

**January 18, 2022**

Thank you for the time and effort you give every day to help our students succeed in your class. Below is this week's message that we ask you to share with your students. Don't want to wait until next week to see what the message will be about? Visit the [new Faculty Toolbox section](#) on the Student Success website to see all of the topics for the semester organized by week and by message type.

*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 early is important to your success.**

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 [Winter Welcome events](#) to meet your peers and get connected to campus resources.

Need help getting organized this semester? Attend the Syllabus Party on Tuesday, January 25 from 11 a.m. – 1 p.m. in the RSC, room 142 for help. Or, contact Student Success at [student.success@wichita.edu](mailto:student.success@wichita.edu) and be connected with a Peer or Success Coach.

I look forward to getting to know you this semester.

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**January 24, 2022**

**Need help in class?**

If you are studying hard but are struggling with class content at any point in the semester, you should first seek help from me during office hours. Think of office hours as **student** hours. These are times I set aside to meet with students, so please use them or email me to schedule an appointment if they don't work with your schedule. My office (student) 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 visit this online list of [academic success resources](#) or seek help in person at the [Shocker Learning Center](#) in Lindquist Hall, room 107. **You are responsible for your own learning** - asking for help is a sign of personal interest in your own success.

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**January 31, 2022**

**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 such as putting all assignments, exams and reminders in your calendar [on this page](#) of the Student Success website.

If you would like assistance with getting organized and focused for the semester, contact Student Success at [student.success@wichita.edu](mailto:student.success@wichita.edu).

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**February 7, 2022**

**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 help.

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**February 14, 2022**

**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.

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**February 21, 2022**

**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 (student) 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. 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](#).

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**February 28, 2022**

**Supporting each other and managing your own 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. 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.

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**March 7, 2022**

**It's time to do a mid-semester check on your grades and goals.**

Now is a great time to login to Blackboard and review your performance on your assignments and check your grades. Do you need to make adjustments to the amount of time you are studying? Are you on target to reach your goals? You may find that you need to adjust your schedule, including work and other activities, in order to remain on track for this and future semesters. Ask for help if you are struggling in my class (or any other class) before it is too late for us to help you.

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