



UNC
STUDENT AFFAIRS

New Student &
Family Programs



FAMILY CALENDAR

2022-2023

*The University of North Carolina
at Chapel Hill*



WELCOME TO CAROLINA!

We are so excited that you and your student are now part of the Carolina family. This is a wonderful time for students to get ready for their next steps at UNC and for families to provide their own support as everyone transitions to this new place.

We feel confident that Carolina will become your student's home-away-from-home. While they get to know Carolina better, it's our job to make sure we are partnering with you, their family support, to help them along the way.

So, let's start here. We have provided this calendar to share resources, tips, conversation starters, and more as you move from Orientation and onward, throughout this year. Be sure to find the digital Carolina Family Handbook listed later for even more helpful information.

Welcome to the Carolina community!

*Your Office on Campus,
New Student & Family Programs*



ABOUT UNC

The nation's first public university is at the heart of what's next, preparing a diverse student body to become creators, explorers, innovators, and leaders in North Carolina and throughout the world.

Carolina's nationally recognized, innovative teaching, campus-wide spirit of inquiry and dedication to public service continue the legacy that began in 1795 when the University first opened its doors to students.

In Chapel Hill, students develop a voice for critical thought and the courage to guide change. They connect to the future they're already shaping. Carolina is committed to access for all, providing life-changing opportunities such as the Carolina Covenant, which promises a debt-free education to low-income students.

In its third century — an era of groundbreaking study and research — UNC-Chapel Hill is harnessing the very best of our fast-changing world. We're proud to advance knowledge for this and each generation to come.

ONLINE RESOURCES

UNIVERSITY HOMEPAGE

unc.edu

UNC STUDENT AFFAIRS

studentaffairs.unc.edu

NEW STUDENT & FAMILY PROGRAMS

nsfp.unc.edu

*For more phone and web contact information, please see **page 27** of the calendar.*

NEW STUDENT & FAMILY PROGRAMS (NSFP)

Our mission is to provide new undergraduate students the information and activities needed to transition smoothly to Carolina. NSFP also wants to create an ongoing partnership between the University and Carolina families, in support of our students. Do not hesitate to connect with NSFP as you link to campus – let us be your first email or phone call when you have questions, needs, or feedback!

Visit our website and social media channels to learn more about what we do, sign-up for the UNC Family Experience, see the digital Carolina Family Handbook, and find updates on upcoming events like Carolina Family Weekend.

CONTACT US

919-962-8304
families@unc.edu

VISIT US ON THE WEB

- families.unc.edu or nsfp.unc.edu
- UNC New Student & Family Programs
- @UNCnsfp

THE UNC FAMILY EXPERIENCE

During the summer, we will invite you to create an account on the UNC Family Experience, your communication link to the University during your student’s time at Carolina. As you register for orientation, you will be given an account automatically. If your email address has changed from the time your student submitted their application to UNC or made their Orientation reservation, you may sign up at uncfamilies.campusesp.com

WELCOME TO FAMILY ORIENTATION

We’re glad you’re here! Over the course of this program, you will learn how to partner with UNC to support your student’s success, connect with faculty and staff, see the campus community, and learn resources available to your student. Here is some information to help you along the way:

ORIENTATION HELP DESK

When in need, visit the Orientation Help Desk located next to the Frank Porter Graham (FPG) Student Union Information Desk during the following hours:

| | |
|------------------------------|-------------------|
| FIRST-YEAR ORIENTATION DAY 1 | 8:30 AM – 5:15 PM |
| FIRST-YEAR ORIENTATION DAY 2 | 8:15 AM – 4:15 PM |
| TRANSFER ORIENTATION | 8:00 AM – 6:00 PM |

NAMETAGS

Your Orientation nametag will be at Check-In, and it is your ticket to all Orientation events and meals. Anyone not wearing a nametag may be excluded from Orientation events. Damaged or lost nametags can be replaced at the Help Desk.

| | |
|----------------------------|--|
| Internet Access | Visitors may use UNC-Guest for Wi-Fi access. Visit wifi.unc.edu to learn more. |
| Lost & Found | Call the FPG Student Union Information Desk at 919-962-2286 . |
| Emergency Numbers | For emergencies, dial 911 . For non-emergency assistance from the UNC Police, dial 919-962-8100 . |
| Smoking and Vaping | Smoking is not permitted within 100 feet of any UNC building. Visit ehs.unc.edu/about/healthy/smoking to learn more. |
| Visitor Disability Parking | Visit maps.unc.edu/parking/visitor for an interactive map of available spaces. |

GREETINGS FROM UNIVERSITY LEADERSHIP



Dear Parents and Families,

We are excited to welcome you to Carolina. This fall, your student will begin an incredible journey, and I thank you for your encouragement and support. At Carolina, we prepare our students to succeed in a rapidly changing world. Your student will learn from world-class faculty members who are focused on excellence in teaching, ground-breaking research and advancing innovation. We want all of our students to have the opportunity to explore new ideas, solve problems and nurture their creative passions. Carolina has a long tradition of public service, and I hope your student will engage in ways that improve the lives of others.

We also want every student to feel welcomed and included in our diverse community. A major focus this year will be how we “Build Our Community Together” so that all feel emboldened to do their best work. Our faculty and staff are ready to support our students every step of the way.

This Family Calendar and New Student & Family Programs are valuable resources for you. Please feel free to contact us if you have any questions. I look forward to meeting you over the next few years.

Sincerely,
Kevin M. Guskiewicz
Chancellor



Welcome to the Tar Heel Family!

As your student begins their Carolina experience, we hope this Family Calendar will serve as a valuable university resource. Parents and families are important partners in college students’ success and we want to reinforce your critical role in our Carolina community.

Our Student Affairs team strives to create a welcoming and inclusive campus environment, facilitate opportunities for learning and development, and foster student success. We know this is an exciting and challenging adjustment for your student and your family. We’re here to support you in this process and to facilitate a strong and rewarding partnership between the University, your student, and your family.

We hope that you will take full advantage of the information in this Calendar and call upon us when needed. New Student & Family Programs is your link to the University and we welcome your feedback.

Best of luck to you and your student this year. We look forward to connecting with you. Go Heels!

Sincerely,
Amy Johnson
Vice Chancellor for Student Affairs

AUGUST

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|----------------------------|---------|-----------|------------------------|--------------------------------------|----------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | Residence Hall Move-In | | |
| | | | | Weeks of Welcome | | |
| 14 New Student Convocation | 15 Classes Begin (FDOC) | 16 | 17 | 18 | 19 Last Day for Late Registration | 20 |
| Residence Hall Move-In | | | | | | |
| Weeks of Welcome | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Weeks of Welcome | | | | | | |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| Weeks of Welcome | | | | | | |

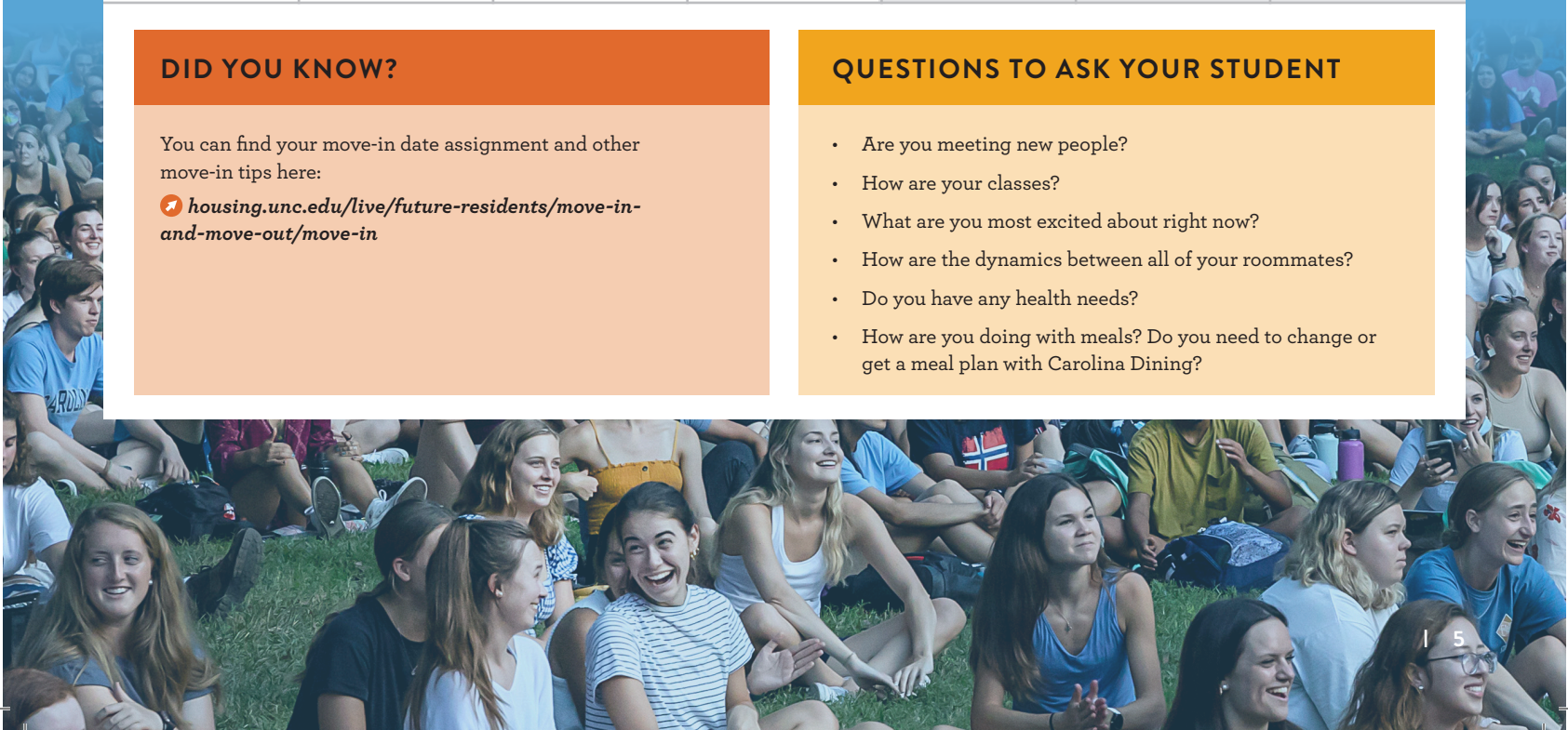
DID YOU KNOW?

You can find your move-in date assignment and other move-in tips here:

housing.unc.edu/live/future-residents/move-in-and-move-out/move-in

QUESTIONS TO ASK YOUR STUDENT

- Are you meeting new people?
- How are your classes?
- What are you most excited about right now?
- How are the dynamics between all of your roommates?
- Do you have any health needs?
- How are you doing with meals? Do you need to change or get a meal plan with Carolina Dining?



WEEKS OF WELCOME

Weeks of Welcome, or WOW, is a great tradition to help kick-off the start of the academic year at Carolina. Spearheaded by the student-led WOW Board, the two weeks feature nearly 150 campus-sponsored events to welcome students, help them get connected, and start the year off well. Encourage your student to attend! They can find the schedule at nsfp.unc.edu/wow

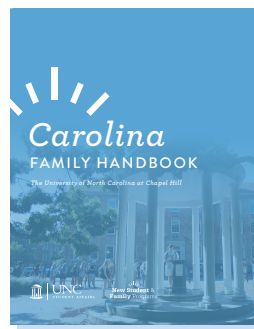


MANAGING EXPECTATIONS AND TRANSITIONS: TIPS FOR FAMILIES

- Be willing to listen to your student and discuss how and when you want to communicate.
- Encourage them to solve their problems and questions as they arise.
- Send care packages or letters.
- Provide support without supervising.
- Your student will still look to you for support, so familiarize yourself with campus resources.

THE CAROLINA FAMILY HANDBOOK

The Carolina Family Handbook is a digital publication full of helpful information about what UNC has to offer and resources you can share with your student. Visit nsfp.unc.edu/families/carolina-family-handbook or scan the QR code with your mobile device.



CAMPUS HEALTH SERVICES

Campus Health provides a broad range of ambulatory primary care and mental health services, using board-certified providers and specialists to care for students medical and mental health needs. Campus Health provides specialty services including Gynecology, Orthopedics, and Travel Clinic and also offers two full-service pharmacies.

campushealth.unc.edu

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

CAPS provides mental health care and is available to assist your student in managing academic and personal demands more effectively. CAPS services include initial assessments, brief individual psychotherapy, group therapy, medication management, community referral coordination, academic intervention, and after-hours phone support.

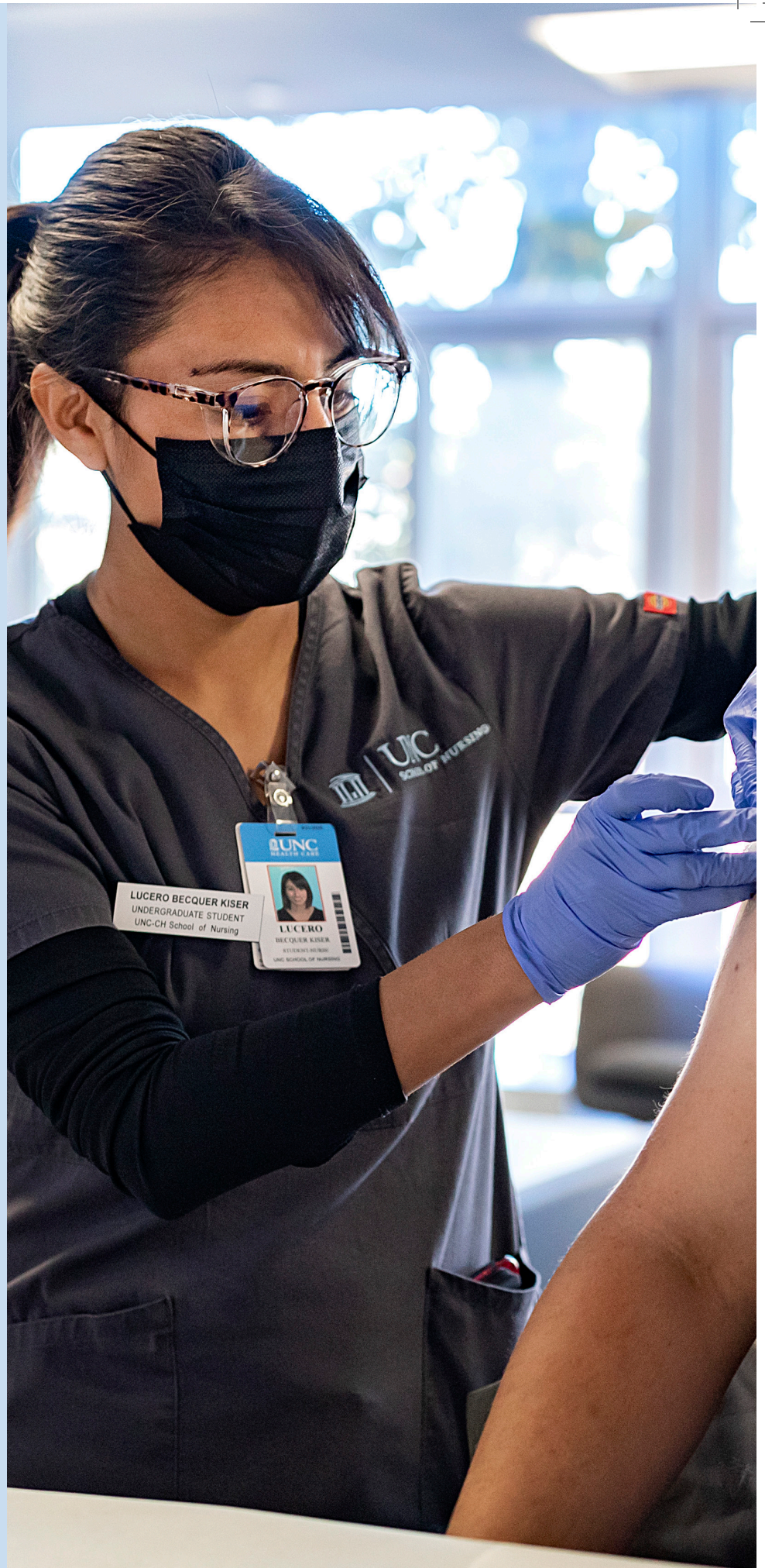
If a student's needs fall outside of the brief therapy that CAPS provides, e.g., instances such as specialized testing or they need open-ended treatment, therapists at CAPS can help students get connected with a mental health provider in Chapel Hill or surrounding areas.

caps.unc.edu

STUDENT WELLNESS

Student Wellness works to educate the University community about relevant health and wellness matters that impact students' personal and academic success. We also advocate for student needs, spread health messages to facilitate positive choices towards healthier behavior, and promote health equity and access through our work. This is done through strategic and collaborative partnerships with other departments, agencies, and student organizations across the campus and community. We envision a thriving campus culture that is safe, equitable, and well for all.

studentwellness.unc.edu



SEPTEMBER

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|-----------|----------|--------|----------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 Labor Day: No Classes Held | 6 Wellbeing Day: No Classes Held | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 Wellbeing Day: No Classes Held | 27 | 28 | 29 | 30 | 1 |

DID YOU KNOW?

The Alert Carolina Emergency Notification System communicates in multiple ways with the community in the event of an emergency or dangerous situation.

🔗 Learn more about the system at alertcarolina.unc.edu.

Families can sign up for notifications via Twitter.

🔗 Find out how at alertcarolina.unc.edu/register

LIVING WITH A ROOMMATE

All new, first-year students will live on-campus at UNC. Carolina Housing provides a robust program for students to enjoy where they live, get involved, participate in programs and events, and much more.

For many students this is the first time living on their own and with a roommate. Learning to live with a new person can be a difficult process and Carolina Housing can help. Encourage your student to get support from their Resident Advisor (RA) who is trained to help with roommate conflicts and mediation.





CAROLINA ATHLETICS

UNC-Chapel Hill is a member of the Atlantic Coast Conference and is home to 28 varsity teams. Carolina Athletics is a source of education and inspiration. There is nothing like experiencing an athletic event on campus, watching our talented student athletes and their coaches who guide them in competition.

➔ To learn more about the teams, purchasing tickets, finding schedules, and more visit: goheels.com

CAMPUS RECREATION

From Aikido to Zumba, Campus Recreation serves students by providing fun, active programs that enhance your health and quality of life, and opportunities to learn outside the classroom. This is where Tar Heels Stay Active!

The Student Recreation Center and Rams Head Recreation Center offer state-of-the-art weight training and cardio equipment. Add to that a variety of intramural and club sports, group fitness classes, motivational programs, fitness assessments and orientations, two indoor climbing walls, and personal training. Campus Recreation typically sees nearly 4,000 students come through the doors each day.

➔ For more information, visit: campusrec.unc.edu

CAROLINA FAMILY WEEKEND

New Student & Family Programs and its campus partners are re-imagining our programming this year and bringing you multiple weekends of family-friendly programming. Stay updated by visiting nspf.unc.edu

- **October 7–9:** Carolina Family Weekend, including...
 - UNC Football Watch Party
 - Annual Family Meeting with University Leadership
 - Academic & Center Open Houses
 - Focus on the Arts @ Carolina
 - Chapel Hill Street Festival
 - Tar Heel fall sports home games
 - & Much more!

SPRING REGISTRATION

New students typically register for spring courses in late Fall semester. You may hear from your student that this can be a time of anxiety as they think through deciding on a major, determining a schedule, and getting the classes they want and need. It is important to allow them space to problem solve and work through the process and encourage them to:

- Proactively reach out to an academic advisor. Dedicated appointments and drop-in hours are available and fill up quickly. Visit advising.unc.edu to learn more.
- See availability courses in the Course Catalogue at catalog.unc.edu
- Use the UNC Schedule Planner at registrar.unc.edu/courses/schedule-of-classes
- Review the Registration Guide at registrar.unc.edu/guide



IDEAS IN ACTION

PREPARING GRADUATES TO BECOME LIFELONG LEARNERS

This fall, Carolina is implementing its new IDEAs in Action curriculum, which has been many years in the making. IDEAs in Action is a curriculum that empowers students to design their own journey while providing them with a fundamental foundation that prepares them not only for their education at Carolina but future success as leaders, creative problem-solvers, lifelong learners and engaged citizens. All incoming first year and transfer students will participate in the new curriculum.

“IDEA” stands for Identify, Discover, Evaluate and Act — key steps in the process of learning how to think analytically, work collaboratively and communicate effectively, regardless of a student’s course of study.

IDEAs in Action has three key pillars:

First Year Foundations

Focus Capacities and Reflection

Integration

First-Year Foundations help students start strong. A key component is College Thriving, a one-credit course that prepares students to participate fully in the opportunities of a research university and find resources to support them in their educational pursuits. First-Year Seminars/First-Year Launches, Ideas, Information, and Inquiry (“Triple-I”), Writing at the Research University and Global Language round out the First-Year Foundation offerings.

Focus Capacities aid students in exploring a wealth of arts and sciences offerings while developing essential capacities for future learning and life. Students design their own course of study and gain valuable experience with writing, presenting, and collaborating with peers.

Reflection and Integration courses allow students to put their learning into action, through transformative experiences both inside and outside the classroom.

Learn more about the new curriculum at ideasinaction.unc.edu or scan the QR Code.



OCTOBER

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|--------|---------|---|-----------------------------|--------|--|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 The Family Football Experience |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Carolina Family Weekend | | | University Day: No Classes Held During Ceremony | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | Fall Break: No Classes Held | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

DID YOU KNOW?

Your student should plan to fill out the Federal Application for Student Aid (FAFSA) each year to be considered for student aid. Find out more at fafsa.ed.gov

Your student will receive a UNC OneCard that serves as their identification on campus, contains meal plans, provides access to events and spaces at Carolina, and more! You and your student can establish a Carolina Convenience account on the card where funds can be loaded to purchase meals, snacks, books, and school supplies on campus. Learn more at onecard.unc.edu

QUESTIONS TO ASK YOUR STUDENT

- How are your classes going?
- Are there any difficult midterms happening?
- What's your favorite part of being in college so far?
- Do you need my help with completing the FAFSA for next year?
- Do you have plans for Halloween? And, staying safe?



FINANCES

The **Office of the University Cashier** is the place on-campus that manages billing and collection of tuition, fees, housing costs, meal plan costs, and many other campus-related expenses.

Students can grant family members access to view and pay bills by granting authorized user or proxy access. Scan the QR code or visit ccinfo.unc.edu/give-proxyauthorized-users-access-information-2-2 to learn more.

The **Office of Scholarships and Student Aid** can help you and your student navigate the process of finding, applying for, and using student aid of many types. Each year you can visit their site to start the process by filling out the FAFSA and the CSS Profile.

Learn more at studentaid.unc.edu/incoming/how-to-apply

Many students finance part of their education seeking part-time jobs on campus and in the Chapel Hill area. **University Career Services** can be of support, and some students who qualify for Work-Study Programs can seek employment through that process.

Learn more at:

careers.unc.edu

studentaid.unc.edu/work-study-program

AUTHORIZED USER & PROXY ACCESS



FYI: HALLOWEEN IN CHAPEL HILL

Chapel Hill has a tradition of the community celebrating Halloween. The Franklin Street thoroughfare is the place many gather to show off their costumes. Carolina works to provide extra staffing during this time and provide alternative programming to make sure there are safe on-campus events for students. Talk with your student about their plans and ways they can make safe decisions.



NOVEMBER

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------------|--------|---------|-----------------------------------|----------|--------|----------|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Thanksgiving Recess: No Classes Held | | | | | | |
| 27 | 28 | 29 | 30 Last day of Class (LDOC) | 1 | 2 | 3 |

DID YOU KNOW?

Accessibility Resources and Service (ARS) works to meet the individual needs of students with disabilities, chronic medical conditions, a temporary disability, or pregnancy complications resulting in barriers to fully accessing University courses, programs and activities. Even if your student has never utilized accommodations before, you are invited to contact ARS for more information.

 ars.unc.edu

QUESTIONS TO ASK YOUR STUDENT

- Have you used office hours to meet with your instructors?
- In what ways have your interests changed this semester?
What kind of classes are you wanting to take in the spring?
- Have you met with an academic advisor this semester?



ACADEMIC ESSENTIALS

At this point in the semester, newer students have learned the academic routine with midterm exams, quizzes, papers, and more completed. If they are not happy with their progress or just want to continue to enhance their academic skills, then there is a plethora of resources for them to consider:

- **The Center for Student Success** features the **University Learning Center** and **Writing Center**.

Students can find academic coaching to improve their learning and study techniques, group and individual tutoring for specific subjects, support in reviewing writing assignments, and more.

Learn more at:

- studentsuccess.unc.edu
- learningcenter.unc.edu
- writingcenter.unc.edu

- **The University Libraries**

The University Libraries are your student's place to study, do research, recharge, and get things done. With 10 locations around campus and convenient hours there is always a way to get connected. Encourage your student to use us to:

- find books, articles, films and much more: library.unc.edu/find
- find space to be alone or with buddies to study: library.unc.edu/places/study
- take a break with a new book, stream a movie, and more: library.unc.edu/services/leisure



CAROLINA HOUSING

Carolina Housing offers a fantastic opportunity for first-year and upper-division students to get and stay connected to campus with spaces to live, learn and play! In the mid-Fall semester, students can apply to return to on-campus housing for the following year. They also want to make sure you stay informed about important dates throughout the year. Visit their site to stay updated.

housing.unc.edu

OFF-CAMPUS STUDENT LIFE

This office is committed to educating all Carolina students in life skills related to living off-campus and in the community. Your student should look to them to make informed choices about off-campus housing and roommates. Many students feel the pressure to sign off-campus housing leases early in their first year at Carolina. We share family concerns about students being asked to sign leases with other students they barely know. We also feel that students can greatly benefit from at least two years of living on-campus. Be proactive in your conversation about this with your student. Encourage them to gather good information and communicate your expectations about this decision-making process.

offcampus.unc.edu



PREPARE FOR WINTER BREAK

Winter Break is nice time for students to decompress from a busy semester and prepare for spring. It is also important time in the evolving relationship between you and your student. For many, this may be the first time that your student will be home for more than just a long weekend. They have gotten used to more independence and will expect that some of their new formed habits will continue once they get home. Be sure to communicate clearly, what rules may still exist while they stay at home. At the same time, respect their individuality as they respect your house rules. Ask honest questions to foster open conversation about your student's experiences. This will help foster a positive relationship and winter break experience.

DECEMBER

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------|---------|--|--|----------------|----------|
| 27 | 28 | 29 | 30 | 1 Reading Day: No Classes or Exams Held | 2 Exam Days | 3 |
| 4 | 5 Exam Days | 6 | 7 Reading Day: No Classes or Exams Held | 8 Exam Days | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

DID YOU KNOW?

The Office of Student Conduct administers the Honor System and Honor Code that prohibits lying, cheating, stealing, and any conduct that impairs the welfare or educational opportunity of others in the Carolina community. The UNC honor System is over 130 years old and is one of the few in the nation led students.

🔗 Learn more at instrument.unc.edu

QUESTIONS TO ASK YOUR STUDENT

- How are you preparing for finals?
- How is studying going?
- What are you doing to get sleep and take care of yourself?
- What help do you need for getting home for the break?



JANUARY

2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---------|-----------|----------|--------|------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 Residence Halls Open |
| 8 | 9 Classes Begin | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 Dr. Martin Luther King, Jr. Day: No Classes Held | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

DID YOU KNOW?

The Dean of Students has a mission to give support and assistance to students. They seek to empower students when they are faced with challenges at the University. They can help with academic support, personal needs, managing grievances, absences, student emergency funding, and more.

🔗 Learn more at odos.unc.edu

QUESTIONS TO ASK YOUR STUDENT

- Are you excited to get back to campus?
- How are classes going? Are there any you really enjoy?
- What did not work well last semester? What will you do differently?
- What worked well for you last semester? Are you able to still do those things this time?



CAREER READINESS

University Career Services (UCS) is committed to helping students navigate the career planning and preparation process as they develop their career goals. Encourage your student to use UCS soon after arriving on-campus — it's never too early to get help exploring interests and mapping a plan for the future.

careers.unc.edu

HOW CAN PARENTS AND FAMILY MEMBER SUPPORT THEIR STUDENTS CAREER PLANNING?

- Encourage them to explore major/career interests by taking assessments that clarify their strengths.
- Have them consider enrolling in courses designed to expose new students to the practical application of career development theories.
- Cheer them on as they build their experience through volunteering, internships, and leadership roles. These can help hone career interests, develop new skills, and make them more marketable to employers.
- Remind them that UCS has Career Counselors available to meet and discuss their career planning and goals.

Scan the QR Code to learn more about UCS and how you can help:



STUDY ABROAD

How will your student go global at Carolina? Through UNC Study Abroad, your student will have access to one of the most impactful educational experiences possible. UNC sponsors over 360 programs in 70 countries around the world! One of the most common questions is if a study abroad program will fit into a student's academic plan and still graduate on time. Your student can earn credits towards their degree while living and studying in a different country for a summer, semester, or full year. Parents and families also have questions about funding an experience like this. The cost can vary based on length of trip, local cost of living, in-state or out-of-state status, and more. UNC Study Abroad is committed to helping students find a great academic and financial fit in a program. Students are eligible to participate as soon as their second semester at Carolina. Visit the Study Abroad website to view upcoming events, browse programs, and see deadlines.

studyabroad.unc.edu



FEBRUARY

2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|---------|-----------|----------|--------|----------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Wellbeing Days: No Classes Held | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |

DID YOU KNOW?

UNC has full time Gender Violence Prevention Services Coordinators that provide confidential support, resources, and referrals to people who have been affected by sexual violence, relationship violence, stalking, or harassment.

🔗 Learn more at gvsc.unc.edu

QUESTIONS TO ASK YOUR STUDENT

- Are mid-terms coming up? How are those going?
- Spring Break is coming up in March. What are your plans?
- How are you staying motivated?
- Have you met with an advisor about next year and beyond?
- Have you thought about what classes you might be taking in the fall?





**Heels Care**
NETWORK

 Asking for help can feel difficult, but getting help at Carolina shouldn't be. Visit care.unc.edu for mental health resources available to support all campus community members.

HEELS CARE NETWORK

The Heels Care Network website will serve as a hub for mental health and well-being resources available to Carolina students, staff, and faculty, including links to 24/7 support and suicide prevention resources. It also features a live chat and a link to an anonymous care referral form for anyone to report concerns they have for a student.

This campus-wide collaboration is designed to help students, families, faculty, and staff — our entire extended Tar Heel community — find the resources they need to support their mental health and well-being.

 care.unc.edu

LEARN HOW THE ALCOHOL POLICY AFFECTS YOU

know

THE POLICY

 alcohol.unc.edu 

UNC-Chapel Hill is committed to ensuring the safety of its students through these guidelines for UNC students and student organizations

UNC ALCOHOL POLICY

The Alcohol Policy is designed to support the larger mission of the University and to promote the values of honor and integrity, personal responsibility, dynamic learning, and community engagement. Through incorporation of a public health perspective, this policy strives to cultivate an educational environment that encourages healthy and responsible behaviors, fosters academic and personal success, supports student retention, and promotes the safety and well-being of all members of the University community.

 alcohol.unc.edu

MARCH

2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|----------------------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Spring Break: No Classes Held | | | | | | |
| 19 | 20 Classes Resume | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

DID YOU KNOW?

The University adheres to the Family Rights and Privacy Act (FERPA). This is a federal law passed in 1974 that limits the type of information the University releases about a student.

➔ Please visit registrar.unc.edu/academic-services/uncferpa for additional information.

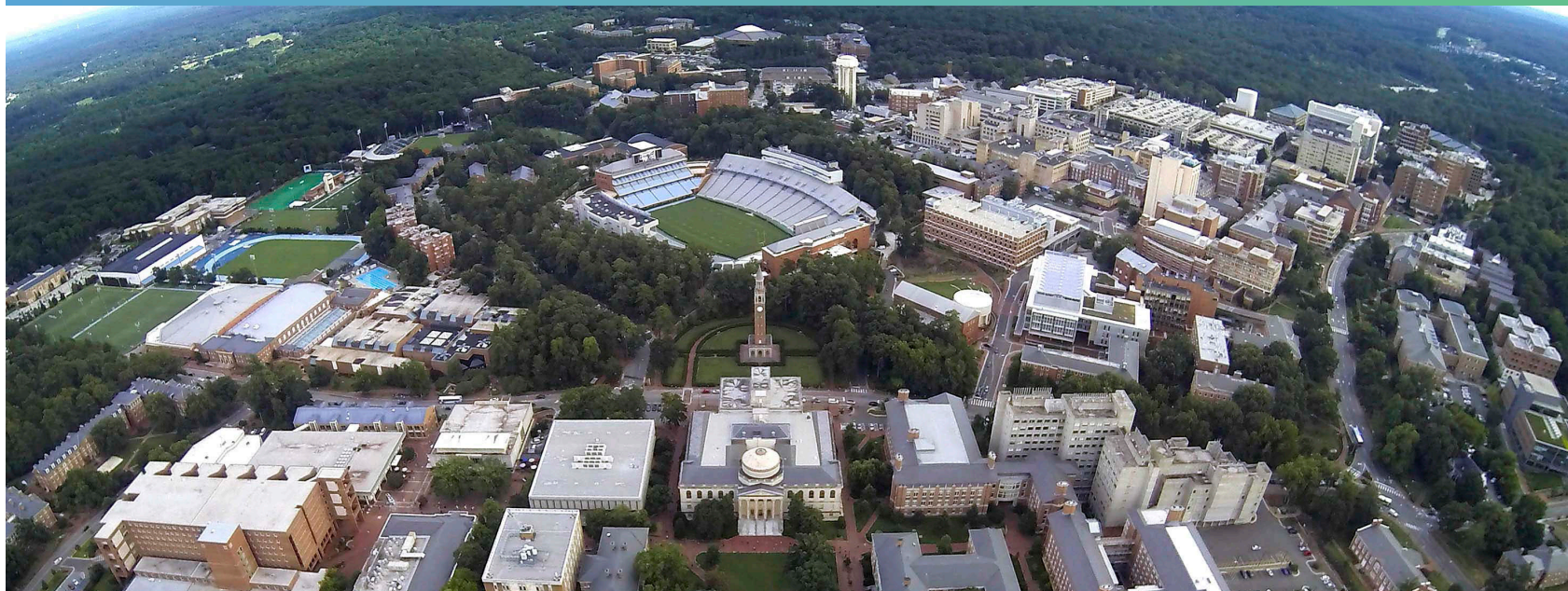
QUESTIONS TO ASK YOUR STUDENT

- Are mid-terms coming up? How are those going?
- What are you doing to manage stress?
- Do you have travel plans for Spring Break?
- What are you planning for summer or after this semester?



TALK TO YOUR STUDENT BEFORE SPRING BREAK

It's the mid-point of the semester, and late in the academic year for your student. It's important for you to talk with them about their academics, well-being, outside of class involvement, and encourage they make the most of their academic resources and educational experiences. Help them make informed decisions, with the best information possible. The week prior to spring break can be a great time to speak with your students about alcohol, safety, and decision-making that is supportive of their health and goals.



CAMPUS SAFETY

UNC Police supports the University's core mission of teaching, research, and public service by developing partnerships that, through the encouragement of problem-solving and communications, seek to identify and address public safety needs with professionalism and integrity, all while protecting North Carolina's future.

➔ Learn more at alcohol.unc.edu

STUDENT PROGRAMMING AND SERVICES INCLUDE:

- Emergency Call Boxes are yellow phone boxes or black poles with blue lights on top, that are stationed across campus. In an emergency, students can press the red button resulting in police knowing the location and responding.
- U-Lock Bicycle Registration helps those at Carolina protect their bicycles from theft by registering them with UNC Police. In return for registering a bike, students receive a coupon to UNC Student Stores to save money on a U-Lock.
- Rape Aggression Defense (RAD) Training is a comprehensive women's-only course which develops and enhances the options of self-defense, so that options become viable to women being attacked. The course is taught by nationally certified RAD instructors and provides each student with a workbook and manual.
- The Carolina Ready Safety App is a mobile app that empowers students with the tools they need to be prepared, mitigate dangers, and respond appropriately to situations that occur. The app includes emergency alerts, tools for staying safe on campus, emergency response guides, campus maps and a variety of health and wellness resources. It can be downloaded in your devices App Store.
- SAFE Walk is a free Student Government initiative to increase nighttime safety for students. A male-female pair of UNC Police-trained students will walk with the student to their desired on-campus destination
- Safe at UNC is a website hub that serves as a central location for campus safety-related information. Visit safe.unc.edu to learn more.

APRIL

2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|---|---|---|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 Well-being Day: No Classes Held | 7 University Holiday: No Classes Held | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 The Last Day of Class (LDOC) | 29 Reading Day: No Classes or Exams Held |
| 30 | | | | | | |

DID YOU KNOW?

The “Last Day of Class”, otherwise known as “LDOC” is a celebrated day by many students. Many students see it as a time to rest and blow off some steam before exams. The University promotes lots of fun programming on this day. Encourage your students to celebrate safely.

QUESTIONS TO ASK YOUR STUDENT

- What is your plan for summer?
- How are you preparing for exams?
- What went well this semester? What do you want to improve for next semester?
- Is everything set for Commencement (if your student is graduating?)



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-----------|---------|--|-----------|--------|--|
| 30 | 1 | 2 | 3 Reading Day: No Classes or Exams Held | 4 | 5 | 6 Reading Day: No Classes or Exams Held |
| | Exam Days | | | Exam Days | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Exam Days | | | | | |
| 14 Commencement for Graduating Students | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

DID YOU KNOW?

UNC also Summer School, in a three-week Maymester and two five-week summer sessions. Talk with your student about how this may help them manage their academic journey. Learn more at summer.unc.edu

QUESTIONS TO ASK YOUR STUDENT

- Are you taking summer classes?
- What are your classes and schedule like for next semester?
- How can we be supportive with moving out of your residence hall?



CELEBRATE A GREAT YEAR

For most of you reading this, you and your student have completed your first year at Carolina. Take time to reflect together and celebrate all that has been accomplished and learned. Remember, you're a Tar Heel family and you are building on this tradition of excellence. Lux Libertas and GO HEELS!

RAMESES: A MASCOT'S STORY

With Carolina's nickname being "The Tar Heels", you might be wondering why the ram is the mascot. In 1924, Carolina's head cheerleader, Vic Huggins, decided the university needed a symbol. Two year's earlier the football team has a star, Jack Merritt, who was nicknamed "the battering ram" for the way he played. Huggins then suggested buying a ram mascot, leading to the purchase of Rameses the First for \$25. Today, the live Rameses can still be seen at football games and the costumed mascot at many sporting and community events.

Source:

blogs.lib.unc.edu/hill/2016/03/21/rameses-a-mascots-story



MY STUDENT'S CONTACT INFORMATION

My student's PID: _____

My student's personal campus mailing address

Residence Hall Name: _____ Room Number: _____

Street Address: _____ City/State/Zip: Chapel Hill, NC _____

Roommate(s) Information: _____

Bookmark it online at housing.unc.edu/live/resident-resources/mail-packages/whats-my-address

COMMON CONTACTS FOR FAMILIES

NEW FAMILY RESOURCES

New Student & Family Programs

nsfp.unc.edu

919 962 8304

Student Affairs

studentaffairs.unc.edu

919 966 4045

EATING & LIVING

Carolina Housing

housing.unc.edu

919 962 5401

Carolina Dining Services

dining.unc.edu

800 UNC MEAL

Off-Campus Student Life

offcampus.unc.edu

919 962 1303

UNC Student Stores

unc.bncollege.com

919 962 5066

FINANCES

Office of the University Cashier

cashier.unc.edu

919 962 1368

UNC One Card

onecard.unc.edu

919 962 8024

Office of Scholarships and Student Aid

studentaid.unc.edu

919 962 8396

HEALTH & SAFETY

Campus Health Services

campushealth.unc.edu

919 966 2281

Counseling and Psychological Services

caps.unc.edu

919 966 3658

Student Wellness

studentwellness.unc.edu

919 962 WELL (9355)

Alert Carolina

alertcarolina.unc.edu

UNC Police

police.unc.edu

919 962 8100 (for emergency, dial 911)

STUDENT SUPPORT

Academic Advising

advising.unc.edu

919 966 5116

Accessibility Resources & Service

ars.unc.edu

919 962 8300

Equal Opportunity & Compliance Office

eoc.unc.edu

919 966 3576

Office of the University Registrar

registrar.unc.edu

(919) 962-3954

The Center for Student Success

learningcenter.unc.edu

919 962 3782

The Dean of Students

odos.unc.edu

919 966 4042

QUICK REFERENCE GUIDE

| Issue | Suggested Parent/Family Response | Student Resources |
|---|---|--|
| Academic Problems | Is your student attending class regularly? Encourage your student to meet with their professor and/or academic adviser to discuss grades, attendance, test preparation, or other related issues. All faculty hold office hours for students and encouraging your student to visit the professor during office hours often is more productive than trying to speak with a professor before or after class. | Faculty, Academic Advising, Learning Center, UNC Writing Center, Undergraduate Library, Counseling & Psychological Services (CAPS) |
| Academic Integrity | If academic integrity is in question, your student may receive a low or failing grade. They may also receive a conduct warning. Students may also be required to attend a conduct hearing. | Student Conduct |
| Alcohol/Substance Use | Share your views on illegal and/or excessive drinking. Talk with your student about how much they are drinking and how it might be affecting their health, safety, and academics. Ask your student if they would make an appointment to talk with someone in Campus Health, Student Wellness, or CAPS. | Campus Health, Student Wellness, Counseling & Psychological Services (CAPS) |
| Bias, Harassment, and/or Discrimination | If your student shares an incident of racial/other bias, harassment, or discrimination, they should report it by visiting eoc.unc.edu/report-an-incident to report bias. Students can connect with a variety of resources for support. | Equal Opportunity & Compliance, Accessibility Resources & Service, Counseling and Psychological Services (CAPS) |
| Conduct/Legal Issues | When a student participates in behaviors that may violate the University's Code of Conduct and/or local, state, or federal law, there may be consequence through both the University and local law enforcement. As you provide support to your student through these processes, take a look at the Student Conduct and Student Legal Services websites. For situations which occur in the residence halls, Carolina Housing may be an appropriate resource. | Student Conduct, UNC Student Legal Services, Carolina Housing |
| Disabilities (Accessibility Needs and Accommodations) | Your student should contact Accessibility Resources & Service prior to the beginning of the semester. Provide testing documents or medical reports to your student. | Accessibility Resources & Service |
| Dropping a Class | Remind your student to check the drop deadline date and consult with their academic adviser. Discourage dropping a class until every other possibility is exhausted. Dropping a class can impact your student's financial aid and other opportunities such as joining a fraternity or sorority. Students may not receive a tuition refund if they drop classes after the start of the semester. | Academic Advising |
| Faculty Issues | Encourage your student to talk with their professors to discuss issues. If there is no resolution, they should consult with their academic adviser, contact the academic department, and/or meet with an OMBUDS advisor. | Faculty Office Hours, Advising, OMBUDS |
| Family Emergency | Keep your student informed about any serious family illnesses, if possible. Make sure your student is not alone when receiving bad news. A roommate or close friend should help. Encourage your student to seek help if they are struggling to function and/or feeling distressed. | The Dean of Students, Counseling & Psychological Services, CAPS, Carolina Housing |
| Homesick | Prepare your student before school starts; schedule a time when they will visit home or when you will visit campus; encourage out-of-class activities; reassure your student that homesickness is normal and encourage your student to seek help if necessary. Let your student know that the feelings will subside as they feel more and more connected to people, classes, and groups on campus. Limit home visits during the first six weeks to facilitate and support college transition and assist with fostering community. | Resident Assistant, Carolina Housing, Orientation Leader |
| Illness of Student | Your student should visit Campus Health. Reassure your student that antibiotics are not always necessary and won't be given unless there is evidence of a bacterial infection. In the event of an emergency, they should go to the local emergency room. | Campus Health |
| Lost ONECard | Students can place a hold on their ONECard or have it replaced for a small fee if their card is lost. | UNC ONECard |
| Money Issues | Discuss money issues, including budgets, before your student leaves home. Does your student have their own bank account? Who is paying the bills? Do you have access to the tuition bill (Authorized Proxy) on the student's account? | University Office of the Cashier |
| Roommate Conflicts | Encourage your student to take time to work through conflicts; discuss the educational value of learning to get along with someone who is different; and encourage open communication. | Resident Assistant and/or Carolina Housing, Off-Campus Student Life, Student Conduct |

QUICK REFERENCE GUIDE

| Issue | Suggested Parent/Family Response | Student Resources |
|---|--|--|
| Safety Issues | The most frequently reported crimes are theft-of-opportunity and alcohol related crimes. Encourage your student to lock their door, to not leave their laptops and phones unattended, and to walk in groups at night. Download the Carolina Ready safety app and use the Mobile BlueLight feature. | Resident Assistant and/or Carolina Housing, Campus Safety, Equal Opportunity & Compliance |
| Sexual Misconduct or Assault | If your student is a victim of sexual misconduct or assault, listen to them and let them share what they feel comfortable sharing. They can seek confidential medical and emotional support on campus. Encourage your student to report the incident. Visit safe.unc.edu to learn more about these resources. | <p>Confidential Resources: Campus Health, CAPS, and Gender Violence Service Coordinators.</p> <p>Private Resources: Student Wellness, UNC Police, Student Conduct, and the Dean of Students.</p> |
| Talks of Transferring | It is not uncommon for students to talk about transferring, especially during the first year. Be patient, listen, and help them evaluate their options. | Academic Advising, University Registrar, CAPS |
| Unhappy/ Lonely/ Uncertainty about the College Experience | Some students may struggle to fit in at the beginning. Try to get to the reason for their unhappiness or uncertainty. Is it social or academic? Encourage your student to get involved outside of class, seek help, or even just keeping their door open (literally), when they are in their room to meet other students. Send a care package from home. Nothing makes friends faster than a box of homemade cookies to share. | Resident Assistant and/or Carolina Housing, Student Engagement, Student Affairs Diversity and Inclusion Offices, Counseling & Psychological Services (CAPS) |

You can find contact information on the offices in the resources column under **Common Contacts** on **page 27**. To learn more about each of these offices, you can also find them in the online Carolina family handbook at the link below. Use your smart device to scan the QR code and bookmark the site.

nsfp.unc.edu/families/carolina-family-handbook



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