THE
Wake Forest
Freshman
SURVIVAL GUIDE

COMPLETE PROTECTION FROM
FIRST YEAR FOLLIES!

OLD GOLD & BLACK
THURSDAY, AUGUST 20, 2015
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Dear Class of 2019,

It feels like just a few months ago when I moved into Babcock as a nervous, wide-eyed freshman who didn’t know a single person on this campus. Three years later, as a senior struggling to reconcile the fact that I only have a single year left here, I wish I could go back to where you find yourselves now.

These next few weeks will be a whirlwind; you’re about to be given more freedom than most of you have ever experienced in your lives. From now on, you set your schedule and choose what to eat, how often to study and how late to stay out.

In writing this message, I decided that I would share some advice with you that I wish a senior had given me when I first arrived in Winston-Salem three years ago.

When you reach the decrepit age of 21 and begin to contemplate post-graduate life like me, you won’t look back on your time at Wake Forest and wish you had spent more time in your room.

So push yourself beyond your comfort zone. Join that organization that sounded fun at the activities fair. Enroll in that class you read about on WIN. Go to that party with your friends.

In short, don’t let a single unique experience slip through your fingers. These are the few short years of your life when you’ll have incredible opportunities to meet new people, broaden your world view, visit interesting places and build relationships that can last a lifetime. Challenge yourself to be outgoing and try new things. You’ll meet new people, make new and lasting friendships and relationships be introduced to a new world over the next four years.

Some of the most memorable experiences I have of my college years took place freshman year, like the snowball fight waged between Babcock and Luter on the roofs of the buildings, or the late-night hangouts in the hall lounge that lasted into the early hours of the morning.

Sometimes the most routine events of your first year will leave the biggest impression on you.
Avoid the dreaded freshman 15

A healthy diet, a consistent sleep schedule and a regular exercise routine are the ingredients to keeping yourself in shape.

BY CHRIS CASWELL
Opinion Editor caswellc4@wfu.edu

Living on your own for the first time means that you have a lot of new responsibilities, like doing your laundry, going to class and choosing all of your meals. It's exciting to have all of that independence, but it can be pretty overwhelming too.

I'm sure after that generic repetitive conversation where everyone asks you where you're going to college, they also joke or make a remark about the infamous "freshman 15." It's true that many freshmen gain weight because of the variety of food choices, and a meal in Benson such as Moe's or Chick-fil-A often sounds more appealing than the healthier options in either of the dining halls. But eating healthy and living a generally healthy lifestyle in college are both important and completely within your control.

It's great having Moe's, Chick-fil-A and Boar's Head so close by, but you should try to limit how often you eat there. You'll contribute to the freshman 15 legend, and you'll use up your food dollars and Old Golds quickly. You'll find the healthiest options in the Pit or the New Pit, but you'll also find lots of unhealthy foods like pizza and burgers there too. Anyone would choose a slice of pizza over steamed broccoli, but try to limit how often you eat those foods.

Try the deli, or the Southern Grill. It can be hard to walk past the better tasting junk foods when they're close by, but you'll be healthier for it.

Another way to avoid gaining weight during your first year in college is to watch what snacks you buy for your dorm. It's nice being able to stock your room with whatever you want, but when you're doing homework or watching TV, it's easy to not pay attention to what or how much you're snacking on.

The other part of being healthy in college is exercising. You'll notice you're most likely more active just with the amount of walking you're doing going to meals and classes, but you should also take advantage of the gym and campus trails. It's easy to eat junk food and skip exercising, but with so many resources nearby, there are plenty of ways to stay active.

Of course, once classes get started, it'll seem like you have no time to work out with the pace of classes and the amount of walking you're doing going to meals and classes, but when you have a big test, but as long as you manage your time you should be able to stay active. Working out late at night or early in the morning can be a good way to fit in some exercise.

Working out doesn't just keep you physically healthy, it's also a great way to eliminate stress and stay focused. So, my advice is to try to get in the habit of working out and eating healthy right away; that will make your transition to college much easier. Make an exercise schedule right away and stick to it.

Discover the secrets of the Old Gold Swipe

Learn how to get the best value out of your meal plan, considering the approximate costs of each option.

BY KYLE TATICH
Sports Editor tatikaz3@wfu.edu

Welcome, Wake Forest class of 2019, your life is changing dramatically as you face yawning uncertainties each day.

You may wonder if you prepared yourself enough for class or if your ride for a party will ever show up, but one essential part of your new life that should never be left to chance is eating well.

Take a minute to learn about how to effectively use your Old Gold Swipes.

Trust me, your stomach (and wallet) will thank you.

Chick-fil-A: If you're from the south, you understand. If you come from anywhere else ... you'll quickly learn.

<table>
<thead>
<tr>
<th>Combo #1 — Original chicken sandwich, medium waffle fries and a fountain drink</th>
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<tr>
<td>Cost: $6.64</td>
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<tr>
<td>Bang for buck: Three stars</td>
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<td>Healthiness: Three stars</td>
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<th>Combo #2 — Chargrilled chicken salad and a fountain drink</th>
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<td>Healthiness: Four stars</td>
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<th>Zick's: Open until 2:00 a.m., Zick's is a popular choice after a long night out</th>
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<td>Combo — Two slices of one topping pizza and a fountain drink</td>
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<td>Bang for buck: Five stars</td>
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<th>Moe's: An adequate alternative to those facing withdrawal from Chipotle or Qdoba</th>
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<td>Combo #1 — Jr. Homewrecker, tortilla chips and a fountain drink</td>
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<th>Combo #2 — Aspetic vegetarian nachos, tortilla chips and a fountain drink</th>
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<td>Popularity: Three stars</td>
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<tr>
<th>Forest Greens: Easily the healthiest option of all the Old Gold Swipes ... believe me, it bugs me too there aren't more healthy options</th>
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<tbody>
<tr>
<td>Combo — Custom four topping salad and a fountain drink</td>
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<td>Cost: $9.20</td>
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<td>Bang for buck: Five stars</td>
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<th>Subway: Open 24 hours, Subway is the late night venue for energy restoration</th>
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<td>Combo — Any 6&quot; Sub, Chips and a Fountain Drink</td>
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<tr>
<th>Einstein Bros' Bagels: A great option for those looking to spend their mornings studying in Farrell Hall</th>
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<td>Combo #1 — Bagel with schmeer and a medium coffee</td>
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<th>Starbucks: Not the best option for those with limited Old Gold Swipes as you are better off using food dollars to pay for coffee</th>
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<td>Combo — A pastry and a tall coffee</td>
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<td>Cost: $4.50</td>
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<tr>
<td>Bang for buck: One star</td>
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<td>Overall: Two stars</td>
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<th>Shorty's: Known better for their food than their speed, Shorty's is a great option for those wanting a sit-down restaurant atmosphere</th>
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<tr>
<td>Daily Old Gold Deals - Monday, triple cheese and tomato basil; Tuesday, BLT + guacamole sandwich; Wednesday, Shorty's dog with fries; Thursday, house, coles, or apple walnut salad; Friday, grilled ham and pimento; Every day, tenders and fries</td>
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How to tailgate the Wake Forest way

Have a great time on game day with these helpful tips about how to navigate the tailgate.

BY MCKENZIE MADDOX
Asst. News Editor
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The beauty of football season is that it brings every Demon Deacon together to cheer on one team. Thousands of fans all in the same place for the same reason can be quite exhilarating, yet for a first-timer, the excitement of tailgating and the first home game can be a bit of a whirlwind.

Tailgate Equipment

If all else fails, make sure you have your student ID because it is your ticket into the game. No matter how hard you try to sweet talk the gatekeeper, they will not let you in without it.

It's also nice to have a small bag with a couple other things.

“If you don't have a boyfriend to hold your stuff, then you'll want a little purse,” said sophomore Bailey Jones. “I always bring a phone and sunglasses, $10 to get a lemonade and a charged phone to call an Uber home because waiting for the bus is hard.”

Don't Be Late

Since Wake Forest's stadium is a couple miles from campus, a shuttle system is provided to transport students to and from the game. The shuttles are air conditioned, but the long lines waiting for them in the hot sun can be uncomfortable.

“The shuttles can be a pain, so getting to them early definitely helps,” said senior Jess Arnall. “Normally, I try to leave campus around two hours before the game starts so I have a good amount of time to get to the stadium and go to a few different tents at the tailgate.”

Pre-Game Meal and Hydration

It is essential to eat a good meal and drink lots of water before you head to the tailgate. The last thing you want at a tailgate is a growling stomach or splitting headache.

Sometimes different tents will have food at the tailgate, but often times most of the food will be devoured as soon as it is put out — so don't count on that as your only meal.

As soon as you wake up on game day, make it your routine to drink a couple glasses of water. Most students wake up and Pri Sit with their friends so that they can keep full throughout the tailgate.

You will probably be drinking the rest of the day, so starting the day off right will help ensure you survive the long day.

Dress for Success

Although you can always add your own flare to any outfit, most Wake Forest students like to dress up on game day.

“My advice is to stock up on black sundresses and comfy sandals before tailgating season,” said sophomore Laurel Hagaman.

Most girls tend to stick to a stylish sundress with cowboy boots or sandals. If you're worried about wearing a dress while drinking, you can always opt for a cute romper. Most boys prefer a polo or button down with khakis and possibly a bowtie.

“The tailgate area can get pretty muddy, so you might want to wear some shoes you don't mind getting dirty,” said junior Charles Wilson.

Also, the student section is directly in the sun, so make sure not to forget your sunglasses.

Along with fashion, always check the weather before you pick your outfit for the tailgate. You don't want to be sweating in long sleeves during the first games in September or shivering without a jacket in November.

“The first couple games can be really hot and sunny,” said Arnall. “Be sure to wear sunscreen so you don't get weird sunburns.”

Make Smart Choices

Most importantly, make sure to be aware of your surroundings during a tailgate — especially if you have a red solo cup in your hand. It is best to avoid getting a drinking ticket your freshman year, so always leave your cup behind if you're walking from tent to tent.

Police officers as well as the Alcohol Law Enforcement (ALE) often circle the tailgates looking for underage drinkers. Often times they can be dressed as students, so make sure you have yourself together and aren't giving them a reason to approach you.
Advice from a graduating senior

What one senior wishes she had known before her freshman year of college at Wake Forest

BY ERIN PATTERTON
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I remembering thinking at some point in the doldrums of my sophomore year that I wished someone had warned me about my freshman year. Of course, I was warned about creepy guys and sugar punch at frat parties. I was warned about the heavy workload and the challenge of making new friends, but everyone just kept telling me that I was going to have so much fun. Everyone said, “Enjoy it. College is the best four years of your life.” Here’s what I wish someone had told me before my first year at Wake Forest.

Don’t worry about what everyone else thinks

This campus can be an intimidating place. We are surrounded by all these beautiful people who seem to have their lives together. I spent so much time worrying about what everyone thought of me — the people on my hall, the cute boys out with last weekend, the person behind me in the salad line. . . the list goes on.

Everyone said, “Enjoy it. College is the best four years of your life.” Here’s what I think.

This piece of advice since your first tour of the campus, but that’s because it’s worth repeating. Professors respect students who show an interest, and they’re usually really cool people.

You will learn how to handle some serious shit

During my time in college, I have seen my friends struggle with depression, anxiety, long-distance relationships, drinking problems, sexual assault — the list goes on. In high school, I had never dealt with anything more serious than a drunk friend crying at a party. I had no idea how to support my friends, and when serious issues started to affect me personally, I didn’t really know how to deal with it. My advice: Talk about it.

It isn’t until you start to talk with your friends about what’s going on that you can really start to understand what they’re going through and begin to support them. It’s hard and it takes a lot of growing up, but this is college — and, more importantly, life.

My last piece of advice is to enjoy this year, because it’s the last time in your life that you’ll be able to brush off stupid behavior with nothing more than a shrug saying, “I was a freshman in college.”

Wake Forest traditions you shouldn’t miss

In order to truly enjoy your four years here, you have to take advantage of these festivities

BY EMMA SKEELS
Print Managing Editor
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One of the most appealing aspects of a tour of Wake Forest as a prospective student is the dizzying array of traditions our campus celebrates each year. From Shag on the Mag to President’s Ball, there are endless occasions to amp up your school spirit.

News flash: No one cares if you roll into class rocking a T-shirt and a messy bun most days or if you eat Chick-fil-a a multiple times a week or if you put weird things in your salad.

The people who do care need to find something else to occupy their minds. You will never really enjoy Wake until you stop trying to live according to the people around you.

Branch out

The great thing about being a freshman at Wake is that everyone is eager to make new friends, especially during your first semester. Take advantage of that climate, because it quickly changes. It’s great to make friends with the people on your hall or in your classes, but don’t forget to keep meeting new people. Don’t wait for your roommate to do things with you, just do them on your own. Join a group or go to an event by yourself. College is the time for independence, so learn how to enjoy life on your own terms.

Take your classes seriously

While your friends at other schools might be skipping class more often than not, you can’t afford to do that here. Classes are hard, and Wake is expensive. Go to class. Pay attention. Take notes. Save your skip days for an extra-long weekend or Thanksgiving break. Also, make an effort to get to know your professors. You’ve probably heard this piece of advice since your first tour of the campus, but that’s because it’s worth repeating. Professors respect students who show an interest, and they’re usually really cool people.

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Hit the Bricks

Brian Piccolo was a graduate of Wake Forest University and fullback for the Chicago Bears who died of cancer at 26. Every fall since 2004, students create teams and participate in a full-day, relay-style race around the Upper Quad to raise money for the Brian Piccolo Cancer Research Fund. This philanthropy event, among others on campus, allows students to fulfill the university’s motto: “Pro Humanitate.”

President’s Ball

Every two years, the university sponsors a formal dance event to celebrate Homecoming. It’s called President’s Ball because the first one was hosted in 2005 to welcome the university’s 13th president, President Hoc. Students look forward to dressing up every two years to celebrate with other students and faculty.

Rolling the Quad

One of the university’s most famous traditions, rolling the quad began after the university moved to the current campus. On the old campus, students would ring a bell to celebrate a victory. With the new campus came new traditions, and since the 1960s, Deamon Deacons have celebrated athletic victories by throwing rolls of toilet paper over the branches of the trees on the Upper Quad. So, after your first athletic victory, grab some toilet paper rolls, go out on the Quad, and join in the fun!

B.O.B. Fridays

You might notice that every Friday at lunch in the Pit, the line for the grill is much longer than usual. That’s because B.O.B.s, or “breakfast on a bun,” is many students favorite meal on campus.

Whether they prefer croissants or English muffins, bacon or sausage, students agree on one thing: B.O.B.s are a Wake Forest classic.

Moravian Love Feast/Lighting of the Quad

The Moravian Church is a type of early Protestant Church that traces its national roots to Germany. Although this holiday is celebrated at Moravian churches across the country, the feast started at the university in 1965.

Participants are served coffee and a sweetened bun, and join in singing hymns. Afterwards, students (whether they have participated in the Love Feast or not) gather around the Quad to light a candle while musical groups perform. This tradition puts many students in the holiday mood as they prepare for exams and return home for winter break.

Eat Late-Night Cookout

The fast food restaurant Cookout is a Wake Forest staple. In addition to being extremely delicious, the food is also very cheap: perfect for a student budget! It’s open until 4 a.m., so it’s the perfect late-night fix. There are tons of different milkshake flavors, so make sure to try as many as possible before you graduate.

Shag on the Mag

During the spring semester, Student Union hosts one of its biggest events, Shag on the Mag. For north Carolinians, "shagging" is a type of dancing that began in South Carolina. The semi-formal event features a live band, tons of free food, and, of course, lots of shagging. Don’t worry if you don’t know how to shag. Student Union also holds tutorials during the days leading up to the event.

Wake N Shake

Similar to Hit the Bricks, this philanthropic dance marathon raises money for the Brian Piccolo Cancer Foundation. Students form teams and dance for segments of six to 12 hours straight. The event includes raves, bounce houses, as well as powerful speakers from our community who have been affected by cancer.

Friday, August 20, 2015 Old Gold & Black

Graphic by Emma Skeels/Old Gold & Black
The best places to study on campus

Sometimes your dorm room is not the best place to study, so try some of these great study spots to always be at your best.

BY RACHEL WALLEN  
News Editor  
waller52@wfu.edu

Welcome to Work Forest, freshmen. Amidst all the new friends, social events and extracurriculars, you will often find yourself needing a place to focus on your classes for an hour... or 10.

Luckily, there are plenty of great study spots on campus, and whether you're the type of person who enjoys studying around people or the type that needs complete silence, there is a place for you.

1. ZSR Library

The most traditional of study spots, ZSR Library also tends to be the first one to fill up. Your best chance of finding a table or a desk on the first few floors is to be there very early or very late. If you know a few days in advance that you will have a long night of studying ahead of you, try reserving a study room at zsr.wfu.edu/studyrooms.

These study rooms are located on the second and sixth floors, and you can reserve them for up to two hours at a time. This is a great strategy for group projects or speeches, if you want to practice reading them out loud. If you're looking for a quiet, more secluded study spot, try the sixth, seventh or eighth floors - these are the designated "quiet floors" where the serious studiers are. Also, ZSR is open 24 hours a day during the week, so it's a great place for late-night studying.

2. Coffee shops

If you don't mind the noise, a coffee shop can be a great study spot. There are two Starbucks locations on campus, one in the ZSR Library and another in the North Campus Dining Hall. The North Campus Starbucks is a little smaller, so it likely won't be worth it to walk all the way across campus unless you know that there's an open table. The ZSR Starbucks, though, is filled with lots of comfy chairs and desks, and you'll probably be able to find an open spot somewhere. Campus Grounds is the student-run coffee shop on campus, located in Taylor Hall (the place where you probably bought your textbooks).

Like Starbucks, you can buy coffee here while you're working, and there are plenty of big tables to spread out your stuff, if that's how you prefer to work. Unlike Starbucks, there are couches for when you have a lot of reading to do, and it's generally more quiet.

3. Classrooms

During finals week, classrooms in Kirby, Manchester and other buildings will be left unlocked to provide more study space. This can also be a great spot to practice a group presentation, since you can be loud without disrupting those around you. Classrooms in the basement of Manchester are really big, and rarely fill up, so you will almost always be able to find a place to study here.

4. Top floor of Greene

On the very top floor of Greene Hall, where all the professors' offices are, there are two tables that are open study spots. The sunroof is directly above your head, there is basically no noise and there are at most two or three other people around. If there isn't anyone there, this can be an awesome spot for a multiple-hour study session, especially during midterms or finals week.

5. Lounges in your dorm

There are common areas in your dorm that can be great places to get work done without straying too far from your room. This is really convenient if you forget notes or a textbook that you need - if you're all the way in North Campus, or even at the library, it's a pain to walk all the way back to your dorm. However, this can be a very distracting place to study, especially if you're friends with a lot of other people in your dorm. It's probably not the best place to work if you have a big test or paper due the next day.

6. North Campus Dining Hall

During non-meal hours, the North Campus Dining Hall is just a giant room filled with tables, chairs and very few people. If you enjoy studying outside, there are tables on the patio outside the dining hall. If you try studying here during lunch or dinner time, though, there won't be any tables open, so plan accordingly.

7. Reynolds Hall

Directly above the Pit is a study room with tables and chairs and couches. There will be people walking through it to get to class all day, but it's generally quiet and easy to focus. Right outside this room, on the outdoor patio, there are tables and chairs overlooking the lower quad that can be great study spots during the warmer months.

8. Benson

There are multiple places in Benson that can serve as great study spots. There are spots right outside the main dining area that provide a lot of room to spread out your stuff, though it's not a quiet place to work.

Right above the dining area, there are more tables and chairs and it's a little more quiet. Finally, outside the post office in the basement of Benson, there are couches, tables and chairs for studying. It can be quiet here, but if lots of people walking to the post office and back will be distracting to you, this won't be your best choice. However, there will almost always be an open table.

9. Farrell Hall

Finally, Farrell Hall near the North Campus Dining Hall can be a great study location. However, it is often packed because it is the number one study spot for business school students. Farrell is one of the newest and most beautiful buildings on campus, and it also houses Einstein's Bagel Company. There are tables and couches on the first two floors that are open to everyone, as well as rooms for business school students only on the second floor.

On the top floors, there are chairs and smaller tables that provide a more quiet atmosphere for studying. Additionally, when it's warm out, there are comfy chairs and tables on the porch outside the building that have outlets near them.

Of course, your room will have a desk in it, so you can study there too! However, lots of people get distracted if they try to study in their rooms, especially if they get along well with their roommates.

Check out any of these spots and find out which one makes you the most productive student you can be!
The Bucket List

Your time at Wake Forest will go by in a blink of the eye — make sure to check everything off before you cross the stage.

Find/Explore the Tunnels
Although we're not sure why they're there or how they got there, there are tunnels underneath Wake Forest's campus. You'll be able to sign up for a tour as a senior, but it's always fun to try to find them for yourself first!

Have a Late-Night Cookout Milkshake
Cookout is unique to the South, so especially if you're a Northerner, do yourself a favor and try the fast food chain's delicious milkshakes. They come in every flavor imaginable. If you're feeling extra indulgent, try their trays. It's a lot of greasy food for very little money — perfect for a college student!

Study Abroad
Wake Forest has one of the best study abroad offices in the country, offering 400 locations worldwide. And they clearly know what they're doing, since more than 60% of our students study abroad for at least one semester. Every student who has studied abroad will probably list it at as one of their favorite semesters. Don't miss out on this experience.

Pull an All-Nighter
You can't go through college without staying up all night, whether it's from partying, or from some hasty cramming because you were up partying all weekend. You'll feel terrible the next day, but it's impossible to get through college without one of these.

Befriend a Pit Worker
The Wake Forest staff consists of some of the nicest people you will ever meet. Take some time to get to know the people who feed you — they're very friendly, and the interaction will brighten both of your days.

Drink a Pitcher of Beer at Shorty's
Most of you aren't 21 yet, but once you are, there's nothing like drinking a pitcher at Shorty's with your friends on a warm spring afternoon. Shorty's has a great deal on pitchers, so there's absolutely no reason to miss this one.

Streak the Quad
Normally we would not recommend public nudity, but we couldn't exclude this risky task from our checklist. It is a tradition, after all...

Sign the Bell Tower
You'll come to love the bell tower over your four years here — it's the essence of "Mother So Dear." So make sure you leave your mark on it by signing it either on your senior tour or during your own exploration.

Visit the Old Campus
Does it seem weird that Wake Forest University isn't located in Wake Forest, N.C.? That's because we moved campuses in 1956 to be closer to the new medical school. However, the old Wake Forest campus still exists, and it's worth a visit — it's (almost) as pretty as our current one.

Go on the Roof of at Least One Building
You can manage to get to the top of almost all of the buildings on campus. Of course you can get to the top of your dorms pretty easily, but try to branch out and see the campus from a whole different perspective. That's what education is all about, right? The most popular is probably Tribble, so we recommend starting there.

Get Photographed by Dean Shore
Wake Forest's resident barber doesn't just cut hair — he's also a campus celebrity and a great photographer. He snaps pictures at all of the biggest campus events. Friend him on Facebook (if he hasn't added you already) for a digital scrapbook of your four years here.

Go to a Trivia Night
Whether you attend one of Student Union's themed Trivia Nights (every Tuesday at Shorty's), or are stumped at Foothills Brewery's crazy hard questions, trivia is fun to do with friends. Even if you don't win.

Party at Posties
"Posties," short for "post-exams," is a crazy few days in which Wake Forest (and UVA) students arrive at Myrtle Beach, S.C., in droves. It's most popular with upperclassmen, but some underclassmen go, too. It's the best five days you'll ever forget.

Swing on All 7 Swings
There are seven swings littered around Wake Forest's campus. Try to find them all, then let your inner kid loose.

By Emma Skeels
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Graphic by Emma Skeels/Old Gold & Black
Create a personalized dorm room

Transform your plain and boring room into an inviting and relaxing space with these guidelines about how to make your room feel cozier

BY MCKENZIE MADDOX
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When I found out I would not only be living in Bostwick (the second oldest dorm) but also living in the basement (key: it has a funky smell), I dreaded move-in day. I was so excited to start my next chapter at Wake, but not getting the dream room I'd seen over and over on my Pinterest news feed made me nervous. Yet after living a year in an underground concrete box with a window that had a view of a gutter and brick wall, I can wholeheartedly say I wouldn't have wanted to live anywhere else on campus — even South. How I personalized my space and the relationship I made with my hallmates is something I wouldn't trade for anything.

Adding your personal flair will make your room feel less like a white-walled cell and more like a comfy haven — however, don't expect it to transform overnight. It's a bit of a work-in-progress but to make your planning a little easier, here are some tips to think about as you style your room.

Create a Cozy Bed

If there's anything you should focus on in your room, it should be making your bed as comfy as possible. Sleep is one of the most crucial elements to surviving college. As you get accustomed to both the workload and social life of Wake Forest, you'll realize that a good night's rest becomes rare. A mattress topper should be at the top of your dorm shopping list. It's one of the simplest but most noticeable things that will make your bed 100 times comfier.

Your comforter and pillows also dictate exactly how comfy your bed is. Make sure you choose a comforter wisely since it will be one of the focal points in your room.

"I wouldn't do a white comforter because it's so easy to get it dirty in a dorm room," said sophomore Anastasia Thompson. "You should do brighter colors in a dorm room since the transition to college can be hard. I get homesick easily, so having a brighter room helped keep me from getting too sad about being away from home."

Room Layout

Take the time with your roommate to figure out a floor plan that accommodates both of you. You want to maximize your amount of floor space, but you also want to make sure everything is accessible.

"Bunking your beds definitely gives you more floor space and works for a lot of people," said sophomore Kate Lair. "However, I couldn't imagine climbing up to the top bunk every night, so my roommate and I put our beds in an 'L' formation to give us more space."

In addition to floor space, you'll also need storage space. Most rooms are pretty small, so closet space and storage can be tight.

"I lifted my bed using the tallest risers I could find," said sophomore Emma Bowden. "That way I could store stuff under my bed."

Rug

Waking up in the morning is hard enough. You definitely don't want that cold tile to be the first thing your feet hit every morning. Rugs are an easy way to make your room feel homier and maybe add a pop of color.

"Rugs are a must-have for your dorm room," said Bowden. "But it will get gross, so make sure to get a vacuum, too."

Lighting

Let's be honest, the fluorescent overhead light is not the most charming. It also isn't very practical when one roommate is trying to sleep.

Look for an alternative light source to brighten your room. Good options are lamps or Christmas lights!

Don't Forget to Make the Room Your Own

Don't get lost in only making your room functional and forget to add your personal touch. The items that are special to you will be what makes the space the most inviting.

"I spray painted a wooden monogram cutout to hang above my bed as a headboard," said Lair. "It really tied my room together because it matched my bedding and it made the space feel homey."

Also remember you always have the power over the color scheme in your room.

If you don't like the colors of the walls for instance, find a tapestry you like to cover them.

"I covered my huge, bland bulletin board with a light gray fabric and then I used colorful clothing pins to hang pictures of my family and friends," Bowden said. "This made my side of the room have my personality."

If all else fails, just let your room embody your individuality.

Just because Wake Forest is your new home doesn't mean you have to leave your personal style behind. Envision what you want your room to look like and do whatever you can to make it look as close as your idea as possible.

If your taste is different from your roommates, just make your side work for you. You might have to get creative, but that will be what makes your room special.
TO RUSH OR NOT TO RUSH

PRO-GREEK

BY SARAH MORAN
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When you first arrive to college as a freshman, everything can seem overwhelming. It may be the first time you are living on your own, you have to make a whole new set of friends and you are probably trying to get adjusted to the college lifestyle (the great balancing act of juggling your social life, academic life and sleep).

Most people make some of their friends through their freshman dorms, their classes or groups they end up getting involved in on campus. Another great way to make new friends is through Greek life.

People usually go through recruitment and rush a sorority or fraternity during the spring of their freshman year. Recruitment alone helps you meet a ton of people.

During recruitment week you will meet a lot of other freshmen going through the same difficult process as you, trying to figure out which group they feel they mesh with the best or if they even want to be involved in Greek life. Throughout the process you will also talk to a lot of upperclassmen involved in each of the organizations.

Then, if you do end up joining a fraternity or sorority, you just gained at least one thing in common with around 100 other people on campus who are all excited to have you in their organization and be your friend.

The important thing to remember when going through rush is to keep an open mind. A lot of stereotypes of different organizations float around campus, and sometimes it’s hard to forget those at the beginning of recruitment.

But try not to let those stereotypes affect you! You never know who you might meet or what group you might end up clicking with.

The most common thing you’ll hear during rush is to “trust the system,” and although it’s annoying, it’s very true. You will end up exactly where you are supposed to be. Once you’re in Greek life, it might help you get involved in other activities.

For example, all of the Greek groups on campus have organized functions and activities that allow you to spend time together and make memories that will last a lifetime.

Greek life can also provide you with the opportunity to help the community through philanthropies and charities. Every Greek organization has at least one philanthropy they raise money for through putting on different events.

Joining a sorority or fraternity can also give you the opportunity to build leadership skills. All sororities and fraternities have a group of members who serve on a council, which runs the organization. There are many positions that need to be filled in order to keep the organization running smoothly. A leadership position in your organization will look good on a resume, and you’ll get some valuable work experience in the process.

A leadership position in your organization will look good on a resume, and you’ll get some valuable work experience in the process.

All that being said, I decided not to rush a fraternity my freshman year, and I am (still) a proud, happy GDI at Wake Forest!

The reality is this: many guys coming in freshman year will say that they’re “looking” at Greek life. However, in actuality, only about a 1/3 of guys join Greek life, with that number being about 2/3 for girls. So, just on the numbers game, there is plenty of Wake Forest that associates outside the Greek community.

"But Mason," you may ask. "Where will I go if not into a fraternity/sorority? I need some guidance as to what to do.

You need not worry for three reasons:

One, you aren’t excluded from Greek life activities or people if you decide not to join. Plenty of students get into Greek parties and events regardless of their affiliation.

Furthermore, you are still allowed to be friends with Greek students. I promise there’s no mandatory sectioning off. I’ve found many fruitful, enriching relationships with Greek students at Wake Forest.

Two, there are plenty of other ways to get involved in the school. This option is perhaps the most pertinent to my experience. Often times Greek life can be an incredibly time commitment; not joining can give you the extra time in your schedule to do other things you are passionate about.

For example, I joined the Old Gold & Black and a number of other student organizations. And, you could mean that you can sign up as a sectioning officer (seriously, do it). Other possible activities include club sports, social justice groups, faith-based organizations, PREPARE, Student Government, the Student Union, Screaming Deacons, etc.

Honestly, there is no limit to what you can do at Wake Forest, while these opportunities will be available to you regardless of whether you join a Greek organization or not, having that extra time to devote to a cause you’re passionate about or a pastime you love can make all the difference. These groups will also offer a chance to find people you share common interests with, otherwise known as potential friends.

Look, Greek life can be cost-prohibitive. Not joining can save you (or your parents) quite a bit of money. I’m a believer in prioritizing what you want to spend your money on.

For me, I needed to save so that I could support myself financially over the summers. However, even if that isn’t your financial situation, spending hundreds of dollars each year in organization dues puts a lot of your financial eggs in one basket.

Look, all cards on the table, I never really considered joining a fraternity. I wanted a college experience that I felt could be better found outside of Greek life.

However, whatever you personally decide, remember you are not alone (one way or the other) in what you end up doing, and that both choices can be enriching in their own unique ways.

BY MASON DAVENPORT
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When I was first asked to write about my decision not to go Greek, I found the answer pretty easy after listening to the latest BBC World News podcast. Here’s the deal. I really do like Greek life. Who can complain about the fantastic yogurt, cheese and wine that come with Greek culture? I’m just not about all the drinking and perception of not working hard enough on the part of the Greek people. I mean, EU — it gives them such a hard time.

In all seriousness though, choosing whether or not to join a fraternity on campus can be an incredibly strenuous, not to mention daunting, task. Greek life offers a certain sense of stability, friendship and support amongst its members.

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However, whatever you personally decide, remember you are not alone (one way or the other) in what you end up doing, and that both choices can be enriching in their own unique ways.
Get involved in a club on campus

There are plenty of groups on campus for you to get involved in — find one that fits your passion

BY ERIN PATTERSON
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The beauty of your first year at Wake Forest is that you have endless opportunities to get involved in whatever catches your interest. You will walk around the student activities fair and be overwhelmed with everything available to you. This article is not by any means intended to be a comprehensive list, but just a sampler of a few great options.

If you’re trying to get involved in volunteer work, the most obvious options are Project Pumpkin, Hit the Bricks or Wake ‘N Shake — some of Wake’s biggest annual philanthropic events.

Another popular on-campus volunteer opportunity is Campus Kitchen, a student-led group that prepares unused food and redistributes it across Winston-Salem. Helping to Overcome Physical Expectations (HOPPE) is a club that sends students to local special needs school in Winston-Salem. Students help the teachers maintain the classroom and spend time with the children.

Habitat for Humanity, the organization that builds affordable housing nationwide, has a strong chapter at Wake Forest. There are even diverse options for dancers ranging from all-girls to co-ed, religious to secular. You could also consider joining Concert Choir or marching bands — Momentum Dance Crew for those who enjoy hip hop, and the Dance Company for those who enjoy more traditional dance.

Enjoy college without breaking the bank

Pinching pennies doesn’t have to be painful. Here are some tips to help you live frugally (and to not spend all your money at Starbucks)

BY AUSTIN COOK
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Living on your own for the first time away from home brings a huge array of new opportunities. These next four years will be (for most of you) the first time when you’ll be almost fully in charge of your schedule. As a wise professor once told a freshman class I sat in, college is when you’ll have the most freedom and the least responsibility in your lifetime.

But for all the great opportunities this freedom brings, there is one underlying downside: your financial situation.

The reality is that the vast majority of you will face the brunt of your undergraduate years is this you are constantly, endlessly, incessantly hovering around broke.

You’ll need to keep track of every dollar you spend at Starbucks, at dinners off campus and at bars across Winston-Salem. While this new reality may seem a bit harsh and require some adjustment, there is good news. Even at a school that costs over $60,000 every year, you can survive on a student budget without having to live off saltines and water.

Check out these tips for how to get by at Wake Forest without breaking the bank.

1. Use your meal plan wisely. If you have unlimited Pit swipes, you should be set.

2. Limit your Starbucks/Einstein Bros intake. If you’re anything like me, knowing you can’t get your daily fix will be a hard pill to swallow. But trust me: getting a Keurig or a French press will save you a lot of money throughout the semester ($2.50 coffees tend to add up at a pretty horrifying rate).

3. Resist the urge to shop. Ordering clothes online may seem simple and inexpensive, but if it becomes a habit, it’ll take a very unpleasant bite out of your budget.

Shipping costs alone can get way out of hand without much warning. Make sure to have your wardrobe for the semester (or the whole year) ready to go when you move in so you’re not tempted with the excuse of needing new jeans or shoes.

4. If you’re eating off campus, make sure to bring cash (or get your waiter to split the checks)! It’s easy to get caught up in a group dinner where you’re the only one left with a credit card and wind up paying for everyone’s meal. Always have cash to throw into a pot so that you’re only caught up in a group dinner where you’re the only one left with a credit card and wind up paying for everyone’s meal.

5. Take advantage of any and all free food you are offered as a student. Freshmen in particular have quite a few of these opportunities, especially during orientation. Make the most of it, because it doesn’t last (just ask any upperclassmen!).

6. When it comes to snacking, be sure to stock up at Target or Wal-Mart every few weeks. Buy in bulk so you’re not spending $5 every day at the Sundry. Filling up a ziplock bag and taking it with you will also help you resist the urge to spend.

7. Avoid the university bookstore. They’re nice people, but buying or renting your books through Amazon is a failsafe way to save a big wad of cash. If you buy your books at the bookstore, you risk paying too much and then being told you can’t sell your books back at the end of the semester. Avoid the headache and trust Jeff Bezos.

8. Be sure to check your bank account balance every week. Even if you haven’t spent much that week, it’s good to know where you stand, so you won’t be caught off guard by an unpleasant surprise (I’ve learned this lesson the hard way more times than I’d care to admit).
How to handle your homesickness

As you settle in to your new digs, use these five tips to make your transition from home to Wake Forest University as smooth as possible.

1. Call Home Occasionally
   Naturally you will want to call your parents, and I can guarantee they will want to hear from you. However, be careful not to call too often, as it will make the transition even more difficult. If you spend too much time checking in on life at home, you might pass up on making memories at school. Try delaying your next call home and take time to appreciate the people around you.

2. Get Involved
   Wake Forest has clubs, events and teams for everyone. Within the next few weeks there will be a student activity fair organized on Manchester Quad. Make it a point to live, act and think like an adult. Although exciting, the initial stage of homesickness is inevitable. A magnolia tree of Wake Forest University as smooth as possible.

3. Leave your Room
   Your perfectly decorated dorm room doesn’t compete with a run through Reynolda gardens, so turn off Netflix and enjoy life on campus and in the community (South residents, we’re looking at you). Wake Forest events such as Pros vs. Joes, Hit the Bricks, Lighting of the Quad and Awake All Night are supported by students campus-wide. By exploring these events instead of hiding in your dorm, you will have less time to feel homesick and might even have some fun, too.

4. Establish a Routine
   Adjusting to a college lifestyle is undeniably difficult. With new sleep patterns, study habits and interests, it is easy for life to seem chaotic at times. Establish a routine to help you stay on track. This consistency will ease your mind and make the transition easier.

5. Keep a Positive Attitude
   Remind yourself how lucky you are for the opportunity to attend such a prestigious university with a gorgeous campus. Sure, it will be hard at times, but approaching the challenges with a grateful heart is the best cure for homesickness. Stay positive through your first disappointing test grade, roommate disagreement and whatever else comes your way.

It’s important to remember that you are not alone. Your peers are adjusting to the college lifestyle while battling homesickness, too. Don’t hesitate to talk to a new friend or your roommate about how you’re feeling. Wake Forest is a close-knit community, and nobody wants to see a fellow Deacon feeling distressed. There are multiple outlets on campus for you to share your thoughts and feelings with confidentiality, and of course, you can always count on your friends to be there to listen and help you work through any bouts of homesickness you might have.

Following these tips, you’ll give yourself the best opportunity to succeed in your first year of Deacon-hood. Don’t be surprised if you find yourself homesick for Wake Forest over winter break, either.

Finding your true love at Wake Forest

The unofficial guide to finding your college sweetheart amongst the Magnolia trees of Wake Forest.

BY MICHAEL McLAUGHLIN
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So you want to find a girlfriend. Or a boyfriend. Or just someone you can talk to and pretend to like.

College is both a great and terrible place to find such things. And unless you meet someone immediately, that relationship is going to be preceded by a variety of people and experiences.

For better or worse, some college relationships will start as a hookup late one drunken night. That is certainly not to say there are not relationships that started before that stage, and those are wonderful as well — but if we’re facing facts, the vast majority of hookups begin when you’re out at night. The following is advice for how to prepare yourself for the possibility of what we call a “hookup.”

These hookups most commonly start in a fraternity lounge or basement. Obviously, the typical guy you will meet at a fraternity party will be a fraternity brother. Many are actually nice and are involved will surround you with great people that share similar interests and distract you from any feelings of homesickness.

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   Your perfectly decorated dorm room doesn’t compete with a run through Reynolda gardens, so turn off Netflix and enjoy life on campus and in the community (South residents, we’re looking at you). Wake Forest events such as Pros vs. Joes, Hit the Bricks, Lighting of the Quad and Awake All Night are supported by students campus-wide. By exploring these events instead of hiding in your dorm, you will have less time to feel homesick and might even have some fun, too.

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Following these tips, you’ll give yourself the best opportunity to succeed in your first year of Deacon-hood. Don’t be surprised if you find yourself homesick for Wake Forest over winter break, either.

You have been duped by a freshman. Brush it off; it happens to the best of us. 

These mistakes aside, here are a couple of straightforward ways to try to actually start a relationship at Wake Forest:

1. Give everyone a chance. Despite the jokes made in this article, just because they are not in Greek life or are in a certain sorority or fraternity does not mean they are cookie cutter versions of that stereotype.

2. Unfortunately, it might take more than a perfectly executed bend and snap to get someone’s attention. Talk to people. A relationship won’t start if the person does not know you exist.

3. If you are stuck in the friend zone, you obviously have to change how that person thinks of you. Try to hang out with that person in a different setting and show them a side of you they have not seen.

In the end, though, you just never really know when you are going to meet a person you can date.

But what do I know about finding a relationship at college? I have been dating the same high school girlfriend for the past four years and she grew up eight minutes from my house in New Jersey.

I met her on a school bus.

So have a little hope — you can find love in places outside of a frat party.
What's on the Menu: The Best Places to Eat in Winston-Salem

BY SARAH MIZAN
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Let's face it, eating out campus all the time gets old, especially because of the limited meal options.

However, if you take a drive just a few miles, you can easily find over 100 dining options where your meal plan choices become mundane.

Reynolda Village

Luckily for those of you who did not bring a car with you to campus, you will have other options.

Reynolda Village is just a short walk from campus.

If you simply take the Reynolds Trail, you will find yourself in a unique shopping area filled with boutiques, specialty stores and gourmet restaurants.

Possibly the most popular restaurant in Reynolda Village is Village Tavern. Village Tavern is a staple to the Wake Forest student's diet.

It has a few locations around Winston-Salem, serving up great classic American food. The homemade potato chips with dip are amazing, so do yourself a favor and order them. But be warned, you will likely run into a ton of people you know since it is so close to campus.

Also located in the village is Silo. This little place is one of my favorites. Get a group of friends together and sit out on their patio under an umbrella and enjoy a gourmet sandwich with a delicious side of your choice.

Another great option for those of you who are geographically limited is Paste e Vino. If you are looking for an upscale place not too far from campus, look no further than this restaurant, which serves Italian with a twist.

It’s open for breakfast, lunch and dinner for a fine dining experience, but be warned: it can get pricey.

Pizza

If you are looking for some “authentic NY style pizza,” check out Burke Street Pizza. They deliver or you can dine in at one of their many locations.

Another great pizza option is the chain pizza joint, Mellow Mushroom on Fourth Street. They serve up interesting combination pizzas or you can create your own pizza with any of the toppings offered.

Places to Go with Your Parents

Family weekend is already approaching, so here are a few of the many options that are a little more appropriate for your family.

Jeff’s Adams is a classic, especially if you or anyone in your family enjoys warm ambiance and a hot steak. It is a classy establishment located right off of the Square.

Firebirds is another great option, especially if you are like me and forget to make restaurant reservations for family weekend until 7 p.m. on Friday.

It is far enough away from campus that it won’t be quite as busy.

You can sit in the dining area or alternatively the bar area, so you can keep up with your Saturday night college football.

6th and Vine is a wine bar and cafe located near the corner of 6th Street and Trade Street (not actually on the corner of 6th Street and Vine Street).

This cafe is a fun option to eat at with friends or family.

If you want to keep it more casual, order tapas or flatbread pizza to share.

Foothills Brewing doubles as a bar and restaurant, concocting its own unique variety of beers.

This is a fun place to go with friends as well as family. It has an open floor plan in the dining area, and the bar area is full of flat screen TVs so you can catch the big game.

On Tuesdays and Thursdays you can join in for Team Trivia where the first, second and third prize winners receive a gift certificate redeemable at the restaurant.

Breakfast

For the most important meal of the day, try Midtown Cafe.

This family-oriented restaurant has a huge menu, serving breakfast, lunch and dinner so everyone in the family will leave feeling satisfied.

It has a variety of interesting pancakes and omelets to select from, so you will never get bored with the menu.

Ethnic Food

If you are tired of the typical American food and dining experience, you should check out some of the other types of ethnic food Winston-Salem has to offer.

Miza is just a short drive from campus and provides the best Japanese cuisine in town.

No matter what kind ofushi you like, Miza can satisfy your craving with its creative combinations and interesting fusion.

Other Japanese food options include Ise or Sahara, both of which are slightly cheaper.

If you are looking for Mediterranean, check out Moe’s Mediterranean Cafe, located downtown on Fourth Street.

Moe’s actually owns the Mediterranean chain Zoe’s Kitchen, located on Stratford. A Wake Forest favorite for Mexican food is Mi Pueblo.

It may not be authentic Mexican, but it will definitely satisfy your craving for fresh chips and salsa.

Order the ACP (arroz con pollo) if you want your taste buds to have a fiesta in your mouth.

Hangover Food

And probably the most important group of restaurants — the hangover cure.

If you partake in the act of drinking punch and keg beer in the basements of fraternity parties, you will probably find yourself waking up to a head-pounding, nauseating hangover at some point in your college career.

Bagel Station is absolutely the best if you wake up in the morning with a headache. It is less than a five minute walk away.

There’s nothing like a greasy bagel, bacon, egg and cheese (or any of their many other options) to make all of your hangover pains go away.

Unfortunately, it might make you remember all of the embarrassing things you did the night before.

If you miss the breakfast train and are cocooned in your bed all morning trying to pretend that it isn’t daylight outside, your next best option is Five Guys.

I know it is a chain, and probably every city has one, but there is nothing like a greasy burger and fries to wash away that hangover to get you ready for another exciting week of school.

And you’re not just limited to the restaurants mentioned above.

We’re lucky to live in a city where there are endless food options.

You can find a lot of good restaurants if you simply walk around downtown Winston-Salem and try into whatever restaurant looks good.
"Welcome to Wake Forest, a wonderful community of learning — a place that knows well the art of conversation. There is much in the contemporary world that counsels us to move faster. Bill Gate’s book advises us to do ‘business at the speed of thought.’ Faster is better; more information is better. My advice is that you not allow the velocity of everyday life to rob you of the sheer joy of learning. We learn best as we discuss and interact, question and debate. I encourage you to engage your faculty and your student friends at every turn. And when you are engaged in a good conversation, do not respond to the next ping on your digital pad, your iPhone or Apple Watch. Learn to focus — not to live in continuous partial attention."

Nathan O. Hatch, President of Wake Forest University

"Understand where you want to be years from now. By understanding that, you will know what you should and shouldn’t do, the people you should and shouldn’t hang out with, and it will keep you focused through the hard times that you will face during the transition from high school to college. What you do during these next four years will determine where you are in the future."

Codi Miller-McIntyre, Senior, guard for Wake Forest’s basketball team

"Push yourself and don’t be afraid to dream. Wake Forest is brimming with opportunity — imagine who you want to be when you leave these walls in four years and spend every day working toward that aspiration. Stay hungry for your ambitions and go get it. Period."

Adam Hammer, Senior, Student Government President

"Don’t be afraid to be different. Don’t feel the need to conform in order to fit in. Stay true to who you are and people will respect you for it. You want your friends to like you for you, not someone else you try to be."

Ryan Janvion, Senior, defensive back for Wake Forest’s football team

"Get to know your professors right off the bat. Faculty here are outstanding teacher-scholars who are committed to your learning in and out of the classroom. They will offer you invaluable perspective and advice."

Michele Gillespie, Dean of Wake Forest College

"Go abroad. You’ll have the rest of your lifetime to change the world; but first take a semester, allow the world to change you."

Darius Williams, Senior, student activist
Don’t miss these concerts this fall

Break out from the Wake Forest bubble and take advantage of the great concerts in nearby areas.

BY SARAH MORAN
Production Manager
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The small, live music venue located right here on campus, Ziggy’s, is known for its good shows and is just a Do it yourself walk from your dorm. This venue is a great spot to catch a concert that is sure to be a memorable experience.

Freshman Issue

Winston-Salem isn't a mecca for big name performers like nearby cities Charlotte and Raleigh; however, our little city has a few good shows in store for you. The small, live music venue located right on Ninth Street has live shows nearly every night so if none of these concerts strike your fancy, check out their website for a more complete list.

Also, don’t forget to check out the shows at our very own Lawrence Joel Veterans Memorial Coliseum and Greensboro's Coliseum Complex.

How to stay close with friends from home

Just because you don’t live in the same city or go to the same school doesn’t mean that you can’t keep up with your friends from high school.

BY CAITLIN HERLICH
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As I tossed my hat in the air on graduation day, I squeezed my best friend’s hand, unable to avoid the undeniable truth: today marks the end of an era.

There would be no more stuffing our faces with raw cookie dough while watching hours of standup comedy every weekend. No more Cookout milkshakes after Friday night football games. No more lazy days spent swapping favorite books by the pool. Although we were parting ways for college, luckily for me, graduation day didn’t mark the end of a friendship.

College is a time of personal growth and discovery, so it may seem impossible to imagine not having your best friends by your side along the way. But don’t worry — fashions, crushes, study habits and hobbies will change, but a true friendship can withstand the pressures of college.

Social media has made it easier than ever to connect with best friends, soul mates, family members and acquaintances. Scrolling through a newsfeed instantly provides a glimpse into the lives of people we haven’t seen in months. Sites like Instagram, Facebook, Snapchat and Twitter will allow you and your friends to stay in touch with minimal effort.

Although social media helps us keep in touch, don’t let phone calls become a lost form of communication. Don’t be afraid to go visit your friends, either. Although it may seem intimidating to hang out with your high school best friend and his or her new crew, make an effort to visit.

This will allow you the opportunity to see college through your friend’s eyes and bring you two closer together as you share and compare experiences.

Take note of what is going on in your friend’s life even when you aren’t there. Is your friend stressed about a test? Going through a breakup? Preparing for recruitment? Taking time to connect on a deeper level will help maintain the trust and companionship you established during high school.

It’s also important to remember the effects these life changes will have on you and your friend. As you adjust to college life, your interests might shift and beliefs may alter — and that’s okay. Preparing yourself for the possibility of these changes will help you remain understanding.

Remind yourself that the amount of effort you put in to maintain a friendship will determine how close the two of you remain.

However, as difficult as it may seem, don’t forget to live in the moment. If you’re always talking to your high school friends, you might miss out on making memories with the people around you.

Who knows? You might become as close with them as you are with your high school friends.
Build a relationship with professors

You will get more out of your time at Wake Forest if you make the effort to get to know your professors.

BY EMMA SKEELS
Print Managing Editor
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One of the greatest things about Wake Forest (and the one the university brags about the most) is the small class sizes. Among other things, these class sizes are great because they help to facilitate student-teacher relationships.

However, it seems that more often than not, people don’t always take advantage of all that a good student-teacher relationship has to offer. Professors can be some of your greatest allies during your four years at Wake Forest, and frequently even beyond that. A good teacher recommendation can be essential, especially if you’re planning on pursuing a post-graduate degree. So here are some tips to help you make a great student-teacher relationship.

Go to Office Hours
You’ll hear this from your professors over and over again during your four years here. And it’s not just lip service — they want to help you! And it’s amazing how much office hours benefit you. Make sure to check the syllabus to see if you can make their scheduled office hours; if not, just email them.

Most of them can fit you in. Some teachers might be happy to just sit and chat, but to be on the safe side, make sure that you come prepared with questions, or ideas for the paper you’re going to write. They can help you develop ideas, clarify concepts, and sometimes even give you hints for what will be covered on the next test. Furthermore, if your grade is annoyingly hovering between that B+ and A-, your teachers will be more likely to give you the benefit of the doubt to someone they know has put in effort to seek help outside of class.

This is particularly helpful in a large lecture class like those for introductory science classes. Office hours will be the best half hour you’ve ever spent — your GPA will thank you for it later.

Don’t Be Afraid to Be One of the Class Leaders
Professors love inquisitive students. Don’t be afraid to answer and ask questions in class. The professor is much more likely to remember the people who participate in class — and they notice who doesn’t. Sometimes your grade can even suffer from it.

That doesn’t mean there aren’t other ways you can stand out. But why not put yourself right, the professor will appreciate that you tried. Plus, sometimes it can be painful watching a professor trying to coax the class into interacting with him or her — you’ll be putting everyone out of their misery. So be the kid who gets the discussion going.

You’ll generate conversation and might even help your classmates feel more comfortable, making the class more enjoyable for you, the professor and your fellow students.

Maintain Your Relationships
Once you’ve made your relationship, make sure to keep in touch.

Even something as simple as popping by their office to say hello, or giving them a friendly greeting when you pass them on campus will help you maintain your relationships with professors. If you really liked the professor, you might consider taking another class with him or her.

Or, if you’re interested in research (in any subject: arts, sciences, humanities), consider doing research with them over the summer. Teachers rarely, if ever, reject a student who shows interest in their areas of study. Wake Forest offers several summer research opportunities.

Safety should always be your first priority

You can have fun, but make sure you follow these simple measures to ensure your safety.

BY RYAN JOHNSTON
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When you first arrive on campus, the gated entrances and keycard access system may seem like more than enough security to keep you safe and sound throughout your four years on campus.

Those safety measures are usually proficient in ensuring the wellbeing of the student body, but Wake Forest still occasionally has safety issues. For those rare moments, it’s important to keep these safety tips in mind as you settle in to your new home.

1. University Police Is Your Friends, Not Foes
The University Police is there to help you throughout your college career, and they will work with you if you ever need their services. The WIFUPD dispatch office, located in the basement of Davis Hall is a great place to go if you ever find anything wrong. Being truthful and working with them is your best bet, because they will find out if you lie to them.

2. Medical Amnesty Is Your Best Asset
Medical amnesty is essentially your "get out of jail free" card in college, and is a policy that you should not hesitate to use if the situation calls for it. The medical amnesty policy states that if you or your friend seek medical assistance while intoxicated or for another individual who is intoxicated, even if you are under 21, neither you, nor the individual receiving medical assistance will be charged for underage drinking. This policy is incredibly beneficial for all students and ensures that no student will be injured as a result of forgone medical assistance for fear of being written up for drinking.

3. Use the Buddy System
While it may sound juvenile, the buddy system is a great way for you and your friend to keep track of each other and look out for each other if you’re in an unfamiliar place. Use it to make sure that neither of you are taken advantage of or to avoid becoming overly intoxicated if you want to go out at night.

4. Don’t Drink and Drive
This rule has been ingrained in you since you were in junior high, but it will always be the most important rule if you decide to drink. Options such as Uber, the university shuttle or local Winston-Salem taxi services are there to prevent the dangers of drunk driving.

Any alternative is safer than drinking drunk.

5. Southern Hospitality Has Its Limits
Wake Forest is commonly referred to as a bubble, and the university knows who should be entering and exiting at all times. With this in mind, take caution of who you hold the door open for and who you offer to scan into a dorm or locked building.

Making the right decision as to who you let into a hall or dorm could make a huge difference for the safety of you and your peers.
Tips for your abroad experience

More than 60 percent of Wake students study abroad as undergraduates — begin planning your adventure early

BY AUSTIN COOK
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Even though you’re only starting your first year as an undergrad, it really is never too early to be thinking about a possible semester abroad at some point during your college years.

Spending a semester or summer exploring a new part of the world can be a life changing experience, so here are some tips for navigating your way through the decision-making process:

1. Don’t limit yourself to Wake Forest’s abroad programs. The university offers some great options, but you may be looking for a unique program that has an internship opportunity, or you may want to study in a country where Wake may not have a presence. Check out programs offered by other universities to get a full view of the opportunities out there.

2. Attend the information sessions before you commit to a program. Usually the professors leading each program will make presentations and answer questions for students interested in attending; this is a great way to meet some of the people you might be living and studying with while also learning more about the program itself. This is definitely something you won’t want to miss.

3. Make sure the program you choose will let you finish the semester with enough credits to graduate on time. Certain programs may give you fewer credits than a normal semester. If that’s the case, be sure to plan ahead and make up for it so you’re not caught by surprise when you’re ordering your cap and gown.

4. Don’t be afraid to choose a different program from your friends. It’s easy to go along with whatever they may be doing, but be sure to choose the city and program that’s right for you, even if you are in a different country than a lot of people you know.

5. If you choose a non-Wake Forest program, be sure to get your classes approved by the right department head so that you get credit for the courses you take while abroad.

Meet with your adviser and the department chair in person to make sure you don’t miss anything.

6. Make an appointment with the Center for Global Programs and Studies to ask questions, get advice and learn more about the university’s requirements and programs for students who want to study abroad. This is another valuable resource that’s definitely worth taking advantage of.

7. Talk to family and friends who have studied abroad to get as much input as you can before you make a decision. There’s no harm in hearing about people’s different experiences so you can make the right choice.

8. Consider the financial and linguistic realities before you apply to a program: some cities are much more expensive than others, and the possibility of a language barrier is something you should definitely think about when considering studying abroad.

9. Think about the length of the program. If you tend to be more of a homebody, or even if you just don’t want to miss out on a full semester at Wake Forest, look into the possibility of summer programs. If you find yourself on the other end of the spectrum, you may want to consider spending an entire year overseas.

10. Be aware of the visa/passport related requirements for the country you plan on living in; the Center for Global Programs and Studies office can help you with this, too.

Some countries require student visas, but no matter what, you’ll need a valid passport before you hop on the plane. Make sure to have all of your travel documents in order.

Overcome the hurdle that is “Work Forest”

For many, the transition from the relatively low-stress lifestyle of high school to college can be a huge adjustment; learn how to evade any worries.

BY CHRIS CASWELL
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“Work Forest”: two words you’ll hear a lot over the next four years. You definitely heard at some point on your tour that your workload will be challenging — at least you should have.

It may not be a novel warning, but it all comes down to time management. Some classes you take will be easier than others and some classes will be more interesting that others, but if you make good use of your time, you can have good grades and a social life without losing your mind.

The most important thing I learned last year is that there is always something going on, and there will always be distractions.

Despite that, when you study, be sure to actually study. Don’t check your email, watch TV or chat with your friends while you work. That can make studying in your room difficult. If you feel yourself getting distracted, try going to one of the top floors of the library.

The seventh and eighth floors have individual workspaces that limit distractions. The intense silence on those two floors also helps to keep you focused.

You also learn quickly at Wake Forest that a change of scenery is important to staying focused and at your best. Working only in your room can get boring pretty quickly, so try finding different places to study. Places like the New Pits, Farrell Hall and Reynolds may offer the fresh view you need to be productive.

Secondly, plan your time. If you carve out a certain time to study beforehand, whatever you’re working on will seem less overwhelming, you won’t feel guilty about doing something with friends before or after and you will be prepared for whatever you’re working on. If you decide to study with friends, make sure you’re actually working and not just talking.

Chatting with friends while you work is fun, but afterwards, you’ll realize you got almost nothing done.

My next piece of advice sounds counter-intuitive, but to succeed in your classes, makes sure you get involved in things outside of the classroom.

One of the hardest things about college is balancing your time. You won’t earn good grades if you just have fun, but conversely, if all you do is work, college will seem like torture.

Also, it’s hard to sit down for six hours straight and study. If you get involved in other activities between your work — like club sports, a service organization or, say, the school newspaper — it makes it easier to remain focused while you are working.

Another piece of advice I would offer to manage the workload at Wake Forest is to take advantage of the many resources the university has to offer.

Your best resources are your professors. Even if you do not have a test coming up, it is a good idea to check in with your professors often.

Professors hold regular office hours, so you can cement your understanding of a concept and seek help as you go: it certainly makes it easier to go in for help regularly rather than panic the night before. It also just looks good in your professors’ eyes when you take the initiative to show up at office hours.

The Math Center is another great resource that you should take advantage of. They have study sessions before tests for many different classes and offer one-on-one tutoring for free.

It helps to make an appointment a few days before, but you can also just show up. If a tutor is available, they’ll help you.

English and writing classes have a similar resource. The Writing Center, in the library, will help you plan, write papers and edit papers for free. Though Wake Forest has the reputation of having hard classes, the many resources such as office hours and the Math and Writing Centers help a lot.

Adjusting to the course work and the greater responsibility of managing your time in college can be overwhelming, but look on the bright side: "Work Forest" looks great on a T-shirt. Welcome to your new home, class of 2019 — Work Forest is a name you will soon be proud to own!
**Deacons ready for 2015 season**

Check out this year’s projected depth chart and football schedule, preparing yourself for a season of big time opponents and fun tailgates

<table>
<thead>
<tr>
<th>Position</th>
<th>Players</th>
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<tbody>
<tr>
<td>SS</td>
<td>Cameron Glenn</td>
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<td>Ryan Janvion Demetrius Kemp</td>
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<td>Hunter Williams Teddy Matthews</td>
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<td>CB</td>
<td>Deonte Davis Jalen Latter</td>
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<td>Tabari Hines Chuck Wade</td>
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<td>LT</td>
<td>Phil Haynes</td>
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<td>LG</td>
<td>Will Smith</td>
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<td>C</td>
<td>Cam Serigne Devin Pike</td>
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<td>RG</td>
<td>K.J. Brent</td>
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<td>RT</td>
<td>Dez Wortham Rocky Reid Isaish Robinson</td>
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<tr>
<td>QB</td>
<td>John Wolford Kendall Hinton Kyle Kears</td>
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<tr>
<td>RB</td>
<td>Steve Donatell</td>
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**SPECIAL TEAMS**

- **Punter**: Alex Kinal
- **Kicker**: Mike Weaver
- **LS**: John Armstrong

**Football Schedule**

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<td>vs. Elon</td>
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<tr>
<td>Sept. 12</td>
<td>vs. Syracuse</td>
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<tr>
<td>Sept. 19</td>
<td>at Army</td>
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<tr>
<td>Sept. 26</td>
<td>vs. Indiana</td>
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<tr>
<td>Oct. 3</td>
<td>at Florida State</td>
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<tr>
<td>Oct. 10</td>
<td>at Boston College</td>
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<tr>
<td>Oct. 17</td>
<td>at UNC</td>
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<tr>
<td>Oct. 24</td>
<td>vs. NC State</td>
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<td>Oct. 30</td>
<td>vs.Louisville</td>
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<tr>
<td>Nov. 14</td>
<td>at Notre Dame</td>
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<tr>
<td>Nov. 21</td>
<td>at Clemson</td>
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<tr>
<td>Nov. 28</td>
<td>vs. Duke</td>
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<tr>
<td>Dec. 5</td>
<td>ACC Championship</td>
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</tbody>
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How to beat the hangover blues

Whether you're a crazy party animal or are pretty new to drinking, follow these seven tips to get over an awful hangover after a fun night out

BY HOPE GAME
Life Editor
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Welcome to Wake Forest, where we work hard and play harder. While some of you may have downed your fair share of adult beverages before college, a night out at Wake is something they don't teach you about during orientation.

Whether you hit up a frat party, Last Resort (LR) or find an awesome pregame, almost all freshmen come into contact with alcohol during their first couple of weeks at Wake. I envy those of you who have yet to experience the wrath of a hangover. Chances are you'll have your time soon.

Here are some tips to beat the hangover blues:

**Get out of Bed**

Instead of wallowing in bed all day replaying last night's good and bad decisions, take a shower, get dressed and prepare yourself for a new day. We have all done stupid things while drunk — just brush last night off.

**Stay Hydrated**

While stumbling into your bed after a night out drinking, a light workout can help get your body back on track. No, you can't sweat out the toxins from last night's party, but you can get your heart pumping. Just remember to eat and drink water before.

**Take an OTC**

If your head is pounding more than you can bear, try taking Advil or Aleve. But don't go overboard.

**Eat a Balanced Meal**

After a night out, you need to eat a big meal when you wake up. The Pit steps up its game on the weekends for brunch. I promise you won't be alone.

**Hit the Gym**

If you can't sweat out the toxins from last night's party, but you can get your heart pumping. Just remember to eat and drink water before.

**Stay Away from Caffeine**

While you might be convincing yourself you won't succumb to the infamous freshman 15, it's crucial to eat a big meal when you wake up. The Pit steps up its game on the weekends for brunch. I promise you won't be alone.

**Hangovers are a part of drinking. While they aren't enjoyable, they are temporary.**

Be safe, have fun and remember: you never have to see that frat punch again — until next weekend.

Start off strong with your new roommate

Random roommates your first year can seem scary at first, but with this advice you'll be on your way to a great freshman year living experience

BY EMMA SKEELS
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Let's be honest: the random roommate assignment is one of the scariest things about being a freshman at Wake Forest. How do they think they can assign roommates by asking five questions?

Not to worry: we were all there once. We remember getting the name of our roommate on WIN and immediately rushing to Facebook and Instagram to friend request/follow him or her.

After the acceptance, we wasted hours stalking him or her and making snap judgments off of arbitrary "Likes" (Oh God, she likes Nickleback. This will never work out.) or pictures (too many selfies and you're conceited, too many pictures of food and you're carb-hungry AND conceited). It's a very easy thing to do, but an extremely dangerous one.

Try not to let any pre-judgments affect your impression too much once you actually meet your roommate. It's not really fair: social media is a platform in which you present a certain version of yourself to the world, and it's not always the most reliable one.

Both my roommate and I laugh about it now, but we both become anxious over discoveries in the other's profile: she "liked" Sarah Palin (in jest), I had been a high school cheerleader (albeit a snarky one). Luckily, we overcame the Facebook-stalking phase to overcome our next hurdle: we are both extremely different people.

You know those five questions you answered at the beginning of the summer, the ones that would supposedly determine your perfect roommate? They included such insightful queries as: "Are you a morning person or night person?" Those were apparently not so essential in our pairing. In fact, it's like the Residence Life & Housing gods completely ignored those questions and decided to have a little fun seeing what would happen if they struck an introduced, early bird, math major with an extroverted, night owl, English major.

However, if at first you don't seem to have much in common with your roommate, try your best to keep an open mind.

I'm so glad we both decided to look past our differences, because going into our senior year, we are still roommates. We not only live well together, but we are also best friends. If it's just written each other off because of our differences, my life and my Wake Forest experience would be completely different.

Your roommate might be the first person to broaden your horizons.

Give those differences a chance while remaining true to yourself, and you might find that both of you are better off for it.

However, that's not to say getting used to our different lifestyle habits didn't take a little adjustment, on both of our ends.

For instance, as I mentioned, we have opposing sleep schedules.

Since she is naturally considerate, she never woke me up. But it took a little time for me to figure out how to accommodate her sleep schedule so that I did not wake her up.

Which leads me to my next tip: possibly the most important thing in any roommate situation is learning to accommodate one another.

My advice? Take your roommate assignment in stride because you should be, and quadruple that number. That's how considerate you should be if you want to avoid roommate conflicts.

Make sure to run things by your roommate ("Is it cool if I have a friend over?"); and are considerate of sleeping schedules, shower times, etc.

Talk about these things in advance, and be open, honest and clear so that your roommate doesn't feel ambushed if you confront her in October with problems you've had since August.

Give your roommate more chances than you might another person you meet in your first few weeks of college.

You have to live with him or her for nine months, so you should make an extra effort to work through issues you might have.

Furthermore, be aware that the changes that come with freshman year affect everybody differently. Any odd or mean behavior may be the result of homesickness or problems with adjusting to college life.

Even if your roommate doesn't end up being your best friend, he or she can help make your freshman year amazing.

It is worth it to go the extra mile and be extremely nice. Nobody likes having a stressful living situation, and it's surprising how little it takes to make your roommate happy, which will in turn make you happy.

Make sure to be considerate, open about problems and most importantly, give each other a chance, and you'll have a great freshman roommate experience.
TOP 10 LESSONS FOR SURVIVING YOUR FRESHMAN YEAR

1. Get through orientation in one piece.
2. Make nice with your roommate.
3. Don’t spend all your Food Dollars by October.
4. Join a club.
5. Study on occasion.
6. Remember to sleep.
7. Call your parents (sometimes).
8. Exercise from time to time.
9. Get out of your comfort zone.
10. Make it to sophomore year.

WELCOME TO WAKE!