



Resources You Should Check Out: [Student Activities](#), [Wake Tech Xtra](#), [Peer Leaders](#), [Student Success Coaches](#), [Tutoring and Learning Center](#), [Wellness Services](#)

The peers leaders are back this month with a new set of answers for you! This time we're tackling topics related getting the help you need to succeed. Elle Ruiz also gets to talk about her feelings on her extremely successful Heartstrings and Handmade event.

Questions Covered in this Issue:

1. How do you prepare for going to a professor's office hours?

2. I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

3. I feel like I don't get enough support in class from my teacher, what are some resources I could use?

[Submit Questions Here!](#)

[Submit Feedback Here!](#)

Meet the Featured Peer Leaders:

- Annie Anglin
- Kaitlyn Arias-Cornejo
- Malexis Barinotto
- Kendall Briggs
- Derek Gonzalez
- Nidhi Karerakattil
- Victoria Ong
- Elle Ruiz
- Victoria Ong
- Ruby Waibel
- Thomas Wilkie

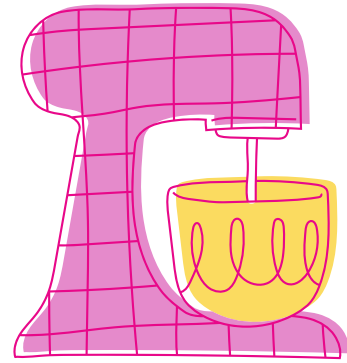


ANNIE ANGLIN

Program of study – Public Safety Administration

Favorites:

- Movies/shows – My favorite movie right now is "The Lord of the Rings."
- Hobbies/interests – Cooking and baking, and really into exploring, whether trying out different foods or just discovering unique spots in places



I'm a Peer Leader because ... I want to help guide people in any direction they're taking in their time at Wake Tech. I know that college can be challenging, and it's important to have someone you can turn to for advice, support and encouragement. As a Peer Leader, I hope to create a welcoming atmosphere where students feel comfortable seeking help and know they're not alone in their journey.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

Fear of judgment will only hold you back. I like to embrace the 'let them' mindset, if someone is going to judge you, just let them. You're here to learn, and if you need something explained further, take the opportunity to gain a better understanding of the topic. Remember, by speaking up, you might be helping someone else who's too nervous to ask but has the same question. Your voice could be essential to someone else's clarity too.

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

I do both! I think having a set of questions you've been meaning to ask is important. but I also think just winging it can be just as effective. It's like having a conversation with someone, you don't always need to over plan. Sometimes the best questions come naturally when you just speak up and let the discussion flow.



KAITLYN ARIAS-CORNEJO



Program of study – Associate in Arts pursuing a major in Political Science

Favorites:

- Music/musicians – Tyler the Creator and Kali Uchis are my favorite artists recently, but I love all music!
- Hobbies/interests – I am a competitive Olympic weightlifter under USA Weightlifting.

I'm a Peer Leader because ... I enjoy contributing to any community and connecting with those around me. My main goal is to help my fellow peers be the most successful students they can be while also maintaining a healthy mindset!

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

To prepare for professor office hours I always have questions ready and always note what I am struggling with and have them ready to talk about before the meeting. A professor always appreciates a proactive student and the more you tell them the more they can help you succeed!

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

When it comes to talking class I always like to remember there is nothing wrong with participating and that if no one puts in the effort to participate you are putting yourself out there and you do it's something you should be proud of not embarrassed. Always note that if you are confused it's most likely someone else is also confused as well!

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

When you feel like you are not getting enough support from your teacher even after putting in effort to reach out and try to resolve said problem, you should always seek resources such as TLC and peer tutors they are always more than happy to help and want nothing more than for you to succeed. If you find yourself stuck on where you should go it is also good to reach out to a success coach or student peer leader for suggestions and guidance!



MALEXIS BARINOTTO

Program of study – Associate in Arts to achieve Bachelors in Business Administration

Favorites:

- Hobbies/interests – I love to draw and listen to music. I also love spending time with my family and friends.



I'm a Peer Leader because ... I want to motivate my peers around me. I once struggled with not being able to believe in myself, and it is not an easy path. I want to be able to help those who may feel how I once did. I want every student to acknowledge and be proud of the journey they are taking, handling life situations while balancing their education.

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

I prepare to go to my professor's office hours by first reviewing their schedule and comparing it to my schedule. I do this to see if I have the availability to see them in person. If I don't, most professors offer virtual hours, which would be my second resource.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

My suggestion for getting over the fear of asking questions in class would try to envision yourself as the only person in the room. I know this can be hard to attempt, but having the mindset of this question is for YOU to be able to succeed in the class, do better in the class, or to have a clear understanding, it helps you be able to ask as many questions as you need.

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

If you feel as if your professor doesn't reach your needs, I highly highly recommend going to the TLC, as it helped me so much. If the TLC isn't the best option for you, I recommend just making friends in the class. By stepping outside your comfort zone, and making friends with your classmates, you all would be able to help each other grow in the class, and who knows they may even turn into long term friends!



KENDALL BRIGGS



Program of study – Healthcare Administration

Favorites:

- Music/Musicians: Taylor Swift, Ariana Grande, SZA, Halle
- Hobbies/Interests: Figure Skating

I'm a Peer Leader Because... I have a genuine interest in helping to steer my peers in the right direction so that they thrive, especially in their new Wake Tech environment. I will share the wisdom I have gained during my Wake Tech journey by having an empathetic ear, using my communication skills and motivating them to be their best.

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

Honestly, I do not normally go to my professor's office hours, just because of my schedule outside of class time. But personally, I would prepare ahead of time.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

My advice would be to try to ask a "good" question. And this means try to think of something that may not have the most obvious answer, but it could be helpful to ask anyway if everyone else in the class might have the same question and also be afraid to ask it like you.

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

There are many resources available at Wake Tech including the ILC (Individualized Learning Center) on all campuses and then the Care Center that offers success coaching and tools for college preparation. Check out more on WTCC's main website :)



DEREK GONZALEZ

Program of study – Associate in Science, eventually BS in Chemistry

Favorites:

- Hobbies/interests: I'm really into gaming, and I've been trying to get back into writing as well.



I'm a Peer Leader because ... I am a big believer that people should give back to their community.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

I think it's okay to ask "dumb" questions. If you need clarification for anything, then you should do what you need to help yourself succeed. People can assume whatever they want, but at the end of the day what matters the most is that you make sure you're setting yourself up for success.

I would also embrace asking questions that are "dumb". What might seem obvious to someone else may not be as obvious to you, and that's okay! We're all learning something for the first time at some point, so give yourself some grace!

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

Luckily, Wake Tech has a multitude of resources to help students! There's always things like the ILC, peer tutoring, and you can always form study groups with people in your class. As for resources outside of Wake Tech, I really like leah4sci for any chemistry related topics, Professor Leonard on youtube for math related topics, and you can't go wrong with Khan Academy! As you get into higher level classes, there is more of an expectation of independence compared to lower classes. You might run into that feeling of not getting enough support more often than you would like, but keep your head up!



NIDHI KARERAKATTIL



Program of study – Associate in Arts, I plan to major in Archaeology.

Favorites:

- Music/musicians: My taste in music is extremely eclectic, ranging from The Beatles and ABBA to Cavetown and Mitski to Yoasobi and Ado. At the moment, though, I have the concept album for "Epic: The Musical" on repeat.

- Books/authors: Douglas Adams and his Hitchhiker's series will forever be my top recommendation. The world and characters in his books instantly drew me in, and his style has influenced my writing in more than one.

I'm a Peer Leader because ... when I first joined Wake Tech, I wished I had someone to guide and support me as I stumbled about figuring out the ins and outs of college. Now, I hope to be that person for someone else.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

My biggest tip is to learn to laugh at yourself. You are going to say or do dumb things – it's part of learning – so, learning to laugh at yourself may take off the pressure of needing to be "perfect".

However, it does take some time to get there, so in the meantime some tips that worked for me were: asking questions privately (before or after class), and asking (or pretending to ask) a question for someone else.

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

Apart from campus resources such as the TLC, Peer Tutoring, and Peer Study Groups, some other things I use are:

- Khan Academy and Crash course: I like to use these videos as an introduction to the topic I will be studying. They simplify concepts and tend to have really nice visuals and analogies to better understand topics.
- Anki or Quizlet: Really, any flashcards would work, these are just the ones that I use. I find them especially useful for learning vocabulary, and names of people and their contributions.

- Pinterest: I use Pinterest to find flowcharts, cheat sheets, and diagrams on various topics, especially for science courses.
- Finally, of course, I make my own. If I can't find something I want (flow charts, graphs, timelines, cheat sheets, diagrams, etc.) I'll make them myself and share them with others I know who may find them useful. Also, as a side note, your peers could be a great resource too, so ask them to explain a concept you don't quite get.



VICTORIA ONG



Program of study – Pre-nursing

Favorites:

- Music - The Weeknd!
- Hobbies/interests – Drawing, painting, reading, cooking, baking, music, piano

I'm a Peer Leader because ... I genuinely want to help other students as they navigate their college journey. My goal is to create a friendly and supportive environment where everyone feels comfortable reaching out for advice or simply chatting about their experiences. Together, we can make college a more enjoyable and fulfilling experience for everyone!

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

That feeling is really common. If you have a question, chances are someone else in the class is wondering the same thing. Asking questions isn't a sign that you're not smart, it actually shows that you care about learning. If speaking up in class feels too intimidating, you could start by asking your professor after class or during office hours. Over time, the more you ask, the more confident you'll feel!

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

I definitely recommend preparing at least a few questions ahead of time! It helps you make the most of your time and shows your professor that you're engaged. Before office hours, I like to go over my notes and any assignments to see where I'm struggling. If I don't have specific questions, I might just ask for clarification on a concept or tips for studying. But if you're feeling stuck, you can always start with something simple, like, "I'm having trouble with this topic, can you help me understand?" Professors appreciate students who take the initiative, and they're there to help!

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

First, I'd suggest reaching out to your professor directly to clarify expectations and see if they have extra resources like study guides or office hours. If that doesn't help, you can look into tutoring services. Wake Tech has free tutoring in the TLC for a lot of subjects. Study groups can also be a great way to get support from classmates. And, of course, the Care Center is always here to help connect you with resources, whether it's academic support or even just time management strategies. You're not alone in this!



FIORELLA "ELLE" RUIZ

Program of study – Associate in Science

Activities – SGA senator, DECA Chapter president

Favorites – Traveling and finding new cafés



I'm a Peer Leader because ... I want to help others realize how many opportunities Wake Tech has to offer when it comes to professional, personal and academic growth. I have gotten to experience so many great things and would love to help others do the same.

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

Usually, I attend office hours with specific topics in mind rather than prepared questions. It depends on the course, but for maths, I focus on areas where I struggle instead of going in with detailed questions. Generally, I prefer to utilize office hours as a space to work through difficult assignments and identify specific issues for my professor as I go through them.

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

If you feel like you are lacking support from your professor, there are multiple resources out there, including those provided by the college. Wake Tech offers services like the Tutoring and Learning Center (TLC) and Peer Tutors, who are all trained to provide extra help. Study groups are also a great way to stay motivated, disciplined, and get support from peers in a way that may feel more comfortable for you. If you prefer studying on your own, online sources like YouTube tutorials and other subject-specific websites can be incredibly helpful. I recommend trying as many methods as you can and find what works best for you that way.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

I think it is important for me to emphasize that this is a completely normal and relatable feeling. Considering this, understand that if you have a question, it is likely that others also do and lack the confidence to express them. Asking questions does not make you look dumb, it shows that you are engaged and putting in the effort to understand the material better. I would recommend to start building comfortability one step at a time. Start off by writing questions and talking to your professors after class or during office hours. Once you are more confident with talking to the professor, it will be easier to ask questions in class. Even if it does feel hard, remember that you are bettering yourself and your professor appreciates you for putting in effort.

You recently hosted a Heartstrings and Handmade event at Wake Tech. Why was that event important for you, why did you decide to host that kind of event, and what are you most proud of about that event?

The Heartstrings & Handmade event was the second part of my capstone project, designed to emphasize self-reflection, goal-setting, positivity, and student engagement. In the fall, I held letter-writing workshops where students wrote letters to their future selves, and this event was an opportunity to return those letters while also creating a fun and welcoming space for students to relax, craft, and mingle. Additionally, I wanted to bring attention to the Care Center's resources, so I collaborated with Wellness, Career Services, other Peer Leaders, and more amazing people from the Care Center. Watching everything come together had felt incredibly rewarding. It is hard to pinpoint just one thing that I am most proud of, but overall, I have been so happy that the event had exceeded my expectations. From the setup to the activities to the amazing people participating and helping, everything came together better than I could have imagined. Knowing that the effort I put in truly made a difference made it all worth it. One of the best parts was getting to know my peers that were willing to participate in my event and get to know more about the Care Center. None of it would have been possible without the support of those around me, and I am so grateful to have had the opportunity to host Heartstrings & Handmade!



RUBY WAIBEL



Program of study – Associate in Science, intend to major in Environmental Sciences at North Carolina State University.

Favorites:

- Artist: Chappell Roan
- Hobbies/interests: Reading, crafts, gardening

I'm a Peer Leader because ... I want to help students make the most of their time at Wake Tech, both academically and personally. People often say you get out what you put in, and in my opinion, that applies perfectly to community college. This year, I hope to help as many students as possible take advantage of all Wake Tech has to offer.

How do you prepare for going to a professor's office hours?

It depends on why you're going and what you hope to get out of it. If you need help in the class, having a plan can make the experience less intimidating. Bring homework problems you struggled with or ask about specific topics you don't understand. If you're unsure where to start, it's okay to be upfront about that! Most professors are happy to guide you and help create a plan that best fits your needs. If you're uncomfortable asking a professor directly, a success coach or peer leader can help you figure out what to ask and how to phrase your questions.

I feel nervous asking questions in class. How can I get over this?

You're not alone! Many people feel this way, including me. But studies show that students who ask questions often perform better, and your education is worth speaking up for! Just today, I hesitated to raise my hand because I was worried about being judged. But I reminded myself that if I didn't ask, I'd probably forget later, and my success matters more than what the kid behind me thinks. A great way to build confidence is to get comfortable talking with your professor. Small things like greeting them before class, thanking them afterward, or asking a quick question during office hours can help ease your nerves. Another way to ease into it is by answering a question you already know. Professors appreciate engagement, and it gets easier with time!

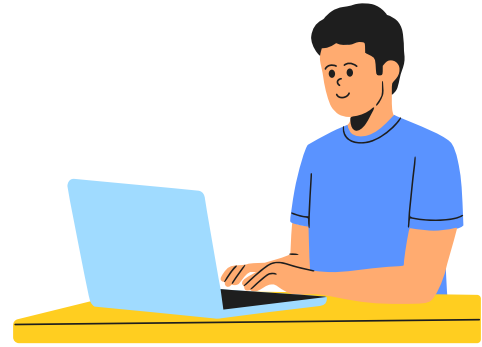


THOMAS WILKIE

Program of study – Cybersecurity

Favorites:

- Movies/TV – Most anime, such as Bleach, Ergo Proxy and Claymore
- Books/authors – "360° Leader" by John C. Maxwell



I'm a Peer Leader because ... I want to encourage others to follow their chosen path to completion. It is often easier to complete major tasks with some guidance and assistance.

How do you prepare for going to a professor's office hours? Do you prepare questions to ask them ahead of time, or do you wing it?

I generally only go to office hours when I have something specific to discuss. Most of the time I communicate directly via email.

I feel nervous asking questions in class. I don't want other people to think I'm dumb, do you have any suggestions for how to get over this feeling?

I find myself interjecting and adding to the instruction to make the lecture feel more like a discussion. Most of my professors have told me how much they appreciate it and how they never want to spend the entire period just talking/lecturing. As for questions, I know if I'm thinking it, 1 or 2 more fellow students are thinking the same thing. So never feel or think that you're "dumb." You're in class to learn something new.

I feel like I don't get enough support in class from my teacher, what are some resources I could seek out or things I could personally do for myself to help?

During class, the instructor/professor has a limited amount of time to teach the lesson plan. Aside from a question or 2 in order to clarify things, don't expect them to let you go down a bunch of rabbit holes. Schedule time to meet them during their office hours for personal instruction. And if you need further assistance, check out the TLC for tutoring and different perspective from other instructors and students. What work for one student may not necessarily work for all students.

Have any feedback? Please fill out the form below!



THANK
YOU

Interested in Becoming a Peer Leader?

Student Success Peer Leaders are expected to facilitate positive interactions between students and assist them with the transition to the Wake Tech community. Peer Leaders serve as role models, lead icebreakers, and present information on campus resources to students.

The Peer Leader's primary role is to provide guidance and leadership to new students during:

- One on one and group sessions
 - Class presentations
- Care Center engagement events

If interested or for more information, contact successcoach@waketech.edu.