In these uncertain times, it is normal to experience increased feelings of stress, anxiety, depression, and isolation. As we navigate this unprecedented situation, it is important to prioritize your mental health.

If a student is experiencing a life-threatening mental health emergency during business hours (Monday – Friday from 8:00 a.m. – 4:00 p.m.), please call (610) 436-3305 or email healthctr@wcupa.edu. If your student's call is not answered, please leave a message and we will return your call as soon as possible.

If interested in mental health services, students will need to go through our Triage hours which are designed to assess the urgency of the situation and determine the appropriate level of care. These appointments are on a first-come, first-served basis, so we encourage students to call earlier in the day to reserve their timeslot for that afternoon.

If your student is feeling sick, is symptomatic, and/or feels like they have been exposed, please follow the steps in our CDC Health & Safety Protocol for Students. A nurse will contact you to follow up.

We encourage you to share this information with your student and anyone else who may be impacted by COVID-19.

Erica Belovich
Senior communication studies major
Successfully navigating remote learning

Senior communication studies major Erica Belovich worked remotely as an intern in the President's Office this past summer. A member of the Honors College, Erica believes that the ability to think critically and communicate effectively is crucial to her success in the remote learning environment.

Erica maintains a 4.0 GPA and is active in co-curricular activities and leadership training. She is passionate about helping others and hopes to make a positive impact on the world.

Now that we have a week of class under our belts, how are things working out? Do you need to make any adjustments to your student's schedule or study plan? This could be a great opportunity to discuss their academic goals and address any challenges they may be facing.

For remote learning? This plan could include things like finding a quiet spot in your home for your student to study, creating a schedule that sets clear boundaries between work and play, and making sure they have all the resources they need to succeed.

This fall your support is more critical than ever. Have you and your student developed a game plan for navigating the challenges of remote learning? We are here to help you and your student through this transition.

Rammy’s Resource Navigator

Introducing WCU’s new support structure designed to serve everyone—students, parents, and faculty. Rammy’s Resource Navigator is a one-stop resource for student information. Students can access support through one of three methods based on their needs and preference:

- Directly through the Counseling Center
- Through the Financial Aid Office
- By contacting Ram Roots

All of our new family support staff are here to help. You can call us at (610) 436-3305, email us at studentsuccess@wcupa.edu, or visit the Ram Roots website. We are here to welcome, assist, and support new students, families, and guests as they transition to, and through, the WCU community. That means if you or your Golden Ram need any help, reach out!

A once-in-a-liftime spring semester has continued into a fall semester. In this unprecedented time, we are working hard to provide our students with the best possible education. Our counseling center recently celebrated 38 years of helping our students navigate their college journey. We are so grateful for our students and their families and are excited to see what the future holds for WCU.

Summer orientation may be over, but New Student Programs is still here for you. Our mission is to welcome, assist, and support new students, families, and guests as they transition to, and through, the WCU community. That means if you or your Golden Ram need any help, reach out!

Your Ram has finished their first week of classes, but they’re still new. We hope you’ll continue to rely on New Student Programs’ support now and throughout your WCU journey.

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