

STUDENT SUPPORT RESOURCES

IN THIS ISSUE:

- Advising and Registration
- Preparing for Midterms
- Spring Events
- Campus Connections

PLAN AHEAD!

CONTACTED YOUR ADVISOR YET?

Advisor Meeting Checklist

- Discuss course registration
- Review course options and academic goals
- Do you need to make a change to your major/minor?
- GPA concerns
- Stay on track with your degree

Don't Delay

- register for online courses early, they fill up **QUICKLY**
- secure your spot in classes you need
- Zoom, phone or in person

find your advisor's contact details on TopNet

Fall 2026 priority registration

- Graduate Students, Seniors- March 23 ✓
- Tier 1- March 24 ✓
- Tier 2- March 25 ✓
- Juniors (60-89 earned hrs)- March 26 ✓
- Sophomores (30-59 earned hrs)- March 30 ✓
- Freshmen (0-29 earned hrs)- March 31 ✓

Prepping for Midterms

create a midterm study plan and find a study environment where you can focus

mix up your study methods (flash cards, study partners, rereading notes/textbook, teach content to someone)

take breaks away from studying to give your brain time to recuperate

- 1 use prior exams, quizzes or professor-provided study guides
- 2
- 3 don't skimp on sleep or proper nutrition
- 4
- 5 give yourself grace and appreciate the small wins
- 6

SUMMER '26 PRIORITY REGISTRATION

MARCH 2ND

- open for all students
- does not require advising prior to registration, although it's strongly advised

 <https://my.wku.edu>

Tired of multiple log ins?
You can use your NetID to log in one time to **myWKU** to have one click access.

UPCOMING EVENTS

WKU Grad Fair

SPRING 2026
GRADUATES ONLY

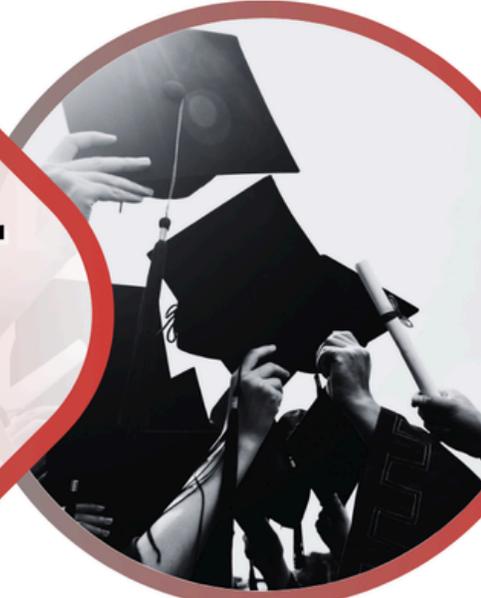
Downing Student Union, 3rd floor
Rooms 3023-3025

Mar 24-26

10:00 - 6:00

BRING YOUR WKU ID!

- » Pick up Cap and Gown
- » Know Where to Go
- » Capture the Moment
- » Mark Your Milestone



<https://colleges.herffjones.com/college/wku/>

Submit an order for regalia via the [Herff Jones](#) site prior to pickup.

After Grad Fair ends, graduates can pickup regalia at the WKU Store.

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EVENTS

[Campus Recreation and Wellness Calendar](#)

[WKU Events Calendar](#)

[WKU Sports Calendar](#)

[Spring 2026 Academic Calendar](#)

[Registration Guides](#)

UPCOMING EVENTS

March

- Priority Registration Summer 2026
 - March 2
- Spring Break
 - March 16-20
- Priority Registration Fall 2026
 - March 23

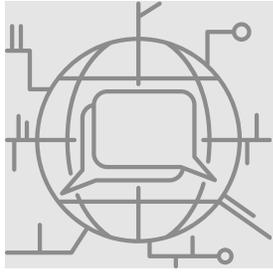
April

- Last Day to Drop with a "W"
 - April 3

Spring Break

No Classes 3/16 to 3/20

www.wku.edu/online/services/



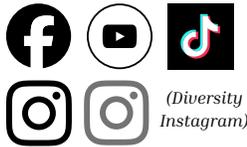
CAMPUS CONNECTIONS

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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.



UPCOMING PCAL EVENTS:

2026 Hatcher Speaker: Dr. Mei Li Inouye

Thursday, March 5th 5:00pm
"The Experience of Absence: Tracking Taboo Topics through Archives, Oral Histories, Anecdotes, and Artifacts", a thought-provoking faculty talk with Dr. Mei Li Inouye, assistant professor of Chinese and founder of the Chinese Program at Centre College. All are welcome!
[Click here for more information.](#)

PCAL CES Presents: An Evening with Rebekah Taussig

Thursday, March 5th 6:30pm
Houchens Industries Auditorium, Chandler Hall Disability Advocate, Educator, and Best-Selling Author, Rebekah Taussig. Free admissions. A book signing will be offered after the talk.
[Click here for more information.](#)

Kentucky Supreme Court at WKU

Wednesday March 11th and Thursday March 12th
Supreme Court Justices will offer oral arguments on criminal, civil, family, and business cases. There will also be a meet & greet followed by a panel discussion.
[Click here for more information.](#)

Spring 2026 Grad Fair

March 24th-26th 10am-6pm
DSU, Third Floor
Kick off graduation celebrations and take care of important graduation planning, explore graduation-related services, and prepare for life beyond college.
[Click here for more information.](#)

DCS Applications Close Soon

Do you have a love for PCAL and want to be a voice for our students, faculty, and staff? Consider joining the PCAL Dean's Council of Students!
[Click here for more information.](#)

PCAL IN THE NEWS:

Where Language Leads: The Ongoing Journey of WKU Alum Olivia Blackmon

For Olivia Blackmon, studying Modern Languages at WKU didn't just enrich her worldview—it opened unexpected doors and shaped every step of her professional journey. [Click here](#) to read more!

Making Change: George Eklund's Path to Housing Advocacy

A 2009 graduate with degrees in Political Science and German, George Eklund now serves as the Director of Education and Advocacy at the Louisville Coalition for the Homeless. [Click here](#) to read how WKU allowed George to lay the groundwork for the advocacy he does now!

UPCOMING OGDEN EVENTS AND NEWS:

OCSE Spring Carnival

Friday, April 10th 2-4pm
Rock Garden behind the Planetarium
In celebration of our 60th year anniversary, we are excited to invite you to participate in the Ogden College Spring Carnival! Throughout the afternoon, students, faculty, and staff will visit organization tables to learn about campus involvement opportunities while participating in carnival-themed games and activities. Play games to win tickets toward fun prizes. Also enjoy cotton candy, popcorn, a "pie your professor" station, a petting zoo, and more! This free event is open to all students majoring in a discipline in the Ogden College of Science & Engineering.

Student-Driven Research at WKU Leads to Publication on Piranha Bite Stress
Read the full article [here](#).

WKU College of Health & Human Services



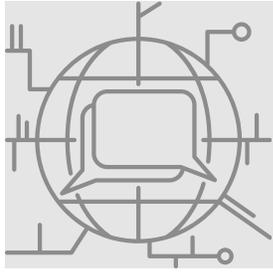
JULIE JONES
STUDENT WELLNESS NAVIGATOR
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JOANNA SHAKE
STUDENT WELLNESS NAVIGATOR
joanna.shake@wku.edu

CHHS prepares health and human services professionals who will work to improve the quality of life in their communities and beyond. We recognize this effort must start with improving the quality of life for our students while they are in college. Focusing on the 10 dimensions of wellness (or the wellness wheel), we encourage balanced, optimal wellness for CHHS students. Reach out to us!





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WEDGE SEMINAR

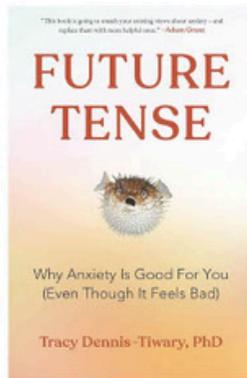
TUESDAY
MARCH 10

7:00 PM

Eva & Jim Martens
Alumni Center Ballroom
292 Alumni Avenue
free parking in Alumni Square Garage

270-745-5991

Why anxiety is good for you.



Tracy Dennis-Tiwary

Tracy Dennis-Tiwary is an American clinical psychologist, professor of psychology and neuroscience at Hunter College and the Graduate Center of the City University of New York, where she directs the Emotion Regulation Lab and co-leads the Center for Health Technology. Tiwary is a researcher, author, and co-founder and chief science officer of the digital therapeutics company Arcade Therapeutics, which develops gamified mental health tools. Her work focuses on emotion regulation, anxiety, and the psychological impact of technology.



PSI CHI EVENT SCHEDULE

SPRING 2026

INDUCTION CEREMONY

Gary Ransdell Hall Room 3011
4:30 pm

FEB 26

RESEARCH SPOTLIGHT

Gary Ransdell Hall Room 3011
4:00 pm

MAR 26

STUDY/SOCIAL

Gary Ransdell Hall Room 3011
4:00 pm

APR 30



Teaching With Heart A Trauma Informed Approach

THURS | MAR 5th
4:30PM - 7:30PM
WKU CAMPUS
KTH - RM 1008

Enjoy interactive learning, fellowship, and pizza!



REGISTER HERE

Join SkyTeach Alumna, Ms. Kay-Dee Vales, as she dives into the dynamic world of Trauma-Informed Social Emotional Learning (SEL). Participants will explore effective methods for assessing and supporting students who have experienced Adverse Childhood Experiences (ACEs).

Ms. Vales is a passionate advocate for inclusive education and currently teaches at WEHS!

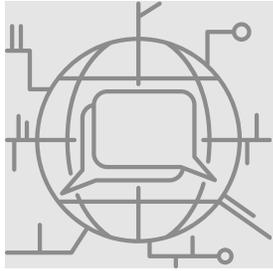
WKU COUNSELING AND STUDENT AFFAIRS

FREE professional development CEUS. For workshop details and registration, click here.



College of Education & Behavioral Sciences
wku.edu/cebs





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TEACHER EDUCATION STUDENTS: Registration, Advising, and Scholarship Reminders

Summer and Fall registration dates are now posted. [Click here](#) to check the calendar and mark your date.

Before registration opens:

- ✓ Schedule and attend your advisor appointment. Clinical and methods courses fill quickly.
- ✓ Review your degree audit in TopNet and come prepared with questions.
- ✓ Begin working on Teacher Scholarship opportunities through the WKU School of Teacher Education. See if you can qualify to be fully funded!

[Click here for scholarship information!](#)

Grow Your Own & Apprentices

If you are identified as a **Grow Your Own student or Apprentice**, now is the time to begin conversations with your district about your **fall job placement**. Do not assume the placement will automatically align with your major requirements.

- Advocate for a position that allows you to complete:
- Required observation hours
 - Field assignments
 - Major-specific clinical expectations

For example, if you are an **Elementary Education major**, working in a middle school setting can make it difficult to meet required observation hours unless there is a clear agreement for release time without penalty.

If you need additional support regarding advising, job placements, or next steps, please do not hesitate to reach out to **Angela Nagel** or **Josiah Super** in the School of Teacher Education.



BLOGS

WKU's First-Generation Student Leadership Conference Empowers Students to Lead Boldly

Allison Sadler Dec 9, 2025
Western Kentucky University



Do you want to learn how?

Cursive Writing Workshop

March 27 from 3:00 to 4:00 pm
DSU 2001 (Career Studio, 2nd floor, above Fresh)

This workshop will explore common cursive letter shapes, discuss strategies for identifying unfamiliar words and letters, and practice interpreting handwritten text.

Co-presented by the FirstGen initiative and WKU Libraries.

Handwriting worksheets will be available if you would like to practice writing.
No previous experience with cursive is required.

RSVP in Suitable by March 16 to help us provide enough materials for everyone.
In the mobile app, toggle to Toppers Climb, tab the checkbox, and search activities for "cursive."



Visit wku.edu/firstgen/get-involved



CHECK OUT FIRSTTOPPERS AND ATTEND THEIR NEXT MEETING!

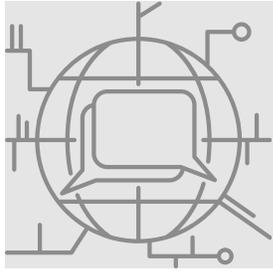
DYNAMIC LEADERSHIP INSTITUTE

3/26-4/23
RSVP BY 3/22

Designed to teach students the interpersonal skills and knowledge for various roles on campus and in life.
Cohort for first-gen students. Series of five sessions from 4:30-5:30pm.

CLICK FOR MORE INFORMATION





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WKU Career Development Center

careerhelp@wku.edu

(270) 745-3095

Please visit for more information about the Career Center.



Career Coaching

Resume Help

Career Guides and Planning

Informational Handouts and Resources

Upcoming Career Fairs



DEAL DAY

DISCOVER, EXPERIENCE, APPLY & LEARN

The Kentucky Department for Public Health and Western Kentucky University have collaborated to provide DEAL (Discover, Experience, Apply and Learn) Day, an experiential learning opportunity for students to explore different facets of the public health system. DEAL Day will be held in-person on WKU's Campus.

SAVE the DATE

April 17, 2026
9:00 AM - 1:30 PM

Western Kentucky University
Academic Complex 118
Bowling Green, KY 42101

Itinerary will include

- Epidemiology
- Environmental Health
- Public Health Laboratory
- Emergency Preparedness and Response
- Lunch will be Provided

REGISTER HERE

Scan the QR Code or visit the website to register by March 30, 2026.



<https://ky.readyop.com/fs/4wpD/a3803dab>

Contact

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Western Kentucky University
angel.shoemake@wku.edu

Amy Winger, MS
Kentucky Department for Public Health
amy.winger@ky.gov

EXPERIENCING BUSINESS SPEAKER SERIES

Thursday | March 5th | 3:30 PM
Houchens Industries Auditorium
Amy & David Chandler Hall



Dion Houchens
Chief Executive Officer and
Chairman of the Board of Houchens Industries, Inc

WKU GORDON FORD COLLEGE OF BUSINESS

Graduate Student Help Desk

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

GFCB.gradhelp@wku.edu