

WKU Online Student Services

IN THIS ISSUE:

- Success Coaching Team
 - Coach Alex
 - Coach John
 - Coach Tammy
- Upcoming Events
 - Football Homecoming
- Preparing for Final Exams



Alex Carroll Peach

- Online Student Support Coordinator
- College Connection: Gordan Ford College of Business
- College Connection: Potter College of Arts and Letters



John Carter

- Online Student Support Specialist
- On Demand
- College Connection: College of Education and Behavioral Sciences
- College Connection: Ogden College of Science and Engineering



Tammy Dorris

- Specialist, Online Student Services and Outreach
- College Connection: The Graduate School
- College Connection: College of Health and Human Services



- email the Student Success Coaching team at online.success@wku.edu
- schedule a coaching session <https://calendly.com/wku-online-success-coaching-team>
- Why might you need a student success coach?
 - To set realistic personal and academic goals
 - To overcome obstacles you may be having in day-to-day life
 - To resolve problems and provide support
 - To find services online and on campus



WKU ONLINE STUDENT SERVICES
Online

Coaching for
Academic Readiness,
Excellence, and
Success

WKU Online Student Services



STUDENT SUCCESS COACHING TEAM

IN THIS ISSUE:

- Success Coaching Team
 - Coach Alex
 - Coach John
 - Coach Tammy
- Upcoming Events
 - Football Homecoming
- Preparing for Final Exams

Coach Alex

- alexandra.peach@wku.edu
- 270-745-2673
- Office Hours: 8:00 am - 4:30 pm, CST
- <https://calendly.com/wku-online-success-coaching-team>
- As your academic coach at WKU, I want to guide and support you as you navigate your academic journey. Every student should feel empowered to achieve their goals and I can provide guidance personalized just for you, as well as study tips and time management techniques. It can be difficult finding the balance between personal and academic responsibilities, but with extra support from an academic coach you can find the confidence and motivation you need to have a successful school year.



Coach John



- john.carter@wku.edu
- 270-745-4171
- Office Hours: 8:30 am -4:30 pm CST
- <https://calendly.com/wku-online-success-coaching-team>
- I am looking forward to being your Academic Success Coach and resource here at WKU. My primary goal is to make sure that you feel supported and have a resource at WKU. I will be joining you along your path for academic success because that is one of the most important things WKU can do. As your coach I can be a person that you can feel comfortable reaching out to for your journey at WKU. I want to see each student succeed, and I want to help you build confidence that will help you achieve your goals.

Coach Tammy

- tammy.dorris@wku.edu
- 270-745-3028
- Office Hours: 8:30 am - 5:00 pm CST
- <https://calendly.com/wku-online-success-coaching-team>
- I'm excited to be your Academic Success coach and your WKU resource! My goal is for you to feel supported while at WKU. I'll be here for you along the journey because I want you to succeed. I am here for you to help in any way I can....as your liaison, as your guide to resources, as your accountability partner or simply as a sounding board when you need someone to listen. I want to support you, build up your confidence and help you develop as a student. I am here to encourage you when you need it the most.



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

WKU Online Student Services

#climbwithus

IN THIS ISSUE:

- Success Coaching Team
 - Coach Alex
 - Coach John
 - Coach Tammy
- Upcoming Events
 - Football Homecoming
- Preparing for Final Exams

Upcoming Dates

<u>EVENTS</u>
<u>Campus Recreation and Wellness Calendar</u>
<u>WKU Events Calendar</u>
<u>WKU Sports Calendar</u>
<u>Fall 2023 Academic Calendar</u>

11/3	Deadline to apply for May/Aug 2024 Graduation
11/10	Homecoming Parade and Pep Rally
11/11	Homecoming Football Game
11/15	Last day to drop a 2nd bi-term course with a "W"
11/22 -11/24	Thanksgiving Holiday (University closed)
12/4-12/7	Final Exams

Football Homecoming calendar of events



WKU Online Student Services



Preparation is Key!

The most important thing you can do to improve your test scores is make certain you are well prepared for the exam. There is no substitute for preparation! However, preparation doesn't mean simply studying hard for each exam as they come up. The most well prepared students practice good habits along the way, which helps them not only remember the material, but understand the material at a much deeper level.

Come up with a game plan:

- Develop a realistic study schedule
- Determine your available study time
- Organize your study area
- Predict exam questions from your lecture notes, discussions and readings
- Consider where your weaknesses lie
- Create study aids to boost your confidence while studying and when taking a test
- Take practice exams

IMPROVING YOUR TEST SCORES

Study Confidently

Test taking anxiety can affect anyone. It is something that we all will encounter in our collegiate career. Tests can be stressful, but we can control how we react to the tests by preparing effectively, having confidence, and relaxing.

IN THIS ISSUE:

- Success Coaching Team
 - Coach Alex
 - Coach John
 - Coach Tammy
- Upcoming Events
 - Football Homecoming
- Preparing for Final Exams

KNOW THE CONTENT

Understand what you will be tested over and how you will be tested. Make certain you understand what the test covers (i.e. which chapters, notes, concepts and main points). Is the test multiple choice, true or false, and/or essay-style? Ask your professor for any clarification needed. Knowing which material to focus on and how the questions are organized will help you prepare for a test.

MANAGE YOUR ALERTNESS LEVEL

Get sleep so you aren't dazed. Walk around if you are feeling tense. Don't listen to last minute crambers if you are anxious. It's like doing warm-ups for sprints—get yourself to the best physiological state.

TEACH SOMEONE

One of the most effective ways to learn is to teach. If you try to explain what you've been studying to another person, you'll transfer the information from short- to long-term memory, and you'll more clearly see what you understand and what you don't.