Post University EST.1890 VIRTUAL CAMPUS LIFE

NEWSLETTER

RECENT UPDATES FROM POST UNIVERSITY'S VIRTUAL CAMPUS

NOV 2026

VIRTUAL CAMPUS LIFE CELEBRATES FALL





This fall, Virtual Campus Life (VCL) held several fall contests for online students to participate in. Crafting thrilling short stories that could make any campfire a little chilly this fall, our online students channeled their spooky side with a Scary Story Contest using the prompt, "The message arrived at midnight, but it had been sent ten years ago." Online students also showcased their creativity with spooky, silly, and classic pumpkin carvings in a Pumpkin Carving Contest.

We saw amazing participation with 38 Scary Story Contest submissions and 21 Pumpkin Carving Contest submissions. Our Virtual Campus Life team and the judges of the contests had a blast reviewing all of the submissions.

We would like to give a special thanks to our Scary Story Contest judges: Laura Amiot, Lindsey Scorey, Gordon Woodruff, and Joanne Noto for their time and effort in judging.

Another special shout-out goes out to all of the participants in both of the fall contests. Some of you may have stepped out of your comfort zone in submitting, and it was amazing to see all of the outstanding creativity among our online students shine through. If you submitted a story or pumpkin, give yourself a giant round of applause! Out of all the submissions, though, our judges did come to a conclusion on the winners. You can read about our winners, see some of the submissions, and find a link to our scaaaaary storybook "Pumpkin Tales" on page 2.

STAY UP-TO-DATE

Stay connected, share your achievements, get weekly updates, see the workshop schedule, and get event and club updates.

post.campusgroups.com/PostVCL

NEWS UPDATE



Gratitude Scavenger Hunt

November and Thanksgiving remind us of the people, opportunities, and experiences that we are grateful for. Virtual Campus Life wants you to join us in celebrating what we are grateful for with a Gratitude Scavenger Hunt. **For details on how to participate, go to page 3.**

ACHIEVEMENTS

Each month, a student who has shown passion, enthusiasm, and innovation in their work within online club life is selected by the Council for Online Student Experience (COSE) to receive the Involvement Innovator Award. We love highlighting the amazing work of our talented and dedicated students, who make Virtual Campus Life the thriving community it is. Let us take some time to celebrate the achievements of our Involvement Innovator for November.

Read more about Involvement Innovators on page 3.

CONGRATULATIONS TO OUR FALL CONTEST WINNERS

First up is the Scary Story Contest. Submissions were scored across several categories. Each entry demonstrated effort and creativity, but three lucky winners were awarded "Best Overall Scary Story," "Most Frightening Story," and "Most Creative Story." Without further ado, our winners for the Scary Story Contest were:

- Best Overall Scary Story: Neil Alize
- Most Frightening Story: Claudia Mitchell
- Most Creative Story: Destiny Conklin

Congratulations to our Scary Story Contest winners and a round of applause for all of the students who submitted pieces this fall.

The pumpkins submitted for the Pumpkin Carving Contest also demonstrated creativity and effort beyond the page, with three lucky winners being awarded "Most Creative Design," "Scariest Pumpkin," and "Funniest Pumpkin." Our winners for the Pumpkin Carving Contest were:

- Most Creative Design: Jessetyler Troutman
- Scariest Pumpkin: William Hodges
- Funniest Pumpkin: Tariq Bhatty

Congratulations to our Pumpkin Carving Contest winners and another big round of applause for everyone who submitted a pumpkin carving this fall.

Now let's take a look at some of the Pumpkin Carving Contest submissions!

Scariest Pumpkin



Funniest Pumpkin



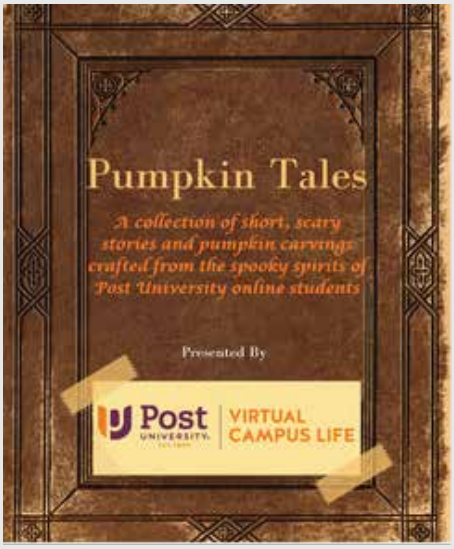
Most Creative Design



That's not all, though! We didn't want the stories and pumpkins from those who didn't win this year to go unnoticed. Each participant received a token of our appreciation for participating in the VCL fall contests and a spot in a special storybook you can view online that showcases the work of every single participant who submitted to either contest.

You can flip through all of the scary stories and carved pumpkins submitted in the Virtual Campus Life Scary Storybook "Pumpkin Tales" by clicking on the picture below, scanning the QR code, or going to **https://publuu.com/-flip-book/1196375/2685550** to view on Publuu.

Keep reading to check out the amazing opportunities to get active this November in our online community on ***pages 3, 4, and 5***.



STUDENT SUPPORT SERVICES

INVOLVEMENT INNOVATOR AWARD



October's Involvement Innovator Award was awarded to Isela Rivera. Isela has been active in Virtual Campus Life, and when the secretary position at The Ledger Society opened, Isela was excited to assume the role and serve the club. She has contributed greatly to The Ledger Society, and her positive and innovative spirit has been a welcome addition to club life.

Here's what she had to say: "Being part of the Ledger Society means so much to me because it gives me the opportunity to connect with other students, grow as a leader, and share my passion for accounting. Serving as Secretary has allowed me to contribute to our club, support our members, and help create a welcoming community for virtual students. Receiving the October Involvement Innovator Award is an honor that encourages me to continue being involved, inspiring others, and making a positive difference at Post University. I am grateful for the opportunity to learn, grow, and be part of a community that values collaboration, leadership, and student engagement."

GRATITUDE SCAVENGER HUNT



Show off your gratitude this fall with Virtual Campus Life's "Gratitude Scavenger Hunt" from November 18th to November 22nd.

Here's how:
First, click the link or scan the QR code on the flyer, which is also posted in the Post University Online Student Lounge on Facebook, on the CampusGroups website, in the Post University mobile app, and in your student email. Enter your name and student email (please use your name rather than a nickname so we can contact you if you are one of the winners). After that, you're all set up and can start showing your gratitude by using your device to take photos that match the clues in each of the 16 squares.

On November 22nd, we will gather the results, and 10 winners will be selected to receive a $25 Instacart gift card to make your holiday meal planning a little easier. Winners will be announced on November 23rd. Make sure you respond to all of the clues to increase your chances of winning!

PEER NETWORKING WITH SPEED FRIENDSGIVING



Online learning can sometimes feel like an isolating experience, but you don't have to do it alone! We want you to have the full college experience and find a support system and people you can share your journey with. What better way to do that than with a virtual Friendsgiving opportunity as we near Thanksgiving?

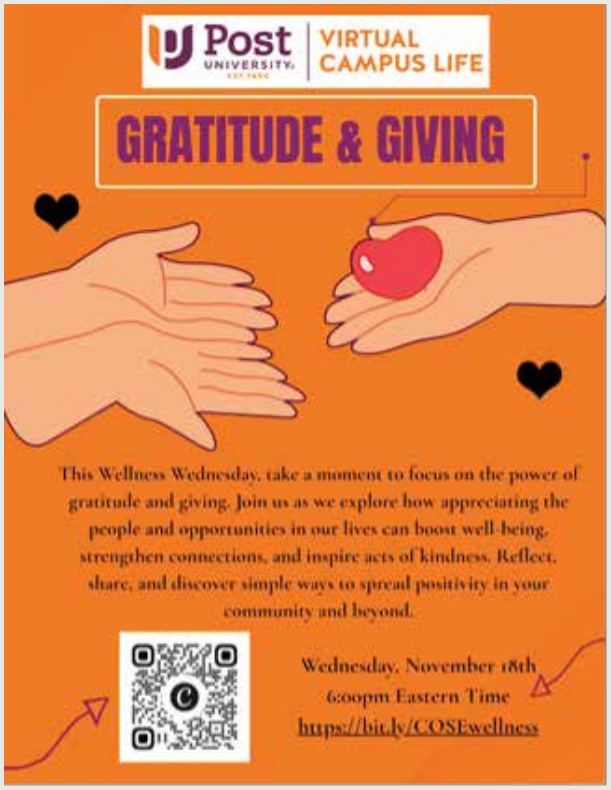
Join us on November 25th at 7:00 PM Eastern Time through Microsoft Teams for "Friendsgiving: Behind the Screen Speed-Friending." This one-hour virtual event is designed to help you meet new people, discover shared interests, and build meaningful connections beyond the classroom. Some activities you'll find when you join are speed-friending rounds, conversation starters and connection challenges, and interest-based breakout rooms that can support you in finding a study buddy, a new friend, or your "flock" here at Post University.

You can join us for Friendsgiving here: https://bit.ly/VCLFriendsgiving or find more information in your student email as the date approaches.

A SPOTLIGHT ON WELLNESS WEDNESDAY

One Wednesday of each month, Virtual Campus Life, in collaboration with the Council for Online Student Experience (COSE) Health & Wellness Committee, hosts a Wellness Wednesday. These are opportunities for you to take time to focus on your well-being, develop better coping skills, and explore strategies for self-care.

In September and October, Mountainside Treatment Center came in for Wellness Wednesday to speak with our online students about "Stress & Healthy Coping" and "Substance Abuse Trends Among College Students." This month, Wellness Wednesday will focus on "The Power of Gratitude and Giving" as we take some time to recognize what gratitude means and how we can show it. You can join Wellness Wednesday to explore how you can show gratitude moving forward on November 18th. If you are interested in joining, make sure you check your student email for more information, the November Events Calendar, the Post University Online Student Lounge on Facebook, and Campus Groups to stay up to date and receive reminders, or you can join us at 6:00 PM Eastern Time on November 18th here: https://bit.ly/COSEwellness



Scan the QR code or use the link to join us on November 18th!

WHAT'S HAPPENING IN VIRTUAL CAMPUS LIFE?





This November, join us for The Graduate Circle! This is a graduate-specific space for our graduate students to share information, find support, and build connections.

HAPPY VETERANS DAY TO OUR MILITARY STUDENTS

Our personalized dedication to service members and their families has made Post a Military Friendly School for seven years running. U.S. News & World Report also ranked six of Post's online programs among the Best Online Programs for 2026.

Every year on November 11th, we recognize the service and sacrifice of our military personnel by celebrating Veterans Day. This year, the Career Development Center offered a special session on transitioning. We at Virtual Campus Life want to extend a Happy Veterans Day to you as well and thank you for all you have done!

SHARE WITH VIRTUAL CAMPUS LIFE

We want to hear about all of your accomplishments and how we can improve Virtual Campus Life for you. Feel free to reach out to us at virtualcampuslife@post.edu to share your accomplishments and feedback. Additionally, make sure you stay up to date on Virtual Campus Life events, meetings, workshops, and other important information by checking your student email regularly, as well as Campus Groups and the Post University Online Student Lounge on Facebook.