

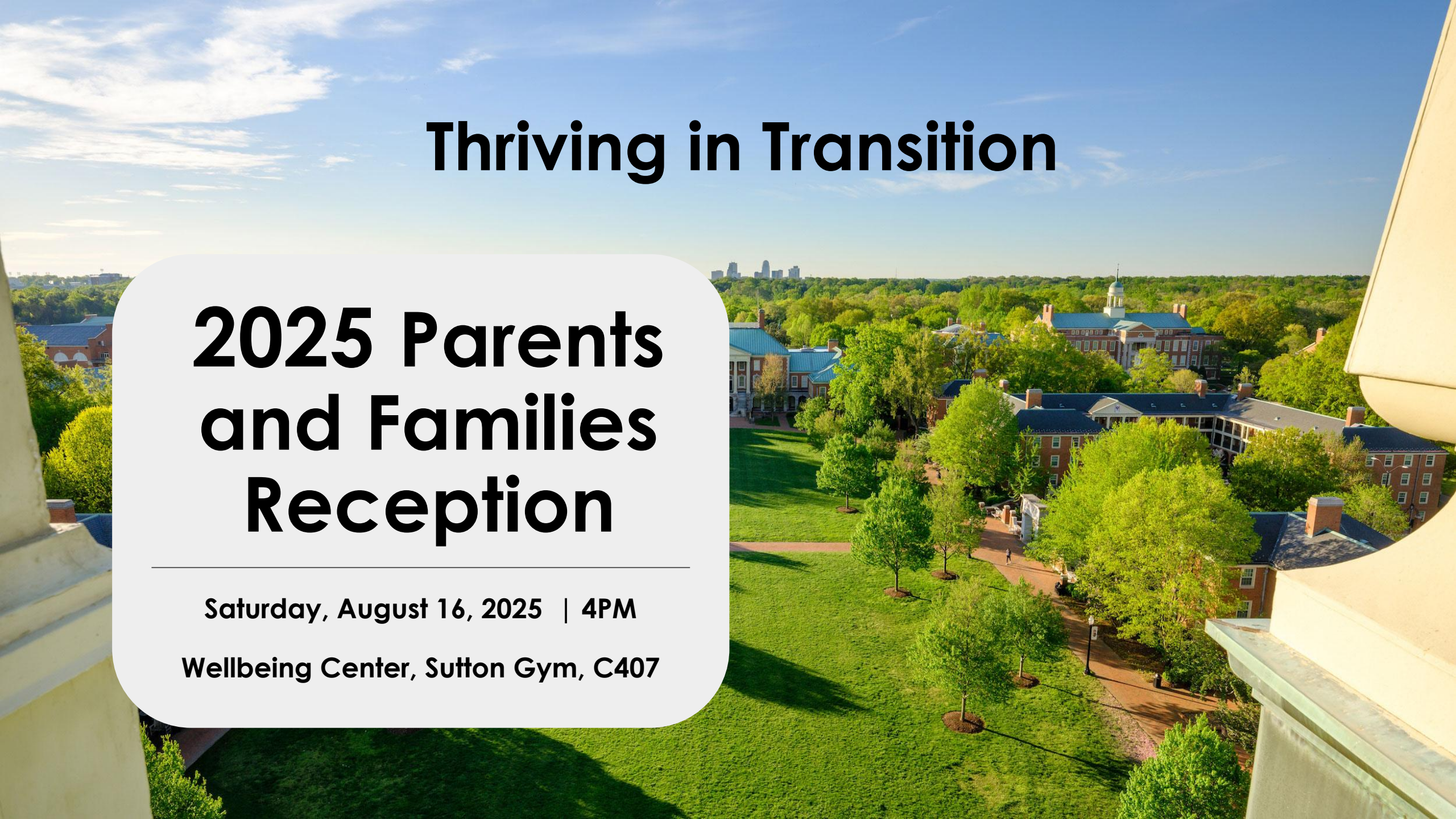
# Thriving in Transition

## 2025 Parents and Families Reception

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Saturday, August 16, 2025 | 4PM

Wellbeing Center, Sutton Gym, C407





# Welcome to Wake Forest



WAKE FOREST  
UNIVERSITY




# 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



**Cherise James, Ph.D.**  
Director of Orientation, New Student &  
Transition Programs







**Betsy Chapman, Ph.D.**  
Executive Director of Family Communications







**Shea Kidd Brown, Ph.D.**  
VP for Campus Life







## **Gianna Medina, M.Ed.**

Program Coordinator for Orientation, New Student  
& Transition Programs







## **Phillip Wogatzke, M.A.**

Program Coordinator for Orientation, New Student  
& Transition Programs





# Important Dates to Remember

Course Designation	Last Day to ADD	Last Day to DROP	Course Withdrawal (a grade of W)
First Half-of-Term (i.e. HES 100, EDU 120, LIB 100)	Aug. 28 (TH)	Sep. 10 (W)	Sep. 23 (TU)
Full Term	Sep. 2 (TU)	Sep. 29 (M)	Oct. 27 (M)
Second Half-of-Term	Oct. 20 (M)	Oct. 31 (F)	Nov. 13 (TH)





# Important Dates to Remember

- **8/25** Fall Classes Begin
- **8/28** Last Day to Add a 1st Part of Term Course
- **9/2** Last Day to Add a Full Term Course
- **9/10** Last Day to Drop a 1st Part of Term Course
- **9/23** Last Day to Drop a 1st Part of Term Course with a grade of "W"
- **9/29** Last Day to Drop a Full Term Course
- **10/10** Last Day of Classes for 1st Part of Term Courses
- **10/13-14** Fall Break



# Important Dates to Remember

- **10/15** First Day of Classes for 2nd Part of Term Courses
- **10/20** Lower Division Advising Begins
- **10/20** Last Day to Add a 2nd Part of Term Course
- **10/27** Last Day to Drop a Full Term Course with a grade of “W”
- **10/31** Last Day to Drop a 2nd Part of Term Course
- **11/4-7** Registration for Spring Courses [based on credits] begins
- **11/13** Last Day to Drop a 2nd Part of Term Course with a grade of “W”
- **11/17** First Day to seek approvals for Spring Overload (>17 hrs)





# Important Dates to Remember

- **11/26-28 Thanksgiving Break**
- **12/5** Last Day of Classes for Fall Semester
- **12/6-7** Reading Day
- **12/8-13 Final Exams**



# 8 Dimensions of Wellbeing



EMOTIONAL



ENVIRONMENTAL



INTELLECTUAL



FINANCIAL



OCCUPATIONAL



SOCIAL



PHYSICAL



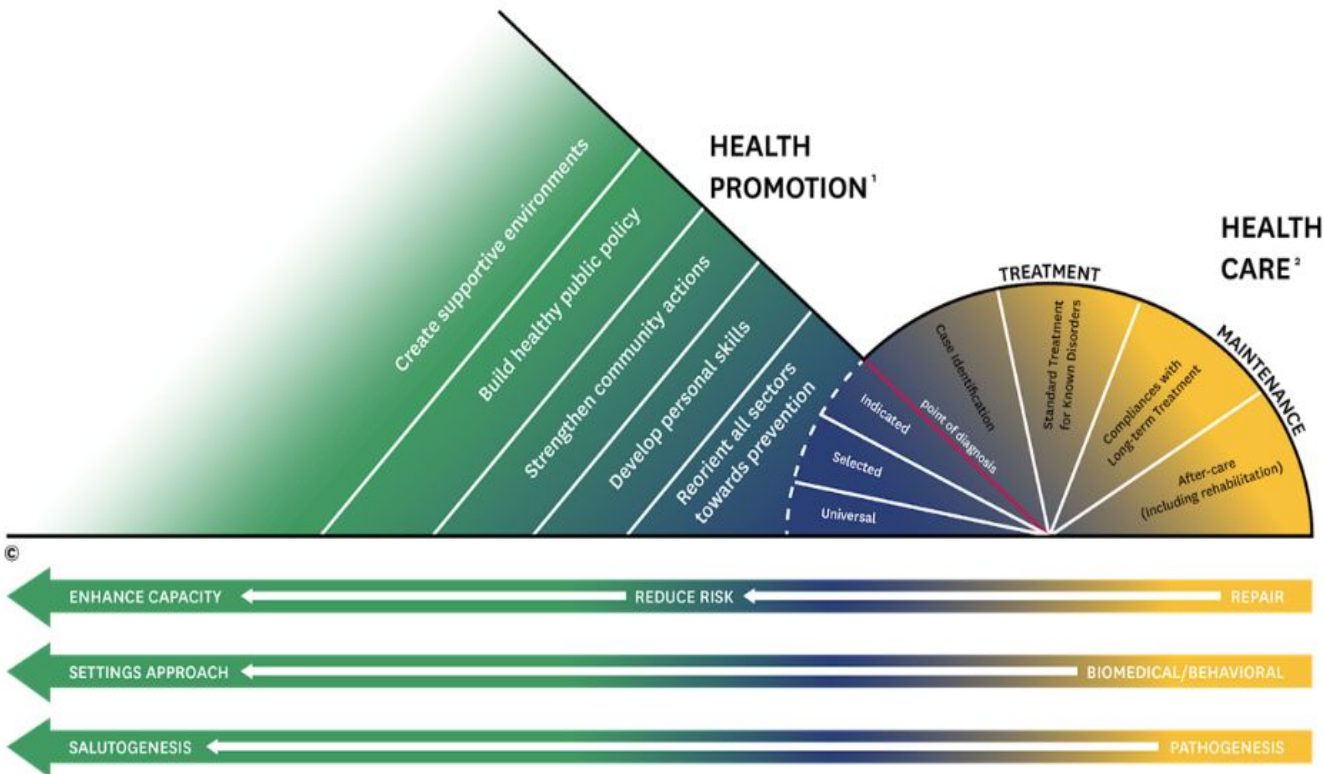
SPIRITUAL





# Office of Wellbeing

Through evidence-based, 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](https://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

**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

**CARE** Case Management empowers Wake Forest University students and community members to express concern for each other or themselves. Self referrals and referrals for others of concern can be made by calling 336-758-CARE to be connected with a live person 24 hours per day!

**CARE** Case Management provides ongoing & acute support through regular check-in meetings, referrals to campus and community resources, individualized accommodations during periods of crisis and uncertainty, and more!

Referrals can be made by calling our dedicated, 24/7 phone line: **336-758-CARE (2273)**, or by emailing [care@wfu.edu](mailto:care@wfu.edu). A referral form and more information is available on our website: <https://care.wfu.edu>.

**We**  **336.758.**  
**2273**



# University Counseling Center



WAKE FOREST UNIVERSITY  
**COUNSELING CENTER**

**336-758-5273**

[counselingcenter.wfu.edu](http://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

## What We Do

- Provide prevention education around issues of protected class discrimination (Title IX Discrimination, Harassment & Retaliation & 504) 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: **[oie.wfu.edu](http://oie.wfu.edu)**





**Confidential** advocacy, support, and counseling for students who have experienced concerns related to interpersonal violence (including, but not limited to, dating/relationship violence, sexual harassment, sexual assault, digital sexual harms, 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

Visit our



Website

Follow us



on Instagram





# Residence Life and Housing



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

**Phone:** 336.758.5185

**Email:** [housing@wfu.edu](mailto:housing@wfu.edu)

**Website:** [rlh.wfu.edu](http://rlh.wfu.edu)

- Life in The Forest
- Community Resources
- Student 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.5
- WISE Conference in February

## Immigration Services & Support

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

## RAISE

*(Research on Abroad & International Student Engagement)*

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

[studyabroad.wfu.edu](http://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

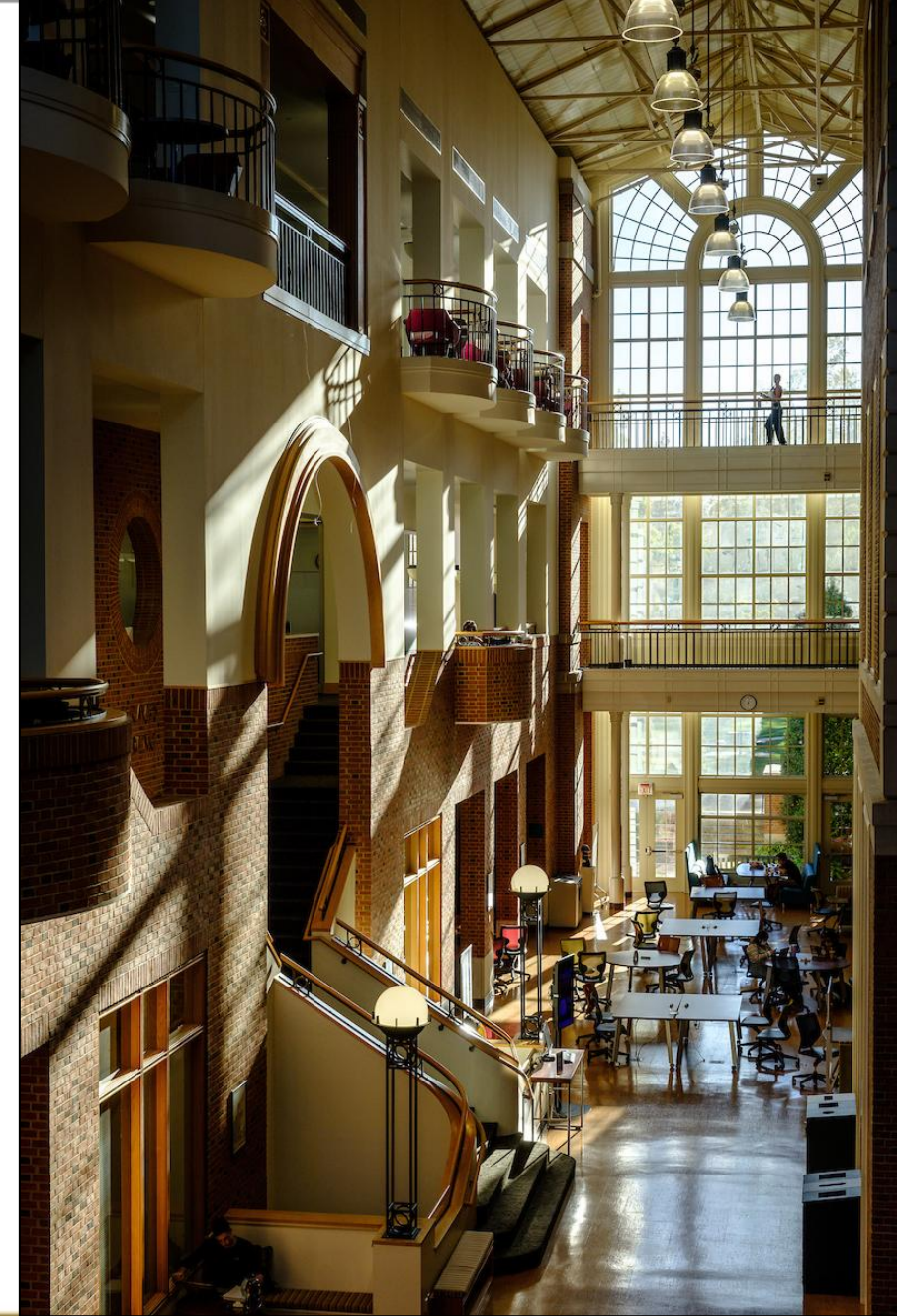




# ZSR Library

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](#) and [audiobooks](#)
- [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 10 am - 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)
- Academic exceptions
- 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 - Friday: 8:30 am – 5:00 pm

**Phone:** 336.758.3320

### **Email:**

[undergraduateadvising@wfu.edu](mailto:undergraduateadvising@wfu.edu)

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

**Instagram:** [@wfu.oaa](https://www.instagram.com/wfu.oaa)



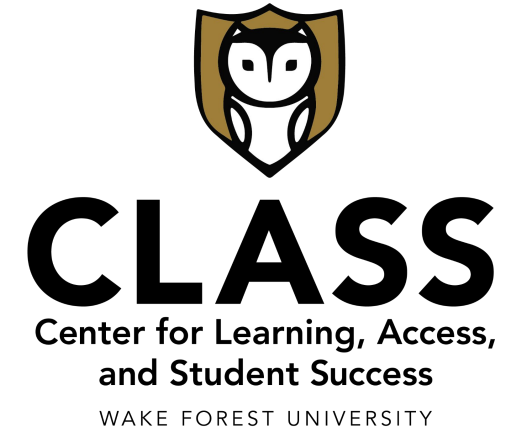
# Center for Learning, Access, and Student Success

## 3 Key Services:

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

## Many more ways to engage:

- Follow on Instagram: [@wfu.CLASS](https://www.instagram.com/wfu.CLASS)
- Visit our website: [class.wfu.edu](https://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, 6pm-9pm

[writingcenter.wfu.edu](http://writingcenter.wfu.edu)

## Math & Stats Center (MSC)

(Kirby Hall 117)

MSC opens for appointments:

- 1-1 Tutoring:  
Mon-Thurs 12pm-5pm & 6pm-9pm
- Drop-In Study Sessions:  
Mon-Thurs: 7pm-9pm

[college.wfu.edu/mathcenter/](http://college.wfu.edu/mathcenter/)

## Chemistry Center

(Salem Hall 109)

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

[chemistry.wfu.edu/undergraduate/chemistry-center/overview/](http://chemistry.wfu.edu/undergraduate/chemistry-center/overview/)

## 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](http://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://wfu.joinhandshake.com>  
**Live the first week of class**
3. Visit Our **Website** - [opcd.wfu.edu](https://opcd.wfu.edu)



@wfuopcd

Become Career and Life Ready.

*Your Path. Our Support.*

Reynolda 230 | [careers@wfu.edu](mailto: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
- Educate and support students and organizations to live together in community

## 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](http://studentconduct.wfu.edu)**







# Office of Civic & Community Engagement



## How Students can get Involved:

### Philanthropy & Traditions

Support the Brian Piccolo Cancer Research Fund through ***Hit The Bricks***, ***Wake 'N Shake***, and ***Pump Up for Piccolo***

### Health & Nutrition

Support community health and well-being throughout Winston-Salem with ***The Campus Kitchen***, ***Kids Cooking Coalition***, ***TurkeyPalooza***, and ***AmeriCorps at Wake Forest University***

### Education Outreach

Promote and advance educational equity through ***Virtual Tutoring***, ***Project Pumpkin***, and ***DESK***.

### Civic & Democratic Engagement

Get involved in upcoming elections with ***Deacs Decide***, learn to speak across difference with ***Deacon Dialogue***, and gain professional experience with local nonprofits through the ***Summer Nonprofit Immersion Program***

### Find Volunteer Opportunities

Explore and sign up for volunteer experiences on campus and in the Winston-Salem community at ***wfu.givepulse.com***

Benson 506 | [communityengagement@wfu.edu](mailto:communityengagement@wfu.edu) | 336.758.4070 | [@communitywfu](https://www.instagram.com/communitywfu)





# Office of Student Engagement

*“Helping Every Deacon Find Their Place”*

**We create spaces and experiences where students matter, belong, and thrive. From day one through graduation, OSE helps students make meaningful connections and develop real-world skills. Student Engagement is responsible for:**

1. **Student Organizations** – Supporting over 180 groups with resources, advising, and event planning.
2. **Student Union** – The campus programming board that plans late-night and weekend events for all students. (student led events and activities planners)
3. **Student Government** – Advising student leaders who serve as the voice of the undergraduate student body.
4. **Workshop Trainings & Development** – Coordinating practical trainings that help students thrive in their roles and prepare for success on campus and beyond.
5. **The Link** – Wake’s student engagement hub for event listings, organization info, and campus involvement.
6. **Campus Traditions & Events** – Hosting signature programs like Family Weekend, Lighting of the Quad, and Wake the Forest (First Six Weeks Programming Initiative).
7. **Campus Program Spaces** – Managing reservable event and meeting spaces in Benson and across campus.
8. **Student Employment Opportunities** – Offering on-campus jobs that develop transferable skills through roles like event set up crew, office assistants, info desk attendants, and more.



Benson 335

[engagement@wfu.edu](mailto:engagement@wfu.edu)

336.758.7168



wfustudentengagement

Wake Forest Student Engagement







**Benson 346**



**[interculturalcenter.wfu.edu](mailto:interculturalcenter.wfu.edu)**



**336.758.5864**



 **@interculturalwfu**

**<https://interculturalcenter.wfu.edu>**



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





# LGBTQ+ Center

The LGBTQ+ Center is committed to fostering a **sense of belonging** for all by providing **education 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 and staff led Community CirQles 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](http://lgbtq.wfu.edu) or visit us in Benson 311!



WAKE FOREST UNIVERSITY  
**LGBTQ+ CENTER**



@lgbtqatWFU

#LGBTQatWFU





# WFU Women's Center

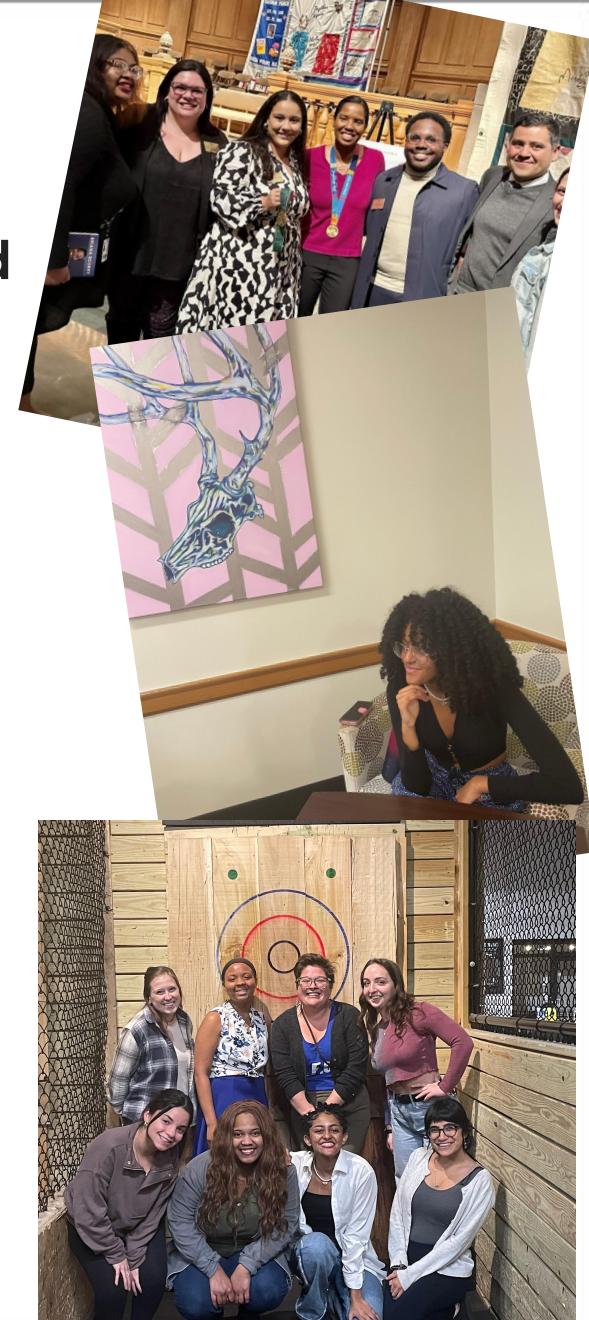
The Women's Center supports women at Wake Forest and promotes gender equity.

## 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

Benson University Center 314  
[womenscenter.wfu.edu](http://womenscenter.wfu.edu)

**Follow us on IG**  
**@wfuwomenscenter**



# Office of Fraternity & Sorority Engagement



- **What We Do**

- Develop and implement programs and initiatives for the fraternity/sorority community
- Maintain community standards & provide chapter support
- 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 Conference (Panhellenic) : 8 Sororities
- Interfraternity Council (IFC): 10 Fraternities
- National Pan-Hellenic Council (NPHC): 3 Fraternities & 3 Sororities
- United Greek Council (UGC): 2 Sororities

**Post-Spring Recruitment:** 56% of Students are Greek Affiliated

**Follow us on Instagram:**

OFSE - @wfu\_fse

IFC - @wfu.ifc

NPHC - @wfunphc

Panhel - @wfu\_panhel

UGC - wfu\_ugc

**Benson 218 | 336.758.8020**

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





# Deacon Health



- ***Located in the lower level of the Wellbeing Center (Gym)***
  - ***entrance is located down the outside stairs of the Wellbeing Center***
- Primary Care, Illness, Injury, and wellness visits
- Physical Exams and Sexual 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](#)

 @deaconhealth

**336-758-5218**

[deaconhealth.wfu.edu](http://deaconhealth.wfu.edu)



# Campus Recreation

Location: WF Wellbeing Center

[campusrec.wfu.edu](https://campusrec.wfu.edu)

## Program Areas:

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



 @wfucampusrecreation

 @wfucampusrec





# Office of the Chaplain

[chaplain.wfu.edu](http://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

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 20, 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 20 at 1:00pm
- Orientation sessions **specifically for Parent & Families** begins on Wednesday, August 20 at 5:00pm
  - Seating for “*Flourish in the Forest: Navigating Change, Embracing Challenge*” begins at 4:45 pm

