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## SHOCKER FAMILY NEWSLETTER

**April 2025**

# 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
- Feeling overwhelmed with graduation approaching and not knowing what the future holds.

If your student is struggling, whether academically, socially or emotionally, we encourage you or your student to reach out to the [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



Move-Out is fast approaching! All residents must be moved by no later than **Friday, May 16<sup>th</sup>** at noon.

The Summer Housing Application is now live. Students must be enrolled in classes to live on campus over the summer.

## Student Health Services

As your student begins studying for final exams, completing projects and papers, and getting ready to move back home, dealing with the stress at this time can sometimes have physical systems. Complaints of headaches, stomachaches, back and neck pain and more could indicate a physical problem that needs evaluated, but could also be a sign of chronic stress. Stress can affect the body in ways that when not managed could develop into high blood pressure, coronary artery disease, depression, substance abuse and other medical disorders.

Encourage your student to help minimize their stress through exercise, sleep, avoidance of substances, and eating healthy meals and drinking water regularly. Using campus resources such as Campus Recreation by trying out their new pickle ball courts, Counseling and Psychological Services to learn stress management techniques, the YMCA for yoga and Student Health for management of symptoms, can all help your student successfully complete their semester! - Heather Stafford, RN, BSN, Director of Student Health Services

## TIPS FOR FINALS WEEK

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1 FOCUS ON WHAT YOU CAN CONTROL

2 GET A COLORING BOOK

3 BECOME AND STAY ORGANIZED

4 NO ALL NIGHTERS

5 STUDY WITH GROUPS

6 DON'T MULTI TASK

7 REWARD YOURSELF

8 DECIDE WHAT YOU NEED TO STUDY MOST

● Remember that you are not your GPA!

## 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](http://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.

## **Parent Resource Spotlight: What Can Your Student Do With Their Major?**



Is your student wondering what career paths align with their major? What Can I Do With This Major? is a valuable resource from the Shocker Career Accelerator that explores 100+ majors, detailing common career paths, potential employers, and strategies to help students stand out. Whether they're exploring options or refining their career goals, this tool can provide helpful insights.

🔗 Explore the resource at [wichita.edu/WCIDWTM](https://wichita.edu/WCIDWTM).

## Commencement



Spring 2025 Commencement Ceremony is around the corner! We are excited to celebrate this milestone with you and your students. Join us on **Friday, May 16 at 5 pm. on the RSC East Courtyard** 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 they must submit their RSVP by **April 12** to be included in the ceremony. **The RSVP system will close at 11:59 PM.**

### **Spring Commencement Ceremony**

Graduate Students: Friday, May 16, 2025 at 7PM.

Undergraduate Students: Saturday, May 17, 2025 - check college specific times.

Students can purchase their regalia at the Shocker Store.

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

## **Events**

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

## Event Calendar

# Campus News



## Forward Together

Monthly Update from President Muma.

**Read the Latest Edition**

## Important Academic Dates

**April 7-** Summer and Fall early registration begins

**April 21-** Late fees are placed on delinquent accounts

**April 21** - Last day to withdraw from a second 8-week course with a "W"

**May 8** - Last day of classes

**May 9-** Study Day

**May 10-15-** Final examinations

**May 17-** Spring Commencement

## Full Academic Calendar

## Shocker Must Haves for your Student

**Blackboard**

[Blackboard.wichita.edu](https://blackboard.wichita.edu)

**myWSU**

[mywsu.wichita.edu](https://mywsu.wichita.edu)

**ShockerSync**

[Shockersync.wichita.edu](https://shockersync.wichita.edu)

**Shocker Alert**

[wichita.edu/shockeralert](https://wichita.edu/shockeralert)

**Handshake**

[wichita.edu/handshake](https://wichita.edu/handshake)

**myStop**

[wichita.edu/shuttle](https://wichita.edu/shuttle)

**Help Desk**

[wichita.edu/helpdesk](https://wichita.edu/helpdesk)

**Report It**

[wichita.edu/reportit](https://wichita.edu/reportit)

## 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!



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