February can seem endless, especially for upperclassmen who don't have the feeling of newness that first-year students have. Students should look for campus events to help them find their tribe. The excitement of being back in classes and connecting with WCU friends after winter break might start to wear as the days get colder and course work gets harder.

Although it is the shortest month, February brings the first round of graded assignments being returned. If your student hasn't done well, it might feel like their world is coming to an end. It is important to communicate with your student and the professor to see if additional resources are available. The Learning Assistance and Resource Center is available on campus to support student success. If your student is interested in attending, they can schedule an appointment with a Success Coach at 610-399-4608. University College offers a number of services are available remotely according to the Anxiety and Depression Society of America. Encouragement of physical activity is important skills for success at WCU. Students can learn more by emailing uctst@wcupa.edu for more information and get access to 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. In fact, more than 40% of college students nationwide do not meet the recommended guidelines of 150-300 minutes of moderate intensity or 75-150 minutes of vigorous-intensity aerobic physical activity per week. The Office of Financial has three updates to share with the Ram Fam: The 21-22 WCU General Scholarship Application is now open! Students can access the application by logging into Scholarship Manager using the following link: http://bit.ly/3t8irFF. Returning student awards will be going out in March, shortly after the March 1 priority deadline. More information can be found at http://bit.ly/3t8irFF. Students seeking assistance for mental health concerns can call the Counseling Center at 610-399-6151, Monday through Friday 8 a.m. to 5 p.m. CST. For after-hours emergencies, students should call the TrueRemove® 24/7 Support Center at 1-833-567-3376. Students can also use MySelfCare, a technology-based online tool that provides self-help resources and referrals, including support for stress management, coping with anxiety, and finding mental health support. There is also a COVID-19 self-screening tool that can be used to determine if your student should seek a medical evaluation.

We hope your student is feeling positive and excited about what the semester has to offer. As we continue through the semester, we hope your student will continue to use the resources available to them. We are a couple of weeks into the semester, and it the perfect time to encourage your student and keep them motivated. If your student has a goal to become more engaged at WCU, the virtual RamConnect has plenty of virtual opportunities for your students this semester.

We are excited to bring the innovative spirit of the 2021: G.A.L.A. to your home. Harness what the proceeds benefit the Presidential Scholarship Fund at WCU.