We, and your students, are excited to have you join us here on campus for a great Fall Family Weekend kicking off Friday – rain or shine! Some helpful updates follow on parking, schedule updates and deadlines for signups for a few RSVP events, so read on. Throughout the weekend, be sure to snap some family pictures and send them our way by replying here. Your move-in pictures were fantastic and we hope to see some creative and festive shots as we celebrate WVU families in the fall!

With October starting tomorrow that also means midsemester is quickly approaching which brings with it midterm exams and midterm reports for those who might not be doing so well in classes. Luckily, Fall Break is just around the corner (October 12-13) which is a time that students can regroup and refocus. That said, I have begun to hear from some parents who are getting what we call the “stress dump” phone calls. I have included an article I sent last year that speaks to this time of the year and various resources that might be available to help. We also have included a Tips from the Trenches article from the head of our Academic Resource Centers talking about academic support at the midsemester mark. So read on and share with your students as relevant! In this edition:

Fall Family Weekend is here!

Join Mountaineer Nation Day!

Remind students to take advantage of FREE walkup Tech Support

IMPORTANT UPCOMING DATES

- What’s happening this weekend?
- Deadline for students to register for December Commencement is this Friday, Oct 2
- Men’s Basketball Tickets go on sale Monday, Oct 5
- Fall Break – Oct 12-13
- University to hold Graduate and Professional School Fair – Oct 22

WVU in the News

October can mean Stress Dump Month

Tips from the Trenches: Mid-semester is just around the corner!

Fall Family Weekend is here!

Fall Family Weekend is finally here and we are excited to welcome WVU families on campus this weekend – rain or shine – and other than one cancellation due to inclement weather (Fall Festival at the Farm) all other activities are on as planned! For the Adventure Canopy and Whitewater Rafting events, in the unlikely event that these programs are cancelled (they will not be cancelled due to just rain), registered participants will be
contacted directly and refunds will be issued. Before you arrive on campus, also be sure to check the parking link on the Fall Family Weekend page: http://bit.ly/1VnMdm4.

As you head into town, plan to kick-off your weekend at the Mountaineer Family Welcome Reception on Friday evening in the Mountainlair. We have food, music, signature giveaways and lots of WVU units ready to welcome you. We have also partnered with the community to offer the Art’s Walk and Art is Food events downtown Friday night. Our Downtown Library will also be hosting a parent reception Friday evening to highlight some great exhibits they have in house this month. Families can also enjoy WVUp All Night and the Student Recreation Center throughout the weekend!

Don’t worry if you don’t make it into town on Friday night because you can check-in throughout the day on Saturday. Also on Saturday, you won’t want to miss Pancakes, Parents and the President, so join us for breakfast with our favorite bow tie guy. Later that day, join us at Fans & Franks - The Mountaineer Parents Club tailgate as part of Mountaineer Nation Day. Doors will open at 11 a.m. and the game begins at Noon. The last day to RSVP for both the Pancakes and/or Fans and Franks event is Thursday, October 1 at 3:00 pm.

From 10:00 am – 4:00 pm Saturday, Student Health is sponsoring a Family Flu Shot Mania event that is open to both students and their families. This is a great way to go check out our new Student Health facility and everyone can get their shots together: http://bit.ly/1Fspfmi.

On Sunday before you head out of town, be sure to have Breakfast in the Dining Halls with your student and meet with the residential education teams.

There are lots of additional activities happening throughout the weekend so be sure to check out the complete schedule online. Stay tuned to the Mountaineer Parents Club Facebook page and check out the Fall Family Weekend website for the details: http://bit.ly/1C3wE6T. Safe travels and we look forward to seeing you on campus!

Join Mountaineer Nation Day!

If you are not able to join us on campus during the Fall Family Weekend Game Watch, we are encouraging fans to register their own watch parties all across the world this Saturday, October 3rd as WVU celebrates Mountaineer Nation Day when we take on Oklahoma in football. We have over 550 parties registered from Alaska to Korea and are close to achieving our goal of having a watch party in all 50 states. Currently we are only missing 4 states: Minnesota, Nebraska, South Dakota and Vermont – so help us out parents! Please register your own watch parties online at http://bit.ly/1riyS9b. On Mountaineer Nation Day #WVUMND fans can follow @WestVirginiaU on Twitter for a chance to win officially licensed prizes.

We also invite you to follow Ultimate Mountaineer Fan winner, Steven Saab! A graduate of the Statler College, Steven is traveling to Norman Oklahoma this weekend and will document his trip via social media. You can follow his trip by following him on Twitter at @StevenCSaab and @WVUSports will be retweeting him. He will visit Top of the World, a WVU Headwear licensee, to tour their facility and design his own custom WVU hat. He will also attend the WVU vs Oklahoma football game. Let’s Gooo!

Remind students to take advantage of FREE walkup Tech Support

Since the first week of fall classes, the Information Technology Support (ITS) Connect walk-up support station at the Mountainlair has handled more than 237 requests for help, so ITS will extend the project until at least February. The hours will be 11:30 a.m. to 4 p.m. Monday through Friday: http://bit.ly/1iM9OLA.
IMPORTANT UPCOMING DATES

What’s happening this weekend?

Diversity Week is now underway and women’s soccer and hockey are both at home this weekend! Curious what else is going on on-campus this weekend? Check out the student life listing here: http://bit.ly/1NKOvFI.

Deadline for students to register for December Commencement is this Friday, Oct 2

As a reminder, students who are preparing to graduate in December will need to ensure that their Application to Graduate is processed by the deadline established by the Office of the University Registrar which is this Friday, October 2nd. Also, please be sure to note the December Commencement ceremony will be held Friday, December 18th at 1:30 p.m. in the WVU Coliseum. Students are also required to register to participate in the graduation ceremony: http://bit.ly/1V8Yqpf. Tickets are not required for the December Commencement, and there are no restrictions on the number of guests a graduate may bring. The ceremony will last approximately two hours. For more details, including lodging options for December Commencement, please go to http://bit.ly/1qEeNjg. Parents of May graduates – May ceremonies will take place May 13-15, 2016. Details are still being finalized for the May ceremonies and will likely be published in early spring. We will alert you once these are finalized: http://bit.ly/1AtnbGN.

Men’s Basketball Tickets go on sale Monday, Oct 5

Tickets for WVU men’s basketball non-conference home games and mini-packages for Big 12 home games will go on sale Monday, Oct. 5, at 9 a.m.

Additionally season tickets are still available for purchase. Also on sale Monday will be Family Day packages for the Kennesaw State and UL Monroe games. Four tickets, four drinks, four hot dogs and one bucket of popcorn can be purchased for $70 by calling 1-800-WVU GAME. Family Day packages must be ordered in advance and cannot be purchased on game day. To order tickets, fans can visit http://bit.ly/1BMvB9i, call 1-800-WVU GAME or visit the Mountaineer Ticket Office in the Coliseum. Please note that students will request tickets for free for men’s basketball as they do for football games: http://bit.ly/1nXkqTX.

Fall Break – Oct 12-13

Fall Break will take place October 12-13th. This is an opportunity for students to refuel, decompress, and get back on track. During this break, there will be no classes, but residence and dining halls WILL REMAIN OPEN and students are welcome to stay on campus. With no classes in session, there will be some services and resources such as the Rec Center, Mountainlair and libraries that will run with altered/varied hours while some services will be closed during this time as well. We encourage students to check relevant websites for amended schedules/hours of operation for various services across campus.

Encourage your student to use this time to catch up - perhaps on class work, perhaps on laundry! Maybe this is a chance to try something new - head down to the Rail Trail for a walk with friends, check out a new restaurant they've been wanting to try, or take the bus to shopping centers or movie theaters and relax with friends. This is also a great time to reassess where they are academically by logging on to DegreeWorks http://bit.ly/1tnqyeO to plan out spring classes in advance of their advising appointment, explore study abroad or exchange opportunities, or get paperwork in place for their upcoming grad school applications! Fall break provides a wealth of opportunities.
University to hold Graduate and Professional School Fair – Oct 22

Is your student considering graduate school? Then make sure they stop by the Graduate and Professional School Fair in the Mountainlair on October 22, from 10 a.m. to 2 p.m. Representatives from various WVU graduate programs will be on hand to share information on admission requirements and program details. The fair will also include information sessions on topics relevant to those considering graduate education. Sessions will include, a panel discussion on Funding Ideas and Opportunities for Graduate School at 10 a.m., How to Write a Statement of Purpose at 11 a.m., GRE Preparation Tips at noon and What Graduate Admission Committees Are Really Looking For at 1 p.m. All sessions will be held in the Mountaineer Room on the second floor of the Mountainlair. Students attending can be entered into drawings for various prizes including graduate application waivers valued at $60. The fair is free and open to the public. If you are unable to attend but would like to learn more about graduate education opportunities at WVU, contact Shelly Stump at shelly.stump@mail.wvu.edu or 304-293-5870. For more on graduate education opportunities at WVU, go to: http://bit.ly/1L4Fk2a.

WVU in the News

Our students, faculty and alumni have made some big headlines recently and thought we would share those with you here:

From the CAC to the Cathedral: alumnæ honored with lead cantor role in papal mass

Twelve years ago in the fall of 2003, Charlene Angelini was an unassuming senior in the College of Creative Arts, pursuing her lifelong dream of studying performance through the School of Music. She never could have imagined back then that her dream would one day guide her to serve as a lead cantor for the head of the Catholic Church: http://bit.ly/1KSIL7G.

Brad Paisley surprises fans with performance at Saturday’s (Sept 26) football game

It started with a tweet from Director of Intercollegiate Athletics and Associate Vice President Shane Lyons. "We have a very special moment planned during the @WVUMarchingBand pregame show Saturday! Be in your seats by 2:40 p.m. so you don't miss it!" That special moment was a surprise performance by country music superstar Brad Paisley: http://bit.ly/1YPe0ee.

WVU Study found elevated levels of emissions from Volkswagen vehicles

The United States Environmental Protection Agency says a University study raised questions about emissions levels from light-duty diesel Volkswagen vehicles during on-the-road testing: http://bit.ly/1FFEYij.

October can mean Stress Dump Month

At this point in the term with midterm approaching I often hear from parents who have students who are struggling in classes or facing challenges in their social lives or with adjustment issues. Please know that 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 from career counselors or psychologists to residence hall coordinators and campus and community life staff.

Though perhaps it feels like longer, we have only just passed the six-week mark in the term, though 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, if they fit in or belong here. When this happens, generally they reach back to you –
their parents – 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 both directions! Be sure to ask and remind them about the positives and help
them to focus on those. The power of suggestion is a positive thing. As Henry Ford once said, “If you say you
can or 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 as you want to help 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. Not sure about a
major choice, check out our Career planning tools: http://bit.ly/1LkMDVC. Students might consider looking
volunteering can help make a difference:

http://bit.ly/ICpGCii. Finding a group of like-minded students through a student organization is also a great
way to settle in: http://bit.ly/1DA0Zur. When you speak with your student help them to focus on or look for the
familiar here at WVU. Were they involved in sports and are missing that this fall? Clubs sports or intramurals
might be an option: http://bit.ly/1ojySWx. If it is a church affiliation they are missing but have not yet found
one, suggest a religious student organization or a church in the area.

We also realize that there are often bigger issues as well, and if that is the case, our WELLWVU 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/1s9DRub. Finally, if you still have questions
or concerns about your students, please e-mail us here or give us a call at the Parent Helpline: 1-800-988-
0096. We’re happy to help!

Tips from the Trenches: Mid-semester is just around the corner!

By: Regan Bruni – Student Success Programs

The half-way point of the semester or midterm is right around the corner. This time frame is a critical point for
student success at West Virginia University. It can also be a stressful time for your students as it tends to be
when exams take place as well as deadlines for projects and papers. Please remind your student of the various
support services that are available.

- Resources include free tutoring, student success coaches, and other assistance and details can be found at
http://bit.ly/1tW42GN.

- Instructors’ office hours are listed on every course syllabus.
- In the residence halls, students have a wealth of resources including Resident Faculty Leaders, Residence Hall Coordinators, and Resident Assistants (RAs).

- WellWVU (http://bit.ly/1s9DRub) is the students’ center of health offering counseling and health education focusing on the complete wellbeing of our students.

- Career Services helps students build a four-year plan to launching a successful career.

- Campus and Community Life assists students in a variety of ways including a student advocacy center, legal services, off-campus housing, and programs for students that commute to the University.

We hope you will encourage your student to seek the help we provide, but you can also check out many of these services during the Fall Family Weekend Welcome Reception from 4 to 7:30 p.m. Friday, October 2.

Please note faculty will be reporting grades of a “D” or an “F” on Friday, October 9th. Students, as well as parents with Parent Portal access, can view these mid-semester grades online. If your student is struggling in a class, please encourage him or her to speak to the instructor during office hours. If your student may need to withdraw from a course, please encourage them to talk with an advisor before doing so. In order to maintain full-time undergraduate status, students must be enrolled in at least 12 credit hours. To graduate in a timely manner students need to be completing at least 15 credits per semester. The last day to drop individual classes is Friday, October 23.

Students also have the option to enroll in mid-semester courses, that is, courses that begin this month (many begin October 8) and typically run until the end of the semester. Students should visit http://bit.ly/1EcgSa5 to explore available mid-semester course options. It is very important to remain a full-time student in good academic standing in order to graduate in a timely manner as well as maintain scholarships and financial aid.

/Katie Gallagher and Lisa Hanselman

Office of Parent Relations