



# WESTERN RESOURCES

Academic Advising Center	650-3850	Old Main 380
Campus Recreation Services	650-3766	Wade King Recreation Center
Career Services Center	650-3240	Old Main 280
Counseling Center	650-3164	Old Main 540
Dean of Students/Office of Student Life	650-3706	Viking Union 546
disAbility Resources for Students	650-3083	Old Main 120
Financial Aid Office	650-3470	Old Main 265
Math Center	650-3813	Bond Hall 211A
<b>PREVENTION AND WELLNESS SERVICES</b>	<b>650-2993</b>	<b>Old Main 560</b>
<b>ADCAS (Alcohol &amp; Drug Consultation &amp; Assessment Services)</b>	<b>650-6865</b>	<b>Old Main 560C</b>
<b>CASAS (Consultation &amp; Sexual Assault Support Services)</b>	<b>650-3700</b>	<b>Old Main 585B</b>
<b>Sexual Health Information Sessions</b>	<b>650-7557</b>	<b>Old Main 565A</b>
Research & Writing Studio	650-3219	Haggard Hall 203
Student Health Center	650-3400	2001 Bill McDonald Parkway
Student Outreach Services	650-7443	Old Main 387
Student Technology Center	650-4300	Haggard Hall 212
Tutoring Center	650-3855	Wilson Library 280
Western Libraries	650-3084	Haggard Hall & Wilson Library



**Reduce stress with planning.** Use this calendar to plan out your quarter.

**Get enough sleep!** 7-8 hours a night helps you process new information and stay focused in class.

**Avoid catching & spreading colds/flu.** Wash your hands and keep them away from your face. Cover your cough and sneeze with a tissue or your elbow.

**Fuel your mind and body** with healthy food choices and activities you enjoy—walk, ride your bike, dance, lift weights, practice yoga, etc.

**Ask for help.** If you're feeling anxious, overwhelmed, depressed, or stressed out, reach out for help. Call the Counseling Center at 360-650-3164.

## FALL CLASS SCHEDULE

USE THIS CALENDAR TO TRACK YOUR SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM							
9							
10							
11							
12 PM							
1							
2							
3							
4							
5							
6							
7							