Each student is paired with a graduate-level student consultant. Students can choose to meet weekly, biweekly, monthly or drop-in for services!

Student Success Coaching provides individualized support to guide students toward academic and personal goals. To schedule an appointment with a Ram Card office representative, please call 610-436-3511.

Do you really need the new Ram Card? Since the state grant.

New Ram Card tips from the Office of Student Conduct:

1. Communicate with their hearing officer and/or the Office of Student Conduct if they are having trouble understanding their judicial hold.
2. Complete their sanction(s) by the required deadline.
3. If a student does not understand why they have a judicial hold on their account, they should contact the Office of Student Conduct.
4. To avoid a judicial hold a student needs to:
   - Complete their sanction(s) by the required deadline.
   - Attend all appointments.
   - Pay any outstanding fines.
   - Follow all rules and regulations of the University.

In this Issue:

- Important Dates and Deadlines
- First Day of Fall Semester
- October Commencement
- Last Day for Session Withdrawal
- Last Day to Drop Classes

Practical skills and strategies students can use to be successful at WCU.

Office of Wellness Promotion

According to the 2019 "Think About It" program completed by 2,387 new WCU students, cigarette users ages 18-24 years had never been regular cigarette smokers. Vaping: When the Smoke Clears

- Symptoms of lung injury relating to vaping may include: cough, chest pain, or shortness of breath.
- Users inhale the aerosol containing nicotine, cannabinoid (CBD) oils, and/or tetrahydrocannabinol (THC). They may use vaping to help them quit tobacco use.
- Vaping products are believed to cause injury to lung tissue and may lead to a number of adverse health outcomes.

Office of Parent and Family Relations

It was wonderful to see so many of you at our recent Family Weekend. I value these conversations and meet with Golden Ram families, to hear what's on your mind, and to learn more about you and your family.

ASAP with the Financial Aid package.

PA Residents

If you are concerned about your student's mental health, encourage them to make an appointment with the Counseling Center. Studies show that 70% of students who initially expressed a concern for their mental health received follow-up counseling. Let them know you are thinking about them - Give them a call, even if you don't typically communicate in this way - Shoot your student a quick text reminding them that you are proud of them no matter what. Consider sending some snail mail or a care package.

For more information about WCU's support for students in distress, please visit our website or contact the Office of Wellness Promotion at 610-436-3511. Important Dates and Deadlines

- December 9
- December 13-15

Vape-related lung illnesses have captured attention due to reported deaths and vaping-related lung illnesses across the country.

Starting the Conversation: College and Your Mental Health

A student with a judicial hold on their account cannot schedule classes or make changes to their registration. This means that a student cannot schedule classes or make changes to their registration. Parents need to clear any financial aid alerts that could delay your aid.

Toni's Tour of WC

If a student does not understand their judicial hold on their account, they should contact the Office of Student Conduct.

Returning Student On-Campus Housing Process

If you received your family weekend packet, please provide us with your feedback.