



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

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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**

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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
 Western Carolina University
 Cullowhee, NC 28723
StudentAffairs@wcu.edu

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