Student Experiences:

Tasks, curfews, use of the car, and participation at meals and family activities. After the semester, have discussions with your student about your expectations around household responsibilities. All of this sleeping might conflict with family holiday schedules. Families should discuss ways to manage stress, such as preparing nutritious snacks for study sessions, taking breaks, and doing low-intensity exercise. Talk about sleep and its benefits. Getting a couple hours of sleep is better than no sleep at all.

How to be Less Stupid About Race, by adrienne maree brown

Support Your Student:

College students admit to misusing prescription stimulants and 18 to 25 years old's use "study drugs." Prescription stimulants are frequently misused by students around stressful times. In fact, 1 in 5 college students admits to misusing prescription stimulants and 18 to 25 years old's use "study drugs." Students have to be different. Encourage them to think about their plans, rather than misuse substances.

How can you help your student strengthen their Resilience? The Office of Parent and Family Relations recommends the following tips:

- Be present and available to talk
- Listen to their concerns without judgment
- Avoid taking on your own emotions
- Help them to set realistic goals
- Encourage them to seek help when needed

The Office of Student Conduct would like to share a few interesting and thought-provoking books that we have read over the summer and fall semesters. We encourage you to check them out if you are interested.

The 2021 Academic Year Alternative Grading Policy

Students have until December 16 to receive their grades. This includes completion of the enrollment in the alternative grading system. If your student chooses to accept the alternative grading system for the 2020-2021 academic year, they will be able to receive a maximum of 4.50 on their GPA.

Finances and scholarships:

The Office of Financial Aid has a Temporary COVID 19 Merit Aid Policy. This policy allows for the adjustment of institutional merit aid in the event of an extenuating situation that may have resulted in a reduction in their financial aid award. Students may qualify for additional institutional and need-based aid opportunities. For more information, please contact the Office of Financial Aid at finaid@wcupa.edu.

Operation SNOW

While Operation SNOW has successfully concluded, the Resource Pantry always needs our help. This has been a difficult year for everyone, and for the underserved members of our campus doubly so. The Resource Pantry is open to University’s Describe this opportunity Over Winter (Student Needs Over Winter). The recipients are members of the community masked up and gathered in two shifts in Sykes Student Center for Civic Engagement & Social Impact even offered to drive to employees' homes for contactless pick-up of donations. About 25 faculty, staff and students volunteered for the "packing party" but far more participated by making donations. Staff at the Resource Pantry and the Office of Parent and Family Relations worked with the Campus Career Center to collect career clothing. Contact the pantry@wcupa.edu for more information.

The Office of Parent and Family Relations would like to extend our gratitude to all who have donated. We are so thankful for your support.

Thank you for your support and warmest wishes for the holidays.

P.S. Have your questions answered 24/7 with AMcCarthy@wcupa.edu. Your email will be reviewed by an employee and an office representative will contact you if your question requires follow-up.

For more information about the University’s Multi-Year Planning Calendar, please visit the website.