

Academic Success and The Career Journey



WAKE FOREST
UNIVERSITY

Academic Success and The Career Journey

The Office of Academic Advising
125 Reynolda Hall

336-758-3320

undergraduateadvising@wfu.edu

advising.wfu.edu

**The Office of Personal and Career
Development**

230 Reynolda Hall

336-758-5902

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Office of Academic Advising



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125 Reynolda Hall
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[undergraduateadvising@
wfu.edu](mailto:undergraduateadvising@wfu.edu)
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Office of Academic Advising: What We Do

- **Serve as back up to faculty / staff adviser for advising & course planning**
- **Help students who experience extenuating circumstances (medical, family emergencies)**
 - ***Consider tuition insurance (purchase before first day of class);***
<http://finance.wfu.edu/sfs/tuition-insurance>

Office of Academic Advising: What We Do

- **Guide students who request exceptions to rules (credit overloads, late adds & drops) or have complaints**
 - ***NOTE: Last day to drop a course is October 4***
- **Reach out to students for whom we receive academic alerts**

Office of Academic Advising: What We Do

- **Midterm & end of term low-grade reach-out**
- **Handle withdrawals and readmissions**
- **Help students who don't know where else to go**

Top Ten Tips For Academic Success

1.



**KEEP
CALM
AND
ATTEND
CLASS**

Top Ten Tips For Academic Success

2. Get to Know Professors



Top Ten Tips For Academic Success

3. Communicate



Top Ten Tips For Academic Success

I respond to text messages in my head.
Sometimes weeks go by before I realize
I didn't respond in real life.
I'm working on that.

4. Respond when others reach out


Top Ten Tips For Academic Success

5. Space out studying (i.e., don't cram)



Top Ten Tips For Academic Success

6. Explore intellectually, and follow their interests & passions

A photograph of a chalkboard with a quote written in white chalk. The quote is "Develop a passion for learning. If you do, you will never cease to grow." and is attributed to Anthony J. D'Angelo. The chalkboard is dark blue or black, and the text is written in a cursive-like style. There are some chalk pieces and a red eraser visible on the ledge in front of the board.

"Develop a passion for learning. If you do, you will never cease to grow."

Anthony J. D'Angelo

Top Ten Tips For Academic Success

Initiative

/i-ni-shya-tiv/

def: The ability to solve problems and take actions by thinking of the solutions rather than being told or ordered what to do.

7. Take initiative
& responsibility

Top Ten Tips For Academic Success

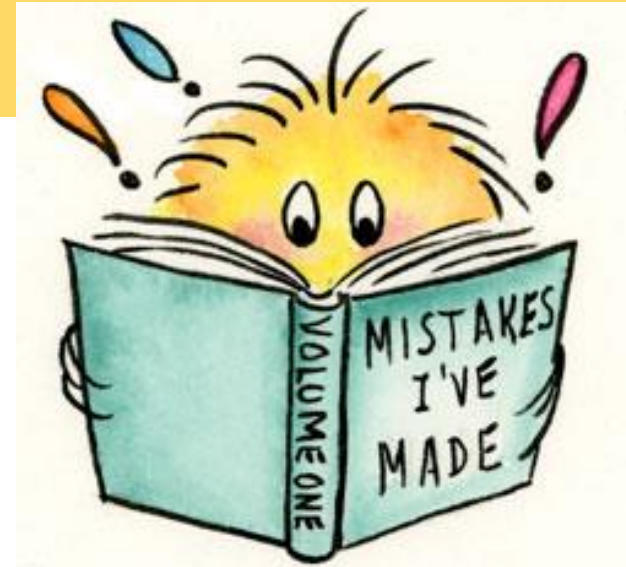
8. Expect
good things...
but prepare
for challenges



Top Ten Tips For Academic Success

9. Learn from disappointment or failure

*it's only a mistake
if you don't learn from it*



Top Ten Tips For Academic Success

10. Get involved...but not over-involved



Top Ten Ways Parents Can Help



1. Encourage behaviors on the top ten list

Top Ten Ways Parents Can Help

2. Allow your student to follow his/her interests & passions ... even if they are not yours

Top Ten Ways Parents Can Help

3. Normalize the ups & downs of life, and of transition



Top Ten Ways Parents Can Help

4. Don't expect
academic
perfection



Top Ten Ways Parents Can Help

5. Let student take the lead in solving problems & making decisions

Top Ten Ways Parents Can Help

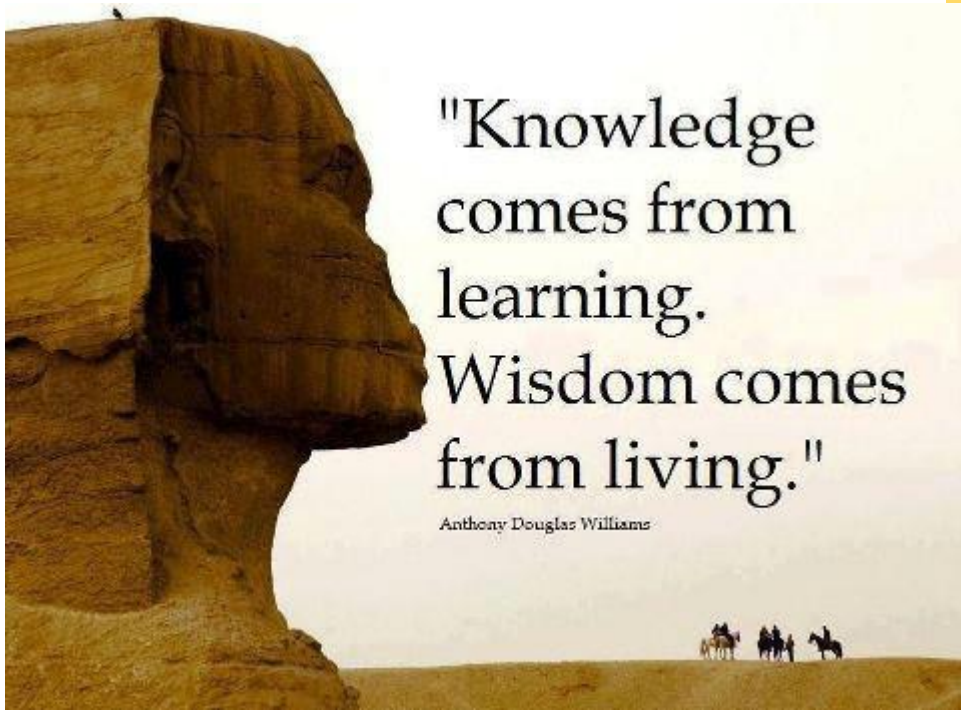
6. Provide support,
guidance

Top Ten Ways Parents Can Help

7. Listen



Top Ten Ways Parents Can Help



8. Once you've listened, share your values, advice, wisdom

Top Ten Ways Parents Can Help

9. Encourage healthy
(and legal) means of
having fun & de-stressing

Top Ten Ways Parents Can Help

10. Model the behaviors you want to see



FYE 101. The College Transition

- **FYE 101. (1h) The College Transition.** Exploration of issues related to academic success, living in community, and wellbeing in the transition to college. Emphasizes principles, understanding, and skills to promote a successful college transition. *First-year students only. Pass/Fail only.*
- *dialogue skills, self-awareness, cultural competence, mindfulness, motivation, resilience, curiosity*



Parent Communication with WFU

- **FERPA**

- **Proxy Access**

- <http://registrar.wfu.edu/academicrecords/proxyaccess/>

When to Contact Us in OAA

- **You are concerned about your student's wellbeing**
- **There is a significant illness or family emergency that will adversely affect class attendance or concentration**
- **You want guidance on how to advise your student in a particular situation**

My Contact Information

- **buchanan@wfu.edu**
- **336-758-3320 – during business hours**
- **336-391-5996 – if concerned outside of business hours**
- **336-758-5911 – in an emergency**

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