We are excited to welcome many of you back to Morgantown this weekend! Fall Family Weekend is here, and while many activities are planned, the main goal of the weekend is for you to spend time with your student. Check out campus with them or maybe take some time to drive out and check out Coopers Rock State Park or some of the other great events happening in the community. Make time to meet their friends, see where they live and grab a meal or two together. See below for the schedule, parking details and weekend highlights. The weather is looking fantastic (sunny and warm!) for a great weekend in Morgantown!

Our Career and Internship Fair is just around the corner (September 27), so I have included details on that and a host of ways students can continue to enhance or build their resumes, such as leadership positions with Adventure WV or New Student Orientation or exploring study abroad opportunities. Remind your students that 50% of our grads who reported receiving at least one job offer prior to graduation, started their job search between 9 and 12 months before graduation – so for juniors and seniors especially, now is the time to start searching!

Finally, flu clinics are getting ready to start on campus, and our Group Counseling sessions have been announced. Details are included below as well as some updates from Housing and Residence Life. I have also included an article that I wrote called “Alexander and the Terrible, Horrible, No Good, Very Bad Semester.” (Does anyone remember a children’s book by a similar name?) Tis the season parents. Some things truly are cyclical, and it is that time of the year based on phone calls and e-mails I have been receiving. If others are working through some of the same struggles, I hope the suggestions and resources below are helpful. Safe travels for those headed our way this weekend.

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PARENTS CLUB NEWS

Fall Family Weekend

Fall Family Weekend is this weekend, September 22-24. We look forward to seeing you – and more importantly, we know that you are excited to see your student! Be sure to stop by Check-In on Friday evening from 4:30-7:30 p.m. or on Saturday, between 10 a.m. and 3 p.m. and pick up your complimentary tickets for use of the Student Recreation Center and breakfast on Sunday morning. Check out the website for all of your parking and transportation questions http://bit.ly/1VnMdm4 and to see the complete schedule of events: http://bit.ly/1C3wE6T. Safe travels!

Thanksgiving Break buses available

Already thinking about Thanksgiving break? Seats on the Parents Club holiday buses for Thanksgiving break can be reserved now. Buses are confirmed to go to Allentown, PA; Carlisle, PA; Hagerstown, MD; Secaucus, NJ; King of Prussia, PA; and one to Highland, NY, for those in the Connecticut, New York and New England areas. The Northern Virginia, Southern New Jersey, Central Maryland and Long Island Mountaineer Parents Clubs also offer buses to their areas. For online reservations or to review the schedules and details, please go to http://bit.ly/2IEaTbq. No phone reservations for the buses will be taken.
“Like” the WVU Mountaineer Parents Club Facebook page today

Do you follow the “WVU Mountaineer Parents Club” on Facebook? It’s a great way to keep up-to-date on the latest at WVU. Help us get to over 10,000 followers by going to and “liking” the WVU Mountaineer Parents Club page today.

Parent E-newsletter spam messages

If someone you know is a member of the Parents Club and is not receiving these Parent E-Newsletters, encourage them to check their spam or junk folders. Certain e-mail setups (AOL, Yahoo, Comcast, etc.) have blocks in place to help protect you from spam or viruses from listserv messages. You might also check how to “whitelist” from your account or save the following e-mail addresses used to send these messages in your Contacts so they are recognized as safe addresses: Katie.Gallagher@mail.wvu.edu, ParentHelpline@mail.wvu.edu and ParentEnews@listserv.wvu.edu. We archive Parent E-news on the Parents Club website http://bit.ly/2wyI2xU and post them on the WVU Mountaineer Parents Club Facebook page.

WHAT’S HAPPENING ON CAMPUS

WVU to host 75 nationwide employers on-campus on September 27

Students seeking summer internships or full-time positions after graduation should attend the WVU Career and Internship Fair on Wednesday, September 27 from 10:00 a.m. to 3:00 p.m. in the Mountainlair Ballrooms. Seventy-five nationwide employers from diverse industries, government agencies and nonprofits will be recruiting for internships and full-time opportunities across all majors and ranks.

Attending campus career fairs provides students with the chance to practice their networking skills as they meet face-to-face with potential employers, distribute their resumes and gather information about which companies are hiring and interested in their specific set of skills.

Preparation is key—So what can I do, you ask?

• Encourage your student to attend career fairs.
• Send them to Career Services to have their resume reviewed.
• Suggest that they check out the “How to Work a Career Fair” button on our homepage.
• Research participating employers in MountaineerTRAK. http://bit.ly/2hgbGkr
• Make sure they have at least one business-appropriate outfit at school.

But my student is only a freshman, you say. What should they do?

Great question! We always encourage freshmen to stop by the career fair. It is a great way for your student to learn what it is all about while practicing their networking and interviewing
Leadership opportunities available

As students begin to build their resumes, study abroad and leadership positions are often something they can add. Here are some upcoming opportunities:

- **Adventure WV Leaders being sought**: Applications are due by 4 p.m., October 5 for summer 2018 leaders. [http://bit.ly/2fAUwdA](http://bit.ly/2fAUwdA)
- **Get global experience with study abroad**: Is your student interested in studying abroad? If they missed the Education Abroad Fair, encourage them to attend a fall info session (held weekly) to learn more and start planning. [http://bit.ly/2kuWBIF](http://bit.ly/2kuWBIF)
- **SGA Student Assembly seeking candidates for College Reps**: The deadline to apply for candidacy is Friday, September 29th at noon: [http://bit.ly/2xyaBe6](http://bit.ly/2xyaBe6)

Is your student undecided about their major?

If your student hasn't declared a major or is thinking of changing their major, encourage them to come to one of the Major Match Fairs: [http://bit.ly/2bKw91F](http://bit.ly/2bKw91F). Department representatives will be there to answer questions about majors, minors and career paths. The next Major Match Fair will be September 27, 12:30 to 4:30 p.m. in the Towers Blue and Gold Rooms. Students can simply stop by anytime. Students can also check out these helpful tips and resources from Career Services to help choose a major: [http://bit.ly/2hjr8IZ](http://bit.ly/2hjr8IZ).

**Fall Outdoor Adventure trips and seminars**

Is your student a fan of the outdoors and looking for a quick getaway while at school? Have them check out the WVU Outdoor Rec Center Trips that occur nearly every weekend: [http://bit.ly/2jLSiwR](http://bit.ly/2jLSiwR). The Outdoor Rec Center also hosts holiday break trips and rents gear, so if your student needs a tent, bike or kayak, have them check out rentals.

**Campus Read events**

As part of our 2017-18 Campus Read, themes and learning opportunities from “Hidden Figures” have been included in a number of classes. This book is also the focus of panels, displays and discussions throughout campus. Encourage your students to check out and engage in some of these great activities inspired by our Campus Read: [http://bit.ly/2xiFjpF](http://bit.ly/2xiFjpF). And our official WVU television spot that airs nationally during football games this fall features our own more recent “Space Gal” and the feature of an upcoming “Hidden Figures” event on campus, Emily Callandrelli: [http://bit.ly/2wz5tH2](http://bit.ly/2wz5tH2).
RESOURCES AND REMINDERS

Carruth support groups

If your student needs assistance or support, the Carruth Center for Counseling is here to help. One way they do so is through group Counseling. Focused on specific topics or areas, these groups bring together students with their peers as well as a therapist in a safe and confidential environment. Encourage your student to check out our fall 2017 groups if needed: http://bit.ly/2xg7CXH.

Flu shots and upcoming clinics

Flu shots are now available on campus. Students can go to Student Health http://bit.ly/2hiSDSS during normal business hours (7:45 a.m.-8 p.m., Monday-Friday and 9:45 a.m.-4 p.m. on Saturdays – except home football games) to receive a flu shot without an appointment. Students need to bring their student ID and insurance card: http://bit.ly/2fbe8EJ. Student Health will also be offering the following outreach Flu Shot Clinics across campus:

- Tuesday, October 10, 9 a.m.-1 p.m., Engineering, Atrium
- Thursday, October 12, 8 a.m. – 2 p.m., Mountainlair, Vandalia Lounge
- Tuesday, October 17, 10 a.m. – 1 p.m., Colson Hall, Room 30
- Tuesday, October 24, 8 a.m. – 2 p.m., Mountainlair, Vandalia Lounge
- Monday, October 30, 8 a.m. – 2 p.m., Health Sciences, Room John Jones C
- Tuesday, November 7, 9:30 a.m.-1 p.m., Law School, Event Hall

Update addresses, phone numbers and emergency contacts

Has your student moved? Are you their emergency contact? Do you have a new number? We encourage students to take this opportunity to log in to STAR to update their addresses, phone numbers and emergency contacts. This is a quick, but important, process, since information can change over time. Students can log in to STAR via the WVU Portal at http://bit.ly/2fbdrlr and click “Personal Information.”

Hugs from Home care packages

The WVU Dining Hugs from Home program is now online. Do you want to send your student a birthday cake, study snacks or even a famous Flying WV cookie? Check out all the unique ways to send long distance love to your Mountaineer. Visit http://bit.ly/2fj0Xp2 to place your order.
**Timely Date Reminders:**

As a reminder, here are some key upcoming dates for you and your student:

*Fall Family Weekend:* Friday, September 22-Sunday, September 24

*Career and Internship Fair:* Wednesday, September 27

*Major Match Fair:* Wednesday, September 27

**Deadline to apply for December 2017 Commencement:** Friday, October 6

*Midterm Grades Posted:* Monday, October 9

*Outreach Flu Clinics Start:* Tuesday, October 10- November 7

**ARTICLE OF INTEREST: “Alexander and the Terrible, Horrible, No Good, Very Bad Semester”**

At this point in the term I often hear from parents who have students who are struggling in classes or facing challenges in their social lives or with adjustment issues. There is little worse than that phone call from your student, and you are there and they are here. These calls and challenges are normal this time of the year, but we encourage students to reach out for assistance, as needed. If they need to speak with someone we have various folks available to help, ranging from career counselors and psychologists to residence hall coordinators and campus and Student Life staff.

Though perhaps it feels like longer, we are only at the five-week mark in the term; the honeymoon period is likely over. This is a point where realities often start to set in, and students start to question themselves, their majors and if they fit in or belong here.

Tests are happening. Routines are established, and perhaps they are not feeling settled, connected or adjusted. When this happens, generally they reach back to you with their problems and concerns because you are safe and familiar. Though many good things are likely also happening each day, you might only get the “stress-dump phone call” when things are not going well and everything seems uphill in both directions! You then get off the phone and worry and lose sleep while your student goes on about their day feeling much better having vented and unloaded all of that.

Before hanging up, be sure to ask and remind them about the positives and help them to focus on those, too. The power of suggestion is a positive thing. As Henry Ford once said, “If you say you can or you say you can’t, you are right either way.”
Keep in mind that home is also safe and familiar, and often students want to come home to get away. Stress and adjustment issues can be challenging and often feel overwhelming – if this is the first big issue students are facing on their own. While getting away can be helpful, facing challenges head-on, working through them by keeping busy and reaching out to resources to help can often be great remedies as well. The benefits they gain from breaking a problem into manageable pieces and handling it on their own can help bolster self-esteem.

For you as parents at home, these “stress-dump phone calls” can be agonizing, since as you want to make things better. Some ways to help coach them through is to consider that students who have a lot of downtime tend to dwell on challenges and difficulties. There are friend groups and places for students to feel like they belong – they may just not have found them yet. Help focus them toward solutions and resources.


When you speak with your student help them look for the familiar here at WVU. Were they involved in sports and are missing that this fall? Clubs sports http://bit.ly/2xwFj7s or intramurals http://bit.ly/2bZYX1L might be an option. If it is a church affiliation they are missing, suggest a club or a church in the area. We also realize that there are often bigger issues as well, and if that is the case, our Carruth Center for Psychological and Psychiatric Services is also available and offers appointments, walk-in hours and after-hours crisis care for students by calling 304-293-4431: http://bit.ly/2wH90P4.

Finally, if you still have questions or concerns about your students, please e-mail us or give us a call at the Parent Helpline: 1-800-988-0096. We’re happy to help!

/Katie Gallagher and Lisa Hanselman

Office of Parent Relations

West Virginia University