2022 SPRING STUDENT ORIENTATION SCHEDULE

Please note that participation in all Orientation activities is expected and required in order for Orientation to be considered complete. All sessions will operate on Eastern Time (ET). For all Zoom and video links, please refer to your 2022 Spring Orientation Sakai site at sakai.unc.edu.

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 faculty expectations for the Carolina classroom and strategies to facilitate student success.

11:40-12:25PM SMALL GROUP | Meet your Orientation Leader and a group of fellow students to discuss orientation expectations and learn about your Carolina community.

12:25-1:25PM BREAK

1:30-2:20PM ACADEMIC ADVISING | Gain insight on the Academic Advising Program with an overview of academic expectations, the undergraduate curriculum, and your academic responsibilities.

2:20-2:40PM BREAK

2:40-3:05PM* HEALTHY HEELS: HEALTH AND MENTAL HEALTH RESOURCES | How will you stay healthy and well as a Carolina student? This session will encourage reflection on your plan for self-care in college and showcase campus services for health and mental health care.

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 Dean of Students Office and leaders from Risk Management and Campus Safety departments explain Alert Carolina, methods for reporting concerns, and other valuable resources for practicing safety on campus.

3:35-3:50PM HEELS UNITED: THE EQUAL OPPORTUNITY & COMPLIANCE OFFICE | This session is designed to promote awareness of Carolina’s Policy on Prohibited Discrimination, Harassment and Related Misconduct, addressing discrimination, harassment, and retaliation based on any protected status (i.e. age, color, disability, gender, gender expression, gender identity, genetic information, national origin, race, religion, sex, sexual orientation, or veteran status) including sexual assault or sexual violence, sexual exploitation; interpersonal (relationship) violence; and stalking. The session will focus on Carolina’s definition of consent and the role we all play in cultivating a culture of respect. This session will also highlight important information about support resources and reporting options.

3:55-4:45PM EXPLORING OUR STORIES | A collaborative workshop facilitated by your Orientation Leader and a professional staff member. Engage in reflection and discussion about your identities and your stories, and how they are an integral part of the Carolina community.
4:45-5:00PM | SMALL GROUP 2 | Reconvene with your small groups to discuss involvement opportunities, interest sessions, and learn about campus traditions.

5:05-5:30 PM* | INTEREST SESSION BLOCK 1 | See below for sessions and descriptions.

5:35-6:00 PM* | INTEREST SESSION BLOCK 2 | See below for sessions and descriptions.

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

*Find Your Heel Print: Student Life and Leadership* | Student Life and Leadership is here to help connect you 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 you can make your 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 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 you 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 you 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 major, a global education will help you 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 you will benefit from a global education at Carolina!

*Public Service* | Discover how you 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* | Begin your Carolina journey by exploring aspects of your 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 interests and strengths to campus involvement, internships, and other work experiences that will prepare you to become career-ready.

*Undergraduate Research* | Have you 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.