February 2021

BLACK HISTORY MONTH
BLACK EXCELLENCE

Celebrating the Life and Legacy of

MARTIN LUTHER KING JR

02.21.21 — 02.27.21

SUNDAY, FEB. 21ST
MLK MARCH (UNITY)
Poster Making: 9am am / UC Multipurpose
TIME: March begins at 11am
LOCATION: Cafeteria & the UC

MONDAY, FEB. 22ND
DRESS FOR SUCCESS (ALPHA)
TIME: All day
PHOTO OWT: 8:30 pm / Cafeteria
LOCATION: Western Carolina University

TUESDAY, FEB. 23RD
JEOPARDY: BSU EDITION (BSU)
TIME: 7pm-9:30pm
LOCATION: Zoom
https://wcu.zoom.us/j/88992197944

WEDNESDAY, FEB 24TH
"I HAVE A DREAM" BOARD (ICA COUNCIL)
TIME: 8pm-9pm
LOCATION: Zoom
https://wcu.zoom.us/j/83620193629

THURSDAY, FEB. 25TH
BLACK LITERACY VOICES
TIME: 6:30pm-8:00pm
LOCATION: For details
e-mail: diversity@wcu.edu

HOW BLACK IS BLACK
ENOUGH (SGA)
TIME: 6:00pm-8:00pm
LOCATION: Zoom
https://wcu.zoom.us/j/03170596312

FRIDAY, FEB. 26TH
COMMITTEE REVIEW AND SELECTION FOR THE BLACK EXCELLENCE AWARD
Details on mlkjr.wcu.edu

SATURDAY, FEB 27TH
BLACK EXCELLENCE AWARD CEREMONY (UNITY)
TIME: 7:00pm
LOCATION: Instagram / MLK Website
Winners will be announced on multiple media platforms.

mlkjr.wcu.edu

Western Carolina University

Campus Partners: Alpha Phi Alpha Fraternity, Inc.,
Black Student Union, Center for Community Engagement and Service Learning, ICA Council, Intercultural Affairs, Office of Student Opportunity and Diversity Programs, Student Government Association

DEGREE PLUS & R&B APPROVED
WCU Parents Society

In partnership with Student Affairs, Western Carolina University’s Office of Alumni Engagement is excited to present the WCU Parents Society. Western Carolina University’s Parents Society’s mission is to foster extraordinary relationships between the university and all WCU families. Western Carolina University’s Parents Society promotes and cultivates student success while engaging parents and families with the university. Throughout the year, Parents Society members will have the opportunity to host, attend, and volunteer at several events to improve student and family experiences, deepen family connections with WCU, and help WCU achieve its mission and goals.

If you have any questions or would like more information on the Parents Society, please contact Elizabeth Qualls, Coordinator of Affinity Programs, at equalls@email.wcu.edu or 828-227-3766.
Health and Wellness

This is a good time to talk to your student about activities and lifestyle choices they can make to help maintain a healthy heart. And, while you are at it, think about modeling all of these activities for them!

1. Encourage your student to follow the American College of Sports Medicine (ACSM) and Center for Disease Control (CDC) physical activity guidelines and encourage them to utilize the Campus Recreation Center’s in-person and virtual resources at reccenter.wcu.edu.
2. Talk to your student about smoking and tobacco use. If they don't use tobacco, still have the conversation. If they are using tobacco, encourage them to seek treatment. WCU’s Health Services (healthservices.wcu.edu) and Counseling & Psychological Services (caps.wcu.edu) have treatment options available.
3. Encourage your student to have regular check-ups with their medical provider. Routine preventative care is important throughout our lifetime. You can help your student get in that habit now. Students can see the providers at WCU Health Services for this care throughout their academic career at WCU.
4. Finally, ask your student about the quality of their relationships so you can assess their emotional heart health. This may be uncomfortable for both of you. Opening this conversation tells your student that you care about all aspects of their life and provides them the emotional support they need. If they are struggling with their relationships, remember CAPS (caps.wcu.edu) is an important resource for them.

Learning and practicing these heart habits now are important for life-long heart health.
MONDAY, 2/15/21: VIRTUAL INFORMATIONAL SESSION & Q&A WITH SEXUALITY PROFESSIONALS
Join us for sex-positive, inclusive education and answers to any questions you may have about sex and sexuality.
7:00pm | Register on Engage

TUESDAY, 2/16/21: RAD EXPRESS COURSE
This course is designed as a brief overview of the R.A.D. program. This course includes discussion on awareness and risk reduction followed by a self-defense component.
3pm-4pm | Register on Engage

WEDNESDAY, 2/17/21: YOGA
Practice mindfulness through yoga with a body positive focus.
6pm-7pm | CRC STUDIOS 1 & 2 (Free to all wcu affiliates) & IG Live @wcu_campusrec

WEEKLONG:

BETTERYOU APP PHYSICAL CHALLENGE
2021-2022 Room Selection

Will your student need on campus housing for the 2021-2022 Academic Year? More information will be forthcoming as we get closer to Spring 2021. Below are some important items to remember:

- 1st Step: Pay the non-refundable housing deposit of $150 through their MyWCU account
- 2nd Step: Submit a Residence Hall Agreement beginning February 24, 2021
- 3rd Step: Select a room during Room Selection which begins in March 2021
- Information will be online at roomselection.wcu.edu
- Information has been sent to your student’s Suite box
- 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
Students wanting to live on campus should pay their deposit and submit their Residence Hall agreement as early as possible.

Questions? Please call the Department of Residential Living at 828.227.7303.

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**Important Notice from IT**

The IT Division is witnessing a surge in social engineering activities, especially vaccine-related phishing attempts. Experts predict malicious cyber actors will continue trying to exploit the evolving remote learning environment, especially related to COVID and tax season.
Please remain watchful for social engineering attempts, and follow the same basic investigation tips as for phishing in general:

- Watch for suspicious sender addresses such as helpdesk.wcu.edu@gmail.com or hr.wcu.edu@gmail.com
- Pay attention to generic greetings, such as "Dear Valued Customer" or "Sir/Ma'am."
- Look for spoofed hyperlinks and websites: if you hover your mouse cursor over links in the email body, and the links do not match the text that appears when hovering over them, the link may be spoofed. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain, such .com vs. .net.
- Remember that suspicious attachments which you are asked to download and open is a standard delivery mechanism for malware.

If you think you are a victim:

- If you believe you might have revealed sensitive information about yourself or WCU, report it to the appropriate personnel at WCU. When in doubt, contact the IT Help Desk at 828.227.7487 or email ithelp@wcu.edu.
- If you believe your financial accounts may be compromised, contact your financial institution immediately. Watch for any unrecognized charges to your account.
- Immediately change any passwords you might have revealed. If you used the same password for multiple resources, make sure to change it for each account, and do not use that password in the future.

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The Western Carolinian

Your source for news at WCU since 1933. The Western Carolinian provides coverage of news, sports, entertainment and culture relevant to current themes, topics and trends within this community.
Slow COVIDNC App
Help Slow the Spread: Protect yourself, your loved ones and your community - simply by using your phone.
More Information About Slow COVIDNC

Important Dates

February 15 - Face-to-face and Hybrid classes begin
February 15 - 19 - Students can pick up PPE from the University Center
February 24 - Reading Day (no classes)
February 24 - Residence Hall Agreement opens for 2021-2022
March 1 - 5th Week Grades Due
March 9 - Advising Day (no classes)

Division of Student Affairs
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