Leadership Series offers student leaders (and want to be leaders!) the chance to hone their skills in this new virtual reality, building leadership skills can be difficult. How do we engage with our community in the 21st century? Take the Challenge: The Personal Best Leadership Series!

Care packages don't have to be elaborate. There's no right or wrong way to put one together—it's all about thoughtful detail.

The Financial Aid webpage has been redesigned in response to student and parent feedback! Now, you can create an account on the Student Center, track your financial aid award, and view your account activity. By setting up a MyWCU account, you can log in to view your financial aid award and track your award activity.

Questions about the housing search process? Email Off Campus and Commuter Services (OCCS) at offcampus@wcupa.edu

We are here to support you and your student in navigating these conversations. Misperceptions such as alcohol avoidance before college are more likely to not use alcohol or to limit its use — and this can help prevent substance use in college. Here are some tips to help you and your student talk about alcohol and other drugs:

- Remind your student that using alcohol or drugs to cope, to forget or to feel some way in a difficult situation is unhealthy. Help them develop healthy coping mechanisms and strategies.
- Discuss reasons not to use. Explain the risks of substance use and the consequences of drug or alcohol use. Identify the potential risks of alcohol use and how they might affect your student.
- Be prepared for questions about your own choices regarding substance use. Share your personal experiences and values, and discuss the consequences of substance use.
- Set boundaries. Be clear about what you expect from your student in terms of substance use and make sure your student understands the importance of not using alcohol or drugs in a situation where they are not interested.
- Be a good role model. Demonstrate healthy habits and behaviors and avoid using alcohol or drugs in front of your student.
- Ask questions. Encourage your student to ask questions and express their concerns about substance use. Be willing to discuss these issues and provide guidance.
- Support your student. Encourage your student to seek help if they are struggling with alcohol or other drug use. Provide support and guidance and help your student find the resources they need.