



FAMILY CALENDAR



2023–2024

The University of North Carolina at Chapel Hill



UNC
STUDENT AFFAIRS



New Student &
Family Programs

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 **Common Contacts for
Families**, 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. NSFP is your link to campus — let us be your first email or phone call when you have questions, needs, or feedback!

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

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



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 – 5:00 PM
FIRST-YEAR ORIENTATION DAY 2	8:15 AM – 4:00 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/topics/smoke-free to learn more.
Visitor Disability Parking	Visit maps.unc.edu/parking/visitor for an interactive map of available spaces.
CarolinaGo	Download the CarolinaGO App from any Android or Apple device for digital Orientation schedules

GREETINGS FROM UNIVERSITY LEADERSHIP



Dear Parents and Families,

Welcome to the University of North Carolina at Chapel Hill!

We are delighted that your student will join the Carolina community this fall. You are an important part of our Carolina family and I thank you for your support and participation as your student begins an incredible journey.

Carolina has a proud tradition of academic excellence and public service. Our students have the opportunity to pursue their personal goals, nurture creative passions, discover hidden interests, and enjoy the educational experience of a lifetime. Your students will learn from world-class faculty that are focused on excellence in teaching, ground-breaking research, and sharing their knowledge and excitement in their classes. At Carolina, we are preparing the next generation to face a rapidly evolving future and make their mark on the world.

We look forward to welcoming our incoming students to Carolina's friendly and diverse community with a vibrant and engaged student body. Our faculty and staff are ready to engage and support your student 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 during the orientation sessions and over the next few years. We are very pleased and proud to have you join our Carolina family.

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

2023

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



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 go.unc.edu/wow

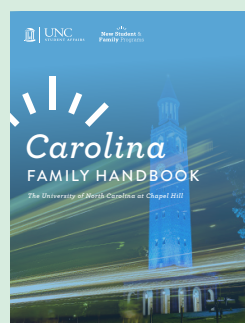


MANAGING EXPECTATIONS AND TRANSITIONS: TIPS FOR FAMILIES

- 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



REMINDER:

SEPTEMBER 10 & JANUARY 31

*Mandatory Student Health Insurance
Waiver deadlines*

SEPTEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Weeks of Welcome	
3	4	5	6	7	8	9
Weeks of Welcome	Labor Day: No Classes Held	Well-being Day: No Classes Held				
10	11	12	13	14	15	16
Fall Deadline for Mandatory Student Health Insurance Waiver						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Well-being Day: No Classes Held					

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

THE FAMILY FOOTBALL EXPERIENCE

SATURDAY, OCTOBER 7
UNC VS. SYRACUSE

The Family Football Experience day was created to provide a home-game, fan day experience focused on Carolina families and their students. Tickets are sold by lottery and Carolina families can register for a chance to be selected in the UNC Family Experience Portal. The event offers a pre-game tailgate experience from our partners at RevelXP & Carolina Athletics. Stay connected for more details at uncfamilies.campusesp.com



CAROLINA FAMILY WEEKEND

FRIDAY, OCTOBER 27 – SUNDAY, OCTOBER 29

Join us for a weekend highlighting Carolina's academics, arts, music, an away-game watch party & events in downtown Chapel Hill. This weekend is sponsored by New Student & Family Programs in collaboration with over 30 campus and community partners. Carolina Family Weekend is an annual tradition where families reconnect with their students, experience campus, meet other Carolina families, and connect with faculty & staff. There are exciting programs and events to explore and enjoy all within the vibrant, Carolina community.



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 second year of the 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.

“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

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 The Family Football Experience
8	9	10	11 University Day: No Classes Held During Ceremony	12	13	14
15	16	17	18	19 Fall Break: No Classes Held	20	21
22	23	24	25	26	27 Carolina Family Weekend	28
29 Carolina Family Weekend	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?
- Did you know New Student & Family Programs hires student leaders every fall? Visit nsfp.unc.edu for more details & to apply!



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

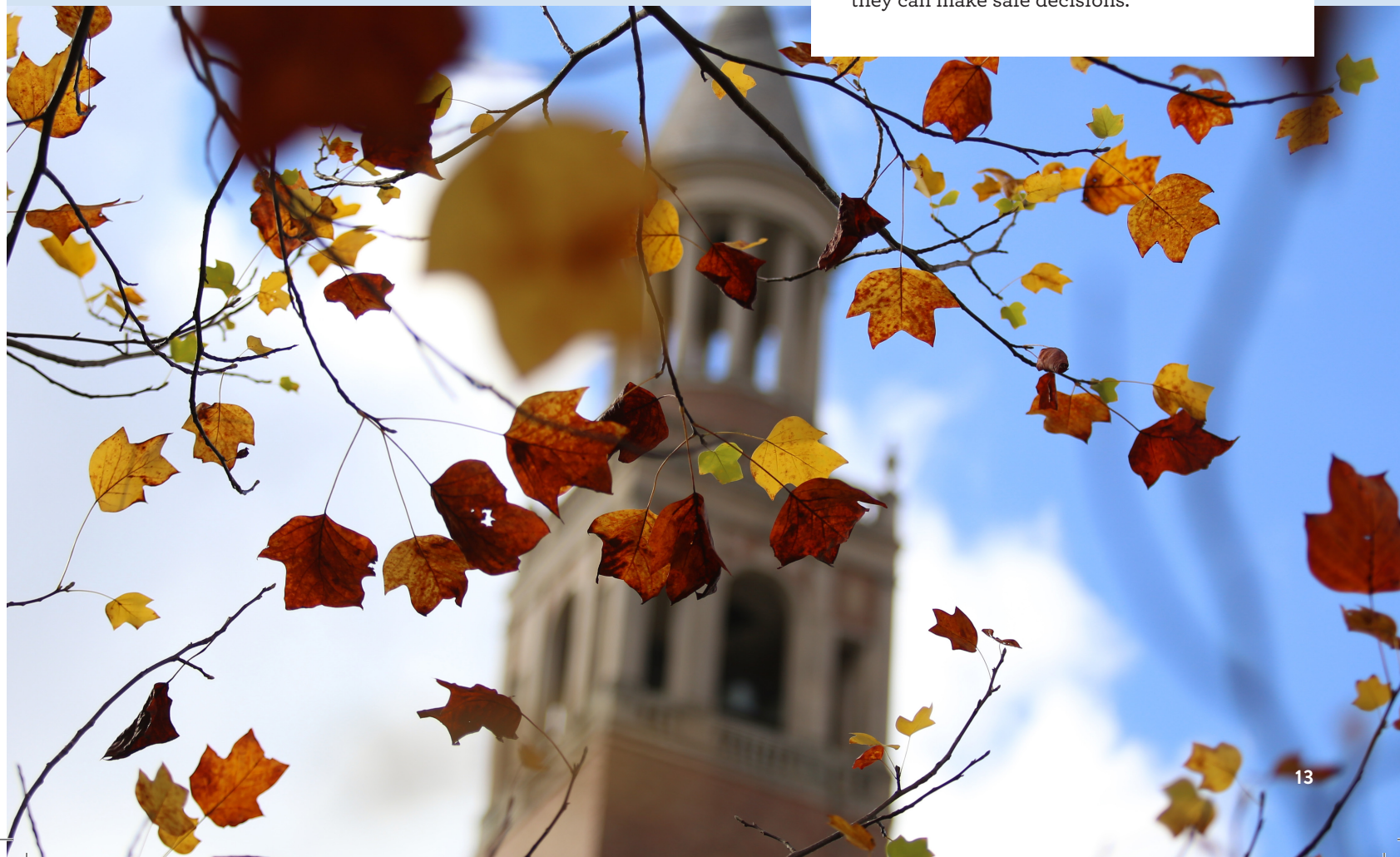
➔ studentaid.unc.edu/work-study-program

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

2023

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

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
- peermentoring.web.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

2023

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

DID YOU KNOW?

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?
- How are your finances?



JANUARY

2024

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

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.

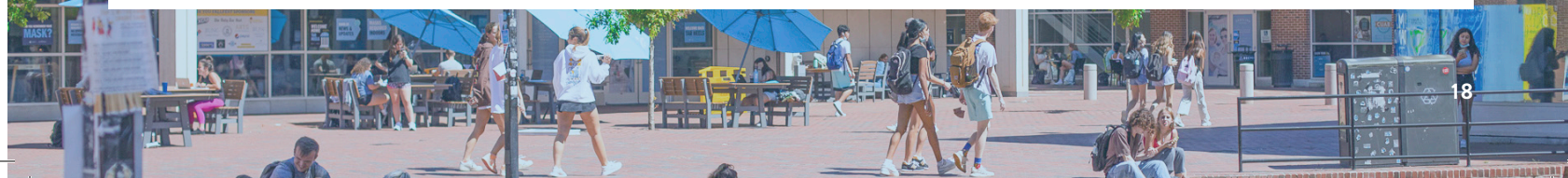
➔ Learn more at dos.unc.edu

New Student & Family Programs partners with student organizations and offices to host Weeks of Welcome Back in early January. Over two weeks of programs, experiences, and opportunities are offered, with the goal of helping new and returning students transition to the Carolina community.

➔ Visit go.unc.edu/wow for more details.

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 your future.

 careers.unc.edu

HOW CAN PARENTS AND FAMILY MEMBERS 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 students' 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.

Pictured below, a cohort of Carolina Global Launch students explore Granada, Spain

 studyabroad.unc.edu



FEBRUARY

2024

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

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 serves 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

2024

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

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?




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.



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.

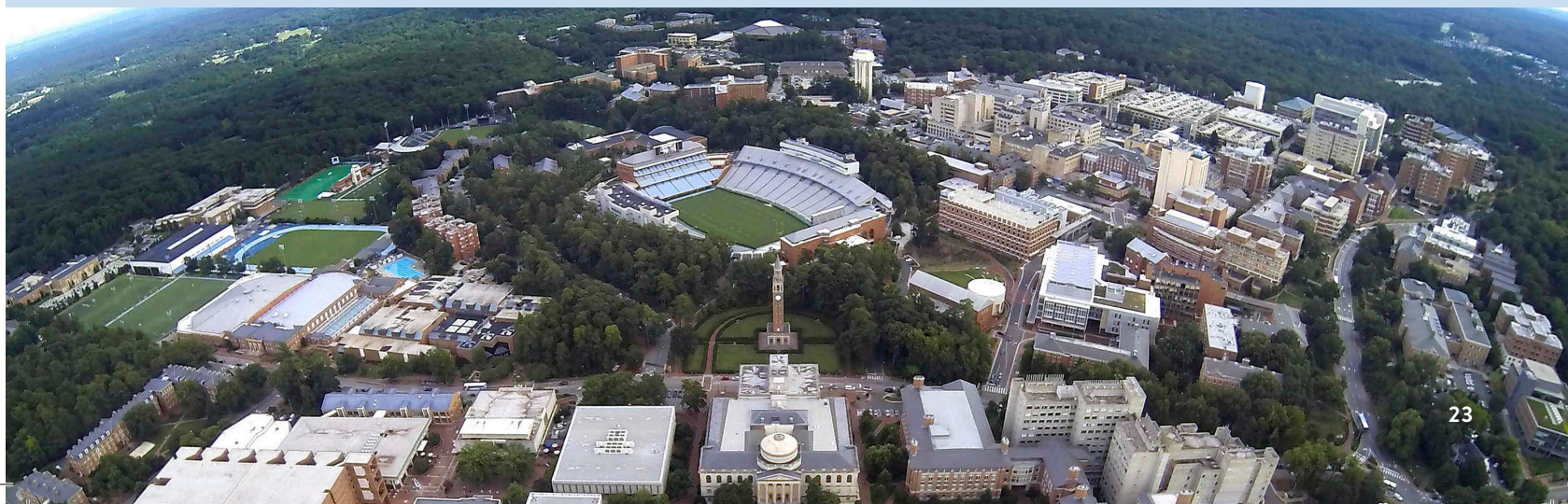
 Learn more at police.unc.edu

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.
- 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.

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.



APRIL

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	27
28	29	30				
		The Last Day of Class (LDOC)				

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

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
800 862 6325

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
dos.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, 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, 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, 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, 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 Advisor, 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 One Card
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 Advisor, 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 Advisor, Carolina Housing, UNC Police, 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.	Confidential Resources: Campus Health, CAPS, and Gender Violence Service Coordinators. Private Resources: Student Wellness, UNC Police, Student Conduct, and the Dean of Students.
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 Advisor, Carolina Housing, Student Engagement, Student Affairs Diversity and Inclusion Offices, 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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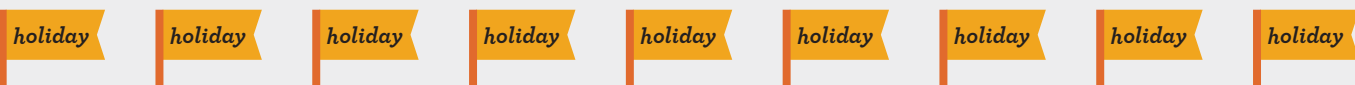
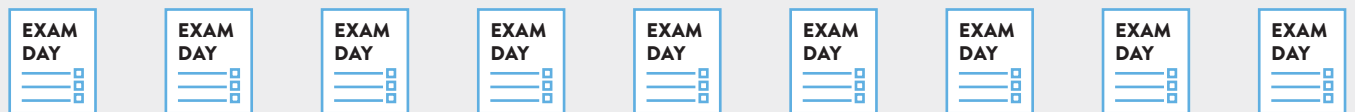
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I'd Rather Be at the Dean Dome

I'd Rather Be at the Dean Dome

Call My
Tar Heel



C.HILL

New Student &
Family Programs

#GDTBATH



Tar Heel
Family



