

RETURN TO CAMPUS FAQ

Wake Tech Wellness



How do I feel about returning to campus?

Returning to campus can elicit different emotions. You may experience fear, worry, relief, sadness, excitement, etc. Don't ignore these emotions as they are all valid and normal responses to stressors.



What are my current needs?

Your needs may have changed over the past 18 months. Pay attention to your overall well-being; this includes your physical, emotional, mental, environmental, relational, intellectual, financial, cultural, and spiritual needs.

Do I need to communicate with others differently?



Socializing with others may feel different and new. Take things slow and communicate your needs as clearly as you can. Create boundaries when necessary. It's ok to say "no."

Have I taken a break?



You may feel a need to be overproductive, social, and active transitioning back to in person events and activities. It's important to take a break as it can help with motivation and reduce procrastination. Try taking small breaks throughout the day.



What if I have difficulty sleeping?

Transitioning back to school may mean your sleep schedule needs to adjust. Be patient with the adjustment and build a new sleep hygiene routine. Remember that good sleep is important.



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I've forgotten how to socialize. What do I do?

This is a normal feeling to have. Try easing yourself back into social interactions planning for in person and virtual activities. Many people are experiencing feelings of nervousness at the thought of interacting face-to-face again. You are not alone.



What will I do if I am tired of virtual classes?

"Zoom Fatigue" is real. To help with this, avoid multitasking by reducing other on screen stimuli. Use the 20/20/20 rule to help. Every 20 minutes look at an object that is 20 feet away for at least 20 seconds. Also remember to take breaks.



What are some coping strategies that would be helpful managing this transition?

Coping strategies look different for everyone. Here are some coping strategies that could be helpful: meditation, deep breathing, exercise, staying connected with friends and family, getting outside, journaling, and taking social media breaks.

How will I manage my time?

If you are attending in person classes, give yourself more time to get to class. Plan for in person or virtual study groups. Remember to take breaks throughout your day as you study. For more help with time management visit the ILC.



Where can I get additional support?

There are several offices on campus that can support you. The Wellness Counselors are here to help with your mental health needs; please contact us at wellness@waketech.edu. Additional services can be found at www.waketech.edu/student-services/engagement-impact

