

Walden University: Student Resources

1. OASIS Peer Mentoring:

- Advice and Strategies - Peer mentors are experienced, high-performing Walden students who share tips, advice, and guidance on student success strategies, such as building confidence, managing time, staying organized, creating a support community, and developing a positive mindset.
- Contact a Peer Mentor - Peer mentors answer student-related questions via email and Zoom during office hours. Send your questions to the peer mentor team via email at peermentors@mail.waldenu.edu, and a peer mentor will personally respond to you within 24 hours with tips and advice based on their experience. If you prefer to chat with a peer mentor via a video call, send your request for a 1-on-1 Zoom appointment to the same email account listed above, and the peer mentors will provide you with their Zoom office hour schedule so you can attend.
- Interact with Peer Mentors - Peer Mentors provide various opportunities to connect in small group settings. You can participate in small group connect and learn sessions, attend writing accountability groups, and engage in guided coaching sessions. Each live session allows you to meet other Walden students, build confidence, increase skills, and share in positive, mindful conversation.

https://academicguides.waldenu.edu/academic-skills-center/peer-mentors?utm_source=course-based-portal&utm_medium=academic-resources&utm_campaign=peer-mentor&utm_id=oasis

2. OASIS Walden Library: A search engine with thousands of scholarly articles on many subjects. <https://academicguides.waldenu.edu/library>

- Live Help - Library Live (Library Group Advising) sessions allow you to ask questions and see live search demonstrations of specific Library tasks and skills.

3. OASIS Writing Skills: Provides personalized assistance and online writing resources.

- APA writing style, reference list, and citing.
- Scholarly writing overview.
- Plagiarism Prevention Resource Kit
- Grammarly
- Paper reviews

https://academicguides.waldenu.edu/writingcenter?utm_source=course-based-portal&utm_medium=academic-resources&utm_campaign=writing&utm_id=oasis

4. OASIS: Academic Skills Center: Offers tutoring, courses, webinars, and success strategies to help students build skills.

https://academicguides.waldenu.edu/academic-skills-center?utm_source=course-based-portal&utm_medium=academic-resources&utm_campaign=academic-skills-center&utm_id=oasis

5. Office of Degree Acceleration: The Office of Degree Acceleration provides multiple pathways for students to accelerate their time to degree completion and reduce the cost of their program of study. We help undergraduate students by providing multiple pathways to demonstrate college-level learning acquired outside of the classroom and earn college credits including:

- Allow students to transfer previous college-level courses or an associate's degree easily.
- Serve as the point of contact between Enrollment Specialists and Student Success Advisors to enable students to foster earlier degree completion.
- Offer guidance to students on obtaining academic credit for college-level learning through completing a prior learning portfolio.
- Instruct students on other options to earn credit by examination.
- Guide our Accelerate into Master's (AIM) programs.

<https://academicguides.waldenu.edu/degreeacceleration>

6. Academic Calendar, Admission, and Enrollment:

- Academic Calendar
- Registration Policies
- Admissions
- Admission Requirements
- Transfer of Credit
- Enrollment

<https://academics.waldenu.edu/handbook/registration-admission-enrollment/home>

7. Student Affairs: Walden's Office of Student Affairs is excited about the diverse approaches by which we educate, empower, and engage all students on their Walden journey.

- Career Planning and Development –
 - If you're looking to change careers or advance in your current one, we can assist you in planning the next steps.
 - Get resume help.
 - Learn about job search resources.
 - Visit the Career Planning and Development website.
- Student Wellness Resources -

- Take advantage of Walden's wellness resources.
 - Take advantage of free short-term counseling.
 - If you require accommodation, please get in touch with the Office of Student Disability Services to work with an accommodation coordinator.
- Experience Aboard - Walden Experiences Abroad opportunities let you explore other countries' history, culture, and customs with a small group of fellow learners.

<https://academicguides.waldenu.edu/student-affairs>

8. Student Assistance Program: Finding balance in managing the demands of work, family, and school can be a struggle, and Walden is committed to holistically supporting our students whenever possible. It has never been more challenging – or more important – for all of us to prioritize our mental health and wellness. Learn more about the resources available to Walden students.

- Free Counseling: Walden University is pleased to announce the expansion of our wellness resources to include free 1:1 counseling. Beginning immediately, you can schedule three virtual or in-person sessions with a licensed counselor per household member, per concern, at no charge through our Student Assistance Program (SAP) provider ComPsych.

Call ComPsych anytime about concerns such as marital, relationship, and family problems; stress, anxiety, and depression; grief and loss; job pressures; or substance abuse. All communications are strictly confidential. To initiate three sessions with a licensed counselor, please call ComPsych using Walden's dedicated line 24/7.

From the U.S. 1-866-465-8942

TDD 1-800-697-0353

International +1-312-595-0074

- Mental Health Resources: 988 Suicide & Crisis Lifeline
- The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. If you or someone you know is in crisis and needs immediate help,

call or text 988 to connect with the 988 Suicide & Crisis Lifeline.

- National Alliance On Mental Illness (NAMI): The National Alliance on Mental Illness (NAMI) is a nationwide grassroots advocacy group representing families and people affected by mental illness in the United States. NAMI provides psychoeducation, research, and support for people and their families impacted by mental illness through various public education and awareness activities.
- Academic Leniency: Student wellness is of the utmost importance. Walden understands that there are times when students have temporary medical conditions that may impact their ability to meet academic deadlines.

The Leniency Request Policy and process is available when a student experiences a temporary, unexpected medical condition (unrelated to an approved disability-related accommodation) that may result in temporary impairment and may require leniency for a limited amount of time to complete assignments. These conditions do not include routine health issues, which should be manageable without any leniency because of the built-in flexibility of Walden's online courses or conditions that meet eligibility requirements for registration with the Office of Student Disability Services (OSDS). If you require accommodation, or if your leniency request is related to an approved accommodation, please get in touch with OSDS via email at disability@mail.waldenu.edu. If you are accommodated with OSDS and need to request additional or alternate accommodations, you must return to OSDS and ask for an adjustment.

<https://academicguides.waldenu.edu/student-affairs/wellness>

9. Walden University Alcohol and Drug Abuse Prevention Program: Walden University has developed this Alcohol and Drug Abuse Prevention Program (the “Walden ADAP Program”) to meet the requirements of the Drug-Free Schools and Communities Act Amendments of 1989, as articulated in the Education Department General Regulations (EDGAR) Part 86, the “Drug-Free Schools and Campuses Regulations”
 - Student Assistance Program Student Assistance Program (SAP) provider ComPsych Call ComPsych using Walden’s dedicated line 24/7 (1-866-465-

8942) / (TDD: 1-800- 697- 0353); international: (1-312-595-0074). For additional resources, visit ComPsych's Guidance Resources website and enter our Web ID under the REGISTER tab. Web ID: WALDEN

Alcoholics Anonymous Phone: (212) 870-3400 Online: www.aa.org

Narcotics Anonymous Phone: (818) 773-9999 Online: www.na.org

<https://www.waldenu.edu/-/media/walden/files/legal/adap-2021-walden.pdf?rev=63921b95363e4728b1441264d0dcca2a&hash=CEA4979B1E4A65F4105070FC3D83E485>