ISSUE**

Greetings Ram Family,

We have even made it easier for students to connect and ask questions via our RamConnect. The LARC has expanded its services to support student success. Students can check out the Spring Involvement Fair as an opportunity for new students to explore campus resources and activities.

**FINANCIAL AID UPDATES**

We have extended our priority deadline to March 1, 2021 for the 2022 FAFSA. Prepare for the Housing Fair (2/23 & 3/1).

**OFF-CAMPUS • COMPUTER STUDENT UPDATES**

**G.A.L.A. means to WCU – to Give. Advance. Lead. Achieve.** Over a series of nine weeks, and with proceeds benefit the Presidential Scholarship Fund at WCU.

**2021: G.A.L.A.**

Ellie Brown Receives Service-Learning Teaching Excellence Award

Well’s School of Music Faculty Members Perform Recitals Despite Pandemic

Valentine’s Day can be a bright spot in the month, or it can bring on feelings of loneliness, disappointment regarding past or current relationships, or concerns about the future. We have even made it easier for students to connect and ask questions via our RamConnect. The LARC has expanded its services to support student success. Students can check out the Spring Involvement Fair as an opportunity for new students to explore campus resources and activities.