Coping with Anxiety

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 your student to practice stress management skills. Discuss ways to make the week of finals less stressful, such as preparing nutritious snacks for study sessions. Remind them that staying healthy also means taking time to relax and celebrate.

When studying for finals, students often pull all-nighters. While you do not already have a parking permit for the open parking lots, they are still eligible to buy a $30 pass. In addition, garage passes for the spring semester will be available starting the first week of March. If you or someone you love could benefit from the in-person NAMI Basics program or NAMI Basics OnDemand, please visit NAMI.org.

Two honor society members, Olivia Dreon and Emily Dabrowski, and club advisor Karen Watkins, an AMcCarthy@wcupa.edu. As always, please reach out with any questions, comments, or concerns.

Student Conduct Corner

A Message from President Fiorentino

Greetings Ram Fam!

As always, please reach out with any questions, comments, or concerns.

What went well?

What do you plan to change for next semester?

How do you think this semester went?

Development and success is important in both areas. really well! Be sure to discuss academic as well as social pursuits to remind them that their success is largely reliant on your support, so congratulations to you too!

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

What do you plan to change for next semester? What went well? How do you think this semester went?

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Every December, my wife, Sue, invites art and design students to Tanglewood, the presidential residence halls. On December 14, they gathered in the kitchen and living room to create ornaments. Wood chips were transformed into works of art by the Kappa Pi Art Honor Society and by the Art & Design Club. Dozens of students pitched in to create these ornaments.

Aid), please consider doing so. We do post new scholarship opportunities and reminders each filing their FAFSA early. Students who file their 2020-2021 FAFSA between October 1

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