February has been a busy month at Wheelock! Following a nationwide search, Dwight Datcher has been named Director of Athletics, effective March 5. Datcher - who brings experience from Roger Williams, Howard, and Georgetown Universities - will provide direction and oversight for all intercollegiate, intramural and recreational athletics staff, programs, facilities and activities—including 120 Men’s and Women’s NCAA Division III student-athletes participating in five sports for men and six sports for women. We are excited to welcome Dwight to the Wheelock family. For more details, visit our website.

Also in February, the Office of Academic Advising presented a week filled with major exploration opportunities for our first year students. The events presented the students with a deeper look into all the majors and programs that Wheelock has to offer, and provided them with the chance to interact with faculty and staff in an informal setting. It was a week filled with first meetings and conversations that definitely got our first year students thinking about all the academic options that are open to them!

March promises to be an equally busy month, even with the brief respite of a Spring Break for our students. As always, please feel free to contact us with your questions, comments, or concerns. Email us at family@wheelock.edu.

**FAFSA deadline approaching**

It’s almost that time of year again! The Free Application for Federal Student Aid (FAFSA) for the 2013/2014 academic year is now available online. You can log on to FAFSA’s website to complete your renewal application. Note that the FAFSA website is now www.fafsa.gov. FAFSA has recently made some updates to their website to make it easier than ever to apply. The priority deadline for returning students to apply for financial aid is April 15, 2013. With additional questions, please contact the Financial Aid Office.

**Career Fair and Retreat this Spring**

The Office of Field Experience and Career Services is excited to present this year’s Wildcat Career Retreat and Career Fair!

The Wildcat Career Retreat will be held on campus on Sunday, March 24, and will give students the opportunity to hear presentations on career topics such as the Art of Networking, Transferable Skills: What Employers are Looking For, and How to Evaluate a Job Offer. The Retreat also features an Etiquette Lunch, so that students can learn the finer points of dining in a professional environment. The entire event is free, but advance registration for the luncheon is required, so please encourage your student to keep an eye out for instructions on how to sign up. This is a great opportunity to gear up for the Career Fair!
The Career Fair will be held in the Campus Center Multipurpose Room on Wednesday, April 3, from 2:30-6pm. Employers from various school systems, nonprofit and social service agencies, as well as other opportunities like City Year, will be on campus to recruit Wheelock students. These organizations have volunteer, internship, part-time, and full-time opportunities available, and are looking for the skills your student has developed during their time at Wheelock! The Career Fair is also free and students can come for as long or as a little as they like.

For more information, please urge your student to contact Amanda Stupakevich at ccd@wheelock.edu or call 617-879-2299.

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**Spotlight on Office of Government and External Affairs**

Wheelock had a strong presence at AICUM’s (Association of Independent Colleges and Universities in MA) Student Financial Aid Day at the State House with 8 students, 2 faculty and 3 staff members in attendance. AICUM did a great job, organizing information packets, motivating students and attendees to action and building support for the Governor’s budget proposal.

The day was an opportunity for college students from across Massachusetts to visit the State House and lend their voice in support for funding for need-based financial aid programs. In light of Governor Patrick’s transformational $112 million increase in student financial aid included in his FY14 budget proposal, this event took on added importance this year as students encouraged the Legislature to match his commitment to students and financial aid. This funding is critical to helping MA students get to – and through – college.

Also, OGEA policy intern Julie Bolduc wrote a compelling article about the Massachusetts state budget cycle and proposals for early childhood education funding. To read Julie's article, follow [this link](#).

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**Spring Break Closing Information**

Don’t forget that wheelock begins its Spring Break this Friday evening! The residence halls will be closing Friday, March 8 at 7pm and will be re-opening on Sunday, March 17 at 12pm. Students who need to stay late or would like to apply to remain for the entire break should complete the Spring Break Housing form by Wednesday, March 6 at 12pm. Spring Break Housing Forms are available in the Office of Student Life.

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**Tips from the Counseling Center**

The Counseling Center is launching an ongoing series about managing student “stress”. Please feel free to share these tips with your student:

HERE ARE 6 STEPS TO DE-STRESS INSTANTLY!
1. Remember that feeling tense is a physical sensation you can learn to control. Sure, you have thoughts that are associated with feeling stressed and tense (maybe a test is coming?)—but they are only thoughts. You can learn to feel relaxed even when you have those thoughts.
2. Close your eyes and picture a place you like where you feel happy and comfortable and relaxed. A warm beach...a cool forest...your favorite ski slope...what works for you?
3. Breath from your abdomen, not your chest. Breathe slowly and evenly, and focus on your breath moving in and out. Yawn deeply to get oxygen into your system.
4. Drop your jaw. Then drop your shoulders. Gently roll your head from side to side several times. Keep picturing yourself in that place of comfort and relaxation.
5. Stand up and stretch if you can. Sit up and stretch if you can't. If any stretching is just too public, quietly tense-hold-release your muscles. Do that 3 times, holding for 10 seconds each time.

6. Return to the present and calmly move through your activity. As you do, think about your toes, fingers, and tummy. Make sure they are not flexed and tight, but rather loose and light. It's hard to hold muscle tension when your toes, fingers, and tummy are relaxed.

YOU CAN DO THIS ANYTIME, ANYPLACE.

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**Important Dates**

Friday, March 8: *Residence halls close at 7:00pm*

Monday, March 11 through Friday, March 15: *Spring Break*

Sunday, March 17: *Residence halls reopen at 12:00 noon*

Tuesday, March 19: *Initial 7-week undergraduate courses end*

Wednesday, April 3 through Friday, April 5: *Undergraduate summer and fall course selection*

Wednesday, April 3: *Last day to withdraw from an undergraduate course*

Monday, April 8 through Friday, April 12: *Colleges of the Fenway cross-registration period*

To view other upcoming dates and deadlines, please see Wheelock's [academic calendar](#).

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