

# LAUNCHPAD

*the official alumni newsletter for WFU College LAUNCH for Leadership*

WAKE FOREST UNIVERSITY

**COLLEGE LAUNCH**  
INSPIRING STUDENTS TO PURSUE GREATNESS

## Managing Deadlines & Keeping Your Sanity

By now, you are in the thick of the academic year. In addition to balancing your course load, you are likely managing extracurricular activities, a social life, family roles, and multiple college applications. It can be easy to overlook the importance of taking care of yourself, but your own sanity and happiness is necessary in order for you to successfully fulfill all of your other responsibilities. One way that you can help take care of yourself is to be organized and intentional with how you plan for and use your time. What does this look like for you? Perhaps you use a paper planner to keep up with important dates and details. Or you may instead opt for the calendar in your phone. Whatever format you prefer, keeping yourself organized is a proactive way of managing your responsibilities so that you are less likely to feel overwhelmed. Not only will being organized help you to navigate this busy time in your life, but it is also a life skill that will surely benefit you in the future. Consider these organization tips:

- Look at deadlines and due dates months in advance and put them in your calendar now so that they don't sneak up on you.
- Begin every week by reviewing your calendar for the week ahead so that you know what to anticipate.
- Are you a visual person? Use color coding to help you stay organized (example: all academic assignments in red, all college application tasks in purple, etc.).
- Start your day with a check list of all of the tasks you would like to accomplish that day (note: be sure to include some self-care activities such as taking a walk, calling a friend, etc.)

Interested in learning more about organization? Check out these articles:

[10 Habits of Really Organized People](#)

[8 Tips to Use Your Time Efficiently and Stay Organized in High School](#)

[How to Get Organized & Manage Your Time in High School](#)

## 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)*

## Alumni Survey

We will be sending out Alumni Surveys once a quarter to stay up-to-date on how you're doing and the best way to reach you. Please complete the [Quarter 1 Alumni Survey](#) before November 24th.

## Resources of the Month

Last month's newsletter provided helpful information and resources about being an informed and active voter. Continuing with this topic, we are so excited to feature Charlotte City Councilman Braxton Winston on our College LAUNCH Blog!

Those of you who are an Alumni of our 2019-2020 Charlotte cohort had the opportunity to hear Councilman Winston discuss his unconventional journey to becoming a community leader and public official during our March Saturday Summit earlier this year. His presentation was extremely impactful and we are so fortunate for the service he provides to Charlotte and the example he provides to us all.

In addition to reading Councilman Winston's blog, titled [The Power of Voting](#), we encourage all eligible voters to vote! If you did not vote via mail or early voting, be sure to [research your precinct and ballot](#) and then show up on November 3rd!



## Reminder

As you are turning in your college applications, be sure to pay attention to which type of admission you are applying for and the specific due dates for each.

To review:

**Early Decision** means you apply early and if you are accepted into that particular college, you are *legally bound* to attend (regardless of financial aid packages and opportunities offered by other colleges/universities).

**Early Action** means you submit your application early and you receive an admissions decision at an earlier date, however you are *not legally bound* to attend that specific school (so you can consider financial aid offers from each university you are admitted to).

**Regular Decision** means you apply later than those who are applying for Early Decision or Early Action but you also receive an admissions decision later than those who applied for those types of admission. The vast majority of applicants choose to apply for Regular Decision, as it allows applicants more time to complete admission application materials and consider financial aid packages offered by all admitting universities.

Interested in learning more? Check out [this article](#) by the great folks at Vanderbilt University.



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