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).

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

9:15-9:55AM* CHECK-IN | All students and any family members who have registered to attend the session or who wish to register on site pick up their name tag, collect program materials, etc. Reminder: orientation is mandatory for all students and optional for family members.

10:00-10:30AM* 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.

10:35-11:05AM* PROFESSOR’S PERSPECTIVE | A Carolina faculty member will discuss faculty expectations for the Carolina classroom and strategies to facilitate student success.

11:10-11:55AM SMALL GROUP 1 in various locations| Meet your Orientation Leader and a group of fellow students to discuss orientation expectations and learn about your Carolina community.

11:55-12:45PM LUNCH at the Top of Lenoir Dining Hall

12:50-1:40PM ACADEMIC ADVISING | Gain insight on the Academic Advising Program with an overview of academic expectations, the undergraduate curriculum, and your academic responsibilities.

1:40-2:00PM BREAK

2:00-2:25PM* HEALTHY HEELS: HEALTH & 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.

2:25-2:50PM* 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.

2:55-3:10PM 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.

3:15-4:05PM 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.
Reconvene with your small groups to discuss involvement opportunities, interest sessions, and learn about campus traditions.

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

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

**INTEREST SESSIONS** Please pick 2 out of 3 to attend.

*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.

*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.