



Dear Parents,

Thank you for allowing us to participate in your student's collegiate journey. We consider it a privilege and will support and assist your student in many ways during their transition to campus.

We have a variety of resources available and want to remind you to share this information with your student. Here is a list of the commonly requested services:

- Campus Police- If your student has a car on campus, they will need to register and purchase a parking decal. Although the campus feels very safe, remind your student to always be aware of surroundings and lock their doors when away from their vehicle or home/residence hall. Contact the Police department by calling 205-652-3682.

- Counseling Center- Students can make an appointment for in-person counseling by stopping by Foust Hall, Room 7 or by calling 205-652-3651. The Counseling Center will also provide various programs and group sessions throughout the semester.
- Center for Achievement, Retention and Enrichment Services (CARES)- This office provides centralized advising for first-year students, as well as tutoring services. They have a CARES Closet if you need school supplies, as well as a lap-top check-out. Stop by the second floor of Spieth Hall or call 205-652-3472.
- UWA Alert- Your student can register you and themselves for the emergency alerts. Go to www.uwa.edu > Current Students Faculty and Staff > UWA Alerts to register.

Our goal is for your student to have a happy and successful experience at The University of West Alabama. Please contact me if you have any questions or concerns.

Dr. Melissa Haab
Vice President of Student Affairs and Enrollment Management
205-652-5571
mhaab@uwa.edu

To sign up for this monthly email, [click here](#).

Tiger Talk Archive

IMPORTANT DATES

September 4

Labor Day (all university offices are closed)



Family Day will be held on September 23. There will be many activities for you to get to know the campus better. UWA will take on Mississippi College as we kick off Gulf South Conference play. Sign up today!

Visit our Family Day
site

STAY UP TO DATE WITH ALL THINGS UWA!

FOR CURRENT UWA STUDENTS



FOR INCOMING AND POTENTIAL UWA STUDENTS



OFFICIAL UNIVERSITY ACCOUNT



WWW.UWA.EDU





SUPPORTING YOUR COLLEGE STUDENT

College can be overwhelming, and your student is learning something new about themselves every day. They are meeting new people, finding new interests, and discovering a new chapter of life. This can be a very stressful time, and anxiety can quickly become a part of their lives.

We encourage you to support your student while here at UWA. Stay connected with your student and encourage them. Expect change in their lives as they become more independent. Also, get to know what they are doing and what classes they are taking. Ask questions to be a part of their journey.

Spending time with family and friends can help reduce stress and anxiety.

It's important to keep an eye out for symptoms of depression, the most common mental health challenge. These include:

- Sadness
- Anxiety
- Hopelessness
- Irritability
- Restlessness
- Difficulty sleeping
- Loss of appetite
- Suicidal thoughts
- Unexplained aches and pains
- Tearfulness

A sudden drop in academic performance can be another sign that support is needed.

(From McLeanHospital.org)

Article on Supporting Your Student



UNIVERSITY POLICE

Safety and security should be your top priority for you and your family, wherever you are. On the campus of the University of West Alabama, there are precautions your student can take and services they can utilize to help ensure their safety.

The **Student Night-time Auxiliary Patrol (SNAP)** is a night-time transportation service for students traveling on campus at night. This service is FREE, So Don't WALK ALONE at night.

Hours of operation: 6 pm – 11 pm Sunday through Thursday

Call 205-652-3937

UWA has many **Emergency Blue Lights** located at strategic locations across our campus. These non-dial emergency phones are another added security measure for our students. These phones are recognizable by the blue lights on top of the device. When the button is pushed, the caller is connected with UWA Police Dispatch. Along with having voice contact with the caller, the dispatcher will know the caller's location.



ATHLETICS

Tickets will go on sale to the public on August 2, 2023. The link to purchase will be <https://uwaathletics.com/sports/2021/6/24/ticketing>

Tickets can be purchased and accessed through the Hometown Ticketing app as well. All you need to do is search The University of West Alabama and make it a favorite to see what sporting event tickets are available.

UWA Football



UWA vs. Mississippi College
9/23 6:00pm



UWA vs. Delta State
9/30 4:00pm

UWA vs. West Florida
9/19 6:00pm



UWA vs. Auburn Montgomery
9/26 6:00pm



September UWA Home Athletic Events

UWA Volleyball



UWA FOOD BANK

The UWA Food Pantry is located in the lobby of the Student Building and is open 24/7 for any student that is experiencing food insecurity. Studies show that approximately 30% of college students deal with food insecurity during their collegiate years. This free program for UWA students is supported by the UWA Community and former NFL star Malcolm Butler.

TIGER TAIL BASKETS

Delivering a little love from home.

presented by



&



- UWA colors and themes
- Personalized to the student (small orders only)
- On-campus delivery included
- 3 different price tiers to choose from

Call to order:

Little Acorn (205) 652-2423



EMERGENCY PLAN

We want your students to be safe, whether they are living on campus or off campus. This is the first time that many students have lived away from home and we want to give them the avenues to be safe.

As many of you know, severe weather can happen in Alabama throughout the year. Our Emergency Preparedness Committee meets regularly to make sure that we can give your students the information they need to be safe on campus during an emergency.

UWA Alerts is the best way to stay informed and receive official university instructions during an emergency. Parents can be signed up to receive notifications by their student.

If a tornado warning is issued...

- Find the best location in the building with no windows, preferably the

lowest level of the building.

- Cover your head and wait for the tornado warning to pass.
- Do no drive in severe weather.
- If you live on campus follow the instructions from the housing staff on where the best location is on campus.



COUNSELING SERVICES

College can be one of the most amazing experiences in your student's life. Like many experiences, it is not without its challenges. The COVID-19 pandemic also dramatically shifted the way we do life and school. As a result, many college campuses have seen increased student mental health concerns related to anxiety and depression. The Counseling Center is here to help by applying Short-Focused Solution Therapy.

Counseling services at UWA provided services to all on-campus undergraduate students. Individual, couples, and group counseling options are available. All our services are confidential — no information is released to anyone without written consent except in the case of a life-threatening emergency or when otherwise required by law.

Our clinical team will empower and equip your student to discover new insights and perspectives, acquire knowledge and skills, connect with others on campus and in the community, and learn new ways to deal with life's unique circumstances more comfortably. We are excited to be part of your student's journey! Counselors and staff are trained to help students with common concerns and struggles such as, but not limited to:

- Inclusive & Specialty Services
- Relationship and family issues
- Transitional anxiety
- Group Counseling & Workshops
- Community Mental and Behavioral Health Resources and Referrals
- Academic Struggles/Study Skills
- Stress and Anxiety
- Feeling Sad
- Anger

- Loneliness
- Learning and Acquiring Good Sleep Hygiene
- Motivation and Focus

Drop-In — No Appointment Necessary!

Our offices are open for no-cost same-day appointments on weekdays, Monday through Friday. The counseling services office invites your student to meet with a counselor to learn more about our services and treatment options or in the event of an urgent mental health issue. The office sees students on a first-come, first-serve basis during this time.

Please browse the UWA website to learn more about our counseling services. UWA Counseling Services' location is Foust Hall 7. Call us during business hours between 8:00 a.m. and 5:00 p.m. at (205)652-3651 or schedule an initial consultation online via counseling@uwa.edu.

Crisis Information

If your student is experiencing a life-threatening emergency, don't hesitate to get in touch with one of the following mental health crisis resources:
911 or 988 (Suicide & Crisis Lifeline)



CAMPUS RECREATION

Students who participate in collegiate recreational opportunities experience a number of benefits from being physically active, including increased retention rates and improved health and wellness. Those who participate often and in a range of activities benefit even more. An active lifestyle can also reduce stress and anxiety, improve self-confidence, better sleep, and more mental clarity and focus. These activities also provide opportunities to expand your network and your support system.

UWA Campus Recreation strives to provide meaningful experiences through programs and services to our campus community. From group fitness classes to outdoor adventures and aquatics and from intramural sports to open recreation, there's something for you, no matter your level of ability or expertise. Invest in yourself—take advantage of what Campus Rec offers you.

For more information about recreation activities on campus visit the link below.

[Visit our Website](#)



UPCOMING EVENTS

We have launched a new site for all events on campus. Make sure your students are checking the link below:

[Events Website](#)

NOW SERVING STUDENTS, FACULTY & STAFF



The new healthcare home for the Tigers



University Medical Center - Livingston
711 North Washington Street
205-652-7001

Bring photo ID, insurance card & co-pay

University of West Alabama Student Activities | UWA Student Union Building, Livingston, AL 35470

[Unsubscribe dgardner@uwa.edu](mailto:dgardner@uwa.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

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