

TFCSS Newsletter

From the Taylor Family Center for Student Success

January 2025

Financial Wellness Gets a Fresh Look



The screenshot shows the TFCSS Financial Wellness Events & Programs webpage. At the top right, there is a link for "EXPLORE STUDENT AFFAIRS". The navigation bar includes "About", "Four-Year Experience", "Events & Programs", "Signature Programs", "Financial Wellness", and "Contact". A search icon is located on the right. The main heading is "Financial Wellness Events & Programs". On the left, there is a sidebar with the following links: "FINANCIAL WELLNESS", "Financial Literacy: Campus Community & Student Engagement", "Student Success Fund", "Financial Wellness Events & Programs", and "Financial Wellness Resources". The main content area contains the following text: "Programming is available from the Financial Wellness Team on a regular basis. You can also request a workshop to meet your specific needs." Below this is a link: "Request a financial education workshop →". The events listed are: "JAN 31 Financial Wellness Friday: Mind Over Money: Managing Financial Stress with Ease" (Friday, January 31, 2025, 1:00 PM – 2:00 PM, DUC 239), "FEB 14 Financial Wellness Friday: Know Before You Go: How to Financially Prepare to Move Off Campus" (Friday, February 14, 2025, 1:00 PM – 2:00 PM, DUC 248), and "FEB 28 Financial Wellness Friday: Tax Savvy: What You Need to Know About Taxes as a College Student" (Friday, February 28, 2025, 1:00 PM – 2:00 PM, DUC 248).

In the Taylor Family Center for Student Success, we understand college comes at a cost, and those price tags can be overwhelming.

That's why the **Office of Financial Wellness Programs** is working to make resources to fund your education, meals, and well being easier to find and access.

What was previously the Student Success Fund tab on the TFCSS webpage is now titled "**Financial Wellness**". New features include an events and programs page, a link to request a financial education workshop, links to resources such as the Food Security Fund website, and more.

You can still find the Student Success Fund Application portal in this tab with up-to-date information and FAQ's on the fund. The portal will reopen on January 20, 2025.

Along with a new tab comes a new series of programming: Financial Wellness Fridays.

The first Financial Wellness Friday workshop of the year will take place on January 31 from 1PM - 2PM in DUC 239.

Join wellness expert, Meg Krejci, as she shares insights on how financial stress can impact you and your academic performance. This session will provide practical methods and coping strategies through the practice of mindfulness to help combat stress and anxiety.

This workshop is open to all WashU students. [RSVP](#) today!

Financial Wellness Webpage

Mini Message

Tanya Montgomery, Associate Director of the TFCSS

Welcome Back to Campus TFCSS!

We hope you had a relaxing winter break and an opportunity to spend quality time with your loved ones. This semester, we are excited to offer a host of programming for you to take advantage of.

From Academic Programming, Financial Wellness, End of Week Unwinds, and more, we will continue to work hard to foster an environment that builds trust, support, and a sense of belonging.

Keep an eye out around the suite for our community norms! The goal of our shared space is to ensure ALL feel welcomed!

We are excited to have you back on campus and send best wishes for a successful spring semester!

TFCSS Community Norms

This is your shared community suite, so please be mindful of how you show up for yourself and others,

- Be kind to those around you by being mindful of your volume and the type of language used within the suite, as it could be offensive to others.
- Everyone has the right to be heard, so use your voice respectfully, but also hold space for other voices to be heard.
- During business hours, (M-F: 8am-6pm), keep music, movies, activities, and discussions PG-13. However, we should always make sure the environment is comfortable for ALL who are using the suite.
- Please keep the area clean at all times. The large trash and recycle bins are at the back of the suite and should be used when throwing trash away.
- Snacks are free, but we ask that you be considerate of others and ensure that everyone can enjoy these snacks, by NOT stocking up.
 - *If you are experiencing food insecurity, scan the QR code below to learn more, and apply for the food insecurity fund.*
- If you are sick, please avoid visiting the suite to keep others from getting sick.
 - *Scan the QR code below to visit the WashU Student Health Center website and learn more about how to protect you and others from COVID-19, the flu & other respiratory illnesses.*



Food Insecurity Website



Student Health Center Website



HIGHLIGHT

Welcome Back Event takes place Jan. 15!

Join the TFCSS as we welcome students back to campus for Spring 2025 featuring the Center for Teaching and Learning on Time Management, information on the Student Success Fund, painting by

numbers, and food from Potbelly Sandwich Shop!

Juniors & Seniors - TFCSS suite, DUC 330.

Freshmen & Sophomores - DUC 276



TFCSS Featured Events in January

- Check out the [TFCSS website](#) for the full list of January events.
- Bring your TFCSS punch card to every event to be entered to win a prize before summer break!

JAN
15

[TFCSS Welcome Back Event](#)

12:30 p.m. to 1:30 p.m.

DUC 276 for Freshmen & Seniors, DUC 330 (TFCSS Office) for Juniors & Seniors

No RSVP's required!

JAN
17

All TFCSS: End of Week Unwind Series Returns

3:00 p.m. to 5:00 p.m.

DUC 330 (TFCSS Office)

All TFCSS scholars are welcome to join us in DUC 330 for free food, games, and an informal presentation with a WashU campus partner or student group each Friday.

Our first Unwind of the spring semester will feature a **Student Success Fund Q & A** with Financial Wellness Programs Director, Andrea Stewart-Douglas. Veggie samosas and chicken pakoras are on the menu from House of India.

Follow us on Instagram at [washutfcss](#) to learn each week's food item and guest!

JAN
29

Professional Clothes Closet Shopping Day - TFCSS Student Exclusive

3:00 p.m. to 5:00 p.m.

DUC 330 (TFCSS Office)

DUC 330 turns into a Professional Clothing boutique open to TFCSS scholars **ONLY** from 3:00 p.m. - 5:00 p.m.

Looking for that blazer or slacks to spruce up your professional look? Stop by the suite to shop gently used professional attire at **NO COST** to you! Each scholar is entitled to two full ensembles per semester.

Can't make this event? That's ok - the Professional Clothes Closet has shopping hours select Mondays beginning 2/10 - 4/28 from 2:00 p.m. - 3:00 p.m. in the OSP Suite, DUC 300. See our [Events and Programs](#) page for all available shopping dates.

JAN
31

Financial Wellness Friday: Mind Over Money: Managing Financial Stress with Ease

1:00 p.m. to 2:00 p.m.

DUC 239

Join wellness expert, Meg Krejci, as she shares insights on how financial stress can impact you and your academic performance. This session will provide practical methods and coping strategies through the practice of mindfulness to help combat stress and anxiety.

[RSVP](#) today!

Financial Wellness Programs

MIND OVER MONEY

Managing Financial Stress with Ease



Join wellness expert, Meg Krejci, as she shares insights on how financial stress can impact you and your academic performance.

This session will provide practical methods and coping strategies through the practice of mindfulness to help combat stress and anxiety.

Jan 31

1PM - 2PM

DUC 239

PRESENTED BY MEG KREJCI

Register Now



Contact Us : finlitstudents@washu.edu

We're Hiring!

TFCSS Administrative Student Assistant

You are already in the suite anyway....why not get paid?



WE'RE HIRING!

TFCSS ADMIN STUDENT ASSISTANT

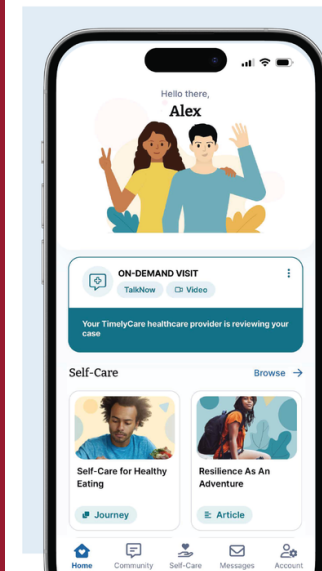
Are you work-study eligible and looking for a fun job in the TFCSS?

Get the full job description by emailing Hope at hopem@wustl.edu to learn more!

SUMMARY

- 10 hours per week
- Flexible schedule
- \$13.75 per hour
- Greet peers, staff, and guests in the TFCSS suite
- Assist with TFCSS events
- Design and post social media

Ready to apply? Email your resume and a letter of interest to hopem@wustl.edu



timelycare

24/7 Telehealth Support for WashU students

Register now for a chance to win a great prize:

- Dinner for 2 at Ibbey's
- \$20 Gift Card (Uber, Target & more)
- Wireless earbuds and headphones
- Portable chargers & more
- Free for all students who pay the health and wellness fee
- Telemental health services available 24-7
- For immediate access, download the TimelyCare app, register using your WUSTL email address, and access the Talk Now feature



All enrolled students who pay the health and wellness fee have access to free, telehealth support which offers 24/7 TalkNow consultations, 12 free scheduled counseling appointments per year, as well as psychiatry, and medical visits.

Win a prize!! [When you register for TimelyCare before January 31, 2025](#): dinner for two at Ibbey's, \$20 gift cards, wireless earbuds, portable chargers and more.

Spring Semester 2025 Important Dates

- Monday, **January 20, 2025** No Classes; MLK Day
- Tuesday, **February 11, 2025** [Spring 2025 WashU Career Expo: All Industries](#)
- **March 8 - 16, 2025** No Classes; Spring Break
- Thursday, **May 8, 2025** [TFCSS First-Gen Graduation Celebration](#)
- Monday, **May 12, 2025** Commencement

[Click here for the full 2024- 2025 Bulletin](#)

TFCSS Instagram

Follow us!



Taylor Family Center for Student Success

taylorfamilycenter.washu.edu

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