

Parent Electronic News  
West Virginia University  
February 11, 2019

There's a lot to celebrate this month on campus! WVU turned 151 last week (and still doesn't look a day over 18-21, judging by the faces of our students who make WVU what it is!) Also, Happy early Valentine's Day - some great gift ideas for your students follow so check them out. It is always great to celebrate those named to our Fall 2018 Deans and President's Lists, as well <http://bit.ly/WVUDEansLists>. Congrats to all who were recognized with this honor and, that said, this is a great time to check in with your student to make sure they are on track to make the lists again this semester or get set up with tutoring or other assistance, if needed <http://bit.ly/WVUSuccessServices>. Remember, midterms are just around the corner in early March!

This week will be busy on campus with the *One Stop Shop for Graduates* (Feb. 12 and 13) and the *WVU Career and Internship Fair* (Feb. 13) – read on for more on both! Tis also the season of students in shorts or winter jackets, depending on the day, meaning we also find ourselves in the midst of cold and flu season. Please check out the tips below from *Student Health* and share with your students.

A quick look ahead shows Spring Break, Mar. 9-17 (residence halls close Friday, Mar. 8 at 7 p.m. and reopen Sunday, Mar. 17 at noon.) To help plan, *Parents Club Spring Break Bus* reservations are also now live. I have included details for that and also some info about *Flight Discounts* for flights out of Morgantown that might be helpful. Also March 1 is the priority deadline to have the 2019-20 FAFSA filed so see the *Financial News* section below for more on that, tax help for students, and also ways they can still save on loan repayment. So read on and feel free to share with your students! In this edition:

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### PARENTS CLUB NEWS

#### Spring Break Parents Club Buses reservations now live

Is your student planning to come home for spring break? Let us help! The Mountaineer Parents Club offers spring break buses. Confirmed destinations include Allentown, PA; Carlisle, PA; Hagerstown, MD; Secaucus, NJ; Philadelphia, PA, and Highland, NY (which serves the Connecticut, New York and New England areas): <http://bit.ly/WVUMPCBuses>. The last day to cancel a reservation and still receive a refund is Thursday, February 28, 2019. Local clubs are also sponsoring buses to Central Maryland, Northern Virginia, Long Island and Southern New Jersey/Delaware and details on these trips can also be found online here: <http://bit.ly/WVUMPCBuses>. Remember: Residence halls will close for spring break Friday, March 8 at 7:00 p.m. and reopen on Sunday, March 17 at noon.

#### Flight Discounts

Flying to and from West Virginia University is easy. Don't fight the long drive to the big airports. Students can fly Southern Airways from Morgantown and make their connection at either Pittsburgh (PIT) or Baltimore Washington International (BWI). Southern Airways offers every day low-cost fares, but students and families can enjoy an even deeper discount when booking with our special West Virginia University booking code (WVU1). Book online at <http://bit.ly/WVUSouthernAir> or call 1-800-329-0485.

#### Fall 2018 Dean's and President's Lists

A total of 1,438 students graduated from the University in December. A total of 3,730 students were named to the Dean's list for fall 2018. Those on the Dean's list received a 3.5 GPA or higher. A total of 2,296 students were named to the President's list after receiving a perfect 4.0 grade point average. <http://bit.ly/WVUDeansLists>

## **Send your student a Valentine!**

Often parents ask about options available to send their student something special! Here are a few fun ideas:

- The Mountaineer Parents Club website has a list of “Member Discounts: Mountaineer Deals” that our Convention and Visitors Bureau helps pull together. Perhaps check for a local business that offers cupcakes, cookies, or donut deliveries to surprise you student! <https://parentsclub.wvu.edu/>
- WVU Hugs from Home are offered through WVU Dining Services for any occasion and offer a host of cakes, gifts and other baked goods: <http://bit.ly/2bZSsMf>
- All that said, don’t ever underestimate a good old fashioned Valentine from home or even a special text message or call to let them know you are thinking of them!

## **HEALTH**

### **Student Health - Cold and Flu Season Reminders**

Cold and flu season is here and we know that often this is the first time a student has had to seek medical care away from home on their own. You may get a call about what to do. Please remind your students that WVU Medicine Student Health is conveniently located on Evansdale on the first floor of the Health Education Building (next to the Rec Center). This is easily reached by using the Towers PRT stop or students can take a cab or Uber with directions found on our site below. Student Health operates as an urgent care setting for major and minor illnesses so students can walk in to be seen Monday – Saturday. On Sundays and other times of closures, students may also walk-in to WVU Urgent Care at the Suncrest Urgent Care, in the Towne Center Shopping Plaza, for acute illness. Please check the Mountain Line schedule for times they rotate thru Towne Center. A wait time app is available if they wish to check that before venturing over. Also, primary care, travel medicine and gynecology appointments can be scheduled by calling 304-285-7200 or online thru MyChart. The Mountaineer Pharmacy is located next door to Student Health for a convenient one-stop shop. Student Health Services can also care for acute illness or injuries of student's family or friends. <http://bit.ly/StudentHealthHome>

Please remind your students that the best way to prevent infection is frequent hand washing and maintaining a healthy diet with exercise and adequate rest. Flu shots are recommended for each flu season and are still available at Student Health by walk-in or appointment. If symptoms develop, remember not to expose others when possible and be evaluated by a physician if symptoms are worsening or last longer than expected. And, it is always important to increase daily water intake to prevent dehydration. If students are living in an on-campus residence halls and are not well, please have them alert their resident assistant (RA) so they are aware and can check in on them.

## **Mountie Bounty now accepted at Student Health**

WVU Student Health now accepts Mountie Bounty as payment for insurance copayments, WVU Medicine balances and other health care services you don't want billed to your insurance. Mountie Bounty is a convenient, pre-paid debit-card function of the WVU ID card, with no setup fees or minimum balances required. You may load funds by visiting <http://bit.ly/WVUMountieBountyAdd> and clicking the "Parent/Guest Add Mountie Bounty" button. **Enter the student username ONLY.** You don't need your student's password to place money on Mountie Bounty, and they shouldn't share it. [University policy](#) prohibits students from sharing their credentials for WVU systems with anyone.

## **FINANCIAL NEWS**

### **Did Your Student Get a Loan Refund? Return \$100 to Save \$125**

If your student received a refund generated by a loan, they have the option to return a portion of it if they do not need the full refund. If your student does not need all of the refund for educational expenses such as books, rent, food or transportation, they can return a portion of the refund and reduce their loan debt. Simply returning \$100 can save a student \$125 or more in future loan repayment. That can add up to \$1,000 in debt reduction over eight semesters! Please encourage your student to take advantage of our Financial Wellness page at <http://bit.ly/WVUFinWell> for tips on budgeting, increasing income, reducing expenses and savings opportunities. For scholarship opportunities, money tips and reminders, follow the WVU Mountaineer Hub on Facebook, Twitter, and Instagram (@WVUHUB).

### **Reminder: Submit Your 2019-2020 FAFSA before Mar. 1**

If you have not already done so, you can submit your 2019-2020 Free Application for Federal Student Aid now. The 2019-2020 FAFSA asked for your previously filed 2017 taxes – not 2018 taxes. Have your student log in to the myStudentAid app or <http://bit.ly/WVUFAFSA1920> today and get it done prior to March 1 to ensure their 2019-2020 financial aid is ready to go! There are often additional steps after the FAFSA is submitted, so completing the FAFSA early gives students time to take care of everything.

## **Tax Help for Students**

Did you know that most students qualify for free online assistance for filing their taxes? Students can go to <http://bit.ly/2FreeTaxes> (provided by United Way and H&R Block) or <http://bit.ly/1FreeTaxes> (provided by the IRS) for free options.

## **PARENTS OF GRADUATES – Spring 2019 Graduation One-Stop Shop – Feb. 12-13**

Reminder – last day to register to graduate in May 2019: March 1 -

<http://bit.ly/WVUGraduationApp> and full graduation details can be found here:

<http://bit.ly/WVUMayGrad>. This week we will also host the Spring 2019 Graduation One-Stop Shop where graduates can stop by to get help with their resume, purchase a class ring, learn about the Mountaineer Mark, WVU Alumni, Association, order their cap and gown, and more! These events will be held from 11 a.m. – 1 p.m. on Tuesday, February 12 in the Mountainlair Commons Area, Downtown and Wednesday, February 13 on the 5<sup>th</sup> Floor at Evansdale Crossing.

Not able to make it to the Graduation One-Stop Shops? Students can stop by our WVU Bookstores for all caps and gowns, personalized announcements, diploma frames and college rings. These can also be ordered online through the WVU Bookstore at <http://bit.ly/WVUHerffJones>. All cap, gown and frame orders need to be ordered by March 24th and can be picked up in the WVU Bookstore starting Monday, April 22nd. Caps and gowns can also be shipped to the student's home for a \$15.95 fee. The home-ship orders must be placed by April 12th. Diploma frames are not part of the home-ship program. There is no shipping fee on caps and gowns and diploma frames that are shipped to the WVU Bookstore for pick-up.

## **PARENTS OF INCOMING STUDENTS – Helpful Resources for Common Questions**

The Families of the Class of 2023 Facebook page provides a resource for your to virtually meet other families with students looking to enter WVU this fall. If you have not already joined, feel free to search for the page and join today. Below is some more info on some recent top topics and some quick resources on each that we are seeing being discussed on the page currently:

1. **Adventure WV** - 2019 Registration for our Adventure WV First-Year Trips opened recently. These wilderness adventure programs allow students to meet and start learning before classes ever start! While there are several trip models and academic partnerships available, limited space and high demand for specific trips, such as Early Move-In trips, makes enrollment time-sensitive. To be eligible to register, students will need to have paid their academic deposit with WVU and then use their WVU MIX email address and password to register online for a trip: <http://bit.ly/WVUAdventure>. Registration will be offered on a first come basis.
2. **Decide WVU** – Looking for a chance to visit and make a final decision? Registration for our Decide WVU visitation days are now open and available: <http://bit.ly/WVUDecide>
3. **Mountaineer Parents Club and Local Club Chapters** – The Mountaineer Parents Club is here for you, parents, to help you best support your students! IN addition to these E-Newsletters, we also offer great discounts throughout Mountaineer Deals, host events such as Fall Family Weekend (mark your calendars for September 27-29, 2019!) and much more! We are also structured with a local club structure to allow you to have resources back home in your area. These local clubs are chaired by upperclassmen

parents and provide a great resource and many services including hosting Summer Send Offs in your communities and some even help host buses home for the holidays! Check out our website for more about all the benefits you will receive as a Mountaineer Parents: <http://bit.ly/WVUMPCHome>

## EVENTS and UPDATES FROM CAMPUS

### **\*FEATURED EVENT\* WVU Career and Internship Fair- Wednesday, Feb. 13**

If your student hopes to find an internship or job, he or she needs to be taking steps now to make it happen. Attending the **WVU Career and Internship Fair, Wednesday, February 13**, from **10:00 a.m. to 3:00 p.m.** in the **Mountainlair Ballrooms**, should absolutely be one of those steps.

This career fair brings approximately 80 employers from a wide variety of industries to your student. When your student attends, he or she can engage with different employers face-to-face to discuss opportunities for all majors and ranks.

For your student to properly prepare to put his or her best foot forward at the career fair, share these tips to make the most of their time in front of employers.

- *Dress professionally:* It's important to dress for the job you want. Additionally, a professional photographer will be on hand to provide free professional headshots to enhance their LinkedIn profile. View [professional looks](#) on our website for suggestions.
- *Know who's coming:* Participating employers can be viewed on [MountaineerTRAK](#). We suggest students study the list and pinpoint their top companies they might like to visit.
- *Bring resumes:* Come prepared with resumes in hand. Students should have their resume reviewed by one of our career development specialists before the career fair. Get feedback on your resume during our [walk-in hours](#).
- *Elevator pitch:* Have an elevator pitch, a short summary used to quickly describe one's self, to impress employers. To learn more about [crafting a great elevator pitch](#).

Encourage a visit to Career Services. Our career development specialists are a great resource to help your student every step of the way in their internship or job search to improve his or her chances in landing the right position. Your student can schedule an appointment by calling 304-293-2221.

### **Academic Policy Changes Announced**

Parents – the following notes some upcoming academic policy updates that will be going into place for fall 2019: <http://bit.ly/WVUPolicyChanges>. This message was shared with students as well but we wanted to share with you to ask that you also please assure your students are aware of these prior to their upcoming academic advising appointments so they can be best

prepared. They should contact their academic advisor with any questions they may have regarding these.

### **Honors College Seeking Sophomores for New EXCEL Program**

With record-setting enrollment, the Honors College will begin the next chapter of serving high-achieving students with the launch of a new upper division program in Fall 2019. Any sophomore student—not just current Honors students—who has a 3.4 GPA can apply. These are students who would have enrolled in Fall 2017 or Spring 2018. Students will receive funding, mentorship, and coursework to help them succeed. Projects may focus on research, internships, creative work, study abroad or community engagement. Applications along with project proposals will be accepted Feb. 1 to April 1. For information, visit <http://bit.ly/WVUHonorsExcel> or email [HonorsEXCEL@mail.wvu.edu](mailto:HonorsEXCEL@mail.wvu.edu).

### **Encourage students to enroll in WVUENGAGE**

Last week, WVU launched a new online platform to connect students to organizations and programs. The campus-wide resource, WVUENGAGE, creates an online community that will make it easier for student organizations to communicate with students, recruit new members and streamline information about campus events and programs. By enrolling, students can also track their involvement in organizations, create a co-curricular transcript, search for clubs and organizations, match your interests with existing organizations on campus, or start a new group on campus. Encourage your student to check it out today: <http://bit.ly/WVUEngage>.

### **Cast Your Vote for the 2019 Official WVU Fan Shirt – Vote Until February 18**

It's up you to determine this year's Ultimate Mountaineer Fan. You can vote for one of three shirt designs developed by our 2019 Ultimate Mountaineer Fan finalists. They worked with WVU licensee Top of the World to design a unique shirt inspired by their Mountaineer spirit. The finalist who designs the winning shirt will win a trip for two to the Big 12 Conference men's basketball tournament in Kansas City. Vote once every 24 hours through February 18; with each vote you'll be entered to win a 2019 Official WVU Fan Shirt. The winning design will be announced February 19, and will be sold in stores this June. To vote, visit: <http://bit.ly/WVUUltimateMtneer>.

### **Upcoming Sales at the WVU Bookstore**

Available online and in-store! Visit [WVU.BNCCOLLEGE.COM](http://WVU.BNCCOLLEGE.COM) or text your student to let them know to drop by!

- Buy One and Get 50% Off a second Women's item – 2/18 through 2/22
- Buy One and Get 50% Off a second Women's item – 2/25 through 3/1

Main WVU

Bookstore Website: [WVU.BNCOLLEGE.COM](http://WVU.BNCOLLEGE.COM) Locations: Downtown (*Mountainlair*),  
Evansdale Crossing (*62 Morrill Way*), WVU Law, and WVU HSC.

**/Katie Gallagher and Lisa Hanselman**

Office of Parent Relations

West Virginia University