

Volume 4, Issue 2

October 1, 2019

Important Dates:

Oct 5th— Homecoming/ Family Day

Oct 9th— 50% refund

October 14th— Columbus Day

Oct 17th— Career & Internship Fair

Oct 20th— Open House

Services On Campus

* Counseling Health and Wellness Center

* Academic Tutoring

* Accessibility Resource Center

* Writing Center



OCTOBER IS THE PERFECT MONTH TO SHOW YOUR PIONEER PRIDE!

October 1st— 20-21 FAFSA Application Opens— Closes June 30, 2021

October 5th— Homecoming and Family day. There will be a tailgate in lot 2 beginning at 9:30 A.M. (Must be 21+). Pioneer Carnival from 11-3 PM, WP plays against The College of New Jersey.

October 9th— This is the last day for a 50% refund.

October 14th— Columbus Day— School is open.

October 17th— Career & Internship Fair— Ballrooms— 12-3 PM. Among the companies visiting campus, designated Military Friendly companies will be here. You can visit the Career Development Center to update your resume and be ready. (Check the flyer below with the names of the Military Friendly companies attending this event).

Throughout campus, you can find a variety of workshops and resources that will help you achieve your academic and personal goals. Please check the flyers below for important information.

IT IS FLU SEASON: FREE FLU SHOTS AT WALGREENS TO VA-ENROLLED VETERANS! More information on flyer below.

*If you need information on how to enroll in the VA Health Services, please visit our office or e-mail us to: VetMilitarySvc@wpunj.edu

Be ready for the upcoming events for Veterans Week in November:

November 11th—Flag Planting in Zanfino Plaza at 10AM.

November 13th—Remembrance Day- Multipurpose Room 11AM-1PM.

November 14th— Mothers as support system for Service Members - Multipurpose Room 12:30PM-2:00PM.

November 15th— Devils Game— Military Appreciation Night-7PM. Let us know if you want to attend this game at no cost.

Stop by the Office of Veteran & Military Affairs anytime for anything you may need! We have coffee made daily, computers, lounge chairs, and a great lending library that could help with some of your class needs! Our student workers will be sure to help you!

(973) 720-3660



Student Spotlight

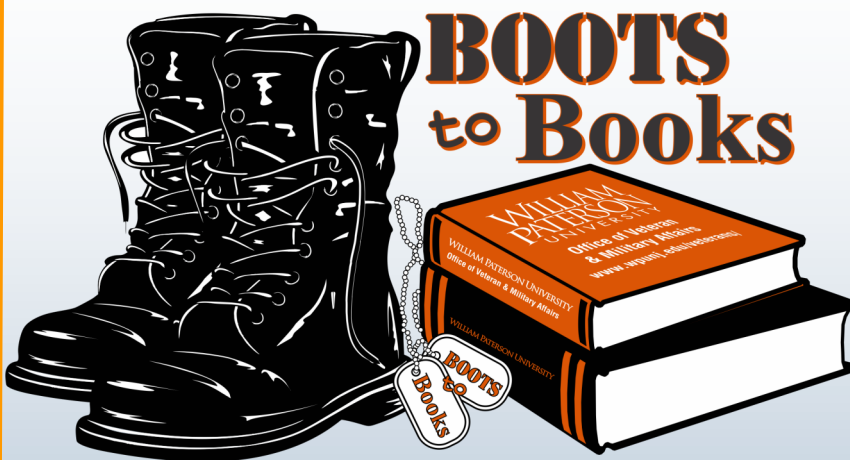


Natalia Arias is a National Guard student who is double majoring in Art and Secondary Education.

Year: Freshman

Branch: Army National Guard

"I like coming to the office and hanging out with like-minded individuals." -Natalia Arias



Tutoring – The Office of Veteran & Military Affairs is now offering one on one tutoring with veteran students. Please contact the office for specific tutoring hours and availability .

Don't Forget To Follow Us On:



Free flu shots to VA-enrolled veterans*



**For veterans enrolled in the VA health care system,
getting a flu shot at Walgreens or Duane Reade is easy**

Be a Flu Fighter today

1. Fill out the flu vaccination form below.
2. Bring the completed form, your VA ID card and a photo ID to your neighborhood Walgreens or Duane Reade location.
3. Walgreens or Duane Reade will automatically update your VA electronic health record in the VA health care system.

No-cost flu shots are for quadrivalent flu vaccine only.

Information below must be completed prior to receiving your shot.

Name: _____

Date of birth: _____ **ZIP code:** _____

Plan ID: VAFLU

Recipient # (Social Security number): _____

Patients will also be asked to complete a vaccine consent form at time of service.

Walgreens pharmacist:

- Only veterans enrolled in the VA health care system are eligible. Family members and Tricare members are NOT eligible.
- Verify information by checking VA ID card and a photo ID.
- Use the Social Security number in the Recipient # field.
- This voucher is for quadrivalent vaccine only.

To find a location near you, call 800-WALGREENS (800-925-4733)
or visit [Walgreens.com/FindAStore](https://www.walgreens.com/FindAStore)



DUANEreade

For questions or more information about the program, call 866-964-1812 or go to
www.va.gov/COMMUNITYCARE/programs/veterans/immunization.asp

*This wellness benefit is only for veterans enrolled in the VA health care system. Family members and Tricare members are not eligible. No-cost flu shot option is for quadrivalent vaccine only, available now through March 31, 2020. Vaccines subject to availability. State-, age- and health-related restrictions may apply. Vaccine may be in limited supply after March 1, 2020. This does not constitute an endorsement of Walgreens or Walgreens products. Patients will also be asked to complete a vaccine consent form at time of service.

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**U.S. Department
of Veterans Affairs**



ACADEMIC SUCCESS CENTER

FALL 2019 WORKSHOP SCHEDULE

Time | Location

Tuesday Workshops	Wednesday Workshops	Thursday Workshops
12:30pm-1:30pm University Commons 327	7:00pm-8:00pm Amy Job Classroom 114A (Library)	3:30pm-4:30pm University Hall 120



Workshop | Date



**Understanding and
Overcoming Test Anxiety**
Tuesday 10/29/2019
Wednesday 10/30/2019
Thursday 10/31/2019



**Let's Talk About Saving:
Money and Time**
Tuesday 11/5/2019
Thursday 11/7/2019

**How to: Ace that
Class You Hate**
Tuesday 11/19/2019
Thursday 11/21/2019



**Prepping for the Final(s)
Stretch**
Tuesday 12/3/2019
Wednesday 12/4/2019
Thursday 12/5/2019



The ASC is located in the Cheng Library 111B
Twitter/Instagram: @WPU_ASC
973-720-2563/3324



Take Action. Seek Help. Create Your Path.



CAREER DEVELOPMENT CENTER
WILLIAM PATERSON UNIVERSITY

These Military Friendly Companies will be attending:

- Boys & Girls Club of Clifton
- Boys & Girls Club of Paterson and Passaic
- Boys & Girls Club of Lodi & Hackensack
- City Year
- Contemporary Staffing Solutions
- Enterprise Holdings
- FedEx Ground
- Gettinge
- MassMutual NJ-NYC

**COUNSELING HEALTH AND
WELLNESS CENTER**

INTERPERSONAL GROUP

Feeling overwhelmed? Stressed? Anxious? Down?
Isolated? Lonely?

Learn to cope with life's challenges in order to grow and feel better about the quality of your life and relationships. Members of the group can help each other better understand themselves and others to improve self-knowledge and effectiveness in interpersonal relationships, decrease shame and isolation, and develop self-compassion and self-acceptance in a safe and confidential environment.

DATE: FRIDAY'S STARTING SEPTEMBER 13

TIME: 10:15-11:30

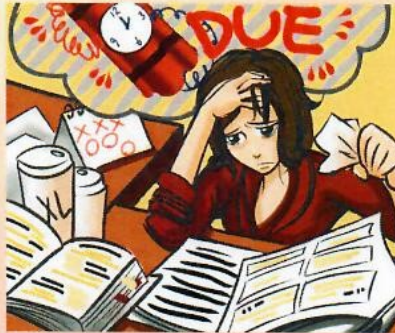
LOCATION: UC RM 202

LED BY: KAREN NADEL, PSY.D.

& ASHLEY APPLETON

For more information or to register visit CHWC or call 973-720-2257

Workshop for Managing Academic Stress



Are you feeling stressed or overwhelmed by your classes? Feeling burnt out?

Then this workshop is for you!

Learn new skills including: time management, relaxation, and how to handle stress. Learn how to find a balance between all of your responsibilities.

When: Thursdays from 1 PM- 1:45 PM (during Common Hour)

Dates: October 10th, 17th, 24th, 31st and November 7th

Where: Counseling Health and Wellness Center

Phone: Call 973-720-2257 to register for this group

Session 1: Study Skills and organization

Session 2: Stress Management Part 1

Session 3: Stress Management Part 2

Session 4: Managing disappointments from grades

Session 5: Balancing school & life commitments

William Paterson University

Pioneer Food Pantry

BUILDING A COMMUNITY THAT CARES
#DoGoodWP

*Approved for Priority
Removal After Event Date
Office of Campus Activities
Service & Leadership*

University Commons 335

OPEN MONDAYS & THURSDAYS
2:00PM-5:00PM

WWW.WPUNJ.EDU/PIONEERPANTRY



For more information please stop by Campus Activities, Service and Leadership
302 Student Center or call 973-720-2518

THERE'S NO PLACE LIKE HOME

PIONEER PRIDE 2019

WP

Monday, September 30th

Billy's Birthday Bash
UC Multipurpose Room
7pm-10pm

Women's Soccer vs. Drew
Pioneer Soccer Park
7:00pm

**Women's Field Hockey
vs. Rowan**
Wightman stadium
6:00pm

Tuesday, October 1st

**Pioneer Scavenger Hunt &
Performance by Geno 5**
Ballroom C
12:30pm-2pm

Thursday, October 3rd

**Pioneer Pride Sports &
Recreation Rally**
Zanfino Plaza
(Rain site: Ballrooms)
12:30pm-2:00pm

Trivia Night
UC Multipurpose Room
7:00pm-10:00pm

Video Game Competition
UC Arcade
7:00pm-10:00pm

Paint Night

UC Multipurpose
Room 7:00pm-10:00pm

Saturday, October 5th **HOMECOMING CARNIVAL**

Practice Field
11:00am – 3:00pm

Wednesday, October 2nd

Blood Drive
Ballroom A
11:00am-4:00pm

Friday, October 4th

Movie Night
"Terms and Conditions
May Apply"
Library Auditorium
3:30pm – 5:00pm

Homecoming Football Game
Wightman Stadium
1:00pm

Pioneer Burger Challenge
Wayne Dining Hall
4:30pm-5:30pm

**Women's Soccer vs. The
College of New Jersey**
Pioneer Soccer Park
5:00pm

Women's Tennis vs. Kean
Tennis Courts
5:30pm

Homecoming & Family Day: <https://wpunj.edu/homecoming>
President's Cup and Pioneer Pride Challenge

<https://www.wpunj.edu/campus-activities/special-events.html>

Funded by Student Government Association, Campus Activities, Service & Leadership, Recreational Services, Hospitality Services, Sodexo, Student Activities Programming Board, Pride Alliance, Athletics, Cheng Library, Alumni Relations, Tau Kappa Epsilon, Career Development, Residence Life, Veteran & Military Affairs.