



WAKE FOREST ORIENTATION

FORESTRY 101

Sense of Belonging

A New Deac Week Session for Parents & Families

Before we begin our session on Sense of Belonging, we ask you to think about these three questions

What does the phrase “sense of belonging” mean to you?

Think about a time when you experienced a sense of belonging in a group. How did you know you belonged?

Think about a time when you struggled to feel that you belonged in a group. What happened?

Presenters

Betsy Chapman,
Senior Executive
Director of Family
Communications
and Engagement



Marianne Magjuka,
Assistant Vice
President for
Engagement



Brad Shugoll,
Director, Office of
Civic and
Community
Engagement





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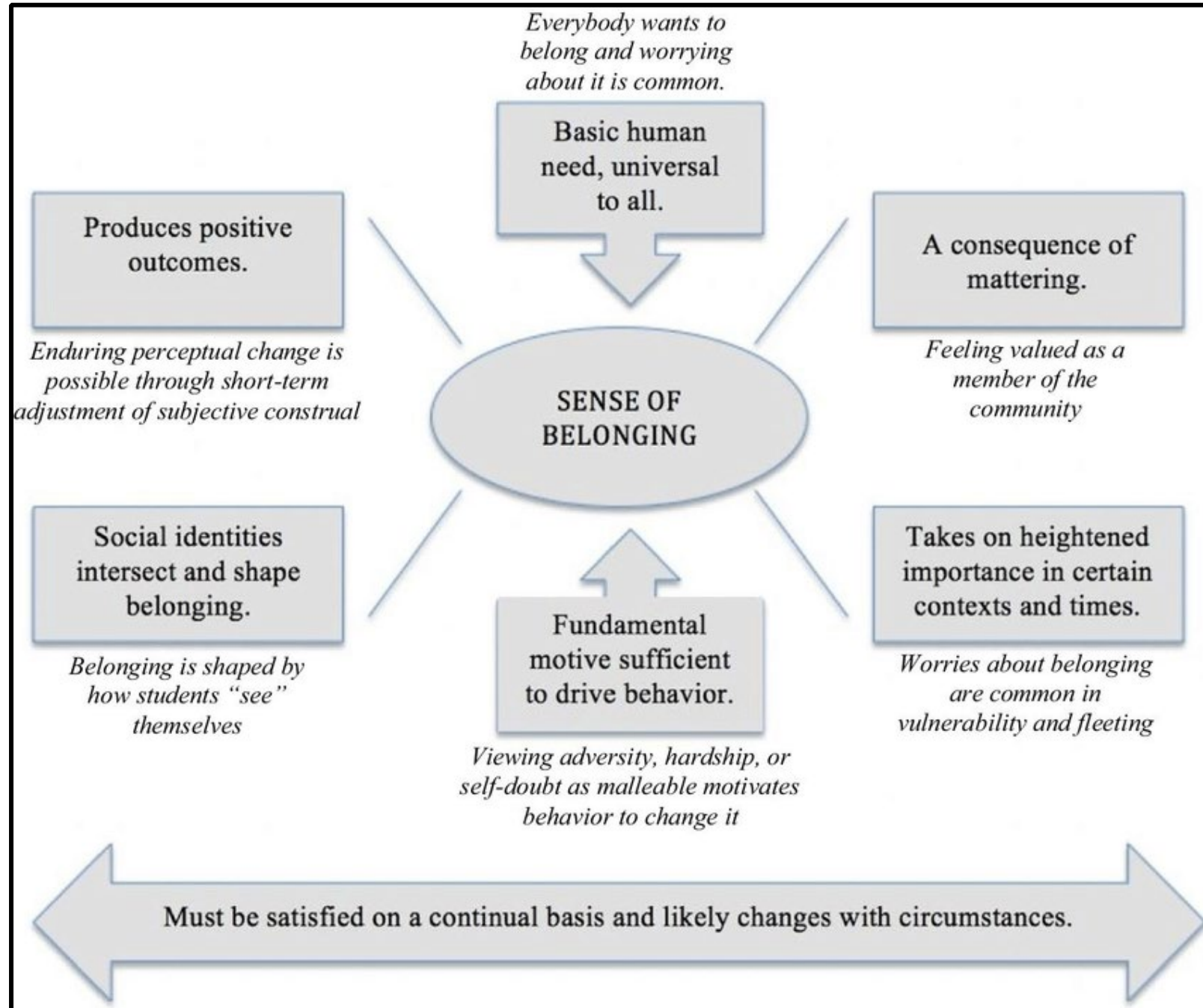


"Don't worry, Mom and Dad. I promise to only make mistakes you never made."

Roadmap for this session

- Overview of Sense of Belonging
- Belonging at Wake Forest: How this Manifests with Students
- What Can Families Do to Help their New Student?
- Belonging at Wake Forest: What the Data Tells Us
- Resources, Questions and Answers

Belonging at Wake Forest - Part I



Everybody wants to belong



Worries about fitting in are common for students (and families!)

Students want to be valued as a member of a community



Community can be macro or micro

Worries about belonging are common, vulnerable, and fleeting



Viewing adversity, hardship, or self-doubt as part of the college transition can motivate behavioral change





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Belonging is shaped by how students see themselves



Students will search for belonging again, and again, and again





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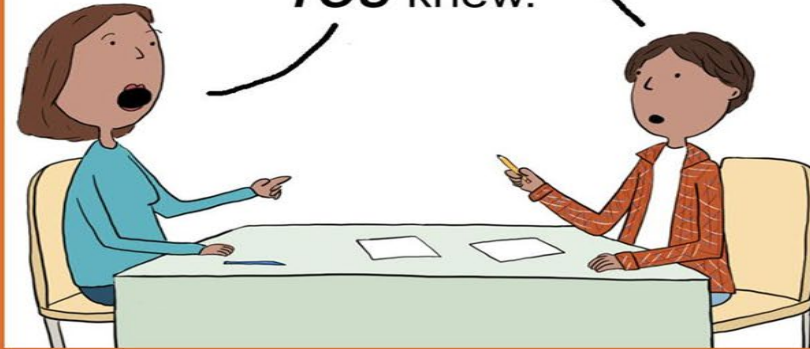
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OK, so how do we prepare you to leave for college?



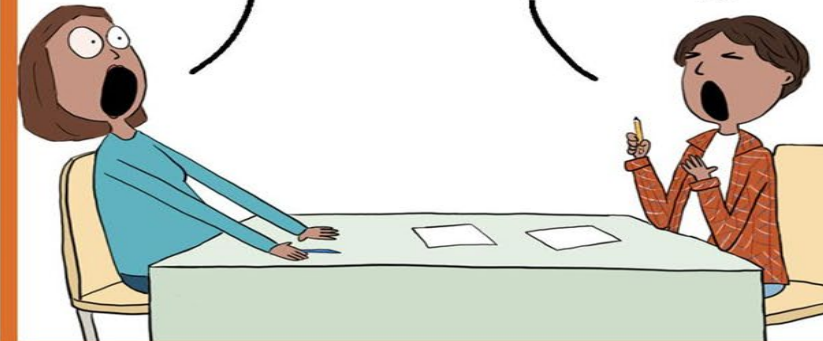
Uh... I thought **you** knew.

I thought **YOU** knew.



AHHHH!!

We know nothing!



Don't worry, Grown & Flown knows exactly what to do!
Download our FREE "Off to College Checklist" now!

GROWN & FLOWN

What can families do to help?

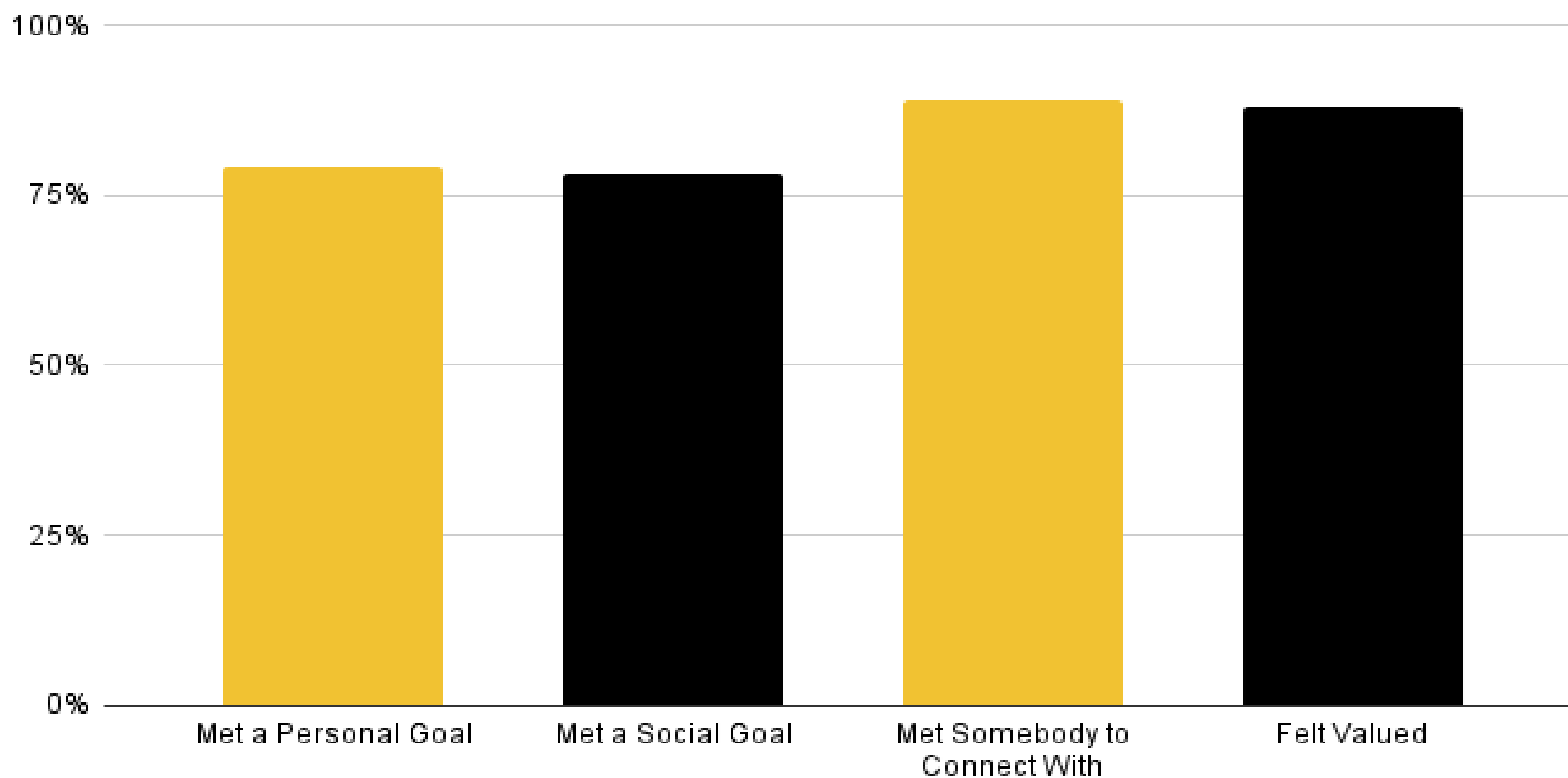
- **Have realistic expectations:** sense of belonging TAKES TIME. It could be 6 weeks, a semester, or *more likely a full year*
- Meet your student where they are; *their* experience does not have to look like *your* experience. If your student isn't unhappy, *it is not a problem!*
- Get comfortable with your student's discomfort (frantic phone call).

What can families do to help?

- Push them (gently, in whatever ways work best for your student) to go to events, activities, club meetings, etc. [Encourage your extroverted students to pull us introverts along 😊]
- Stress kindness and empathy with your students: a sense of mattering to people can come from tiny micro moments - a *please*, a *thank you*, a holding the door, a “*you got this!*” Those things can build on each other.

First Six Weeks at Wake

First Six Weeks at Wake Forest



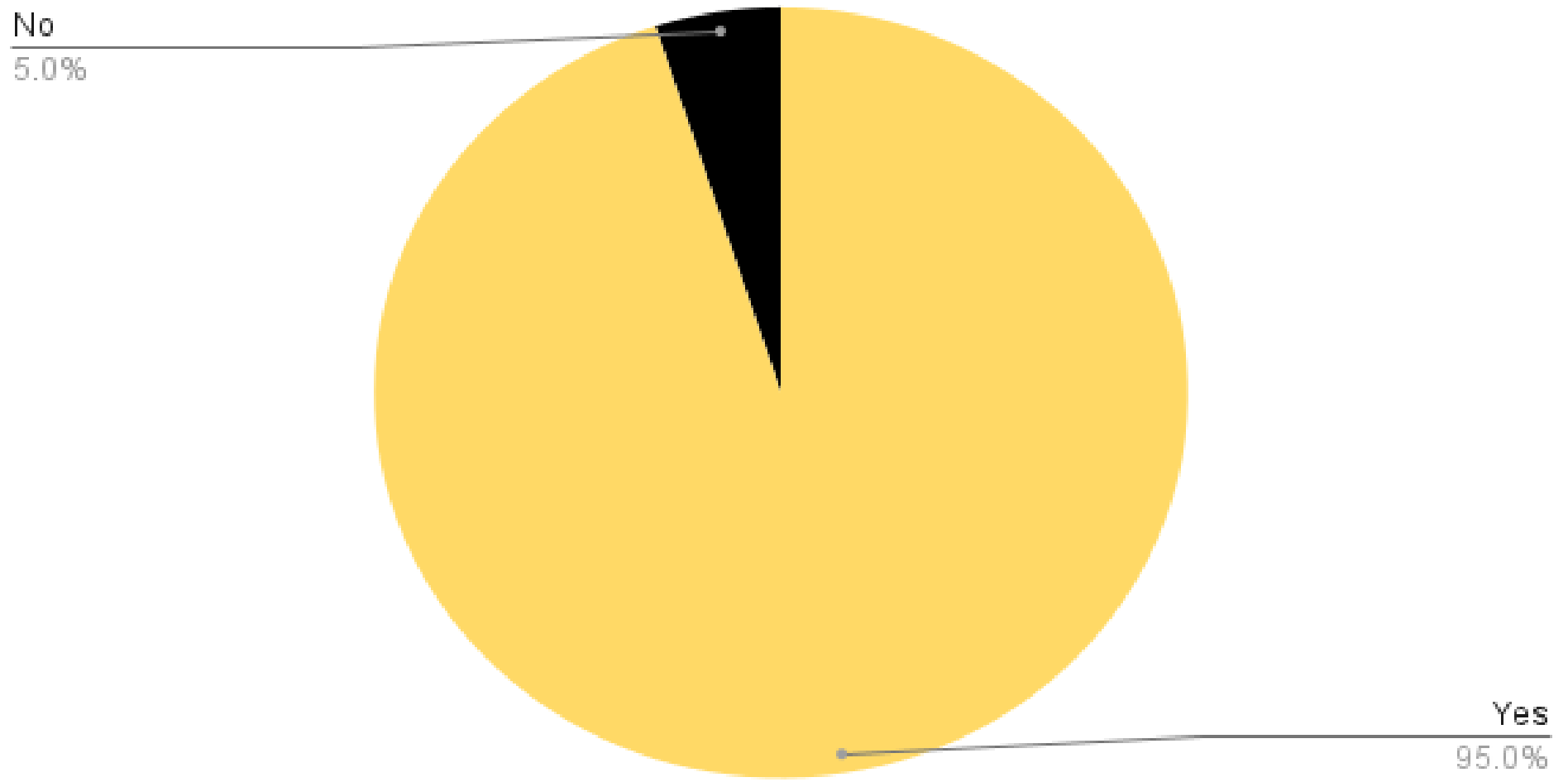


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First Year Students Returning to Wake

First Year Students Returning to Wake Forest

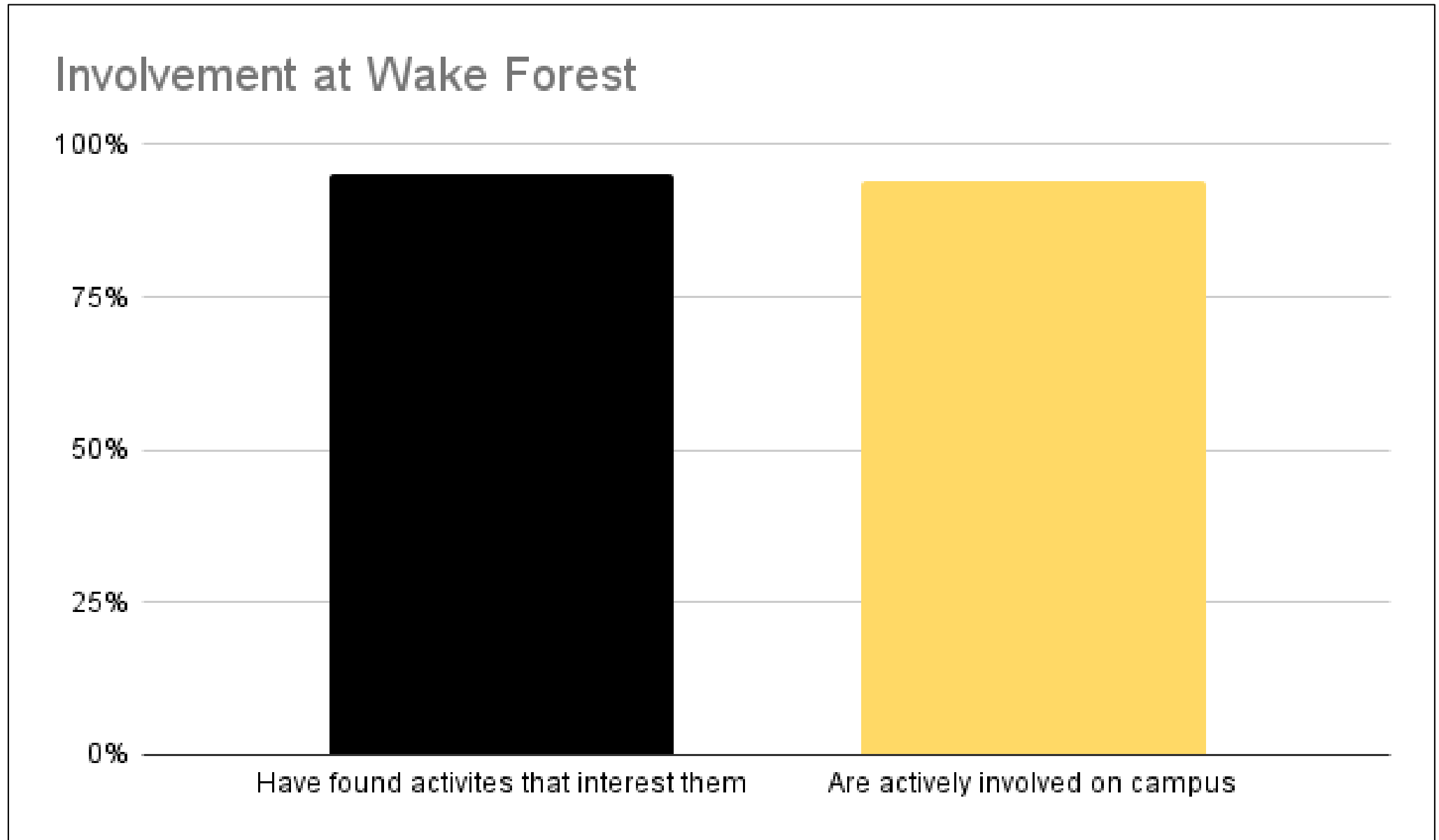




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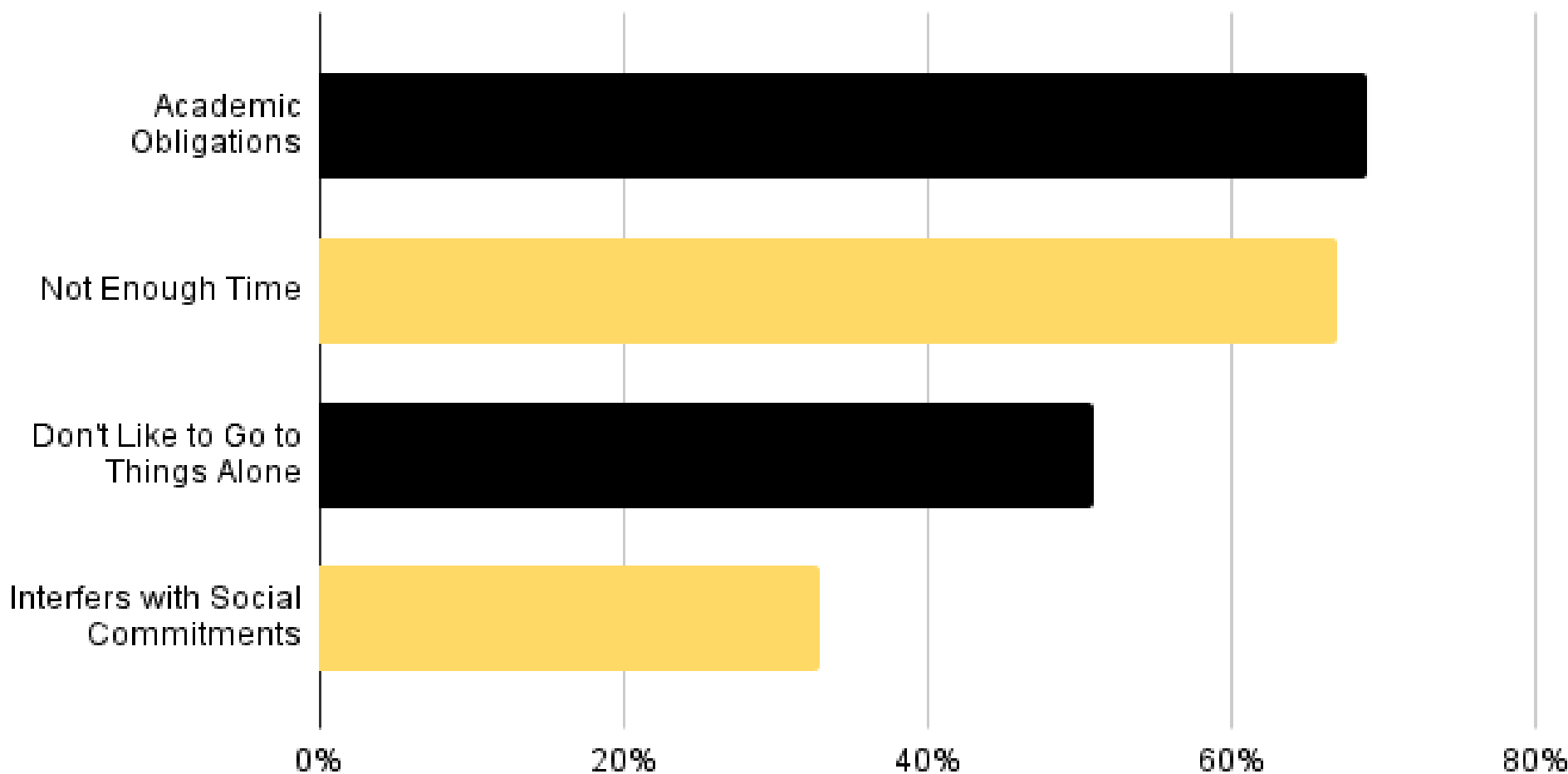
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Involvement at Wake: Sophomores-Seniors



Involvement at Wake

Why Students Aren't More Involved



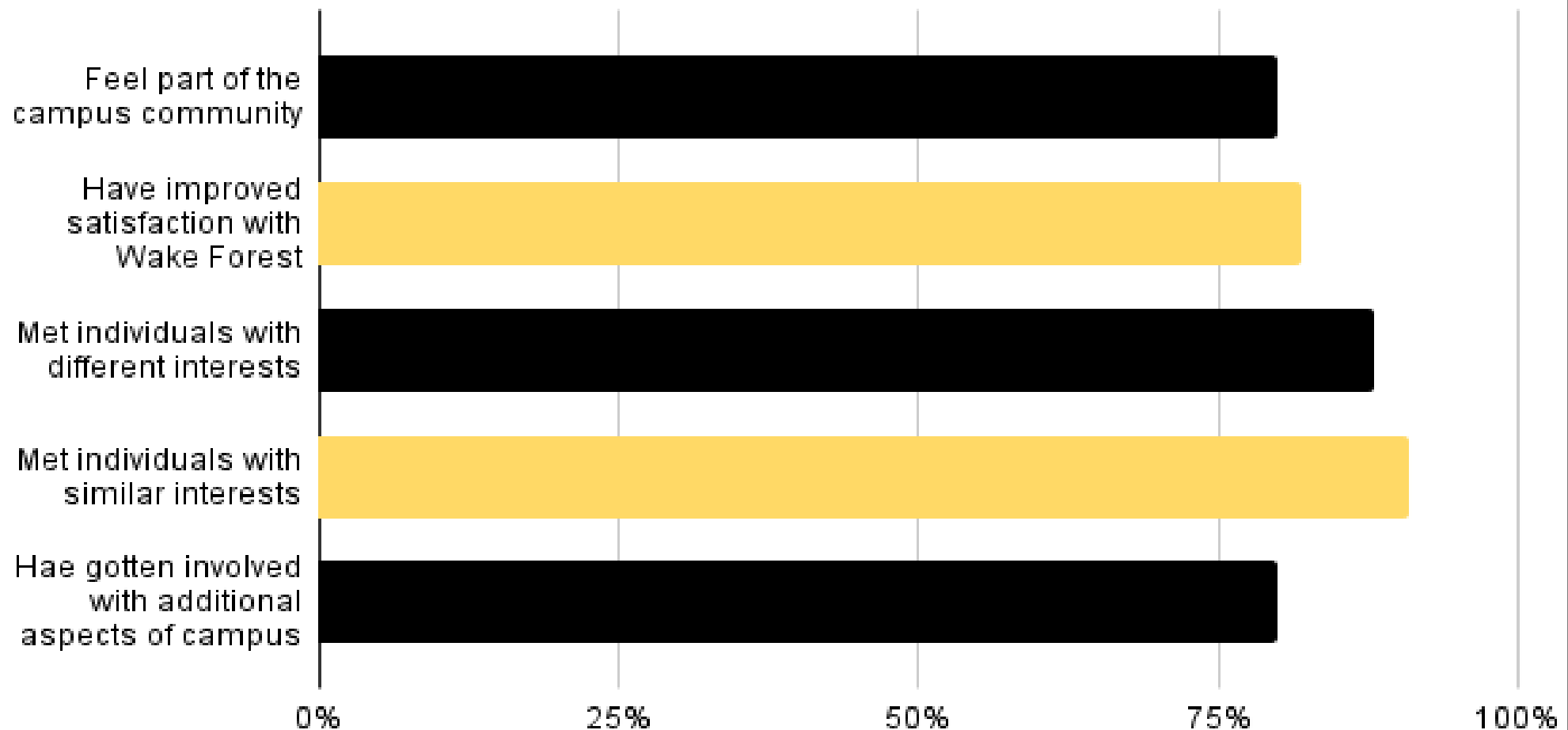


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Outcomes of Involvement

Belonging Outcomes



Resources to remember

- Office of Student Engagement - their job is literally to help every student find their place:
<https://studentengagement.wfu.edu/>
- We Are Wake: 336.758.WAKE (2273) or <https://we.wfu.edu/> - you or your student can use We Are Wake for caring consultation if your student is struggling, and they will connect to campus resources
- Hit 'reply' on any Daily Deac or e-mail parents@wfu.edu. Both go straight to Betsy Chapman

Tips from the experts: For the Families

- Give Them Space!!!
- Normalize the First Year Challenges
- Encourage Campus Connection
- Get Involved
- Check In...But Not Too Much

Tips from the experts: For the Students

- Get involved (both with the new and the familiar)
- Find connections
- Normalize the discomfort
- Use the resources that are right for you
- Be true to yourself - even if that changes



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Questions and Discussion