



SHOCKER FAMILY NEWSLETTER

April 2024

Time of Change

So many things shift during the first year of college. Self-image, relationships and goals for the future can all change dramatically. At times students can feel disillusioned when the major they'd initially been excited about isn't a good fit or the relationships that seemed so close at the start of the year begin to fade or change.

The adjustments that come with change are inevitably exhausting and stressful at times. Families can help by allowing this process to unfold and offering support as students work through it. Reframe change as opportunity!

How Can Families Help?

- Remember that students learn and grow from navigating their own path through change. The most effective support comes in the form of helping students think through their options and develop positive coping skills. Confidence develops from the knowledge that they figured it out.
- Part of discovering one's direction in life is exposure to new experiences and ideas. Encourage your student to try new subject areas, attend a variety of events and get to know new people.
- Remind your student that basic needs, such as adequate sleep, water intake and nutrition, are not optional, and that trying to "power through" without self-care will just leave them exhausted and less resilient later in the semester.
- Learn more about your student's wellness resources on campus, such as [Campus Recreation](#), [CARE Team](#), [Counseling & Prevention Services](#), [Student Health Services](#) and the [YMCA](#).

Conversation Starters

- What have you learned about yourself so far this year?
- Are there things you'd like to try that you haven't had a chance to yet?
- Do you feel like you are on track to be ready for finals?

Common Student Trends Seen in April

While every student is unique, there are certain trends and phases that many

students experience in college. Here are a few of the patterns and potential issues that students tend to experience around April:

- Feeling burned out as final exams approach
- Anxiety regarding roommate(s) and/or living situation for next year
- Concern over declaring major, or over having made the right choice if major has already been declared

If your student is struggling, whether academically, socially or emotionally, we encourage you or your student to reach out to [CARE Team](#). CARE Team exists to connect students with the resources they need to be successful and well at Wichita State.

Housing and Residence Life



- On campus residents must move out by **Noon on Friday, May 10**.
 - Students will receive email instruction details on how to check out.
 - Students will be able to sign up for a move out timeslot through their campus **Housing Portal** to let us know when they will be moving out.
 - Good rule of thumb is that students should plan to be moved out within 24 hours of their last final exam.
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Student Health Services

Here is a great article with lots of tips for stress management to help your student from afar.

[Read Article](#)



Student Health will be open this Summer from 8:00 a.m. - 5:00 p.m. Monday through Friday May graduates can still be seen all summer through August 15th, 2024.



Academic Advising

It's time for summer and fall registration! Academic advisors are ready to advise students for the summer and fall. Students can meet with them in-person, by phone, or by video. Encourage your student to reach out to their advisor to schedule an appointment by going to www.wichita.edu/advising

Did you know that students who take less than 15 credit hours per semester will take longer to graduate. If your student is expecting to graduate in four years, they will need to take 15 credits per semester or plan to take summer courses to make up the difference.



April 18
11 a.m. - 12 p.m.
Virtual via Teams

Register at
wichita.edu/LinkedInWorkshop



WICHITA STATE
UNIVERSITY

Shocker Career Accelerator
& Graduate School

LinkedIn + ChatGPT Secrets Revealed

April 18, 2024 | 11 a.m. – 12 p.m. | Virtual Via Teams

The job hunt has changed dramatically! Today, resumes are scanned for keywords by Applicant Tracking Systems, and recruiters often use LinkedIn Recruiter instead of sifting through paper applications.

Many students, however, still apply for jobs in the old-fashioned way.

Help your student get ahead! Join Jeremy Schifeling, who served in leadership roles at LinkedIn and Khan Academy (OpenAI's first education partner for ChatGPT), for a deep dive into the most advanced LinkedIn and ChatGPT techniques.

This session, co-hosted by Wichita State University's Shocker Career Accelerator and Graduate School, will equip your student with the most advanced strategies to land their dream job.

Register today at wichita.edu/LinkedInWorkshop

**Parents, you can to attend also; just put "Parent" in the WSU ID field when registering.*

Dining Services



It's time to spend before the end! Dining dollars and Shocker Bonus Dollars expire on May 9th. Use up any remaining balance by purchasing Starbucks merchandise, coffee beans, bulk cases of snacks and drinks from Groundhouse or just spend it at dining locations in the RSC. If you graduate this semester your Shocker Dollars will also expire, so be sure to use them up. If you've already spent your dining and shocker dollars and are looking at preparing for next semester, just give our office a call at 316-978-3477. We are able to sign you up for a summer or fall meal plan. Meal plans are available to all, on or off campus. Feel free to visit us in RSC office 235 to help answer any campus dining questions too.



Commencement

Spring 2024 Commencement Ceremony is around the corner! We are excited to celebrate this milestone with you and your students. Join us on **Friday, May 10 at 5 pm. on the Hubbard Hall East Lawn** for The Toast. This tradition brings our campus community, graduates, and their families together to celebrate their

success. Students must RSVP for the event.

If your student plans to participate in the commencement ceremony on **Saturday, May 11th**, they must submit their RSVP by **April 12** to be included in the ceremony. The RSVP system will close at 11:59 PM.

[Click here for more information on commencement.](#)

Join Us for Shocker Family Table Talks



→ one shocker family **TABLE TALK**

Calling all new Shocker families! Join us for Shocker Family Table Talk, a live, virtual Q&A session with campus experts! We will be covering the topics listed below:

*All sessions will be held at 6 p.m. via
Facebook Live and YouTube Live*

- May 28 YOUR SHOCKER'S NEW STUDENT ORIENTATION
- June 11 YOUR SHOCKER'S FIRST YEAR
- June 18 DISCUSSION WITH THE DEAN: COHEN HONORS COLLEGE AT WICHITA STATE UNIVERSITY
- June 25 YOUR SHOCKER'S HEALTH
- July 2 YOUR SHOCKER'S STUDENT EXPERIENCE: GREEK LIFE & STUDENT ORGANIZATIONS
- July 9 YOUR SHOCKER'S PARENT ACCESS AND TEXTBOOKS
- July 11 YOUR SHOCKER'S ACCOMMODATIONS
- July 16 YOUR SHOCKER'S FINANCES
- July 23 YOUR SHOCKER'S FIRST GENERATION FAMILY SUPPORT
- July 30 YOUR SHOCKER'S BASIC NEEDS

learn more and find links at wichita.edu/sftt

→ one shocker family

Is your student new to WSU? Engage with and learn more about various university services and programs via our Parent Family Table Talk series. You will be able to partake in a live, online session, to learn about academics, life on campus, and belonging at WSU.

Register

Campus News



Forward Together

Monthly Update from President Muma.

[Read the Latest Edition](#)

Important Academic Dates

April 1 - Summer and Fall early registration begins
April 19 - Late fees are placed on delinquent accounts
April 19 - Last day to withdraw from a second 8-week course with a "W"
May 2 - Last day of classes
May 3 - Study Day
May 4-9 - Final examinations
May 11 - Spring Commencement

[Full Academic Calendar](#)

Shocker Must Haves for your Student

Blackboard
[Blackboard.wichita.edu](https://blackboard.wichita.edu)
myWSU
mywsu.wichita.edu
ShockerSync
[Shockersync.wichita.edu](https://shockersync.wichita.edu)
Shocker Alert
wichita.edu/shockeralert
Handshake
wichita.edu/handshake
myStop
wichita.edu/shuttle
Help Desk
wichita.edu/helpdesk
Report It
wichita.edu/reportit

Check out all the events that are happening on campus on the event calendar!

[Event Calendar](#)

Connect with Us

Shocker Family Network Group

Connect with other Shocker Families @ShockerFamilyNetwork for a member-led discussion group to get connected and get your questions answered by other Shocker Family members!



Wichita State University | 1845 Fairmount Street, Wichita, KS 67260

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