Is your student Stressing over Testing?

According to the NIAAA, the more alcohol a student consumes in a week, the lower his or her GPA. Rates of heavy drinking in college students tend to spike with oncoming high-stressful events. Therefore, many students are trying to manage multiple tests, projects, and deadlines. In these stressful times, parents and educators can make a huge difference. Explain that getting a couple hours of sleep is better than no sleep at all. Additionally, encourage them to prioritize eating nutritious snacks, such as preparing nutritious snacks for study sessions. Remind them that staying healthy can make a huge difference. Explain that getting a couple hours of sleep is better than no sleep at all.

Coping with Anxiety

Students are trying to manage multiple tests, projects, and deadlines. As the weeks lead up to finals, encourage them to keep their focus on their goals, practice stress management techniques, and seek support when needed. According to the NIAAA, the more alcohol a student consumes in a week, the lower his or her GPA. Rates of heavy drinking in college students tend to spike with oncoming high-stressful events. Therefore, many students are trying to manage multiple tests, projects, and deadlines. In these stressful times, parents and educators can make a huge difference. Explain that getting a couple hours of sleep is better than no sleep at all. Additionally, encourage them to prioritize eating nutritious snacks, such as preparing nutritious snacks for study sessions. Remind them that staying healthy can make a huge difference.

Know the Signs and Give Support

Most people get nervous before taking a test, but for some students, it goes beyond feeling nervous, to the point that they can freeze up. Is your student Stressing over Testing?

If you or someone you love could benefit from the in-person NAMI Basics program or NAMI Basics Online, then Introducing NAMI Basics may be perfect for you. The program is divided into six sessions, including:

1. Introduction to Mental Illness and Addiction
2. Impact of Mental Illness on Families
3. Getting Help: Identifying Mental Illness and Addiction
4. Navigating the Treatment System
5. Navigating: Connecting with Others
6. Navigating: Treatment and Connecting with Others by Sharing Your Story

The program is available both in person and online through nami.org/basics. NAMI Basics is available both in person and online through nami.org/basics. NAMI Basics is available both in person and online through nami.org/basics. NAMI Basics is available both in person and online through nami.org/basics.

The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am, and classes check out no later than 24 hours after their last final exam. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am. Students are finishing their fall semester; congratulations to all.

A Message from President Fiorentino

As always, please reach out with any questions, comments, or concerns. Wishing you and your family a joyous holiday season and best wishes for the coming year.

The residence halls close on Saturday, December 14, at 5:00 p.m. However, we ask students to make sure their student takes home their prescription medications, passports or other access to the buildings when important items have been forgotten.

If students are commuting to campus for class and have concerns about specific circumstances, they may leave their belongings in their room. However, many families prefer to take valuable items home for the break period. For students completing room changes, the situations are handled individually. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am, and classes check out no later than 24 hours after their last final exam. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am.

Purchasing passes by phone at 610-436-2336. Therefore, we ask that you make sure your student takes home their prescription medications, passports or other access to the buildings when important items have been forgotten.

Student Academic Support Services

The NAMI Basics program is available both in person and online through nami.org/basics. NAMI Basics is available both in person and online through nami.org/basics. NAMI Basics is available both in person and online through nami.org/basics. NAMI Basics is available both in person and online through nami.org/basics.

Important Dates and Deadlines

Academic Year

Final exams are wrapping up and your students are finishing their fall semester; congratulations to all. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am, and classes check out no later than 24 hours after their last final exam. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am.

December Commencement

December 13-15

First Day of Spring Semester

March 9-15

Spring Break - March 9-15

Last Day of Classes

April 6-10

Last Day of Session Withdrawal

April 6-10

Last Day of Course Withdrawal

April 6-10

Summer Orientation

June 8-12

First Day of Summer Semester

June 8-12

Final Exams

July 6-10

Last Day of Classes

August 10

Fall Semester

December Commencement

December 13-15

First Day of Fall Semester

September 2

Fall Break - October 12-14

Last Day of Session Withdrawal

October 1-14

Last Day of Course Withdrawal

October 1-14

Last Day of Classes

December 9

Winter Session

December 9

January Commencement

January 16

First Day of Winter Session

January 16

Final Exams

February 3-7

Last Day of Classes

February 13

Winter Break - February 14-23

Spring Semester

April 6-10

First Day of Spring Semester

April 6-10

Final Exams

May 4

Last Day of Classes

May 14

Summer Session

May 14

First Day of Summer Session

May 14

Final Exams

July 8-12

Last Day of Classes

July 13

Additional Opportunities:

- One semester meal plan scholarship that is good for a 14 meal week plan.
- Two honor society members, Olivia Dreon and Emily Dabrowski, and club advisor Karen Watkins, an alumnus and RamFam member, who designed and created the ornaments for the 2019 ornament program. Dozens of students pitched in to create these ornaments.
- Every December, my wife, Sue, invites art and design students to Tanglewood, the presidential residence of Westmoreland County. The students are invited to create ornaments for the Christmas tree. As always, please reach out with any questions, comments, or concerns. Wishing you and your family a joyous holiday season and best wishes for the coming year.

Staying Connected

Two honor society members, Olivia Dreon and Emily Dabrowski, and club advisor Karen Watkins, an alumnus and RamFam member, who designed and created the ornaments for the 2019 ornament program. Dozens of students pitched in to create these ornaments. As always, please reach out with any questions, comments, or concerns. Wishing you and your family a joyous holiday season and best wishes for the coming year.

As always, please reach out with any questions, comments, or concerns. Wishing you and your family a joyous holiday season and best wishes for the coming year.

Lexie McCarthy, Director

#RamFam Love,

AMcCarthy@wcupa.edu

Wednesday as part of our "Free Money Wednesday" campaign. You can also see new scholarship opportunities on our Scholarship Calendar at nami.org.

Filing Your FAFSA

Students who file their 2020-2021 FAFSA between October 1 and Christmas will have access to the buildings when important items have been forgotten.

For students completing room changes, the situations are handled individually. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am, and classes check out no later than 24 hours after their last final exam. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am.