



Division of
Student Affairs



January 2022

Updates to WCU Spring Semester

Face Coverings: It is essential that we, as a campus community, adhere to the requirement of wearing appropriate face coverings indoors. [Face coverings that cover the nose and mouth are required in ALL indoor settings and on the CatTran.](#) Those who do not comply with this requirement will be asked to do so for their safety and those around them and can face repercussions.

Quarantine/Isolation at Home: Depending on the availability of on-campus quarantine/isolation beds/rooms, students may be required to travel home for quarantine/isolation.

Vaccinations and Boosters: The best weapon against all COVID-19 variants is to get vaccinated and boosted and we strongly urge all members of the campus community to do so as quickly as possible. For those who are vaccinated, be sure to get your booster shot as soon as you are eligible. Appointments can be made for a vaccine or booster shot through the [Health Services patient portal](#). The

combination of vaccines and booster shots has proven to be effective at preventing infections from developing into serious illnesses.

Bookstore: We expect January 7 - 12 to be extremely busy at the WCU Bookstore. We would like to remind all students that we expect long lines during the busiest times and it is important to practice social distancing both inside and outside of the store.



Current First-Year Students Required to Live in Residence Halls 2022-2023

Per **Policy 96**, students will be required to live in on-campus housing during their second academic year (AY 2022-23). The decision to enforce the second-year requirement for the current first-year class was made, based on several pieces of information, including a significant drop in the freshman retention rate. Residential Living is proud of the communities they facilitate throughout the

residence halls and trust that the residential experience will provide students the best opportunity to be personally and academically successful.

WCU students subject to the [Policy 96](#) two-year residence requirement should not sign a lease for an off-campus apartment or rental property. Students subject to the two-year residence requirement will be charged for a room and meal plan per Policy 96 procedures (see section IV. Procedures, paragraph #2) if they move off-campus without authorization from Residential Living. Details about the two-year residence requirement, the exemption process, residence hall room selection, and appeals are included in Policy 96. Please read this information carefully and do not allow your student to sign an off-campus lease without first getting authorization in writing from Residential Living!

If you have questions about the policy, please contact the Department of Residential Living at housingquestions@email.wcu.edu or 828-227-7303.

Video for Students and Parents: Completing the FAFSA via Mobile App

[Video for Students and Parents: Completing the FAFSA via Mobile App](#)

Created as part of NASFAA U's Fundamentals of Student Financial Aid online course curriculum, NASFAA recently published a [video](#) that covers the steps a student must go through to complete and submit a FAFSA through the myStudentAid mobile app.

Academic Check-In

Some students are pleased with their academic performances in the fall semester. Other students know they need to make improvements to reach their true potential. College is a marathon that requires steady progress and continuous work throughout. If your student is one in the latter category, please

encourage them to keep working hard. Like any marathon, college requires a steady pace and is not won or lost in the first few miles. #

If your student needs or wants to make improvements to their academic performance, recommend that they make a success plan at the beginning of the spring semester. Encourage your student to visit **Tutoring Services** for assistance. The Writing and Learning Commons (Belk 207) and Mathematics Tutoring Center (KA 214) promote student success through math and course tutoring, writing support, academic skills consultation, exam prep, and more are great resources for students. Students can also speak with advisors and faculty members early in the semester to make sure they are progressing successfully. Finally, ask your student to review their course schedule for the spring semester to ensure it is accurate. #

Information Technology Update

On **Wednesday, January 19**, the Division of IT staff will be making necessary changes to our network that require all users to connect to eduroam using the wireless option found at: network.wcu.edu.

If you have set up your device using this option in the past, no further action is needed. If you are unsure or have only connected to eduroam using your username/password, please visit network.wcu.edu prior to January 19 to ensure your device(s) are ready to go. This action can be completed on or off-campus.

NOTE: Devices running macOS will require multiple username/password prompts to complete setup.

Please contact the [IT Help Desk](#), or visit the [Technology Commons](#) on the ground floor of Hunter Library.

'Until justice rolls down like water'

— MLK Jr., Amos 5:24

DR. MARTIN LUTHER
KING JR.

CELEBRATION WEEK

JAN. 17-22, 2022

mlkjr.wcu.edu



Western
Carolina
UNIVERSITY



UPCOMING

JANUARY 1

FAFSA Priority Filing
Deadline. FAFSA
required for need-based
aid and scholarships.

FEBRUARY 1

WCU Undergraduate
Scholarship Application
Deadline

DEADLINES

Best Wishes for a Healthy and Happy 2022!



HAPPY
NEW
YEAR

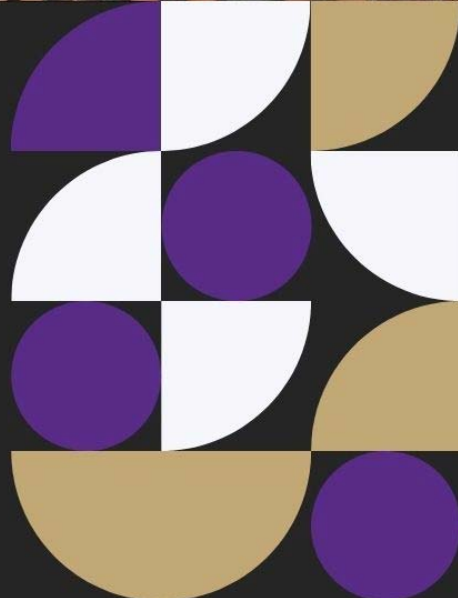




Application available now on jobs.wcu.edu

JOIN THE ORIENTATION TEAM FOR SUMMER 2022!

Housing and Meal Plans provided by the Orientation Office during summer sessions. Be the first to welcome in new Catamounts and their families this Spring and Summer!





Upcoming Dates and Deadlines

January 10 - First Day of Classes

January 10 - 14 Drop/Add

January 17 - Martin Luther King, Jr. Holiday, No
Classes

February 1 - Scholarship Applications Due

[Schedule of Campus Events](#)

Division of Student Affairs
Western Carolina University
Cullowhee, NC 28723
StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)



Connections

PARENT & FAMILY NEWSLETTER

February 2022

Catamount Dining Update

Hello Catamount families! Catamount Dining has been working hard to navigate the impacts of the pandemic and to continuously enhance service for our students. In addition to the offerings of the Fall semester, the Spring 2022 semester has added:

- Made to order omelets and stir-fry at the Mongolian Grill in the Courtyard Café
- Deli service for lunch each day in the Courtyard Café
- A weekly rotating concept for dinner each night in Brown. This concept rotates between an Asian-inspired bar, a taco bar, a potato bar, and a pasta bar

Staffing and supply chain issues remain a challenge and are being mitigated as seamlessly as possible. With these challenges in mind, Catamount Dining plans to expand Brown service to include lunch beginning February 21st, with grill, salad, and deli options available Monday-Friday.

In addition to our past efforts shared re: staffing and workforce, Catamount Dining is excited to share long-term efforts underway at WCU to evolve with the changing hospitality industry:

- Catamount Dining has partnered with WCU's Hospitality & Tourism program to create internships and apprenticeships for WCU students, with several students already working with Catamount Dining on hiring and retention initiatives
- Catamount Dining is finalizing details for a new program that will begin in Fall 2022, Catamount Dining's "Path to Leadership." This program will be comprised of five Juniors and five Seniors each semester. The program provides a competitive hourly rate with a stipend that covers the cost of those students' meal plans and tuition each semester. Upon graduation from WCU, these students are guaranteed a job as salaried managers with Aramark

Catamount Dining is still hiring! If your student would like to come work for us, we offer flexible schedules, free meals, and competitive pay:

<https://westerncarolina.campusdish.com/Careers>



February Dining Events

Catamount Dining frequently holds special event meals for students during the month.



2.11	Courtyard, Dinner	Fried Chicken Friday
2.13	Courtyard, Dinner	Tailgate Party
2.14	Courtyard, Lunch	Sweet Your Heart Out
2.16	Courtyard, Dinner	Wing Wednesday
2.23	Courtyard, Lunch	February Birthday Celebration
2.24	Courtyard, Lunch	Chef Throwdown
2.25	Courtyard, Dinner	Fish Fry Friday
2.28	Courtyard, Dinner	Max & Cheese

Residential Living

Room Selection

Residential Living is preparing for Room Selection for continuing students for 2022-2023. Room Selection will include some changes this year due to the enforcement of Policy 96's second-year residency requirement. Be sure to check out <http://roomselection.wcu.edu> for full details. Residence Hall agreements for 2022-2023 for returning students will be available on February 22.

IMPORTANT INFORMATION



- » Two-year on-campus residency requirement announced per WCU Policy 96
- » Students impacted by this decision should not sign a lease for an off-campus housing provider for the 2022 – 2023 academic year.

Check your catamount email for full details.

Western
Carolina
UNIVERSITY | Residential
Living

[Click For More Information On Policy 96](#)



Academic Check-In

If your student would like academic assistance, encourage them to visit **Tutoring Services**. The Writing and Learning Commons (Belk 207) and Mathematics Tutoring Center (KA 214) promotes student success through math and course tutoring, writing support, academic skills consultation, exam prep, and more are great resources for students. #

COVID-19

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Quarantine/Isolation at Home: Depending on the availability of on-campus quarantine/isolation beds/rooms, students may be required to travel home for quarantine/isolation.

Information Technology Update

Does your student have questions about Information Technology (IT) on campus? The Student Government Association will be touring and talking with IT Staff in February. Remind your student to submit their questions at the link below by February 10. [Submit your questions.](#)

Out of the Darkness

The Out of Darkness Annual Suicide Awareness WCU Event will begin at **4 pm** on **Sunday, March 27**. The Campus Awareness/Prevention Walk starts and ends at the Catafount.

The Out of Darkness Student Organization coordinates the annual campus walk for suicide awareness and prevention. They have been fundraising and have already raised \$1000 of a \$2000 goal for the event.



WIN A PRIZE!

**VIRTUAL
SCAVENGER
HUNT**

Participate
online at:
@WCU_CampusActivities on
Instagram!

Friday, FEB. 4th
2-3 PM

Western Carolina Campus Activities LAST MINUTE PRODUCTIONS

**MEMORY BOARD
ART NIGHT**

[CANVAS, STRING, AND
CLOTHESPINS TO HANG PHOTOS!]

[TUESDAY]
FEBRUARY 8TH
7:00PM
UC GRANDROOM

RSVP ON ENGAGE

BEYBLADE TOURNAMENT

2/24 | 7PM-9PM | UC ILLUSIONS

RSVP on Engage

**SUNG
BEATS**

RSVP on Engage

February 28th
UC Illusions
8PM

GENRE-BENDING ORIGINAL COMPOSITIONS
BLENDING HIP HOP & CLASSICAL MUSIC

**BLACK
VIOLIN**

WEDNESDAY
FEBRUARY 9, 2022
7:30PM
BAC PERFORMANCE HALL

ARTS.WCU.EDU/BLACKVIOLIN

**BARDO
ARTS
CENTER**
WESTERN CAROLINA UNIVERSITY

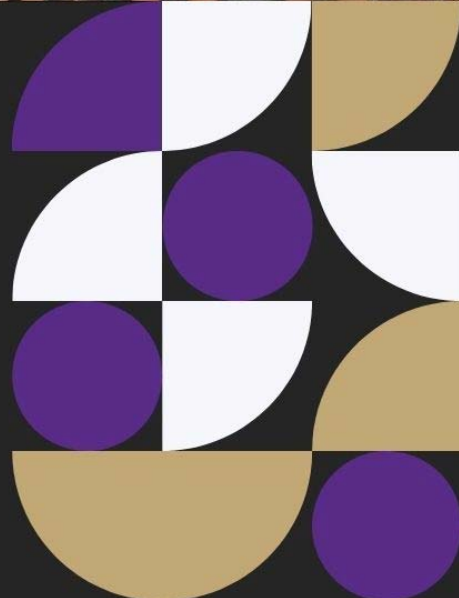




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Upcoming Dates and Deadlines

February 1 - Scholarship Applications Due

February 14 - Fifth Week Grades

February 15 - Deadline to Apply for Graduation

February 22 - Advising Day

March 7 - 11 - Spring Break

[Schedule of Campus Events](#)

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Cullowhee, NC 28723
StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)



Division of
Student Affairs



March 2022

Catamount Family

Western Carolina University's COVID-19 metrics have declined considerably since late January and that trend continues both on campus and in our broader community. In wake of recent guidance from the [NC Governor's office](#) and from [UNC System leadership](#), WCU will no longer require face coverings indoors effective Saturday, Feb. 26, with the exception of University Health Services operations (in the Bird Building and in Madison Hall) and on Cat Tran consistent with current federal regulations regarding public transportation.

The University recognizes that personal responsibility must become the priority as we modify campus protocols and procedures to meet this phase of the COVID-19 outbreak. Each person should decide at their own pace what is best for their health and personal risk. Those who feel more comfortable or safe while wearing a face-covering are encouraged to continue doing so at their discretion. All members of the campus community are reminded to be patient and show respect for the personal decision each person makes with respect to face coverings.

Students should continue to report their COVID status through MYWCU COVID19. In addition, the campus community should continue to follow the updated [Catamounts Care guidelines](#).

Residential Living Room Selection

Room Selection for Continuing Students takes place between February 22 and March 26, 2022. A [brochure](#) outlining the process for Room Selection for continuing students was placed in Suite Boxes of all residential students in January. In addition, the room selection website at roomselection.wcu.edu highlights the details on how you will select a room for the 2022 - 2023 academic year. The website includes some video demonstrations, the steps to select a room, the dates in the room selection process, and some supplemental forms.

Steps in the Room Selection Process

1. Pay the \$150.00 non-refundable housing deposit. You can pay this in [MyWCU](#) or by visiting Student Accounts. Be sure to select the **"2022 Fall Continuing Student Deposit."** *We encourage you to pay this deposit as soon as possible to have the earliest access to the next step.*
2. Log in at onlinehousing.wcu.edu and complete the Housing Agreement. If you plan to participate in an Open Room Selection date, we encourage you to log in early as the date and time you complete the Housing Agreement will determine your priority in the Open Room Selection dates.
3. On the appropriate date, select a room.

Information Session on Room Selection

March 14 @ 4:00 pm

Room Selection Dates

- **March 16 - Same Room Selection.** Eligible students can reclaim their current space for the 2022 - 2023 academic year.

- **March 17 - Same Room Selection Room-mate Pull-In.** If you participated in Same Room Selection and your room-mate or suite-mate did not, you have the option to pull in room-mates and suite-mates.
- **March 19 - Rising Upperclass and Graduate Open Room Selection and Room-mate Pull-In.** Rising upperclass and graduate students can select a room and pull in room-mates or suite-mates. *Students participating in this Open Room Selection date will be able to select rooms in Allen, Balsam, Blue Ridge, Buchanan, Judaculla, Madison, Noble and Robertson.*
- **March 23 - Rising Sophomore Honors Room Selection and Room-mate Pull-in.** Members of the Brinson Honors College who are classified as Rising Sophomores (began enrollment at WCU in Summer 2021, Fall 2021 or Spring 2022) can select a room in Balsam or Blue Ridge and pull-in room-mates.
- **March 26 - Rising Sophomore Open Room Selection and Room-mate Pull-in.** Students who are classified as Rising Sophomores (began enrollment at WCU in Summer 2021, Fall 2021 or Spring 2022) can select a room and pull in room-mates or suite-mates. Students participating in this Open Room Selection date will primarily select rooms in Harrill, Norton Road, Reynolds or The Village. Spaces in other buildings will be made available based on the number of Rising Sophomores remaining to select a room.

Info Session on Rising Sophomore Room Selection

March 25 @ 2:00 pm

IMPORTANT INFORMATION



- » Two-year on-campus residency requirement announced per WCU Policy 96
- » Students impacted by this decision should not sign a lease for an off-campus housing provider for the 2022 – 2023 academic year.

Check your catamount email for full details.

Western
Carolina
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Living

[Click For More Information On Policy 96](#)



Catamount Dining

Staffing and supply chain issues remain a challenge and are being mitigated as seamlessly as possible.

- Catamount Dining is finalizing details for a new program that will begin in Fall 2022, Catamount Dining's "Path to Leadership." This program will be comprised of five Juniors and five Seniors each semester. The program provides a competitive hourly rate with a stipend that covers the cost of those students' meal plans and tuition each semester. Upon graduation from WCU, these students are guaranteed a job as salaried managers with Aramark.

Catamount Dining is still hiring! If your student would like to come work for us, we offer flexible schedules, free meals, and competitive pay:

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Academic Check-In

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Off-Campus Housing Fair

Wednesday,
MARCH 30

11:00 am – 2:00 pm

Lawn in front of University Center

(in clement weather location:
Illusions in the UC)

**Western
Carolina**
UNIVERSITY

offcampushousing.wcu.edu

Information Technology Update

March 5, 2022, the IT Division staff will perform system maintenance to ensure the reliability and safety of the data center, 8:00 am - 8:00 pm.

March 9, 2022, from 6:00 pm – 8:00 pm, the Networking Department will be upgrading the wireless network. This will result in the wireless network being down for approximately two hours.

March 22, 10:00 am – 12:00 pm, Migration of Wireless Users to ClearPass in **Allen Hall**.

March 29, 10:00 am – 12:00 pm, Migration of Wireless Users to ClearPass in **Harrill and Judaculla Halls**.

Out of the Darkness

The Out of Darkness Annual Suicide Awareness WCU Event will begin at **4 pm** on **Sunday, March 27**. The Campus Awareness/Prevention Walk starts and ends at the Catafount.

The Out of Darkness Student Organization coordinates the annual campus walk for suicide awareness and prevention. They have been fundraising and have already raised \$1,000 of a \$2,000 goal for the event.



WHITNEY BELL
 Writer
 Producer
 Storyteller



MARCH 2ND | 7PM
 UC Grand Room

Western Carolina University | Campus Activities | LAST MINUTE PRODUCTIONS

MARCH 15TH
8:00PM

RAMSEY CENTER

Drag Show
 STARRING:
Peppermint

MUST RSVP ON ENGAGE OR THE CORD APP

TICKETS REQUIRED FOR ENTRY

Western Carolina University | Campus Activities | @WCU_CAMPUSACTIVITIES | LAST MINUTE PRODUCTIONS

TAKE & MAKE TOTES

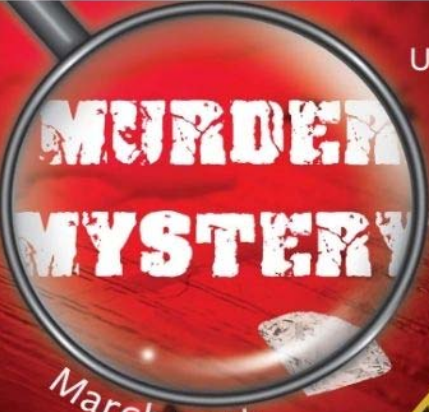


3/17
 2pm-5pm
 UC Grand Room

Western Carolina University | Campus Activities | LAST MINUTE PRODUCTIONS

MURDER MYSTERY

6pm
 UC Illusions



March 29th

CAUTION

RSVP on Engage

Western Carolina University | Campus Activities | LAST MINUTE PRODUCTIONS

paint a flower pot

March 31st
 6-9pm
 UC Illusions






Upcoming Dates and Deadlines

March 7 - 11 - Spring Break

March 26 - Room Selection Process Closes

March 27 - Out of Darkness March

March 30 - Off Campus Housing Fair

[Schedule of Campus Events](#)

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Cullowhee, NC 28723
StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)



Division of
Student Affairs



Connections

PARENT & FAMILY NEWSLETTER

April 2022



Spring 2022 Week of Kindness

MONDAY, APRIL 4

The Center for Community Engagement and Service Learning will plant 2500 purple flags with sayings of kindness.

TUESDAY, APRIL 5

Crafting Cookies of Kindness will be hosted from 11 am to 1 pm under the tent in the quad area between Forsyth/Killian/Coulter.

WEDNESDAY, APRIL 6

Yoga class at noon on the lawn near the Campus Recreation Center.



THURSDAY, APRIL 7

A Guided Meditation at Your Desk on Thursday at noon. Please use this Zoom link <https://wcu.zoom.us/j/88223743388> to join for 20 minutes of stretching, breathing, and relaxing.

FRIDAY, APRIL 8 – CULMINATING EVENT

The culminating event for the *Week of Kindness* will be the Speakers Series scheduled at the stage between the UC and Coulter from 11:30 am-1:30 pm. Provost Starnes will be our MC and we will have eight members of our campus sharing a brief story of kindness. This event will be live-streamed at <https://youtu.be/Wop7HWdmBkc> and <https://www.facebook.com/events/54440822033319>

CATAMOUNT DINING



APRIL EVENTS

4.5	National Caramel Day	Catamount Café	Lunch/ Dinner
4.8	Fried Chicken Friday	Catamount Café	Dinner
4.11	Weigh the Waste	Catamount Café	Lunch
4.12	National Grilled Cheese Day	Catamount Café	Lunch
4.18	Plant Forward (4.18-4.22)	Catamount Café & The Lodge at Brown	Lunch
4.18	Cornhole Placement Day #1	Methodist Lawn	10A-3:30P
4.19	Cornhole Placement Day #2	Methodist Lawn	10A-3:30P
4.20	April Birthday Celebrations	Catamount Café	Lunch
4.21	Cornhole Semi-Finals	Methodist Lawn	10A-3:30P
4.22	Cornhole Finals	Methodist Lawn	10A-4P
4.22	Fish Fry Friday	Catamount Café	Dinner
4.25	Mac Monday	Catamount Café	Dinner
4.26	National Pretzel Day	Catamount Café	Lunch
4.28	Chef Throwdown	Catamount Café	Lunch



Summer School

If your student is looking for a summer educational experience, find more information at [Summer School at WCU!](#)

IMPORTANT INFORMATION



- » Two-year on-campus residency requirement announced per WCU Policy 96
- » Students impacted by this decision should not sign a lease for an off-campus housing provider for the 2022 – 2023 academic year.

Check your catamount email for full details.



[Click For More Information On Policy 96](#)

**CONGRATULATIONS 2022-2023
STUDENT GOVERNMENT ASSOCIATION**



Estefany Gordillo-Rivas
PRESIDENT-ELECT

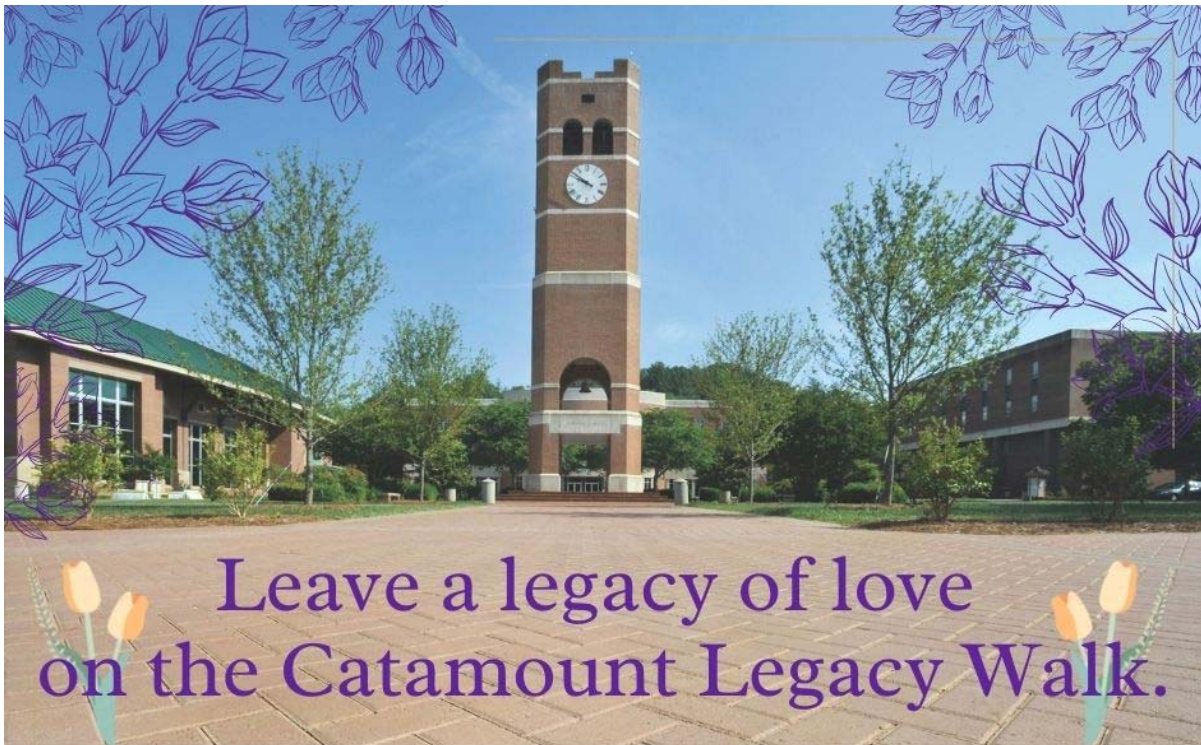


CJ Mitchell
VICE-PRESIDENT-ELECT

Angela Cambridge
Anna Shronce
Ashbury Haight
Baily Beebout
Cailin Lewis
Connor Shannon
Destiny Jones
Elliott Kerns
Erica Gonzalez
Ethan Page
Gabriel de Andrea Pereira
Hailey Gaaney
Hudson Thompson
Imani Patterson
Jacob Brent Whitaker
Jaime Jeffers
Jan Snotherly
Jimena Rivera
Joseph McKenzie
Josie Hair
Juliana Rojas
Justin Walhart
Katelyn Gallimore
Kayani Morrow
Knox Hambleton
Lacie Larsen

Liam Connor Bridgeman
Maegen Hering
Meredith Mandell
Michael Crennan
Morgan McNamara
Nick Childs
Riley Hatton
Robin Coburn
Rose Torda
Ryley Pope
Sarah Kathryn Smith
Thomas Vogler
Tryston Sessoms
Zachary Ebert
Zari Turner





Leave a legacy of love
on the Catamount Legacy Walk.

SHARE YOUR CATAMOUNT SPIRIT WITH A LOVED ONE!

Purchase a custom brick paver that will be placed by the Alumni tower. Donations to the legacy walk support the student emergency fund. To purchase using payroll deduction or for more information visit:

legacywalk.wcu.edu

Academic Check-In

If your student would like academic assistance, encourage them to visit **Tutoring Services**. The Writing and Learning Commons (Belk 207) and Mathematics Tutoring Center (KA 214) promote student success through math and course tutoring, writing support, academic skills consultation, exam prep, and more. #

The Advising Center Newsletter

The newsletter informs families of both current and incoming students about events and important dates. A newsletter is released every two months. For more information, visit their [Parents and Advising](#) page.

Information Technology Update

April 12 | 10:00 am – 12:00 pm | Migration of Wireless Users to ClearPass | **All residence halls except Allen, Harrill, and Judaculla.**

April 19 | 10:00 am – 12:00 pm | Migration of Wireless Users to ClearPass | **Cullowhee Campus excluding the residence halls.**

Contact the IT Help Desk or visit the [Technology Commons](#) if your student has any questions or concerns. <http://doit.wcu.edu> | 828.227.7487

Available 7:30 am – 6:30 pm EST, weekdays (Mon.-Fri.)



Western Carolina University is committed to creating and maintaining an environment that promotes a healthy spirit of responsibility, dignity,

and respect in matters of sexual conduct and interpersonal relationships. [Safe @ WCU](#) provides resources and information.

The collage features six event posters:

- COMEDY NIGHT** with **GINA BRILLON** on **APRIL 1ST | 8:00PM** at the **UC GRAND ROOM**. Includes the text "ENJOY A NIGHT OF LAUGHTER" and logos for Western Carolina University, Campus Activities, and Miracles at WCU.
- Miracle at WCU** on **April 2, 2022 from 2:00pm-8:00pm** in the **UC** to support the kids. Includes the text "Sign up using our QR Code!" and logos for Western Carolina University, Campus Activities, and Miracles at WCU.
- ICE CREAM with the chancellor** on **April 18th 2pm-6pm** at **UC Theater/Illusions**. Includes an image of an ice cream cone and logos for Western Carolina University, Campus Activities, and LAST MINUTE PRODUCTIONS.
- TIE DYE** on **April 22nd 2-6pm** at **UC Lawn**. Includes the text "RSVP on Engage".
- CARNIVAL** as part of **Student Appreciation Week** on **APRIL 19-20TH** at **UC LAWN** from **4-9PM**. Includes an image of a Ferris wheel.
- CAROWINDS BUS TRIP** on **Saturday, April 23rd** with **Arrival at Noon**. Includes an image of a roller coaster and the text **FREE FOR WCU STUDENTS**.

FOR STUDENT ATHLETES-SENIORS ONLY! <<<

TRANSITIONING TO <<<<<<

Life *After* Athletics

Monday, 4.18.22, 4-5pm
or Tuesday, 4.19.22,
10:30-11:30am at the Ramsey
Center - Hospitality Suite



Western
Carolina
UNIVERSITY





Upcoming Dates and Deadlines

April 4 - 8 - *Week of Kindness*

April 7 - 9 - *The Addams Family Musical*

April 9 - *Spring Football Game*

April 9 - *5K and Half Marathon*

April 13 - 15 - *No Classes*

April 29 - *Last day of classes*

May 2 - 6 - *Final Exams*

May 7 - *Commencement*

Schedule of Campus Events

Division of Student Affairs
Western Carolina University
Cullowhee, NC 28723
StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)

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Division of
Student Affairs



Connections

PARENT & FAMILY NEWSLETTER

May 2022

**CONGRATULATIONS
GRADUATES!**



WCU TEXTBOOK RENTAL RETURN



Return your rental books no later than Friday, May 6 inside the WCU Bookstore to avoid paying a late fee!

Western
Carolina
UNIVERSITY | WCU
Bookstore

TAKING A CLASS THIS SUMMER?

Don't forget to pick up your rental books before you leave campus!



Health and Wellness

Please remind your student to schedule a visit with a Health Services provider before leaving on summer break. Also, if they need prescription refills before August, or graduating and need assistance transferring their care to a new provider, call **828-227-7640** to make an appointment.

WHEE want to see You in Cullowhee this Fall!



If you needed a reason to purchase Catamount Football season tickets, [here's 10!](#)

The ticket renewal deadline is June 1st.

Purchase Tickets



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legacywalk.wcu.edu

GROUP X MAY SCHEDULE

MAY 9-MAY 20

*FREE FOR ANYONE WITH A CRC MEMBERSHIP
& OPEN TO WHEE FOR LIFE MEMBERS!

ALL CLASSES: 12:10-12:50PM IN STUDIO 2

MONDAY, MAY 9
CARDIO DANCE, HOLLY

TUESDAY, MAY 10
YOGA, MACKENZIE

WEDNESDAY, MAY 11
STRONG BY ZUMBA, HOLLY

MONDAY, MAY 16
CARDIO DANCE, HOLLY

TUESDAY, MAY 17
YOGA, MACKENZIE

WEDNESDAY, MAY 18
STRONG BY ZUMBA, HOLLY



Campus Recreation
and Wellness



Campus Recreation
and Wellness

HOURS OF OPERATION

Summer Session I & II: June 1st - August 5th

CAMPUS RECREATION CENTER

Monday-Friday: 6:00am-7:00pm
Saturday: 10:00am-1:00pm | Sunday: 5:00pm-8:00pm

REID POOL OPEN SWIM

Monday-Friday: 6:00am-8:00am, 3:00pm-5:00pm
Mon., Wed., Fri.: 12:00pm-1:00pm
Saturday: 10:00am-12:00pm | Sunday: 5:00pm-7:00pm
Pool anticipated to open June 6th

CLIMBING WALL

Monday and Thursday: 4:00pm-7:00pm (until 7/28/22)

ADVENTURE SHOP

Outdoor equipment rentals by reservation only.
Email basecamp@wcu.edu or call 828.227.7069 to reserve.
**All facilities will be closed July 2nd-4th*



WE WANT YOU

in Catamount Dining!

APPLY NOW: DINING.WCU.EDU OR CALL 828.227.2720 FOR INFO.





Upcoming Dates and Deadlines

May 2 - 6 - *Final Exams*

May 6 - *Graduate Commencement*

May 7 - *Undergraduate Commencement*

June 1 - *1st Summer Session Begins*

[Schedule of Campus Events](#)

Division of Student Affairs
Western Carolina University
Cullowhee, NC 28723
StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)



August 2022

UNIVERSITY UPDATES

Mental Health and Wellness

Western Carolina University aspires to create a campus environment that facilitates a healthy lifestyle for all. This year's campus theme seeks to engage the Catamount community in meaningful conversations and experiences to increase our understanding of mental health and wellness. The campus theme for the 2022-23 academic year is "***Mental Health and Wellness: Awareness, Support, and Community Care.***"

COVID-19 Testing, Vaccines, and Quarantine

- COVID-19 Testing: Health Services will continue to offer symptomatic testing for COVID-19 through the Respiratory Clinic at the Bird Building. If your student needs testing for COVID-19, they should call Health Services to speak to a Respiratory Clinic triage nurse. All other appointments must be scheduled by calling (828) 227-7640. For more information, visit [Health Services](#).

- COVID-19 Vaccines: Health Services will continue to offer COVID-19 vaccines and boosters. Appointments are available for online scheduling through the [health care portal](#).
- Quarantine and Isolation: Health Services will continue to follow CDC guidance for quarantine and isolation of communicable diseases, including COVID-19. WCU will not maintain separate quarantine and isolation facilities for on-campus students this academic year. Instead, faculty, staff, and students will isolate or quarantine at home or in their apartment or residence hall room.

Monkeypox

[Monkeypox](#) is an emerging public health issue that we are closely monitoring. Currently, Health Services does not have testing and vaccine supplies for monkeypox. If that changes, information will be provided to the campus. Here are some things to know about monkeypox:

- What is monkeypox? Monkeypox is a rash illness caused by the monkeypox virus. Monkeypox can be spread to anyone through close contact with someone (through direct skin-to-skin, exposure to respiratory droplets during prolonged face-to-face contact, or intimate sexual contact) or some object used by someone with monkeypox.
- What should you do if you think you may have monkeypox? If your student has a new or unexplained rash or has come into contact with someone who has an unknown or unexplained rash, ask them to call Health Services at (828) 227-7640 for further guidance and avoid having close contact with anyone until they have been checked.
- What is the isolation recommendation for monkeypox? Individuals with monkeypox will need to follow [CDC guidelines for isolation](#).

We are excited to welcome your student back to campus. We believe that a holistic approach to well-being is essential for student success. Therefore, please encourage your student to take advantage of the programs and services offered to support a healthy lifestyle.



WELCOME TO WCU & THE WCU BOOKSTORE

Pick up your textbooks, school supplies, t-shirts and more

Visit us at bookstore.wcu.edu
and save **20% off** your first
order of Catamount gear!
Excludes textbook & regalia

USE PROMO CODE:
Catamounts

Western Carolina
UNIVERSITY | WCU
Bookstore

Catamount Dining

Hello Catamount Families!

Catamount Dining has been working hard to prepare for the Fall semester with new dining concepts, facility upgrades, and exciting events for your students. We wanted to take a moment to share some information and reminders with you:

- The first few weeks of the Fall semester are particularly hectic, with thousands of students trying to figure out their schedule and the best times to eat. While students work through this process, there will be long lines at dining options across campus. We appreciate your and your student's patience as the semester gets started, and students figure out what works for them.
- Retail locations and dining options will open across campus in a staggered fashion as returning and new students join the Catamount Dining team. While staffing challenges, supply chain issues, and COVID-related interruptions are less severe than last year, these factors still affect day-to-day operations across the food service industry. Catamount Dining will share information

regarding any temporary service adjustments with your students via in-person signage, Catamount Dining social media accounts, and at dining.wcu.edu.



CATAMOUNT DINING
is hiring!

WHY CHOOSE CATAMOUNT DINING?

\$12.00 starting minimum wage
FREE MEAL with every shift
HEALTH BENEFITS available
REFERRAL BONUSES available
PROMOTIONAL opportunities
FLEXIBLE schedules

Scan Here TO APPLY

CATAMOUNT DINING

- And last but certainly not least, Catamount Dining is hiring! We offer competitive wages, on-campus convenience, flexible schedules, bonus incentives, and great perks. Encourage your students to apply at <https://westerncarolina.campusdish.com/Careers>, or contact jlarem@wcu.edu with any employment questions.

We look forward to serving your students and hope they have a great Fall 2022 semester. Go Cats!



New Student Convocation

New Student Convocation is a WCU tradition that marks the official welcome to the university. This event brings together all new students to congratulate them on their decision to join the WCU community, celebrate their commitment to higher education, and inspire them to succeed as a new Catamount. This year's event will begin at 5 pm on August 19 in the Ramsey Regional Activity Center and will feature Dr. Jacquelyn D. Hallum as the keynote speaker.

[More Information](#)



WCU Ride Share Program

If your student is looking for a commuting or travel partner. There is an obligation-free resource to help students, faculty, or staff to match WCU nearby commuters with similar schedules. Visit

ShareTheRideNC website for additional information.

Week of Welcome Events



[See the Full Schedule](#)

Resources for Parents and Families

Have questions and are not sure where to go? A good start may be the Parent and Family Website (families.wcu.edu). This page can direct you to the answers to the most commonly asked questions for our new and returning catamount family members, including links to the Academic Calendar, Family Weekend, and Weather-Related Announcements. So whether you want to know how to access your student's account, help with a roommate situation, have something delivered to them, parking, etc., answers to these questions and more can be found on this website.

Academic Calendar Information



Greek Student Engagement
and Development

Sorority and Fraternity Recruitment

Hello to our Catamount Family Members from the Greek Student Engagement & Development Department!

We are ecstatic to continue developing your students as leaders and future professionals. Our department currently advises the social sororities and fraternities that are members of the Interfraternity Council (IFC), College Panhellenic Council (CPC), and National Pan-Hellenic Council (NPHC), and our Latina-based sorority Lambda Pi Chi Sorority, Inc. Each of these organizations hold recruitment & new member intake events throughout the fall and spring semesters. Through these organizations and our department, your students can connect with groups that value academics, community engagement, philanthropic work, and network-building. In addition, our department website and Engage site are excellent resources to get a snapshot of helpful information for family members!

We look forward to celebrating the accomplishments of your students and their respective chapters in the 'Whee!

Catamount Athletics Fall Sports

GO CATS!

Football

M. Cross Country

W. Cross Country

Soccer

M. Golf

W. Golf

Tennis

Volleyball

SEPT. 17
PRESBYTERIAN
(WHITE OUT WHITMIRE / BAND DAY)
3:30 PM

OCT. 1
VMI
(FAMILY WEEKEND / EBCI DAY)
3:30 PM

OCT. 22
THE CITADEL
(HEROES DAY)
2:00 PM

NOV. 5
WOFFORD
(HOMECOMING 2022)
2:00 PM

NOV. 19
CHATTANOOGA
(SENIOR DAY / HALL OF FAME DAY)
1:00 PM

2022 CATAMOUNT FOOTBALL 

SINGLE-GAME
ON SALE NOW
TICKETS

(800) 34-GOWCU
CATAMOUNTSPORTS.COM

THIS IS CATAMOUNT COUNTRY 

DON'T MISS OUT on WCU's upcoming events!

NEW STUDENT CONVOCATION & CLASS OF 2026 OFFICIAL PHOTO
AUGUST 19 (begins at 5pm in the Ramsey Center)

WEEK OF WELCOME (CONCERTS, GAMES, ETC.): AUGUST 19-27

VALLEY BALLYHOO: AUGUST 20 (begins at 2pm, Central Plaza)

NPHC BACK TO SCHOOL COOKOUT: AUGUST 21

RECFEST: AUGUST 21

**GROUP EXERCISE CLASSES, INTRAMURAL SPORT LEAGUES,
& BASE CAMP CULLOWHEE TRIPS:** BEGINS AUGUST 22

EMPLOYMENT FAIR: AUGUST 25

WOW CONCERT ON THE PLAZA: AUGUST 25

WCU EMS BYSTANDER CPR & STOP THE BLEED TRAINING:
AUG. 26, 27, 28 & SEPT. 23, 24, 25 (2-4pm at UC, 214 Cardinal Room)

GREEK LIFE RECRUITMENT:

CPC: SEPTEMBER 1-4, **IFC:** SEPTEMBER 5-10

SAFE ZONE TRAINING: SEPTEMBER 1-NOVEMBER 10

HEALTH & WELLNESS FAIR: SEPTEMBER 14

FRESHMEN RUN: SEPTEMBER 17

MOUNTAIN HERITAGE DAY: SEPTEMBER 24

FAMILY WEEKEND: SEPTEMBER 30-OCTOBER 2

OUTDOOR GEAR SALE: OCTOBER 26

HOMECOMING EVENTS: OCTOBER 31-NOVEMBER 5

TUNNEL OF OPPRESSION: NOVEMBER 15-16

FOR MORE IMPORTANT DATES: CHECK YOUR **HAPPENINGS** EMAILS
FROM STUDENT AFFAIRS AND VISIT: **ENGAGE.WCU.EDU**

Western
Carolina
UNIVERSITY



THE RED ZONE	
<i>Mark your calendar for the 2022 Red Zone events!</i>	
INFO TABLE	Tuesday, August 23 rd , 10am-2pm, UC Lawn
RAD EXPRESS TRAINING	Wednesday, August 31 st , 2-3pm, in ICA
CONSENT AND CHILL	Friday, September 9 th , 1-3pm, Catafount <i>*Free Kona Ice Truck!</i>
INFO TABLE	Wednesday, September 14 th , 10am-2pm, UC Lawn
MOVIE & DISCUSSION	September 22, 6-8pm, in ICA
Step Up! Bystander Intervention Training	Thursday, September 29, 2-4pm, UC Catamount

Schedule of Campus Events



Upcoming Dates and Deadlines

- August 12 - 21** - *Student Move-In*
- August 19** - *Convocation & Class of 2026 Photo*
- August 20** - *Valley BallyHoo*
- August 22** - *First Day of Classes*
- August 26** - *Last drop for non-payment*
- September 5** - *Labor Day Holiday*
- September 7** - *Financial Aid Refund Day*

Division of Student Affairs
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StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)



Connections

PARENT & FAMILY NEWSLETTER

September 2022

WCU Tradition - Freshmen Run

September 17



Graduating in December? Time to Apply for Graduation!

- In order to graduate, you must apply for graduation.
- The Fall 2022 graduation application will close on **September 14, 2022**
- Visit my**WCU** now to apply!



For more information:
Visit graduation.wcu.edu
or scan the QR Code



Fall Opening Assembly



When WCU Chancellor Kelli R. Brown walked onto the Performance Hall stage of Bardo Arts Center for the fall opening assembly on August 17, she was met with a packed auditorium of faculty and staff. It was the first time the university could revert to its normal seating before COVID-19 protocols.

Chancellor Brown told the crowd, "whether you are brand new to WCU or entering your third or fourth decade, the year ahead is full of promise. To be sure, we will have our challenges. But WCU's story is grit, perseverance, and choice."

[Read the Full Story](#)

Introduction to the Elements of Wellness



An Introduction to the Elements of Wellness
with BaShaun Smith, Associate Vice Chancellor and Dean of Students,
and Kellie Moore, Vice Chancellor



Family Weekend

September 30 - October 2

Magicians and Music and Football, Oh My! Join us in Cullowhee for a favorite Catamount Tradition. Family Weekend is a great time to visit your student and enjoy the beautiful mountains. Registration is not required to attend, but many events will fill up quickly, so buy your football tickets now and plan to attend your favorite activities. A full schedule is available at familyweekend.wcu.edu.

[More Information](#)



Is your student experiencing homesickness?

Here are some ways you can help:

- Let them know that homesickness is a normal and natural response to moving away from home.
- Encourage them to get involved! Students can explore on-campus organizations, clubs, and events at [WCU Engage](#).
- Share this video with tips and tricks for coping with homesickness: https://youtu.be/DtffS_X5LXI
- If your student continues to feel homesick, encourage them to contact [Counseling and Psychological Services \(CAPS\)](#).



Health & Wellness **FAIR**

WEDNESDAY, SEPTEMBER 14
CATAFOUNT 11AM-1PM



Encourage your students to visit the Health and Wellness Fair on Wednesday, September 14, from 11 am-1 pm at the University Center Fountain area. Students will learn how our campus partners can support their health and wellness and tips and tricks to take care of themselves this year. In addition, there will be games, giveaways, demonstrations, and lots of fun! For more [information](#).

Catamount Athletics Fall Sports

GO CATS!

Football

M. Cross Country

W. Cross Country

Soccer

M. Golf

W. Golf

Tennis

Volleyball

SEPT. 17
PRESBYTERIAN
(WHITE OUT WHITMIRE / BAND DAY)
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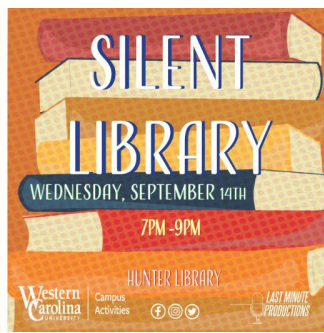
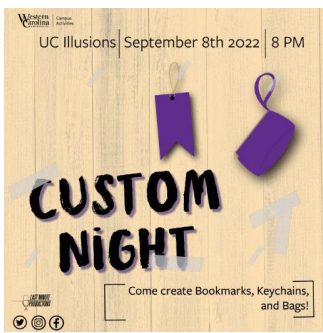
THIS IS
CATAMOUNT
COUNTRY



Mountain Heritage Day

Western Carolina University will celebrate its 48th annual Mountain Heritage Day on September 24, 10 am - 5:00 pm. Here is the full [schedule](#) of events.





Schedule of Campus Events



Upcoming Dates and Deadlines

- September 14 - Deadline to apply for December Graduation*
- September 17 - Freshmen Run/Football Game*
- September 24 - Mountain Heritage Day*
- September 30 - October 2 - Family Weekend*
- October 1 - 2023/24 Scholarship Applications Available*
- October 1 - 2023/24 FAFSA Opens*

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Division of
Student Affairs



October 2022

It's A Catamount Throwback in 2022!

Homecoming is an annual week-long series of events held on the beautiful main campus of Western Carolina University in Cullowhee, North Carolina. Events are held throughout campus all week long, culminating with the Homecoming Football game and announcing the Homecoming Nobility.

From a carnival on the Central Plaza, the Homecoming Parade in Sylva, and the football game at E.J Whitmire Stadium, nothing says "fall" like a homecoming in Cullowhee! Explore all the events for students [here](#). In addition, alum events are available at alumni.wcu.edu/homecoming.



University Policy 96

Residential Living announced Policy 96 decision for students entering in Summer and Fall 2022 classified as First-Time, Full-Time Freshmen. Under the guidance of Policy 96, first-year students are required to reside in on-campus housing for two academic years. Impacted students were emailed on Monday, September 26, 2022, notifying them that they are expected to live in on-campus housing during their second academic year (AY 2023-24).

Enforcing the second-year requirement for the current class is made with several pieces of information in mind, including a significant drop in the freshman retention rate and the impact this can have on a student's long-term academic success, as well as their access to student support resources on campus during what remains a very challenging time. In addition, University data suggests a strong link between on-campus residency and student success.

Housing deposits and Residence Hall Agreement deadlines will be communicated later this academic year. If you have questions or concerns

regarding Policy 96, please contact Residential Living at housingquestions@email.wcu.edu or by phone at 828-227-7303.

Policy 96

Staff Senate Ornaments

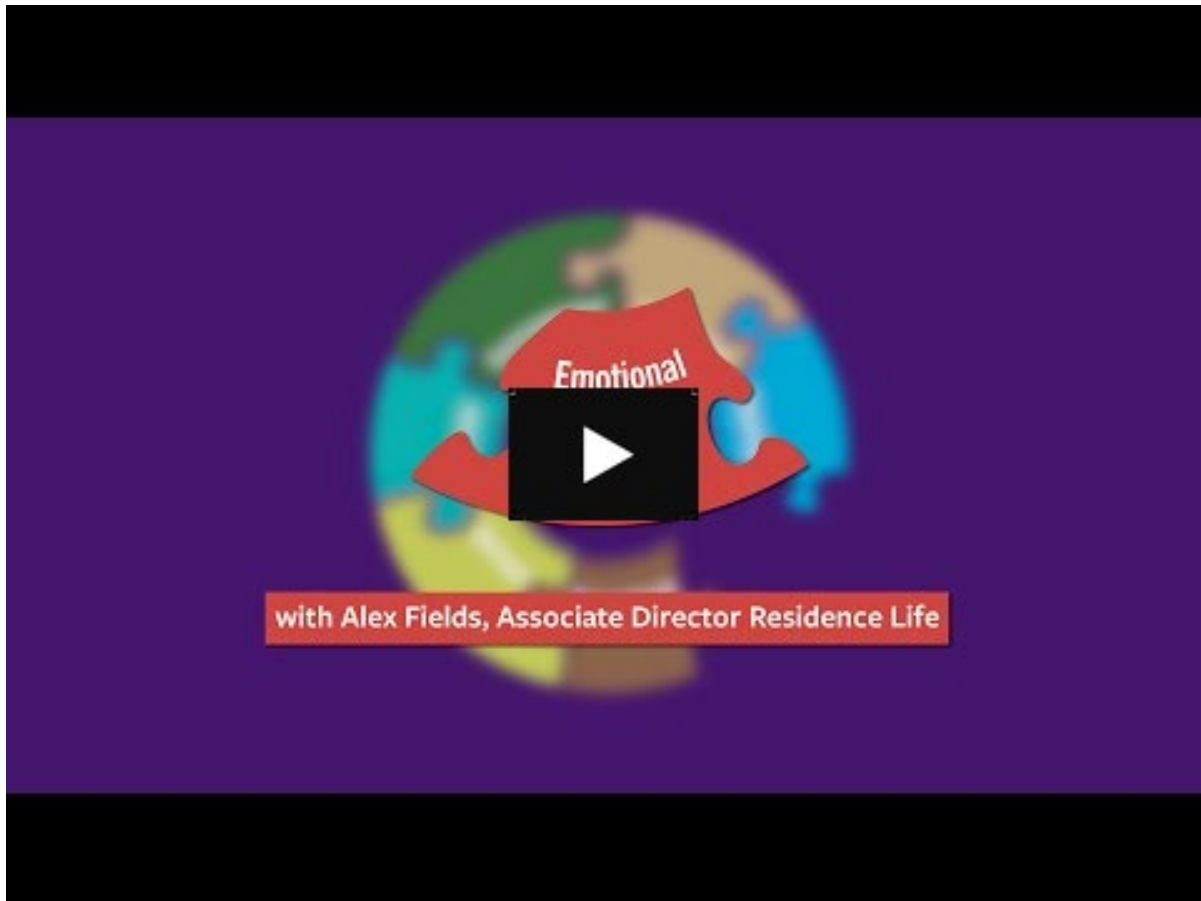
Staff Senate has partnered with the Rapid Center to design and produce this year's holiday ornament. The ornament is a beautiful rendition of the Cullowhee Lily, a white flower with six petals known as *Zephyranthes atamasca*. The flower, once common in the Cullowhee valley, now grows in only a few spots on campus.

Ornaments went on sale on September 24. The ornament cost is \$15 and \$5 off-campus shipping. Proceeds from the ornament sales will go to the Staff Senate Scholarship Fund.



Purchase Online

The Elements of Wellness



If your student is stressed! Here are some tips from Health & Wellness.

- **Make a List**
 - **If they are overwhelmed by the number of things they need to do, encourage them to make a list of everything contributing to their stress. Then, they know exactly what they need to accomplish and won't forget anything. Once everything is**

written down, they can start prioritizing the most important items.

- **Prioritize**
 - To help prioritize tasks and manage their time, encourage them to check out this [time tracker worksheet](#) developed by Counseling and Psychological Services.
- **Set Small Goals**
 - If their stress prevents them from making progress because the list is overwhelming, they might find it helpful to break the larger tasks into small, attainable goals. For example, instead of focusing on the larger goal of writing a 5-page paper, they might first focus on finding five sources for the paper.
- **Use the Pomodoro Wellness Technique**
 - If your student is studying for a big test or writing a paper, encourage them to consider trying the Pomodoro Wellness Technique. This technique involves studying/writing/working for 25 minutes before taking a 5-minute wellness break. The wellness break could include stretching, yoga, taking deep breaths, or meditating. After the break, they can repeat the cycle up to four times. After the fourth cycle, they should take a more extended break (15-30 minutes).
 - Students can find a playlist of videos to guide them through each wellness break on [WCU's Group X YouTube channel](#).

FINANCIAL AID

Subject matter experts from Federal Student Aid (FSA) will host a free Federal Financial Aid Virtual Bootcamp on October 18th and 20th, 2022. The sessions are geared toward students, parents, and college access professionals and will provide:

- an in-depth guide to the 2023–24 FAFSA® form with a live demonstration highlighting key sections and common mistakes,
- an overview of the PSLF program, and
- tools and resources to help navigate through the Federal financial aid process.

Please encourage your student to attend and get their questions answered.

Federal
Student
Aid
An OFFICE of the
U.S. DEPARTMENT of EDUCATION

4th ANNUAL

FEDERAL FINANCIAL AID VIRTUAL BOOTCAMP

Oct. 18 & 20
2022



OVERVIEW

Subject matter experts from Federal Student Aid (FSA) will be hosting a free Federal Financial Aid Virtual Bootcamp on Oct. 18th and 20th, 2022.

The sessions are geared toward students, parents, and college access professionals, and will provide

- an in-depth guide of the 2023-24 FAFSA® form with a live demonstration highlighting key sections and common mistakes,
- an overview of the PSLF program, and
- tools and resources to help navigate through the Federal financial aid process.

This bootcamp will provide an opportunity for participants to ask questions. Join us and get yours answered.

TUESDAY, OCT. 18, 2022

6-7:00 pm. (E.T.)
Public Service Loan Forgiveness (PSLF)

8-9:00 pm. (E.T.)
2023-24 FAFSA® Line-by-Line Demo

THURSDAY, OCT. 20, 2022

1-2:00 pm. (E.T.)
Public Service Loan Forgiveness (PSLF)
(REPEAT SESSION)

8-9:00 pm. (E.T.)
2023-24 FAFSA® Line-by-Line Demo
(REPEAT SESSION)

REGISTER HERE

FSABootcamp2022.eventbrite.com

Scholarship Application

The [2023-2024 WCU Scholarship Application](#) will open on October 1, 2022. You can access the application in your myWCU account under the "Scholarships" tab. There is one application for ALL WCU Scholarships. The application closes on February 1, 2023.



1889 Bistro located on the third floor of Brown Hall is now open. 1889 Bistro is set up as a preset combo list. Orders are taken at a kiosk, and your student can pay for a meal swipe at the register. This location is available Monday-Friday.

Einstein Bros. Bagels is also open in the University Center. They offer freshly baked bagels, breakfast paninis, sandwiches, and salads.

If you would like to submit feedback on a campus dining location, fill out a ***Voice Of Consumers Survey*** and let us know about your experience!

[Submit Feedback for Dining](#)



GRADUATION FAIR

OCT. 27 | 10AM-6PM | WCU BOOKSTORE

PURCHASE YOUR CAP & GOWN | PURCHASE YOUR DIPLOMA FRAME
HAVE YOUR PICTURE TAKEN *(If you have already purchased your gown, please bring that with you)*
ORDER YOUR CLASS RING | ORDER YOUR GRADUATION ANNOUNCEMENTS

GIVEAWAYS & DRAWINGS!

Western
Carolina
UNIVERSITY | WCU
Bookstore

Catamount Athletics Fall Sports

GO CATS!

Football

M. Cross Country

W. Cross Country

Soccer

M. Golf

W. Golf

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Volleyball

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NOV. 5
WOFFORD
(HOMECOMING 2022)
2:00 PM

NOV. 19
CHATTANOOGA
(SENIOR DAY / HALL OF FAME DAY)
1:00 PM

FEELING LUCKY,

BINGO NIGHT

THURSDAY, OCT. 6 | 7PM | CAMP BUILDING

DESTRESS PAINT NIGHT

OCTOBER 10TH
6 - 10 PM

UC GRAND ROOM

Western Carolina University Campus Activities   

DRAG QUEEN STORY HOUR
WITH BEULAH LAND

TUESDAY
OCTOBER 11, 2022
4:00 P.M.

NATIONAL COMING OUT DAY

WCU HUNTER LIBRARY - CMC 

LET'S TACO 'BOUT IT

10/11
11/8
11:30am - 1:00pm
ICA Lounge, UC 227



WESTERN CAROLINA UNIVERSITY CHEROKEE CENTER



FALL SEMESTER
 T-F 10 am-4 pm &
 Thursday 10 am-7 pm.
WCU BARDO ARTS CENTER

**WE WILL NOT BE SILENCED
 MMW EXHIBIT**
 An art exhibit created to bring light to the Missing and Murdered Indigenous Women throughout the world. The exhibit consists of art pieces from 5 local indigenous artists and is available to view all semester.

MONTH OF NOVEMBER
 M-F 8-5PM ICA GALLERY
 2ND FLOOR OF UC

**EXHIBITION OF OUR
 INDIGENOUS STUDENTS &
 ALUMNI**
 Our annual exhibit will highlight our indigenous students and alumni of WCU. Come get to know our indigenous community right here at WCU.

OCT 1
 1-3:30 PM AT E.J. WHITMIRE
 STADIUM

**EBCI APPRECIATION
 FOOTBALL GAME AT WCU**
 This game will honor the relationship between WCU and the EBCI. There will be performances, recognition of members, helmet stickers and a hospitality tent at the grassy area near Gate 6.

OCT 10
 11AM-2PM AT WCU FOUNTAIN AREA

**INDIGENOUS PEOPLES
 DAY CELEBRATION**
 Join us for an outside festival event of crafts, retail, performances, traditional food and education on indigenous populations.

NOV 1
 SPREAD THE WORD BY POSTING
 YOUR RED ON SOCIAL MEDIA &
 TAGGING @WCUCHEROKEECENTER

WEAR RED DAY
 Wear Red on this day in honor of the start of Native American Heritage Month and to honor all those indigenous women lost but silenced no more through the Missing & Murdered Indigenous Women's Movement moving through the U.S.

NOV 10
 11AM-2PM AT UC GRANDROOM

**MULTICULTURAL MENTAL
 HEALTH SHOWCASE** 
 A showcase of various cultural mental health challenges, tips, trades, and solutions. Come take a mental health day! All Classes Welcome!

NOV 15
 11AM-1PM MEET IN THE LOBBY OF THE
 CHEROKEE TOWER AT HARRAH'S
 CHEROKEE CASINO RESORT

ROCK YOUR MOCS WALK
 Join us on National Rock Your Mocs Day at Harrah's Cherokee Casino Resort in your indigenous regalia, native tshirt or as an ally. Join us to represent and raise awareness around indigenous communities across the U.S. We will walk the length of the casino. Shirts available for purchase via www.thebuffalotown.com



FOR MORE INFORMATION CALL US AT 828-497-7920 OR VISIT US @ www.facebook.com/wcucherokee



Schedule of Campus Events



Dates and Deadlines



October 1 - 2023/24 Scholarship Applications Available

October 1 - 2023/24 FAFSA Opens

October 17 - 21 - Fall Break

October 28 - Last day to drop with a "W"

October 31 - Annual 31% off Bookstore Sale

November 1 - Advising Day, No Classes

Division of Student Affairs
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[Privacy Policy](#) | [Email Preferences](#)

Connections

PARENT & FAMILY NEWSLETTER

November 2022

WCU 2022 Homecoming



It was a great Homecoming in the Whee! The carnival was held on Tuesday and Wednesday, and the parade was held on Friday at 6:00 pm in downtown Sylva. It had been three years since the last parade, and excitement was in the air. Other

events were held throughout the weekend, culminating with the Football game and the announcement of the Homecoming Nobility.

Thank you to all who worked tirelessly to ensure successful events and those who supported our students and alums.



2023-2024 Room Selection for Continuing Students

Information about room selection for the 2023 – 2024 academic year will be sent out to your students later this month. The first step in the process is for students to pay a non-refundable \$150.00 housing deposit. This can be paid either through their MyWCU account or at the Student Accounts office. Residential Living encourages students to pay this deposit by Friday, February 17, 2023, to ensure it processes in time for students to complete their Housing Agreement when it opens on Tuesday, February 21, 2023. More details and dates in the process will be released later this month. Students should check their catamount email for more information and announcements.

Policy 96 Reminder

Students classified as first-time, full-time freshmen and first enrolled at WCU in the Summer or Fall of 2022 are reminded that they are subject to WCU Policy 96, which requires them to live on campus for their first four academic semesters or two academic years. Therefore, students should plan to participate in the continuing student room selection process unless they apply for and are approved for a Residency Exemption. Students are also reminded that Residency Exemptions must be requested and approved each academic year and that students are subject to WCU Policy 96.

Policy 96

The Elements of Wellness



with Sky Sampson, Director of the Cherokee Center, WCU



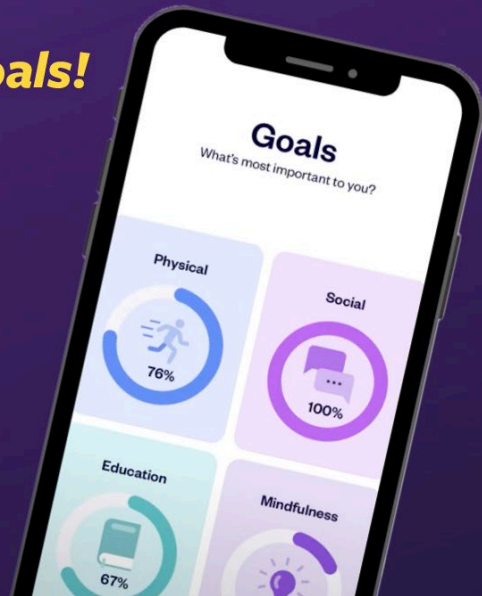
Reach your wellness goals!

**Download
BetterYou
today!**



Health and
Wellness Education

AVAILABLE
ON THE APP
STORE OR
GOOGLE PLAY.
Register with your
WCU EMAIL!



BetterYou is a health companion app that will support your student's wellness journey. WCU students will receive a \$5 gift card to the retailer of their choice when they sign up with their WCU email. This service is free for WCU students, and they can download BetterYou from the [App Store](#) or [Google Play](#).

Scholarship Application

The [2023-2024 WCU Scholarship Application](#) opened on October 1, 2022. Please encourage your student to apply for applicable scholarships. You can access the application in your myWCU account under the "Scholarships" tab. There is one application for ALL WCU Scholarships. Applications close on February 1, 2023.

IT'S FLU SEASON

Flu cases are on the rise while COVID cases remain flat. WCU Health Services reports an increase in positive flu cases on campus, which is in line with other North Carolina medical providers and reported statistics, including our local area.

Influenza, or the flu as it is more commonly known, is an upper respiratory illness typically caused by viruses that travel through the air in droplets when someone with the infection coughs, sneezes or talks. You can inhale the droplets directly,

pick up the germs from an object, such as a telephone or computer keyboard, then transfer them to your eyes, nose, or mouth.

The number one way your student can be protected from the flu is to vaccinate. Health Services has flu vaccines available. Please encourage your student to call 828-227-7640 to schedule or access health services through the patient portal in MyWCU for vaccinations.

KEEP THE FLU AWAY!

CLEAN YOUR HANDS OFTEN.

COVER YOUR MOUTH.

CONTAIN THE GERMS.

HEALTHSERVICES.WCU.EDU



If you would like to submit feedback on a campus dining location, fill out a ***Voice Of Consumers Survey*** and let us know about your experience!

[Submit Feedback for Dining](#)



Seasonal depression can begin to appear in November. Here are some quick tips for your student:

- Let in natural light when possible.
- If possible, try to exercise outside to stay in touch with nature. In addition, exercise can boost your mood.
- Reading and journaling are great activities to combat seasonal depression.
- Counseling and Psychological Services (CAPS) has excellent resources for your student.
- Final exams are not far away! Remember, your student may be feeling pressure from school. Tutoring ([WALC/Math Tutoring Center](#)) can assist your student.

Catamount Athletics Fall Sports GO CATS!

Football

M. Cross Country

W. Cross Country

Soccer

M. Golf

W. Golf

Tennis

Volleyball

Health and Wellness Education presents

GREAT AMERICAN SMOKEOUT

Thursday, November 17th

11AM-3PM

UC Lawn

The National Cancer Society's Great American Smokeout takes place on Thursday, November 17. Students can visit the Health and Wellness Education team on the UC Lawn from 11 am-3 pm to learn about smoking and vaping risks and get connected with resources.

LEAVE YOUR MARK ON THE CATAMOUNT LEGACY WALK

Dear Catamount Family,

Show your Catamount spirit by donating to the Legacy Walk. Each \$250 donation will be recognized with a custom brick paver that will be placed in the Legacy Walk by the Alumni Tower. Donations to the Legacy Walk support the Student Emergency Fund which supports students experiencing financial hardship.

Jane Adams-Dunford

Associate Vice Chancellor for Student Affairs



legacywalk.wcu.edu

Contact Student Affairs
828.227.7147

MMIW PANEL

WITH
SHEYAHSHE LITLEDAVE, AHLI-SHA STEPHENS,
AND MAGGIE JACKSON

TUESDAY, NOVEMBER 15, 2022
5:00 PM - 6:00 PM
UC CATAMOUNT ROOM

JOIN US FOR A PANEL DISCUSSION
ABOUT MISSING AND MURDERED
INDIGENOUS WOMEN (MMIW)

**TUNNEL OF
OPPRESSION**

Labels on wall: LGBT+ YOUTH, BOYS RESCATION, TRANS MASCIDENTITY, PERSON TRANSITION

**SAVE THE DATE:
TUESDAY
NOV. 15**

9-11:30am & 1:30-5:00pm

Sign Up Here:

For more information, visit
dsa.wcu.edu/tunnel

**HUMAN
GLAW
MACHINE**

NOVEMBER 15
3-7 PM
UC LAWN
RAIN LOCATION UG
GRAND ROOM

**\$5
PER
DROP**

TAKE
BACK
-the-
NIGHT

**TAKE A STAND
AGAINST SEXUAL VIOLENCE**

WEDNESDAY, NOV. 16 | 7PM | UC ILLUSIONS

THE BARDO ARTS
CENTER'S 13TH ANNUAL
**HANDMADE
HOLIDAY SALE**

Support Local Artists on
November 17 from
12pm - 7pm

**EBONY
STEWART**

NOVEMBER 29
8PM UC GRAND ROOM



APPLY TO BE AN RA TODAY

Take a step [↑] and join us as
a Resident Assistant (RA)!

To learn more about
the position check out
our Resource Guide



To apply, visit
jobs.wcu.edu



For further
instructions,
scan our QR code



Hiring!



New Student Orientation



Become an Orientation
Counselor

- Housing & Meal Plan provided during session
- FREE WCU Apparel
- Hiring is open now and training will start in the Spring

Submit your Resume :

CATAMOUNT DINING

is hiring!

WHY CHOOSE
CATAMOUNT DINING?



\$12.00 starting minimum wage

FREE MEAL with every shift

HEALTH BENEFITS available

REFERRAL BONUSES available

PROMOTIONAL opportunities

FLEXIBLE schedules



Scan Here
TO APPLY



Schedule of Campus Events

Happy Thanksgiving to you and your family!



Dates and Deadlines

November - Native American Heritage Month

November 16 - Take Back the Night

November 23 - 25 - Thanksgiving, No Classes

December 9 - Last day of classes

December 10 - 16 - Final Exams

Division of Student Affairs
Western Carolina University
Cullowhee, NC 28723
StudentAffairs@wcu.edu

[Privacy Policy](#) | [Email Preferences](#)



Connections

PARENT & FAMILY NEWSLETTER

December 2022



Residence Hall Departure, Closing, and Re-Opening

The Fall 2022 semester is coming to a close on Friday, December 16, 2022, and residence halls will close at 5:00 pm. Only students graduating or with an approved extension can stay past December 16.

Students can leave their belongings in their rooms during the break but should keep their keys to the room. Students are asked to prepare their rooms to be vacated for an extended period of time; they should:

- Close all windows.
- Students on the ground and 1st-floor rooms – place blinds in the down position.
- Students on the 2nd floor and higher, blinds should be in the up position.
- Unplug and defrost refrigerators.
- Remove perishable food and trash.
- Turn off faucets and showers.
- Turn the heat to the lowest setting.
- Turn off the lights.
- Lock door.
- Take home all pets, including fish.

If you have questions about closing procedures, please get in touch with Residential Living at 828-227-7303 or housingquestions@email.wcu.edu.

Academic Actions and Housing

Students suspended due to academic performance and not granted an appeal must return to campus between January 9 and January 13, 2023, to move out of their residence hall before the start of the Spring 2023 semester. The Department of Residential Living will contact impacted students on approximately January 9, 2023.

Spring Semester Opening

Residence Halls open for the Spring 2023 Semester on Thursday, January 12, 2023, at 8:00 am. Students can return to their residence hall anytime after this date. There is no sign-up for move-in times.



2023-2024 Room Selection for Continuing Students

Information about room selection for the 2023 – 2024 academic year will be sent out to your students. The first step is for students to pay a non-refundable \$150.00 housing deposit. This can be paid either through their MyWCU account or at the Student Accounts office. Residential Living encourages students to pay this deposit by Friday, February 17, 2023, to ensure it processes in time for students to complete their Housing Agreement when it opens on Tuesday, February 21, 2023. More details and dates in the process will be released later this month. Students should check their catamount email for more information and announcements.

Policy 96 Reminder

Students classified as first-time, full-time freshmen and first enrolled at WCU in the Summer or Fall of 2022 are reminded that they are subject to WCU Policy 96, which requires them to live on campus for their first four academic semesters or two academic years. Therefore, students should plan to participate in the continuing student room selection process unless they apply for and are approved for a Residency Exemption. Students are also reminded that Residency Exemptions must be requested and

approved each academic year and that students are subject to WCU Policy 96.

Policy 96

Congratulations December Graduates





COMPLETE EXIT COUNSELING

STUDENTAID.GOV
UNDER "MANAGE LOANS" TAB

The Elements of Wellness



with Aaron Plantenberg, Social Work Instructor



MLK^{JR}

**CELEBRATION
WEEK | JAN. 16-20**

Building a

LEGACY
of **LEADERSHIP**

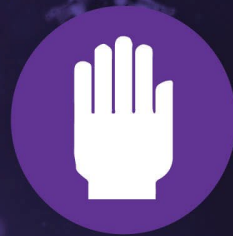
IT'S FLU SEASON

KEEP THE FLU AWAY!



**CLEAN YOUR
HANDS OFTEN.**

**COVER YOUR
MOUTH.**



**CONTAIN
THE GERMS.**



HEALTHSERVICES.WCU.EDU



THIS HOLIDAY SEASON,

Give a Legacy of Love on the Catamount Legacy Walk

Purchase a custom brick paver that will be placed by the Alumni tower.

Donations to the legacy walk support the student emergency fund.



For more information visit:

legacywalk.wcu.edu





Complete your

FAFSA TODAY!

studentaid.gov

Need assistance? Visit the WCU Financial Aid Office at 105 Cordelia Camp.

For assistance via Zoom, email finaid@wcu.edu.



PRIORITIZING SLEEP HABITS FOR FINALS EDITION

FAMILY FEUD

Wednesday, Dec. 7
1 - 2:30pm
Blue Ridge Multipurpose Room (MPR) - Side B

Gain better sleep habits

Learn about sleep myths

Make an aromatherapy rice sock
Bring your own sock (BYOS); a limited number of socks will be available

Win prizes! All students welcome!

Western Carolina University Counseling and Psychological Services | Western Carolina University Health and Wellness Education

Chancellor Kelli R. Brown
Mr. Dennis Brown
and the Chancellor's Division in partnership with the Department of Campus Activities

invite students, faculty, staff and families to

Holidays on the Plaza

Thursday, Dec. 8
4-7 pm
Central Plaza
at the Alumni Tower

Celebrate the spirit of the season at 6:15 pm during the second annual lighting ceremony of the Alumni Tower

Enjoy music and performances by the students and faculty of the David Orr Belcher College of Fine and Performing Arts

Bring a non-perishable food item, or, make a child's day by bringing a new, unwrapped toy to be donated and earn a chance to win numerous prizes

Families can enjoy displays and readings from Holiday Traditions, make Lego creations and keepsake ornaments

Come dressed in your most festive (or ugliest!) holiday attire (you might even win a prize)

Indulge in holiday cookies, snacks and beverages

FRIDAY, DEC. 9, 4-9PM

Holidays at the UC

BUDDIES, CUSTOM MUGS, HOT COCOA ORNAMENTS, & SANTA PAWS
GET A HOLIDAY PASS FOR \$15 (AN \$18 VALUE)!

Western Carolina University Campus Activities

Schedule of Campus Events



APPLY TO BE AN RA TODAY

Take a step [↑] and join us as
a Resident Assistant (RA)!

To learn more about
the position check out
our Resource Guide



To apply, visit
jobs.wcu.edu



For further
instructions,
scan our QR code



Western Carolina University

Hiring!

New Student Orientation



Become an Orientation
Counselor

- Housing & Meal Plan provided during session
- FREE WCU Apparel
- Hiring is open now and training will start in the Spring

Submit your Resume :

CATAMOUNT DINING

is hiring!

WHY CHOOSE
CATAMOUNT DINING?



\$12.00 starting minimum wage

FREE MEAL with every shift

HEALTH BENEFITS available

REFERRAL BONUSES available

PROMOTIONAL opportunities

FLEXIBLE schedules



Scan Here
TO APPLY



Dates and Deadlines

December 8 - Holidays on the Plaza

December 9 - Last Day of Classes

December 12 - Midnight Breakfast

December 10 - 16 - Final Exams

December 17 - Commencement

January 12 - Residence Halls Open

January 16 - MLK, Jr. Holiday, No Classes

January 17 - Classes Begin

February 1 - Scholarship Applications Due



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