



PARENTS AND FAMILIES

What to Know Before You Go

*a New Deac Week session for
parents and families*

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PARENTS AND FAMILIES

Welcome





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Stephanie Carter-Atkins, Interim Dean, Residence Life & Housing

Denisha Champion, Director of the University Counseling Center

Cathy Higginbotham, Executive Director of Student Health Service

Jackie Krasas, Dean of the College and Dean of the Graduate School of Arts & Sciences

Regina Lawson, Chief of University Police

Malika Roman Isler, Associate Vice President for Inclusive Excellence

Michael Shuman, Director of the Center for Learning, Access, and Student Success (CLASS)

Betsy Chapman, Executive Director of Family Communications - moderator

Cherise James, Director of Orientation, New Student, and Transition Programs - moderator



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Academics (*Jackie Krasas and Michael Shuman*)

- Top 2 challenges at the start of school:
 - Feeling pressure to have their major and career all figured out from day one
 - Since you are surrounded by the best students, it is a new feeling not to be the top grade in class.
- What should students do in those cases/how does Wake support them?
 - Have an exploration mindset, yet relax. Changing your mind is OK.
 - Enjoy being around so many different kinds of "smart people" and focus on learning and their whole experience.



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Academics

- CLASS is here to support your student
 - Free peer tutoring and academic coaching
 - Not just for students who struggle, but for students who want to be successful!
 - Academic support helps the transition to college level learning



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Academics

- How should parents and families support their students in those moments?
 - Reinforce the exploration mindset; inquire about all of the new topics their students are discovering;
 - normalize changing one's mind about their direction
 - Try not to ask too much about grades - but if your child is struggling, remind them that there is a whole host of support here at Wake.



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Residential living, finding community, being inclusive *(Stephanie Carter-Atkins and Malika Roman Isler)*

- Top 2 challenges at the start of school:
 - Social Anxiety/fitting in (followed closely by homesickness, learning to managing responsibilities and independence)
 - Adjusting to living in community with others (welcome to the Forest!)
- What should students do in those cases/how does Wake support them?
 - Help is literally all around you...let's start with your RA!
 - Be willing to explore what you know and think and be curious to understand others



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Residential living, finding community, being inclusive

- How should parents and families support their students in those moments?
 - Be a support, not a crutch.
 - Provide a mix of emotional and practical support
 - Point your students to the resources available: RA and community staff, identity centers, etc.
 - Tell us if your student isn't coming out of their room because they haven't made any connections.
 - Encourage them to ask questions and seek understanding; understanding does not require agreement
 - Participate in multicultural events and communities; Prepare to be global citizens



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Physical health (Cathy Higginbotham)

- Top 2 challenges at the start of school:
 - What to do if I am sick?
 - I have never been to a doctor without my parents/guardian
- What should students do in those cases/how does Wake support them?
 - Call Deacon Health (aka Student Health) 336-758-5218. We have board certified physician, APN, and PA along with RN's, lab and xray.
 - Staff will walk your student through the process. For the next 4 years, we will be teaching how to be an advocate for themselves, what is a good healthcare consumer, how to prevent illness, and treat when ill.



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Mental health (Denisha Champion)

- Top 2 mental health challenges:
 - Adjustment (sleeplessness, being overwhelmed, loneliness, etc.) They're OK! We all have to adjust to major life changes!
 - Exacerbation of previously diagnosed mental health concerns/onset of new ones
- What should students do/how does WFU support them?
 - The University Counseling Center offers same day service so students can access care and support quickly during acute periods.
 - Students don't have to have a "major mental health concern" to seek our services - sometimes learning to recognize personal signs of stress and learn coping strategies can help A LOT.



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Physical and mental health

- How should parents and families support their students in those moments?
 - Have your student make the appointment. Navigating healthcare is a part of their learning experience.
 - Encourage your student to ask questions of providers.
 - Think about what you communicate re: mental health. If your student perceives that you disapprove of seeking care, they may be reluctant to do so. A problem that may be small and manageable can worsen without proper treatment.



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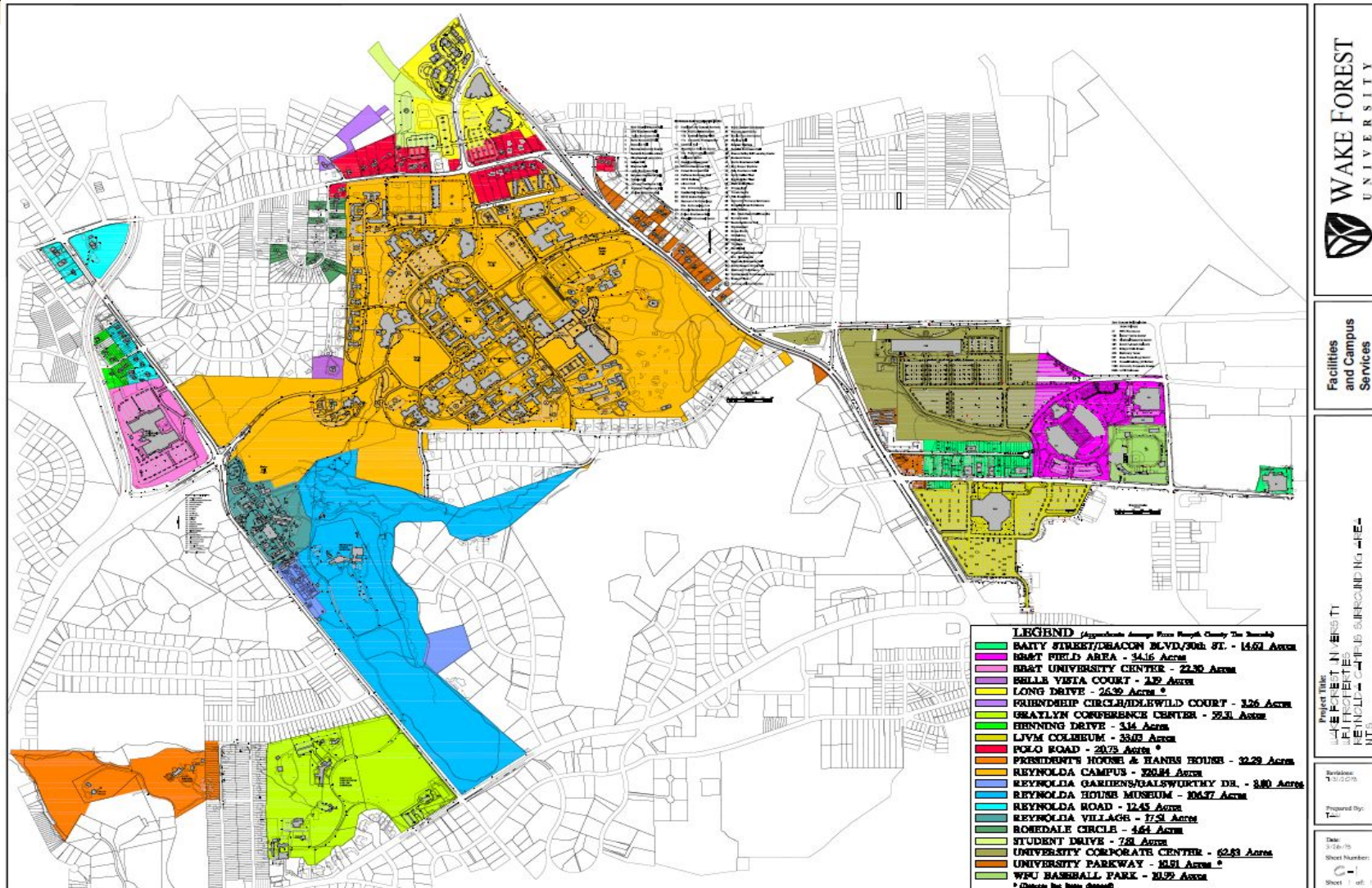
- **WFUPD – Your Police On Campus**
- **Winston-Salem PD – Your Police Off Campus**
- **Mutual Aid Agreement**
 - Joint Investigations
 - Call Response
 - Share Reports
 - Special Events

WAKE FOREST UNIVERSITY
POLICE
D E P A R T M E N T





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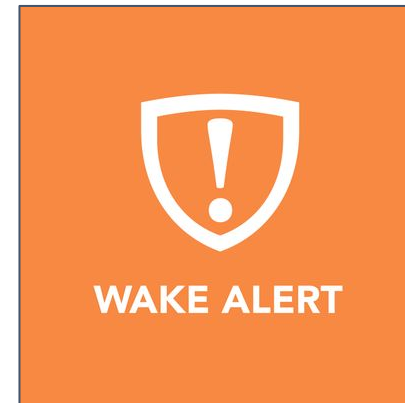
Facilities and Campus Services



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University's emergency notification program, provides information and advisories via a number of communication channels including:

- Wake Alert website - wakealert.wfu.edu
- Text Messaging
- An Outdoor/Indoor Warning System
- E-mail
- Twitter [@WakeAlert](https://twitter.com/WakeAlert)
- Phone/Voice Mail
- Recorded Message on the Wake Forest Weather Line





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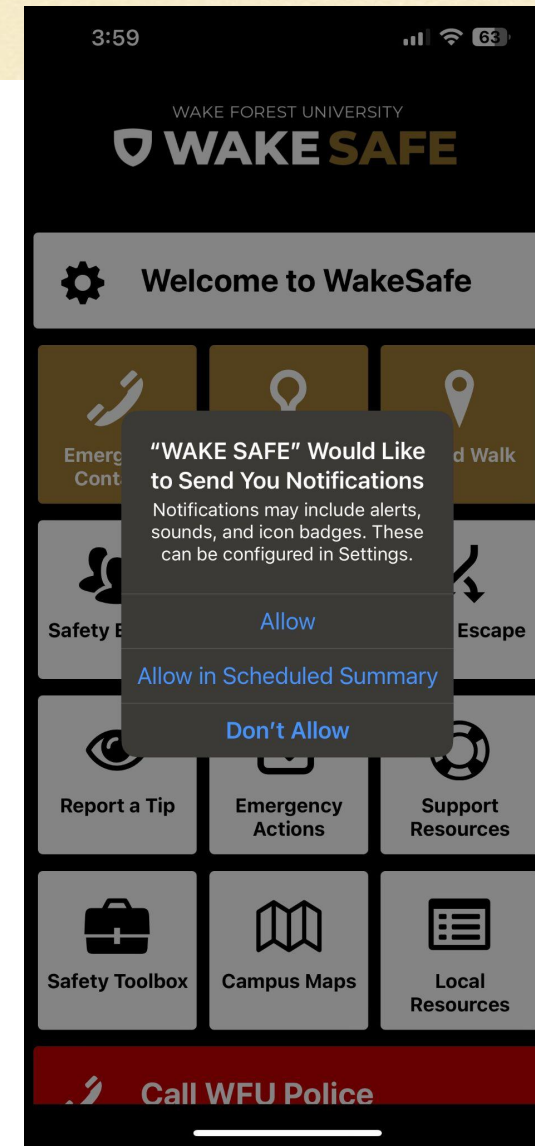
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Activating campus safety notifications for parents and families

- Download the **Wake Safe app** on your mobile device.
- You will see a popup asking you to **Allow Notifications**. Tap **Allow**
- Once you have downloaded Wake Safe and enabled notifications, if a campus alert is issued, you will receive a notice on your mobile device.

Verify that you will receive alerts on your mobile phone

- In your phone's **Settings**, go to **Wake Safe** and ensure that you have selected **Allow Notifications** (we encourage you to select Immediate notifications and to allow both Sounds and Badges)..





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Safety and security (Regina Lawson)

- Top 2 Challenges
 - High risk behavior
 - Looking for social life off campus
- What should students do in those cases/how does Wake support them?
 - Don't be afraid to call for help for you or a friend
 - Use all the resources to get the help you need



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Safety and security

- Talk to them about responsible decision making AND how to get help if they or a friend may have made some not so good decisions or just need help
- Sometimes our officers may see your student when they are not at their best but when they need us the most
- Make sure they report issues to University Police (not social media or their parents/families)
- University Police is here to help!



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If you had to leave parents and families with one piece of advice about how students can get their best start at Wake Forest, what would that be?





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Top 10 Things Academically Successful Students Do

1. Attend class
2. Get to know their professors and academic adviser
3. Communicate respectfully, regularly, and face-to-face (if possible)
4. Respond to those who reach out to help
5. Space out their studying and coursework over time, rather than “cramming”



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Top 10 Things Academically Successful Students Do

6. Follow their passions
7. Take initiative / responsibility
8. Expect good things to happen...but are prepared for challenges & stress and plan ahead for how to handle them
9. Respond to disappointments and failures not by giving up but by determination to learn from the situation
10. Get involved - but not over-involved



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A Letter from a Student



The Offices of Family Engagement and Family Communications are here for you!

- Email: parents@wfu.edu
- Phone: 336.758.4237
- Or hit Reply on any Daily Deac email





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Next events are 2:30-3:00 in the Benson Center:

- Staying Safe at Wake/Campus Safety - room 410
- Student Engagement Opportunities/ Fraternity & Sorority Life - Pugh Auditorium
- Time Management, Tutoring, Accommodations - room 409
- We're in this Together - Preventing and responding to High-Risk Behaviors on Campus - room 401 A/D



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