Welcome to Spring at Penn! As we enter into the new semester, students are in planning mode. The Wellbody Center can help students start the semester off on the right foot with a wide variety of academic support. They offer virtual and in-person programs that address learning and studying strategies, sleeping services, and more! To assist students make plates for their semester, Career Services will host their Spring Career and Internship Fair on February 2 in quadrangle.

As always, we remain here for you and your students. Please feel free to email us at ppapers@upenn.edu with any questions, concerns, or comments, and visit our website, pennparents.upenn.edu.

Chairs,
Tara Davies SPP’19 PAR’24
Executive Director, Parent Outreach and Development

January 2023 E-Newsletter

Penn Forward Tour
Join President Mogil and the Penn community for the Penn Forward tour. It’s an opportunity to visit Penn’s global cities, and get a first-hand look at the following cities: New York, Los Angeles, San Francisco, London, DC, and Philadelphia. Find the schedule and registration links here.

Immunization Compliance
Students should be sure they are compliant with their required immunizations, including influenza, by January 11, 2023. Students who are non-compliant with their flu requirements will be placed on a registration hold—meaning they will not be able to add or drop classes until they become compliant. Immunizations can be found on Immunization Compliance here.

Room Selection
The 2023-24 Room Selection application opens on January 1, 2023. If your student is a current sophomore, junior, or senior, they can log on to Campus Express starting in mid-March. If your student is a current first-year, they are required to enroll in a dining plan for 2023-2024 during the application. Current first years are required to select a plan. Rising seniors will have the opportunity to enroll in a dining plan for 2023-2024 during the application. Current first years and rising seniors can help students make a strong start to the semester by enrolling in a dining plan on the application or on Campus Express starting in mid-March.

At a Glance
- January 11 – Spring Semester begins
- January 11 – Immunization Requirements Due
- January 18 – Room Selection Opens
- January 24 – Course Selection Period Ends
- January 26 – Penn Forward in New York City
- January 26 – Penn Forward in San Francisco

Wellness at Penn’s
Wellness Workshops
Penn Museum
On Saturday, January 21, Penn Museum will present their annual Lunar New Year Celebration. In partnership with the Chinese Student Association, the event will feature contemporary Chinese music and dance performances. The event is included in museum admission, so students can attend for free!

Greek Life at Penn
Greek Life at Penn is looking for meaningful and engaging ways to service its community of over 40 fraternities and sororities. Sororities consist of value-based organizations that provide support, mentorship, and camaraderie. Penn offers Greek Life at Penn at every level, from community at Penn to fully inclusive organizations.

Student Support

Wellness Workshops

January is a time for many students to engage in new social organizations and opportunities on campus. Parents should check with their student regarding their well-being, and remind them that Wellness at Penn offers a variety of workshops both for individuals and for student groups. Specific information about our workshops can be found at Wellness at Penn on Instagram for regular health and wellness information, as well as wellness programming and events.