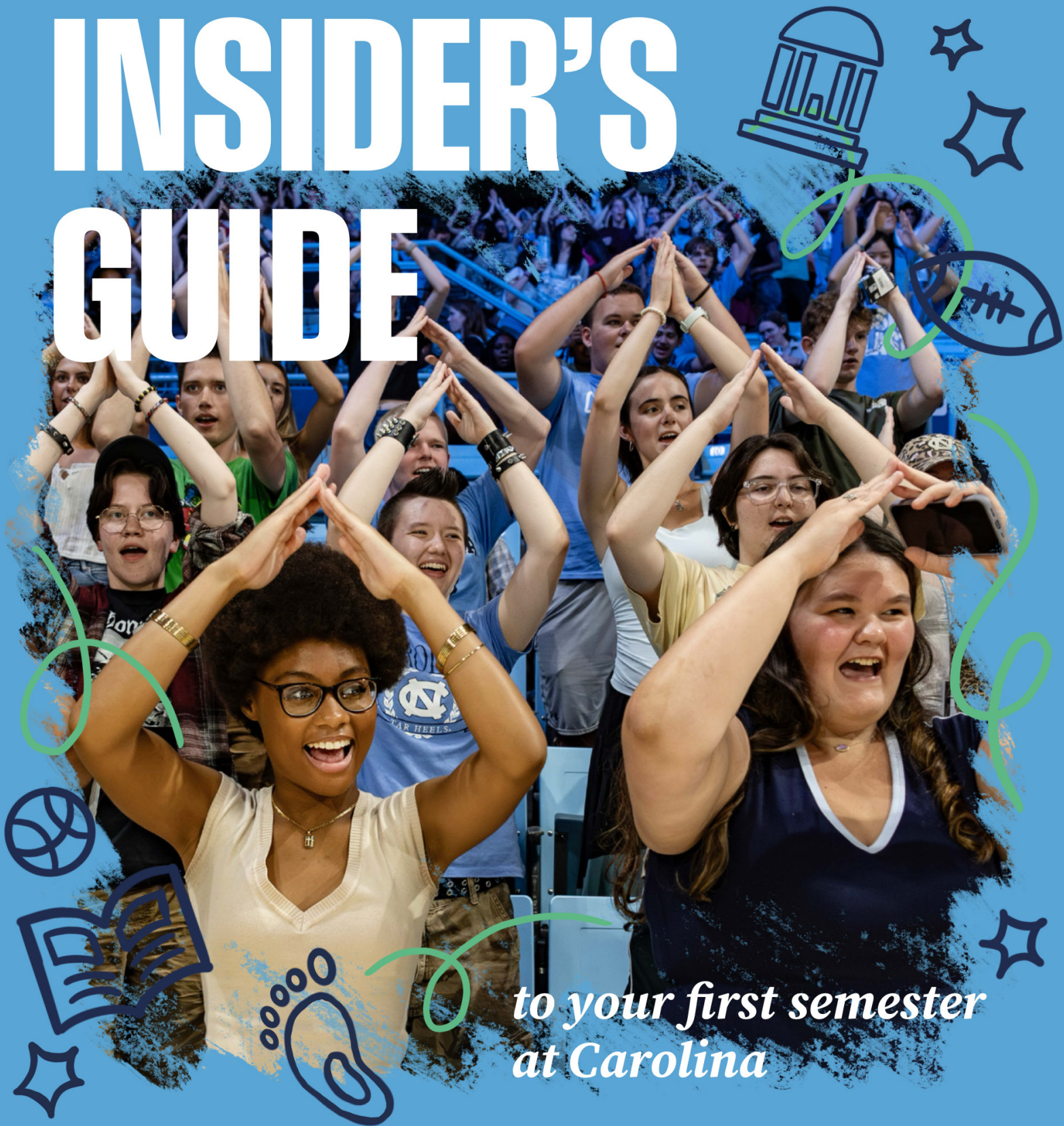


# INSIDER'S GUIDE



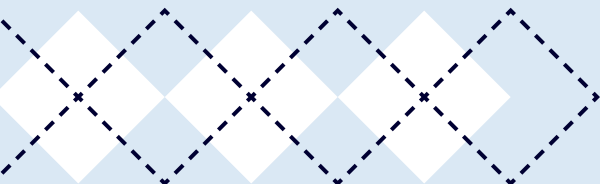
*to your first semester  
at Carolina*



The University  
of North Carolina  
at Chapel Hill

**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!



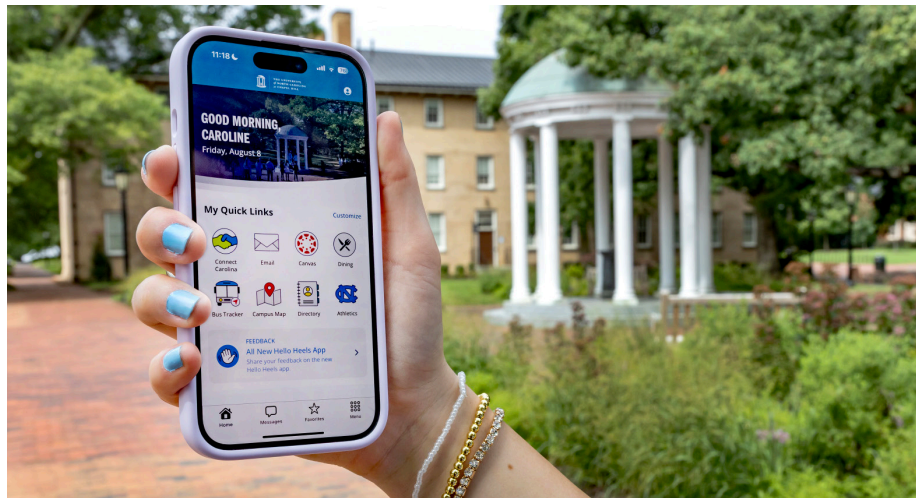
# MOVE-IN GUIDE

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.



# HELLO HEELS APP

If you haven't already, be sure to download the **Hello Heels app!** This app is your essential guide to campus life. Stay connected, informed, and on track with everything happening in the Carolina community.



# UNC WOW (WEEKS OF WELCOME)

*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!

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

### 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 [heelife.unc.edu](https://heelife.unc.edu) with your ONYEN and password and get started on your involvement today!



### 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

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.



**Back Row (L-R):** Anna Zheng (Co-Chair), Lily Ludwick (WOW Board), Seth Bumgarner (Program Coordinator), Raife Levy (Co-Chair), Ashini Pachauri (Returning WOW Board)

**Front Row (L-R):** Erin Atos (Returning WOW Board), Christina Pappas (WOW Board), Anya Trivedi (WOW Board), Ayush Kumar (WOW Board)

**Not Pictured:** Cam Cooper (WOW Board), Kathleen Kim (Returning WOW Board), Bridgid Newman (WOW Board), Kyra Osei-Boateng (WOW Board), Maria Portillo Melhado (Co-Chair), Sanjana Ram (Returning WOW Board), Shloka Sunil (WOW Board)

### FOLLOW US ON SOCIAL MEDIA @UNC\_WOW

#### NEW STUDENT & FAMILY PROGRAMS

UNC NEW STUDENT & FAMILY PROGRAMS  
 @UNCNSFP

# HOW TAR HEELS STAY HEALTHY

*Set yourself up for success and learn about the many health and wellness resources available to you on campus!*

## CAMPUS HEALTH

UNC Health is proud to support Carolina students with their health and wellbeing through on-campus service offerings at Campus Health. With a statewide network of 20 hospitals, more than 900 clinics, and clinical patient care programs at the UNC School of Medicine, UNC Health offers a depth of specialized expertise and resources enhancing care for all students in Chapel Hill and across North Carolina. As an academic health system, we draw on state-of-the-art research and evidence-based care developed by our leading medical school faculty. This integration of clinical excellence, innovation, and focus on the full spectrum of patient needs ensures that all Tar Heels benefit from the latest advances in primary care, specialty services, and mental health.

 [CAMPUSHEALTH.UNC.EDU](https://campushealth.unc.edu)

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

CAPS provides mental health care and is available to assist you 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 your needs fall outside of the brief therapy that CAPS provides, e.g., instances such as specialized testing or open-ended treatment, therapists at CAPS can help you get connected with a mental health provider in Chapel Hill or surrounding areas.

 [CAPS.UNC.EDU](https://caps.unc.edu)

## 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 Carolina 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](https://care.unc.edu)

## STUDENT WELLNESS

Student Wellness, your campus health education and health promotion office, works to educate the University community on relevant health and wellness matters that may impact Tar Heels' personal and academic success. Student Wellness provides 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](https://studentwellness.unc.edu)



# 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!



#### 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.

#### CAROLINA HOUSING'S RESIDENTIAL LEARNING PROGRAMS

Residential Learning Programs (RLPs) offer a unique way to connect your academic interests with your on-campus experience. As an RLP participant, you'll live alongside students who share your goals and passions, creating a strong sense of community and support. Each program is backed by partnerships with students, faculty and staff, fostering an environment that encourages both academic and personal growth. Programs include: BLUE, First Gens, Outdoor Pursuits, Pride Place, The Civil Discourse Community, and Transfers United.

#### WAYS TO GET INVOLVED

- Visit [housing.unc.edu](https://housing.unc.edu), [nsfp.unc.edu](https://nsfp.unc.edu) and [housing.unc.edu/explore/residential-learning-programs](https://housing.unc.edu/explore/residential-learning-programs).
- 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 COMMUNITY

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!

## FRATERNITY & SORORITY LIFE

Fraternity & Sorority Life oversees 50 fraternity and sorority organizations and provides services and support for students. There are 4 student-run councils that govern the fraternities and sororities. These include the Multicultural Greek Council (cultural and interest-based fraternities and sororities), Interfraternity Council (an all fraternity council), the National Pan-Hellenic Council Inc. (historically African-American fraternities and sororities), and the Panhellenic Association (an all sorority council).

 [FSL@UNC.EDU](mailto:FSL@UNC.EDU) | [FSL.UNC.EDU](http://FSL.UNC.EDU)  [@UNC\\_FSL](https://www.instagram.com/UNC_FSL)

# 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

An annual tradition at the start of each academic year that welcomes new and returning students back to campus. Enjoy activities, free food, giveaways, and the chance to connect with fellow Tar Heels as you kick off the semester.

## 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.

## 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! Think of your own tradition or goal here:*

# CAROLINA UNION

*The Carolina Union provides services, programming, and opportunities that enable students to maximize their time at Carolina.*

## ABOUT THE CAROLINA UNION

The Carolina Union is the heart of campus life at UNC-Chapel Hill. We're a community of students, professional staff, and student employees working together to create meaningful experiences outside the classroom. Whether you're part of a student organization, a campus department, or just looking for ways to get involved, the Union is here to support you. We help plan and implement cultural, social, and educational programs that bring the campus community together and enhance your college experience.

Our five departments provide resources and opportunities designed to help you explore interests, connect with others, and make the most of your time at Carolina. From event planning support to spaces where you can gather and collaborate, we're dedicated to making campus life vibrant and engaging.

**Stop by and discover what the Union has to offer!**  
**Can't wait to CU at the Union!**

## ADMINISTRATION

The Administration Office keeps the Carolina Union running smoothly day-to-day. Led by the Executive Director, the office works closely with the Carolina Union Board of Directors — a collaborative team of students, faculty, and staff who shape the Union's direction.

Together, they oversee facility operations, review and update policies, manage programs and activities, and address space needs across the building. Think of the Administration Office as the behind-the-scenes team making sure the Union works for you — from keeping the lights on to planning for the future of your campus living room.

## CAROLINA UNION SIGNATURE EVENTS

The Carolina Union hosts signature events throughout the year that bring students together for fun, recognition, and community building. Our main programs include:

**FALLFEST** — An annual tradition at the start of each academic year that welcomes new and returning students back to campus. Enjoy activities, free food, giveaways, and the chance to connect with fellow Tar Heels as you kick off the semester.

**CHANCELLOR'S AWARDS** — Our annual celebration recognizing students for outstanding academic achievement and leadership. This program honors the dedication and impact students make across campus.

**TREAT YO' SELF** — Sometimes you just need a break. Stop by for free food, relaxation, and a moment to recharge in the Union.

**BIRTHDAY BASH** — Held at the start of each Spring semester to celebrate the Union's opening in 1968, this newer tradition honors our history while creating new memories for today's students.

These events are designed to help you get involved, meet new people, and make the most of your Carolina experience - all while having a great time.



## COMMUNICATION & CREATIVE SERVICES (CCS)

CCS are the storytellers of the Carolina Union. We work with Union departments and student organizations to promote programs, activities, and resources across campus through compelling visuals and strategic communication.

Our team provides professional graphic design, photography, and videography services to help bring your events and initiatives to life. Whether you need a poster designed, an event photographed, or a promotional video created, CCS is here to help you share your story effectively.

Think of CCS as your creative partner — we're here to help you communicate, create, and connect with the Carolina community.

## BUSINESS & FINANCE

The Business and Finance Office manages the financial operations of the Carolina Union and provides critical budget support for Carolina Union Student Organizations (CUSO).

If you're part of a student organization, this team is your resource for navigating funding, understanding budgets, and ensuring your group has the financial foundation to bring your ideas to life. They work directly with student orgs to help you manage your money responsibly and make the most of available resources.

## EVENT SERVICES

Event Services is your go-to team for bringing events to life at the Carolina Union. Whether you're planning a small meeting or a major campus-wide program, our professional and student staff are dedicated to making your event a success.

We handle all reservations at the Union and support over 20,000 events annually. From scheduling and ticketing to innovative audiovisual support, we provide comprehensive services that help your vision become reality. Our team also oversees the Pit area and Gift Plaza, ensuring these iconic campus spaces run smoothly.

No matter the size or scope of your event, Event Services creates a welcoming environment and delivers the technical expertise you need. Let us help you make your next event memorable.

 [CAROLINAUNION.UNC.EDU](https://CAROLINAUNION.UNC.EDU)

 @CAROLINAUNION




Carolina  
Union



# STUDENT LIFE & LEADERSHIP

*Student Life & Leadership offers a variety of programs, services, and academic courses for all students interested in being involved or leading at UNC. We are committed to serving the Carolina community by creating shared social experiences, providing avenues for involvement on campus, and advocating for leadership as a process of social change.*

Come visit us in the suite 2501 in the Carolina Union, and don't hesitate to contact us with any questions you may have. We are always more than happy to help!

✉ [STUDENTLIFE@UNC.EDU](mailto:STUDENTLIFE@UNC.EDU)     @SLLUNC  
 @STUDENT LIFE AND LEADERSHIP, UNC

## CAROLINA UNION ACTIVITIES BOARD (CUAB)

To create a Carolina where every student feels a sense of belonging, joy, and connection, through intentional programming that reflects our diverse stories and strengthens our shared community. CUAB envisions a campus culture where student-led events aren't just entertainment, but a catalyst for growth, unity, and lifelong memories.

✉ [CUAB@UNC.EDU](mailto:CUAB@UNC.EDU)    @CUAB\_UNC

## STUDENT GOVERNMENT

Student Government is the student body representative before administrators, faculty, the board of trustees and governors, and even the state legislature. They exist to tackle the policy issues that matter to UNC and its students.

✉ [EXECBRANCH@UNC.EDU](mailto:EXECBRANCH@UNC.EDU)  
 UNC STUDENT GOVERNMENT EXECUTIVE BRANCH  
 @UNC\_EXECUTIVEBRANCH RESEARCH

## CAMPUS LIFE EXPERIENCE

Campus Life Experience (CLE) collaborates with IDEAs in Action to help students experience the artistic, intellectual, and political life of UNC's campus and connect these experiences with their academic work. Allowing them to apply their learning both inside and outside the classroom.

✉ [CLE@UNC.EDU](mailto:CLE@UNC.EDU)

## SEED ( CO-CURRICULAR LEADERSHIP CERTIFICATE PROGRAM)

Student Life & Leadership is excited to provide the UNC community with the Co-Curricular Leadership Certificate Program.

Students that engage in this program will be able to immerse themselves in leadership learning that will enable students to reflect critically about the important ways that they can engage in their leadership learning. Students will be able to engage in this leadership learning at their own pace so that it can best fit into their schedules. Each certificate is grounded in leadership frameworks that will support the development of your skills on an individual, collaborative, and communal level.

✉ [GO.UNC.EDU/UNCSEED](http://GO.UNC.EDU/UNCSEED)

## TAR HEELS VOTE!

Tar Heels Vote facilitates student-led non-partisan voter education, empowerment, and outreach through comprehensive civic engagement initiatives.

✉ Students who want to get involved can learn more at [GO.UNC.EDU/VOTE](http://GO.UNC.EDU/VOTE)

## NC FELLOWS

Founded in 1967, the North Carolina Fellows Program is a three-year, cohort-based program where students are challenged to look at leadership from a non-positional lens and create a personalized definition of leadership that will positively contribute to their time in and beyond the Carolina community.

Currently housed in Student Life & Leadership, the NC Fellows Program selects 30 first year students per year to embark on a unique leadership development journey during their time at Carolina that includes both curricular and co-curricular components.

✉ [NCFELLOWS@UNC.EDU](mailto:NCFELLOWS@UNC.EDU)



# 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 1000+ 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!



## HOW DO I FIND A STUDENT ORGANIZATION?

There are over 1000+ 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](https://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](https://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](https://go.unc.edu/studentorgs) or email us at [studentorgs@unc.edu](mailto:studentorgs@unc.edu).

# ALERT CAROLINA

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

- 1 EMERGENCY WARNING** issued if there is a confirmed significant emergency or immediate threat to the health or safety of the campus community. The Outdoor Emergency Sirens will sound to alert people who are outside that they need to take action. Messages will be delivered through text, email, social media and updates on the Alert Carolina webpage.
- 2 CRIME ALERT** issued to inform the campus community about Clery Act crimes in a timely manner. The primary goal of a Crime Alert is to raise awareness and encourage caution, informing individuals to protect themselves and their property from similar incidents, rather than prompting immediate action. Messages will be sent using email, social media, the Carolina Ready Safety App and the Alert Carolina website. Depending on the situation, UNC Police may decide to issue the Crime Alert as a Crime Alert: Urgent message. When a Crime Alert: Urgent message is sent, a text message will be sent in addition to the normal Crime Alert messages.
- 3 ADVERSE CONDITION** issued for situations that don't pose an immediate threat to health or safety but require a change in the University's operating status. These alerts are often used for severe weather, significant utility outages or other non-emergency disruptions. Messages are sent by email, the Carolina Ready Safety App and will on post social media, the Alert Carolina website and the main University website.
- 4 INFORMATIONAL MESSAGE** issued to provide important updates on situations that aren't emergencies or immediate threats but are of significant interest to the campus community. These types of alerts are often used for things like adverse weather, road closures or other incidents that might impact normal campus activities. Messages are sent by email, social media, the Carolina Ready Safety App and the Alert Carolina website.



**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.

For more information, visit [go.unc.edu/safetyapp](https://go.unc.edu/safetyapp)



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

UNCCHAPELHILL @ALERTCAROLINA

# 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 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.
- 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.

## REPORTING CONCERNING BEHAVIOR

Community members play a critical role in identifying concerning behavior. If an interaction causes concern or fear for personal safety or the safety of others, it should be taken seriously. Concerns may be reported by emailing the Carolina Behavioral Assessment and Management Team at [cbam@unc.edu](mailto:cbam@unc.edu) or submitting a Concerning Behavior Referral form at [go.unc.edu/CBAMReport](https://go.unc.edu/CBAMReport).



**SAFEWALK:** [safewalk.unc.edu](https://safewalk.unc.edu) OR 919.962.SAFE (7233) | **P2P:** [move.unc.edu/p2p](https://move.unc.edu/p2p)  
**NEXTBUS:** [nextbus.com](https://nextbus.com) | **CHAPEL HILL TRANSIT AND SAFE RIDE ROUTES:** [chtransit.org](https://chtransit.org)

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

# TRANSPORTATION AND PARKING

## UNC OFFERS MANY TRANSPORTATION OPTIONS!

- Chapel Hill Transit's local services are fare-free for everyone, including UNC students! Chapel Hill Transit's U route circulates campus every day (with different frequency over the weekend) while the RU route circulates campus only on weekdays.
- UNC's Point-to-Point (P2P) provides on-demand and fixed route transportation services. On demand is available 24 hours a day excluding weekends. P2P fixed routes services main campus and Franklin Street during the evening hours during the academic year excluding UNC break sessions. P2P also serves campus health, the libraries, RDU Airport during breaks, safe rides, and more. For more information, please visit: [move.unc.edu/transit/p2p](https://move.unc.edu/transit/p2p).
- Regional Transit Services, including GoTriangle, PART, and Chatham Transit connect UNC to surrounding cities. For more information, please visit [move.unc.edu/transit](https://move.unc.edu/transit).
- 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+).
- 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/commuter-alternatives](https://move.unc.edu/commuter-alternatives).
- 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/parking/student](https://move.unc.edu/parking/student).

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

MYPARK PORTAL: [moveunc.t2hosted.com/cmn/auth\\_ext.aspx](https://moveunc.t2hosted.com/cmn/auth_ext.aspx)

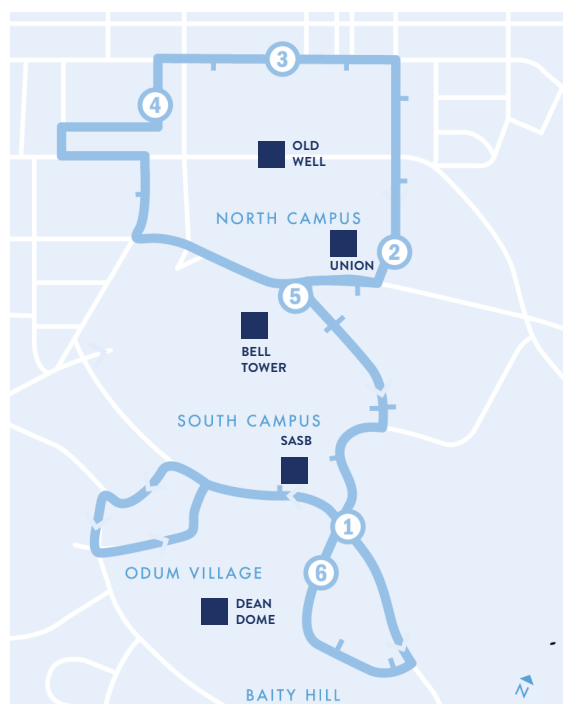
HARDSHIP PARKING: [move.unc.edu/parking/student](https://move.unc.edu/parking/student)

COMMUTERS: [move.unc.edu/cap](https://move.unc.edu/cap)

CONNECT WITH A STAFF MEMBER: [apps.fo.unc.edu/move/contact](https://apps.fo.unc.edu/move/contact)

MOVE.UNC.EDU   @MOVEUNC

## P2P EXPRESS ROUTE

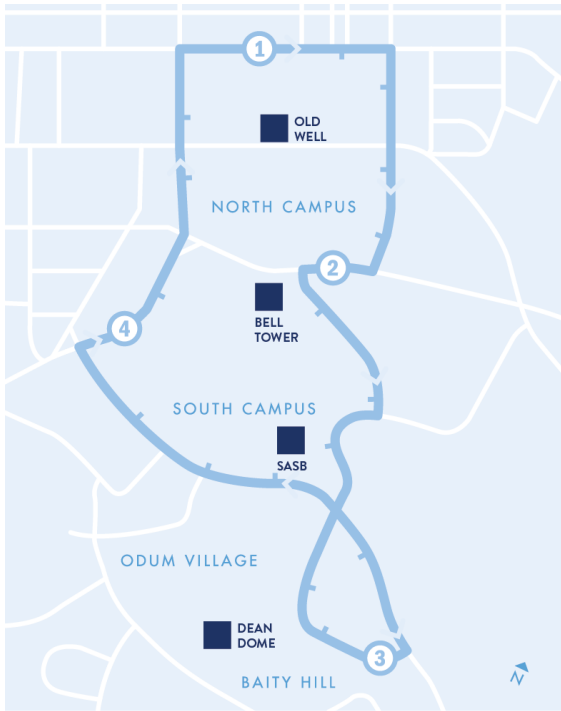


The P2P Express shuttle runs from 7:00pm to 4:00am during Spring and Fall semesters. P2P also runs a modified route during the Summer semester. After dark, P2P provides transportation to all students not served by the Express route to and from any open campus building or parking lot. For a pick-up, dial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



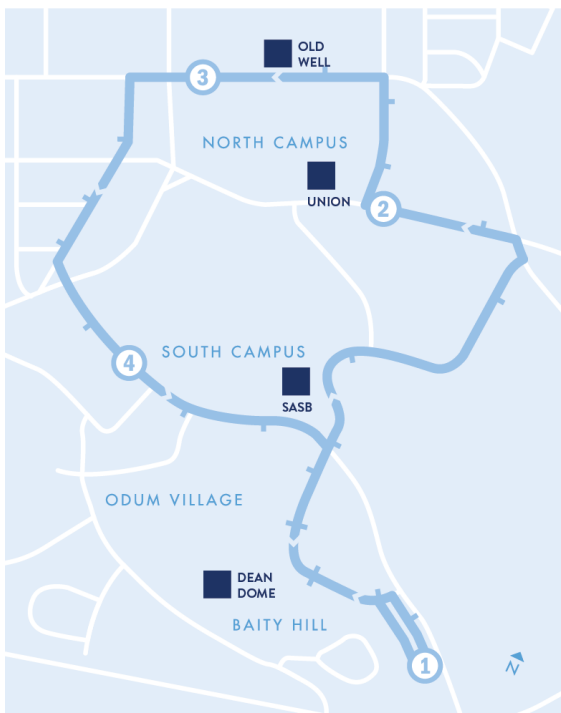
## U ROUTE (CAMPUS SHUTTLE)

The U bus runs every 15 minutes from 7:00am to 8:00pm. 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 [chapelhillnc.gov](http://chapelhillnc.gov).

## 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 7:00am to 8:30pm. 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 **Hello Heels**, **Transit App (Chapel Hill Transit)** or **UNC P2P app!** These applications that can be downloaded onto your phone allows you to see the nearest bus stops and bus arrivals in real time. Hello Heels aims to simplify transportation across campus, linking directly to Chapel Hill Transit's online bus tracker. This enables students, faculty, staff and visitors to access real-time information on when and where the closest bus will arrive.

# ACADEMIC CALENDAR

## AT A GLANCE

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](http://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](http://catalog.unc.edu/policies-procedures/attendance-grading-examination).

### FALL SEMESTER

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**New Student Convocation**

Sunday Aug 16

**Classes Begin**

Monday Aug 17

**Last Day for Late Registration**

Friday Aug 21

**Labor Day (No Classes Held)**

Monday Sep 7

**Well-Being Days (No Classes Held)**

Monday Sep 21 & Tuesday Oct 6

**University Day**

**(Event Time TBD)**

Monday Oct 12

**Fall Break (No Classes Held)**

Oct 15 – 16

(Thursday – Friday)

**Thanksgiving Recess (No Classes Held)**

Nov 25 – 27

(Wednesday – Friday)

**Classes End**

Wednesday Dec 2

**Reading Days (No Classes Held)**

Thursday Dec 3 & Wednesday Dec 9

**Exam Days**

Dec 4, 5, 7, 8, 10, 11

(Friday, Saturday, Monday, Tuesday,

Thursday, Friday)

**Fall Commencement**

Sunday Dec 13

### SPRING SEMESTER

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**Classes Begin**

Wednesday Jan 6

**Last Day for Late Registration**

Tuesday Jan 12

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

**(No Classes Held)**

Monday Jan 18

**Well-Being Days (No Classes Held)**

Monday Feb 8 & Thursday March 25

**Spring Break (No Classes Held)**

March 8 – 12

(Monday – Friday)

**Classes Resume**

Monday Mar 15

**University Holiday (No Classes Held)**

Friday March 26

**Classes End**

Monday April 26

**Reading Days (No Classes Held)**

Apr 27, 30 & May 5

(Tuesday, Friday, Wednesday)

**Exam Days**

April 28, 29, May 1, 3, 4, 6

(Wednesday, Thursday, Saturday,

Monday, Tuesday, Thursday)

**Spring Commencement**

Saturday, May 8

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

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**Classes Begin SSI and MM**

Wednesday May 12

**Last Day for Late Registration MM**

Wednesday May 12

**Last Day for Late Registration SSI**

Thursday May 13

**Memorial Day (No Classes Held)**

Monday May 31

**Classes End/Exams MM**

May 27 & 28

(Thursday & Friday)

**Classes End SSI**

Tuesday June 15

**Reading Day SSI**

Wednesday June 16

**Juneteenth (No Classes Held)**

Monday June 21

**Exam Days SSI**

June 17 & June 18

(Thursday & Friday)

### SUMMER SESSION II (SSII)

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**Classes Begin**

Tuesday June 22

**Last Day for Late Registration**

Wednesday June 23

**Fourth of July (No Classes Held)**

Monday July 5

**Classes End**

Friday July 23

**Reading Day**

Monday July 26

**Exam Days**

July 27 & 28

(Tuesday & Wednesday)

# SYLLABUS TIPS

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](http://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](http://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?

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.

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[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

*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