

Installments

VOL 1 Issue 4

THE NUMBER TWO NEWS SOURCE AT WAKE

NOVEMBER

ACADEMIC SUPPORT AVAILABLE FOR YOU



ACADEMIC RESOURCES AWARENESS WEEK 2021
let's get the facts right.

Academic Resources Awareness Week (ARAW)

November 1-5 is Academic Resources Awareness Week! There's something for every student.

They'll be student panels, lots of free food, a bullet journaling workshop, tutoring tips and more!

See all this week has to offer by following along on Instagram at @wfuclass or @wake_sg or scan the QR code.

Ongoing support

This week draws attention to the academic support you have all year.

Find out more about peer tutoring, academic coaching, and disability services at class.wfu.edu



See ARAW events

DRINK SMARTER

Did you know that nearly all medical incidents related to alcohol at WFU are due to drinking liquor?

If you choose to drink stay out of the hospital (and the conduct office) by sticking with lower ABV drinks.

Wanna see how different amounts and types of drinks affect your Blood

Alcohol Concentration (BAC)? Check out our free BAC tracker.

go.wfu.edu/bac



Check your BAC

THE SCIENCE OF MINDFULNESS

Meditation both reduces stress and assists the natural melatonin production mechanisms of the body, meaning it can help you fall asleep faster and sleep longer.

Research continues to show that meditation offers significant benefits to our mental and physical health.

You can learn more about mindfulness and mindfulness opportunities at go.wfu.edu/mindfulwake



GET OUTSIDE!

Even with the weather getting cooler Outdoor Pursuits has a variety of trip options and rental gear for you!

Visit go.wfu.edu/outdoors



Find out more