

Installments

VOL 2 Issue 5

THE NUMBER TWO NEWS SOURCE AT WAKE

JANUARY

GROWTH MINDSET: HOW TO REBOUND FROM ACADEMIC SETBACKS



Are you happy/satisfied with how your Fall Semester went academically? socially? personally? How do you process things when they don't go as planned?

The beginning of a new semester is a great time to think about how you view failure.

Dr. Ashley Heffner from CLASS and Dr. Brad Burroughs from the Office of Leadership and Character will lead students in a conversation and discussion about failure and growth and share

strategies and resources for building a growth mindset while at WFU.

Join us for our January OWLS talk titled "Growth Mindset: How to Rebound From Academic Setbacks." Free WFU t-shirt and swag for all participants.

January 25th 4pm Well-Being Center Conf Room 330A



SIGN UP FOR DEACSTHRIVE TEXTS TODAY!

Receive occasional texts on wellbeing topics such as mental health, sex, resilience, sleep, joyful movement, as well as

events and opportunities around campus!

Text "THRIVE" to 833-230-8900 to join. You can

opt out at any time.

For more information go to: go.wfu.edu/deacsthive

THIS MONTH

UPCOMING INTRAMURAL REGISTRATION PERIODS

January 10-19
3v3 Basketball Tournament
Spikeball Tournament

January 17-26
5v5 Basketball League
Bowling League
Archery Challenge

January 24 - February 2
5v5 Flag Football Tournament

January 31 - February 9
Outdoor Soccer League
Doubles Pickleball League
Doubles Tennis League
Sand Volleyball League

FITNESS EVENTS

January 9 - 20
January Jumpstart

Registration closes January 16
Wake Wonder Woman

Registration closes January 29
5k Training



CAMPUS RECREATION HAS SOMETHING FOR EVERYONE!

Do you have a New Years resolution that includes movement?

Campus Recreation has a wide variety of opportunities to help you find movement each week. If group fitness is your thing, check out the Group X schedule in the DeacWell app. Like to play sports? Intramurals are up and running—you don't

have to have a team to participate! Sign up as a free agent and we will place you on a team.

Longing to spend more time in the great outdoors? Outdoor Pursuits is running weekend trips all semester long. And don't forget about the pool!

Learn More: campusrec.wfu.edu