The 'Freshmen Run' Tradition
**Flu Clinic**

Health Services is pleased to announce the upcoming flu clinics available to all students. Health experts recommend getting a yearly flu vaccine as the first line of defense against seasonal flu.

**Flu Clinic at Health and Human Sciences Building:**  
**Wednesday, September 20, 2023, 8:00 am - 4:30 pm, Room 204.**

![Injured Bandage Icon]

Your student can schedule their appointment at [https://wagsoutreach.com/ss/WES467159](https://wagsoutreach.com/ss/WES467159) and complete the required consent form upon confirmation of their appointment.

Partner vendor Walgreens Pharmacy will file insurance claims with the insurance provider.

Upon arriving at their appointment, a photo ID and a copy of their insurance card will be required.

**Flu Clinic at Biltmore Park:**  
**Monday, September 25, 2023, 9:00 am - 3:00 pm, Room 105.**
Health Services staff will be on-site at Biltmore Park. Dependents are not eligible for this flu clinic. Your student may schedule their appointment at https://wcu.medicatconnect.com/.

FOR MORE INFORMATION CONTACT:
Pam Buchanan, Director, Health Services pmbuchanan@wcu.edu (828-227-3475) or Katie Williams Lanning, Business Officer, kwilliams@wcu.edu (828-227-3473)
Residential Living Guidelines

Please encourage your students to read these guidelines fully by clicking here: https://www.wcu.edu/WebFiles/PDFs/2023-24ResidentialLivingGuidelines.pdf

The most important changes that we would like to point out include:

- **Motorized Modes of Transportation** - Any motorized mode of transportation (including but not limited to electric scooters and e-bikes, motorcycles, mopeds, hoverboards, self-balancing scooter boards, Segways, etc.) is prohibited in the residence halls (which includes charging purposes). This does not include motorized wheelchairs and other ADA vehicles.

- **Open Flame Items and Flammable Liquids** - Open Flame Items (including but not limited to candles, incense, candle warmers, scent warmers, plug-ins, and scent pot burners) are prohibited in all residence halls for fire safety purposes. This includes decorative candles with burned or unburned wicks. The residence halls do not permit flammable liquids and solvents (butane, gasoline, kerosene, lighter fluid, propane, etc.).

- **Cameras in the Residence Halls** - Students are permitted to use cameras in the residence halls for virtual meetings, academic assignments, presentations, etc., but students are not permitted to install or use cameras for security or surveillance.
purposes. Only WCU-owned and managed cameras may be installed in the residence halls for security purposes.

- Sports Activities in the Residence Halls - Participating in sports activities in areas not designated for that purpose is prohibited. This includes, but is not limited to, playing with sports balls, Frisbees, Nerf guns, splat guns, and other thrown or projected objects indoors.
- Guests – This policy was updated to provide detailed expectations for students and their guests. Please read it thoroughly.
- Prohibited Items – The list has been updated to include items that have changed due to these policy revisions.

If your student has questions, please don’t hesitate to contact housingquestions@wcu.edu.

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**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 our students. We wanted to take a moment to share some information and reminders with you:

- Retail locations and dining options will open across campus in a staggered fashion as returning and new students join the Catamount Dining team. Catamount Dining will share information regarding any temporary service adjustments with your students via in-person signage, Catamount Dining social media accounts, and dining.wcu.edu.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.13</td>
<td>Carnival</td>
<td>Catamount Café</td>
<td>Lunch</td>
</tr>
<tr>
<td>9.18</td>
<td>National Cheeseburger Day</td>
<td>Catamount Café</td>
<td>All Day</td>
</tr>
<tr>
<td>9.20</td>
<td>Dining Service Advisory Board</td>
<td>Water Rock Conference Room</td>
<td>6 PM</td>
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<tr>
<td>9.21</td>
<td>Chef Throwdown</td>
<td>Catamount Café</td>
<td>Lunch</td>
</tr>
<tr>
<td>9.22</td>
<td>Tailgate Throwdown</td>
<td>Catamount Café</td>
<td>Lunch</td>
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<tr>
<td>9.27</td>
<td>Birthday Celebration</td>
<td>Catamount Café</td>
<td>Lunch</td>
</tr>
<tr>
<td>9.29</td>
<td>National Coffee Day</td>
<td>Catamount Café</td>
<td>All Day</td>
</tr>
</tbody>
</table>

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](https://westerncarolina.campusdish.com/Careers) or contact jlarem@wcu.edu for any employment questions.
If Your Student Is Feeling Homesick:

- 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 and Wellness Fair
New, returning, and continuing students need to make sure that they have requested submission of final official transcripts or test results from any other college or testing source (e.g., AP, IB, or CLEP subject exam results). Responsibility rests with the student to ensure all final official documents are received. Receipt of those documents can have a bearing on numerous things (e.g., admission eligibility, financial and or scholarship status, class standing, athletic eligibility, the accuracy of a student’s degree audit, course prerequisite satisfaction, and ability to register for specific courses or future terms). WCU course credit cannot be awarded based on work only reflected on a high school transcript. Similarly, credit cannot be awarded for AP or IB courses or grades posted on a high school transcript. Scores results must be requested from the respective testing organization for credit to be awarded at WCU. For students who have attempted coursework at multiple colleges or universities, an official transcript must be submitted from each institution attended. Please help ensure that WCU receives those official transcripts as well.
Athletics Update

**Important WCU Student Ticket Information**
All full-time, fee-paying WCU students receive free admission to all Catamount home athletic events by showing their valid WCU Student Cat Card at events. WCU students can purchase up to two student guest tickets for $16 per ticket to any home football game. To purchase guest tickets, [CLICK HERE](#). These guest tickets will be in the WCU student sections.

**Student Tailgate Lot/Cat Walk**
The student tailgate lot is located in the Bardo Arts Center. Join us for the Cat Walk as the football team cheer, dance, and drum line make their way toward the stadium. The walk starts approximately 2 hours and 30 minutes before kickoff.

**Parking on Game Day**
$10 single-game parking is available on the Catamount Ticket Office site. Call the Catamount Ticket Office at 828-227-2401 or visit CatamountSports.com for any ticket questions.

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2023 WESTERN CAROLINA HOME FOOTBALL SCHEDULE

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2023 Legacy Pinning Ceremony
If you have a new WCU student with a family member who is an alum of one of WCU’s undergraduate or graduate programs – JOIN US for our 2023 Legacy Pinning Ceremony to be held **September 23, 9:30 a.m.** during Family Weekend!

The legacy pinning ceremony is held annually to honor incoming Western Carolina University legacy students and their family members during WCU’s Family Weekend. It offers an alumnus(a) the opportunity to “pin” their incoming student with a special legacy pin that denotes their WCU heritage. A legacy student is “Any incoming student with at least one parent, stepparent, grandparent, aunt, uncle, sibling, or active mentor who is an alum of WCU’s undergraduate or graduate program is considered a Legacy student.”

Legacy students and three guests are invited to attend this event at no charge. Additional guests may also attend the event for $10. The registration deadline is **September 13**. Please register at [https://bit.ly/wculegacy23](https://bit.ly/wculegacy23). For more information, contact the Office of Alumni Engagement at alumni@wcu.edu.

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**Mountain Heritage Day**

Western Carolina University will celebrate **Mountain Heritage Day** on September 30, 10 a.m.- 5:00 p.m. Please visit [here](#) for the schedule of events.
Catamount Shopping Shuttle
The Catamount Shopping Shuttle runs one day a week at 5:30 p.m. from the Cat Tran hub at the University Center to Walmart and Ingles. The last shuttle returning to campus from Walmart departs at 7:40 p.m.

- Thursday, September 14
- Wednesday, September 20
- Thursday, September 28
- Wednesday, October 4
TIME TO APPLY FOR GRADUATION!

To graduate, you must apply for graduation. The fall 2023 graduation application closes September 19, 2023. Apply through your MyWCU!

For more information visit graduation.wcu.edu

SAVE THE DATE
Celebrate WESTERN Homecoming 2023
October 22nd-28th

Find your community & support

**CAPS GROUPS**

**Mondays**
**Expressive HeARTs**
1:30 – 3:00 pm | Starts October 23
Galebi
This group will use art materials and other forms of self-expression to facilitate healing, generate insight, and build community.

**The Skill-full Group**
3:30-6:00 pm | Starts September 27
Joy & Erin
This group focuses on “learning by doing.” Incorporating practice and reflection in order that each individual/group member can discover skills that fit for them.

**Tuesdays**
**The EveryBODY Group**
1:30 – 3:00 pm | Sherree Ash
This is an interactive group designed to use a mixture of expressive arts modalities such as creative writing, music, and visual arts to understand personal narratives on how individuals move to food and their body image.

**Masc-ing Emotions**
3:30-5:00 pm | Myranda & Britt
This is a gender inclusive group for masculine presenting students who are seeking supportive spaces in exploring topics related to stress, family, communication, relationships, gender-identity, increasing emotional intelligence, and more.

**Wednesdays**
3:30 – 5:00 pm | Rock Rock Room 2013
Myranda & Megan
This group is for students who are interested in learning more about how to understand themselves and romantic partners, choose romantic partners, or cope with the behaviors of their romantic partners.

**Common Ground LGBTQ+ Support Space**
3:00-4:30 pm | Jay & Adam
This group is a confidential, respectful, counselor-facilitated LGBTQ+ support group where we discuss topics such as coming out, queer life in rural communities, spirituality, and queer identity, relationships, homophobia, oppression and discrimination, and more.
Schedule of Campus Events

LEAVE YOUR MARK ON THE
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
Dates and Deadlines

**September 19** - Fall Graduation Application Due

**September 22-24** - Family Weekend

**September 23** - Legacy Pinning

**September 23** - Football vs. Charleston Southern

**September 30** - Mountain Heritage Day

**October 16 - 20** - Fall Break (no classes)