In this season of gratitude, I wanted to take a moment to share my thanks for all you do to support your Villanovan. The love and care you share with them as they grow, learn and discover is tremendous and felt by so many.

With the end of the semester on the horizon, this newsletter, our final edition this semester, is full of helpful information for families and students. As always, if you have any questions about information found below, or found elsewhere on campus, I'm happy to help answer questions and provide additional detail.

As you reconnect with friends and loved ones this holiday, I hope you enjoy your time together. Happy Thanksgiving!

Carita Geib ’98, P’26 | Director, Office of Parent and Family Relations
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STUDENT LIFE

Navigating the End of the Semester

The end of the semester can add a different level of stress to your Villanovan's lifestyle. The University Counseling Center and the Office of Health Promotion can help students recognize and prevent distress while promoting healthy living strategies. If you're noticing additional stress and anxiety, please remind them to proactively carve out time for themselves and use the many resources available to them on campus and beyond. Over the coming weeks, Health Promotion will hold several events to help students manage stress and busy schedules and create time and space to enjoy our community. Please encourage your Villanovan to make the most of these opportunities and resources.

- **Counseling Center**: In-person and telehealth appointments are available to University students. Appointments can be requested online or made by calling 610-519-4050 (9 a.m.-5 p.m. Eastern time) or in-person at Room 206 in the Health Services Building (HSB).
- **Thrive 365**: Students can engage in topics and programs that focus on the whole person—ranging from fitness and sleep to stress management and nutrition. This portal adapts to your student’s personal and academic goals and interests—24/7, 365 days a year.
- **Well-Being Coaching**: One-on-one coaching for students can be scheduled to focus on nutrition, stress management, sleep management and alcohol and tobacco cessation.
- **Uwill 24/7 Telehealth**: A mental health and wellness solution allowing students the ability to connect quickly with licensed mental health counselors. Complete information, including how to register, can be found on the University’s [Uwill page](#).
- **24/7 Crisis Intervention Services (833-646-1526)**: For urgent crisis intervention needs. Students can call to speak with a licensed mental health counselor.
Airport Shuttles for Winter Break

The Office of Student Involvement will once again provide airport shuttle service to students leading up to Winter break. Schedule, registration and payment information will be communicated to students soon via Wildcat Newswire and shared on the Villanova Parent and Family Instagram account.

Resident Assistant Applications are Open

The Resident Assistant (RA) is an important role within the University community. If your Villanovan has a passion for helping others, building community and enhancing their leadership skills, please encourage them to consider this excellent opportunity. To learn more about the role, benefits, expectations and the application process, please visit the Resident Assistant webpage. Applications for the 2024-25 academic year are due by Tuesday, Jan. 23, 2024.

Joining Fraternity and Sorority Life

Villanovans may choose to get involved in Fraternity and Sorority life as an avenue to develop or enhance leadership skills, forge new friendships and discover philanthropic and volunteer opportunities nationally and within our local communities. If your Villanovan is interested in exploring these opportunities, families are encouraged to review detailed information about Fraternity and Sorority life (costs, GPA requirements and time commitment) and recruitment on campus on the Fraternity and Sorority Life website. Interested Villanovans can register now for 2024 recruitment, taking place this January. Panhellenic Sorority Recruitment will take place Jan. 10-15, 2024 (prior to the semester start) and IFC will host their recruitment process Jan. 21-27, 2024. Once your Villanovan has signed up, detailed communication will be provided to families and to the students outlining what to expect in the process.

The Multicultural Greek Council (MGC) is home to several culturally-based fraternities and sororities that host their recruitment and/or intake processes at different times throughout the year. This year, Villanova is proud to welcome back Alpha Kappa Alpha Sorority Inc. to campus! To learn more about the MCG expectations of membership, recruitment and/or intake timelines, or for general information, please email Sarah Hernandez, director of Fraternity and Sorority Life.

Off-Campus Housing Information and Meeting

Many of our students will move off campus, and this can be both an exciting and challenging transition for them. It may take some time and research to determine which properties best fit your Villanovan’s needs and wants. The University’s Off-Campus Living Page is a great place to begin your off-campus search. Information contained on these pages will provide helpful tips and offer important questions to ask prior to signing a lease for off-campus housing and will help you and your student navigate relevant important zoning ordinances.

The Dean of Students Office, in partnership with the Student Government Association, will co-host an Off-Campus Housing Information Session on Thursday, Nov. 30 at 5 p.m. in Connelly Cinema. Please encourage your Villanovan to attend if they are considering moving off campus. Students will receive meeting details in upcoming Wildcat Newswire emails.
MLK Jr. Day of Service

On Monday, Jan. 15, Villanova's MLK Jr. Day of Service will host its 17th annual day of organized activity to celebrate and honor the life and legacy of Dr. Martin Luther King, Jr. There are more than 30 areas at which students can volunteer. Please encourage your Wildcat to come together with classmates to improve lives, bridge social barriers and move our nation closer to the "Beloved Community" that Dr. King envisioned.

WXVU Wins Two National Awards!

Congratulations are in order! WXVU, Villanova's on-campus radio station, took home two awards from the College Media Association Pinnacle Awards this month. "WXV&U Health" won second place nationally for "Swab to Save a Life," a public service announcement based on the Andy Talley Bone Marrow Donor Drive, which has been staffed by students from the Fitzpatrick College of Nursing for many years. This year marked the first time the drive was broadcast and streamed by WXVU from the Connelly Center. "The Morning Roar," which broadcasts Friday mornings at 8 a.m., took third place for Best Audio Talk/Entertainment Program. To hear content from "WXV&U Health" and "The Morning Roar," tune in to 89.1 FM or visit the WXVU homepage to stream through your device.

CAMPUS NEWS

Meal Plan Changes

The Meal Plan portal will open on Monday, Dec. 4 for Villanovans to make changes to their current meal plans in advance of the Spring 2024 semester. If your student is interested in making changes, complete plan descriptions and pricing information can be found on Dining's Meal Plan page.

Feeling Festive on Campus

As the holidays approach, Villanova will glow in anticipation of winter and holiday celebrations! All are invited to join in the joy and beauty of the season during Merry Christmas, Villanova events planned from Saturday, Dec. 2-Monday, Dec. 11. Throughout the week, there will be concerts (some require ticket purchase), the University Tree Lighting, the Holiday Village and Night Market, sung Vespers and a Multifaith Celebration of Light. Details for these events and others are available on the Christmas at Villanova page.

With the approach of Advent, which begins Sunday, Dec. 3, Villanova families who celebrate are invited to join in reflections written by the Villanova community and designed to encourage you on your journey toward Christmas (available by daily emails, a PDF booklet or a hard copy). Please subscribe using this link.
Looking Forward to Spring Intramurals

Intramurals Sports is a favorite activity among students and provides a great outlet for them to connect with one another while engaging in exercise and a little healthy competition! It’s a win-win! If your Wildcat is interested in playing a sport this Spring semester through Intramurals, up-to-date information and registration details are posted to the homepage.

What’s on deck for the Spring 2024? Students can sign up for basketball (registration deadline is early December), handball, futsal, softball, tennis, Ultimate Frisbee, kickball and sand volleyball. Keep in mind, if students can’t field a team, they can register as a free agent. Detailed information is available on the Intramurals site.

Summer Study Abroad Opportunities

Summer Study Abroad opportunities await! Dedicated Villanova faculty members will guide your student through enriching experiences with programs offered in 10 different countries in Summer 2024. Whether they’re interested in language immersion, international internships or content classes, these programs offer a great blend of academics and adventure. Take some time to explore the opportunities available this summer at passport.villanova.edu.

Greg Hannah
Director, Office of Disability Services

Congratulations on your new role as Villanova’s director of the Office of Disability Services. Can you tell us more about the office and your role within it?

I am thankful and excited for the opportunity to be the new Director of the Office of Disability Services! In this position, I will have the opportunity to set the strategic direction for the office, lead and support the ODS Staff, and provide leadership and support for all students registered with the Office of Disability Services, their flagship student organization, LEVEL, and the greater campus community.

If families have questions about services for their Villanovan, where do they begin and what steps should they take?

Our website is a great resource that should be able to answer most questions regarding ODS accommodations, policies, procedures, etc. Our office staff is always ready to connect with families and answer any questions about our office.

You’ve been instrumental in establishing LEVEL on campus. How can students become involved in the group?

One of my favorite parts of LEVEL is that any student can join the group at any time during their Villanova journey. We have had members join LEVEL from the Involvement Fair during their first year, to a second-semester senior getting involved with our group prior to graduation! Meetings are Tuesdays in the East Lounge at 7 p.m., and our Instagram account (@Villanova_level) is very active. Students can connect with our office to get into our annual GroupMe or just stop by the office on the second floor of the Connelly Center. I would be happy to speak with a student about our club and areas for engagement.
What do you enjoy most about working at Villanova University?
This will sound like a typical Student Life response, but I enjoy what I often refer to as the heartbeat of this University—our students. No two days are the same and the ability to engage, support, understand, coach, create, imagine and deliver amazing opportunities on our campus with students who are hungry for a meaningful college experience is something I enjoy most about working on 800 East Lancaster Avenue.

We're curious, what does your perfect day look like?
This is an easy one for me: any beach day! I was born and raised in Manasquan, N.J., and the memories made at the beach are always with me. Now I am a father of three, and whether it is riding waves at the Jersey shore or watching sunsets in Florida with my wife Diana and my kids Natalie, Gregory and Luke, the constant is the beach and the ocean!

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**Important 2023 Dates**

- **November 22 (W):** Residence halls close at noon for Thanksgiving Break
- **November 26 (Su):** Residence halls reopen at noon
- **November 27 (M):** Classes resume
- **November 30 (Th):** Nursing Career Fair
- **December 4 (M):** Christmas Tree Lighting
- **December 11 (M):** Last day of classes
- **December 11 (Tu):** Holiday Village and Night Market
- **December 12 (Tu):** Reading Day and Late Night Breakfast
- **December 13-19 (W-Tu):** Final Exams (no exams Sun., Dec. 17). Winter Break begins after student's last final.
- **December 20 (W):** Residence halls close at noon for Winter Break (if students need to stay beyond this date, they should complete the application in the Housing Portal)
- **January 10-15 (W-M):** Sorority Recruitment
- **January 15 (M):** Martin Luther King Day of Service (no classes)
- **January 16 (Tu):** Classes begin
- **January 22-29:(M-M):** Fraternity Recruitment
- **March 2 (Sa):** Residence halls close at noon for Spring Break
- **March 4-8 (M):** Spring Break
- **March 10 (Su):** Residence halls reopen at noon
- **March 11 (M):** Classes resume
- **March 27 (W):** Easter recess begins after student's last class
- **March 28 (Th):** Residence halls close at noon for Easter
- **April 1 (M):** Residence halls reopen at noon
- **April 2 (Tu):** Classes resume
- **May 2 (Th):** Last day of classes
- **May 3 (F):** Reading Day
- **May 4-10 (Sa-F):** Final Exams (no exams Sun., May 5)
- **May 10-16 (F-Th):** Commencement Week events for Class of 2024
- **May 17-18 (F-Sa):** Baccalaureate and Commencement