2022 SPRING FAMILY ORIENTATION SCHEDULE

All sessions will operate on Eastern Time (ET). For all Zoom and video links, please refer to the UNC Family Experience portal, uncfamilies.campusesp.com.

Note: Sessions marked with an asterisk (*) will be attended by both students and family members/guests.

9:00-10:20AM* INFORMATION FAIR | Browse content from campus resources and representatives to learn about the services and opportunities available to help you maximize your Carolina experience.

10:30-11:00AM* THRIVE @ CAROLINA | Join other transfer students and families to learn about what to expect from your Orientation and how to best prepare to thrive at Carolina.

11:05–11:35AM* PROFESSOR’S PERSPECTIVE | A Carolina faculty member will discuss expectations for the Carolina classroom and strategies to facilitate student success.

11:40-12:15PM FAMILY SMALL GROUP 1 | Connect with other Carolina family members in a discussion led by Family Orientation Leaders (FOLs) about how to best support your student as you navigate this new college experience together.

12:15-1:00PM BREAK

1:00-1:20PM ACADEMIC ADVISING | Gain insight on the Academic Advising Program with an overview of academic expectations, the undergraduate curriculum, and students’ academic responsibilities.

1:20-1:40PM ACADEMIC SUCCESS | Learn how to support your student’s academic excellence. The Center for Student Success will offer insight on how you can help your student take advantage of resources at Carolina to develop helpful habits, lower their stress, and meet all of their academic goals.

1:45-2:25 PM PARTNERS IN TRANSITION | Senior leadership from Student Affairs will discuss ways in which you can partner with Carolina to support your student towards graduation.

2:25-3:40PM BREAK

2:40-3:05PM* HEALTHY HEELS: HEALTH AND MENTAL HEALTH RESOURCES | The health and mental health of your student is critical to their success at Carolina. Learn about the resources available to your student, what is covered under the Campus Health fee, which insurance plans are in network, and more.

3:05-3:30PM* CAROLINA READY: CAMPUS PREPAREDNESS AND SAFETY | Education and awareness is a critical element of promoting campus safety and proper implementation of crisis and emergency response plans. The Office of the Dean of Students and leaders from Risk Management and Campus Safety departments explain Alert Carolina, safe transportation, methods for reporting concerns, and other valuable resources for practicing safety on campus.

3:35-4:25PM PARTNERS IN TRANSITION II | An overview of pertinent policies that set the expectations for student behavior at Carolina. Presenters will also review available campus resources that support student well-being and overall student success. Strategies and tips will be provided for engaging with your student about making responsible decisions around alcohol, personal conduct, and utilizing campus resources.
FAMILY SMALL GROUP 2  |  Debrief your Orientation experience and celebrate the completion of your student’s first step as an official member of the Carolina community.

INTEREST SESSION BLOCK 1  |  See below for sessions and descriptions.

INTEREST SESSION BLOCK 2  |  See below for sessions and descriptions.

LIVE SESSIONS  *sessions are live and only available during New Student & Family Orientation

Find Your Heel Print: Student Life and Leadership  |  Student Life and Leadership is here to help connect your student to student organizations and leadership development opportunities. Hear from current students about how they navigated the first-year experience at UNC and learn about the many ways students can make their mark at Carolina.

Student Billing  |  The Office of the University Cashier will provide basic information about Student Accounts & Billing, Authorized Users, Financial Aid Deferments, Payment Options, and Refunds.

PRE-RECORDED SESSIONS  *sessions may be viewed online at any time

Campus Recreation  |  Find out all the ways Tar Heels stay active during their time at Carolina! Campus Rec offers facilities and services to enhance your student’s mental, physical, and social well-being. Discover how you can participate in our wide variety of programs, including: Fitness & Wellness, Aquatics, Carolina Adventures (climbing, expeditions, and challenge course), Intramural Sports, and Sport Clubs. On-campus, off-campus, in-person, or virtually, Campus Rec will help your student stay active at UNC.

Eat Like a Tar Heel  |  UNC Chapel Hill is rated as one of the “Top 75 Best Colleges for Food in America” by the Daily Meal (2017). Learn about Meal Swipes, Plus Swipes, Flex, and how we will keep your student well fed on campus.

Carolina’s Global Guarantee  |  UNC-Chapel Hill guarantees that a global education is available to every student. No matter what your student’s major, a global education will help them develop the skills, knowledge, and mindset to succeed at Carolina and beyond. UNC offers a wide-ranging menu of global education opportunities on campus and abroad. Join us to learn how your student will benefit from a global education at Carolina!

Public Service  |  Discover how your student can connect your academic interests with public service and community engagement across North Carolina and throughout the world. The Carolina Center for Public Service offers opportunities through the APPLES Service-Learning and Buckley Public Service Scholar programs. Alternative breaks, service-learning courses, paid internships with course credit, project-based fellowships, and other opportunities connect students with the community, strengthening Carolina’s tradition of service and engagement.

University Career Services  |  Your student can begin their Carolina journey by exploring aspects of their personality, values, and skills and how they can support your major and career decision making. Allow University Career Services (UCS) to assist in aligning your student’s interests and strengths to campus involvement, internships, and other work experiences that will prepare them to become career-ready.

Undergraduate Research  |  Has your student ever wanted to research art history in Spain, study ecology in the South Pacific, or even help find cures for cancer right here in Chapel Hill? The Office for Undergraduate Research can help students achieve these goals. Students at UNC can conduct research in humanities, social sciences, and natural sciences. Learn how to get started.