



# 2022-23

WESTFIELD STATE CHAMPIONS  
**RESOURCE CALENDAR**

WESTFIELD  
ATHLETIC

"IT'S A GREAT DAY TO BE AN OWL"



# GREETINGS CHAMPIONS!

Dear Champions,

On behalf of the Dean of Students Office, we welcome you to the Westfield Family!

The Dean of Students Office is dedicated to supporting all Westfield State students in their out of classroom growth and development. We work collaboratively with Academic Affairs to create seamless curricular and co-curricular experiences for your student to support their success and overall well-being. Throughout the Division students will encounter skilled, caring professionals eager to support them in the following offices: Residential Life, Health and Counseling Centers, Student Conduct, Student Activities, Involvement and Leadership, and Career Services.

Often, the realities of living away from home create challenges for both the student and the Champion. Please know we are here to partner with you to support your student while they are with us. Should you believe your student is struggling with their academics, getting connected to clubs or organizations, having difficulty with their roommate/s, or you notice a change in your student's demeanor, please contact us via email or by phone.

We look forward to hearing from you!



**MAGGIE BALCH**  
DEAN OF STUDENTS

## GET INVOLVED!



Scan me

-  [westfield.ma.edu/StudentAffairs](https://westfield.ma.edu/StudentAffairs)
-  [@studentaffairswsu](https://www.instagram.com/studentaffairswsu)
-  (413) 572-5421
-  [deanofstudents@westfield.ma.edu](mailto:deanofstudents@westfield.ma.edu)

Welcome to the Westfield State University Champions Network Community! The Office of Student Activities, Involvement, and Leadership (SAIL) at Westfield State created this network to help Champions like you support their first year students. Whether you are a parent, a guardian, a family member, or an ally of a first year student, we recognize your special role of serving as a Champion for your student. Our SAIL office engages with first year students to provide them the resources they need to have a safe, successful, and valuable experience at Westfield State University. As your student creates their new chapter as an Owl, we understand that your influence, mentorship, and guidance will live within them as they navigate academic challenges, create a vibrant new social life, and develop their sense of independence. All Champions are invited to be members of the Champions Network as a place for continued support for you during this important time in your student's life. This network serves as your direct link to campus, connecting you to the appropriate staff to answer your questions and meet your needs. We do this through several opportunities, including:

- The Champions Resource Calendar
- Champions Only Facebook Group: Westfield Champions Network
- Champions Network Blog
- Champions Only Events

Our staff wants to thank you for being an active participant in your student's next chapter. We are excited to have them join Owl Nation here at Westfield State University!



**MATT DELLEA**  
ASSISTANT DIRECTOR OF SAIL  
COORDINATOR OF NEW STUDENT ORIENTATION



**LAURA CAFARO**  
COORDINATOR OF STUDENT INVOLVEMENT  
ASSISTANT COORDINATOR OF THE CHAMPIONS NETWORK



**ASK YOUR  
STUDENT**

**ALL STUDENTS**

Did you attend any involvement fairs? What are planning to get involved with?  
How are classes going? Have you talked to your professors about how you  
can get support outside of class?

**NEW STUDENTS**

How was Orientation Week?  
Have you made any connections?

# SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
28	29	30	31	1	2	3	
					FIRST-YEAR MOVE-IN DAY		
4	5	6	7	8	9	10	
	RETURNER MOVE-IN DAY LABOR DAY	CLASSES BEGIN					
11	12	13	14	15	16	17	
	ADD/DROP ENDS						
18	19	20	21	22	23	24	
					FAMILY WEEKEND	FAMILY WEEKEND	
25	26	27	28	29	30	1	
FAMILY WEEKEND ROSH HASHANAH							



**ASK YOUR  
STUDENT**

**CAREER CENTER**

Have you visited the Career Center to discuss career fair strategies or how to navigate career fairs?

**HOMECOMING WEEKEND**

Are you going to Homecoming? What are you going to do that weekend?

**FAFSA**

Did you know the FAFSA is now live? We should plan a time to review and apply before the deadline.

# OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
25	26	27	28	29	30	1	
2	3	4 YOM KIPPUR	5	6	7	8	
9	10 INDIGENOUS PEOPLES DAY NO CLASSES	11 FOLLOW MONDAY'S SCHEDULE	12	13	14	15	
16	17	18	19	20 HOMECOMING	21 HOMECOMING	22 HOMECOMING	
23 HOMECOMING	24 DIWALI	25	26	27	28	29	
30	31 HALLOWEEN	1	2	3	4	5	



**ASK YOUR  
STUDENT**

**SPRING SEMESTER**

How are you preparing to register for spring semester classes? Don't forget to check those holds!

**SUMMER PLANS**

Have you started to think about any internships, classes, or employment for the summer?

**THANKSGIVING BREAK**

When do you plan to come home for Thanksgiving Break? Can we talk about any plans you are making for your time off?

# NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
30	31	1	2	3	4	5	
6 <small>DAYLIGHT SAVINGS</small>	7	8	9	10	11 <small>VETERANS DAY NO CLASSES</small>	12	
13	14	15	16	17	18	19	
20	21	22 <small>LAST DAY TO WITHDRAW FROM CLASSES</small>	23 <small>THANKSGIVING BREAK BEGINS AT 12:30 PM</small>	24 <small>THANKSGIVING</small>	25	26	
27 <small>CLASSES RESUME</small>	28	29	30	1	2	3	



**ASK YOUR  
STUDENT**

**FINAL EXAMS**

Are you prepared for final exams?  
What does the exam schedule look like?

**WINTER BREAK**

What are your expectations of coming home for  
Winter Break? Let's have a discussion before break  
starts to make sure we are on the same page.

**CHAMPIONS NETWORK**

I'm interested in attending one of the  
Champions Network Socials, when  
would be a good time to attend?

# DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
		CLASSES END	FINALS WEEK BEGINS			
18	19	20	21	22	23	24
HANUKKAH BEGINS	FINALS WEEK ENDS	SEMESTER ENDS				CHRISTMAS EVE
25	26	27	28	29	30	31
CHRISTMAS	HANUKKAH ENDS KWANZAA BEGINS					

*Notes*



**ASK YOUR  
STUDENT**

**BACK TO SCHOOL**

How are you adjusting to being back at school after a break?

**GOALS**

What are your goals for the upcoming semester?

**RESOURCES**

What are some new resources that you might take advantage of this semester?

# JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
1 NEW YEARS DAY KWANZAA ENDS	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16 SPRING SEMESTER MOVE-IN DAY MARTIN LUTHER KING JR DAY	17 CLASSES BEGIN	18	19	20	21	
22 LUNAR NEW YEAR	23 ADD/DROP ENDS	24	25	26	27	28	
29	30	31	1	2	3	4	



**ASK YOUR  
STUDENT**

**WELLNESS**

How are you promoting wellness and healthy habits into your routine?

**FAFSA**

Don't forget the FAFSA Deadline is March 1. We should talk about financing options for next year.

**SCHOLARSHIPS**

Have you checked out any scholarship opportunities through the Westfield State Scholarship Fund?

# FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
29	30	31	1	2 GROUNDHOG DAY	3	4	
5	6	7	8	9	10	11	
12	13	14 VALENTINE'S DAY	15	16	17	18	
19	20 PRESIDENTS DAY	21 FOLLOW MONDAYS SCHEDULE	22	23	24	25	
26	27	28	1	2	3	4	



UNIVERSITY HALL

**ASK YOUR STUDENT**

**SPRING BREAK**

What are your plans for Spring Break?  
Do you plan to come home or travel?

**MID-TERMS**

How are mid-terms going this semester?

**JOB AND INTERNSHIPS**

Are you planning to attend the Job and Internship Fair?  
Do you have professional attire at school for that event?

# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
26	27	28	1	2	3	4	
5	6	7	8 HOLI	9	10	11	
12 DAYLIGHT SAVINGS	13 SPRING BREAK BEGINS	14	15	16	17 ST PATRICK'S DAY	18	
19	20 CLASSES RESUME	21	22 RAMADAN BEGINS	23	24	25	
26	27	28	29	30	31	1	



**ASK YOUR  
STUDENT**

**SUMMER PLANS**

Have you finalized any plans for the summer?

**FALL COURSES**

How do you feel about the courses that you selected for the upcoming fall semester?

**END OF YEAR**

What end of the year programming opportunities are you taking advantage of?

# APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
26	27	28	29	30	31	1 <small>APRIL FOOL'S DAY</small>	
2 <small>PALM SUNDAY</small>	3	4	5 <small>PASSOVER BEGINS</small>	6	7 <small>GOOD FRIDAY</small>	8	
9 <small>EASTER</small>	10	11	12	13 <small>PASSOVER ENDS</small>	14	15	
16 <small>ORTHODOX EASTER</small>	17 <small>PATRIOTS DAY NO CLASSES</small>	18	19	20	21 <small>SPRING WEEKEND RAMADAN ENDS EID AL-FITR</small>	22 <small>SPRING WEEKEND EARTH DAY</small>	
23 <small>SPRING WEEKEND</small>	24	25	26	27	28	29	
30	1	2	3	4	5	6	



**ASK YOUR  
STUDENT**

**SENIORS**

Seniors, are you ready for Commencement?  
Do you have your tickets and Regalia?

**GOALS**

What are your biggest takeaways from this  
year at Westfield State? What goals do you  
have for next year?

**FIRST YEAR**

What was the best experience during  
your first year at WSU? What did you find  
most challenging as a first-year student?

# MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
30	1	2	3 LAST DAY OF CLASSES	4 FINALS BEGIN	5	6	
7	8	9 FINALS END	10 SEMESTER ENDS	11	12	13	
14 MOTHER'S DAY	15	16	17	18	19 COMMENCEMENT	20	
21	22	23	24	25	26	27	
28 MEMORIAL DAY	29	30	31	1	2	3	

CONGRATULATIONS TO THE CLASS OF 2023!  
[westfield.ma.edu/Commencement](http://westfield.ma.edu/Commencement)

FOLLOW US @westfieldstate





**ASK YOUR  
STUDENT**

**ALL STUDENTS**

What are you most nervous about for Fall?  
What are you most excited about for Fall?

**RETURNING STUDENTS**

What are some things that went well this past year?  
What are some goals for the upcoming year?

# JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
28	29	30	31	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
FATHER'S DAY							
25	26	27	28	29	30	1	



**ASK YOUR  
STUDENT**

**BILLS CAME OUT**

What are your financial responsibilities for the coming school year?  
How can we create a budget for next semester?

**NEW STUDENTS**

How are you preparing for school?  
What resources do you feel you still need to succeed?

**ALL STUDENTS**

Are you staying connected to WSU through your email and social media for important information?

# JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>Notes</i>
25	26	27	28	29	30	1	
2	3	4 INDEPENDENCE DAY	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	1	2	3	4	5	



## 10 TIPS for CHAMPIONS

- 1 Find ways to promote independent thinking.** Can you help your student take responsibility for their own choices and decisions?
- 2 Find ways to get comfortable with the uncomfortable.** There is a chance that your students will surprise you with something this year. How are you going to respond to it?
- 3 Let your student fail.** Your student needs to be able to make mistakes, so they can learn from them.
- 4 Work with your student to set boundaries.** It is important to keep in touch, but also allow them freedom to explore on their own. Decide together how often you want to talk, text, video chat, or communicate with each other.
- 5 Encourage your student to find at least one connection point with the university.** This could be friends in the Residence Hall, a professor in a classroom, or a Club Advisor. Students that are connected have a better experience overall.
- 6 Have patience.** Both you and your student will want Westfield State to feel like a home away from home. Remember that this takes time. Your student may connect with you more frequently in the beginning, and then taper off as they make new connections during the semester.
- 7 Trust your student.** Frequently remind your student that you trust them to make good choices. The power of positive messages is stronger than fear or distrust.
- 8 Remember that your student will always carry some of the values that you have taught them,** but they may grow and develop new ones along the way. As a student starts to discover who they are as an individual, they will start to develop their own set of values that are important to them.
- 9 Get people in your corner.** Build relationships with staff at Westfield State and other Champions, so we can work together to support student success.
- 10 Remember:** Your student will always need you, just in a different way.

A large blue circle containing the text 'CAMPUS RESOURCE LISTING' is centered on the left side of the page. The background of the entire page is a photograph of a brick building with a green cupola, partially obscured by pink cherry blossom branches in the foreground.

## CAMPUS RESOURCE LISTING

### DEPARTMENT

### CONTACT INFORMATION

Academic Advising Center	(413) 572-8678
Admissions	(413) 579-5218
Athletics	(413) 572-5405
Banacos Academic Center	(413) 572-8789
Bookstore	(413) 579-3100
Campus Card Office	(413) 572-8184
Career Center	(413) 572-5206
Counseling Center	(413) 572-5790
Common Goods Food Pantry	commongoods@westfield.ma.edu
Commuter Engagement	(413) 572-5619
Dining Services	(413) 572-5410
Financial Aid	(413) 579-5218
Health Services	(413) 572-5415
Help Desk (IT)	(413) 572-4357
Honors Program	honors@westfield.ma.edu
Housing Office	(413) 572-5402
International Programs Office	(413) 572-8819
Library Services	(413) 572-5231
Mail Room	(413) 572-5248
Military Excellence Center	(413) 572-8370
New Student Orientation	(413) 572-5619
Parking	parking@westfield.ma.edu
Public Safety	(413) 572-5262
Registrar's Office	(413) 572-3200
Residential Engagement	(413) 572-5402
Student Accounts	(413) 579-8538
Student Activities, Involvement, and Leadership	(413) 572-5619
Student Affairs	(413) 572-8789

Westfield  
STATE UNIVERSITY

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[westfield.ma.edu](http://westfield.ma.edu)