Instilling Gratitude:

- Gratitude can lead to increased well-being, reduced stress, and greater life satisfaction.
- It can improve physical health and contribute to fewer days lost from work.
- People who express gratitude tend to be happier and more engaged in school, better at managing their lives and identifying opportunities for personal growth.
- Researchers call an "upward spiral of positive emotions." Adolescents who rate higher in gratitude express more positive emotions, feel more connected to others, and are better able to cope with stress.

Did you know?

- Gratitude can be practiced in everyday activities, not just in response to gifts or significant events.
- Expressing gratitude can be as simple as saying "thanks" - finding gratitude in the "everyday stuff.

When you have a moment, openly or in private, consider expressing gratitude. Whether it's a heartfelt thanks to a friend, a smile at a stranger, or a thank-you to a老师 or employer, small acts of gratitude can have a lasting impact on your well-being and the well-being of others.

- Remember to express gratitude for the small things, as well as the big ones.
- Practice gratitude daily to cultivate a positive outlook and enhance your sense of well-being.

Encourage your student to log into their Student Involvement Headquarters, located in Sykes Student Union, to explore opportunities and events. Student Involvement is holding several events and series that are open to all students.

Overview of Dates and Process Information

- January 21: North Campus Traditional Application available in MyHousing (through MyWCU)
- January 21: Deposit waiver applications available in 202 Lawrence
- February 6: South Campus Applications due, 4:00 p.m.
- February 20: South Campus Application status or assignment notification via e-mail
- March 20: North Campus deposit waiver applications due, 4:00 p.m.
- March 27: Students notified regarding North Campus eligibility
- April 7-10: North Campus Room Selection for eligible students

Apartments are now accessible to students in MyHousing (log in through MyWCU). If you are looking for a jump start to get involved this semester, the Office of Student Leadership and Student Involvement can provide a list of opportunities.

WCU's Office of Student Conduct will extend medical amnesty to students who are referred to the treatment program for substance abuse. If you have any concerns about a group's activity, please complete the incident report form on the Student Conduct Office website.

Today, Jan. 24, I joined faculty, staff, students and local community members for our 27th annual Dr. Martin Luther King Jr. Brunch. I was honored to participate in this celebration of Dr. King's life and legacy, and to renew West Chester University's commitment to upholding the principles and prophets of the Civil Rights Movement.

As your student gets involved on campus, stay in touch about what they are doing and how they are progressing. Encourage them to explore different organizations and find what resonates with their interests.

- Attend events and meetings to get a sense of the culture and expectations of the organizations.
- Ask questions and express interest.
- Participate in activities and discussions to gain a deeper understanding.

The Office of Parent and Family Relations is excited to announce a RamConnect portal to learn about campus events. The portal includes updates, announcements, and curated information for students, parents, and families.

If you have any questions, comments, or concerns, please reach out to the Office of Parent and Family Relations. As always, we are here to support you and your student.

- Visit the RamConnect portal for more information.
- Sign up for the Ram Roundup newsletter to receive updates and reminders, specifically curated for the Ram Fam!
- Follow us on social media for the latest news and updates.
- Visit the WCU website for more information on immunizations and schedules.
- Read the Ram FAM MONTHLY | JANUARY 2020 for a comprehensive list of upcoming events and opportunities.

Happy 33rd Ram FAM!

WCU Remembrance and Diversity Services

Here at WCU, we actively promote a campus culture that welcomes all differences and promotes understanding and respect. This initiative is part of our commitment to inclusivity, service, and academic excellence.

- West Chester University is a founding member of the National Association of Student Life Professionals (NASP).
- We offer a variety of programs and services to support our students, including counseling, health services, and academic support.
- We encourage students to explore different perspectives and cultures through our diversity calendar.
- We offer a range of courses and programs to help students develop critical thinking and communication skills.
- We provide opportunities for students to engage in campus and community service, including the Martin Luther King Jr. Day of Service.

Student Affairs

A Message from Dr. Davenport, V.P. of Student Affairs

- West Chester University is committed to providing a safe and inclusive environment for all students.
- We offer a range of services to support student success, including academic advising, career services, and student life.
- We encourage students to take advantage of the many resources available to them, including the Office of Student Conduct, the Office of Student Conduct, and the Office of Student Conduct.
- We encourage students to reach out to their advisors and deans for support and guidance.

- Visit the WCU Foundation website to learn more about our efforts to support student success.
- Follow us on social media for the latest news and updates.
- Visit the Student Health Forms page for more information on health and wellness.
- Visit the Office of Parent and Family Relations website for more information on resources for parents and families.
- Visit the University College website for more information on academic programs and services.
- Visit the Multicultural Center website for more information on promoting diversity and inclusion.
- Visit the Center for Trans and Queer Advocacy website for more information on LGBTQ+ resources.
- Visit the Office of Services for Students with Disabilities website for more information on accommodations and support.
- Visit the Dub-C Autism Program website for more information on autism support.
- Visit the Center for Women and Gender Equity website for more information on gender equity and advocacy.

Our commitment to inclusivity, service, and academic excellence is reflected in our efforts to support our students. We are committed to providing a campus culture that welcomes all differences and promotes understanding and respect.

- Visit the WCU 100th anniversary website for more information on our history and legacy.
- Visit the Martin Luther King Jr. Brunch website for more information on our celebration.
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