

# LAUNCHPAD

the official alumni newsletter for WFU College LAUNCH for Leadership

WAKE FOREST UNIVERSITY

## COLLEGE LAUNCH

INSPIRING STUDENTS TO PURSUE GREATNESS

### The Waiting Game

While some of you have already made a decision about which college you will attend this Fall, the vast majority of you are still waiting for admission decisions and financial aid packages before you commit to a college or university. This period of waiting can understandably provide a lot of anxiety and worry. With that being said, I encourage you to take this as an opportunity to celebrate and affirm yourself.

You have done your best in your academic courses. You have taken advantage of opportunities to learn more and grow as a person (your participation in College LAUNCH is an example of this!). You have researched colleges and universities to determine which ones match your specific interests and needs. You've reviewed your application materials countless times. You've hit the "submit" button. You have done everything within your power. Now, while you wait, acknowledge the nerves and anxiety you may feel, but also take the time to celebrate yourself.

Here is what that can look like:

- Binge that Netflix show that you've been wanting to watch but haven't had the time for
- Go for a hike or run in a nearby trail that you really love or have been wanting to explore
- Practice self-affirmations that acknowledge your own power (examples [here](#), [here](#), and [here](#))

You have wonderful futures ahead of you! Know that your LAUNCH family is here celebrating and encouraging you every step of the way.

Dr. Meleah Ellison



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)

### Financial Aid Workshop

We are so excited to host a LAUNCH Alumni Financial Aid Workshop! On Saturday, February 13th from 12-12:30 pm, LAUNCH will host an Alumni workshop in partnership with the WFU Office of Financial Aid. This workshop will provide you with information on understanding your financial aid offers from universities. While we are partnering with the WFU Office of Financial Aid for the event, this information is not specific to Wake Forest. You definitely do not want to miss this! Please [RSVP](#) here by February 7th.



*"I hope that what you're going through right now...pushes you not just to think about what kind of career you want to build, but what kind of person you want to be."*

**Michelle Obama**

### Resource of the Month

It is common for college students to change their major at least once during their studies. Curious to know what careers match your interests? The Junior Achievement [Career Profiler](#) is a great (and free!) resource.