February 2023 E-Newsletter

Happy February! As we are approaching the middle of the semester and midterm season, students are in planning mode. The Weingarten Center is here to support students' academic success. They offer drop-in tutoring, learning consultations to discuss studying strategies, assistance with filing for an accommodation and so much more.

For students planning out their summer, Career Services will hold several career fairs throughout the semester. You and your student can find dates and locations on Career Services' website. If your student is interested in taking courses over their break, Penn Summer offers over 200 classes, both on campus and around the world.

As always, we remain here for you as partners in your student's Penn experience. Please feel free to email us at ppgparents@dev.upenn.edu with any questions, concerns, or comments, and visit our website, pennparents.upenn.edu.

Cheers,
Tara Davies SPP'19 PAR'24
Executive Director, Parent Outreach and Development

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Important Dates & Reminders

Penn Student Agencies

*Show your student some love! Order Valentine-themed care packages or cakes delivered right to their door! [Order here](#)*

Drop Period

The Drop Period ends February 20, which means it is the last day students can drop a class and not have it appear on their transcript. Students can reach out to their academic advisor if they have any questions.

Follow Us!

The Penn Parents Team runs three social media accounts. Follow us on Facebook, Instagram, and Flickr to stay up to date with campus happenings and view Penn Parents announcements!

Campus Life

Penn Libraries

Penn parents can now browse and borrow more than 1,500 award-winning and notable books for children and young adults, all highlighting diverse characters and experiences, as part of a new initiative at the Penn Libraries. The new and growing collection features English-language titles, with selections suitable for the youngest readers up to 12th graders, that have won or been nominated for awards related to diversity.

Celebrating Black History Month

February is Black History Month! There are many events happening around campus this month to discuss, learn and celebrate black history and culture. Your student can filter for Black History Month events on University Life's event calendar.

Student Support

Group Therapy Sessions

What? Group therapy sessions for University of Penn students.

When? Ongoing throughout the Spring semester

Where? 10x10 [interested students are welcome to attend](#)

Details: Group therapy can help students gain support, share experiences and struggles, learn about yourself, and develop skills to relate to others. Students who participate in group therapy tend to feel less isolated, more self-aware, and more connected to others as a result of being in group. Wellness at Penn's Student Health and Counseling team offers group therapy for a variety of topics, including body image, substance use, managing stress and anxiety, mindfulness, grief support, international student support, and more. [Learn more here](#).