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Monday, November 5, 2018

Dear <<First Name>>,

The fall semester is moving quickly, and I know this is the time when stress continues to be heightened for a lot of different reasons - academics, family circumstances, or even the events appearing in the national and international news.

I want to be sure to remind you of the amazing resources you have access to as a member of this community. If you are feeling affected by recent events or feeling overwhelmed in any way, I urge you to take advantage of the help that is available to you. The list of resources is conveniently located on the right column of this message.

Today, our "Letters So Dear" series continues with a message from senior Blake Wynveen:

Welcome to Wake Forest! This is going to be a four-year adventure featured with a mix of high and low moments. If you're freaked out, it's okay; I was too, but know that you will also conquer the



#### Resources:

- [Academic Advising](#), 336.758.3320
- [Dean of Students](#), 336.758.5226
  - [Care Team](#), 336.758.2645
- [Learning Assistance Center](#), 336.758.5929
- [Office of the Chaplain](#), 336.758.5210
- [Office of Diversity and Inclusion](#), 336.758.3824

When I started here in 2015, I was scared. I didn't know anyone, where my classes were, who to eat with, etc. I spent the first couple weeks trying to stay optimistic and hopeful, even though I missed home badly. It was hard for me to not feel lost in a new place without any activities after being well-known and established back at home. If I only knew how things would change, I think my outlook on my first year would have been much different. Here are a few tips or reminders to help you get through:

- **Avoid social media:** The first year can feel lonely, and it is only heightened when you hop on Instagram or Snapchat. Know that everyone else feels just as new as you do, but know they are going to post their "highlight or two of the week" online to make it seem like they are having the time of their lives. Instead of comparing yourself to others based on Instagram pictures, focus on growing at your pace so that college can be the actual time of your life!
- **Be patient:** Like I mentioned before, you're adjusting! It is 150 percent normal and usual, and you DO belong here! I promise when I say that we all struggled at points, but it gets better! Remember when you walked into high school and were scared back then? And then it got easier and you became more established. The same thing is bound to happen here! So just be patient, use your grit, and be ready for success.

- [The LGBTQ Center,](#)

336.758.4665

- [The Women's Center,](#)

336.758.4053

- [Residence Life and Housing,](#)

336.758.5185

- [SAFE Office,](#) 336.758.5285 (24/7 Help Line)

- [Student Health Services,](#)

336.758.5218

- [Title IX Office,](#) 336.758.7258

- [University Counseling Center,](#)

336.758.5273

- [The Office of Wellbeing,](#)

336.758.3089



#### GET CONNECTED and STAY CONNECTED:

We know that many of you have started connecting with us via social media. Be sure to follow [@WFUOrientation](#) on Twitter.

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there and join clubs and do activities; push your comfort zone! These experiences will provide you with a base of activities and people with whom you can build your WFU experience around. Don't wallow by yourself deep into a series of Netflix and a box of Pop Tarts.

- **Get to know your professors:** Your professors will provide you with so much more than the lesson plans. Get to know them, and they will get to know you. Be okay with being vulnerable with them. They have helped countless students before and want to be there for you too! Don't underestimate the power of someone who has your best interest in mind!
- **Don't be afraid to reach out to the counseling services:** Students are often afraid to reach out to counseling services because it makes them feel like they are weak. I was one of those students until I had a friend recommend it to me. I am now very glad that I went and continued to go for over a year, which is one of the best decisions I made at Wake. The center provides substantial resources to help with the initial adjustment to college, in addition to a plethora of services that are totally normal to explore and utilize (You're paying for it with tuition anyways)!

I hope that these few recommendations help you know that what you are feeling is real and it is normal. But I promise things will get easier and you'll love this amazing school. Don't be afraid to

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to succeed! The Demon Deacon community is both widespread and caring.

Sincerely,

Blake Wynveen

**Cherise N. James, M.S.**

Associate Director of Orientation &

Lower Division Programming

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The Office of Academic Advising  
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Phone: 336.758.3320  
Fax: 336.758.4548  
Email: [undergraduateadvising@wfu.edu](mailto:undergraduateadvising@wfu.edu)



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