



2025-2026

FAMILY CALENDAR

The University of North Carolina at Chapel Hill




**New Student &
Family** Programs



UNC
STUDENT AFFAIRS

HARK THE SOUND

Hark the sound of Tar Heel voices
Ringing clear and True
Singing Carolina's praises
Shouting N.C.U.

Hail to the brightest Star of all
Clear its radiance shine
Carolina priceless gem,
Receive all praises thine.

I'm a Tar Heel born I'm a Tar Heel bred
And when I die I'm a Tar Heel dead.
So it's RAH, RAH, Car'lina 'lina
RAH, RAH, Car'lina 'lina
RAH, RAH, Car'lina
RAH! RAH! RAH!

'Neath the oaks our sons and daughters
Homage pay to thee
Time worn walls give back their echo
Hail to U.N.C.

Though the storms of life assail us
Still our hearts beat true
Naught can break the friendships
formed at
Dear old N.C.U.

Lyrics to the alma mater (song) of UNC-Chapel Hill, sung at the end of athletic events and other university gatherings, including New Student Orientation! (by William Starr Myers, 1897)

Welcome to Carolina!

We are so excited that you and your student are now part of the Carolina family. New Student & Family Orientation 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. Find more resources and family engagement opportunities at families.unc.edu!

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 28** 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

FAMILY ORIENTATION RESOURCES

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 – 4:30 PM
TRANSFER ORIENTATION	8:30 AM – 4:30 PM

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



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.
Hello Heels	Download the <i>Hello Heels App</i> from any Android or Apple device for digital Orientation schedules

Greetings from University Leadership



Dear Carolina Families,

Welcome to the University of North Carolina at Chapel Hill. We are delighted to welcome your student to Carolina this fall — and just as importantly, we are thrilled to welcome you as part of the Carolina family. Your support and encouragement play a vital role in your student's journey, and we are grateful to have you alongside us as they embark on this exciting new chapter.

At Carolina, your student will have every opportunity to explore their interests and grow academically, personally and professionally. As a parent of college students myself, I understand the mix of emotions that comes with this transition. Please remember that we are here to support you and your student every step of the way. We believe there is no higher calling than preparing future leaders to tackle the world's most pressing challenges.

Our world-class faculty and dedicated staff are committed to Carolina excellence in all areas. They foster a culture of curiosity and lifelong learning — one that inspires students to think critically, engage meaningfully and serve their communities. While academic success is a top priority, we also recognize the immense value of experiences beyond the classroom. Whether excelling in research, athletics, the arts or community service, Carolina students have countless opportunities to achieve their goals and make a meaningful impact here in North Carolina and beyond.

The future belongs to Carolina, and we are excited for your family to be part of it. We look forward to getting to know you in the years ahead. Go Heels!

Sincerely,
Lee H. Roberts
Chancellor



Dear Families,

We are thrilled to have you join our Tar Heel family! As your student begins their experience at UNC-Chapel Hill, we hope this Carolina Family Handbook 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 engaging campus environment, foster opportunities for student learning and development, and spur student success. We know the college transition is a time of tremendous growth, new opportunities and adventures, and new challenges. We want to both involve and support you in this process, facilitating a strong and rewarding partnership between the University, your student, and your family.

Please take full advantage of the information in this Handbook and call upon us when needed. In particular, we encourage you to sign up for our UNC Family Experience portal to access news, newsletters, and direct emails from us at go.unc.edu/familyexperience

I look forward to meeting you at New Student Orientation. If we can help at any point during your student's experience at Carolina, please feel free to reach out. Go Heels!

Sincerely,
Amy Johnson
Vice Chancellor for Student Affairs

2025

AUGUST



DID YOU KNOW?

📌 You can find your move-in date assignment and other move-in tips here, *scan the QR code* to the right.

📌 Students can grant family members access to view and pay bills by granting authorized user or proxy access. *Scan the QR code* to learn more.



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?
- Have you spoken to your RA (Resident Advisor) yet?

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27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
			RESIDENCE HALL MOVE-IN			
					WEEKS OF WELCOME	
17	18	19	20	21	22	23
NEW STUDENT CONVOCATION	CLASSES BEGIN				LAST DAY FOR LATE REGISTRATION	
WEEKS OF WELCOME						
24	25	26	27	28	29	30
						31
WEEKS OF WELCOME						

UNC WOW

(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.

FAMILY RESOURCES & FAQ'S

While this calendar provides a lot of information, **scan the QR code below** to learn more about how to get involved as a Carolina Family & resources available to you!



CAMPUS HEALTH

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, Travel Clinic, and also offers two full-service pharmacies, and a Mini Clinic for urgent care needs.

 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, the campus health education and health promotion office, works to educate the University community on relevant health and wellness matters that may impact students' personal and academic success. We provide health messaging, skill-building workshops, and support groups on topics such as stress management, mindfulness, nutrition, sleep, sexual health and substance use to help facilitate positive choices towards healthier behaviors.

 studentwellness.unc.edu

REMINDER:

SEPTEMBER 10 & JANUARY 31

*Mandatory Student Health Insurance
Waiver deadlines*





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 X or the Carolina Ready Safety App. 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.

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 LABOR DAY: NO CLASSES HELD	2	3	4	5	6
	WEEKS OF WELCOME					
7	8	9	10	11	12	13
WEEKS OF WELCOME						FAMILY FOOTBALL DAY
14	15 WELL-BEING DAY: NO CLASSES HELD	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



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





FAMILY FOOTBALL DAY

SATURDAY, SEPTEMBER 13
UNC VS. RICHMOND

Family Football Day exists to provide a home-game, fan day experience focused on Carolina families and their students. Ticket options will be shared out to Carolina families via 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



HIGH FIVES FOR HEELS

VISIT [FAMILIES.UNC.EDU](https://families.unc.edu) FOR EVENT DATES,
WAYS TO DONATE & VOLUNTEER!

High Fives for Heels is a collaboration between New Student & Family Programs, The Carolina Parents Council and dedicated Carolina Family volunteers. It's mission is to encourage our Tar Heel students via high fives and free study snacks during the busy mid-terms and finals seasons.



**High Fives
for Heels**



CAROLINA FAMILY WEEKEND

FRIDAY, OCTOBER 31 – SUNDAY, NOVEMBER 2

Join us for a weekend highlighting Carolina's academics, arts, music, a mini-conference & 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 Catalog 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 will embark on its fourth year of the 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

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, Data Literacy, 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.



2025

OCTOBER



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 card and grants access to campus events, concerts, recreational games, fitness classes and functions as a library card. 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!

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WELL-BEING DAY:
NO CLASSES HELD

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UNIVERSITY DAY:
NO CLASSES HELD

FALL BREAK: NO CLASSES HELD

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CAROLINA FAMILY WEEKEND (CFW)

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.

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

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 also on campus events for students. Your student can discover those on campus Halloween events and more on Heellife.unc.edu.



2025

NOVEMBER



DID YOU KNOW?

The Equal Opportunity and Compliance (EOC) Accommodations Team 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 the EOC Accommodations Team for more information.

eoc.unc.edu/accommodations

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?

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26	27	28	29	30	31	1
					CAROLINA FAMILY WEEKEND (CFW)	
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CFW CONT'D						
9	10	11	12	13	14	15
		VETERAN'S DAY				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
			THANKSGIVING RECESS: NO CLASSES HELD			
						30

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 UNC Writing and Learning Center, peer mentoring programs, and support for transfer students and Carolina Firsts. 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 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 the libraries to:

- Discover books, articles, films, and much more.
- Get help from research experts.
- Find space to focus solo or meet with friends to collaborate.
- Take a study break with a new book, movie, or audiobook.



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! Stay informed about important dates and updates throughout the year by following Carolina Housing on social media and visiting their website for the latest information on housing for the next academic year, summer housing options, and more.

 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.



2025

DECEMBER



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?

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30	1	2	3	4	5	6
			LAST DAY OF CLASS (LDOC)	READING DAY: NO CLASSES OR EXAMS HELD	EXAM DAYS	
7	8	9	10	11	12	13
	EXAM DAYS		READING DAY: NO CLASSES OR EXAMS HELD	EXAM DAYS		
14	15	16	17	18	19	20
FALL COMMENCEMENT						
21	22	23	24	25	26	2
28	29	30	31	1	2	3

2026

JANUARY



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?

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RESIDENCE
HALLS OPEN

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CLASSES BEGIN

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LAST DAY FOR
LATE REGISTRATION

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DR. MARTIN LUTHER
KING, JR. DAY:
NO CLASSES HELD

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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

UNC Study Abroad offers programs around the world for students in all majors to earn credit towards their UNC degree while living and studying in a different country — for a few weeks in the summer, during the fall or spring semester, or for a full year. 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.

 studyabroad.unc.edu

Scan the QR Code to check out ways to support your student on their study abroad journey.



Pictured below, a cohort of Carolina Global Launch students explore Costa Rica.



2026

FEBRUARY



DID YOU KNOW?

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

🔗 Learn more at vpas.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?

SUN

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
	WELLBEING DAY: NO CLASSES HELD					
15	16	17	18	19	20	21
22	23	24	25	26	27	28



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 connects users 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 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



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/ferpa-parent-guide 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?

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
SPRING BREAK: NO CLASSES HELD						
22	23	24	25	26	27	28
	CLASSES RESUME					
29	30	31	1	2	3	4



TALK TO YOUR STUDENT BEFORE SPRING BREAK

It's the midpoint 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 and outside of class involvement, and encourage them to 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 **police.unc.edu**](https://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.
- RAD Self Defense Training is a comprehensive self defense course which develops and enhances the options of self-defense, so that they may become viable options to the person who is attacked. The course is taught by nationally certified RAD instructors and provides each student with a supplemental manual.
- SafeWalk is a student-run, University-sponsored organization that provides safe travel alternatives for students at night. A team of two UNC Police-trained students will walk with the student to their desired on-campus destination. Visit safewalk.unc.edu to learn more.
- 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.

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 device's app store.



Carolina Ready



2026

APRIL



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?)

SUN

MON

TUE

WED

THU

FRI

SAT

29	30	31	1	2	3	4
				WELLBEING DAY: NO CLASSES HELD	UNIVERSITY HOLIDAY: NO CLASSES HELD	
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	1	2
	LAST DAY OF CLASS (LDOC)	READING DAY: NO CLASSES OR EXAMS HELD	EXAM DAYS			

2026

MAY



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?

SUN

MON

TUE

WED

THU

FRI

SAT

26	27	28	29	30	1 READING DAY: NO CLASSES OR EXAMS HELD	2 EXAM DAY
3	4 EXAM DAYS	5	6 READING DAY: NO CLASSES OR EXAMS HELD	7 EXAM DAY	8	9 SPRING COMMENCEMENT
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 31



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.

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: _____

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

Equal Opportunity & Compliance Office
eoc.unc.edu
EOC Accommodations Team
eoc.unc.edu/accommodations
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

Violence Prevention and Advocacy Services
vpas.unc.edu
919 962 1343

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, EOC Accommodations Team, 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 the EOC Accommodations Team prior to the beginning of the semester. Provide testing documents or medical reports to your student.	EOC Accommodations Team
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

QUICK REFERENCE GUIDE

ISSUE	SUGGESTED PARENT/FAMILY RESPONSE	STUDENT RESOURCES
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
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
New Phone	Link your One Card to your new phone, visit onecard.unc.edu for Mobile One Card instructions.	UNC One Card
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
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 28**. Be sure to visit our **Family Resources & FAQ's** website to learn more about how to get involved as a Carolina Family & resources for common questions! Use your smart device to **scan the QR code** and bookmark the site.

go.unc.edu/familyfaqs



NOTES

[illegible]



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HEEL HISTORY















These two astronauts trained at
Carolina's Morehead Planetarium.

Answer: Neil Armstrong and Buzz Aldrin

**PRINT STOP
& COPY CENTER**
 printstop.unc.edu · 919.962.7016
 printstop@store.unc.edu

to I-40, MLK, Jr. Blvd.,
 Facilities Services
 SEE MAP A ON REVERSE

Map Key

-  Student Stores
-  Carolina Dining Services
-  Academic Affairs
-  Health Affairs
-  Libraries
-  Athletic Facilities
-  Performing Arts
-  University Business Offices
-  Student Housing
-  Grounds & Utility Buildings
-  Parkings Decks
-  Playing Fields
-  Construction Site
-  Public Parking

**The University of North Carolina
 at Chapel Hill**

0 200 400 600 800 1000

created by John O'Brien, Anne Riley and Miguel Jackson
 © 1997 UNC-Chapel Hill Finance and Operations - revised spring 2022
 based on Facilities Services base map

