

# FOR YOUR INFORMATION

As finals approach, remember your WKU Online coaching team believes in you and all the hard work you've put in! Reach out if you need extra support or just a bit of encouragement. We're cheering you on.



*Best of Luck. You've got this!*

**Final Exams- Dec 5- 11**

## Better Mental Health:



### Planned Free Time

Dedicate pockets of free time to things that make you feel relaxed, happy, or fulfilled. That time is yours to make the most of.

### Get Moving



Make sure to use your body, whether that's taking a walk, mindful stretching, or getting in a workout.

### Necessary Tasks

Dedicate an appropriate amount of time in your day to complete necessary tasks. Once you've planned free time, it'll be easier to get through more strenuous parts of your busy day

### Rest and Recovery



If you aren't resting enough, you are less likely to adhere to your plan to achieve work-life balance.

### Caring for Yourself

How you manage the time in your day is largely responsible for your stress levels. If you don't take the time to care for yourself, you put your mind and body under both emotional and physical stress.

### Talk It Out



You aren't alone! Share your stress with a friend or loved one for support. Talk to a professor or a staff member.

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- For Your Information
- Upcoming Events
- Spotlight on Fall 2025 Graduates
  - Advice for Online Learners
- Campus Connections



## PROGRAM REFLECTION

We want to hear from you! Your feedback on our coaching program is incredibly valuable. By sharing your thoughts, questions, or suggestions, you'll help us enhance the program to better meet your needs and support future students. Your voice matters—take a moment to help us grow and improve!

*Your Coaching Team*

[Please take 10 minutes to fill out our feedback survey.](#)

**WKU  
Online** | ON  
DEMAND

## On Demand Registration

**Spring 2026**

### Register via

- TopNet
- Phone
- In-person
- Note: If using Financial Aid, fill out request form in TopNet under the Financial aid tab



**ENROLLMENT  
STARTS 12/1**

270.745.4158  
ondemand@wku.edu  
[wku.edu/ondemand](http://wku.edu/ondemand)

# UPCOMING EVENTS



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## EVENTS

[Campus Recreation and Wellness Calendar](#)

[WKU Events Calendar](#)

[WKU Sports Calendar](#)

[Fall 2025 Academic Calendar](#)

[Registration Guides](#)

## UPCOMING EVENTS

### December

- Reading Day\*
  - *designated to allow students to prepare for exams and complete assignments*
  - Dec 4
- Finals week
  - Dec 5-Dec 11
- Final Grades Due
  - Dec 16 @ noon
- Winter Break
  - *university closed*
  - Dec 15- Jan 2

begins 12/15

## WINTER 2026 TERM



**01**

### BLACKBOARD

access to Blackboard courses before December 15



**02**

### TEXTBOOKS

textbooks or digital codes paid for and ready to use



**03**

### SYLLABUS

look over all course syllabi, calendars or other information from the professor



**04**

### EQUIPMENT

reliable internet connection and working computer



**05**

### ENVIRONMENT

dedicated study space and time set aside to work



**06**

### PROFESSORS

check-in with professors before December 15

# ADVICE FOR FUTURE ONLINE LEARNERS


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# HAPPY GRADUATION

CLASS OF 2025

*Hilltoppers*

 **WKU  
Online** | ONLINE  
STUDENT  
SERVICES

THIS IS YOUR TIME  
TO CELEBRATE!

Friday, December 12

Fall College Recognition Ceremonies

<https://www.wku.edu/commencement/>



## ONLINE LEARNING TIPS AND ADVICE

- Stay ahead of the game. If things can be done early, get them done. It's hard to catch up if you do everything at the last minute.
  - Kelsy Satterfield
- Time management and organization are the golden tickets to success in an online course.
  - Shelby Moore
- It can be challenging to work online by yourself and it can feel lonely at times. If you have questions, reach out to your professors. They are here to support you and help you succeed.
  - Heewon Jennifer Kwon
- Get an agenda to plan your assignments and to keep track of when they are due; find a space where you can do your homework free of distractions.
  - Henri Aboah
- Stay organized and keep a routine. Check assignments early in the week and make a to-do list to stay on track. Don't be afraid to ask questions.
  - Hannah Shelley
- Give yourself grace and take it one assignment at a time.
  - Grace Thompson
- Only take the amount of classes that you can take and not overwork yourself.
  - Ruben Soto-Cantalejo



8:00 am  
E.A. Diddle Arena

Potter College of Arts & Letters  
College of Education and Behavioral  
Sciences

#WKUGrad

10:30 am  
E.A. Diddle Arena

Gordon Ford College of Business  
Ogden College of Science & Engineering



1:00 pm  
E.A. Diddle Arena

College of Health and Human Services

## Why Choose WKU Online?

- "...with my busy work schedule, online classes allowed me to successfully complete my courses." (Johanna Livingston)
- "The hybrid LPN-RN bridge program offered flexibility that I needed as a mother and a working professional." (Kiersten Brooks)
- "I was able to further my education with minimal disruption to an already busy life. I could achieve my educational goals." (Aaron Poynter)

  
2025

December 2025

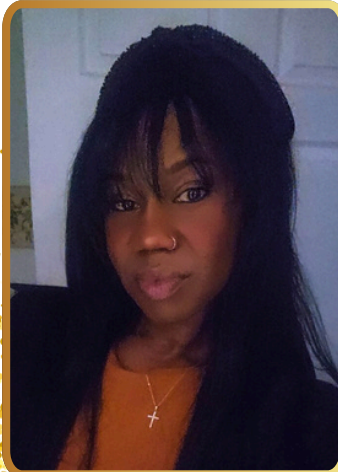
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Grad Spotlight

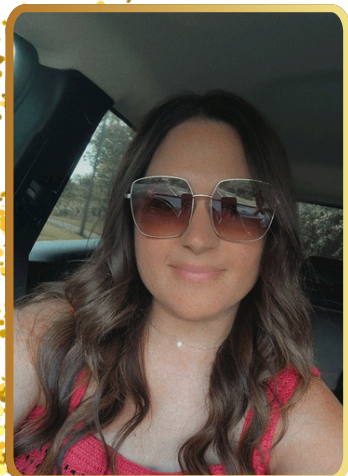


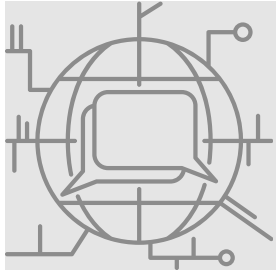
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# CAMPUS CONNECTIONS

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## Congrats, Fall 2025 Grads!

*Happy Holidays to you and yours, from Dean Brown and the Dean's Council of Students.*

### VIRTUAL CHAT with DEAN BROWN



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.



**Potter  
College of  
Arts and  
Letters on  
Social  
Media:**

- [Facebook](#)
- [Instagram](#) /@wkupcal
- [DIVERSITY Instagram](#)
- [YouTube](#)
- TikTok:  
@wkuartsandletters

## Potter College Events:

### Last Chance to Dance

Join the Department of Theatre & Dance as they showcase emerging student choreographers and their original works in this informal showcase! Tickets are \$56 and can be purchased in advance at [wku.showare.com](http://wku.showare.com).

### Fall 2025 Graduating Seniors Exhibition

From now until December 12th, visit the FAC Main Gallery to view the Department of Art & Design's Fall 2025 Graduating Seniors Exhibition! This exhibition is free and open to the public from 8 AM to 4:30 PM.

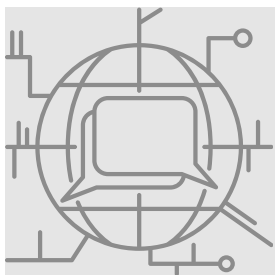
### Fall 2025 Graduation Information

If you are graduating next week and have questions about the college recognition ceremonies, please visit the commencement website [here](#)!

### WKU English Students Present Research at Naylor Conference

In September, the Department of English attended the Naylor Workshop on Undergraduate Research in Writing Studies in York, PA. Click [here](#) to read more about their exciting trip!

*Find more events by accessing the [PCAL calendar](#).*



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**Good luck with finals! Finish the semester strong, and don't forget to take care of yourself. To those graduating in December, congratulations! We're so proud of all your accomplishments and can't wait to see what you do next.**



### Ogden College of Science and Engineering on Social Media:

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

## WKU Career Development Center

**Helpful Links!**



careerhelp@wku.edu  
(270) 745-3095

- Resume Help
- Upcoming Career Fairs
- Career Coaching Appointments
- Informational Handouts and Documents

*Please visit for more information about the Career Center.*

## Graduate Student Help Desk

Have questions about GFCB Graduate Programs? Reach out to our new account as your first resource.

GFCB.gradhelp@wku.edu



### Gordon Ford College of Business on Social Media:

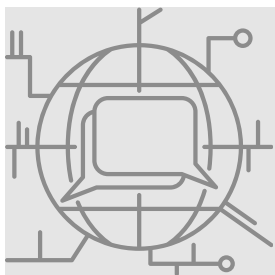
- [Facebook](#)
- [Instagram](#) (@wkugordonford)
- [X \(Twitter\)](#)
- [LinkedIn](#)



### College of Health and Human Services on Social Media:

Department of Social Work:

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



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**19<sup>TH</sup> ANNUAL  
LIFESKILLS  
RUN FOR  
AUTISM**

**4 MILE  
RUN &  
MORE**

Benefitting: **CEC**  
Suzanne Vitale Clinical Education Complex  
at WKU



Scan to Register!



FREE T-SHIRT if you Register by  
Saturday February 28<sup>th</sup>

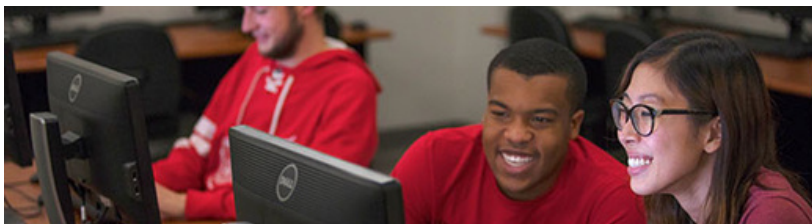
**Saturday, April 11th 2026**



**College of Education and  
Behavioral Sciences on Social  
Media:**

- [Facebook](#)
- [Instagram](#) / @wkucebs
- [X \(Twitter\)](#)
- [YouTube](#)
- TikTok: @wkucebs

wku.edu/cebs



## Suitable

**CHECK OUT WHAT FIRSTGEN  
IS OFFERING ON SUITABLE**

**Want your own  
F1rst Gen Virtual  
Background?**

Download both Zoom  
backgrounds (**this one** and  
**another one!**) to show off your  
WKU F1rst Gen pride!

