Although it is the shortest month, February can seem endless, especially for upperclassmen who track. Learning Assistance and Resource Center is frustrated with how the semester has started, encourage them to visit their professor’s office hours 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 been a challenge for many students.

In fact, more than 40% of college students nationwide do not meet the recommended guidelines of exercise provided by the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine. The Office of Health Promotion & Wellness offers several ways to support student success:

1. **Physical Activity**: Encouraging physical activity on campus can be challenging, but it is imperative at this time to support your students. Learn more about the importance of physical activity and how to incorporate it into your daily routine.

2. **Mental Health Support**: Mental health is a priority during these turbulent times. Physical activity has been proven to help reduce stress levels of college students on improving their physical health can motivate your student to push themselves during these challenges.

3. **Student Assistance**: The Office of Financial Aid has released updates on returning student awards, which will be going out in March, shortly after the March 1 priority deadline. Visit the Scholarships Manager website for more information.

In addition, OCCS offers individual appointments to discuss your personal housing needs. Email the Student Affairs Office to arrange a call.

As always, we are proud of the WCU Ram Fam, your student, and the challenges they have faced through these unprecedented times. Keep them motivated. If your student has a goal to become more engaged at WCU, the virtual Ram Connect program offers a forum for interaction and exploration.

**PANDEMIC EXERCISE**

In response to the COVID-19 pandemic, WCU has developed the Pandemic Exercise plan to support the health and well-being of our community. This plan includes comprehensive measures to prevent the spread of the virus and to provide a safe and healthy environment for all students, faculty, and staff.

**UNIVERSITY COLLEGE RESOURCE GUIDE**

WCU’s Division of Student Success offers a variety of resources and support services to help students succeed. These include academic counseling, tutoring, writing centers, and more. Visit the Student Success website for a comprehensive list of resources available.

**CELEBRATE YOUR GRADUATE**

The Office of the Registrar is proud to announce the Spring 2021 Graduation Date. Celebrate your graduate with a virtual ceremony and reception.

**GOOD NEWS FROM WCU**

The WCU Ram Fam is excited to share some good news with you! WCU’s Well’s School of Music Faculty Members Perform Recitals Despite Pandemic and WCU’s Dr. Janneken Smucker joined WHYY Philadelphia’s school names...