

2026-2027



FAMILY CALENDAR

The University of North Carolina at Chapel Hill



The University
of North Carolina
at Chapel Hill

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.



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.

ONLINE RESOURCES

UNIVERSITY HOMEPAGE

unc.edu

UNC STUDENT AFFAIRS

studentaffairs.unc.edu

DIVISION OF STUDENT SUCCESS

students.unc.edu

NEW STUDENT & FAMILY PROGRAMS

nsfp.unc.edu

For Common Contacts for Families, see page 25 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

New Student & Family Programs will staff an Orientation Help Desk located in the FPG Student Union nearby the main orientation presentation space during the following hours:

FIRST-YEAR ORIENTATION DAY 1	8:30 AM – 4:30 PM
TRANSFER ORIENTATION	8:30 AM – 4:30 PM

NAMETAGS

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

CONTACT US

919.962.8304
families@unc.edu

VISIT US ON THE WEB

families.unc.edu or nsfp.unc.edu

[f](#) UNC New Student & Family Programs

[@](#)UNCnsfp



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 Hello Heels App 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 thrilled that your student will be joining us this fall, our 233rd year, and equally excited to welcome you as part of the Carolina family. Your guidance, encouragement and support play an essential role, and we are grateful for the trust you place in our University.

As a parent of college students myself, I understand the mix of emotions that can accompany this step. Please know that your student is joining a community deeply committed to their success and well-being, and we are here for you and your student every step of the way.

As the nation's first public university, we believe there is no higher calling than preparing future leaders to address the world's most pressing challenges. Your student will find exceptional opportunities to explore their interests, grow intellectually and personally, and develop the skills and values that will serve them throughout their lives. They will be challenged, inspired and supported, and we look forward to seeing all they will accomplish at Carolina and beyond.

The future belongs to Carolina, and we are excited for you to join us.

Go Heels!

Lee H. Roberts
Chancellor



Welcome to the Tar Heel family!

As you begin your experience at UNC-Chapel Hill, know that our Division of Student Success is committed to your Carolina experience. Through meaningful student engagement and a commitment to academic excellence — both inside and beyond the classroom — Carolina prepares students for exceptional career success and lifelong academic achievement. Across the University, our teams provide a welcoming environment for all Tar Heels, foster opportunities for student learning and development, and spur student success. Our Tar Heel parents and families are essential to that work — and your role in our Carolina community is vital and valued.

We know the college transition is a time of tremendous growth, new opportunities, adventures, and challenges. We want to both involve and support you in this process, facilitating a strong and rewarding partnership among 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. If we can help at any point during your student's experience at Carolina, please feel free to reach out.

Go Heels!

James E. Orr
Senior Vice Provost for Student Success



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 heellife.unc.edu/events.

FINANCES

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

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.

BILLING DATES

➤ Scan this QR code to view the Cashier's Fall 2026 Important Dates!



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

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



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?

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



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 care.

 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

REMINDER

SEPTEMBER 10 & JANUARY 31

Mandatory Student Health Insurance
Waiver deadlines

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

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.



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.

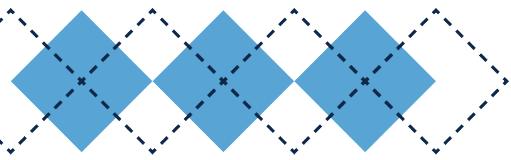
- 🔗 Learn more about the system at alertcarolina.unc.edu
- 🔗 Families can sign up for notifications via X or the Carolina Ready Safety App. Find out how at alertcarolina.unc.edu/register

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



FAMILY FOOTBALL DAY

SATURDAY, OCTOBER 24
UNC VS. SYRACUSE

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, Chapel Thrill Game Day, from our partners at Carolina Athletics. Stay connected for more details at uncfamilies.campusesp.com!



HIGH FIVES FOR HEELS

VISIT 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



DID YOU KNOW?

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](https://heellife.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!

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

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 available courses in the Course Catalog at catalog.unc.edu
- Use the UNC Schedule Builder at registrar.unc.edu/schedule-builder
- Review the Registration Guide at <https://registrar.unc.edu/first-year-student-registration-guide>



IDEAS IN ACTION

PREPARING GRADUATES TO BECOME LIFELONG LEARNERS

This fall, Carolina will embark on its fifth 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





DID YOU KNOW?

The University Compliance Office (UCO) 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 UCO for more information.

compliance.unc.edu/access-and-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?

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

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

OFF-CAMPUS HOUSING PLANNING

As students begin thinking ahead to their sophomore year, many families have questions about when and how to explore housing options. At Carolina, students may start learning about off-campus housing as early as September, though many continue the process through March. There is no single right timeline. The best time to search depends on a student's preferences, priorities, and comfort level.

Off-Campus Student Life is here to support students and families throughout this process. The office provides education around housing options, leases, budgeting, and roommate decision-making, and encourages students to take time to gather information before signing a lease. Throughout the year, Off-Campus Student Life hosts a Fall Housing Fair, a Spring Housing Fair, and a series of orientation and educational programs to help students make informed choices.

For the most current listings, resources, and guidance, students are encouraged to visit offcampushousing.unc.edu, which is updated regularly with available options and tools to support their housing search.

offcampushousing.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.





DID YOU KNOW?

Student Conduct supports Carolina's commitment to a community grounded in honor, integrity, and ethical decision-making. Guided by the Student Code of Conduct, this office helps students understand their responsibilities, make informed choices, and contribute to a safe and respectful campus environment. Through education, partnership, and student engagement—including opportunities to serve on the Conduct Board—Student Conduct encourages the development of ethical, responsible leaders at Carolina and beyond.

🔗 Learn more at studentconduct.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?

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
			LAST DAY OF CLASS (LDOC)	READING DAY: NO CLASSES OR EXAMS HELD	EXAM DAYS	
6	7	8	9	10	11	12
	EXAM DAYS		READING DAY: NO CLASSES OR EXAMS HELD	EXAM DAYS		
13	14	15	16	17	18	19
FALL COMMENCEMENT						
20	21	22	23	24	25	26
27	28	29	30	31	1	2



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 LIBRARY is 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.

CAREER READINESS

UNC Career Center is committed to helping students navigate the career planning and preparation process as they develop their career goals. Encourage your student to use the Career Center 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 the Career Center has staff available to meet and discuss their career planning and goals.



Scan the QR Code to learn more about about the Career Center 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.



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 heellife.unc.edu/events 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?

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
RESIDENCE HALLS OPEN			CLASSES BEGIN			
10	11	12	13	14	15	16
		LAST DAY FOR LATE REGISTRATION				
17	18	19	20	21	22	23
	DR. MARTIN LUTHER KING, JR. DAY: NO CLASSES HELD					
24	25	26	27	28	29	30
31						



**TAR HEELS
ASK FOR HELP**

For mental health support
Scan the QR code to visit care.unc.edu



Heels Care NETWORK

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?

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



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

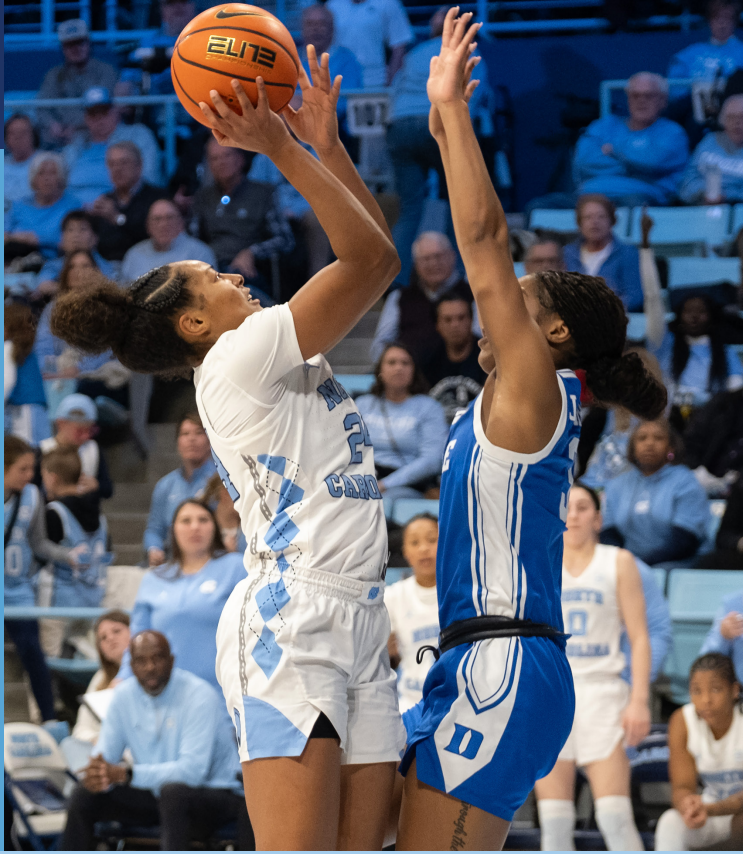
CAMPUS RECREATION

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





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

- You're halfway through the semester, congrats! How are you feeling about your classes?
- What will you do on your Well-Being day to relax and manage any stress?
- Do you have travel plans for Spring Break?
- Follow up: Do you feel prepared to make safe decisions?

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

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

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



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 or submitting a Concerning Behavior Referral form at go.unc.edu/CBAMReport.

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 self-defense options, 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.





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



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.





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

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

Division of Student Success
students.unc.edu

Academic Advising
advising.unc.edu
919 966 5116

University Compliance Office
compliance.unc.edu
919 966 3576

Office of the University Registrar
registrar.unc.edu
919 962 3954

The Center for Student Success
learningcenter.unc.edu
919 962 3782

The Dean of Students
dos.unc.edu
919 966 4042

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



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I love UNC. I love the quad in the spring and the arboretum in the fall. I love the Pit on a sunny day and Graham Memorial Lounge on a rainy one. I love Roy all the time. But what makes UNC truly special is not our beautiful campus, our distinguished reputation or even our basketball team. It's us — the student body — who make UNC what it is.

*— Eve Carson
(2007–2008 UNC Student Body President)*

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 compliance.unc.edu/reporting/incident to report bias. Students can connect with a variety of resources for support.	University Compliance Office, 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 Carolina Student Legal Services websites. For situations which occur in the residence halls, Carolina Housing may be an appropriate resource.	Student Conduct, Carolina Student Legal Services, Carolina Housing
Disabilities (Accessibility Needs and Accommodations)	Your student should contact the University Compliance Office prior to the beginning of the semester. Provide testing documents or medical reports to your student.	University Compliance Office
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 staff member.	Faculty Office Hours, Advising, University Ombuds Office
Family Emergency	Keep your student informed about any serious family illnesses, if possible. Make sure your student is not alone when receiving bad news. A roommate or close friend should help. Encourage your student to seek help if they are struggling to function and/or feeling distressed.	The Dean of Students, CAPS, Carolina Housing
Homesick	Prepare your student before school starts; schedule a time when they will visit home or when you will visit campus; encourage out-of-class activities; reassure your student that homesickness is normal and encourage your student to seek help if necessary. Let your student know that the feelings will subside as they feel more and more connected to people, classes, and groups on campus. Limit home visits during the first six weeks to facilitate and support college transition and assist with fostering community.	Resident Advisor, Carolina Housing, Orientation Leader

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, University Compliance Office
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 Victim Services Specialists. 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 Life and Leadership, CAPS



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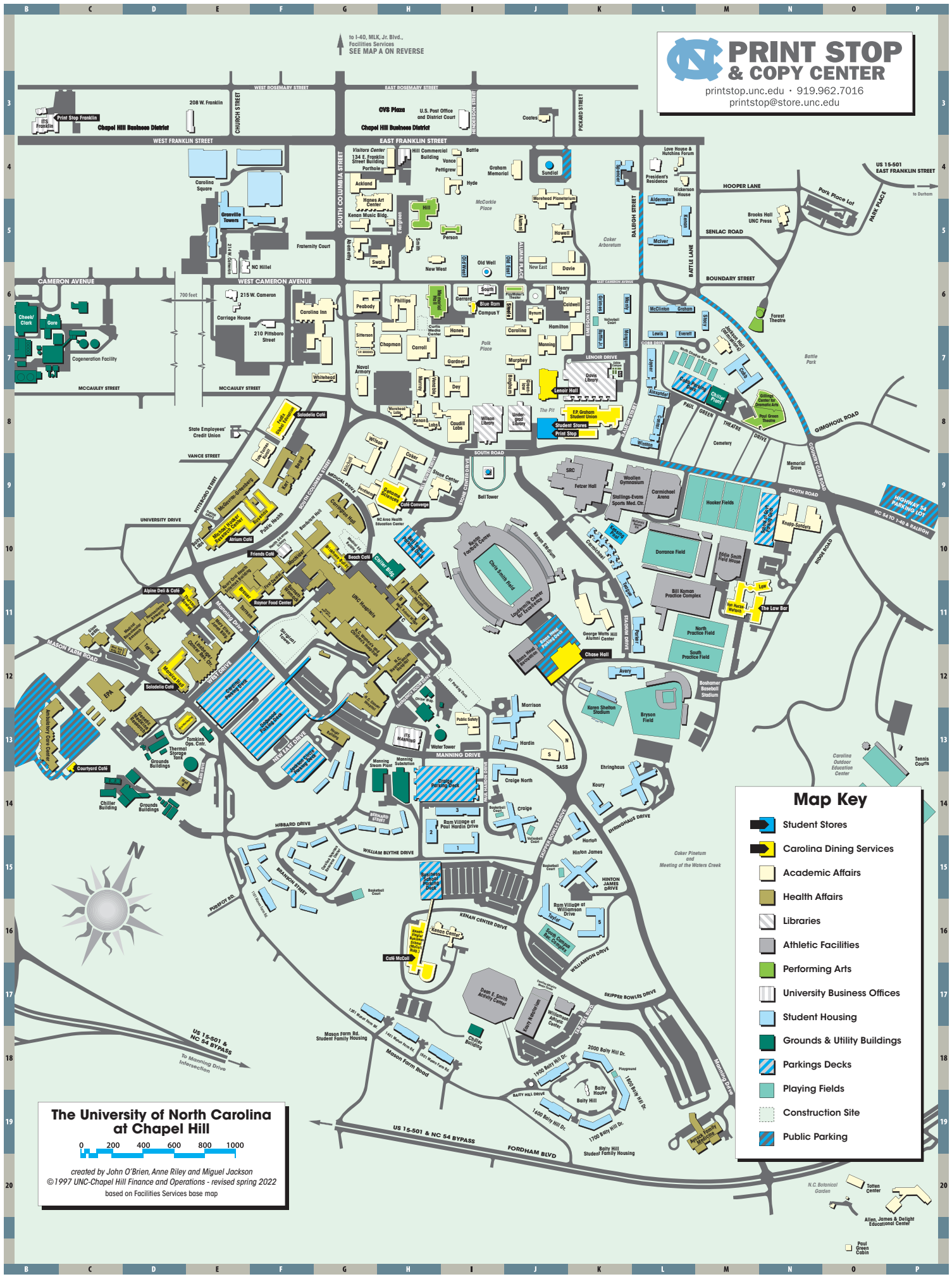
HEEL HISTORY

These two astronauts trained at
Carolina's Morehead Planetarium.

Answer: Neil Armstrong and Buzz Aldrin

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& 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
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 based on Facilities Services base map