NOVEMBER 2019

End of Semester Self-Care

Including the holiday break and finals week, there are only about 4 weeks remaining this semester. Traditionally, this is a high-stress time for students. The significance of assignments, papers, presentations, tests, etc. increases as the semester comes to an end. Please remind your students that it is not too late to ask for assistance. The WaLC offers tutoring and assists students with writing and proofreading papers. Now is an important time for students to prioritize self-care techniques. It is a time-honored tradition for college students to “pull all-nighters”, not sleep due to working on assignments, eat poorly, etc. Please encourage them to get a reasonable amount of sleep, to eat properly, and to take care of their personal health needs. Staff members in the residence halls, Health Services, Counseling & Psychological Services, and Student Affairs are available to assist if your student needs support.
**You@WCU**

WCU is excited to share our new online well-being portal, YOU@WCU. This tool is designed to help students Succeed, Thrive, and Matter by managing stress, setting goals, promoting happiness and well-being, and connecting to campus resources.

The YOU portal was made to help students design their ideal college experience. YOU@WCU fosters student success in three domains: Succeed (academics and career); Thrive (physical and mental health); and Matter (purpose, community, and social connections). The portal serves up relevant information and campus resources, and content becomes personalized when a student completes brief assessments, fills out a profile, or searches for something specific. There is also a built-in function for students to set goals and check them off as they go.

Anyone with a WCU email address can register and begin using this tool. A student's e-mail is encrypted when accessing YOU@WCU. There is no way of tracking individual use or responses, so users can feel safe being honest and exploring sensitive topics.

Visit https://you.wcu.edu to get started today!
Introducing **YOU** - A dynamic digital resource designed to help WCU students thrive.

**Athletics**

You are invited to join us this weekend for a full day here in Catamount Country. We have the men's basketball home opener against Gardner-Webb at 12:00 p.m., followed by the Blue Ridge Border Battle football game against ETSU at 3:30 p.m. We are running a special ticket deal, FREE admission to the basketball game with your football ticket.

It is also our **Heroes Day**. All Fire Fighters, Police Officers, EMS, First Responders, and Military Personnel will receive FREE admission to both games, and their family members are eligible for a discounted ticket. We have a lot of fun festivities planned around the day, including our Tailgate Town Heroes Day Edition, which will be a fan fest area in front of the Ramsey Center. It will be open around noon and shut down right before kickoff. The American Legion, Army, and Navy will all be represented. All First Responders and Military Personnel can check-in at this area to receive a specialty Heroes Day button.

For more information call the WCU Ticket Office, 828-227-2401, or use the link below to purchase tickets online:
Scholarships

The WCU scholarship application is now available for the 2020-2021 academic year! Students should submit their applications through myWCU by the February 1, 2020 deadline. All students are encouraged to submit the application every year as the criteria for our scholarships vary greatly. Many academic departments select students at the sophomore, junior, and senior levels who are committed and involved in their programs.

There are two upcoming programs to assist students with scholarship information:

*Scholarships and Study Abroad*: Wednesday, November 13, 4:00 pm, UC Catamount Room
*Scholarship ABC’s*: Thursday, November 21, 4:00 pm, UC Catamount Room
Greek Life

Sorority and fraternity members have had a busy semester working on leadership development, recruitment, service/philanthropy projects and most importantly striving to meet their academic goals as individuals and chapters. Many chapters will be doing officer elections over the next couple of weeks. National Pan-Hellenic Council held a Stroll competition during Homecoming weekend that brought in several hundred attendees, both alumni, and undergraduate students. 90% of the Homecoming Court were members of our sororities and fraternities. Chapters are buckling down to push through the remaining weeks of the semester and planning spring events. The Office of Greek Student Engagement and Development is working on New Member Education sessions, officer transitions and travel plans for student leaders to the Association of Fraternal Leadership and Values conference in Indianapolis, Indiana in late January. Everyone is in high gear to finish the semester in a grand fashion!

Catamount Legacy Walk

Help your students leave their mark by purchasing a brick on the Catamount Legacy Walk! Located by the Alumni Tower, the walk features bricks engraved with a
name or personal message that honors members of the Western Carolina University family.

- Celebrate a special occasion such as a birth, anniversary or graduation
- Honor a friend or loved one from WCU who has impacted your life
- Recognize a graduate, student, professor or friend
- Celebrate a graduate's educational and athletic successes as a Catamount

Funds raised by the Catamount Legacy Walk support the Student Emergency Fund. Donors receive a commemorative certificate for each brick commissioned.

For more information please contact the Office of Student Affairs at (828) 227-7147.

Legacy Walk Information

Rock Your Moccasins Awareness Walk
Nov. 4 | 12pm
Beginning at the Fountain

Honor your ancestors and recognize their traditions in a walk from the student center to the Tucker Student Center.

Native & Educated: Being Torn Between Education and Expectation
Nov. 12 | 4:30-6:30pm, UC Grand Room
A conversation about native communities and the idea of assimilation; featuring students and speakers from various tribes.

Native American Heritage Month
Nov. 15-30

Celebrating the culture, traditions, and history of Native American peoples.

Native American Heritage Festival
Nov. 16 | 11am-2pm
at the Student Union
Festive activities, including traditional crafts, dances, and music.

Wind River Movie Screening
Nov. 20 | 4pm-6pm, UC Theater
An event highlighting the rich culture and traditions of Native American peoples.

Spring Meal Plans
As we move into the Spring semester, some students will be interested in changing their housing assignment or their meal plan. Please remind your student to check with the Residential Living staff or the Residential Living office in Brown Hall to request a room change for the Spring 2020 semester. The process for switching meal plans can be
found in the myWCU portal, under the "meal plan" tab, and opens for changes November 22, 2019. Please note, though, that first-year students may only select the Unlimited or 175 Block plans. Students who are classified as first-year, and select a plan other than the Unlimited or 175 Block options will automatically be switched back to a First-Year meal plan option and their bill will be amended to reflect the accurate amount due. We encourage you to talk with your student and/or check the Spring 2020 bill to ensure they are enrolled in the correct plan to avoid last-minute billing issues.

2020-2021 Room Selection

Will your student need on-campus housing for the 2020-2021 Academic Year?
• 1st Step: Pay the non-refundable housing deposit of $150 through their MyWCU account
• 2nd Step: Submit a Residence Hall Agreement beginning February 10, 2020
• 3rd Step: Select a room during Room Selection which begins in March 2020
• Information will be online at roomselection.wcu.edu
• Information will be sent to your student’s Suite box in January
• Emails will be sent to your student’s WCU email account
• Being requested as a roommate does not qualify as submitting a Residence Hall Agreement

Due to the expected number of incoming students, space for continuing students is likely to be limited. Students wanting to live on campus should pay their deposit and submit their Residence Hall Agreement as early as possible.

The deadline to select a specific room is March 31, 2020, or when all spaces are filled.

Questions? Please call the Department of Residential Living at 828-227-7303.

TUNNEL OF OPPRESSION
The Department of Intercultural Affairs’ Fall 2019 Tunnel of Oppression theme is - **The Labels We Wear: Microaggressions**. Rooms will explore Mental Health, Voting/Political Climate, Mass Shootings, Access to Health Care and Body Image.

This is an interactive program that allows students, faculty, and staff to have an experience with oppression, discrimination, and injustice to heighten awareness and encourage a personal commitment to ending oppression in all forms. The program usually takes about 50 minutes and includes a facilitated group discussion led by CAPS trained volunteers.

Wednesday, November 13th and Thursday, November 14th 9:00am - 11:20am and 1:00 p.m. - 4:00 p.m. Blue Ridge Conference Center [DSA.WCU.EDU/TUNNEL](http://DSA.WCU.EDU/TUNNEL)
GREAT AMERICAN SMOKE OUT

TOBACCO AWARENESS & EDUCATION WEEK

NOVEMBER 18-21
11AM-1PM | UC LAWN

MONDAY, 11/18: KICKOFF
Join us for the Kickoff of Great American Smokeout, stop by and visit our table for information and giveaways.

TUESDAY, 11/19: VAPING AWARENESS & EDUCATION
Join us for Vaping Awareness & Education

WEDNESDAY, 11/20: PLEDGE DAY & CIGGY VS. PAWS
Come on out to pledge to be tobacco free & see Paws take Ciggy down!

THURSDAY, 11/21: QUIT KITS
Stop by the Great American Smokeout table to pick up a quit kit and other giveaways.

Resources: Health Services & Counseling and Psychological Services
Holidays at the UC

Annual Holidays at the University Center will be Wednesday, Dec. 4th and Thursday, Dec. 5th. The whole family is invited for an evening of holiday activities! The festivities will take place at the AK Hinds University Center at 254 Memorial Drive from 5:00 p.m. to 8:00 p.m.

Pricing for activities are Picture with Santa for $1, Holiday Mini Golf for $1, Photo Ornament for $2, Ice Rink for $2, Custom Mugs & Tumblers for $3, and Build a Buddy for $9. Participate in all activities with the Ultimate Holiday Pass for $15. Holiday movie clips, crafts, and workshop stations are free.

Miracle at WCU will be helping Holidays at the UC. This is an event open to the public, money raised from this event will be donated to the Children’s Miracle Network Hospitals.
HAPPY THANKSGIVING CATAMOUNT FAMILY

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 8</td>
<td>Last day to withdraw from a class</td>
</tr>
<tr>
<td>November 13 &amp; 14</td>
<td>Tunnel of Oppression</td>
</tr>
<tr>
<td>November 18-21</td>
<td>Tobacco Awareness Education Week</td>
</tr>
<tr>
<td>November 27-29</td>
<td>Thanksgiving Holiday No Classes</td>
</tr>
<tr>
<td>December 4 &amp; 5</td>
<td>Holidays at the UC</td>
</tr>
<tr>
<td>December 6</td>
<td>Last Day of Classes</td>
</tr>
<tr>
<td>December 9 - 13</td>
<td>Finals Week</td>
</tr>
<tr>
<td>December 13</td>
<td>Residence Halls Close</td>
</tr>
<tr>
<td>December 14</td>
<td>Commencement</td>
</tr>
</tbody>
</table>

Student Activities Calendar
Division of Student Affairs  
Western Carolina University  
Cullowhee, NC 28723  
828.227.7147  
StudentAffairs@wcu.edu  

You are receiving this email because you are a member of the extended Western Carolina University community.