



## SHOCKER FAMILY NEWSLETTER

**May 2025**

### Self-Care

May starts as a month of high pressure for most students. It's easy for all of us to neglect our bodies and minds when things get busy. Yet, things like exercise, good nutrition, positive self-talk and adequate sleep provide the energy needed to be successful. It is not unusual for students to take their good health for granted — yet scare tactics reminding of all the negative consequences of poor health rarely motivate for long. Remind students that self-care recharges the mind and produces better results

### How Can Families Help?

- Remind your student that Campus Recreation and the Y's facilities are free of charge to fee-paying students. A variety of exercise equipment and activities are available at convenient hours.
- Positive attitudes really do make a difference. Encourage your student to see hurdles as opportunities to learn.
- Keep the lines of communication open. One of the best coping strategies for students is talking to people they trust.
- Give care packages with snacks, multivitamins and encouraging notes.
- Encourage your student to seek out the assistance of professors if needed.

### Conversation Starters

- What kind of things are you doing to take care of yourself?
- How are you motivating yourself to finish strong?

### Common Student Trends Seen in May

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 May:

- Final Exam Anxiety
- Stress over moving
- Apprehension about returning home for the summer
- Sadness over leaving new friendships and/or love relationships at school
- Realization of how college influences life decisions

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.

## Campus Housing



- On campus residents must move out by **Noon on Friday, May 16**.
- Students can sign up for a checkout time through their campus **Housing Portal** through their MyWSU Account.
- Good rule of thumb is that students should plan to be **moved out within 24 hours of their last final exam**.
- At the time of their check out, student must have **all of their belongings out** of the room and must have **cleaned their space**. **Key access will be removed at the time of check out**, so students will not be able to return to their room after they complete the checkout process.

- **Students can check out in one of two ways:** filling out the checkout form on their Housing Portal when they are ready to leave or by going to the front desk of their building to check out with our staff.

## Student Health Services

Please remind your student to prepare for medication refill needs during summer break. Prescriptions can be temporarily transferred to your home pharmacies. Controlled substances (ex: Adderall, Ritalin) require regular appointments for refills, so students will need to make arrangements with their SHS healthcare providers.

Students who receive allergy desensitization injections and are moving home for the summer, need to pick up their allergy serum from SHS and safely transport in a refrigerated container.

**REFILL YOUR MEDICATION**


If you get your medication from Student Health, plan ahead to get your medication refilled before break!

**WICHITA STATE UNIVERSITY**  
STUDENT HEALTH SERVICES





316-978-4792  
[wichita.edu/shs](http://wichita.edu/shs)

@myShockerHealth  
@wsu.shs  
@myShockerHealth





**Student Health  
Services  
is open all summer!  
Monday - Friday  
8 a.m. - 5 p.m.**

 <p>WICHITA STATE UNIVERSITY <i>STUDENT HEALTH SERVICES</i></p>	<p>316-978-4792 <a href="http://wichita.edu/shs">wichita.edu/shs</a></p>	<p> @myShockerHealth  @wsu.shs  @myShockerHealth</p>
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## Financial Aid



## **2025-2026 FAFSA – Apply Now**

Remind your student that now is the time to finish the financial aid process to ensure their financial aid disburses on time in August and avoids delays. If they have not already completed their FAFSA for next year, the 2025-2026 FAFSA is available at [studentaid.gov](https://studentaid.gov). Financial aid offers for returning students will begin in mid-June after spring semester grades have been reviewed. Students should check their Financial Aid Dashboard in their myWSU student portal to review any “Unsatisfied Requirements” that may prevent financial aid offers.

## **Summer 2025 Financial Aid**

Students who are enrolled for summer 2025 and want to be considered for financial aid must complete a 2024-2025 FAFSA. Once students are enrolled in summer classes, they can complete a 2025 Summer Financial Aid Application in their myWSU student portal.

# **OneStop Student Services**



OneStop appreciates the opportunity to advise our first-year students this year and is grateful for the trust placed in us during this important stage of their academic journey. As they transition to working with their college advisors for Fall 2025, please know that our support doesn't end here. We remain available to assist with important areas such as financial aid, records and registration and student accounts. If you have any questions about this process or just need more information, contact OneStop Student Services at 316-978-7440 or come in person to the Shocker Success Center, Suite 104. We look forward to continuing to serve Shockers in these key areas as they move forward in their college experience.





## Commencement

Spring 2025 Commencement Ceremony is almost here! 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.

### Spring Commencement Ceremony

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

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

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



## Summer Classes

Summer classes at Wichita State are a great option. With four- and eight-week sessions available, you can reduce your fall workload without giving up your summer. Summer 2025 course listings will be posted in March and enrollment begins April 7! <https://www.wichita.edu/academics/summer/index.php>

## Dining Services





It's time to spend before the end! **Dining dollars and Shocker Bonus Dollars expire on May 16th.** 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 or check out the [WSU Dining website](#). We are able to sign you up for a fall meal plan or even to answer questions. Meal plans and fall 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.

## Shocker Career Accelerator



## Supporting Your Shocker This Summer and Beyond

As the semester winds down, many students are preparing for what comes next—whether that’s a summer internship, part-time job, or planning for life after graduation. The Shocker Career Accelerator (SCA) is open year-round and ready to assist your student throughout the summer.

From resume reviews to interview preparation to exploring career paths, we’re here to help your student build skills and confidence at every stage of their career journey.

### How Your Student Can Connect with Us:

- **Schedule online:** [Visit Shocker Central](#)
- **Email:** [SCA@wichita.edu](mailto:SCA@wichita.edu)
- **Call:** (316) 978-3688

### Mark Your Calendar: Fall 2025 Career Events

Encourage your student to take advantage of these upcoming opportunities to connect with employers and explore career options:

- **On-Campus Job Fair**
- Tuesday, August 12, 2025 | 1:00 – 3:00 p.m.
- Marcus Welcome Center
- **Career Connection Root Beer Kegger**
- Wednesday, August 27, 2025 | 11:00 a.m. – 1:00 p.m.

- East Hubbard Hall Lawn
- **Engineering and IT Career Fair**
- Thursday, September 18, 2025 | 2:00 – 5:00 p.m.
- Rhatigan Student Center, 3rd Floor Ballroom
- **Fine Arts Career Mixer**
- Thursday, October 9, 2025 | 10:30 a.m. – 12:00 p.m.
- Ulrich Museum of Art

We're proud to support your student's growth and success—this summer and throughout their time at Wichita State.

## Shocker Store

### Earn Cash with Online Textbook Buyback

Want to earn some cash for textbooks you no longer need? Participate in the Online Textbook Buyback program! You can sell your books, ship them for free and get cash! Find more info [here](#). If you have questions, email [shockerstore@wichita.edu](mailto:shockerstore@wichita.edu).

### Connect with the Shocker Store

Looking for the perfect way to show your school spirit and support your Shocker student? The Shocker Store has you covered with the latest Wichita State gear, gifts, and apparel. Follow us on social media ([Facebook](#) & [Instagram](#)) to stay in the loop on new arrivals, exclusive sales, and seasonal promotions. It's the best way to shop smart and stay connected—no matter how far from campus you are!

## Campus News



### Forward Together

Monthly Update from President Muma.

**Read the Latest Edition**

**Important Academic**

**Shocker Must Haves**



## Dates for your Student

**May 8** - Last day of classes

**May 9** - Study Day

**May 10-15** - Final examinations

**May 17** - Spring Commencement

**May 23** - Spring grades available through Self Service

**July 1** - Spring diplomas available

### Full Academic Calendar

**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!



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

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