While most students have remained at home over the course of the year, summer may bring new experiences. It is common for students to ask, "What's next?". This could be about future plans, such as whether they will continue their education or start a career. Many students also panic about finals and completing class projects through finals week. Be considerate of their neighbors.

Alternative questions to show support of graduates and reduce the pressure are, "Are you planning to graduate, who has been hearing it consistently from family, friends, faculty, and acquaintances. It can be scary to think about what comes next. But it's also a time to reflect on what you've accomplished. To the members of our Ram Fam with graduating students, a very special congratulations to you and your students. It is my hope that this newsletter finds you and your families safe and well. As your students head into the final stretch, let's take a moment to acknowledge all the hard work they've put in and all that they will accomplish.

The common causes of suicidal behavior are:
- Feelings of hopelessness
- Paralysis of thoughts and actions
- Pain from a mental illness, grief, or trauma
- A history of depression
- Substance use or withdrawal
- Lifestyle changes
- Family history

How to get help for yourself or learn more about preventing suicide:
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Visit the website of the American Foundation for Suicide Prevention
- Connect with a mental health professional
- Reach out to a trusted friend or family member
- Contact a crisis resource in your community

To start the registration process, here's a checklist of items students can work on:
- Add courses to their fall schedule!
- Discuss classes for fall, any interest in minors or internships.
- Review their Degree Progress Report (DPR) in myWCU.
- Alert in myWCU for registering for fall courses.
- Navigate to:
  - Navigate to: "Add Courses" in myWCU
  - Enter the organization code
  - Complete and submit student registration for fall courses.
- Get alerts when a course becomes available.

For tips on how to add classes, visit qprtraining.com

As we continue to work in the future, we will be offering new and updated resources. The Common Sense Media is a great tool to become familiar with the courses needed to complete their degree. It is important to consider what courses will be available for students to participate in our civic leadership programming. Ideal applicants are WCU students who are interested in civic engagement and social impact. The Center for Civic Engagement & Social Impact is hiring! We have many student staff positions available for students to participate in our civic leadership programming. Ideal applicants are WCU students who are interested in civic engagement and social impact.

At this time, the COVD-19 vaccine is not required at West Chester University but it is highly encouraged. It's understandable to have questions about something new. I would encourage you and your student to consider the benefits of vaccination and weigh them against any potential risks. Perhaps you or your student still have some questions about the vaccine or don't know where to obtain it. It's understandable to have questions about something new. I would encourage you and your student to consider the benefits of vaccination and weigh them against any potential risks. It's understandable to have questions about something new. I would encourage you and your student to consider the benefits of vaccination and weigh them against any potential risks.

To the members of our Ram Fam with graduating students, a very special congratulations to you and your students. It is my hope that this newsletter finds you and your families safe and well. As your students head into the final stretch, let's take a moment to acknowledge all the hard work they've put in and all that they will accomplish.