Carolina Family Weekend Schedule of Events

You can find each event listed chronologically below. Click each event to see the time, video/Zoom links, and description. Also, you click the banner button below to find the PDF/printable schedule.

FAQ:

THROUGHOUT THE WEEKEND
Campus Rec Strava Movement Challenge + BeAM Makerspaces Virtual Tour and Exercise

Strava Movement Challenge

Pre-Recorded

Campus Recreation is hosting weekly Strava challenges throughout the fall semester. The challenge for Week 3: September 21st through September 27th is for students to challenge a friend or family member to complete a workout with them. Campus Recreation offers weekly virtual fitness classes, both live and pre-recorded. Students can view the weekly virtual fitness class schedule (https://www.groupexpro.com/schedule/438/?view=calendar) and all of the YouTube classes are streamed live on our Campus Recreation YouTube page for families (https://www.youtube.com/channel/UCFZVCNak7C9evQh3j--UX0A?view_as=subscriber).

BeAM Makerspaces Virtual Tour and Exercise
Each Day 1:00pm-1:45pm  
Pre-recorded  https://youtu.be/mMh56on9RvA  

1. A tour of Murray, outlining BeAM COVID-19 adjusted operations  
2. Review of our PPE efforts this past spring/summer  
3. Invitation to do a fun make-at-home activity  

Student Wellness Coloring & Activity Book  
For kids of all ages, check out the Be Well & Thrive coloring and activity book for some stress relief and enjoyment! You can click HERE to download and print the activity book.  
This coloring book has fantastic Carolina and wellness themed coloring pages. It also features activities that will cover all the dimensions of wellness.  

School of Nursing ? LeVine Wellness Moment with Dr. Cheryl Giscombe and Hillman Scholar Charity Lackey  
Unlimited Access All Weekend  
Video link:  https://youtu.be/MfNYp9CE1tl  

Dr. Cheryl Giscombe is the Melissa and Harry LeVine Wellness Family Distinguished Term Associate Professor of Quality of Life, Health Promotion and Wellness at the School of Nursing. She helps our students, faculty, and staff focus on wellness through activities and initiatives within the school. Please join Dr. Giscombe and Hillman Scholar Charity Lackey for a few moments, as they tell you about their work and guide you through a few wellness exercises that you can integrate into your daily routine. Students, we invite you to share this video with your family.  

THURSDAY, SEPTEMBER 24  
The Spark with Tift Merritt: Abigail Washburn  
7:30pm-8:30pm  
Register for this event at (carolinaperformingarts.org/events/the-spark-with-tift-merritt-abigail-washburn)  

Featuring interviews with beloved artists, The Spark peels back the polished
performance to reveal the elbow grease, risk, fire, and courage behind the art? and artists? we think we know. Grammy-nominated singer/songwriter and UNC alumna Tift Merritt welcomes Abigail Washburn, renowned clawhammer banjo player and Grammy winner for a 45-minute live streamed conversation that gets to the heart of her work, followed by a 15-minute audience Q&A. Free and open to the public; registration required. Registration for this event opens on September 10 and closes at 12 PM EDT on September 24, 2020. This event will stream live, with closed captioning provided by the streaming platform. If you have questions or concerns related to accessibility, please contact us at carolinaperformingarts@unc.edu.

FRIDAY, SEPTEMBER 25
Live Zoom Chat Room with Accessibility Resources and Service (ARS)

9:00am-12:00pm
Live via Zoom
https://zoom.us/j/9199628300?pwd=MmtYRmE1aGh1NVNWN1ZuTVo2ZlhaUT09

ARS Staff are live and ready to answer your questions about accessibility for students at UNC. Through ARS, The University of North Carolina - Chapel Hill seeks to meet the individual needs of applicants and current students with disabilities and medical conditions as they relate to academics, residences, dining, and co and extra-curricular campus activities. ARS coordinates and implements appropriate reasonable accommodations including academic adjustments and provides appropriate resources and services in accordance with the American with Disabilities Act Amendments Act (ADAAA) and Section 504 of the Rehabilitation Act (504). Within the resources available, ARS also functions as a source of information, educational outreach and advice.

Kenan Scholars Fall 2020 Public Sector Showcase

10:00am-12:00pm
Live via Zoom:
https://kenanflagler.zoom.us/j/99578956785?pwd=UlZCaDNmeVJpdkQxeVAzQ1NQNHF5QT09
Event Website: https://kenaninstitute.unc.edu/event/virtual-event-kenan-scholars-fall-2020-public-sector-showcase/
As future business leaders committed to changing the world for the better, Kenan Scholars engage in public service experiences throughout their time in the program. One major activity happens during the summer following sophomore year when scholars complete an internship in the public sector wherein scholars gain a better understanding of the cross-sector collaboration and work towards the public good. While living through the COVID-19 pandemic and the current racial unrest, the Class of 2022 Kenan Scholars completed summer internships and grant-funded research projects that addressed these contemporary, complex societal issues. The Public Sector Showcase provides scholars the opportunity to present their work via small group panel presentations. Join us as we recognize the efforts of Kenan Scholars to address the challenges we face and their work towards a better society. For additional information, please contact Dr. Kim Allen, Kenan Scholars Director, at kim_allen@kenan-flagler.unc.edu [12].

CORE with Campus Recreation
10:15am-10:45am
Live via YouTube Streaming (www.youtube.com/user/unccampusrec [13])
Strengthen all the muscle of the core including the abdominals, glutes, lower back and obliques! This class will sculpt your midsection as you improve your body's overall functional strength, balance, and coordination, all within just 25 minutes! We encourage you and your student to work out together!

School of Education Connect Virtual Open House
11:00am-12:00pm
Live via UNC School of Education Facebook Account https://www.facebook.com/UNCSchoolofEducation/ [14]
Please join us via Facebook Live for a conversation about the student experience, student support resources and student engagement in the School of Education. SOE students and families can connect with one another, while hearing from our current SOE students and Student Affairs staff. We welcome Q&A and look forward to an engaging conversation!

Lunch Hour with the Study Abroad Office
12:00pm-1:00pm
Live via Zoom https://unc.zoom.us/j/93756592331

Tar Heels and families are invited to check out our new Study Abroad 101 video series (https://studyabroad.unc.edu/101series/) for a general overview of study abroad. Join us over the lunch hour to speak with an advisor and ask specific study abroad questions.

Observe Constitution Day with ?Bush v. Gore at 20?  

12:00pm - 1:00pm ET  

Free, but registration is required: https://zoom.us/webinar/register/WN_7nYeqZVkRku8PvlRawGhsg

The UNC-Chapel Hill community is invited to celebrate Constitution Day on Friday, Sept. 25, at a noon webinar about the 20th anniversary of the Bush v. Gore (2000) election law case.

Speakers include:

- **William P. Marshall**, William Rand Kenan Jr. Distinguished Professor of Law, UNC School of Law
- **Walter Kerrel Murray**, Post Doc Fellow, UNC School of Law
- **Teresa Wynn Roseborough ?86**, Executive Vice President ? General Counsel and Corporate Secretary, The Home Depot.

Roseborough served as a lead litigator in the Bush v. Gore case, which settled a vote recount dispute in Florida during the 2000 presidential election. She earned her juris doctor with high honors from Carolina Law in 1986. Roseborough?s more than 30 years of legal experience also includes government service as deputy assistant attorney general for the U.S. Department of Justice; law clerk for Justice John Paul Stevens of the U.S. Supreme Court and Judge James Dickson Phillips ?48 of the U.S. Court of Appeals for the Fourth Circuit.

**About Constitution Day**

For several years, UNC School of Law has served as the host of the campus-wide UNC-Chapel Hill Constitution Day celebration. Each year on September 17, pursuant to a 2004 federal statute, U.S. schools and colleges take time to celebrate and commemorate the day on which the Constitution of the United States was signed. Constitution Day presents an opportunity to reflect upon the deeper meanings of the Constitution and the hopes it embodies for the future of the country and the world.

Career Planning and Networking in a World of Social Distance
Graduating seniors, alumni and students alike must navigate the workforce in new ways because of COVID-19. They are losing internships and job offers and may have to retrain or retool to stay competitive in changing labor markets. Networking looks different because of social distancing. How are you supporting your students and alumni in pivoting their career plans and finding the right employment opportunities?

Live Zoom Chat Room with Accessibility Resources and Service (ARS)

1:00pm-4:00pm
Live via Zoom https://zoom.us/j/9199628300?pwd=MmtYRmE1aGh1NVNWN1ZuTVo2ZlhaUT09

ARS Staff are live and ready to answer your questions about accessibility for students at UNC. Through ARS, The University of North Carolina - Chapel Hill seeks to meet the individual needs of applicants and current students with disabilities and medical conditions as they relate to academics, residences, dining, and co and extra-curricular campus activities. ARS coordinates and implements appropriate reasonable accommodations including academic adjustments and provides appropriate resources and services in accordance with the American with Disabilities Act Amendments Act (ADAAA) and Section 504 of the Rehabilitation Act (504). Within the resources available, ARS also functions as a source of information, educational outreach and advice.

Support Student Career Development: Partner with University Career Services

4:00pm-5:00pm
Live via Zoom https://unc.zoom.us/j/99678274141

It’s clear that COVID-19 has impacted many negatively. Optimistically, many have found ways to navigate the “new normal” for themselves and the support of their communities. One impact many have felt, including current students and recent UNC graduates, is a significant shift in employment and navigating the career search. This session will cover new opportunities through UNC University Career Services for families of students to aid students in their career development. Opportunities include: ? Mock-interviews ? Job search advice ? Mentoring ? Micro-
internships? Career treks and more! Jonathan Adams from UNC University Career Services will share more information about additional opportunities and ways to get involved during the session.

BARRE with Campus Recreation

4:15pm-4:45pm

Live via YouTube Streaming (www.youtube.com/user/unccampusrec [23])

Utilizing the ballet barre, this class incorporates components ballet, pilates, yoga, cardio, and resistance training to strengthen and challenge the entire body. Tune in and try this class with your student!

UNC Hillel Family Weekend Shabbat

5:00pm-6:00pm


We are excited to welcome our Jewish Tar Heel families to UNC’s Family Weekend! Please join us for our Family weekend Shabbat Friday September 25th at 5pm on Zoom. Whether your family celebrates Shabbat regularly or this is your first Shabbat, we would love to have you!

5:00 Welcome, Candle Lighting, Kiddush, Hand Washing, and Blessings Over Bread

5:15 Student Led D’var Torah (Words of Torah)

5:20 Announcements

5:30 Social Break Out Rooms

H.I.I.T. with Campus Recreation

5:15pm-5:45pm

Live via YouTube Streaming (www.youtube.com/user/unccampusrec [23])

H.I.I.T., or High Intensity Interval Training, challenges your natural ability to adapt! This class combines timed cardio and resistance training intervals, plyometrics
Virtual Hanes Visiting Artist Lecture: Carmen Neely & Antoine Williams

7:00pm-8:30pm

Live via Zoom (https://unc.zoom.us/j/94874366804) [25]

Virtual Panel Discussion: Carmen Neely and Antoine Williams (MFA alumnus) of NC Black Artists for Liberation

Each artist will discuss their work for 20 minutes and then engage in a conversation about their practices as artists with Q&A. North Carolina Black Artists for Liberation is a collective of Black artists and art workers committed to building an equitable arts and culture sector in the state. An endowment established in 1983 through the generosity of Nancy and Robin Hanes supports the Art Department’s Visiting Artist Series. This important program brings both established and emerging artists to campus to discuss their work in public lectures and to offer individual critiques to our M.F.A. students. The Hanes Visiting Artist series greatly enriches both our academic programs and our outreach to the wider community. All lectures are free and open to the public.


Sharai Bohannon’s Craigslisted with the Department of Dramatic Art ? Kenan Theatre Company

7:30pm-9:30pm

Live via Zoom https://www.twitch.tv/kenantheatrecompany [29]

The Kenan Theatre Company presents a reading of Sharai Bohannon’s Craigslisted. A down-on-her-luck college student turns to the Craigslist personals to make a living. Her interactions lead her to find out more about other people (and herself) than she ever wanted to know.

SATURDAY, SEPTEMBER 26
The Lab: Tar Heel Photo Walk

10:00am-10:30am

Pre-recorded - https://carolinaunion.unc.edu/departments/communications-creative-services/lab
Join the Carolina Union’s office of Communications & Creative Services as they share tips for getting great photos on UNC’s campus. Student Staff photographer Nash Consing will share his insight on capturing photos at locations like The Old Well, South Building, The Bell Tower, and more. This program will be useful for all skill levels and camera equipment, from phone cameras to DSLRs. Nash is a senior in the Hussman School of Media and Journalism and is an award-winning photographer and filmmaker.

Dance at Carolina

10:00am-11:00am
Live via Zoom [https://unc.zoom.us/j/92730710733](https://unc.zoom.us/j/92730710733)

This Zoom session will be held with dance professor, Heather Tatreau, to discuss dance at Carolina. Is there a dance minor? What dance courses are offered? What opportunities are there to perform and take master classes?

The Annual Carolina Family Meeting featuring Chancellor Guskiewicz

11:00am-12:00pm ET
Live via Zoom [https://go.unc.edu/familymeeting](https://go.unc.edu/familymeeting)
Meeting ID: 953 8976 8205
Passcode: annual
Stream Live on Facebook: [https://www.facebook.com/UNCnsp](https://www.facebook.com/UNCnsp)

This annual tradition invites ALL Carolina families together for an event with Interim Chancellor Kevin Guskiewicz and UNC leadership. The Carolina Parents Council National Chairs will host this event where Chancellor Guskiewicz will provide remarks and updates on all things UNC! Expect an opportunity for Q&A with University Leadership. In preparation, please submit your questions by September 24 at 5pm ET here: [https://go.unc.edu/cfwkgquestions](https://go.unc.edu/cfwkgquestions)

Revisiting Discourses of Love, Sex, and Desire in Modern Iran and Diaspora

12:00pm-1:30pm
Live via Zoom. Register here: [http://go.unc.edu/Iran](http://go.unc.edu/Iran)

This symposium brings together a range of scholars from different disciplines focusing on modern Iran to analyze the wide variety of ways in which love and desire have been represented, imagined, and discursively constructed. Participants will address discourses of love and desire and revisit those discourses considering the implications that they have for larger theoretical debates. See a full list of speakers and presenters at [go.unc.edu/iran-symposium](http://go.unc.edu/iran-symposium).

EURO-Fam Trivia

1:00pm-2:00pm

Live via Zoom ([https://unc.zoom.us/j/92423524440](https://unc.zoom.us/j/92423524440))

The UNC Center for European Studies will be hosting a EURO-Fam trivia event for all EURO majors and their families at 1 pm on Saturday, September 26! Come out and learn more about the program, meet CES staff and Faculty, and enjoy a round of trivia developed by one of our EURO majors!

H.I.I.T. with Campus Recreation

1:15pm-1:45pm

Live via YouTube Streaming ([www.youtube.com/user/unccampusrec](http://www.youtube.com/user/unccampusrec))

H.I.I.T., or High Intensity Interval Training, challenges your natural ability to adapt! This class combines timed cardio and resistance training intervals, plyometrics and core training to deliver an explosive high energy workout.

The Tar Heel Family Reading Program Panel Book Discussion

2:00pm-3:00pm

Stream Live on Facebook: [https://www.facebook.com/UNCnsfp](https://www.facebook.com/UNCnsfp)

This past month over 150 families registered to join the Tar Heel Family Reading Program for a common read of Just Mercy by Bryan Stevenson (learn more here: [https://nsfp.unc.edu/our-programs/tar-heel-family-reading-program](https://nsfp.unc.edu/our-programs/tar-heel-family-reading-program)). Even if you
didn’t register, maybe you have already read the book and want to listen to the
discussion. Tune-in with an afternoon snack on our YouTube page to watch.
Bookmark our website? we may have offering more common reading programs
for families in the future!

Capture Some Clues with Carolina

2:00pm-4:00pm
Live via Zoom (https://unc.zoom.us/j/98444941469 [39])

Join the Residence Hall Association in a UNC Scavenger Hunt all from the comfort
of your living room! Work alone or on a team to solve the clues and learn about
UNC along the way!

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Company

7:30pm-9:30pm
Live via Zoom https://www.twitch.tv/kenantheatrecompany [29]

The Kenan Theatre Company presents a reading of Sharai Bohannon's
Craigslisted. A down-on-her-luck college student turns to the Craiglist personals
to make a living. Her interactions lead her to find out more about other people (and
herself) than she ever wanted to know.

SUNDAY, SEPTEMBER 27
The Lab: Tar Heel Photo Walk

10:00am-10:30am
Pre-recorded https://go.unc.edu/PhotoWalk [40]

Join the Carolina Union’s office of Communications & Creative Services as they
share tips for getting great photos on UNC’s campus. Student Staff photographer
Nash Consing will share his insight on capturing photos at locations like The Old
Well, South Building, The Bell Tower and more. This program will be useful for all skill levels and camera equipment, from phone cameras to DSLRs. Nash is a senior in the Hussman School of Media and Journalism and is an award-winning photographer and filmmaker.

Episcopal Campus Ministry Family Weekend Zoom Coffee Hour

10:15am-11:00am

Live via Zoom -
https://unc.zoom.us/j/94975606583?pwd=dEYvaGtpQVF2NHF2di9qOU5qMCtUQT09

Welcome to new and returning Episcopal Campus Ministry (ECM) students at our Zoom Coffee Hour, following the 9:00am ET live stream worship with The Chapel of the Cross (Facebook.com/COTCchapelhill [42])

SmallFest 2.0
12:00pm-2:00pm

www.go.unc.edu/SmallFestCFW

Is your student looking to get connected to student life on campus? This virtual involvement fair held in the Heel Life website [44] is the perfect time for them to learn more about student organizations as well as campus departments that have involvement opportunities!

On the day of the event, your student will navigate to the event page on HeelLife.unc.edu [44] to 'enter' and participate in the fair. They will be able to view a short description for each participating org and navigate from each organization's virtual meeting room to gain more information and then virtually "hop" from room to room. If your student has any questions during the fair, please have them visit our Help Desk to connect with a Heel Life Coordinator to ask a peer mentor about organizations on campus. Students can always contact us at studentlife@unc.edu [45] if they have questions or concerns.

UNC CLS Student Lab Virtual Tour
UNC Clinical Laboratory Science would like to present our virtual student lab tour. Students in the program develop their skills right here in labs such as hematology, immunogenetics, microbiology, and more. Meet a few of our second year students and learn more about the program!

Pilates with Campus Recreation

4:15pm-4:45pm

Live via YouTube Streaming (www.youtube.com/user/unccampusrec)

Lengthen and strengthen your body using core muscle groups through a series of non-impact exercises designed to focus on deep muscles of the abdominals, back, hips, and glutes. Benefits of Pilates include better posture, injury prevention, increased strength, and flexibility.

UNC Wesley Campus Ministry: Meet the Team & Worship

6:30pm-8:30pm

Live via Zoom - https://unc.zoom.us/s/92321519199

Join us at 6:30PM to meet some of the staff and student leaders here at UNC Wesley. We'll give you a little overview but are prepared to answer any questions, comments, etc that you might have about Wesley. Then, stay on the call for our virtual Sunday Night worship service at 7:30PM. See how we typically worship, meet new people, and get your questions answered! We can't wait to meet you!
12:00pm-1:30pm Live via Zoom. Register here: http://go.unc.edu/Iran This symposium brings together a range of scholars from different disciplines focusing on modern Iran to analyze the wide variety of ways in which love and desire have been represented, imagined, and discursively constructed. Participants will address discourses of love and desire and revisit those discourses considering the implications that they have for larger theoretical debates. See a full list of speakers and presenters at go.unc.edu/iran-symposium.

https://unc.zoom.us/j/94243524440
https://nsfp.unc.edu/our-programs/tar-heel-family-reading-program
https://unc.zoom.us/j/98444941469
https://go.unc.edu/PhotoWalk
https://unc.zoom.us/j/94975606583?pwd=dEYvaGtpQVF2NHF2di9qOU5qMCtUQT09
https://www.facebook.com/cotcchapelhill/
https://nsfp.unc.edu/www.go.unc.edu/SmallFestCFW
http://www.go.unc.edu/SmallFestCFW
mailto:studentlife@unc.edu
https://www.youtube.com/watch?v=fJ21wZSdAXA
[47] https://unc.zoom.us/s/92321519199