

<p>Hey, First Year Students!</p> <p><i>Thank you!</i> Most of you completed the <i>Think About It</i> 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.</p>	<p>What in the Health is Going on at WCU?</p> <p>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! Look for us online: wcupa.edu/stallseatjournal</p> <p>Want more wellness news you can use? Visit our blog: healthyrams.wordpress.com</p>			
<p>Looking for a Job?</p> <p>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:</p> <p>www.wcupa.edu/cdc</p> <p>⇒ Select: <i>Internships and jobs</i></p> <p>⇒ Then: <i>Find an internship or job</i></p> <p>While you are exploring your options, check out information on resume building, internships, and so much more!</p>	<p>Get Your Fitness on... At Campus Rec</p> <p>Students, staff, and faculty: Check out Campus Rec facilities during <i>Preview Week</i> August 24th-28th. While you are there attend a group fitness or small group training session.</p> <p>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.</p> <p>For more information on small group trainings, schedules and online registration visit: wcupa.edu/campusrec</p> <p><i>Have a fitness topic you want to see in the next Stall Seat? Email us: wellness@wcupa.edu</i></p>	<p>Your Guide to Campus Resources</p> <p>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!</p> <p>Student Health Services <i>Health Center & Wellness Promotion</i> Ground Floor, Commonwealth Hall 610-436-2509</p> <p>Counseling Center Ground Floor, Commonwealth Hall 610-436-2301</p> <p>Career Development Center 225 Lawrence Center 610-436-2501</p> <p>Judicial Affairs and Student Assistance 238 Sykes Student Union 610-436-3511</p> <p>Learning Assistance Resource Center (LARC) 224 Lawrence Center 610-436-2535</p> <p>LGBTQA Services (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Ally) 233 Sykes Student Union 610-436-3351</p> <p>Pre-Major Academic Advising 222 Lawrence Center 610-436-3505</p> <p>Public Safety 690 S. Church St. (People’s bldg.) Emergency number 610-436-3311</p> <p>Office of Social Equity 13/15 University Ave 610-436-2433</p> <p>Residence Life and Housing 202 Lawrence Center 610-436-3307</p> <p>Services for Students with Disabilities (OSSD) 223 Lawrence Center 610-436-2564</p> <p>Women’s Center 2nd Floor, Lawrence 610-436-2122</p> <p>Writing Center 2nd Floor, Lawrence & 3rd Floor, FHG Library 610-436-5664</p>		
<p>Rammy Goes Green!</p> <p>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!</p> <p>Rammy’s Pic Launch <i>Thurs, 9/3, 10:00a-2:00p</i> <i>Lawrence</i></p>	<p>Check Up from the Neck Up: Mental Health Screening Day</p> <p>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!</p> <p><i>*Come early to get your free t-shirts!*</i></p> <p>While you are there, learn about ways you can improve your mental health, and resources available on campus.</p> <p><i>Wed, 9/9</i> <i>11:00am-1:00pm</i> <i>Sykes Ballrooms</i></p>			
<p>Intuitive Eating Workshops</p> <p>Improve your relationship with food with a free 10-week series. <i>Wednesdays: 2:00-3:00pm, or</i> <i>Thursdays: 9:30-10:30am</i> To register email: nutritionist@wcupa.edu</p>				
<p>Upcoming Events</p> <p>LGBTQA Welcome Back Sponsored by LGBTQA <i>Mon, 8/24, 4:30pm</i> <i>Sykes Ballrooms</i></p> <p>Mix it Up Mocktail Party Sponsored by Multicultural Affairs <i>Wed, 8/26, 6:00pm-7:30pm</i> <i>Sykes Ballrooms B & C</i></p> <p>Student Involvement Fair <i>Wed, 9/2, 11:00am-3:00pm</i> <i>Academic Quad</i> <i>(Rain Date: 9/4)</i></p>				
<p>Sykes After Dark Live Entertainment Fridays! Bryce Vine <i>8/28, 9:00pm, Sykes</i> Leaps and Bounds Inflatables <i>9/4, 7:00pm Res Quad</i> Dance Party <i>9/4, 10:00pm, Sykes</i> Tron Laser Tag <i>9/11, 8:00pm, Res Quad</i></p> <p>SAC Movie 7:30pm & 10:30pm Sykes Theater</p>	<p>Success for the New Year</p> <p>Syllabus week is here. Make sure you get your semester started on the right foot!</p> <ul style="list-style-type: none">• 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. <p>Need a little help with your success? Attend the New Student Success Series.</p> <table><tr><td>8/25</td><td>D2L 101 2:30pm & 3:30pm Sykes 10A</td></tr></table>	8/25	D2L 101 2:30pm & 3:30pm Sykes 10A	
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