Below we have listed five WCU weekend "life hacks" for students and families to have the opportunity

The Student Activities Council provides fun-filled events throughout the year (mostly) free to

up for Ram Nation, please go to

for an informational interview or a job shadow.

board or group, where alumni can offer insight, or they can request to directly connect with an alum

commitment the way that a traditional mentoring program does. Interested alumni can create a

launch of Ram Nation, an online alumni to student flash mentoring platform.  If you're not familiar with

For more wellness tips, check out the

flu:

As flu season continues, it is important to encourage your student to do the following to prevent the

WCU Flu Fighters

3307.

recommend remaining with your vehicle while your student is collecting their belongings.

Borough parking regulations remain in effect for the streets adjacent to the residence halls. We

While parking near the residence halls to pick up your student, please remember that West Chester

cars to campus back in August, and inevitably students have accumulated more things since then.

they don't wear or won't need until after May 9. Also, we know that many families brought packed

time to assess with your student if there are things in their room that they don't really use or clothes

We are also already looking ahead to when the residence halls close in May. Spring break is a good

Spring Break Residence Hall Closing

opportunities.

Students should also visit

academic year.

to be considered for over 70 different West Chester University scholarships for the 2020-2021

The 2020-21 WCU General Scholarship Application is now open! Incoming first-year and transfer

The Office of Residence Life and Housing

Every student who has a

Waivers are available at 202 Lawrence for students who pay $1,000 or less out-of-pocket each

Applications for North Campus Traditional Residence Halls are accessible to students in MyHousing

month's First Friday video, which can be found on the far right side of my

prevention strategic plan that addresses policy, protocol, procedures and prevention.

that we are accomplishing this goal. That task force has developed a sexual misconduct and violence

safety, health and well-being are key priorities. Three years ago, I convened a task force to ensure

West Chester University is committed to creating and maintaining a campus environment where

A Message from the President

Dear Ram Fam,

As always, please reach out with any questions, comments, or concerns

Lexie McCarthy, Director

#RamFam Love,

AMcCarthy@wcupa.edu

Greetings Ram Fam!

Life hacks can save students time and money when completing their to-do list. Take a look at these five "life hacks:"

<table>
<thead>
<tr>
<th>Life Hack</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Get the flu shot.</strong></td>
<td>Helps prevent the flu, which is especially important during flu season.</td>
</tr>
<tr>
<td>2. <strong>Eat balanced vitamin-rich meals.</strong></td>
<td>Provides essential nutrients for good health.</td>
</tr>
<tr>
<td>3. <strong>Wash their hands for at least a full 20 seconds.</strong></td>
<td>Reduces the risk of spreading germs.</td>
</tr>
<tr>
<td>4. <strong>Exercise regularly and wipe down equipment after use.</strong></td>
<td>Promotes physical health and ensures equipment is clean.</td>
</tr>
<tr>
<td>5. <strong>Wash their sheets and towels weekly.</strong></td>
<td>Keeps linens clean and hygienic.</td>
</tr>
<tr>
<td>6. <strong>Get at least 8 hours of sleep.</strong></td>
<td>Ensures rest and rejuvenation for a fresh start to the day.</td>
</tr>
</tbody>
</table>

Stay healthy and safe, Ram Fam!

For more wellness tips, visit the Office of Wellness Promotion online.

Important Dates and Deadlines

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Job &amp; Internship Fair</td>
<td>March 9-15, 9:30 a.m.</td>
</tr>
<tr>
<td>Final Exams</td>
<td>April 2, 3rd floor, 7 p.m.</td>
</tr>
<tr>
<td>Last Day of Classes</td>
<td>April 3, 10 a.m.</td>
</tr>
<tr>
<td>Spring Break</td>
<td>March 9-15</td>
</tr>
</tbody>
</table>

Don't forget to join us for Spring Break fun and activities! Check out the Office of Campus Activities' website for more information.

If you have any questions or concerns, please don't hesitate to reach out to the Office of Residence Life and Housing.

Ram Fam Monthly