

**February 1, 2021**

Thank you for your continued work to make our students and their experience a priority. Please find below this week's message that we ask you to share with your students. These weekly messages coordinate with other resources found in the [Faculty Toolbox](#).

*Please note* the message below is written so you can simply copy and paste it into a Blackboard announcement or an email to your students.

Thanks,

Shirley Lefever, Ph.D.  
Interim Executive Vice President and Provost

**Making connections and taking responsibility for your own learning is critical if you want to succeed.**

I encourage you to make connections in my class. The more you are connected to our classroom community, the more successful you will most likely be. I encourage you to login or arrive early and stay after class to get to know other students. We know it is sometimes intimidating to approach your professors, so [check out these tips](#) from Student Success. I'd also suggest you attend some events sponsored by [Student Involvement](#) to meet your peers and get connected to campus resources.

If you are studying hard but are struggling with class content, you should first seek help from me during office hours (these are hours I set aside to meet with students, so please use them) or email me to schedule an appointment. My office hours and contact information are in my syllabus, and you can refer to your other syllabi to find your other instructor's hours. If you need to request tutoring for this or any of your other classes, you can find a list of [academic success resources](#) online or in person at the [Shocker Learning Center](#). Asking for help is a sign of personal interest in your own success.

---

**February 8, 2021**

**Using campus resources can help you succeed academically.**

Even under normal circumstances, students struggle with stress, mental health and finances. Make sure you are utilizing resources available outside of class to succeed in class. Resources like [Counseling and Prevention Services](#), the [Shocker Support Locker](#) and [Success Coaches](#) are all available to help you manage life. If you are ever concerned about the behavior of any member of our Shocker community, including yourself, [submit a concern with the Care Team](#).

I care about your success, so please reach out if you need assistance.

---

**February 15, 2021**

**Your success hinges on strong study skills.**

Reorganizing notes, finding questions in the assigned readings to ask during class and quizzing yourself and others on class material are all strategies to help you perform better in the classroom. Studies also prove that taking notes with pen and paper is more effective than on a laptop. Whether you use these strategies or others, we know the earlier you establish strong study habits, the better chance you have for a successful semester. You can find more study tips and strategies on the Student Success [study skills](#) resources page.

---

**February 22, 2021**

**Supporting each other and tending to your mental health is critical for academic success.**

It's important to find ways to stay connected, engage in healthy lifestyle behaviors, and make time for self-care and relaxation during this pandemic. I know many students are struggling with mental health at this time. The Wellness departments including [Campus Recreation](#), [Counseling and Prevention Services](#), and [Student Health Services](#) are resources to help you manage the four main pillars of health: physical activity, nutrition, sleep and stress.

You may be needing help or are concerned about a friend right now and not sure how to connect to resources. The **#WeSupportU** Preventing Suicide Training can give you the confidence you need to intervene during a mental health crisis. You can access the training at [suspensers4hope.com](https://suspensers4hope.com). If you or a friend are in crisis and need to speak with a crisis counselor, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) 24 hours a day. Asking for help is a sign of strength.

I hope you take advantage of these resources if you need them. Remember at WSU, **#WeSupportU** and I'm here if you need help connecting to campus resources.

---

**March 1, 2021**

**Attending office hours (which are for YOU) can help you succeed in my class.**

Want to talk about a topic from class, have questions about my professional field or curious about research options? Visit me during my office hours or contact me to schedule an appointment. Office hours are specific times I have set aside outside of classes to see and help students. Consider them **student** hours. Don't forget to utilize me – and your other professors – as a resource for your academic success. If you haven't gotten to know your instructors yet, login or go early to class or stay late to introduce yourself. Tips on communicating with professors can be [found here](#).

---

**March 8, 2021**

**Need help managing your time and priorities?**

Time management continues to be one of the biggest challenges for college students. Meeting academic deadlines, managing priorities and juggling multiple life roles can become overwhelming. You can find tips and resources on how to better manage your time [on this page](#) of the Student Success website.

If you would like assistance in getting organized and focused for the semester, contact your [Success Coach](#) for help.

---

**April 5, 2021**

**Your experience in class helps your job search.**

Developing skills that employers are looking for is important for preparing for life after graduation. Things like problem solving and critical thinking are skills you learn in your classes and skills employers look for in their job candidates. Do you know what other skills you need to have? Explore information about successfully entering the workforce by visiting “[Are You Career Ready?](#)”

If you haven't already, you should begin to think about what applied learning opportunities you would like to complete. You can do this and also look for jobs in the online career database, Handshake, on the [Shocker Career Accelerator](#) website

---

**April 12, 2021**

**Need help with your final assignments?**

As you are finishing your final assignments for the semester, be sure to use the free resources available to help you submit the best work you can. Resources like the [Writing Center](#) can help you with brainstorming ideas, developing a topic or paper revisions. The [Math Lab](#) can help with Math 007 through Math 370 assignments, and the [Shocker Learning Center](#) is the place to go to get help with study skills or request a tutor. Feel free to visit me during my student hours for clarification on class material, or form a study group and study schedule in order to finish successfully.

---

**April 19, 2021**

**Focus on the Positive.**

As the semester begins to wind down, take a little bit of time to reflect on some positive things that have happened over the past semester or year. Sometimes it is easy to get caught up in what didn't go so well, but it is important to take note of what has gone right. What new knowledge have you gained? What new skills did you develop through the transition to online classes? What have you liked the most about remote learning? What are five things you like about yourself or have gone well over the past week? I have seen a lot of students making positive progress in this course and appreciate the time and energy you each give to your academic work.

If you need some support for your own mental health, visit the [Counseling and Prevention Services](#) website to find services or complete a free mental health screening.

---

**April 26, 2021**

**Start preparing for finals.**

If you have not yet begun to plan for finals, I suggest you start now in order to avoid the stress that is often associated with finals week. Find out [when your finals are scheduled](#), what kinds of exams will be given in each class, and get the supplies you need well in advance of exam week. If you are new to online exams, be sure you [know how online testing works](#) and [check your tech](#) prior to your exams. You will also need to think about managing your time differently in the next couple of weeks. If possible, consider lowering your hours at work or changing your work schedule to accommodate your need to study. Find more helpful tips on the [Student Success](#) website to get prepared.

---

**May 3, 2021**

**How did your semester go?**

Thinking about what went well for you this semester and what you would change if you had the chance are important steps in maximizing your opportunity for future success. You can meet with a Success Coach or a Peer Financial Coach in [Student Success](#) for assistance in setting goals, completing success plans or developing a financial plan for future semesters to remain on the path to graduation.

Considering potential applied learning opportunities is also important in developing goals and plans for next year. I encourage you to explore options with the [Shocker Career Accelerator](#). All of these services are available throughout the summer, so take advantage of them while you have some time to reflect and relax.

I wish you the best for the summer!

---