

October 2020 Newsletter





University Open Forum

Chancellor Brown invites you to the fall University Open Forum

Wednesday, October 14, 2020

3:00 - 5:00 pm

**Updates on Budget and Master Planning, 2020 Vision Strategic Plan progress
on Student Enrollment.**

Being Me In Cullowhee



BEING ME IN CULLOWHEE

Campus Activities introduced a new virtual series of 'Being Me in Cullowhee'. The series will explore students various identities and their unique experience on campus. The second in the series ask three students what it is like "Being Asian in Cullowhee".

CELEBRATE



**Counseling and Psychological Services
Help Students Feeling Isolated**



FEELING ISOLATED?

REMEMBER: AT HOME

ASK FOR HELP

- ▶ Connect with people who are supportive and reach out to them to let them know you're feeling alone
 - ▶ Seek out other available supports, like CAPS: caps.wcu.edu | 828-227-7469
 - ▶ Let others know you're struggling and allow them to listen and help

TAKE CARE

- ▶ Make sure you're meeting basic needs for yourself: getting enough sleep, nourishing yourself, hydrating, & taking deep breaths
 - ▶ Allow time to do things you enjoy

HAVE A ROUTINE

- ▶ Create a daily schedule that incorporates your self-care (add in eating, time to connect with others, etc.)
 - ▶ Balance time for more active work versus play/quiet time
 - ▶ Establish familiar patterns within the unfamiliar situation

OUTDOOR TIME

- ▶ Get a plant to help connect you to nature
- ▶ Get exposure to natural light via windows
 - ▶ Try to spend some time outdoors

MOVE YOUR BODY

- ▶ Check out programs and offerings at Campus Recreation & Wellness
 - ▶ Find ways to move your body that feel healthy for you
 - ▶ Do jumping jacks, or have a solo dance party!

EXPLORE YOUR CREATIVITY

- ▶ Spend time coloring, drawing, writing or playing music
- ▶ Express yourself in ways that are enjoyable to you
 - ▶ Start a bullet journal



Counseling and
Psychological Services

Updated Academic Calendar

The Spring and Summer 2021 calendars have been updated. Classes will begin on January 25th.

VIEW THE SCHEDULE

THE **DEFAMATION** EXPERIENCE.com

**RACE
CLASS
RELIGION
GENDER**

**THE DEFAMATION
EXPERIENCE**

YOU ARE THE JURY.

WEDNESDAY, OCT. 14 | 3-5PM | ONLINE
POST CONVERSATIONS | WEDNESDAY, OCT. 21 | 4-5PM ONLINE

EMAIL ICA@WCU.EDU FOR MORE INFO.

Western
Carolina
UNIVERSITY

Sponsored by Intercultural Affairs and the Chief Diversity Office



Campus Activities

- Thus far, 123 organizations have been recognized to include GSED Orgs.
- The Student Involvement Unit began moving into their new first floor offices. Come by to visit and take a look at the new space!
- LMP will host Staycation Week, October 12–16. It will feature Build-a-Buddy, Give-a-ways, a Take and Make the event with

Campus Services

- Stephanie Sue Rowell, Director of Residential Operations, and Ryan Fisher, Director of Residential Facilities, started their new roles in Residential Living.
- The **GET** Mobile went live October 5, for Which Wich, Moe's, Panda, Freshens, and Papa John's.
- Chili's will open beginning 10/12 from 11am – 10pm. To-

Potted Plants, two nights of Drive-In Movies, and other events by partners across campus.

- SGA is planning for the 2021 – 2022 elections.

Go only.

Steak & Shake will open on 10/12 from 4pm – 10pm. To-Go-only.

- Congratulations to Tom Frazier on his upcoming retirement, November 20.



Health & Wellness

- CAPS participated in the Office of Accessibility Resources Departmental Review. Betsy is also on the search for their new Director.
- CRW is working with Facilities Management regarding the AT&T cell tower project. The design is shifting back to the original design to reduce the invasiveness to the ceiling/roof of the court area of the CRC.
- Health services performed over 200 COVID tests the past week, 5 of those were positive.
- **National Collegiate Alcohol Awareness Week is *October 19th - 23rd.***

Marketing & Assessment

- Carol completed the WCU Works certificate program.
- The Photo, Video, and Graphic Guidelines are in Share Point for review. This document will serve as guidance for those responsible for developing communication materials that represent Student Affairs departments, services, and programs and intended for internal marketing.
- September design report: 28 separate design requests and 14 of those projects required multiple formats (including digital horizontal, vertical, social media).



Dean of Students

- DSCE conduct numbers so far this semester: 235 total, 209 of these have the COVID-19 tag in Maxient.
- ICA co-hosted a collaborative program with the Advising Center entitled "meet the advisors".
- The Greek Life office successfully completed National Hazing Prevention Week -150 students participated in the events.
- Deferred recruitment for greek student organizations will go away effective fall 2021.



Undergraduate Enrollment

- Campus Tours: Admissions tours have resumed.
- Fall Open Houses to be held Oct. 24 & Nov. 14.
- WCU on Tour: Oct. 12-14 (Greensboro, Raleigh, Charlotte, respectively).
- Financial Aid/Scholarships: The FAFSA and WCU Scholarship application are now open.
- Orientation: Interview, hiring, and training schedules for Student Orientation Counselors will be modified in light of the amended spring calendar.

TAKE
BACK
— *the* —
NIGHT

**TAKE A STAND
AGAINST SEXUAL VIOLENCE**

JOIN US FOR A MARCH ACROSS CAMPUS AND SPEAKOUTS

WEDNESDAY, NOV. 4 | 7PM | CATAFOUNT

Celebrate the Good News!

Welcome New Staff

Zarana Adial, the new Associate Director of Student Community Ethics, was born in India and moved to Benson, NC when she was 12 years old and grew up there. She did her undergraduate studies at Mount Olive University in Biology and pursued a Masters in Counseling / Student Affairs from Edinboro University of Pennsylvania. After graduating, she served as an Area Coordinator at Spring Hill College in Mobile, AL for one year and then as an Assistant Director of Residence Life and Community standards for two years.



When she is not at work, she enjoys running, spending time with her family, and being in nature. She is super excited to be a part of the WCU community and to get to know everyone.



Stephanie Sue Rowell joins the Residential Living team as the Director of Residential Facilities. Stephanie Sue has worked at Western Carolina University since 2010, previously served in Residential Living and, most recently, Campus Activities.

Stephanie Sue previously worked with the Institute for Shipboard Education (Semester at Sea) as well as sister institutions Appalachian State University and the University of North Carolina at Wilmington.

Stephanie Sue and her family live in Webster and enjoy camping, hiking, playing in the river, and traveling, especially to state or national parks.

Ryan Fisher is the new Director of Residential Facilities for Residential Living. He is a Cullowhee native, and WCU alumni ('99). His career has taken him all over the Southeast - including work for Clear Channel Radio and UNC-Charlotte. He served the past 12 years as the Associate Director of the Ramsey Regional Activity Center here at WCU.



Katrina, his wife of 18 years, (also a WCU alum), is a special education teacher at Cullowhee Valley Elementary School. They have one daughter, Abby, 12-years-old, who is the love of their lives.

Every election presents opportunities to underscore our commitment to non-partisan student civic engagement and learning – this year is no exception – and November 3rd is right around the corner.



The Center for Community Engagement and Service Learning (CCESL) and the Student Democracy Coalition (SDC) have been hard at work this year helping register hundreds of students (many first-time voters), organize awareness and educational programs/[videos](#), and support the on-campus Early Voting site (open from 10/15-10/31, 2nd floor in the University Center) among many other initiatives. We also hope that you will model civic responsibility by voting.

Here are two action points you can take immediately if you are interested:

- Request a [Voter Registration Presentation \(in-person or virtual\)](#) – **ASAP (10/9 is the deadline for voter registration).**
- Share VOTE.WCU.EDU with your students and remind them of the importance of voting.

As a reminder, refer to [WCU Policy 28](#) for guidance on political engagement activities as State employees.

Contact Lane Perry (laneperry@wcu.edu), with questions. **VOTE CATS!**



ACPA
CELEBRATING
CAREERS IN
STUDENT AFFAIRS
MONTH!



/myACPA



@ACPA



@myACPA



**JOIN US IN CELEBRATING THE
PROFESSION THIS OCTOBER!**

*Be sure to check ACPA social media channels to keep up
with our month-long offerings!*

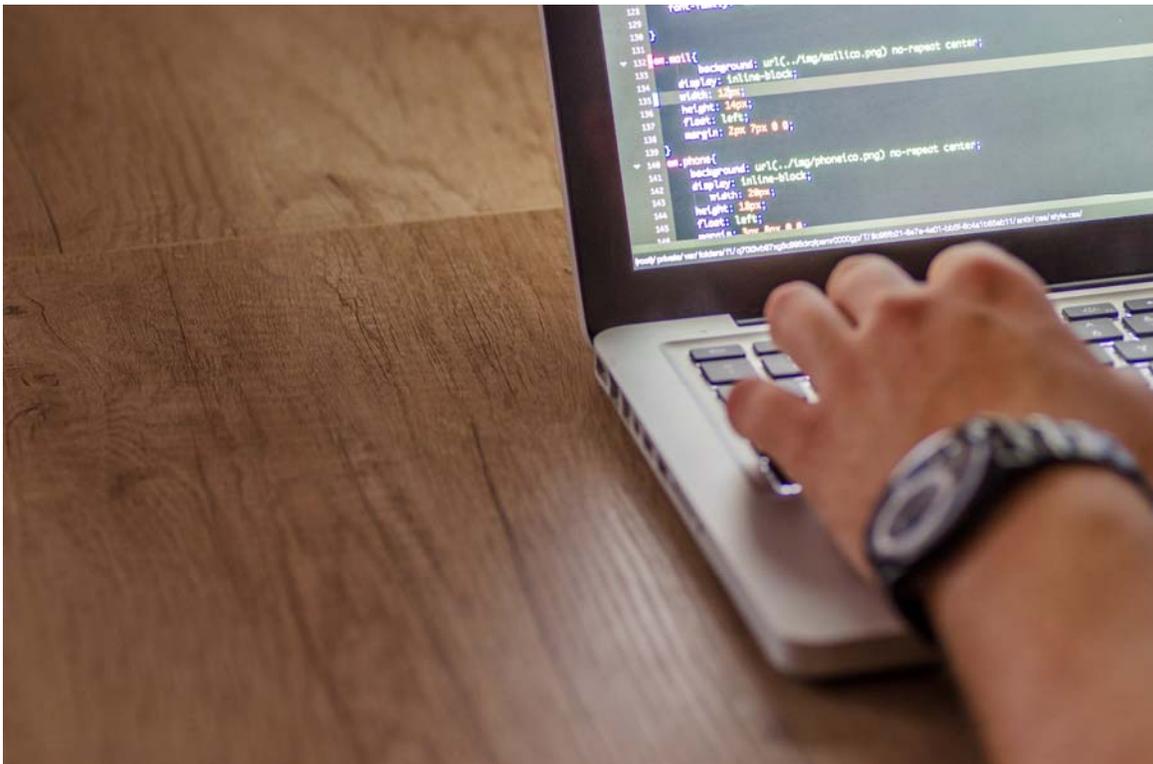
NASPA

October is Careers in Student Affairs Month

Careers in Student Affairs (CSAM) is a month-long initiative, each October. This year, the theme for #CSAM20 is the **Transformation of the Higher Education and Student Affairs**. Join us as we explore the current state and future of higher education and student affairs.



[Join the Conversation](#)



IT Committee Update

Cell Phone Service: Relocation and Experience

We have received several comments recently about cell service in Cullowhee and surrounding areas. Both Verizon's and AT&T's cell phone equipment had to be moved prior to the current demolition of Scott and Walker halls. Verizon has installed a new tower located near the parking lot behind the Catamount Center/Post Office, while AT&T is currently installing new equipment on top of the Rec Center, with an expected completion date in November. In the interim, AT&T is allowing roaming on the US Cellular tower located at the Cullowhee Airport. If

you have experienced issues recently, you should report them to your respective mobile provider.

Zoom Plug-In for Outlook

A faster easier way to schedule a zoom meeting via Outlook. Rather than use the zoom.wcu.edu or the Zoom App you can schedule a Zoom meeting right from Outlook by installing a Plug-in. Close Outlook and follow these instructions:

1. Go to zoom.wcu.edu and sign in using SSO
2. Scroll down to the bottom of the page and choose "Outlook Plug-in" from the "Download" column
3. Follow the installation instructions
4. After installation is complete open Outlook

Schedule an appointment as you typically would and then click on the Zoom icon in the toolbar.

Required Office Upgrade for Windows Ready

An Office upgrade for Windows is now available which will resolve the "Unlicensed Product" issue some users have been experiencing as well as some additional features. To assist you with this upgrade IT has created an Office365 easy upgrade kit which you can easily install. You must be on campus or logged into the VPN in order to install.

1. Close all Office apps you have running
2. Open your start menu and type "Software Center"
3. Open the link and scroll to "Office360 ProPlus 2020"
4. Click "Install Selected"

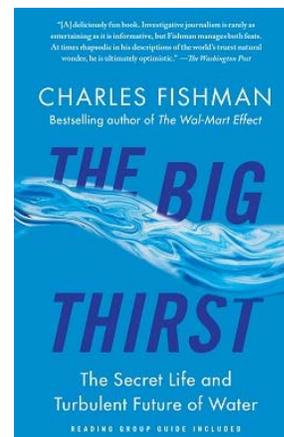
The app will uninstall your previous version and install the new version.

One Book Panel Discussion Webinar Series

The Big Thirst

The Office of [Student Transitions](#) is proud to host three interdisciplinary conversations about the 2020 One Book and the campus interdisciplinary theme: **Water**. Each webinar will be interactive in the traditional sense of a panel discussion, but hosted virtually.

[Learn more about the webinar series](#)



COVID-19 RESOURCES

OCT. 12 - OCT. 16!

**ALL IN-PERSON
CLASSES WILL BE**

FREE

*To view the current Group X
schedule, visit reccenter.wcu.edu
and select Group Exercise*



Campus Recreation
and Wellness



Important Dates

October 17 - IT Data Center Outage

October 23 - Last day to withdraw from a class

October 27 - Advising Day/No Classes

November 20 - Last day for face-to-face classes

November 24 - Last day of classes

November 26-27 - Thanksgiving Holiday Break

November 30-December 4 - Final Exams



Division of Student Affairs
Western Carolina University
Cullowhee, NC 28723