

# LAUNCHPAD

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

WAKE FOREST UNIVERSITY

## COLLEGE LAUNCH

INSPIRING STUDENTS TO PURSUE GREATNESS

### Maintaining Motivation

Are you tired of Zoom meetings and struggling to stay focused? You are not alone! Many of you have been telling me how exhausted/bored/overwhelmed/tired you are of virtual learning, yet you recognize the importance of staying motivated. Several of you have mentioned wanting some ideas for staying motivated.

In [this YouTube video](#), college junior, Natasha Mathurent, shares tips for maintaining motivation despite virtual learning:

1. Create a schedule (and connect it to your goals)
2. Set a reward
3. Have some snacks
4. Talk to your friends (text, FaceTime, social media)
5. Be active on Zoom
6. Find balance
7. Be true to yourself
8. Positive self-talk

I encourage each of you to reflect, stay with the course, and reach out if I can help in any way. Take the time to develop and fine-tune these good habits now because you will likely find that your motivation will decrease as your senior year progresses. I'm here to support you in your quest to **finish the year strong!**

With deep admiration,  
Meleah

### Interview Workshop

Last quarter, we hosted a Scholarship Workshop for Alumni, Scholars, and families. We had great attendance to this event and the feedback that we received from you all is that the panel and information provided was extremely helpful.

Our next workshop topic was chosen based off of your feedback - interviews! Join us on **Thursday, January 14th from 6 - 7 pm** via Zoom to hear interview tips and best practices from a great panel that includes university admissions staff, college scholarship committee members, and community leaders. [RSVP here](#) and mark your calendar!



*"I'm not good at everything,  
I just do my best at everything."*

*Michael B. Jordan*

### Social Media Change

We know that one of the best ways to communicate with you and keep in touch is through social media. We recently combined the College LAUNCH social media accounts with our other great pre-college programs (Summer Immersion and Summer Exploration). You can now find us on social media by following @wakeprecollege



FOLLOW US! 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)