Leadership Series offers student leaders (and want to be leaders!) the chance to hone their skills in various areas. The series covers topics such as styles, building communities, finishing projects, and enacting lasting change. Meetings will run on Wednesday nights from 5:00 - 6:00 p.m., starting September 30th.

In this new virtual reality, building leadership skills can be difficult. How do we engage with our peers and community? How do we improve our own skills during this time of isolation? The Personal Best program aims to promote accurate information and healthy norms regarding substance use. It is designed to support students in discussing substance use with their peers and families, and provides resources and tools to help navigate these conversations.

Care packages don't have to be elaborate. There's no right or wrong way to put one together—it's all about the thought and effort you put into it. Here are some ideas to consider:

- A comfortable blanket or pillow for comfort
- A book or magazine for reading
- A small gift card for treats
- A cozy sweater or slippers for warmth
- A journal or notebook forReflection

A streaming service subscription. A plant to freshen the air (low maintenance succulents are all the rage). A new laptop cover, tech stickers, or phone case, or perhaps an extra charger if they're always in need of it. A gift card to a favorite store, or perhaps a meal at a local restaurant. The possibilities are endless!

Having the Talk: How to have meaningful conversations with your student about putting the emphasis on personal well-being. Discuss reasons not to use. Explain the risks of substance use and addiction. Look for opportunities to raise the topic naturally. Be prepared for questions about your own choices regarding substance use. Your student may appreciate your honesty and openness.

If your student is considering living with other students in the Borough, view your preferences using Places4Students.com; in addition to viewing available rentals, Places4Students allows students to search/post for sublets and make roommate connections. Pay close attention to the terms of the lease. (For more information, visit the Off Campus and Commuter Services website.)

The WCU Department of Public Safety has worked to develop a unique app that empowers students to take control of their safety. The app, known as the RAM Safety App, provides students with quick and easy access to resources such as local emergency contacts, maps, and safety tips. Students can access the app on their smartphone through the Apple or Google Play store.

If you and your student are new to the RAM Family, you may not have had an opportunity to explore WCU's resources and opportunities. The Office of Parent and Family Relations wants to empower you to make the best decision for your student and yourselves. If you have any questions about the housing search process, contact Off Campus and Commuter Services at finaid@wcupa.edu or visit their website at wcupa.edu/finaid.

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Frederick Douglass Institute and The Society advance Frederick Douglass’ values and visions of freedom, democracy, and equality. The Institute hosts a variety of events, including lectures, workshops, and community outreach programs. Their goal is to create a more just and equitable society through education and dialogue.

As we end week four (!) of the fall semester, now is a good time to check in with your student and discuss their academic progress. Encourage them to share their story today. The email will come today, and they can use it as an opportunity to reflect on their experiences so far this semester.

The Office of Parent and Family Relations is here to support you and your family. We encourage you to begin researching your options early as we know housing can be competitive. If you have any questions or concerns, please reach out to parentfamilyrelations@wcupa.edu.