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January Events

Programs & Pizza: Monday, Jan. 10 @ 11:00 AM - 1:00 PM
Welcome back for the Spring semester!! Stop by the lounge between 11 AM - 1 PM on Monday, January 10 for pizza and refreshments. A representative from the Office of International Programs will be on hand to talk about study abroad opportunities!

Ice Skating: Friday, Jan. 28 @ 7:30 PM - 9:30 PM
Join us for ice skating at the Morgantown Ice Arena from 7:30 PM to 9:30 PM. Ice skating is FREE for commuters---You may bring a friend, but he or she has to pay for a ticket at the rink.

Please RSVP by Monday, Jan. 24 to morgan.sharpless@mail.wvu.edu

Spring 2011 Important Dates

January 14 Last Day to Register
January 17 Martin Luther King's Birthday Recess
February 25 Mid-Semester
March 19-27 Spring Recess
April 28 Last Day to Withdraw From University
April 29 Last Day of Classes
May 2-7 Final Exams

The Coliseum will have restricted parking on the following days:

- Thursday Jan 13
- Wednesday Feb 2
- Monday Feb 7
- Wednesday Mar 2

Make sure you have a back-up plan for parking. Check out our website for a list of parking options and maps of the Evansdale and Downtown campuses.

www.studenlife.wvu.edu/commuter

FEELING LOST, STRESSED, OR JUST WANT TO TALK?
The Carruth Center for Counseling and Psychological Services (located behind the Mountainlair on the 3rd floor of the Student Services Building) provides counseling for personal, educational, or career concerns both on an individual and group level. The Carruth Center takes appointments Monday through Friday from 8:15 to 4:45 for both walk-in and scheduled appointments. For more information, please visit their website at well.wvu.edu
Off-Campus Housing Fair

Date: Wednesday, January 12
Time: 10:00 AM to 3:00 PM
Location: Mountainlair Ballrooms

Looking for housing? Then come to the 2011 WVU Off-Campus Housing Fair. More than 50 area landlords will be on-hand for you to talk to. In addition, you can meet representatives from the Morgantown Fire Department; City Code Enforcement; Allied Waste; Morgantown Parking Authority; WVU Student Legal Services; and the WVU Off-Campus Housing Office.

Landlords are offering GREAT door prizes this year, so be sure to come!

Skiing/Snowboarding

From January 12 to February 23, the Rec Center offers a shuttle to WISP every Wednesday at 3:30 PM.

There will be eight to twelve spots available. Sign up early to reserve your spot. The cost is $7.50 per person: 304-293-2203

The Rec Center offers great prices on skiing and snowboarding rental equipment.

Personal Training

The Rec Center offers free personal training to any WVU student needing additional help with an exercise program.

Fill out and submit the personal training request form to sign up for a trainer. The form can be found at http://studentreccenter.wvu.edu/personal_training

With additional questions, call (304) 293-7057.

START THIS SEMESTER OFF RIGHT

Get involved as much as possible on campus! Nothing looks better on your resume than being a part of a student organization. WVU offers a variety of clubs and organizations to suit your interests: http://sos.wvu.edu/organization_listing

Another great resume builder is volunteering! Community service hours may be a requirement for your major or it just may be something you are interested in. Either way helping out WVU’s community is a great way to get involved and help others in need! The Center for Civic Engagement offers an extensive list of volunteer opportunities. http://cce.wvu.edu/
WVU has a D/F repeat policy for undergraduate students who have not received their initial baccalaureate degree. If you earn a D or F in a course at WVU taken no later than the semester or summer session registration when you reach a cumulative total of 60 hours attempted, you are eligible to D/F repeat that course by meeting with your academic advisor sometime during the semester in which you are repeating the course and filling out the appropriate forms. You must repeat the course at WVU. You will have only one opportunity to improve your original grade. The new grade becomes the grade that counts, even if your performance is worse than when you were originally graded.

When you have D/F repeated a course, the following happens:
1. The original grade is disregarded for the purpose of determining your grade-point average, hours passed, and hours attempted.
2. The original grade is not deleted from your permanent record.
3. The second grade is entered on your transcript and marked repeat in the semester that you repeated the course.
4. You can exercise your right under the D/F repeat policy at any time before you receive your initial baccalaureate degree. If you get a grade of F in a course for disciplinary reasons or for cheating, the grade is not eligible for change under the D/F repeat provisions. Such a failure is indicated on your permanent record by an *UF and is calculated in your grade-point average.

FAFSA

Don’t forget that the FAFSA deadline is March 1.

The quickest and most accurate way to apply is online: www.fafsa.gov

The FAFSA School Code for WVU’s Morgantown Campus is 003827.

If you need assistance completing the application, you can obtain information from the experts at the Federal Student Aid Programs (1-800-4FED-AID), or you can call the WVU Financial Aid Office at 304-293-5242 and they will be happy to assist you.

WELL WVU

The Students’ Center of Health

If you haven’t already done so, check out WELL WVU’s website! There is information about anything and everything health and wellness related!

If you have questions about dieting, healthy foods, or anything regarding nutrition you can email the expert! You can even watch instructional videos about how to exercise properly, learn breathing exercises to help manage your stress, and you can find out the standard drink size and exactly how many calories are in alcoholic beverages.

well.wvu.edu

Become a fan of our Facebook page: http://www.facebook.com/wvucommuters2014