Is your Student Stressing over Testing?

Coping with Anxiety

Is your student preparing for final exams and tests? Stressing over how to manage their workload with only a few days left before exams is a common concern for many students. In the final weeks of the semester, students face multiple tests, projects, and presentations – all while trying to maintain their own physical and mental well-being. It’s easy to turn to sweets, television, coffee, alcohol or other drugs to “manage” stress so it’s no surprise students struggle to maintain healthier habits. In the weeks leading up to finals, encourage students to make plans and start preparing for the week. Remind them that staying healthy and well-rested will help them perform their best. Companies hire people who can handle stress, not those who suffer from stress. One question we often hear from parents is, “Does my student have to take all of their belongings home for the break?” For students who are remaining in the same room for the spring semester, the answer is no. However, for students completing room changes, the situations are handled on a case-by-case basis, and students should be in touch with their Resident Directors about their plans. If you or someone you love could benefit from the in-person NAMI Basics program or NAMI Basics OnDemand, please visit nami.org/basics or contact us at AMcCarthy@wcupa.edu. The program is divided into six sessions, including:

- Busk to basic elements of coping with mental health
- Navigating the mental health and education systems
- Brain biology and getting a diagnosis
- Treatment and connecting with others by sharing your story
- All-Year Conversation Starters
- Opt out

The Office of Financial Aid would like to announce another scholarship opportunity for those who are completing the Second Year of Teaching. To be eligible, students must be enrolled in the Second Year of Teaching program, have a minimum GPA of 2.5, and demonstrate financial need. For more information, call 610-436-4856. The scholarship can also be found online. If you are not following the WCU Alert system, please consider doing so. We do post new scholarship opportunities and reminders each week. WCU Alert sends text messages to your phone or email. To sign up, follow the steps below:

1. Visit the WCU Alert website
2. Enter your phone number or email
3. Follow the prompts to complete your registration

Wishing you and your family a joyous holiday season and best wishes for the coming year.