**CAMPUS NEWS AND EVENTS**

The Division of Student Life partners with student affairs partners and University units to bring together student affairs to bring together in-person, campus-based events for students and staff. These events may include but are not limited to: family and friend events, staff appreciation events, and faculty appreciation events. These events are designed to reduce email clutter and aim to highlight happenings in the Villanova experiences of our students and staff. Additional information or content related to the Division of Student Life can be found on the Student Life Connection website.

**Family and Parent Weekend**

**Family and Parent Weekend** is a campus event that takes place each semester and is designed to bring together families and friends of Villanova students. The weekend includes a variety of activities such as family and friend events, student appreciation events, and faculty appreciation events. These events are designed to reduce email clutter and aim to highlight happenings in the Villanova experiences of our students and staff.

**Wildcat's Nook**

Wildcat’s Nook is a safe and discreet space dedicated to providing students with basic necessities. The Nook is stocked with a variety of items primarily used for hygiene, such as soap, shampoo, conditioner, and toothbrushes. Additionally, the Nook has a supply of cleaning supplies and other necessities to help students manage these costs on their own.

**AlcoholEDU and SAPU Sexual Assault Prevention for Undergraduates**

AlcoholEDU and SAPU Sexual Assault Prevention for Undergraduates is a required course that is free for all students to encourage healthy behaviors and self-care. This course covers topics such as risk reduction, prevention strategies, and getting help. It is available through the Division of Student Life and is recommended for all students.

**Wildcat Newswire**

Wildcat Newswire is a twice-weekly digest email sent on Mondays and Thursdays, intended for full-time faculty and staff members. The Newswire is designed to reduce email clutter and bring together campus-based events for students and staff. Any full-time faculty or staff member can submit or read entries, just search “Wildcat Newswire” in your email client.

**University Counseling Center Fall 2021 Discussion Groups**

The University Counseling Center offers a variety of discussion groups throughout the fall semester. These groups are designed to provide support and resources for students who may be struggling with a variety of issues, such as stress management, anxiety, and depression. The groups are facilitated by trained professionals and are open to all students.

**Thrive365 Online Portal**

Thrive365 Online Portal is a resource available to all students at Villanova University. The portal offers a variety of tools and resources to help students manage their mental health, including resources for stress management, time management, and sleep hygiene.

**Arts and Humanities Program**

Arts and Humanities Program offers a variety of events throughout the semester, including concerts, lectures, and film screenings. These events are designed to provide a diverse range of cultural experiences for students.

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**UPCOMING EVENTS**

For a full list of additional Student Life events, please visit the Villanova University website and select the “Student Life” category.

**Health and Well-Being Website and Online Course**

The Health and Well-Being Website and Online Course is a comprehensive resource for students and staff. The website offers a variety of tools and resources to help students manage their mental health, including resources for stress management, time management, and sleep hygiene. The course is designed to provide a diverse range of cultural experiences for students.

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