



RAM FAM CALENDAR

2020-2021



WEST CHESTER UNIVERSITY
Parent & Family
RELATIONS

PSECU[®]

Greetings Ram Fam!

As a parent or family member of a West Chester University (WCU) student, you are officially a member of the Ram Fam! We are so excited that you are a part of the WCU family, and we look forward to sharing in your student's collegiate experience over the next few years. The Office of Parent and Family Relations is here to assist you and your student during this important transition in your lives, both celebrating successes and addressing challenges.

The research shows that parent and family engagement improves and enhances the college experience for students, so the Office of Parent and Family Relations is committed to equipping you with the resources you need to support your student's success here at WCU. This calendar is just one of these resources – we hope you will use it to guide and coach your student throughout their first year.

I want to highlight two important portions of the calendar:

◆ **Ram Chat** – These are conversation starters for your communication with your student. Remember that open-ended questions are most likely to spur conversation!

Ram Fam Reminders – Curated tips for coaching your student through the month with reminders about resources and services offered to support student success.

We sincerely hope that this journey will be fulfilling and successful for your family. Please know that we are available to answer your questions, big or small. If we do not have an answer, we will find one for you!

Rams Up!



Lexie McCarthy, Director

Office of Parent and Family Relations
AMcCarthy@wcupa.edu
610-436-2698

Ram Fam Most-Requested Contacts

Bursar	610-436-2552
Counseling Center.....	610-436-2301
Dining Services	610-436-2161
Financial Aid.....	610-436-2627
Off-Campus and Commuter Services.....	610-436-2361
Parent and Family Relations.....	610-436-2698
PSECU	610-436-1707
Public Safety	610-436-3311
Registrar.....	610-436-3541
Residence Life and Housing.....	610-436-3306
Student Assistance	610-436-0165
Student Health Services	610-436-2509
Student Conduct	610-436-3511

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Welcome to the Ram Fam, where we celebrate all those who support Golden Rams in their WCU journey! We cannot wait to welcome you onto our campus and celebrate you as members of our WCU family in-person in the near future!

AUGUST

Ram Fam Reminders

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ram Chat What is on your WCU Bucket List ? Which class are you most excited about? Most worried about? (Remind your student about tutoring at the LARC!) What do you need from your family to be successful this semester						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	First Day of the Session		Virtual Involvement Fair			
30	31					
	Last Day of Add/Drop					

* Your Student's Wellness

Student Health: This fall, Student Health Services will be open Monday – Friday from 8 a.m. – 6 p.m. Services are available by appointment only. Telehealth appointments are also available. Students who need medical care should contact Student Health Services by phone at 610-436-2509.

Mental Health: Counseling services are FREE to students. For the Fall 2020 semester, the Counseling Center will continue to provide teletherapy services and will not be seeing students in person in the Counseling Center. Students are encouraged to call 610-436-2301 to set up their first meeting.

* Transition Tips

- Be willing to listen without jumping in to provide feedback and/or advice.
- Empower your student to take initiative to solve their own problems.
- Avoid second guessing your student and/or overstepping boundaries.
- Familiarize yourself with resources that may be helpful for your student at wcupa.edu/ramfam.

At WCU, we love family engagement – and Rammy does too! There are numerous opportunities throughout the year for our Ram Fam to engage in-person and virtually with our vibrant campus community. Stay tuned for updates at wcupa.edu/ramfam



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
					Rosh Hashanah	
20	21	22	23	24	25	26
Rosh Hashanah						
	28	29	30	<p>Ram Chat</p> <p>How do you plan to get involved?</p> <p>Have you introduced yourself to your professors or gone to virtual office hours?</p> <p>What can we as a family do to assist in your success?</p>		
Yom Kippur		Virtual Fall Job and Internship Fair				

Ram Fam Reminders

* Academic Support

To prepare students for remote coursework, our Learning Assistance and Resource Center has created online training modules focused on assisting students with the transition from in-person classes to remote learning. Additionally, all student support services have been moved to remote delivery, including additional tutoring and supplemental instruction for specific courses. More information at wcupa.edu/LARC.

* Getting Involved

The Fall Involvement Fair is a great introduction to WCU's nearly 300 student organizations. This informal opportunity is a wonderful way for students to explore their interests and find their place. If they don't see an organization that fits their interests, they can explore the opportunity to create it!

* WeCU at WCU

The Division of Student Affairs is committed to ensuring that your student feels connected to our awesome campus community through the transition to remote instruction. The Division of Student Affairs offers weekly virtual programs to engage with students and help them achieve their full potential inside and outside of the classroom. Learn more at wcupa.edu/wecu.

Each fall, WCU welcomes home alumni, family, and guests to our annual Homecoming celebration. While this year may look a little different given physical distancing requirements, we are committed to celebrating all things WCU this October with innovative virtual and intimate in-person opportunities to re-connect with West Chester.



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ram Chat What are you doing to relieve stress ? Where do you think you want to live next year? What is your favorite thing about WCU?				1	2	3
				2021 -2022 FAFSA Available		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
					Last Day of Course Withdrawal	
					Homecoming	
25	26	27	28	29	30	31
Homecoming						

Ram Fam Reminders

* FAFSA 2020-2021

The 2020-2021 FAFSA opens on October 1st at fafsa.ed.gov. The sooner you and your student complete the application, the better. You will use last year's tax information.

* Staying Safe

October brings several opportunities for students to engage socially. While student safety is our utmost priority here at WCU, it is also important that your family reinforces messages related to health and safety. Ask open-ended questions about their experiences with drugs and alcohol and share that you trust them to make good decisions that keep them out of harm's way.

* Mid-Semester Celebration

Your student has made it through the first half of their first semester at WCU during a very unprecedented time. Take a minute to celebrate them and yourselves for this accomplishment that has undoubtedly come with familial challenges and sacrifices.



Thousands of first-generation students – WC's First – call WCU home. West Chester University considers students "first-generation" if none of their parents/guardians completed a Bachelor's degree. In addition to programming held throughout the year, faculty, staff, and students celebrate first-generation students each fall at our annual First-Generation College Celebration (pictured). Find out more at wcupa.edu/wcfirst.

NOVEMBER

Ram Fam Reminders

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
 8	9	10	11	12	13	14
First-Generation College Celebration						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Fall Break –No Classes					
		Last Day of Session Withdrawal		University Closed		
29	30			Ram Chat What kinds of classes do you plan to take this spring ? What are you doing for fun ? In what ways have your interests changed this semester?		

* Campus Recreation

This fall, the on-campus Recreation Center will remain opened with reduced capacity. Virtual programming and fitness classes are also available to all students to encourage student physical activity while they are away from campus. Find out more at wcupa.edu/campusrec.

* Spring Course Registration

Students must check their myWCU for their course scheduling time. Encourage them to create a tentative schedule using their Degree Progress Report, make an appointment, and meet with their Academic Advisor to discuss their plans prior to their scheduling date.

* First-Generation Families

The WC's First Initiative has recently released a First-Generation Family Resource Guide that provides guidance, advice, and resources to our first-generation families, which also includes incredible stories from first-generation students at WCU. See the guide at wcupa.edu/ramfam.

Built in 1892, Recitation Hall (pictured) is the oldest building on West Chester University's campus and houses the School of Education, including Early Grades Preparation, Middle Grades Preparation, and Special Education, and Literacy programs. Learn more at wcupa.edu/education.



DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
6	7	8	9	10	11	12	
	Last day of the Session	Final Exams				Hanukkah	
13	14	15	16	17	18	19	
Hanukkah							
20	21	22	23	24	25	26	
					University Closed		
					Christmas	Kwanzaa	
27	28	29	30	31	Ram Chat How is studying going? What are you doing to de-stress ? Do you plan to take Winter session courses?		
University Closed			Kwanzaa				

Ram Fam Reminders

* "Free" Credits

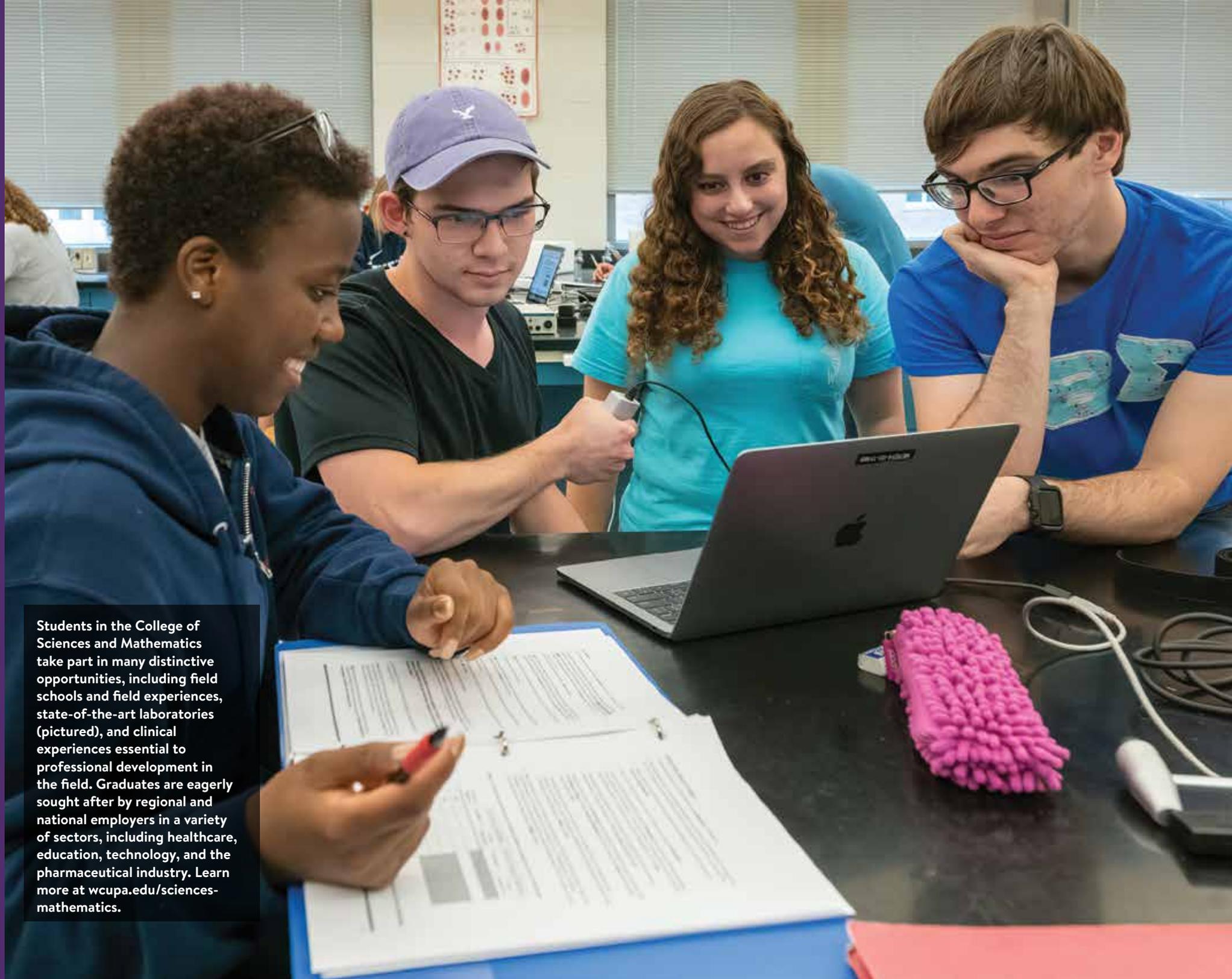
As full-time tuition costs are the same for 12 to 18 credits in WCU's Fall and Spring semesters, undergraduate students taking 12 credits in the Fall will be able to take an additional 6 credits in the Winter or Summer sessions without being charged tuition. Consider having a conversation with your student about how they will make the most of these extra credits.

* Finals Grind

Just because your student is completing the semester remotely does not mean that they do not need your support during finals. Remind your student to make time for exercise, healthy meals, and good sleep. Encourage your student to participate in the virtual de-stress programming as well!

* Ram Fam Advisory Council

Now that you have one semester in the Ram Fam under your belt, consider applying to join the Ram Fam Advisory Council and using your voice to advocate for the parent and family experience at WCU. Check out wcupa.edu/ramfam for more information.



Students in the College of Sciences and Mathematics take part in many distinctive opportunities, including field schools and field experiences, state-of-the-art laboratories (pictured), and clinical experiences essential to professional development in the field. Graduates are eagerly sought after by regional and national employers in a variety of sectors, including healthcare, education, technology, and the pharmaceutical industry. Learn more at wcupa.edu/sciences-mathematics.

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day University Closed	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Tuition Payment Due	16
17	18 Martin Luther King Jr. Day University Closed	19	20	21	22	23
24	25 First Day of the Session	26	27	28	29	30
31	<p>Ram Chat</p> <p>What went well last semester?</p> <p>What are you hoping to accomplish this semester?</p> <p>Should we readjust your meal plan for this semester? (Must change by Feb. 5!)</p>					

Ram Fam Reminders

* New Year, Fresh Start

Your student learned a lot about how to “do college” last semester, and now they can put these insights to good use starting on the first day of classes. Remind them to take advantage of in-person and online tutoring opportunities and meet with their professors during their Office Hours to get a head start this spring.

* Major Changes

Now that your student has completed the fall semester, changing majors may be on their mind. Encourage your student to meet with their advisor to discuss their interests and what they really want to study. Once students decide to change your major, they can request an official Change of Major through their myWCU account.

* Financial Planning

Talk to your student about their financial needs for the spring semester and have a conversation about budgeting, expenses, spending habits, and paying for their education. Evaluate the need and/or benefits of a part-time job. Encourage your student to explore scholarship opportunities at wcupa.edu/scholarships.

The Twardowski Career Development Center (CDC) is a comprehensive and centralized career center offering 1:1 support to help students develop and strengthen job search skills as well as events to promote experiential learning and networking skills. The bi-annual Job and Internship Fair (pictured), features employers who have a relationship with WCU and are motivated to hire students/alumni for their jobs and internships. Learn more at wcupa.edu/cdc.



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Last Day of Add/Drop					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Ram Fam Appreciation Day						
21	22	23	24	25	26	27
			Spring Job and Internship Fair			
28	<p>Ram Chat</p> <p>What are your plans for Spring Break?</p> <p>How are your classes going this semester?</p> <p>Do you feel it is your responsibility to address inappropriate behavior when you see it? Why or why not?</p>					

Ram Fam Reminders

* Career Development

The Twardowski Career Development Center assists students with career exploration and professional development. Encourage your student to make an appointment with a Career Ambassador to explore majors and careers, search for jobs and internships, prepare for interviewing, write and revise resumes and cover letters, and so much more.

* Identity Development

Identity development is critical to student success. Encourage your student to attend programs offered by the Dowdy Multicultural Center, Center for Trans and Queer Advocacy, and the Center for Women and Gender Equity. These offices provide spaces for students to drop-in, find community, attend educational programs, and make new connections.

* College Relationships

Relationships often become a focus in February. Listen as your student shares about their relationships with friends and significant others and remind them to keep themselves safe. Often, the best thing you can do to help your student is offer an understanding sympathetic ear.



The Alternative Break Program engages students to explore what it means to be active citizens by immersing themselves in meaningful service and cultural exploration as they travel to a new community across the nation during a University break. Past trips include Empowering Youth through Financial Literacy (top left), Addressing Issues of Affordable Housing with Habitat for Humanity (top right), Serving the LGBTQ Community Impacted by HIV/AIDS (bottom left), and Creating Sustainable Food Resources in Urban Communities (bottom right). Learn more at wcupa.edu/volunteer.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Spring Break						
21	22	23	24	25	26	27
Spring Break						Passover
28	29	30	31	<p>Ram Chat</p> <p>How do you decide if something is safe for you and your friends?</p> <p>How are mid-terms going?</p> <p>What are your plans for this summer?</p>		
Last Day of Course Withdrawal		Passover				

Ram Fam Reminders

* Rams Serve

WCU students log thousands of hours of community service each year. Many students choose to participate in Alternative Spring Break opportunities, immersion trips where students do service and learn about different populations and regions. The Office of Service Learning and Volunteer Programs can help your student find an opportunity to serve in our community or beyond!

* Safe Spring Break

If your student plans to go away for spring break, remind them of your expectations and have a conversation about keeping themselves and others safe. Reinforce calling 911 in an emergency. If they are staying home or on-campus, encourage them to use this time to apply for summer jobs, scholarships, and to get ahead on their schoolwork.

* Planning Ahead

Ask your student about their summer plans and encourage them to use on-campus resources to explore opportunities for jobs, internships, travel, or summer coursework to make the most of the time off.



Banana Day is a special student tradition at WCU and features the doling out of free bananas at every corner of the University and students competing in banana-themed games all over campus to win limited-edition Banana Day t-shirts. The specially-designed t-shirts are coveted and given solely to winners of banana games – like the banana toss (pictured)!

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ram Chat Have you explored the Borough of West Chester ? What are your favorite spots? What classes are you taking in the fall ? Are you taking classes this summer ? What is your move-out plan?				1	2	3
				Passover		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
		Last Day of Session Withdrawal			Ramboree	
25	26	27	28	29	30	

Ram Fam Reminders

* Get Outside with Campus Recreation

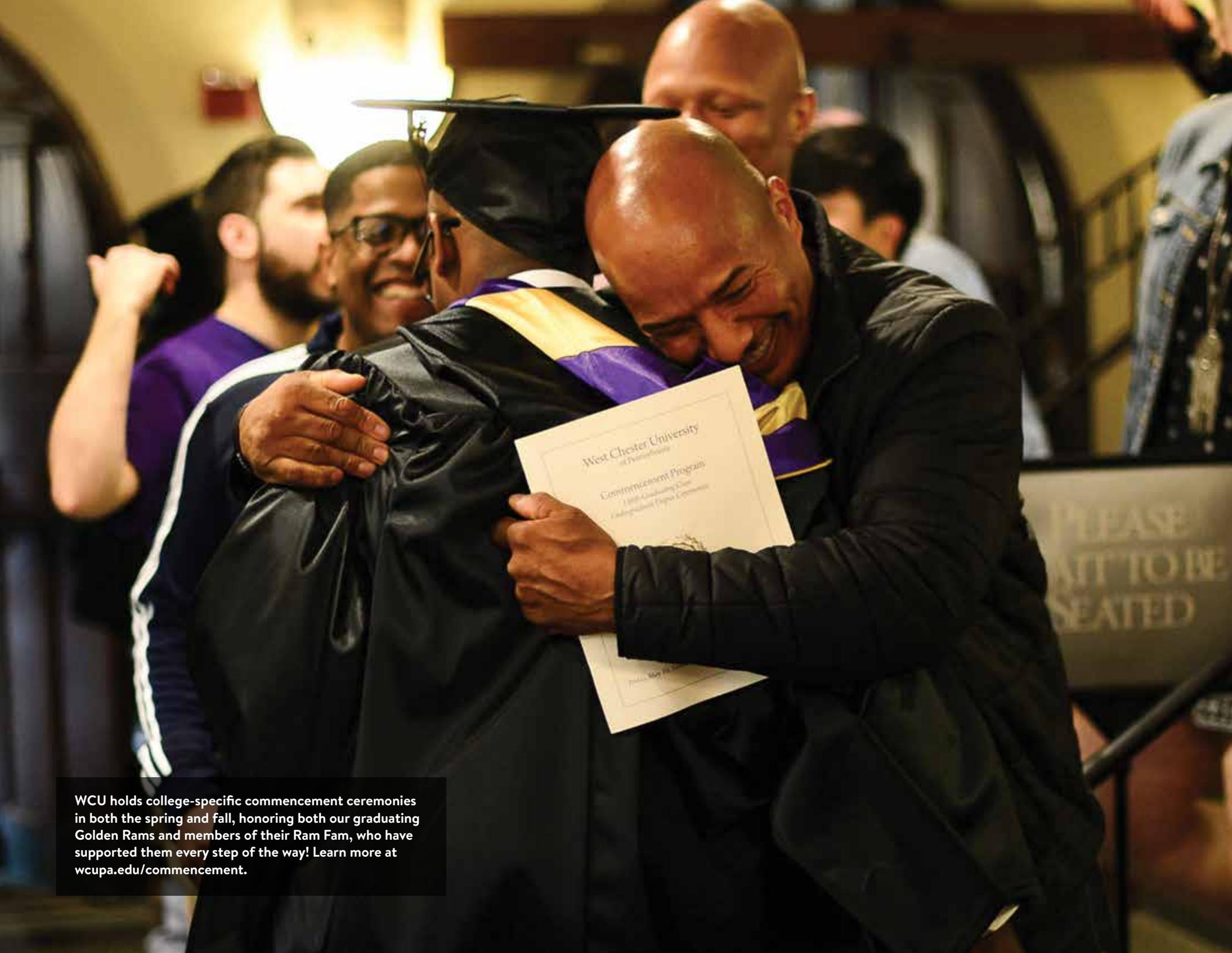
As the weather gets warmer, encourage your student to get outside and de-stress with Campus Recreation. Students can take fitness classes, participate in intramurals, or go on a trip with the Outdoor Adventure Team to blow off steam.

* Celebrate Success

Spring is a time for celebration at WCU. Encourage your student to take advantage of opportunities to attend Ramboree, sporting events, and awards ceremonies that celebrate students across campus.

* Sexual Misconduct

WCU's Sexual Misconduct Policy demonstrates the University's commitment to maintaining a campus environment where safety and well-being are priorities for all. Students can find further information on their rights, available services, and contact information for resources and support at wcupa.edu/odei.



WCU holds college-specific commencement ceremonies in both the spring and fall, honoring both our graduating Golden Rams and members of their Ram Fam, who have supported them every step of the way! Learn more at wcupa.edu/commencement.

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ram Chat Have you thanked the people on campus who have been impactful over this first year? What are you doing to prepare for finals? Do you know what is expected of you for move-out ?						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Last Day of the Session			Final Exams		Commencement	
16	17	18	19	20	21	22
Commencement						
23	24	25	26	27	28	29
30	31					
	Memorial Day University Closed					

Ram Fam Reminders

* Congratulations!

You made it through your first year as a member of the Ram Fam. Thank you for your continued support and partnership in promoting your student's success!

* Finals Grind

May is another month of high pressure for students – remind them that finals are about doing the best they can, not worrying about what has or has not happened so far in the semester.

* Prepare for Re-Entry

Summer at home with a college student can mean major changes for your family. You may notice changes in your student's appearance or behavior. Keep lines of communication open and freely discuss your expectations. Clarity, consistency, and compromise are key!

In 2019, the INCOMPARABLE Golden Rams Marching Band won the distinguished Sudler Trophy. The trophy is awarded every other year to a university marching band that has demonstrated the highest musical standards and innovative marching routines. WCU was the first Division II school to be named as a recipient. Learn more at wcupa.edu/music.



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 First Day of the Session	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Ram Chat What are you most proud of from the spring semester? What changes do you plan to make for next semester? What life lessons have you learned at WCU?		

Ram Fam Reminders

* Looking Ahead

Take a look at next year's academic calendar to prepare for the next year and discuss financial needs for the upcoming year. Evaluate changes that may be needed for money management and work together to establish a tentative budget.

* Savoring Summer

Enjoy your time with your student. Listen to their reflections on the past year, celebrating accomplishments, and noting challenges and opportunities for improvement.

* Welcoming New Families

Do you have friends joining the Ram Fam this fall? Encourage new families to get connected to WCU's Office of Parent and Family Relations at wcupa.edu/ramfam. You have also learned a lot of over this last year – share your wisdom and positive advice!

QUICK RESOURCE GUIDE

As one of your student's most trusted sources of support, they will likely contact you when they hit a bump in the road. They may share about a disappointing grade, a roommate issue, a challenging class, etc. Do not try and solve their problem; it is important for students to advocate for their own needs and learn how to solve their own problems. If your student shares an issue, you should listen, encourage problem solving, and support their decision (even if you don't agree). If you aren't sure who to contact, call or email Parent and Family Relations at 610-436-2698 or parentfamilyrelations@wcupa.edu.

Academic Problems

Is your student attending class regularly? Encourage your student to meet with their professor and/or academic advisor to discuss grades, attendance, test preparation, or other related issues. All faculty hold weekly office hours for student meetings. The LARC offers tutoring and study groups to students.

- * **Academic Advising:** wcupa.edu/advising
LARC: wcupa.edu/larc

Alcohol or Substance Use

Share your views on illegal and/or excessive drinking. Talk with your student about how much they are drinking and how it might be affecting their health, safety, and academics. Ask your student if they would make an appointment to talk with someone in Wellness Promotion.

- * **Wellness Promotion:** wcupa.edu/wellness

Bias, Harassment, and/or Discrimination

If your student shares an incident of racial/other bias, harassment, or discrimination, they should report it by visiting wcupa.edu/icare. Students can connect with a variety of resources for support.

- * **Office of Diversity, Equity, and Inclusion:**
wcupa.edu/odei

Conduct/Legal Issues

When a student participates in behaviors that may violate the Student Code of Conduct and/or local, state, or federal law, there may be consequence through both the University and local law enforcement. As you provide support to your student through these processes, review the Student Conduct website. For situations that occur in the residence halls, Residence Life may be an appropriate resource.

- * **Student Conduct:** wcupa.edu/conduct
Residence Life: wcupa.edu/residencelife

Dining Concerns

It will take your student some time to adjust to on-campus dining, especially if they are used to your homecooked meals! Encourage your student to be open-minded and to try new foods. Students have two weeks at the beginning of each semester to adjust their meal plans.

- * **Bursar:** wcupa.edu/bursar

Disabilities

Your student should contact the Office of Services for Students with Disabilities as soon as possible. Provide testing documents or medical reports to your student.

- * **Services for Students with Disabilities:**
wcupa.edu/ossed

Dropping a Class

Remind your student to check the course withdrawal deadline date and consult with their academic advisor. Discourage dropping a class until every other possibility is exhausted, as dropping a class can impact your student's financial aid.

- * **Academic Advising:** wcupa.edu/advising
Financial Aid: wcupa.edu/finaid

WEST CHESTER UNIVERSITY

Parent & Family
RELATIONS

610-436-2698 • parentfamilyrelations@wcupa.edu

Faculty Issues

Encourage your student to talk with their professors to discuss issues. If there is no resolution, they should consult with their academic advisor and contact the chair of the academic department.

* **Academic Advising:** wcupa.edu/advising

Family Emergency

Keep your student informed about any serious family illnesses, if possible. Make sure your student is not alone when receiving tough news. Encourage your student to seek help if they are struggling to function and/or feeling distressed at the Counseling Center. Families can also submit a Concerning Behavior Report at wcupa.edu/icare.

* **Counseling Center:** wcupa.edu/counseling
Concerning Behavior Report: wcupa.edu/icare

Homesickness

Prepare your student before school starts; schedule a time when they will visit home or when you will visit campus; encourage out-of-class activities; reassure your student that homesickness is normal and encourage your student to seek help at the Counseling Center if necessary. Let your student know that the feelings will subside as they feel more connected to people, classes, and groups on campus.

* **Residence Life:** wcupa.edu/residencelife
Counseling Center: wcupa.edu/counseling

Illness

Your student should visit Student Health Services. Reassure your student that antibiotics are not

always necessary and will not be given unless there is evidence of a bacterial infection. In the event of an emergency, they should call 911.

* **Student Health Services:**
wcupa.edu/healthservices

Lost Ram Card

Fees are charged for replacing lost, stolen, or damaged Ram Cards, as well as if you would like to change the picture or name on your card. Contact the Ram Card office for a list of current fees.

* **Ram Card Office:** ramecard.com

Roommate Conflicts

Encourage your student to take time to work through conflicts; discuss the educational value of learning to get along with someone who is different, and encourage open communication. Remind them to use their resident director and resident assistant as resources.

* **Residence Life:** wcupa.edu/residencelife

Safety Issues

West Chester is a relatively safe community, but students must remain alert and aware to protect themselves. Encourage your student to lock their door, to not leave their laptops and phones unattended, and to walk in groups at night.

* **Public Safety:** wcupa.edu/dps

Sexual Misconduct or Assault

If your student is a victim of sexual misconduct or assault, listen to them and let them share what

they feel comfortable sharing. They can seek confidential medical and emotional support on campus. Encourage your student to report the incident to the Office of Diversity, Equity, and Inclusion.

If your student is accused of sexual misconduct, it will be a stressful time. Provide support as your student goes through the investigative process. They may be sanctioned if found responsible.

* **Office of Diversity, Equity, and Inclusion:**
wcupa.edu/odei
Student Conduct: wcupa.edu/conduct

Talk of Transferring

It is not uncommon for students to talk about transferring, especially during the first year. Be patient, listen, and help them evaluate their options.

* **Academic Advising:** wcupa.edu/advising
Counseling Center: wcupa.edu/counseling

Unhappy/Lonely/Uncertainty about the College Experience

Some students may struggle to fit in at the beginning of their time at WCU. Try to get to the reason for their unhappiness or uncertainty. Is it social or academic? Encourage your student to get involved outside of class, seek help, or even just keep their door open (literally), when they are in their room to meet other students. Send a care package from home. Nothing makes friends faster than a box of homemade cookies to share.

* **Residence Life:** wcupa.edu/residencelife
Student Leadership and Involvement:
wcupa.edu/involvement



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