

STUDENT SUPPORT RESOURCES

Did you know you can use Financial Aid to pay for On Demand courses?

Starting **November 5**, make sure to
complete your

"[WKU On Demand/Financial Aid Request
for Registration](#)" form on TopNet under the
Financial Aid tab to get set for the
upcoming term! If you have questions
about your eligibility, feel free to reach out
to the Financial Aid office.

270-745-2755 or fa.ondemand@wku.edu

[On Demand Financial Aid](#)

Registration for Spring 2025 On Demand courses opens Dec 1.

Contact Us

- (270) 745-4158
- Toll Free: (800) 535-5926
- Fax: (270) 745-3623
- ondemand@wku.edu



IN THIS ISSUE:

- On Demand Spring 25 Registration
 - Financial Aid form
- Upcoming Events
- Power Through Finals
 - Support, Tips, and Resources
- Campus Connections

UPCOMING EVENTS ACROSS CAMPUS

- Nov 5: Election Day
 - University Closed
- Nov 27-29:
 - Thanksgiving Holiday
 - University Closed
- Dec 2-5: Final Exams
- Dec 10: Final Grades Due



Coaching for
Academic Readiness,
Excellence,
and Success

SUCCESS IS JUST A CONVERSATION AWAY!

As the end of the semester approaches, remember your Academic Success Coaches are here to support you through the stress or challenges you may be facing. Whether it's your first meeting or you're returning, we're ready to help you tackle final exams and finish the semester strong. Connect with us in Online Student Services to schedule a session and let's make these last weeks your best yet!



(270) 745-5173



online.success@wku.edu



[Online Appointments](#)



EVENTS

[Campus Recreation and
Wellness Calendar](#)

[WKU Events Calendar](#)

[WKU Sports Calendar](#)

[Fall 2024 Academic Calendar](#)

POWER THROUGH FINALS WITH EXTRA SUPPORT!

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Get ready for finals with a calmer, focused mind!

Remember, it's just an exam. Your worth isn't defined by a test score—stay grounded and go in with a positive mindset.

Sleep matters. A good night's rest is essential to performing well; aim to be fully recharged.

Fuel up right. Eating balanced meals will help keep you comfortable and alert.

Take a break. Stop studying about an hour before your exam, and give yourself time to unwind.

Boost yourself with positive self-talk. Replace "I might fail" with "I'll give my best effort."

Pause to breathe. If anxiety kicks in, take a few deep breaths to reset.

Focus forward. Don't dwell on what you "should've" studied; concentrate on what you know and what's in front of you.

3 Prioritize Tasks and Time

2 Set Realistic Goals

4 Connect to Others

1 Breathe Deeply

5 Get Moving

MAKE A GAME PLAN

1 GET STARTED NOW

Even if you can only commit a short amount of time right now, your brain will start becoming more conditioned to the information and you will cram less leading up to the exam.

2 FOCUS ON WHAT'S GUARANTEED TO BE ON THE EXAM

When you feel confident on the big points from the content, you can go back and focus on the more detailed parts of the information.

3 TALK IT OUT

Talking through the course material with someone else will help you learn more about it. You will either be able to answer their questions or you will know what to go back and look for so you can answer them next time.

4 QUIZ YOURSELF

Ask a parent, friend, classmate or anyone else you may know to quiz you on what you've already studied. You are more likely to remember information you've been tested on than the material you've only reviewed.

5 TAKE CARE OF YOURSELF

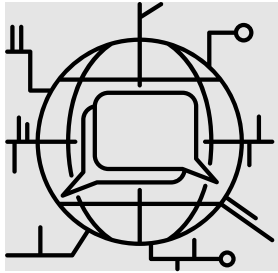
You'll be able to concentrate better once you've let your brain work on something else for a bit. Read a book. Eat lunch. Play a video game. You'll come back fresher. If you aren't sleeping, hydrating and nourishing yourself with full meals, you won't be able to think as strongly as you need to to succeed on your exams.

WKU Online DISTANCE LEARNING TESTING CENTER

- WKU's Distance Learning Testing Center (DLTC) provides proctored testing services to in-person, online, and regional campus students.
 - Located in Bowling Green, KY
 - South Campus, Academic Wing C113
- Information on registering for an exam at another location
 - Use the links under "Registration Process" to register for an exam at a location other than WKU DLTC or regional campus locations.
- Additional Testing Options
 - Use the links under "ProctorU" for information about additional options for students who live in rural areas, are active military, or are international/study abroad students.

Distance Learning Testing Center: Student Services

(270) 745-3158 testing-center@wku.edu wku.edu/testing/students.php



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- [Register now](#) for an online "Patio Chat" with PCAL's Dean, Dr. Terrance Brown. Complete the link below to set up a meeting virtually to discuss your unique experience as an online student, ask questions about PCAL programs, and get to know the Dean.
- [Check out upcoming PCAL events.](#)



- Potter College of Arts and Letters on Social Media:
- [Facebook](#)
 - [Instagram](#) /@wkupcal
 - [DIVERSITY Instagram](#)
 - [YouTube](#)
 - TikTok: @wkuartsandletters

Management 4 Me Speaker Series



featuring:
Kahlil Garmon
Tech Entrepreneur

Tuesday, Nov 19
4:30 - 5:30 PM - via Zoom



GFCB on Social Media:

- [Facebook](#)
- [Instagram](#) (@wkugordonford)
- [X \(Twitter\)](#)
- [LinkedIn](#)



CARES Success Coaching

You have someone you can call, email, ask questions; someone that will work with you to connect you to useful resources.

<https://www.wku.edu/online/coaching/index.php>



TOOLS FOR ONLINE LEARNERS

STUDENT RESOURCE PORTAL:

Getting the most out of your resources

The Annual Veteran's Day Wreath Laying Ceremony, hosted by the ROTC:

Wreath Laying

November 11th, 11:00am
Guthrie Tower

ROTC Hall of Fame Induction

Immediately following Wreath Laying
Diddle Arena, Second Floor
Stansbury Concourse



Military Student Services on Social Media:

[Facebook](#) - [X \(Twitter\)](#)

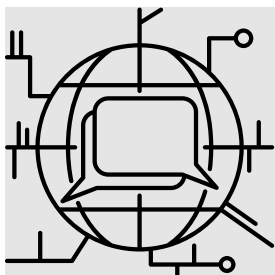
WKU Homecoming Events featuring the ROTC:

Parade

November 15th, 5:30pm
Starts at Avenue of Champions and
Cherry Hall

ROTC Hosted Tailgate

November 16th, 9:00am
South Lawn



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JOIN PSI CHI FOR

Friends Giving

Thursday, November 14
5-6pm
Gary Ransdell Hall 3011

Hosted by Psi Chi



MAKE A DIFFERENCE

The Doctors Mody Service Learning Competitions for Young People

With the hope of sparking a passion for volunteerism among high-ability young people, Drs. Bharat and Bharati Mody established The Mody Endowed Fund in Service Learning at The Center for Gifted Studies in 2020. As part of this initiative, The Center is holding **two competitions** for young people who wish to develop an original service learning project or improve or expand an existing project.

Learn more about the competition and find the 2024 application online at wku.edu/gifted/service. **Applications are due November 15.**

Kentucky Competition

Three awards will be given to develop an original service learning project or to improve or expand an existing project.

1st place: \$1,500

2nd place: \$1,000

3rd place: \$500

Open to: Kentucky students in grades 7-12 during the 2024-25 school year

Microgrant Competition

Ten microgrants of \$500 will be awarded to develop an original service learning project or to improve or expand an existing project.

Open to: Students who participated in SCATS and/or VAMPY in 2022-2024 and current students at The Gatton Academy of Mathematics and Science



WKU The Center for Gifted Studies

gifted@wku.edu | 270-745-6323 | wku.edu/gifted/service

WKU Educator CONNECT

Teacher Coaching

Program Goals:

To improve teaching effectiveness, boost student learning outcomes, and foster continuous professional growth among educators through individualized support, feedback, and reflection to help teachers refine their skills and adapt to the diverse needs of their students.

Coaching Features:

3 cycles with goal setting, observations, targeted feedback, action planning, and reflection

Cost: \$900



Rebecca Stobaugh, Coach

Contact: Rebecca.Stobaugh@Wku.Edu
Phone: 270-745-2605



ENROLL NOW!

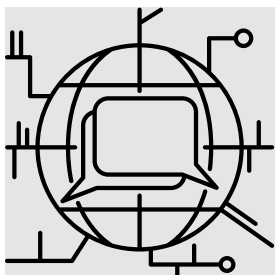
Patio Gate

Celebrate Homecoming with CEBS!

Tuesday, November 12
11am - 1pm
Gary Ransdell Hall Patio



Free Cotton BBQ for First 200 People!
Games, Prizes, and Fun!



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FOLLOW US!

Follow our WKU First Gen Student Ambassadors for more First Gen on the Hill!



@iamfirst_wku



celebrate being

FIRST GEN

on the Hill

THE LINE UP



National First Gen Day Celebration
Friday, Nov. 8th | 11:30am - 1:00 PM
 CEBS Student Success Center, GRH 1st floor
 Wear your First Gen Shirt!

First Gen Week Continued

First Gen Connect Table
 Tuesday, Nov. 12
 10:45 am - 12:45 pm
 DSU First Floor

First Gen Alumni-in-Residence
 Wednesday, Nov. 13
 College Class Visits
 Across Campus

First Gen Friendsgiving
 Friday, Nov. 15th
 11:30 am - 1:00 pm
 DSU Fresh Foods
 Cupola Room



The WKU Writing Center is here to help all WKU students (undergraduate and graduate-in person or online) with writing for classes or other purposes (scholarships, application letters, etc.) Our tutors are all students:

graduate students in the English MA and MFA programs as well as advanced undergraduates (mostly majoring in English). Our services are free.

Writing Center Assistance

- The Writing Center on the Bowling Green campus has writing tutors available to offer advice to current WKU students on any stage of their writing projects. In-person tutoring is available
 - Cherry Hall 123 from 11-4 Monday through Friday
 - Cravens Library (at the horseshoe-shaped reference desk) on Sunday through Thursday evenings
 - feedback or to discuss a paper via email or arrange a Zoom conference. See instructions on the website www.wku.edu/writingcenter
 - Walk-in feedback is available unless they are booked up.
 - Students may also get short writing questions answered via email. Put "Quick question" in the subject line when emailing writingcenter@wku.edu.
- The WKU START Centers will be offering writing tutoring sessions via Zoom as well as in person in their Glasgow and Elizabethtown locations. More information will continue to be posted at <https://www.wku.edu/startcenter/>.

AM I FIRST GEN?

WKU defines first-generation as "neither parent graduated from a traditional four-year college."

*All WKU First Gen programming is open to any WKU student.

You are first-generation if...

- your parent(s) graduated with an associate's degree (two year degree)
- your parent(s) attended college but did not graduate
- your grandparents, aunts/uncles or sibling is a college graduate, but not your parents

www.wku.edu/firstgen/getinvolved



Complete Activities, Earn Rewards

\$250 Completion Grants to be awarded at the end of the fall semester!

How? Be in the **top 10 on the Suitable Leaderboard**

AND at least **50% complete on one of the following Achievements:**

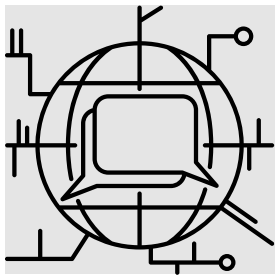
"First Generation First Year Experience" or "First Generation Second Year Experience."

Download Suitable and Start Earning Points, Today!

Masters in Counseling Program

Fully Online Cohort- Fall 2025
Department of Counseling and Student Affairs

Fully online Clinical Mental Health Counseling (CMHC) program pathway in addition to the residential pathway beginning the Fall of 2025. Courses will be offered through live synchronous zoom and fully online options. Applications open in October 2024. For more information, go to: <https://www.wku.edu/counseling/cmhc.php>.



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Ribbon Cutting and Open House

Join us to celebrate the
 WKU College of Health and Human Services
 Community Health Sciences Complex
 at South Campus
FRIDAY, NOVEMBER 15, 2024
9:00 A.M.
 2355 Nashville Road, Bowling Green, KY 42101

Schedule a Virtual food allergy consultation with a WKU Registered Dietician Nutritionist [HERE](#)

College of Health and Human Services on Social Media:

- [Department of Social Work:](#)
- [Facebook](#)
- [Instagram /@wkusocialwork](#)
- [X \(Twitter\).](#)
- [YouTube](#)
- [LinkedIn](#)

GROUPX CLASS SCHEDULE

OCT 9 THROUGH NOV 26



REGISTRATION IS REQUIRED SCAN CODE TO GET STARTED

ALL UNMARKED EVENTS ARE HELD IN THE DANCE STUDIO
● Natatorium

Mon.	Tue.	Wed.	Thur.	Fri.
Core & More 11:15am-12:00pm Kate	Indoor Cycling 6:15am-7:00am Julia	Pilates 7:00am-7:45am Amy	Indoor Cycling 8:00am-8:45am Jess	Pilates 7:00am-7:45am Amy
Cycle Fusion 4:00pm-4:45pm Kaitlyn	Yoga 7:15am-8:00am Amelia	Cycle Fusion 8:30am-9:15am Madison	Yoga 11:15am-12:00pm Cre	Barbell Pump 8:00am-8:45am Jess
Barbell Pump 5:00pm-5:45pm Jess	Yoga Sculpt 3:30pm-4:15pm Zoe	Circuit Strength 10:00am-10:45am Joie	HIIT 3:30pm-4:15pm Zoe	Intro to Functional Fitness 4:00pm-4:45pm Jake
Yoga 7:00pm-7:45pm Amy	AquaFit 4:00pm-4:45pm Amy	Intro to Functional Fitness 4:00pm-4:45pm Jake	AquaFit 4:00pm-4:45pm Amy	Indoor Cycling 5:00pm-5:45pm Hyllie
	Barbell Pump 5:00pm-5:45pm Madison	Barre Pilates 5:00pm-5:45pm Noel	Indoor Cycling 5:00pm-5:45pm Hyllie	
	Indoor Cycling 7:00pm-7:45pm Hyllie	Indoor Cycling 6:00pm-6:45pm Kaitlyn	Dance Fitness 6:00pm-7:00pm Christian	
		Yoga 7:00pm-7:45pm Zoe		



Ogden College of Science and Engineering on Social Media:

- [Facebook](#)
- [Instagram /@wkusogdencollege](#)
- [X \(Twitter\).](#)
- [YouTube](#)
- [LinkedIn](#)