

WKU Online Student Services



TOOLS FOR
ONLINE LEARNERS

STUDENT RESOURCE HIGHLIGHT:

My Mental Health #WKU

College should be challenging, but not overwhelming. All students struggle at times with worry, sadness, loneliness, and even anger. MyMentalHealth #WKU was created to help you when life gets a bit rough. This site can provide advice to help you put a name to what you are feeling and resources for self-help and campus services.

<https://www.wku.edu/mymentalhealth/index.php>



My mental health #wku

IN THIS ISSUE:

- SRP Highlight:
 - My Mental Health #WKU
- Success Coaching
- WKU Sports
- Student Spotlight
- Upcoming Events

#climbwithus Support your WKU Toppers



WellU®



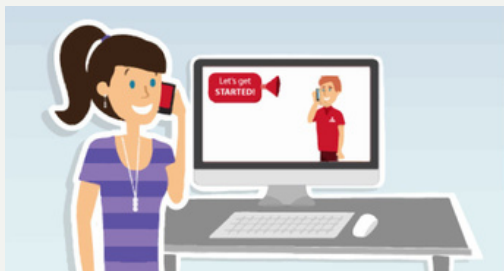
WellU® is a program that is designed to help all students connect with programs and services that promote healthy habits, and success in the classroom and life

WKU Fight Song

"Stand Up and Cheer"

WKU FIGHT SONG (click to listen)

Stand up and cheer
 Stand up and cheer
 For dear old Western
 For today we raise
 The red and white
 Above the rest
 Rah-rah-rah
 Our team is fighting
 And we're bound to win the fray
 We've got the team
 We've got the steam
 For this is dear old Western's day.



COACHING for
ACADEMIC READINESS
EXCELLENCE and SUCCESS

WKU Online Student Services

On Demand

is a WKU Online option that provides quality courses which students can complete in as little as 7 weeks or an extended time frame. On demand courses allow students to balance work and home life while pursuing college credit. All courses are delivered online and can be started any day, any time, and any where.

- WKU credit courses offered online
- Study any time, any where
- Register any day of the year
- More than 100 courses available, including 15 graduate courses
- In-state tuition rates for all enrollments

C.A.R.E.S.

As an adult learner, juggling college with work and other responsibilities can be challenging. What if you had someone you could call, email, ask questions ... someone that would work with you to connect you to resources and help you stay on track?

It turns out, YOU DO, as part of our Coaching for Academic Readiness Excellence & Success program, created specifically for distance learners.

online.success@wku.edu

[Click here for the WKU Events Calendar](#)

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#climbwithus

Explore Services available to Students @ WKU

WKU Online Student Services



We are here to help you succeed!

Whether you're hoping to earn your degree online or just take a class, we can help! WKU offers a wide selection of online classes and more than 80 degree programs for graduate and undergraduate students.

As a WKU student, you will have access to support services designed specifically for distance learners!

WKU Online is where you will find more information about classes and degree programs available at a distance. You can also reach us by phone at 270-745-3028 or by email at online.success@wku.edu.

We look forward to hearing from you!

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Student Spotlight



Students Pictured: Brad Allen, Colby Colwell, Kala Bowen, Jaria Carson

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Tips for success in online learning

"Do not procrastinate! It will eventually catch up with you and create even more stress" ---Mikayla Torres

- Take care of yourself.

- Create a schedule and manage your time wisely. Keep a semester and a weekly calendar.
- Have a designated study space that is free of distractions so you can focus on your work.
-
- Stay organized and be thorough.
 Know where to turn for help.

Why Choose WKU Online? #climbwithus

"After a lot of research into finding the best fit for my degree of choice WKU checked all the boxes....WKU has a great reputation and that was important as well to add value to my graduate degree."----Paul David Platt

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March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <ul style="list-style-type: none"> • 11 am, LGBTQ+ Support Group • 7 pm, Hardin Planetarium Show 	2 <ul style="list-style-type: none"> • 6:30 pm, WBB vs Marshall 	3 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 	4 <ul style="list-style-type: none"> • 3 pm, vs Hartford 	5 <ul style="list-style-type: none"> • 1 pm, vs Hartford
6 <ul style="list-style-type: none"> • 2 pm, Hardin Planetarium Show • 1 pm, vs Hartford • 1 pm, TEN vs Belmont 	7 <ul style="list-style-type: none"> • 6 pm, NAMI Support Group • 6 pm, Sexual Assault Services Support Group, Zoom 	8 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 	9	10 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 	11 <ul style="list-style-type: none"> • 3 pm, vs Illinois 	12 <ul style="list-style-type: none"> • 1 pm, TEN vs Murray State • 1 pm, vs Illinois
13 <ul style="list-style-type: none"> • Daylight Savings Time Begins • 1 pm, vs Illinois • 2 pm, Hardin Planetarium Show 	14 <ul style="list-style-type: none"> • 6 pm, Sexual Assault Services Support Group, Zoom 	15 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 	16	17 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 	18 <ul style="list-style-type: none"> • 6 pm, vs UTEP 	19 <ul style="list-style-type: none"> • 1 pm, vs UTEP • 1 pm, TEN vs Eastern Illinois
SPRING BREAK						
20 <ul style="list-style-type: none"> • 2 pm, Hardin Planetarium Show • 1 pm, vs UTEP 	21 <ul style="list-style-type: none"> • 6 pm, NAMI Support Group • 6 pm, Sexual Assault Services Support Group, Zoom 	22 <ul style="list-style-type: none"> • 5 pm, vs Evansville • 7 pm, Hardin Planetarium Show 	23	24 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 	25 <ul style="list-style-type: none"> • 5 pm, vs Southern Mississippi 	26 <ul style="list-style-type: none"> • 1 pm, vs Southern Mississippi
27 <ul style="list-style-type: none"> • 1 pm, vs Southern Mississippi • 2 pm, Hardin Planetarium Show 	28 <ul style="list-style-type: none"> • 6 pm, Sexual Assault Services Support Group, Zoom 	29 <ul style="list-style-type: none"> • 5 pm, vs Louisville • 7 pm, Hardin Planetarium Show 	30	31 <ul style="list-style-type: none"> • 7 pm, Hardin Planetarium Show 		
GRAD FAIR, 10 - 6 @ DSU						

[Click here for the WKU Events Calendar](#)

[Click here for the Campus Recreation and Wellness Calendar](#)