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

Semester 2 Workshop: College Experience

On February 15th, College LAUNCH will host our second workshop of the year with a focus on the COLLEGE EXPERIENCE! Join us for a panel event with LAUNCH Alumni to learn more about the college experience at various types of universities. College panels will include students who attend:

- HBCUs
- Out of state colleges/universities
- In-state PWIs

RSVP here to join us from 5:45 – 7 pm on February 15th!

"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

Important LAUNCH Update

Beginning in March, I will be out on maternity leave as my family welcomes another baby! I anticipate returning in late summer. If you need a letter of recommendation, please ask for it now so that I can make sure I get it completed for you. If you need anything while I am out on maternity leave, please email collegelaunch@wfu.edu. Our team is here to support you!