As the semester winds down, encourage your student to look for healthy ways to de-stress and finish the semester strong, also remind them to take care of themselves amidst finals preparations. Students looking to manage stress should consider the following tips:

- Practice self-care: Encourage your student to eat well, exercise, and get good sleep. Eating health meals, exercising, and getting good sleep will support their well-being and their academic success.

- Stay connected: While finals can be stressful enough without the added pressure of a police citation or any other trouble with the law, it is important to ensure your student communicates with their hearing officer about conflicts with finals if needed. As a parent or guardian, you may also need to step in to help your student settle any outstanding advising and registration needs prior to taking their final exams.

- Connect with friends: As the semester draws to a close, it's also a great time to encourage your student to connect with old friends or make new ones. Handshake to register and get details on all of the sessions or contact the Career Development office for more, all offered by WCU.

- Stay organized: Encourage your student to keep track of due dates and deadlines to avoid last-minute stress. The application is LIVE for current students for the 2022-2023 academic year. Is your student interviewing for an upcoming job or internship? Let us know and we will share their profile with our network of employers!

- Get ready for job interviews: As the semester winds down, your student will need to start focusing on their future. WCU offers a Spring program to help students practice, networking, negotiating an offer, navigating corporate culture, financial literacy, and much more. The event will occur virtually during Winter Break, January 10-14, 2022.

- Prepare for finals: As finals approach, it's crucial to help your student prepare. As the academic affairs department stated, "Students are encouraged to finish their semester strong, also remind them to take care of themselves amidst finals preparations."

- Support your student: As the semester comes to an end, it's important to remember to support your student. As the residence hall documentation department said, "At a time when hope is truly inspired, I extend deep gratitude to you and to all those who support our students' basics needs, including coats, while the Fund to Finish has provided emergency aid in the form of food and personal-care items in private for students with resources, care, and kindness."

- Help your student with bills: As the Acordian of Financial Aid said, "Additional University friends have offered helping hands, too. This semester, student with resources, care, and kindness."

- Help your student with housing: As the Housing director said, "Recently, Essential Utilities presented the Resource Pantry with a generous gift of $75,000 to help students in need.

- Help your student with food: As the Dining director said, "Opening in 2016, the Resource Pantry offers a supply of non-perishable food, fresh produce from our community gardens, and additional resources to help students in need."

- Help your student with transportation: As the Transportation director said, "The University has also made generous gifts that have addressed students' basic needs."