Greetings Ram Fam!

If your student finds that they are needing assistance adjusting or re-adjusting to campus life, including staying safe and healthy, managing stress, academic success, and self-care, here are some tips to help them along:

1. **Navigating the Dorms**: It is important to know which dorm your student is assigned to and familiarize themselves with their roommates and the resident advisor. This can help them build relationships and feel more comfortable in their new environment.

2. **Connecting with Peers**: Encourage your student to get involved in campus activities and clubs. This can help them meet new people and feel more connected to their new community. There are a variety of clubs and organizations on campus, from sports teams to academic societies to cultural groups. Your student can find these resources on the university's website or by speaking with the student involvement office.

3. **Student Health Services**: Make sure your student is aware of the Student Health Services on campus. They offer resources for mental health, physical health, and other healthcare needs. Encourage your student to visit these services if they are experiencing any physical or mental health issues.

4. **Time Management**: Help your student prioritize their time and set goals for academic success. This can involve creating a study schedule, attending classes, and participating in extra-curricular activities. It is also important to encourage your student to take breaks and engage in self-care activities. 

5. **Financial Aid**: If your student is experiencing financial stress, encourage them to contact the Financial Aid Office. They can provide information on scholarships, grants, and loans that may be available to your student. It is also important to remind your student of the FAFSA deadline, which is April 15th of each year.

6. **Transportation**: If your student is not planning to drive, help them figure out the best way to get around campus. This can involve researching public transportation options or finding a carpool group. Make sure your student is aware of the campus map and any important locations.

7. **Family Engagement**: Encourage your student to keep you informed about their college experience. This can involve sharing stories, attending family events, and providing support. It is important for your student to know that you are there for them and that you care about their well-being.

Thank you for your continued support of your student. We are here to help if you have any questions or concerns. Please direct them to the Office of Student Conduct or the Office of Off-Campus and Commuter Services.

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#RamFam Love,