

Thriving in Transition

2024 Parents and Families Reception

Saturday, August 17, 2024 | 4PM

Wellbeing Center, Sutton Gym, C407

Welcome to Wake Forest




Pre-O Bingo

Make sure to write their names

Download the New
Deac Week App



from North Carolina	is a fan of Snoop Dog	visiting campus for the first time	knows the year WFU was founded -----	prefers Krispy Kreme over Dunkin
doesn't participate in social media	the same undergrad major as you	was a student-athlete	is wearing yellow top	is from the west coast
from your home state /country	favorite music is different genre than yours		speaks more than one language	went to a school also in the ACC (sports)
knows the name of the WFU President -----	from a state / country you have never visited	prefers Pepsi over Coke	prefers savory bagels over sweet bagels	has eaten a Cookout Tray
student is in the same pre-o program as yours	knows the name of the chapel -----	alumni of WFU	first student off to college	Has a pet that is NOT a cat / dog

Important Dates to Remember

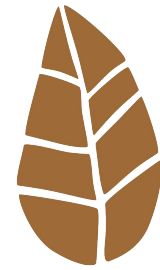
- **08/26/24** Fall Classes Begin
- **08/30/24** Last Day to Add a 1st Part of Term Course
- **09/09/24** Last Day to Add a Full Term Course
- **09/11/24** Last Day to Drop a 1st Part of Term Course
- **09/24/24** Last Day to Drop a 1st Part of Term Course with a grade of "W"
- **09/30/24** Last Day to Drop a Full Term Course
- **10/11/24** Last Day of Classes for 1st Part of Term Courses
- **10/14/24** First Day of Classes for 2nd Part of Term Courses
- **10/17/24 - 10/18/24** Fall Break
- **10/21/24** Lower Division Advising Begins
- **10/22/24** Last Day to Add a 2nd Part of Term Course
- **10/28/24** Last Day to Drop a Full Term Course with a grade of "W"
- **11/01/24** Last Day to Drop a 2nd Part of Term Course
- **11/05/24 - 11/08/24** Registration for Spring Courses [based on credits] begins
- **11/14/24** Last Day to Drop a 2nd Part of Term Course with a grade of "W"
- **11/18/24** First Day to seek approvals for Spring Overload (>17 hrs)
- **11/27/24 - 11/29/24** Thanksgiving Break
- **12/06/24** Last Day of Classes for Fall Semester
- **12/07/24 - 12/08/24** Reading Day
- **12/09/24 - 12/14/24** Final Exams



8 Dimensions of Wellbeing



EMOTIONAL



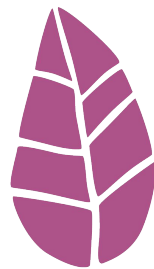
ENVIRONMENTAL



INTELLECTUAL



FINANCIAL



OCCUPATIONAL



SOCIAL



PHYSICAL

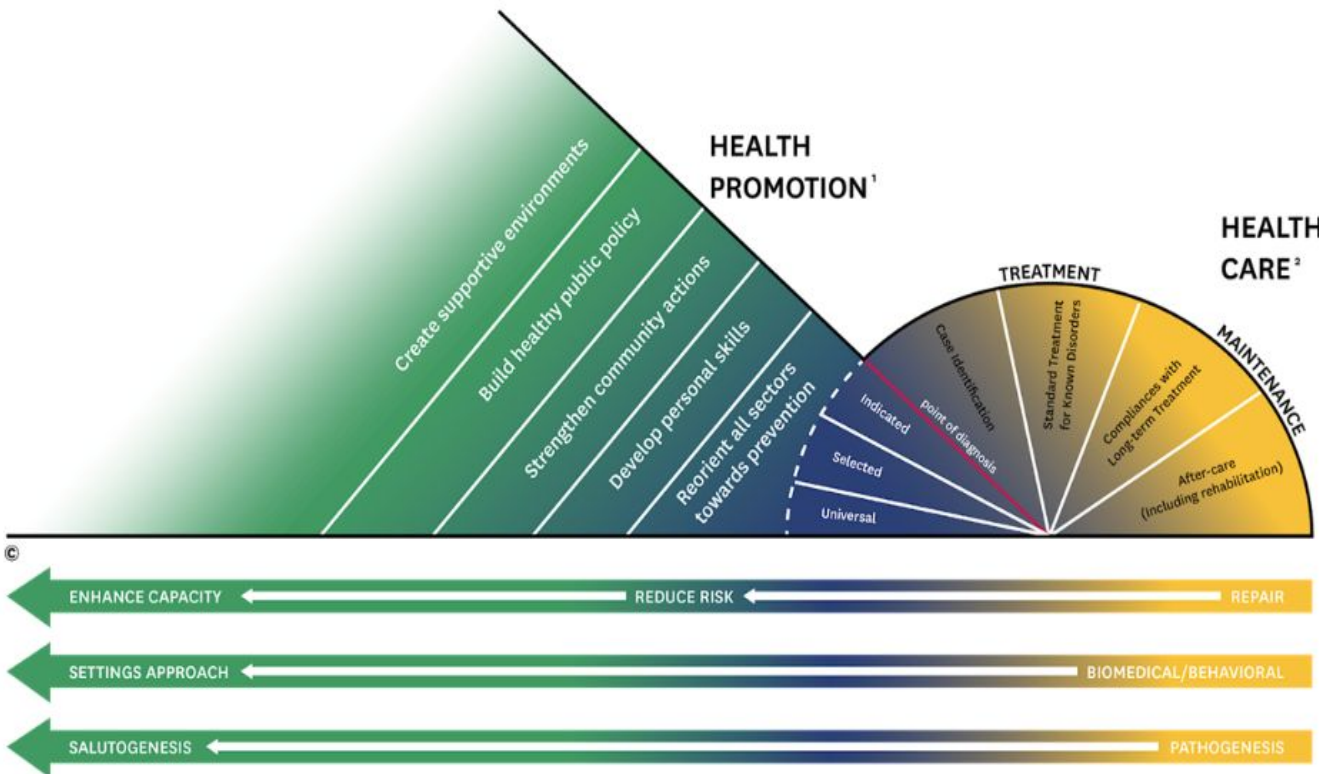


SPIRITUAL



Office of Wellbeing

Through evidence-based, data-driven, inclusive, and restorative programs, the Office of Wellbeing promotes personal and collective wellbeing and reduces harms and barriers to health, safety, and equity.



- FREE Wellbeing Coaching
- Peer Education
- Aromatherapy
- Alcohol & Substance use prevention, intervention, and recovery
- Programs focused on resiliency
- Bystander intervention
- Sexual Health
- Mindfulness



mindfulwake

wellbeing.wfu.edu

Located on the main floor of Reynolds Gym



We Are Wake

We | **336.758.
2273**

Because mental health is a community responsibility.

WE ARE WAKE is an innovative approach to expanding mental health resources through collaborative care across the Division of Campus Life. Using the tagline “WE - two letters form the world’s most powerful word,” this campaign seeks to create a caring and healthy community where we

WE ARE WAKE works with our campus community to:

- Elevate our consciousness of care within the Wake Forest community.
- Promote healthy practices and preventative care awareness.
- Equip members of our community with knowledge and skills that can support their peers in need.
- Connect our community to the resources and information necessary to foster a culture of self-care.



CARE Case Management Services

Campus Assessment, Response & Evaluation

The CARE Team network empowers Wake Forest University community members or other individuals to express concern for each other

- You can submit a referral for any Wake Forest student, faculty, or staff member, including yourself, to receive caring outreach and get connected with support.

The ultimate goals are:

- to foster a supportive and safe campus environment focused on compassionate care, wellness and personal success
- to connect students, staff and faculty with resources
- to educate the larger community

Contact: care@wfu.edu or [336.758.CARE \(2273\)](tel:336.758.2273) (24-hr non-emergency resource)

Case Management Services Examples:

- Ongoing & acute support through check-in meetings, referrals to resources, family support accommodations during crisis, helping navigate University systems, and more!



University Counseling Center



WAKE FOREST UNIVERSITY

COUNSELING CENTER

336-758-5273

counselingcenter.wfu.edu

- **Confidential counseling services**
- **Office Location:** 117 Reynolda Hall
- **Hours of Operation:** M-F, 8:30am-5:00pm
- **Services:**
 - Individual and Group Therapy
 - Consultation appointments
 - 24/7 crisis support
- Reynolda campus students
- No out-of-pocket cost
- Check the website for bios and what to expect



Office of Institutional Equity (Title IX & 504)

What We Do

- Provide prevention education around issues of protected class discrimination including gender discrimination and sexual misconduct for students, faculty and staff
- Investigates and responds to reports of protected class discrimination including gender discrimination, sexual harassment, and other forms of sexual misconduct
 - Responds to reports of disability discrimination

How to Contact Us

Aishah Casseus, Executive Director of the Office of Institutional Equity & Title IX Coordinator

Location: **Reynolda 307**

Phone: **336-758-7258**

Website: **titleix.wfu.edu**



Start with *Safe*
safeoffice.wfu.edu

The Safe Office provides **confidential** advocacy, support, and counseling for students who have experienced concerns related to interpersonal violence (including, but not limited to, sexual assault, dating/relationship violence, sexual harassment, and stalking).

Located next to Deacon Health - ground floor, Reynolds Gym

OUR SERVICES

24/7 Confidential HelpLine

336 - 758 - 5285

Confidential Consultation

For students, parents, staff, and faculty

Advocacy & Options Counseling

To understand reporting options and rights

Accompaniment

To appointments such as medical exams, police interviews, Title IX, etc.

Individual & Group Counseling

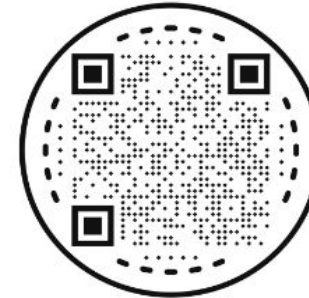
Processing trauma responses, developing coping strategies, normalizing experiences

Safety Planning

Individualized for your needs

Professional Trainings

To students, faculty, and staff on our services, trauma responses, understanding IPV, and how to support survivors



Follow [@wfusafe](https://www.instagram.com/wfusafe) on Instagram!

Safe Office
24/7 Helpline: 336-758-5285
www.safeoffice.wfu.edu



Office of Residence Life & Housing



Location: Angelou Residence Hall
(entrance at back of building)

Phone: 336.758.5185

Email: housing@wfu.edu

Website: rlh.wfu.edu

- Living in Community/The Forest
- Building Resources
- Staff Resources
- Employment

@wfulh



– Global Wake Forest –

Cultivating global mindsets by creating collaborative opportunities to advance a global campus community

Global Abroad/ Away Programs

- Advising to fit academic & cross-cultural learning goals
- More than 400 Programs; 70+ Countries
- Scholarships available

Global Campus Programs

- Cross-Cultural Engagement Courses
- Intl. Education Week Night Market Nov.7
- WISE Conference

Immigration Services & Support

- Immigration services for visa-sponsored students, faculty & staff
- Advocacy for needs of WFU international population
- Global Connections

RAISE Center

(Research on Abroad & International Student Engagement)

- Research about the abroad and international student experience
- Richter Scholars: Grants to research internationally.

studyabroad.wfu.edu



University Police

<http://police.wfu.edu/>

The Wake Forest University Police Department is committed to a comprehensive approach in providing a safe and inclusive community where students, faculty, staff and visitors may experience a sense of security and belonging.

The WFU Police Department is comprised of professionally trained police officers, security officers, communications officers, and support staff. The primary concern of the department is to protect and assist the campus community.

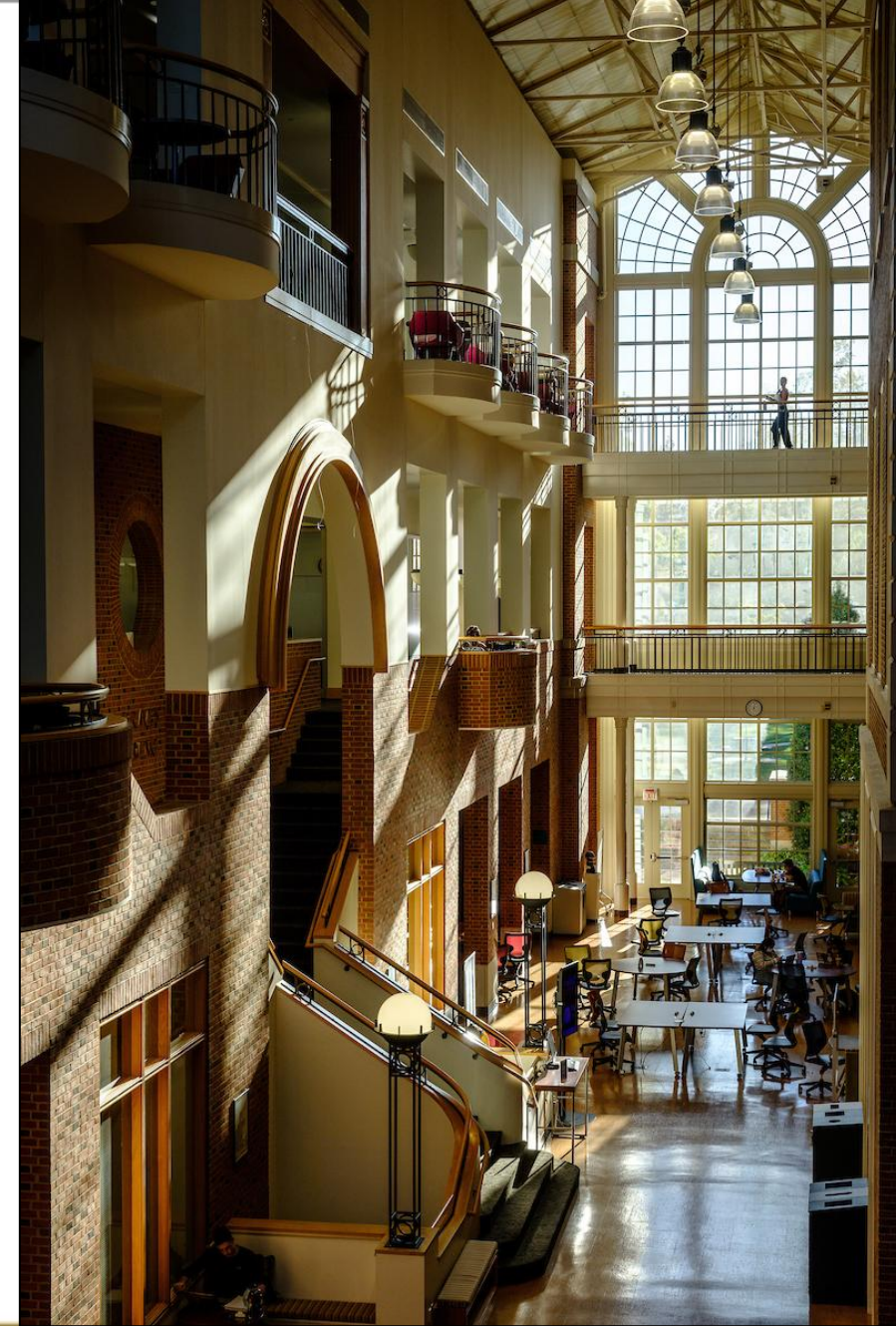
- 24/7 Organization
- **Dial 5911 for emergencies on campus**
- **Dial 5591 for Non-emergencies and information**
- Download our WakeSafe app
- New Initiatives: Deacon Student Patrol & What's U.P. at Wake



ZSR Library

Welcome! **ZSR is your library** and we're here to help.

- [Ask a Librarian](#): Got questions? Get answers.
- [Research Guides](#): Looking for the best resources? Start here.
- [LIB100/200](#): Our 1.5 credit hour research courses
- [Study Rooms](#): Get a room. Study hard.
- **Millions of resources** to support your interests!
 - Access to New York Times, Wall Street Journal, and more with [Institutional Subscriptions](#)
 - Check out [our film & streaming video](#) collections
 - NEW [wellness collection](#)
- [Wake The Library](#): An exam week tradition
- [Attend a ZSR event](#): **Fast Family ZSR Tours during New Deac Week (download the APP)**



Office of Academic Advising

Services offered by OAA:

- **By appointment or by Walk-in**
 - **Walk-in hours: Monday-Friday from 12 pm - 4 pm**
- General academic advice and guidance
- Major/minor planning appointments
- Connect to academic/personal support and resources
- Consults about academic challenges
- Mid-term and Low-grade outreach
- Credit overloads (>17 hrs)
- Late add / Late drops of courses
- Course Withdrawals
- Part-time status requests (<12 hrs)
- Enrollment status changes

We support our Faculty Lower-Division Advisors and Student Advisors.



Your First Friend in *The Forest*

Location: Reynolda Hall, 125

Business Hours:

- Monday & Wednesday - Friday: 8:30 am – 5:00 pm
- Tuesday: 9:30 am – 5:00 pm

Phone: 336.758.3320

Email:

undergraduateadvising@wfu.edu

Website: <https://advising.wfu.edu/>

Instagram: @wfu.oaa



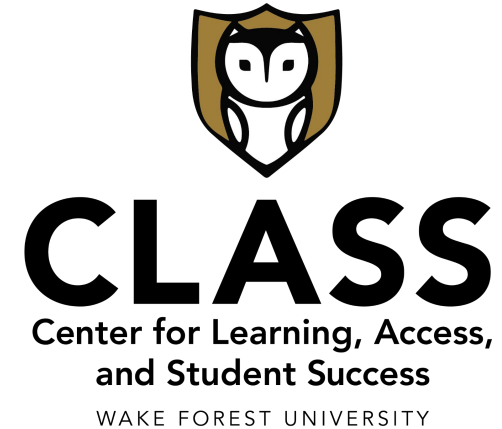
Center for Learning, Access, and Student Success

3 Key Services:

- Disability Accommodations
- Academic Success:
 - Coaching
 - Tutoring
- Student Engagement:
 - Deacs Like Me and CLASS Ambassadors

Many more ways to engage:

- OWLS events (Every Month!)- pizza included - September 23 at 3:30pm
- Follow on Instagram: [@wfu.CLASS](#)
- Visit our website: class.wfu.edu
- Stop in and say hi - **Reynolda 118**
- **Celebrate your golden pom pom moments**



Academic Centers

Writing Center

(ZSR Library 426)

- Monday-Friday, 10am-5pm
- Sunday-Thursday, 7pm-10pm

writingcenter.wfu.edu

Math & Stats Center

(Kirby Hall 117)

Math Center opens for appointments:

- Monday: 12pm-5pm & 6pm-9pm
- Tuesday: 12pm-5pm & 6pm-9pm
- Wednesday: 12pm-5pm & 6pm-9pm
- Thursday: 12pm-5pm & 6pm-9pm

college.wfu.edu/mathcenter/

Chemistry Center

(Salem Hall 109)

- CHM 108, 111, 122, 123, 223, 280
- Sunday-Thursday, 5-9 pm

college.wfu.edu/chemistry/ChemistryCenter/

Computer Science (CS) Center

(Manchester Hall 241)

- CS Courses in the 100 and 200 levels
- Monday-Thursday 6:30-8:30pm

college.wfu.edu/cs/cs-center



Office of Personal & Career Development (OPCD)



Top 3 OPCD To-Dos for Students:

1. Meet with a **Career Coach**
2. Complete Your **Handshake** Profile
<https://wfupersonalcareer.com>
3. Visit Our **Website** - opcd.wfu.edu

Become Career and Life Ready.

Your Path. Our Support.



@wfuopcd

Reynolda 230 | careers@wfu.edu | 336.758.5902



Student Conduct

Benson 139

What our Office does

- Educate students and organizations about the Code of Conduct
- Meet with student and organizations who violate the Code of Conduct
- Provide opportunities for students to research and reflect on ways to avoid future conduct

Ways to be Involved

- Student Conduct Advisors
- Honors and Ethics Council

What is the Handbook?

- Prohibited Behaviors
- Procedures We Follow
- Organizational Processes
- Honor Code
- Other University Policies

Check out the Student Handbook:

studentconduct.wfu.edu





Office of Civic & Community Engagement

- **What is the OCCE?**
 - We are the hub of community-based activity at WFU. In the spirit of *Pro Humanitate*, we engage community partners, faculty, staff, and students to create meaningful social change.
- **How students can get involved:**
 - Philanthropy & Traditions:** join hundreds of students during our annual traditions benefiting the Brian Piccolo Cancer Research Fund
 - *Hit The Bricks, Wake 'N Shake, Pump Up for Piccolo*
 - Health & Nutrition:** Impact health outcomes in our community by providing access to healthy meals, or working alongside nonprofit healthcare partners
 - *Campus Kitchen, Kids Cooking Coalition, TurkeyPalooza, Public Health AmeriCorps*
 - Education Outreach:** Help improve our community by advancing educational equity through tutoring, literacy programs, mentoring and supply drives
 - *Virtual Tutoring, Project Pumpkin, DESK*
 - Civic & Democratic Engagement:** Get involved in upcoming elections, learn about issues of public concern, and gain professional experience with local nonprofits
 - *Deacon Dialogue, Deacs Decide, Summer Nonprofit Immersion Program*

Benson 506 | communityengagement@wfu.edu | 336.758.4070 |  @communitywfu





wfustudentengagement

Wake Forest Student Engagement



Student Engagement

“Helping Every Deacon Find Their Place”



1. Student Organizations
2. Fraternity & Sorority Engagement
3. Student Union
(the campus programming board)
4. Leadership Initiatives
5. Student Government
6. The Link (student event listings and more)
7. Campus Traditions & Events
8. Campus Partner Spaces

Benson 335 | engagement@wfu.edu | 336.758.7168





Benson 346



interculturalcenter.wfu.edu



336.758.5864



WAKE FOREST UNIVERSITY

INTERCULTURAL CENTER

The Intercultural Center is committed to enhancing the experience of domestic and international underrepresented groups.

- Identity Development Initiatives
 - Asian American Identity Group, Spanish Speaking Circle , Barber Shop Talks, Que Me Cuentas and more!
- Student Support & Engagement
 - Textbook Assistance Program, Eure McPherson Funds, and Student Org Advisers
- Intercultural, Educational & Social Programs
 - First Fridays, World Cultural Festival, Cultural Heritage Month Celebrations and Programming

Look closely at the PRESENT you are constructing.
It should look like the FUTURE you are dreaming.
-ALICE WALKER



 [@interculturalwfu](https://www.instagram.com/interculturalwfu)

<https://interculturalcenter.wfu.edu>



LGBTQ+ Center

The LGBTQ+ Center is committed to fostering a **safe, equitable and inclusive** experience for all through providing **education, advocacy, and support** related to **sexual orientation and gender identity** for the entire campus community.

Get involved with the LGBTQ+ Center:

- Check out regular programming like our student led Rainbow Rendezvous hangouts during the semester or Third Thursday lunches
- Drop by our lounge in Benson 311 for a cup of coffee or tea and to meet others
- Subscribe to the Rainbow Round-Up

Learn more about all of these and more at lgbtq.wfu.edu or visit us in Benson 311!



WAKE FOREST UNIVERSITY
LGBTQ+ CENTER



@lgbtqatWFU

#LGBTQatWFU





WFU Women's Center

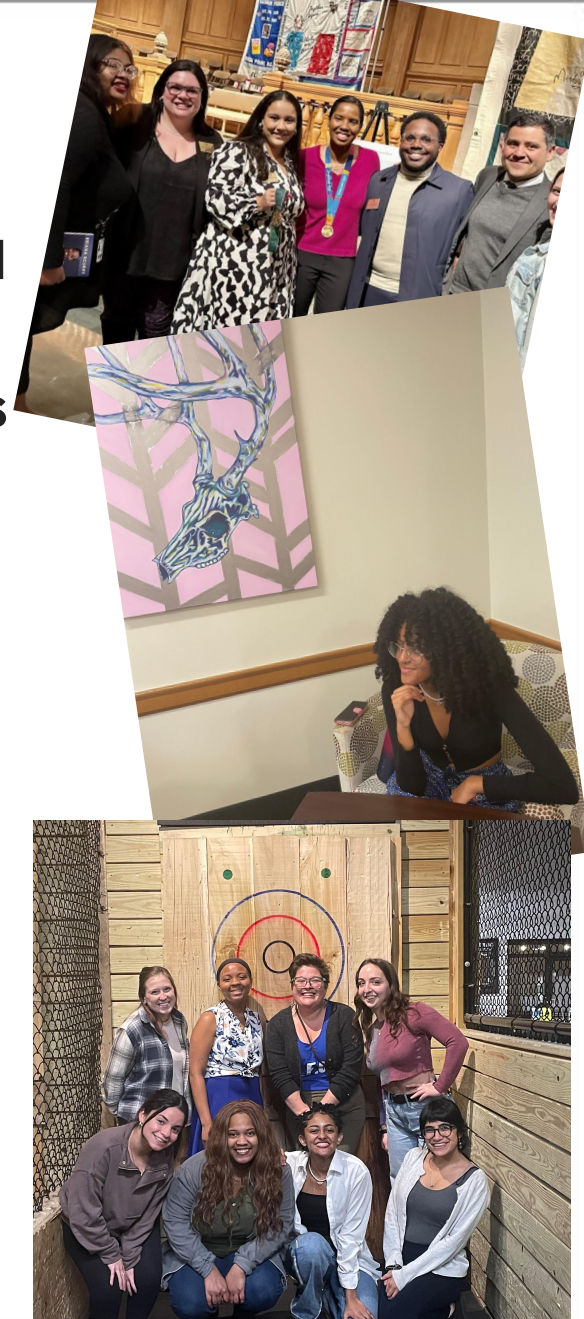
The Women's Center supports women at Wake Forest and promotes gender equity. We are dedicated to building community for women and any individuals in our campus community for whom *woman* is a meaningful identifier or lived experience.

Ways to engage:

- Sign up for our listserv and follow us on social media to stay informed about women's center events
- **Hang out in the lounge in Benson 314**
- Attend a program or workshop
- Join L.E.A.V.E.S student leadership cohort

Benson University Center 314
womenscenter.wfu.edu

Follow us on IG
@wfuwomenscenter



Fraternity & Sorority Engagement



- **What We Do?**

- Develop and implement programs and initiatives for the fraternity/sorority community
- Provide advisory support to council and chapter officers
- Offer trainings and workshops (leadership development, harm reduction, etc.)
- Utilize campus partners to provide a well-rounded, values-based experience

- **Current Community:**

- National Panhellenic Council (Panhellenic) : 8 Sororities
- Interfraternity Council (IFC): 10 Fraternities
- National Panhellenic Council (NPHC): 6 (1 Associate Chapter)

Post-Spring Recruitment: 51% of Students are Greek Affiliated

Benson 218 | 336.758.7168

<https://studentengagement.wfu.edu/fraternity-and-sorority-life/>

Follow us on Instagram:

WFU FSL - @wfu_fsl

IFC - @wfuifc

NPHC - @wfunphc

Panhel - @wfu_panhel



Deacon Health



- **Located in the lower level of the Wellbeing Center (Gym)**
- Primary Care, Illness, Injury, and wellness visits
- Physical Exams and Women's health services
- Pharmacy, lab and x-ray on site
- Vaccines, Immunizations, STI testing, Allergy injections, and International Travel
- After Hours Nurse Triage line
- Psychiatry consultations
- Online appointment scheduling
 - [Deacon Health Portal](#)

336-758-5218

 [**@deaconhealth**](#)

[deaconhealth.wfu.edu](#)



Campus Recreation

Location: WF Wellbeing Center

campusrec.wfu.edu

Program Areas:

- Group Exercise Classes
- Informal Recreation
- Intramural Sports
- Club Sports
- Outdoor Pursuits
- Personal/Small Group Training
- Aquatics



BUILDING HOURS:

MONDAY – THURSDAY
5:30 AM - Midnight

FRIDAY
5:30 AM - 11:00 PM

SATURDAY
8:00 AM - 11:00 PM

SUNDAY
10:00 AM - Midnight

 @wfucampusrecreation

 @wfucampusrec



Office of the Chaplain

chaplain.wfu.edu



WAKE FOREST
UNIVERSITY

Office of the Chaplain



Our Mission

Rooted in the fundamental belief that there is a spiritual dimension to existence, the Office of the Chaplain provides care that is grounded in wisdom and informed by compassion.

Our Vision

Empowered by the wisdom of our prophets and ancestors, the Office of the Chaplain animates the motto *Pro Humanitate*.

Christian Life **Confidential Care** **Buddhist Life**
Jewish Life **Spiritual Direction** **Mindfulness**
Discernment **Muslim Life** **Pastoral Conversation**
Emergency Fund **Hindu Life**



A few reminders...

- **Move-in** for incoming and transfer students will be Wednesday, August 21, 8:00am - 12:00pm
- There are **various sessions and events** happening during this time that **we welcome you to attend!**
 - **Download the New Deac Week App!**
- **New Deac Week** officially begins on Wednesday, August 21 at 1:00pm
- Orientation sessions **specifically for Parent & Families** begins on Thursday, August 22 at 8:45am
 - Seating for “*Flourish in the Forest: Navigating Change, Embracing Challenge*” begins at 8:15 am



Welcome
HOME
DEAC!

Download the
Presentation

