Instilling Gratitude:

It's important for our students to "think" gratefully, not just to mindlessly go through the motions of giving. Gratitude has been shown to increase happiness and well-being. It is also good for mental health and helps students manage their lives more effectively. Gratitude is a positive trait that is valued in the workplace and in relationships. It's essential for our students to learn how to express and practice gratitude, not just as a superficial expression of thankfulness but as a genuine, heartfelt emotion. Gratitude is a skill that can be developed through practice. We encourage our students to look for opportunities to express gratitude throughout the day, such as thanking a friend for listening, giving a compliment, or volunteering for a cause they care about.

Student Involvement Headquarters

Involvement is holding several events and series that are open to all students. If your student has a goal to become more engaged at WCU, remind them to check out campus events. The spring semester calendar has just been released, and it has curricular and co-curricular events. The spring semester is just beginning at West Chester University, and it's the perfect time to start thinking about the goals and expectations for the semester. Encourage your students to anticipate and take advantage of the resources on campus.

Hazing Prevention

The Pennsylvania Attorney General's office is sponsoring Hazing Prevention Month in March. The spring semester is the peak of recruitment season, and it is essential to educate our students about the importance of preventing hazing. This office also offers a number of great resources for your student, including a university calendar of events. The Student Health Office will be conducting a seminar on Addressing hazing and alcohol use in March. The Dowdy Center for Diversity and Inclusion will be hosting a number of programming for students.

Student Conduct Corner

This month, we will be discussing the importance of being aware of your mental health and the resources available on campus to support you. We encourage our students to take advantage of the resources available to them, such as counseling services and support groups. It is also important for students to be aware of the potential signs of mental illness and to seek help if they or someone they know is struggling.

Student Health Forms

As a parent/guardian of a college student, you play a key role in your student's health and wellness. You can help keep your student healthy by making sure they have updated immunizations and by reminding them to check their West Chester University email account for emails with instructions on how to fill out the entry form. This entry form provides Student Health with information about immunity to specific communicable diseases. You may contact your health care provider or visit the student health forms page for more information.

Student Affairs

I hope you enjoyed the month-long return of your student to campus. In the month of January, our students were able to reconnect with friends and families and to the general public, so please consider attending one the next time you visit your community. 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 values of Dr. King's life. I encourage you 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 values of Dr. King's life.

RamConnect

This month, we are spotlighting the RamConnect page. This page provides information on the resources available to our students, such as tutoring, success coaching, services for students with disabilities, and more. We encourage our students to visit this page and watch for the weekly email of the Ram Roundup Newsletter. Student Affairs offers a number of great resources for your student, including a university calendar of events. The spring semester courses are now available in MyWCU.

Important Dates and Deadlines

We are highlighting some important dates and deadlines.

- March 24: Last day of add/drop
- May 8-10: Commencement - Commencement ceremonies will be held in the Dowdy-Ficklen Student Center, in the parking lot, and in the dome. Doors open at 9 a.m.
- May 10: Spring class payments due
- May 20-31: Graduation announcements are available online through MyWCU.
- May 31: Last day of course withdrawal
- June 1: Last day of summer classes
- June 1: Last day of summer class withdrawal
- June 2: Final exam day
- June 2: Last day to receive a full refund
- June 2: Final exam day
- June 2: Last day of summer class withdrawal

Continuing our celebration of the 100th anniversary of the 19th amendment, and a lecture by Dr. Bernard Hall about the origins of hip hop culture.

#RamFam Love,

As always, please reach out with any questions, comments, or concerns. Visit the Parent and Family Relations Facebook Page for reminders, specifically curated for the Ram Fam!

Contact Information:

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RAM FAM MONTHLY | JANUARY 2020

Parent and Family Relations

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Happy 39.30 Ram Famp