Hey, First Year Students!

Thank you! Most of you completed the Think About It alcohol education and sexual assault prevention online courses. Still working on it? Complete it by September 8 to avoid having a “hold” placed on your account.

Looking for a Job?

You may have had to leave your car and/or job back at home when you came to school, but never fear! The Career Development Center has got you covered! For information on places that may be hiring on and around campus visit:

www.wcupa.edu/cdc

⇒ Select: Internships and jobs

⇒ Then: Find an internship or job

While you are exploring your options, check out information on resume building, internships, and so much more!

Rammy Goes Green!

New to campus and not sure what to eat? Rammy will let you know what healthy options are available- just look for Rammy’s Pic stickers when making your food choices. Want to know more? Join us!

Rammy’s Pic Launch

Thurs, 9/3, 10:00a-2:00p
Lawrence

Improve your relationship with food with a free 10-week series. Wednesdays: 2:00-3:00pm, or Thursdays: 9:30-10:30am To register email: nutritionist@wcupa.edu

Check Up from the Neck Up: Mental Health Screening Day

You may be used to getting check ups for your body, but what about check ups for your mind? Get screened and learn more about your mental health! *Come early to get your free t-shirts!*

While you are there, learn about ways you can improve your mental health, and resources available on campus.

Wed, 9/9
11:00am-1:00pm
Sykes Ballrooms

Success for the New Year

Syllabus week is here. Make sure you get your semester started on the right foot!

• Connect with the LARC early to sign up for tutoring.

• Look over your syllabi to figure out dates for exams and assignments, and set reminders for yourself on your phone or calendar.

• Map out your days by creating a weekly schedule to help you stay on task.

• Keep on top of class information, assignments, and grades by using D2L.

Need a little help with your success? Attend the New Student Success Series.

Your Guide to Campus Resources

Whether you are a first year student or a seasoned campus veteran, resources are available to help you get the most out of your WCU experience!

Student Health Services
Health Center & Wellness Promotion
Ground Floor, Commonwealth Hall
610-436-2509

Counseling Center
Ground Floor, Commonwealth Hall
610-436-2301

Career Development Center
225 Lawrence Center
610-436-2501

Judicial Affairs and Student Assistance
238 Sykes Student Union
610-436-3511

Learning Assistance Resource Center (LARC)
224 Lawrence Center
610-436-2535

LGBTQA Services (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Ally)
233 Sykes Student Union
610-436-3351

Pre-Major Academic Advising
222 Lawrence Center
610-436-3505

Public Safety
690 S. Church St. (People's bldg.) Emergency number 610-436-3311

Office of Social Equity
13/15 University Ave
610-436-2433

Residence Life and Housing
202 Lawrence Center
610-436-3307

Services for Students with Disabilities (OSSD)
223 Lawrence Center
610-436-2564

Women’s Center
2nd Floor, Lawrence
610-436-2122

Writing Center
2nd Floor, Lawrence & 3rd Floor, FHG Library
610-436-5664

What in the Health is Going on at WCU?
Want to stay up to date with wellness news and events on campus? Look no further than the Stall Seat Journal- your source for staying healthy and up to date on campus events all year long! For look for us online: wcupa.edu/stallseatjournal

Want more wellness news you can use? Visit our blog: healthyrams.wordpress.com

Get Your Fitness on…
At Campus Rec

Students, staff, and faculty: Check out Campus Rec facilities during Preview Week August 24th-28th. While you are there attend a group fitness or small group training session.

Like what you saw or want to kick it up a notch? Join a small group training session- GRIT, TRX Circuit, or RAM FIT! Get two sessions a week for 6 weeks for ONLY $60! Spaces are limited.

For more information on small group trainings, schedules and online registration visit: wcupa.edu/campuserc

Have a fitness topic you want to see in the next Stall Seat? Email us: wellness@wcupa.edu

Upcoming Events

LGBTQA Welcome Back
Sponsored by LGBTQA
Mon, 8/24, 4:30pm
Sykes Ballrooms

Mix it Up Mocktail Party
Sponsored by Multicultural Affairs
Wed, 8/26, 6:00pm-7:30pm
Sykes Ballrooms B & C

Student Involvement Fair
Wed, 9/2, 11:00am-3:00pm
Academic Quad
(Rain Date: 9/4)

Sykes After Dark
Live Entertainment Fridays!
Bryce Vine
8/28, 9:00pm, Sykes
Leaps and Bounds Inflatables
9/4, 7:00pm Res Quad
Dance Party
9/4, 10:00pm, Sykes
Tron Laser Tag
9/11, 8:00pm, Res Quad
SAC Movie
7:30pm & 10:30pm
Sykes Theater

D2L 101
2:30pm & 3:30pm Sykes 10A