

UNC  
STUDENT AFFAIRS

New Student &  
Family Programs

THIS BELONGS TO

*if lost, please contact me at*

## AN INSIDER'S GUIDE TO YOUR FIRST SEMESTER AT CAROLINA

*Congratulations! You've journeyed through a busy summer with New Student Orientation, fall course registration and are ready for moving to Chapel Hill or into Carolina Housing (...or you're at least thinking about it).*

We hope this next section helps you navigate your first semester at Carolina. In it, you'll find a move-in guide for Carolina Housing, learn more about UNC WOW (Weeks of Welcome) and Carolina traditions to get you started in your first few weeks here. We'll also share the best study spots on campus, tips for tackling your class syllabi, and an introduction to goal-setting, to help you get the most out of your first semester.

Turn the page to get started and put your best Heel forward!





## MOVE-IN GUIDE

One of the most exciting times for new Tar Heels is Move-In! From your admission to Carolina and through Orientation, this is one of the major transition moments you will experience. Once the academic year's new Housing Assignments are released to students, we encourage you to dive into the Move-In Guide and other invaluable resources provided by Carolina Housing. Whether you're seeking tips on packing efficiently or navigating the campus housing process, these resources are designed to ensure a smooth transition into your new home away from home. Take advantage of the wealth of information available to make your move-in experience seamless and memorable.



## ACADEMIC CALENDAR

All dates and events in this planner are subject to change. Similarly, the University may update the academic calendar and related events during the year.

For the most up-to-date academic calendar, please visit **[registrar.unc.edu/academic-calendar](https://registrar.unc.edu/academic-calendar)**.

For more information on excused absences for disability, religious observance, or pregnancy, visit **[catalog.unc.edu/policies-procedures/attendance-grading-examination](https://catalog.unc.edu/policies-procedures/attendance-grading-examination)**.

Download the **Hello Heels** app to stay updated on University events, schedules, and information.

The app is a central hub for accessing resources, services, and information frequently used by students!

## STUDENT TRANSITION RESOURCES & FAQ'S

This guide has many tips to help you transition to Carolina, and you can find even more resources online, by scanning the QR code to the right.



# UNC WOW (*Weeks of Welcome*)

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*Congratulations on starting your first year at UNC!  
We're glad you're with us. Now, it's WOW time!*

WOW (Weeks of Welcome) kicks off exciting fall programs that seek to introduce new first-year and transfer students to the experiences, resources, and involvement opportunities during their first semester at Carolina. Through WOW, you are invited to attend a diverse range of academic and community building programs to help you through your transition to Carolina!



## FOR A COMPLETE SCHEDULE OF PROGRAMS AND EVENTS:

*Visit the Heel Life WOW Schedule  
at [go.unc.edu/wow](https://go.unc.edu/wow)*

Heel Life is your hub for involvement at UNC. On Heel Life you can browse organizations to join, events to attend, and opportunities to engage with the UNC community and beyond.

Sign in to [hellife.unc.edu](https://hellife.unc.edu) with your ONYEN and password and get started on your involvement today!

*Scan the QR code below with a  
smart device camera*



## TO LEARN MORE ABOUT WOW EVENTS, CHECK OUT THESE OPTIONS:

*Download the **Hello Heels** app  
for smart devices*

**Hello Heels** can give you quick access to the Heel Life schedule from the students and offices that run programs. Free to download and easy to use!

*Follow WOW Board on social media  
**@UNC\_WOW***

We post schedule updates, event highlights, and prize giveaways during WOW. Follow us for new information!



# THE UNC WOW BOARD

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The WOW (Weeks of Welcome) Board is made up of a committee of student leader Board Members, lead by the WOW Board Chair. The primary role of WOW Board is to make your first year at Carolina as engaging as possible through UNC WOW (Weeks of Welcome). They meet weekly to plan events and activities that foster first year and transfer student success at Carolina, and Board Members play a vital role in the facilitations of WOW and other NSFP events.




*Front Row (L-R): Ashini Pachauri, Caren El Haddad, Anna Zheng, Bella Hill, Sanjana Ram, Kathleen Lim, Molly Malek, Avery Thalberg, Claire Cai, Erin Atos*

*Back Row (L-R): Raife Levy, Ty Fitch, Felix Castro Treminio, Ella Fitzgerald, Maria Portilla Melhado, Ashley Seung*

## FOLLOW US ON SOCIAL MEDIA

 **INSTAGRAM:** [@UNC\\_WOW](#)

## NEW STUDENT & FAMILY PROGRAMS

 **FACEBOOK:** [UNC NEW STUDENT & FAMILY PROGRAMS](#)

 **INSTAGRAM:** [@UNCNSFP](#)

# Carolina CONNECTIONS

Did you know engaging with co-curricular activities is more than just fun? Being involved enriches and complements your academic experience. Student involvement looks like anything from conducting research with a faculty members to joining a student organization to even meeting friends in the Pit for lunch. The Carolina experience is one of active involvement, and students often indicate that some of their strongest connections come from engaging in student organizations and leadership activities outside of the classroom.

## WAYS TO GET INVOLVED YOUR FIRST YEAR AT UNC

### WEEKS OF WELCOME & FIRST YEAR EXPERIENCE

To make sure you get off to a successful start, Carolina Housing and New Student & Family Programs have teamed up to provide many programs, services, and academic resources on campus to help make the transition to college easier. We hope to see you throughout the fall semester, meeting new friends and connecting to resources on campus!

#### **UNC** *WOW* WEEKS OF WELCOME

#### GET INVOLVED WITH WOW PROGRAMS!

Continue the excitement of WOW throughout the fall semester with WOW Programs. Keep a look-out for emails from your Orientation Leader and Resident Advisor for events happening across campus and be sure to follow us **@UNC\_WOW** on Instagram.



#### WELCOME TO THE FIRST YEAR EXPERIENCE

FYE at the University of North Carolina at Chapel Hill is a campus-wide, collaborative effort which provides first-year students the resources and support they need to successfully transition to the University. Our goal is to provide all first-year students with a socially supportive environment which will enable them to meet new people, immerse themselves in the UNC culture, and establish valuable academic connections. Carolina Housing partners with campus offices and academic departments to create a rich and comprehensive FYE program.



#### DISCOVER MORE

This is a residential program that will focus on aiding sophomore, junior, and senior student development in the realms of academic commitment, career exploration, personal enrichment and social responsibility. The program is designed to meet these goals by focusing on small and large scale programs that expose students to resources on-campus.

#### WAYS TO GET INVOLVED

- Visit [housing.unc.edu](https://housing.unc.edu) and [nsfp.unc.edu](https://nsfp.unc.edu).
- Create a profile on Heel Life ([heelife.unc.edu](https://heelife.unc.edu)) and keep a look-out for flyers with the WOW or FYE logo!
- Look for emails from your Orientation Leader and Resident Advisor about great events happening across campus!



# CAROLINA STUDENT ORGANIZATIONS

The Carolina experience emphasizes the importance of growth and development, not only within classrooms, but in every area of the campus community. Dedicated involvement in co-curricular activities provides students a multitude of opportunities for intellectual, social, and cultural enrichment. Each of the University's 900+ student-led organizations cater to the interests and values of a diverse student body. Whether you want to speak your mind on the stage or printed page, inspire future Tar Heels as a mentor, volunteer through community service, or take up a new hobby, there is something for every Tar Heel to enjoy!



PHOTOS BY DAN SEARS,  
UNC-CHAPEL HILL

## HOW DO I FIND A STUDENT ORGANIZATION?

There are over 900 student organizations at UNC-Chapel Hill! You can attend events focused on involvement such as S.O.L.E. Fest to learn more about involvement opportunities at Carolina. You can also find a list of all of the registered student organizations on Heel Life. Follow the steps below to navigate the Heel Life page:

1. Login to **heelife.unc.edu** with your UNC ONYEN username and password.
2. Click on the 'Organizations' tab on the left side of the page to search for orgs by name or keywords.
3. Go to the 'Events' tab on the left side of the page to search for upcoming events.

You can find all these organizations and events by visiting **heelife.unc.edu**. Check regularly for new events, special opportunities, and for organizations to explore and join. Below are some examples of the types of student organizations at Carolina that want to meet you!

- Academic
- Creative & Performing Arts
- Ethnic-Cultural
- Faith & Religion
- Fraternity & Sorority
- Ideological & Political
- Media
- Performance
- Service
- Special Interest
- Sport Clubs
- Student Government

Questions? Visit our website at **go.unc.edu/studentorgs** or email us at **studentorgs@unc.edu**.

# Carolina COMMUNITY

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Chartered in 1789 and opened to students in 1795, UNC-Chapel Hill is the nation's first public university. Since those first years, this special place of learning has blended its traditions with those of the local community and the state of North Carolina.. Chapel Hill and the surrounding towns are rich with history, cultural opportunities, art, sports, outdoor activities, shopping, restaurants, and much more for you to enjoy. From the restaurants on Franklin Street to the open air farmer's markets in Carrboro, there are plenty of ways to expand your campus community out into the local community!

## TAR HEEL TRADITIONS

UNC traditions go back decades, and are still changing with each new student class. We made a few modifications to some traditions but the meaning and legacy continue on, especially as it's all what you make of it! Be sure to participate with the fun and unique student traditions.

### NEW STUDENT CONVOCATION

There is no better way to begin your time at Carolina than by attending New Student Convocation. Held the Sunday before classes start, it is here that you will have the chance to listen to speakers from across campus and experience the unveiling of your class banner.

### FALLFEST

Join your fellow Tar Heels at FallFest. Happening immediately after Convocation, FallFest brings you organizations from across campus with tons of activities to welcome you to campus.

### THE OLD WELL

Students line up before their first classes to take a sip and a pic at the Old Well. Supposedly, it ensures a 4.0 GPA for the semester. While it may look different each year, there's always a fun way to engage with this student-loved tradition.

### FRANKLIN STREET

Visit the shops, stops, and eats on Franklin Street! You'll never know you're off-campus with Franklin Street being so close to the University in both proximity and history. Be sure to check out Franklin Street on Halloween for a fun and spooky tradition.

### UNIVERSITY DAY

Since 1877, October 12th— better known as University Day — has been a special day for Carolina. On this day each year, students, faculty, and staff remember the founding of our University in 1793. Celebrations feature prominent campus figures, symphonic bands, singers, and speeches.



PHOTOS BY UNC-CHAPEL HILL





## RAMESES AND RJ

Carolina's beloved mascots Rameses and RJ occasionally can be found throughout the campus at programs and sporting events. Be sure to get a photo with our iconic mascots and show your UNC school pride.

## THE BELL TOWER

What a way to kick off the new semester by watching our historic Bell Tower light up in Carolina Blue with your fellow Tar Heels, new and returning. For seniors, a longstanding tradition is the Bell Tower Climb at the end of the school year, bringing the Bell Tower experience full circle from start to finish.

## ARTS EVERYWHERE

Arts Everywhere is comprehensive initiative at the University of North Carolina at Chapel Hill to make the arts a fundamental part of the University culture and daily campus life. With so many performances, galleries, and learning opportunities, there's an arts experience for everyone, and many are free or reduced costs for students!

## MAKE YOUR OWN TRADITION

It's your Carolina experience: make your most of it!  
Write your own tradition or goal below.

[illegible]

# ALERT CAROLINA

## WITHIN THE ALERT CAROLINA SYSTEM'S FOUR TYPES OF NOTIFICATIONS:

- **Emergency Warning:** issued if there is a significant emergency or immediate threat to the health or safety of people on campus. The emergency sirens will sound to alert people that they need to act now, accompanied by a text message, social media message, and email.
- **Crime Alert:** issued to notify the campus community of any Clery Act crime as soon as the information is available so people can protect themselves and/or their property from similar crimes. This type of warning is intended to tell people to be cautious, not to take immediate action, so communications may include a text message or email, but the emergency sirens will not sound.
- **Adverse Condition:** issued when circumstances exist that do not represent an immediate threat to health or safety, yet action may enable people to protect themselves and/or their property. These situations include adverse weather events such as approaching snowstorms or hurricanes, major campus utility outages, or other situations that would require a change in the University's normal operating status.
- **Informational Message:** issued when a situation is not an emergency or nor does it pose an immediate threat to the campus community but is of significant interest to campus. This includes tornado watches and severe thunderstorm warnings. The University will send a campus-wide email message.

FOR MORE INFORMATION: [alertcarolina.unc.edu](http://alertcarolina.unc.edu)

TO RECEIVE ALERT CAROLINA MESSAGES: [alertcarolina.unc.edu/register](http://alertcarolina.unc.edu/register)

FOR THE SAFE AND WELL LIST: [redcross.org/safeandwell](http://redcross.org/safeandwell)

ADVERSE WEATHER AND EMERGENCY PHONE LINE: 919-843-1234

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 [UNCCHAPELHILL](https://www.facebook.com/UNCCHAPELHILL)  [@ALERTCAROLINA](https://twitter.com/ALERTCAROLINA)  [@UNCPOLICE](https://www.instagram.com/UNCPOLICE)

## UNC POLICE

### THERE ARE ALSO MANY CAMPUS SAFETY RESOURCES THAT CAN HELP KEEP YOU AND CAMPUS MORE SECURE:

- **Emergency Call Boxes** are located across campus on black poles with blue lights on top. UNC Police respond to the call box location as soon as the call box is activated.
- **SafeWalk** provides a male-female pair of police-trained student walkers to accompany students Sunday – Thursday, 11 p.m. – 3 a.m. at all on-campus locations, including Granville Towers, and some off-campus locations, such as fraternity and sorority houses.
- The **Carolina Ready Safety App** is a University-wide mobile application that delivers useful content about the Carolina community which can be accessed anywhere in the world.
- **Point-to-Point (P2P)** is an express bus that is free to students during late evening hours.
- Chapel Hill Transit is free! Visit **NextBus** to see arrival times and reduce your outside wait time. **Safe Ride** routes are offered to serve parts of campus, Chapel Hill and Carrboro.



CAROLINA READY SAFETY APP: [campussafety.unc.edu/safetyapp](http://campussafety.unc.edu/safetyapp)

SAFEWALK: [safewalk.unc.edu](http://safewalk.unc.edu) or 919-962-SAFE (7233)

P2P: [move.unc.edu/p2p](http://move.unc.edu/p2p)

NEXTBUS: [nextbus.com](http://nextbus.com)

CHAPEL HILL TRANSIT AND SAFE RIDE ROUTES: [chtransit.org](http://chtransit.org)

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POLICE.UNC.EDU    [@UNCPOLICE](https://twitter.com/UNCPOLICE)



# TRANSPORTATION AND PARKING

## UNC OFFERS MANY TRANSPORTATION OPTIONS!

- Local transit services are fare-free to all students. Chapel Hill Transit's U & RU routes circulate campus during the day, and UNC's Point-to-Point (P2P) Express runs the nighttime service. P2P also serves campus health, the libraries, RDU Airport during breaks, and more.
- GoTriangle, PART, and Chatham Transit connect UNC to surrounding cities. For more information, please visit [move.unc.edu/transit](https://move.unc.edu/transit).
- UNC's bike share program, Tar Heel Bikes, allows you to ride free for one hour each day. For more information, please visit [move.unc.edu/bikeshare](https://move.unc.edu/bikeshare).
- Share a ride with other students! Search for carpools by using your Onyen login, or reserve a Zipcar and invite friends to save money on the hourly rate. Zipcars are available by the hour or day (gas included) and may be reserved (must be 18+). For more information, please visit [move.unc.edu/rideshare](https://move.unc.edu/rideshare).
- UNC's Commuter Alternative Program (CAP) rewards students living off campus who take transit, bike, walk, or carpool to campus. Registration for CAP is free! For more information, please visit [move.unc.edu/cap](https://move.unc.edu/cap).
- Parking on campus is not available to first-year students, but students with a qualifying hardship may be eligible for parking. For more information, please visit [move.unc.edu/student-parking](https://move.unc.edu/student-parking).

**RIDE MATCHING:** [move.unc.edu/carpool](https://move.unc.edu/carpool)

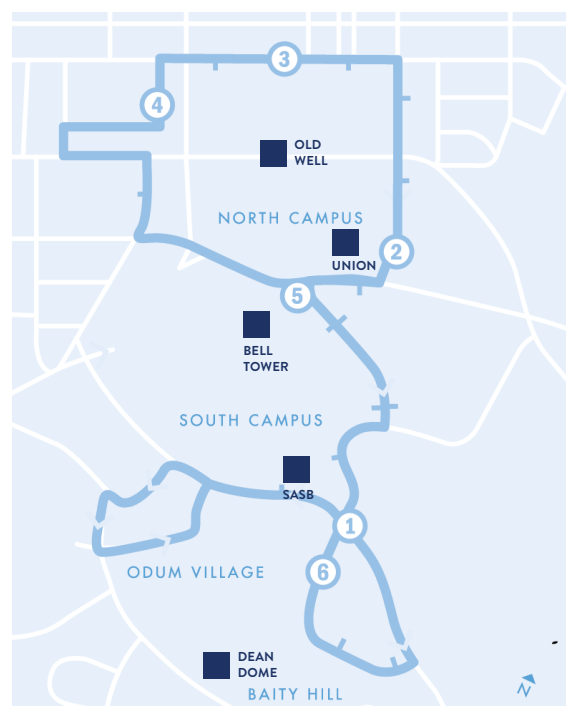
**ONLINE SERVICE PORTAL:** [move.unc.edu/account](https://move.unc.edu/account)

**HARDSHIP PARKING:** [move.unc.edu/student-parking](https://move.unc.edu/student-parking)

**COMMUTERS:** [move.unc.edu/cap](https://move.unc.edu/cap) or 919-843-4414

[MOVE.UNC.EDU](https://move.unc.edu)  [@MOVEUNC](https://twitter.com/MOVEUNC)

## CHAPEL HILL TRANSIT ROUTES



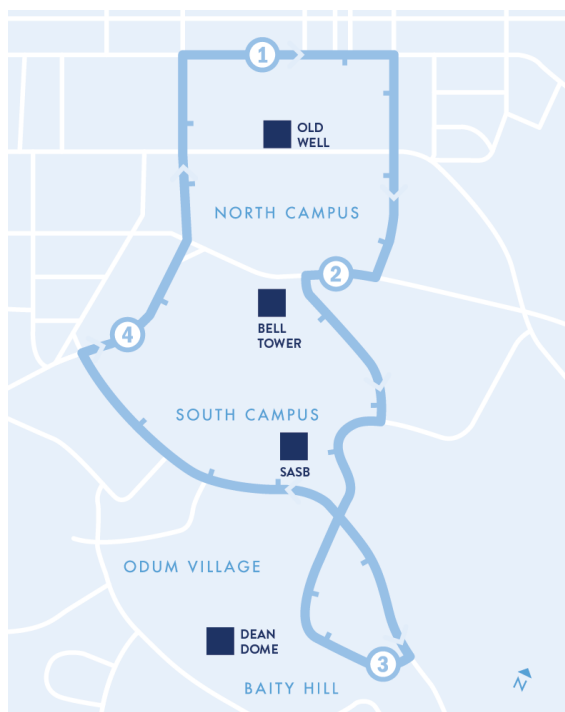
### P2P EXPRESS ROUTE

The P2P Express shuttle runs from 7:00pm to 4:00am during Spring and Fall semesters. P2P also runs a modified route during the Summer semester. After dark, P2P provides transportation to all students not served by the Express route to and from any open campus building or parking lot. For a pick-up, dial **919-962-7867**.

### MAJOR STOPS

- 1 **EHRINGHAUS**
- 2 **FPG STUDENT UNION**
- 3 **VARSITY THEATER**
- 4 **GRANVILLE TOWERS / FRATERNITY COURT**
- 5 **BELL TOWER**
- 6 **HINTON JAMES**

# CHAPEL HILL TRANSIT ROUTES



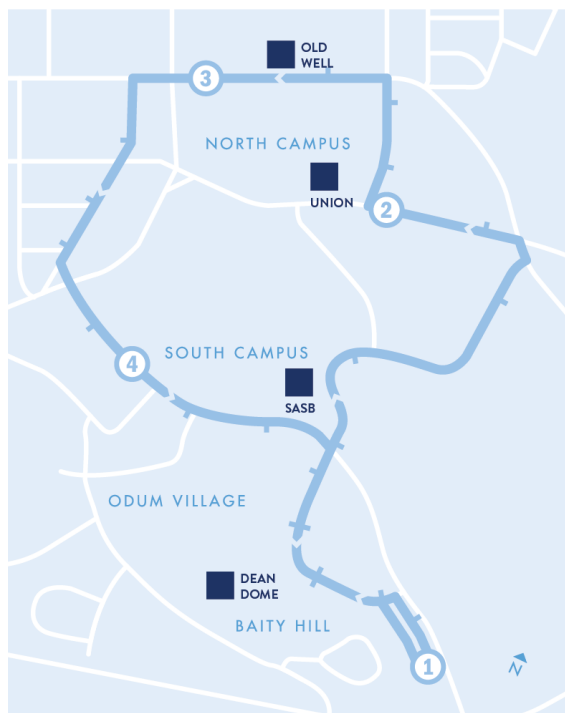
## U ROUTE (CAMPUS SHUTTLE)

The U bus runs every 15 minutes from 7:00 am to 8:00 pm. It runs on a clockwise loop through campus and up to East Franklin Street.

Real-time arrival information boards are located at the bus stops at Carolina Coffee Shop, FPG Student Union, UNC Hospitals, and MacNider Hall. *For complete schedules and additional route maps, visit [chtransit.org](http://chtransit.org).*

### MAJOR STOPS

- ① CAROLINA COFFEE SHOP East Franklin
- ② FPG STUDENT UNION South Road
- ③ S11 MANNING LOT DRIVEWAY Bowles Drive
- ④ HEALTH SCIENCES LIBRARY South Columbia



## RU ROUTE (REVERSE SHUTTLE)

The RU bus runs every 15 minutes from 7:00 am to 8:30 pm. It runs on a counterclockwise loop through campus and cuts across on Cameron Avenue.

Real-time arrival information boards are located at the bus stops at UNC Hospitals and the State Employees' Credit Union. *For complete schedules and additional route maps, visit [chtransit.org](http://chtransit.org).*

### MAJOR STOPS

- ① FAMILY MEDICINE CENTER S11 Manning Lot
- ② WINSTON RESIDENCE HALL South Road
- ③ PEABODY HALL Cameron Avenue
- ④ DOGWOOD PARKING DECK Manning Drive

Use apps like **NextBus** or **TransLoc**! These applications that can be downloaded onto your phone allows you to see the nearest bus stops and bus arrivals in real time.



# ACADEMIC CALENDAR

## AT A GLANCE

### FALL SEMESTER

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**New Student Convocation**

Sunday Aug 17

**Classes Begin**

Monday Aug 18

**Last Day for Late Registration**

Friday Aug 22

**Labor Day**

Monday Sep 1

No Classes Held

**Well-Being Days**

Monday Sep 15

& Tuesday Oct 7

No Classes Held

**University Day**

Sunday Oct 12

No Classes Held

During Ceremony

2-4pm

**Fall Break**

Oct 16 - 17

(Thursday - Friday)

No Classes Held

**Thanksgiving Recess**

Nov 26 - 28

(Wednesday - Friday)

No Classes Held

**Classes End**

Wednesday Dec 3

**Reading Days**

Thursday Dec 4

& Wednesday Dec 10

**Exam Days**

Dec 5, 6, 8, 9, 11, 12

(Friday, Saturday, Monday, Tuesday,

Thursday, Friday)

**Fall Commencement**

Sunday Dec 14

### SPRING SEMESTER

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**Classes Begin**

Wednesday Jan 7

**Dr. Martin Luther King, Jr. Day**

Monday Jan 19

No Classes Held

**Last Day for Late Registration**

Wednesday Jan 14

**Well-Being Days**

Monday Feb 9

& Thursday April 2

No Classes Held

**Spring Break**

March 16 - 20

(Monday - Friday)

No Classes Held

**Classes Resume**

Monday Mar 23

**University Holiday**

Friday April 3

No Classes Held

**Classes End**

Monday April 27

**Reading Days**

Tuesday Apr 28, Friday May 1

& Wednesday May 6

**Exam Days**

April 29, 30, May 2, 4, 5, 7

(Wednesday, Thursday, Saturday,

Monday, Tuesday, Thursday)

**Spring Commencement**

Saturday, May 9

### SUMMER SESSION I (SSI) MAYMESTER (MM)

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**Classes Begin SSI and MM**

Wednesday May 13

**Last Day for Late Registration MM**

Wednesday May 13

**Last Day for Late Registration SSI**

Thursday May 14

**Memorial Day**

Monday May 25

No Classes Held

**Classes End/Exams MM**

May 28 & 29

(Thursday & Friday)

**Classes End SSI**

Tuesday June 16

**Reading Day SSI**

Wednesday June 17

**Juneteenth**

Friday June 19

No Classes Held

**Exam Days SSI**

June 18 & June 20

(Thursday & Saturday)

### SUMMER SESSION II (SSII)

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**Classes Begin**

Monday June 22

**Last Day for Late Registration**

Tuesday June 23

**Fourth of July**

Friday July 3

No Classes Held

**Classes End**

Thursday July 23

**Reading Day**

Friday July 24

**Exam Days**

July 27 & 28

(Monday & Tuesday)

# SYLLABUS TIPS

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On your first day of classes (FDOC), you will likely receive your syllabi from your faculty. Each course provides you with a syllabus, your roadmap, for the entire semester. Managing syllabi effectively is crucial for success in college coursework. Here are some tips to help you make sense of your syllabi and manage the information efficiently:

## REVIEW EACH SYLLABUS DOCUMENT THOROUGHLY

Start by thoroughly reviewing each syllabus for all your courses. Pay attention to the course objectives, required textbooks and readings, grading criteria, assignments, deadlines/due dates, and important policies such as attendance, late submissions, and participation requirements.

## CREATE A MASTER CALENDAR

Consolidate all important dates from each syllabus onto a master calendar. Include deadlines for assignments, exams, quizzes, and any other significant events related to your courses. This will give you a clear overview of your comprehensive semester schedule. You could use a pen and paper calendar, an Excel Spreadsheet, or your Outlook Calendar (the last two provided to you in Office365).

## BREAK DOWN ASSIGNMENTS

Break down major assignments and projects into smaller tasks with their own deadlines. This will help you manage your time more effectively and avoid feeling overwhelmed by large tasks. For example, if you have an 8-page essay due in December, you might create a goal to write 2 pages per month, each month of the Fall semester.

- The Writing & Learning Center has a Class Assignment Tracker template that can help you do this. Visit [go.unc.edu/ClassAssignmentTracker](https://go.unc.edu/ClassAssignmentTracker).
- Or scan the QR Code



## SET REMINDERS:

Set up reminders for important deadlines using digital tools such as calendar apps or task management apps on your phone or computer. This will help ensure that you don't forget about important assignments or events. Make those reminders at early intervals such as, one week and 2 days prior to the same due date.

## UNDERSTAND GRADING CRITERIA

Familiarize yourself with the grading criteria for each course outlined in the syllabus. Understand how grades will be calculated and what is expected of you in terms of participation, attendance, quizzes, exams, and assignments. Many classes will “weigh” some assignments higher or lower to help you determine how you approach them. If weekly quizzes are worth 5% of your grade and your two exams are collectively worth 50% of your grade, then you might decide to spend more time preparing for your exams, and less time on quizzes.

## KNOW YOUR FACULTY OFFICE HOURS AND CONTACT PREFERENCES

If you have any questions or uncertainties about anything related to the course, do not hesitate to seek clarification from your professor, instructor, or teaching assistant (TA). Visiting your faculty can help you build a positive relationship with them and have a better understanding of class concepts. Professors may have specific ways they want to schedule appointments or communicate about your needs – this is typically in your syllabus.

## CHECK ATTENDANCE POLICIES

Though the University has some standard information regarding attendance and make-up policies, you will likely find class or professor-specific expectations for attending and participating in class. Since these may differ from class-to-class, you will want to understand what these are as you manage times where you need to be away (e.g., a family emergency, brief illness, etc.). Missing class can impact your grade drastically. Should you have absences, work to communicate with your professors to understand how you can make up the work and receive the new material.

## REGULARLY REVIEW THE SYLLABUS

Periodically review your syllabi throughout the semester to ensure that you're staying on track and meeting all course requirements. Professors may decide to change assignment details or due dates as the class navigates the semester. Update your master calendar as needed and adjust your study plans based on any changes or new information provided.

These tips will help you get started. You will learn your own approach to learning and setting your semester up for success. Best of luck with your studies!

## PLAN FOR FINAL EXAMS

Visit [go.unc.edu/ExamPolicy](https://go.unc.edu/ExamPolicy) to learn more about policies such as final exam rescheduling due to a medical or mental health concern, an emergency, a religious observance. Also learn how to change an exam due to three or more exams within 24 hours or two exams at the same time.



# MY CLASS SCHEDULE

## FIRST SEMESTER

COURSE #	COURSE TITLE	INSTRUCTOR	LOCATION	EMAIL ADDRESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM					
9:00AM					
10:00AM					
11:00AM					
12:00PM					
1:00PM					
2:00PM					
3:00PM					
4:00PM					
5:00PM					
6:00PM					
7:00PM					
8:00PM					
9:00PM					

Faculty Office Hours: Professors offer time each week where they are available to chat about the course. Get to know your professor better and set yourself up for success by visiting them! Each professor is different — check your syllabus to see what time hours are offered and the method (by appointment, drop-in or virtual)

# WHERE SHOULD YOU STUDY?

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*Take this quiz to find your perfect study spots!*  
*Brought to you by the UNC WOW Board*

**1) How do you feel about studying with a friend?**

- a) I love having study buddies!
- b) It can be helpful sometimes
- c) I prefer studying alone

**2) What energy level do you prefer when you're studying?**

- a) High energy keeps me going
- b) I don't mind some noise
- c) Still and quiet, please!

**3) How easily distracted are you from your work?**

- a) Not easily, I love multitasking
- b) It takes a bit, but it's possible
- c) A pen drop could distract me

**4) Do you like to snack while you study?**

- a) Like to snack? I LOVE to snack!
- b) Yes, but I'll bring my own
- c) None for me, thanks

## RESULTS

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**Mostly A's**

A busy spot: the Student Union, coffee shops & bookstores (like Stone & Leaf Cafe on campus or try Starbucks or Epilogue on Franklin Street), the first floor of Davis, or the study lounges in the residence halls

**Mostly B's**

An almost-but-not-completely isolated spot: like floors 2-8 of Davis Library, the Quad (Polk Place), Undergraduate Library or Health Sciences Library

**Mostly C's**

Complete silence: like a private study room at the libraries, Wilson Library or your dorm room



## BOOST YOUR SKILLS AT THE UNC WRITING AND LEARNING CENTER!

Did you know The Center for Student Success features the UNC Writing and Learning Center? They offer one-on-one academic coaching, test prep resources, group workshops and more as you navigate all things academic.

[STUDENTSUCCESS.UNC.EDU](https://studentsuccess.unc.edu) | [LEARNINGCENTER.UNC.EDU](https://learningcenter.unc.edu) | [WRITINGCENTER.UNC.EDU](https://writingcenter.unc.edu)

## 5 TIPS TO GET THE MOST OUT OF OUTLOOK

At Carolina, all students have access to Outlook and Microsoft Office tools such as Word, Excel, OneDrive and Teams.

Since UNC faculty and staff communicate through email, Microsoft Outlook is one of the major tools students use to manage emails and appointments. **Here are 5 tips to get the most out of your Microsoft Outlook account:**

- 1 Color-code your Outlook Calendar:** Right-click on events to categorize by color & name! Start by opening the Settings section, and select General settings to manage Categories. You might decide to assign a color for each class, a set of colors to your student organizations, and others to personal appointments. Create multiple calendars (class schedule, extracurriculars & personal events) and overlay them all or focus on one at a time for some work-life balance.
- 2 Block dedicated study time, self-care breaks:** Having a visual calendar in general, helps you see how you are spending your time. Don't forget to block time for studying, taking meals, visiting the Rec Center, and even naps! Whatever your commitments are, this helps you make appropriate time for them.
- 3 Set up Recurring Events:** Many events in the University environment happen on regular days and times over the course of a semester. To efficiently set-up your calendar, consider making Recurring Events. Go to your Outlook Calendar and double click on the calendar where you want to make your event. You will see a drop-down box where you select the start and end dates and times that defaults "Don't Repeat". Clicking this box allows you to make your appointment show up on a recurring basis. Often you will click "Custom" to set it up to match your schedule.
- 4 Set Up Email Signatures:** Save yourself some time by creating a custom email signature. A professional email signature includes your name, university affiliation, major, and any relevant contact information. Go to "Settings" and "Compose and Reply" to set up multiple signatures, making it easy for recipients to identify you.
- 5 Sync Outlook Across Devices:** For a busy Tar Heel on the go, you'll likely want to access the same account on your portable devices, including your smartphone. Download the Outlook app (for Apple or Android) on your mobile device or tablet to get started. Log in with your UNC email address and password, then follow the prompts to complete the setup. Sync calendars across devices by going to 'Calendar' then 'Settings' then 'Accounts' and follow the prompts to add.

# GOAL SETTING

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Set yourself up for success your first semester by goal setting.



## WHAT ARE SMART GOALS?

**SMART goals are: specific, measurable, attainable, relevant, and time-bound.**

**Specific** goals will help you focus your efforts. For example, a vague goal is “I will get more involved on campus.” A specific goal is “I will research Heel Life events happening on campus this month and RSVP to a few.”

**Measurable** goals have clear criteria to mark your progress. For example, a measurable goal could be to “Attend a professor’s office hours once a month.”

It is essential for your goals to be **attainable**. Before setting a goal to write a novel, you may want to set a goal to attend a writing workshop. If you set goals which feel too far out of reach, it may prove difficult for you to commit to the goal in the long term.

**Relevant** goals are realistic but will still push you to grow. Such goals will stretch you but not overwhelm you. For example, an unrealistic goal would be to run a marathon, if you’ve only ever been jogging. A realistic goal is to grab a friend and train for a shorter 5K race first.

Being **time-based** means that you set a timeline for your goal. Your goal could span the next day, week, year, or decade.

Challenge yourself to develop:  
3 goals for this semester  
3 goals to accomplish before you graduate  
3 goals for life after graduation

Avoid these common goal setting mistakes:  
Goals that are too big, too many, not specific & not written down

\*Adapted from the UNC Writing and Learning Center & Academic Advising resources



## WEEK 1

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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A 10x10 grid of blue dots on a white background. The dots are arranged in a regular pattern, with 10 dots in each row and 10 dots in each column, totaling 100 dots.

## Saturday

## Sunday

## WEEK 2

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

## WEEK 3

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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## Saturday

## Sunday



## WEEK 4

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

## WEEK 5

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

## WEEK 6

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

## WEEK 7

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday



## WEEK 8

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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## Saturday

## Sunday

## WEEK 9

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

## WEEK 10

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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## Saturday

## Sunday

## WEEK 11

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday



## WEEK 12

*What do you want to accomplish this week?*

## Monday

## mini goals

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

## WEEK 13

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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## Saturday

## Sunday

## WEEK 14

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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A 15x15 grid of blue dots on a white background. The dots are arranged in a regular pattern, with 15 dots in each row and 15 dots in each column, totaling 225 dots.

## Saturday

## Sunday

## WEEK 15

*What do you want to accomplish this week?*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## mini goals

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A 15x15 grid of blue dots on a white background. The dots are arranged in a regular pattern, with 15 dots in each row and 15 dots in each column, totaling 225 dots.

## Saturday

## Sunday
