

# LAUNCHPAD

the official alumni newsletter for WFU College LAUNCH for Leadership

WAKE FOREST UNIVERSITY

## COLLEGE LAUNCH

INSPIRING STUDENTS TO PURSUE GREATNESS

### Starting Strong & Pacing Yourself

Your senior year has arrived! You may be feeling excited. Or perhaps you feel anxious. A part of you might be feeling overwhelmed. I'd bet that most of you (if not ALL of you) are feeling a mixture of these emotions and more. I want to encourage you to take a step back and realize that you have the information, skills, and support to navigate this next year (and beyond) with success and confidence. Like any critical endeavor, this is a race and not a sprint. Be strategic about how you plan and organize your time and pace yourself! In the midst of fulfilling all of your commitments, don't forget to take care of yourself, spend time with your family and friends, and do the activities that bring you joy. Finally (and you will hear this often), please don't forget that your LAUNCH family is here and ready to help in any way.

Dr. Meleah Ellison



"Be the best version of yourself in anything you do. You don't have to live anybody else's story."

Stephen Curry

### Opportunities & Resources to Explore

While you are marking application deadlines on your calendars, please make sure that you are researching information about the [FAFSA](#) and that you allow yourself plenty of time to complete and submit it. As a reminder, submitting your FAFSA (and [CSS profile](#) if the universities you are applying to require it) as early as possible will provide you with the best opportunities to receive scholarships and financial aid.

[60 new colleges/universities](#) have joined Common App! The full list of schools can be found [here](#).

[Member schools](#) for the Coalition for College Access (if you choose to apply to colleges through this medium rather than Common App).

[Common App writing requirements resource](#) to consider.

Check out the [BetterMakeRoom TikTok](#) account for college application tips!

USA Today article - [Applying for College? What Admissions Counselors, Common App CEO say not to worry about](#)

[College y Consejos](#) - free college advising for LatinX high school juniors and seniors. Sign up today!



YOU CAN FIND US ON FACEBOOK, INSTAGRAM & TWITTER @WAKEPRECOLLEGE

### NEED ANY HELP?

Your College LAUNCH family is here to help you! Feel free to reach out to Dr. Meleah Ellison at [ellisonm@wfu.edu](mailto:ellisonm@wfu.edu)