



SHOCKER FAMILY NEWSLETTER

February 2025

Healthy Behaviors

February typically brings to mind hearts and flowers. This time of year also brings with it cold and flu season. Maintaining healthy behaviors will help your student stay well and prevent them from missing out on classes and activities. For some students, college may be the first time they manage their health care needs on their own. Prepare your student for this new experience by making sure they have knowledge of — or access to — important personal medical information including any allergies, medications they take, immunization records and past medical history such as previous surgeries or serious injuries/illnesses.

How Can Families Help?

- Talk to your student about healthy choices and the impact of health on their lives.
- Learn about the resources and services available to your student on campus. One important resource is [Student Health Services](#), which provides health education and services to all currently enrolled students. Another is [Counseling and Prevention Services](#).
- Communicate with your student to find out how they are adjusting to college. Try to make time to have meaningful conversations.
- Let your student talk. Practice listening without giving advice unless requested. Be willing to talk about the tough topics like relationships, drinking and sex.

Conversation Starters

- What's your day-to-day schedule?
- What activities have you been doing outside of class/course work?
- What food options do you like on campus?
- How are things going with your roommate?
- How are you adjusting to your new schedule?
- Are there any intramural sports you are interested in?



Latest 'Forward Together' podcast features Dr. Monica Lounsbery, WSU's new senior executive vice president and provost

Dr. Monica Lounsbery, Wichita State's new senior executive vice president and provost, brings with her a wealth of experience in higher education leadership. Learn more about Dr. Lounsbery, her early impressions of WSU and what she hopes to accomplish during her tenure.

Watch the episode on YouTube or listen on Spotify, Stitcher, Google Podcasts, Amazon Podcasts or Apple Podcasts (iTunes).

Subscribe to be notified when new episodes are available.

[View Here](#)

Campus Housing News



Residents that will be living on campus again next year can log in starting Feb 15 to fill out their personal profile and/or Roommate Group. Students can begin searching for roommates or suitemates at this time and can form roommate groups.

Looking ahead:

- **March 1st - New Student Priority Deadline** - New students who apply before this date will be placed in the second round of room selection.
- **Saturday, March 15th at 1:30 pm** - The dining hall will be closed for Spring Break
- **Sunday, March 23rd at 10 am** - The dining hall will reopen
- **Mid-March- Mid April** (and beyond) – room selection begins! Students will be notified via email one week before their timeslot opening to let them know when they can login and select their room.
- **May 16th at noon** -All residents must be moved out

Questions? Email us at housing@wichita.edu or call us at 316-978-3693.

Student Health Services



Chiropractic services for students can help reduce inflammation and alleviate pain, restore proper joint positioning, improve mobility and enhance overall well-being.

-To learn more about all of our chiropractic services or schedule an appointment , **call (316)-978-4792!**

Forward Together

Monthly Update from President Muma.



Read the Latest Edition

Listen to the Latest Podcast

Shocker Career Accelerator

JCPenney Suit-Up Event

The Shocker Career Accelerator is excited to host JCPenney Suit-Up on



Sunday, Feb. 16, from 3–6 p.m. at JCPenney Towne East! Students, faculty, staff, and alums can enjoy up to 45% off career wear, shoes, and accessories—just bring your WSU ID or the number.

Can't make it in person? Text SHOCKS to 67292 to shop online.

Academic Calendar

February 3 - Last day to withdraw from a first 8-week course with a "W"

March 12 - First 8-week courses end
Mid-semester point

March 9 - Second 8-week courses begin

March 13 - Last day to add a second 8-week course

March 17-23 - Spring Break - offices open

April 4 - Last day to drop a second 8-week course with a 100% refund

April 4 - Last day to officially withdraw from a full-semester course with a "W"

April 7 - Summer and Fall early registration begins

May 8 - Last day of classes

May 9 - Study Day

May 10-15 - Final examinations

May 17 - Spring Commencement

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

Shocker Central

wichita.edu/shockerCentral

myStop

wichita.edu/shuttle

Help Desk

wichita.edu/helpdesk

Report It

wichita.edu/reportit

Full Academic 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!



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