



THE LION'S ROAR

The monthly newsletter for Penn State Berks

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IMPORTANT DATES



- Oct. 1 - 30** | 2025-26 On-campus Housing Request Opens¹
- Oct. 7-23** | Starfish Mid-semester Progress Reporting²
- Oct. 2** | Priority Course Registration Opens³
- Oct. 9** | Regular Course Registration Opens³
- Oct. 16** | Campus-wide Advising Meetings⁴
- Oct. 22** | Installment Payment Plan (IPP) Payment #3 Due⁵

LOOKING AHEAD

- Nov. 15**
 - Late Drop Deadline at 11:59pm (for full semester courses)
 - Deadline to Request Fall Break Housing⁶
- Nov. 23** | Residence Halls Close at 12pm (for residential students)
- Nov. 25 - 29** | Fall Break (No Classes)
- Dec. 1** | Residence Halls Re-open at 11am (for residential students)

1 Learn more about the **on-campus housing request process** [here](#)

2 Read more about Progress Reporting on page 3

3 Course registration dates vary by student. Dates are based on the total number of credits earned. **View the [Registration Timetable](#) for more information**

4 Advising Meetings are an opportunity for students to learn about updates and requirements specific to their current or intended major. **Access the full list of meeting locations** [here](#)

5 Read more on the **IPP**, [here](#)

6 Break housing is not included in the residential housing contract. In order to request housing during fall break, **log into [eLiving](#) and choose Contracts > Summer/Break Housing Request.**

HOW CAN I STOP FEELING SO HOMESICK?

You might believe you are the only one experiencing it, but feelings of homesickness are normal and usually temporary. Although homesickness is most common in the first year, it can show up at any time, especially after returning from visits to home for breaks or events. If you have been feeling a little bit sad, stressed, or anxious you may be dealing with homesickness.

While social media might have us believe everyone else is having a great time, research shows that “over 30% of college students feel low levels of homesickness, while about 69% of first-year students feel severe homesickness”. *

Below are some tips and tricks that may help you manage homesick feelings!

- **Talk with others** – Share your feelings with those you trust. Many times, you’ll learn that they have gone through or are currently struggling with the same issues.
- **Attend your classes** – Even if you’re not feeling up to it, attend class to manage the additional stress of losing points or missing work. Get to know your classmates and instructors. Perhaps you can organize a study group to help keep you motivated.
- **Get involved in student activities*** – Join at least one club and attend events both on and off campus. You’ll make new friends and find plenty of activities to enjoy.
- **Practice self-care** – Make sure you’re eating well and getting enough sleep. Take time to be outside in the daylight hours and get a little exercise. It’s important to take care of your physical and mental well-being.
- **Plan your days** – Schedule in classes, homework, and fun activities in your day. Build in time to utilize campus resources, connect with peers, and explore new interests.
- **Get help** – It may take a few weeks or even a month or two to integrate these tips and start feeling better. But, if your homesickness feels overwhelming or like it’s lasting too long, please reach out to the Counseling Center at <https://berks.psu.edu/student-life/current-students/health-and-wellness-center/counseling-services>

We Are...here to help!

*See page 5 for a list of things to do at Penn State Berks and in the local community!

*Resource: <https://www.tiffin.edu/news/student-homesickness/>





ADVISING: SPRING ENROLLMENT

CONNECT WITH ADVISING



Academic Advising Center

LOCATION:
Franco 160

EMAIL:
bkadvisingcenter@psu.edu

PHONE:
610-396-6280

3 STEPS TO CREATING A COURSE SCHEDULE!

- 1. REVIEW Current Course Progress.** Assess your current performance to determine if you might need to repeat a course in the next semester.
- 2. ADDRESS Holds & To-Do List Items.** Unaddressed Holds and/or To Do List Items can impact your ability to schedule courses. Make sure to clear any outstanding items **before** your course enrollment date.
- 3. MEET With Your Assigned Academic Advisor.** This person can help you determine the best plan to remain on track towards graduation. Be honest with them about your current performance for the most accurate planning. Find your assigned advisor on your LionPATH dashboard/home base in "My Advisors"



Need Help? Review the LionPATH Help Guides [here](#)

LIONPATH ENROLLMENT DATES

SHOPPING CART APPOINTMENT

- **What happens on this date?** The first date students can place courses in their shopping cart.
- **What is the Shopping Cart?** Tool used to explore potential class schedules for the upcoming semester.
 - Think of it like a *wish list*.
 - **IMPORTANT:** Placing a class in the shopping cart **does not** mean the student is enrolled in the course or that a space will be saved for a student.
- **How can I add classes to my Shopping Cart?** Use the Schedule Builder tool to explore course offerings and plan the most ideal schedule.
 - Access Schedule Builder by clicking "Find Classes" on your LionPATH dashboard/home base.



ENROLLMENT APPOINTMENT

- **What happens on this date?** The first day students are eligible to enroll in courses for the corresponding semester.
- **Why does this date matter?** Enrolling on (or close to) your enrollment date ensures you can schedule the courses you want and need. Over time, classes can fill up (due to a high interest/demand) and/or be canceled (due to low interest/demand).
- **How is this date determined?** Calculated based on the total number of credits a student has earned. Students who have completed more credits will enroll in courses sooner than those with fewer earned credits.



WHERE CAN I FIND MY DATES?

- In the "Enrollment Dates" section on your LionPATH dashboard/home base.
- **IMPORTANT:** it is best to use a computer or tablet to navigate LionPATH.

Enrollment Dates			MORE
Enrollment Appointment			
Term	Begins on	Ends on	
Spring 2025 Undergrad	10/2/2024 12:00AM	1/12/2025 11:59PM	
Shopping Cart Appointment			
Term	Begins on	Ends on	
Spring 2025	9/23/2024 12:00AM	3/20/2025 11:59PM	



MANAGING ACADEMICS

PROGRESS REPORTS, IN COLLEGE?!



College Students Receive Progress Reports?

Each semester, instructors are encouraged to provide performance feedback to students. Feedback routinely occurs early in the semester (beginning in week 3) and around the mid-point of the semester (beginning in week 7). Performance feedback is recorded using Starfish.

What is Starfish??


Starfish is an online system connecting students to people and services that support academic success. Through Starfish, students receive performance progress reports and, for some, have the ability to schedule a meeting with their advisor directly through the platform.



Access the platform at <https://sites.psu.edu/starfishinfo/>

Check Your PSU Email

During progress reporting periods, pay special attention to your emails for important feedback from your instructors.


 Email notices will come from: notices@starfishsolutions.com

Avoid Assumptions

Instructors have the *option* to notify students of their progress--not all instructors complete Starfish progress reports. Therefore, if you do not receive feedback, it does not necessarily reflect anything about your current performance.

I received a Starfish notification, now what do I do?

Take Action Immediately!

 **MEET:** Discuss the feedback with your Instructor.

REFLECT: Which behaviors contributed to the feedback?

COMMIT: Make improvements to see greater success.



FREE TUTORING RESOURCES

LEARNING CENTER (161 FRANCO)

- Tutoring in math, chemistry, biology, and more.
- Support with study skills, time management, test anxiety, and more.
- Schedule an appointment at <https://berks.mywconline.com/>

Open for Peer Tutoring by Appointment:

Monday–Thursday 9am–7pm | Friday 9am–1pm

Walk-In Hours Dr. Ryan Hassler, Faculty Math Tutor:

Mondays Noon to 3pm | Tuesday & Thursday 1:30pm – 3pm

WRITING CENTER (141 FRANCO)

- Support with written material such as papers, speeches, resumes, and more!
- Available in-person or via Zoom
- Schedule an appointment at <https://berks.mywconline.com/>

Open for Peer Tutoring: Monday–Friday 10am – 6:30pm

MATH PEERS & PROFS (222 LUERSSSEN)

- Tutoring sessions available for Math 4, 21, 22, 26, 34, 41, and Stat 100 with Math faculty and teaching assistants.
- Mondays and Wednesdays from 12:15pm–1:15pm.
- **No appointment is necessary!**

I'M NERVOUS ABOUT TUTORING

To get the most out of your tutoring sessions, follow these easy steps:

1. **Make a plan:** Demand for tutoring increases around assessment deadlines. Establish enough time before your exam(s) and assignment(s) for tutoring. **Pro Tip:** Make an appointment at least one week ahead of your exam!

2. **Try it out:** It is beneficial to attempt your work alone. It can give you a clear idea of where you are struggling. **Pro Tip:** Bring 2-5 attempted questions/problems to maximize your session. For written work, bring an outline or draft to the session.

3. **Bring course materials:** It could be helpful for the tutor to see the course lecture notes, textbook, study guide, and/or assignment guidelines. The more information they have, the better they can support you!



LIONPATH: STUDENT ACCOUNT

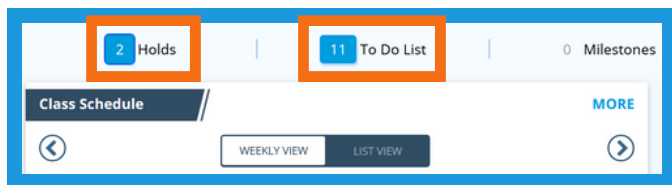
HELP, I HAVE A LIONPATH HOLD!

What is a Hold?

Typically, a notification. Many Holds provide a student with information regarding a change in their academic and/or financial status. Generally, there is no action needed within the Hold itself but students may need to access their To Do List, meet with an academic adviser, and/or meet with Financial Aid to discuss/resolve the Hold. Unresolved Holds can prevent a student from (1) scheduling classes, (2) having aid disburse, or (3) receiving their diploma.

EXAMPLES:

- Bursar Account Delinquent
- Overaward of Financial Aid
- Not Meeting SAP
- Academic Warning/Suspension Hold
- Student Conduct Hold
- MMR Immunization Hold
- Learn more about financial Holds [here](#)



WHAT TO DO: LIONPATH TO-DO LIST

What is a To Do List Item?

Typically, a request for action. The university may require a student to submit additional documentation or complete an online task. Incomplete items may delay financial aid processing. **IMPORTANT:** a student's aid award is not considered finalized until they have completed all necessary items!

EXAMPLES

- Informational (*requires no action*)
 - Penn State has received your FAFSA
 - Your citizenship status is pending
- Actionable (*requires student to complete a task*)
 - Sign Your Sub/Unsub MPN
 - Verify your dependency status
 - Verify parent household

CONNECT WITH FINANCIAL AID

Financial Aid is temporarily located in Thun Library. The best ways to connect are:

- **Email:** BerksFinAid@psu.edu
- **By appointment:** with [Johnée Border](#), Assistant Director of Financial Aid at Berks
- **Phone:** 610-396-6070 *No answer? Leave a message with your name, phone number, 9-digit PSU ID number, and reason for calling!*



WHAT DOES IT MATTER?: MANAGING MY STUDENT ACCOUNT

- Unresolved Financial Aid To Do List Items may prevent aid from disbursing on time (or at all) to a student's bill. This can lead to a *Bursar Account Delinquent* Hold.
- An unresolved *Bursar Account Delinquent* Hold will prevent the student from registering for courses in future semesters.
- Late Dropping a course could cause some aid to be returned to its aid source. This will depend on the timing of the late drop. This action could also cause issues with Satisfactory Academic Progress (SAP) and renewal of certain types of aid.
- **IMPORTANT:** Use a computer or tablet to view Holds and To Do List Items.

2025-26 FAFSA: BE READY



The U.S. Department of Education announced 2025–26 FAFSA *testing periods* including beta testing, starting Oct. 1. Read more [here](#).

GETTING INVOLVED

THINGS TO DO: PENN STATE BERKS

- **Fiesta Latina** | Oct. 2 at 5pm in 007 Perkins (MPR)
- **Undergraduate Research Open House** | Oct. 7 at 12:15pm in Thun Library
- **Breaking Generational Curses in the Latine Community** | Oct. 8 at 6:30pm in 007 Perkins (MPR)
- **Common Read Week Keynote Address** | Oct. 9 at 12:15pm in Perkins Auditorium
- **DEIB in Hiring & The Workplace** | Oct. 9 at 12:15pm in 003 Perkins
- **Latino Forum** | Oct. 11 from 8am-12pm in Perkins Auditorium and Lobby
- **QueerCon** | Oct. 11 from 3pm-7pm in Perkins (various locations)
- **Resume Writing & Know Your Career Office** | Oct. 16 at 12:15pm in 003 Perkins
- **Family and Homecoming Weekend** | Oct 18 - 20. Learn more and register at <https://engage.tassl.com/event/11265/>
- **Unity Carnival** | Oct. 21 from 12pm-2pm on Perkins Lawn
- **Fall Fest** | Nov. 1 from 5pm-9:30pm on Perkins Lawn. Learn more and register at <https://berks.psu.edu/public-events-calendar/fall-fest>



Check out the Student Events Calendar [here](#) to view a full list of campus events and activities. Or follow @psuberks and/or @berkscampuslife and/or @psubk_cab and/or on Instagram.

THINGS TO DO: BERKS COUNTY

- **Brecknock Orchard Fall Festival** | Friday, Oct. 4 & 11 from 4pm-7pm and every Saturday in Oct. from 9am-4pm
- **West Reading Ride N' Vibes Public Art Biking Tour** | Oct. 6 at 8am starting at B2 Café (701 Reading Ave)
- **Roller Derby- Reading vs The World** | Oct. 6 at 7pm at Skateway (Shillington, PA)
- **Reading Hospital Road Run** | Oct. 20 at 8am starting at Reading Hospital 6th Avenue Clock Tower
- **Static Dayz at the Grove** | Car show and drag racing on Oct. 20 from 11am-4pm at Maple Grove Raceway (Mohnton, PA)

CAMPUS FEATURE: SENSORY ROOM



SENSORY ROOM AT THUN!

- Are you looking for a quiet place to take a break from the hustle and bustle of campus?
- Would you like to study in a fidget-friendly environment?
- Do you benefit from weighted blankets, soft seating, and/or white noise?

If you answered yes to any of these questions, our Sensory Room is the place for you! Find out more details and reserve the room for yourself or a small group at guides.libraries.psu.edu/berks/wellness/sensory

Can't make it over to the room?

- Go on a virtual tour of the room at thinglink.com/scene/1837256645118263782
- Check out the Virtual Sensory Room at sites.psu.edu/virtualsensoryroom/

BONUS: Thun Library also offers sensory kits that students can check out for overnight use! Student groups can also borrow the sensory kits to enhance their programming, club meetings, and other events. Find out more at guides.libraries.psu.edu/berks/wellness/sensory

POPULAR VENUES

- **AMC Berkshire** | Discount Tuesdays for AMC Stubs A-List, Premiere, and Insider (free to join) members.
- **Miller Center for the Arts** | Featuring live performances and offering student discounted tickets!
- **The Works** | Featuring arcade, Go karts, slides, ziplines, sports court, laser tag, and dining.



CAMPUS RESOURCE LIST

MENTAL HEALTH & WELLNESS

- **24/7 Penn State Crisis Line** can be used in consultation for those at PSU to support someone who is experiencing a crisis or for yourself. You can reach the Crisis Line by:
 - Calling 1-877-229-6400
 - Texting "LIONS" to 741741
- **American Foundation for Suicide Prevention** offers resources and tips on how to support a friend -- or get help yourself.
 - Check it out at <https://seizetheawkward.org/>
- **Berks County Crisis Line** can be used by residents of Berks County to assist children, adolescents and adults experiencing varying levels of crisis.
 - Call the line at 610-379-2007
- **Counseling Services** are available to all Penn State Berks students for FREE.
 - Learn more at <https://berks.psu.edu/counseling-services>
- **Life Hack Kits** are free step-by-step wellness packages designed to help navigate and demystify the perplexing parts of being human.
 - Learn more at <https://studentaffairs.psu.edu/counseling/wellness-services/life-hacks>
- **National Suicide Prevention Lifeline** is free and confidential support for any person in distress, providing prevention and crisis resources for you or your loved ones.
 - Call the line by dialing 988 or calling 800-273-8255
- **Online Mental Health Screenings** are free and anonymous for several areas of mental health, including depression, anxiety, academic distress, eating concerns, frustration level, family stress, and alcohol use.
 - Begin a screening at <https://tinyurl.com/CAPSScreening>
- **Red Folder** at Penn State is a guide to help faculty, staff, student leaders, and others who interact with students to recognize, respond effectively to, and refer Penn State students in distress.
 - Review resources specific to Penn State Berks at <https://redfolder.psu.edu/campus-resources/>
- **Safe Berks Campus Advocate** provides support for survivors of domestic and sexual violence as well as offers Prevention and Awareness Programming.
 - **24/7 Hotline:** 844-789-SAFE
 - **Text:** SAFE BERKS to 20121
- **WellTrack Boost** is a tool designed to help understand the activities associated with changes in mood and motivation, as well as to identify patterns in daily activities and how they are associated with changes in emotional states.
 - Get FREE PSU access at <https://psu.welltrack.com/>

GENERAL

- **ACADEMIC ADVISING** [160 FRANCO]
 - Questions about **course scheduling, degree progress, changing your major, or advising policies** contact your assigned academic adviser (listed in LionPATH). You can also reach out to Academic Advising for support.
 - **Email:** bkadvisingcenter@psu.edu
 - **Phone:** 610-396-6280
- **BIAS INCIDENT REPORT FORM**
 - To report concerns regarding bias, intolerance, discrimination, harassment, and/or incivility, use the form found [here](#)
- **BURSAR**
 - Questions about your **bill or payment options**, contact the Bursar's Office
 - **Email:** bkbursar@psu.edu
 - **Phone:** 610-396-6040
- **CARE REPORT FORM**
 - To express concern for a student experiencing distress of an academic, health, safety, or financial nature, use the form found [here](#)
- **FINANCIAL AID**
 - Questions about your **aid, holds, or to do list items**, contact the Financial Aid Office
 - **Email:** BerksFinAid@psu.edu
 - **Phone:** 610-396-6070
- **HOUSING & FOOD SERVICES** [106 PERKINS]
 - Questions about ID Cards or Residence Hall and Housing Contracts email HousingBK@psu.edu
 - Questions about meal plans and food services, including reporting food allergies, email absfoodservicebk@psu.edu
- **THUN LIBRARY**
 - Looking for a **place to study, access course materials, a lounge with vending machines, or support with technology**, visit Thun Library.
 - Webpage: <https://libraries.psu.edu/berks>
 - Access their full calendar [here](#).
 - Course Reserves (free access to textbooks for your classes) can be used in the library in 2 hours intervals. [Check here](#)
- **TUTORING**
 - Need help with **Math or Science**, schedule a tutoring session with a Learning Center Tutor (in 161 Franco) [here](#).
 - Need help with a **paper, speech, resume, or other written material**, schedule an appointment with a Writing Center Tutor (in 146 Franco) [here](#).
 - Need help with math, attend the **"Peers and Profs"** help sessions on Mondays and Wednesdays from 12:15-1:15p.m. in Luerssen 222. No appointment necessary!
 - **Courses Supported:** Math 4, 21, 22, 26, 41, & 110
- **VETERAN BENEFITS**
 - Questions about **VA certifications**, contact the Registrar's Office
 - **Email:** BKVeterans@psu.edu
 - **Phone:** 610-396-6085

FOOD PANTRY

The Nittany Corner food pantry was funded and established by the Penn State Berks class of 2017. Pantry items are FREE to Penn State Berks students! Visit the pantry in the Thun Library's Cohen Lounge

