Vote Big Red!

Big Red is competing in the Capital One Mascot of the Year Challenge again this season! Capital One’s sponsorship of College Football includes an annual “Mascot of the Year” contest. This year marks the 10th Annual Anniversary of the mascot challenge. Big Red has been nominated seven out of the ten years!

There are sixteen mascots selected each season. Each year, the chosen mascots from various schools are nominated to “play” a simulated 10-week season. The mascot with the best record will be declared the victor and is honored at halftime on the game telecast on ESPN.

You can help cheer Big Red on by voting for him online! Not only will Big Red and his fans enjoy the glory of winning the competition, the winning school receives $20,000 towards their mascot program.

This year the online competition is on http://www.CapitalOneBowl.com and Facebook, features sixteen short films featuring each of the competing mascots. Check out Big Red’s quest for finding love online at: http://www.youtube.com/watch?v=TBN6T232Ti0&feature=share GO BIG RED!

Adventures of the Red Towel

For years, the Alumni Center has been publishing pictures of the travels of the famous Red Towel in the alumni magazine, The Spirit. The Red Towel has visited many of the national monuments and landmarks as well as international travel!

What is all this Red Towel business? The Red Towel has become synonymous with WKU’s spirit and support of our athletic teams and Big Red for years! One of WKU’s most successful coaches, E.A. Diddle, could always been seen with a red towel during his tenure as coach for WKU’s basketball team. He would hold a red towel and wave to fans and his players during games. Since then, WKU Hilltoppers wave their red towels at athletic events to show their WKU spirit!

Distance Learning students received red towels in their Student Support packet this fall. We would love to hear about your trips with your towel! Even if you aren’t vacationing, send us a picture of your red towel in your home town. Distance learners live throughout the state of Kentucky and in other states and countries! Share a bit of your life with us by sending a picture to cindy.troutman@wku.edu. We hope to include distance learners’ adventures with the red towel in our next calendar!
Balancing School, Work and Family

Congratulations on your decision to come back to school…whether you’ve been out for a while or only a few weeks, coming back to school is a big decision! On top of having a full-time job, responsibilities at home, and a busy family life, you have added another layer of responsibility – school! Others may think you’re trying to do too much, but with proper planning, realistic goals and perseverance, you will succeed!

Here are a few things to think about as you consider which courses to take in Spring 2012 (registration begins October 31):

Proper Planning
When you are planning for your program of study, one of the most important aspects is to plan for success! Think about which outside factors influence your course load.

➢ Do you receive financial aid? If so, you must register for a minimum of 6 hours as an undergraduate student, or a minimum of 4.5 hours as a graduate student.

➢ Is your job somewhat flexible? Do you normally work a lot of overtime? This too can influence your decision at registration time. Remember to set realistic goals, and consider the time you have available to devote to school.

➢ Consider the other activities going on in your life (i.e. little league, church, volunteer work) before deciding how many courses you should take. Which of these activities are flexible? Can the responsibilities be shared or shifted if/when needed? Be sure to look at your calendar to get a better idea of your regularly scheduled activities.

Set Realistic Goals
Proper planning will allow you to set realistic goals for the spring semester. What is realistic for each person may vary based on career, family, and other activities and obligations. Evaluate your schedule and decide what is realistic for you.

Going back to school can be a wonderful experience, especially if you prepare adequately. Remember every hour “in the classroom” equals a minimum of two hours of study outside the classroom. When planning your schedule, this means you should allow a minimum of six hours study time each week for each course! So, if you’re taking three courses, it is recommended that you dedicate a minimum of 18 hours per week to your courses. Knowing what to expect, and planning appropriately can prevent you from feeling overwhelmed and discouraged.

Strategies for Success
Write out your goals and expected time commitments. This will be helpful in avoiding stress and over-scheduling yourself.

Refer to the Guide on Setting goals/making a schedule.

Establish a good rapport with your instructors/professors in the classes you take. This will be helpful to you throughout the semester. You will feel freer to ask for assistance and clarification on assignments, and even negotiate optional learning projects that have more relevance to your goals. Refer to the Guide on Influencing Teachers.

Develop an awareness of how you learn, or have learned best in the past. This will help you focus your energies in the most productive way, and alert you to areas where you may need help (i.e. speaking, writing, math, testing, etc.)

Your learning style defines how you acquire and process information (learn!) and has nothing to do with being “smart.” You could refer to it as to how your brain works, or the parts of your brain work. Each person has a very particular way of learning. Research has identified many “learner characteristics” and ways of typing them.

Self-assessment websites on learning styles is a great place to start!
DVC Learning Style Survey for College has a good introduction, four categories of styles (visual/verbal; visual nonverbal; tactile/kinesthetic; auditory/verbal), and a self-assessment web-based tool. Results/scores are based upon 32 questions.

Index of Learning Styles Questionnaire (Felder/Silverman) introduction, learning preferences on four dimensions (active/reflective, sensing/intuitive, visual/verbal, and sequential/global); and a self-assessment instrument self-scored. Results/scores are based upon 44 questions.

The SuccessTypes Learning Style Type Indicator (Pelley) based on the Myers Briggs Type Indicators (Extraversion, Introversion, Sensing, Intuition, Thinking, Feeling, Judging, Perceiving) Introduction and links to related Myers Briggs type indicators. Results/scores are based upon 28 questions.

Learning Disabilities Resource Community's self-assessment instrument is based upon Howard Gardner's work on multiple intelligences (linguistic, mathematic, visual/spatial, body/kinesthetic, naturalistic, music, interpersonal, intra-personal). Results/scores are based upon 80 questions.

Top Tools for Online Learners

Pursuing your education online can be a great experience especially if you are equipped with some helpful resources! Here is a list of some great tools available for online students to help in various areas.

To increase collaboration with classmates:

ToadasMeet: Here you can create private or public online meeting rooms for outside class discussions, collaborations, and study groups.

To improve your online reading skills and comprehension:

Spreeder: An online speed reading tool designed to teach you how to silence your inner voice while reading. You can gradually increase the WPM counter to speed up your reading abilities.

To help stay organized:

Toodledo: An online to-do-list for organizing tasks and improving productivity.

Time Tracker: A to-do-list with a clock. This tool lets you know when you're spending all of your time on one item, and alerts you to re-allocate time wasted to other efforts.

Treepad Lite: Writers can keep track of their notes, e-mails, texts and reference materials with this all-in-one organizer. The program is easy to use and can be a great way to keep everything you need for writing in one place.

Password Hash: Have problems remembering all your passwords? This is an excellent tool that stores your passwords for you, and can autopopulate them when you visit that site for login.

For help with research and citing your references:

Citation Help: Son of Citation Machine helps students and professional researchers properly credit the information they use. The primary goal of this tool is to make it easy for student researchers to cite their information sources.

iCyte: An amazing research tool. You can mark, make notes and organize your thoughts on a topic on a webpage, or a few keywords in an article online. This tool stores the information for you so when you visit the site again, it pulls up the information you keyed in.

Diigo: A powerful research tool and a knowledge sharing community. You can annotate, archive, and organize. With this tool you can highlight and add sticky notes to web pages.

WKU Library Resources and Research Assistance: WKU Libraries have extensive online databases and journals. They also have dedicated research librarians to assist you with your research topic!

Hopefully these aforementioned resources will help your productivity and help you work smarter instead of harder!
**Online Writing Center**

The English Department, in collaboration with the Office of Distance Learning, launched a new Online Writing Center this past spring semester! The Online Writing Center was designed with distance learners in mind, and is open to both graduate and undergraduate students.

We know that writers need feedback! The Writing Center can give you the feedback you need. Tutors will talk with you about your writing and help you brainstorm ideas, clarify main points, strengthen logic and support, integrate sources and credit them properly, and more!

We want to help you become a better writer, so we won't edit or proofread your paper for you. We will help you learn to revise and edit so you will be better able to catch your own errors, improve your own content, organization, and style. For more information on utilizing the Online Writing Center visit [http://acadmedia.wku.edu/writingcenter/online_writing_center.php](http://acadmedia.wku.edu/writingcenter/online_writing_center.php).

**Adult Learners**

WKU’s University College (UC) houses programs dedicated to serving adult learners. Adult learner counselors are trained to answer your questions and support you in the process of starting or finishing school. UC has two distinct programs in place to serve adult learners at various stages of their academic career.

**WKU REAL** – Reaching Each Adult Learner is dedicated to assisting adult learners. Whether you are simply exploring your options or ready to pursue a degree, WKU REAL is a resource for you. The WKU REAL Office houses information on degree programs at WKU, enrollment materials, and frequently asked questions. If you’re a non-traditional student, you qualify to participate in WKU REAL.

**Contact WKU REAL**
Bowling Green Campus
Tate Page 251
Phone: 270-745-3575
Email: real@wku.edu

The **WKU Finish** program is designed to assist students who previously attended WKU and earned 80 credit hours or more and left before obtaining their degree. We know life doesn’t always go as planned. Through individualized services to meet the needs of each particular student, WKU Finish reaches out to students who have attended college and run into various challenges that prohibited them from earning their degree.

Whether you left school to get married, start a career, or just take a break – this is the program for you! Give us an opportunity to discuss your situation and come up with creative options to assist you with degree attainment.

Our goal is simple – we want to offer an opportunity for all students to succeed in their academic programs while providing support and guidance at WKU. Our promise is to assist students in coordinating the resources, degree programs, and departmental support to achieve your educational goals.

**Contact WKU Finish**
WKU Finish Coordinator: Rebekah Phillips
Email: wku.finish@wku.edu
Phone: 877-WKU-GRAD (877-958-4723)
Web: [http://www.wku.edu/finish/](http://www.wku.edu/finish/)

**Services offered through WKU REAL and WKU Finish**
- Individualized academic counseling
- One-on-one assistance with the admission application and Financial Aid paperwork
- Adult learner resources
- Comprehensive support in one location
Online Community

The Online Community provides a place where you can stay up-to-date on university related news, deadlines and special events, and interact with other distance learners, faculty and staff. Interested in joining the online community? Email learn.online@wku.edu with your Student ID number to request membership!

Other Points of Interest

Contacting Faculty, Staff and Campus Offices at WKU: Visit the Campus Directory to contact faculty, staff, or campus offices at WKU. If you need to reach your advisor and you don’t have their name, contact the departmental office for your major, or call us at 888-4WKUWEB.

Using Library Resources: We know many of you may have research projects coming due! We have online resources available through WKU Libraries that can help! Electronic journals, databases, e-books and more are available at www.wku.edu/Library. If you need assistance getting started, just visit our online library orientation at wku.edu/online/orient_lib_get_started

We also have one-on-one assistance available through our Ask Your Librarian program. Ask Your Librarian provides easy access to a trained librarian through our Online Community. Roxanne Spencer, an Associate Professor in the Department of Library Public Services is available to answer any questions you may have about your research. So, whether you have a specific question, or just need some direction on the best place to start just Ask Your Librarian!

Not a member of the Online Community for distance learners? Joining is easy! Just email us at learn.online@wku.edu and let us know you would like to join!

New Winter Online Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>BCOM 201</td>
<td>Processes and Effects of Mass Communication</td>
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<td>NUR 150</td>
<td>LPN to RN Transition</td>
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<td>PE 341</td>
<td>Basketball Coaching</td>
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<td>PS 424</td>
<td>Administrative Law</td>
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<td>PS 435</td>
<td>American Political Thought</td>
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<td>PS 524</td>
<td>Administrative Law</td>
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<tbody>
<tr>
<td>SOCL 231</td>
<td>Survey of Criminal Justice</td>
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<td>AGEC 361</td>
<td>Farm Management</td>
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<td>AGRO 475</td>
<td>Plant Pathology</td>
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<tr>
<td>AGRO 475G</td>
<td>Plant Pathology</td>
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<td>AMS 303</td>
<td>Food Laws &amp; Regulations</td>
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<td>AMS 395</td>
<td>Fundamentals of HACCP</td>
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<td>AMS 540</td>
<td>Theory of Constraints</td>
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<td>ANTH 125</td>
<td>Intro to Biological Anthropology</td>
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<td>BA 560</td>
<td>Human Resources Management</td>
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<td>BIOL 430</td>
<td>Evolution: Theory and Process</td>
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<td>BIOL 560</td>
<td>Advanced Cell Biology</td>
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<td>CD 220</td>
<td>Language Access Service</td>
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<td>CD 434</td>
<td>Communication Intervention in Autism</td>
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<td>CIT 312</td>
<td>Systems Architecture II</td>
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<td>COMM 263</td>
<td>Honors Fundamental</td>
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<td>COMM 463</td>
<td>Communication &amp; Culture</td>
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<td>DMT 110</td>
<td>Intercultural Communication</td>
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<td>EDFN 612</td>
<td>Design Concepts</td>
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<td>EDFN 726</td>
<td>Seminar in Communication Coll</td>
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<td>GWS 200</td>
<td>Postsecondary Change &amp; Cultures</td>
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<td>GWS 470G</td>
<td>Intro to Gender/Women’s Studies</td>
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<td>IDST 399</td>
<td>Place &amp; Problem of Healing</td>
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<td>LEAD 525</td>
<td>Investigative Methods in IS</td>
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<td>MATH 183</td>
<td>Leadership Ethics</td>
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<td>MATH 403</td>
<td>Introductory Statistics</td>
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<tr>
<td>MATH 403G</td>
<td>Geometry for Elementary/Middle School Teachers</td>
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<tr>
<td>MATH 413</td>
<td>Algebra/Technology for Middle School Teachers</td>
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<td>MATH 413G</td>
<td>Algebra/Technology for Middle Grades Teachers</td>
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<td>MATH 423G</td>
<td>Geometry II</td>
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<td>MGT 400</td>
<td>Employment Law</td>
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<td>NUR 208</td>
<td>Medical-Surgical Nursing II</td>
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<td>PH 443</td>
<td>Health and Aging</td>
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<tr>
<td>PH 575</td>
<td>Health Education/Program Planning</td>
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<tr>
<td>PH 620</td>
<td>Advanced Biostatistics</td>
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<tr>
<td>REC 460</td>
<td>Grant Writing - Non-profit Orgs</td>
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<tr>
<td>TCHL 560</td>
<td>Action Research Capstone for Teacher Leaders</td>
</tr>
</tbody>
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New Spring IL Courses

ADED 510  Intro to Adult Educatation
CFS 297   Family & Community Partnerships
CFS 311   Family Relations
CFS 494   Parenting Strategies
COMN 145C Fundamentals of Public Speaking
ENG 302   Language/Communication
HIST 443  Civil War Reconstruction
INS 270C  Electronic Spreasheets
INS 285C  Advanced Software Application
MATH 116  College Algebra
MATH 183  Introductory Statistics
SOCL 304  Sociological Theory
SOCL 362  Race, Class, and Gender
SOCL 513  Quantitative Research Methods
SOCL 514  Advanced Social Statistics
PE 122    Foundations of Physical Education
PE 313    Motor Development
PH 100    Personal Health
PH 365    Human Sexuality

Reminder!

Spring registration begins October 31!

Key WKU Departments for Online Students

Admissions................................. 270-745-2551
Billings & Receivables............... 270-745-6381
Bookstore................................. 270-745-2466
Career Services Center .......... 270-745-3095
Community College............... 270-780-2550
Counseling & Testing Center ...... 270-745-3159
Distance Learning............... 270-745-5173
Diversity Programs............... 270-745-5066
Financial Aid......................... 270-745-2755
Graduate Studies .................... 270-745-2446
Independent Learning .......... 270-745-4158
Library Resources............... 270-745-6125
Online Tutoring ....................... 270-745-6254
Registrar................................. 270-745-3351
Student Disability Services..... 270-745-5004
DELO Testing Center ............. 270-745-5122

Student Support Staff

Danita Eysenbach is the Student Support Specialist for Online Learning. She has been with Distance Learning since August 2009. Danita provides current and potential students with information regarding online courses and programs, helps them get connected across campus and provides needed assistance with navigating the university at a distance. If you would like more information on online courses and programs email Danita at learnonline@wku.edu.

Tanja Bibbs is an Independent Learning Specialist. She has been with Distance Learning since February 2009. Tanja's primary job responsibilities include processing Independent Learning registrations, attending and hosting student recruitment events, and processing course exam requests. If you would like more information about independent learning courses email Tanja at il@wku.edu.

Online Learning • 888-495-8932 • 270-745-5173 • learnonline@wku.edu • www.wku.edu/online
Independent Learning • 800-535-5926 • 270-745-4159 • il@wku.edu • www.wku.edu/il