If a student is experiencing a life-threatening mental health emergency during business hours, counseling is available by calling the Counseling Center (610-436-2301) on the same day they are experiencing symptoms. If interested in mental health services, students will need to go through our Triage hours which are available from Monday – Friday between 1:00 - 3:00 pm. Unlike in previous years where students walked-in for support, the Counseling Center will be offering online counseling services to enrolled students.

In these uncertain times, it is normal to experience increased feelings of stress, anxiety, depression, and other mental health concerns. As the university continues remote instruction in fall semester, the Counseling Center is available to support students through, the WCU community. That means if you or your Golden Ram need any help, reach out! We're here to help. You can call us at (610) 436-3305, email us at studentsuccess@wcupa.edu, visit Rammy’s Resource Navigator, or learn about 50+ campus departments through Ram Roots.

Now, I would like to turn this column over to one of the many WCU students who has been successful navigating remote learning. Senior communication studies major Erica Belovich worked hard to adjust as a student, and she is here to share her tips.

Erica maintains a 4.0 GPA and is active in co-curricular activities and leadership training. For the fall semester, Erica worked with her family to create a remote learning plan. She suggests that students:

1. Talk to their parents and siblings about how the remote learning is going and how they are coping. Give them the space they need to accomplish the developmental tasks of their age group and other commitments.
2. Plan out how they will attend class remotely, as well as expectations around shared tasks and family commitments.
3. Pick a quiet spot in your home for your classes.
4. Break down tasks into manageable steps and set a schedule.
5. Seat yourself well and at a good distance from the screen.
6. Give yourself breaks, and do something relaxing like taking a walk or stretching during them.
7. Keep your home office organized and create a routine.
9. If you find that your remote learning plan isn’t working, be open to changing it. For example, if you are finding that you are not staying focused, seeing your classmates on Zoom may help, so you can adjust your plan to change up your environment.
10. Ask for help if you need it. Let your professors or counselors know if you are struggling.

Erica is also available for your Ram Fam! She encourages you to share this information and visit Rammy’s Resource Navigator to learn more about Ram Roots, Rammy’s Resource Navigator, and other resources available to you.

A once-in-a-lifetime spring semester has continued into a fall semester of college or they transferred from another school, we are so happy to have you as part of the Ram Fam! The Counseling Center is here to support you throughout your WCU journey.

Chris Fiorentino, Ph.D.