

Welcome to Graduate Orientation!

August 14, 2024

#UNCGradStudents

Kate McAnulty, PhD

Senior Associate Dean
Student Affairs

Graduate Orientation Website



- gradschool.unc.edu/orientation
- Admitted student checklist
- Orientation modules and PPTs
- C.H.A.R.T resources



Get Connected!



Follow The Graduate School
on social media!

@UNC_GradSchool on most
platforms



Student Support

- Wellness
- Referrals/General Support
- Academic and Personal Support
- Emergency Financial Support
- Parental Leaves
- Withdrawals
- Time-to-Degree Extensions



Graduate Student Support Resources



The Graduate School recently launched a new online hub for graduate student support resources. If you need help and aren't sure where to look, start here!

A screenshot of the website's navigation bar and main content area. The navigation bar includes links for Home, About, Academics, Admissions, Degree Programs, Funding, Professional Development, Student Success, and Student Affairs. The main content area features a section titled "Student support steps" with three numbered instructions, and a section titled "Graduate Student Support Resources" with three blue buttons containing text: "I would like to speak to someone now about an urgent emotional or mental health concern.", "I am concerned about a graduate student.", and "I would like to speak to someone to explore my academic options."/>

Home About Academics Admissions Degree Programs Funding Professional Development Student Success Student Affairs

Student support steps

- 1 If this is an emergency situation, including an imminent threat of harm to self or others, call 911 or the UNC Police Department at [919-962-8100](tel:919-962-8100).
- 2 If this is not an emergency situation, review the resources and links on this page.
- 3 If you do not see the resources you need here, if

Graduate Student Support Resources

- ▶ I would like to speak to someone now about an urgent emotional or mental health concern.
- ▶ I am concerned about a graduate student.
- ▶ I would like to speak to someone to explore my academic options.



Wellness Festivals and Grad Cafes

- Fall Wellness Festival
 - October 29
- *Grad Cafes
 - September 5, October 8, November 11 (weather-permitting)



Additional Support

- EOC/ARS
- Basic Needs Task Force
- Carolina Food Pantry @ Bynum



Student Success



Global Grads

Carolina Grad Student F1RSTS

Queer Graduate and Professional Students

Military-affiliated graduate students

WE RISE



Admissions and Enrolled Students



Sarah Jacobson;
Assistant Dean,
Admissions and
Enrolled Students

- Primary point of contact
- Tracking degree milestones
- Registration changes:
cancellation, drop
- Student action/paperwork
processing
- Graduation clearance



Orientation Ambassadors



Orientation Schedule

Carolina Club

9-10am Breakfast

10-11am General Presentations

11:15am-12pm Faculty Panel

12-12:30pm Student Panel

Kenan Stadium/Blue Zone

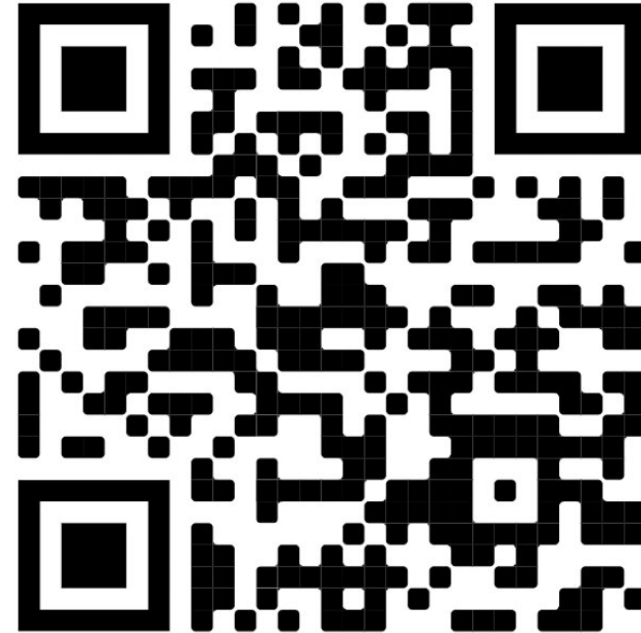
12:30-2pm Resource fair and Lunch

Carolina Club and Kenan Pines

2:15pm and 3:15pm Breakout Sessions / GPSG New Student Social

2:30-3:30pm **Campus Health** Open House (free cookies)

3pm Campus Tour (will depart from Carolina Club)



Poll Everywhere



1. Use QR code or go to **pollev.com/uncgrads**
2. Enter a name (optional)
3. Wait for poll to open



Where do you call home?



Powered by  **Poll Everywhere**

Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

How are you feeling today?



What are you most interested to explore in our local community?

Restaurants

Nature

Breweries and Wineries

Volunteer opportunities

Arts & Entertainment

What type of graduate degree are you pursuing?

Doctorate

Master's

Specialist degree

Non-degree

Other

No idea

Using only one word, how would you describe your current feeling about beginning graduate school?

Beth Mayer-Davis, PhD

Dean

Beth Mayer-Davis, Dean



Dean of The Graduate School


Cary C. Boshamer Distinguished
Professor of Nutrition and
Medicine



Graduate Student Experience Initiative

Charge

Conduct a comprehensive assessment of the graduate and professional student experience at Carolina to ensure our campus has the appropriate policies and practices in place to ensure both academic rigor and student success and well-being.

1. **Campus Resource Navigation – Developed gradstudentcare.unc.edu**
 2. **Assessment of Mental Health and Well-being Services**
 3. **Faculty Mentor Training**
 - Training for faculty
 - Required Individual Development Plans and Mentor-Mentee agreements
 4. **TA Training**
 5. **Working Conditions**
- 

Stephanie Schmitt, PhD

Vice Dean

Graduate Handbook

handbook.unc.edu



Remember for later!



Specific Policies



UNC Graduate Grading Scale



Eligibility



Temporary Grades



Milestones / Time Limits



Reach out with questions:

Stephanie Schmitt

sschmitt@email.unc.edu



Brian Rybarczyk, PhD

Associate Dean
Professional Development

CareerWell Team



Vanessa Doriott Anderson, Ph.D.
Assistant Dean
Academic and Career
Development

Laura Kuizin, Ed.D.
Director, Masters of
Applied Professional
Studies (MAPS)

Katie Stember, Ph.D.
Director, Experiential
Learning

Brian Rybarczyk, Ph.D.
Associate Dean
Professional Development

careerwell.unc.edu

How can I best prepare for the workforce?

What else can I learn beyond my academic discipline?

What are career options after Carolina?



CareerWell Offerings

Communication trainings

Effective Mentoring

Preparing for the Academic Job Market

Networking and Career Panels

Experiential Learning Opportunities

Dissertation Writing Boot Camps

One-on-one Career Consultations

Digital badges



CareerWell Offerings

Sample Courses

GRAD 712 – Leadership in the Workplace

GRAD 713 – Project Management

GRAD 757 – Team Collaboration

GRAD 758 – Managing People and Professional Relationships

Graduate Certificate in Innovation, Leadership and Management

CareerWell Initiatives

Bridge Beyond Carolina



BEYOND

THE PROFESSORiate

BEYOND

GRADUATE SCHOOL



Graduate Student Center

Provides an intellectually stimulating and rich learning environment that builds a strong interdisciplinary graduate community



gradschool.unc.edu/gsc/

Next Steps

- 1) Set goals & create Individual Development Plan
- 2) Register & attend workshops/trainings
- 3) Integrate professional development throughout your graduate education

Brian Rybarczyk, Ph.D.

brybar@unc.edu

Ken Pittman

Executive Director
Campus Health



A Community of Care



Services and programs to keep students healthy and well while at UNC – Chapel Hill

Mental Health Resource Hub

RESET FILTERS

Search

🕒 Urgency/Wait Time

- Emergency Assistance (2)
- Immediate Support (20)
- Within a Few Days (65)
- Within a Few Weeks (56)

💰 Cost

- Already paid through student fees (57)
- Charged to health insurance / Copay (7)
- Free for eligible UNC employees and families (1)
- Free initial consult, then charge per visit (5)
- Free resource to all (99)
- Some services have a fee (1)

👤 Identity/Affinity Group

Select Identity/Affinity Group...

🏷️ Categories

Select Categories

🏥 Mental Health Needs

Mental Health Needs

🏠 Campus Affiliation

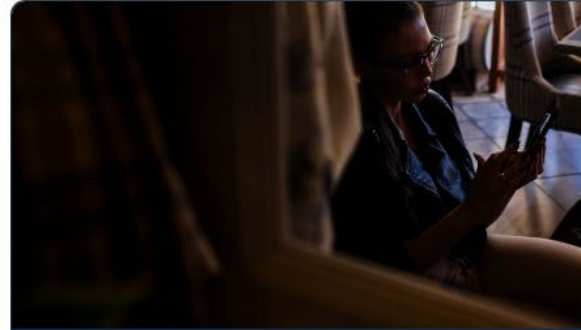
Any



911

If there is a medical emergency or there is immediate danger of harm, [dial 911](#) and explain that you need support for a mental health crisis. On-campus 911 calls on Thursday-Saturday from 7pm-3am will be initially responded to by [Campus EMS](#).

911 [↗](#)



988 Lifeline

Call or text [988](#) or [chat online](#) if you're thinking about suicide, are worried about a friend, or need emotional support. Also offers [ayuda en español](#). The website includes prevention and crisis resources.

988 Lifeline [↗](#)



Accessibility Resources & Service

ARS coordinates and implements accommodations including academic adjustments and provides resources and services to applicants and current students with disabilities.

Accessibility Resources & Service [↗](#)



Active Minds at Carolina

Active Minds is focused on increasing awareness of mental health conditions, providing information and resources, and encourage help-



Actively Moving Forward

A peer-led grief support community for students who have experienced the death or terminal illness of a loved one.



All in the Family



This support group is for students who come from difficult family



Where are we located?

Chapel Hill
North Carolina
35°50'37"N 79°01'37"W





Office Hours
Monday – Friday
9am – 5pm



Health Promotion Initiatives

- Workshops
- Wellness coaching
- Student groups
- Safer-sex supplies
- Large-scale events
- Confidential substance use counseling




counseling
and psychological
services



Office Hours
Monday - Friday
8am - 5pm

Initial screenings
(no appointment needed)
Monday - Friday
9am - noon & 1pm - 4pm

24/7 Phone Support

WE ARE HERE WITH YOU YOU ARE SAFE HERE



Short Term Therapy



Group Therapy



**Medication
Management**



**Multicultural
Health Program**



**Academic
Interventions**



ADHD Clinic



**UNC Embedded
Therapists**



**Referral
Coordination**



Appointments
Monday - Friday
8am - 5pm

Walk-In
Saturday
(Fall & Spring only)
8am-5pm

24/7 Phone Support

SERVING THE UNC CAMPUS COMMUNITY



**Primary &
Same Day Care**



Gynecology



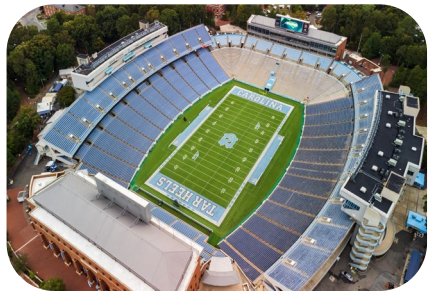
Laboratory



Radiology



Nutrition



**Sports Medicine,
Orthopedics, &
Physical Therapy**



**Immunization, Allergy,
& International Travel
Clinic**



Dental Services



**Gender Affirming
Care**



Campus EMS

campus
HEALTH
Pharmacy Services



Campus Health Pharmacy
Monday - Friday
9am - 5pm

Student Stores Pharmacy
Monday - Friday
9am - 6pm

Saturday
(Only during Fall/Spring Semesters)
11am - 3pm

Pharmacy Services



- Prescription & over the counter medications
- Prescription Transfers
- Prescribes oral contraceptive pills
- Flu and COVID vaccines without appt
- Accepts almost all insurances
- Vending Machines
- Distributes Naloxone
- Coming Fall 2024 – Student Store Mini Clinic



**Campus Health Fee
vs.
Student Health Insurance Premium**

Services Covered by the Campus Health Fee

\$205 semester



- Provider visits in Primary Care, Gynecology, Sports Med, Same Day Care, CAPS initial assessment, CAPS brief therapy
- Any patient-portion charges for Physical Therapy & Nutrition Counseling (after insurance has paid)
- Access to pharmacy services, Specialty Care including Ortho & Travel Clinic, 24-hour on call physician and nurse advise line, Public Health Interventions, Campus EMS First Responders
- Funds health promotion and violence prevention services offered by Student Wellness

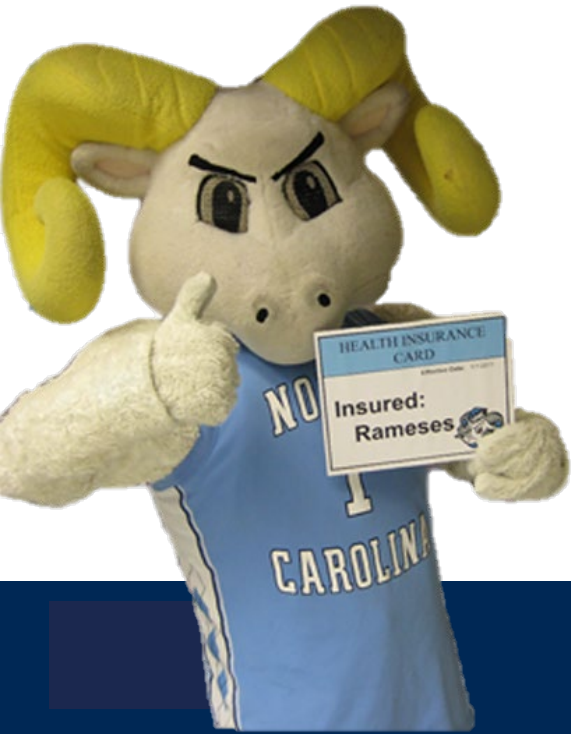
Health Insurance is Mandatory

WAIVE or ENROLL Deadlines

Fall – September 10th

Spring – January 31st

- Each semester, a Student Health Insurance premium is added to the students University account.
- Students must either: **complete the online insurance waiver OR enroll in the UNC sponsored insurance plan** before the deadline each semester.
- Once the waiver is verified and approved, the premium will be removed from the University account.



UNC BCBS Sponsored Insurance Plan

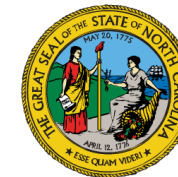
- Plan covers most charges at Campus Health and is accepted worldwide.
- Coverage dates: August 1st to December 31st
January 1st to July 31st
- Charges incurred outside of Campus Health are subject to deductibles, co-pays, and co-insurance.

Student waiver website: bcbsnc.com/student

In-Network Insurance Plans

All UNC-Sponsored Insurance Plans are In-Network at Campus Health

Bring your insurance card to all appointments

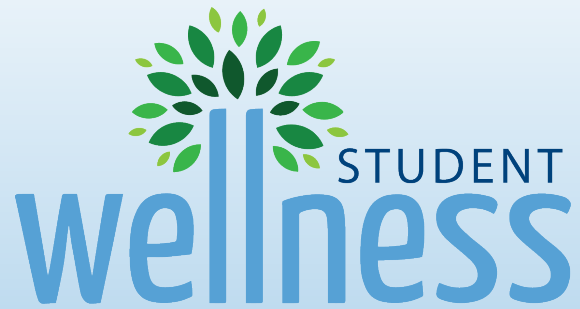


For specific In-Network plan details see: campushealth.unc.edu/in-network



Immunization Submission
connectcarolina.unc.edu

Student Insurance Waiver
bcbsnc.com/student



studentwellness.unc.edu
919-962-9355



caps.unc.edu
919-966-3658



campushealth.unc.edu
919-966-2281



On social media [@UNCHealthyHeels](https://www.instagram.com/UNCHealthyHeels)

Dawn Osborne-Adams

University Ombuds

Ombuds Office Mission Statement

The University of North Carolina at Chapel Hill Ombuds Office is available to assist all members of the university community in navigating any Carolina-related question, challenge, or concern.

We are committed to [ethical ombuds practice](#) and to fostering an environment in which individuals can feel seen and heard, discuss anything that is important to them, and strategize their next steps.

Through consultation, education, and facilitation, we support thoughtful decision-making, fair processes, constructive approaches to conflict, and a campus climate that is both healthy and humane.



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

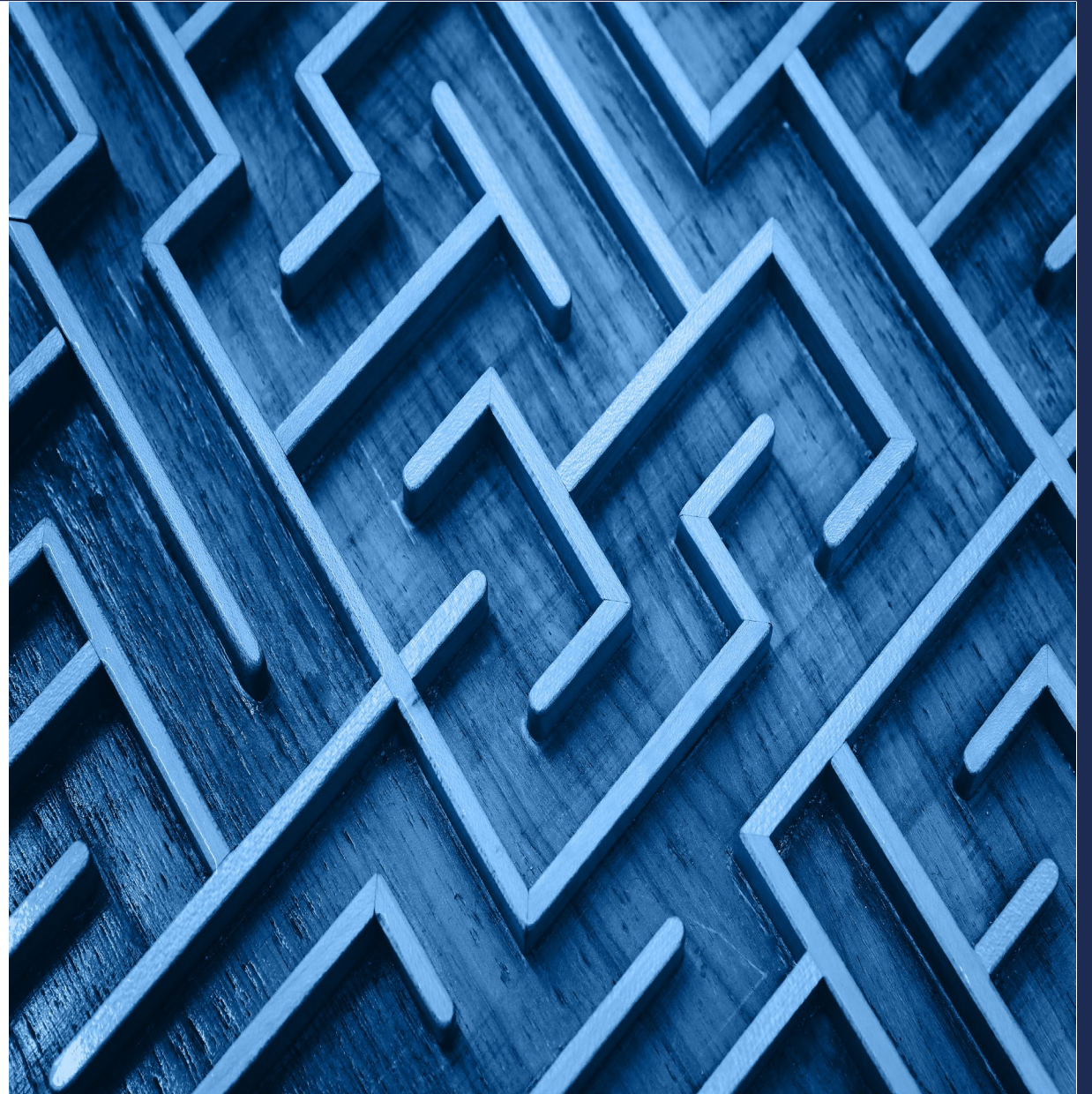


INTERNATIONAL
OMBUDS
ASSOCIATION

University Commitment + Code of Ethics and Standards of Practice

The Ombuds office provides wonderful resources that address the question of how to be human-centered within an organization - how to provide for your own self-care in the midst of conflict, how to assess the ecosystem and culture around you and utilize this assessment in your decision-making, and how to process important life choices from a point of consideration and reflection.

* UNC student describing the Ombuds Office





Dawn Osborne-Adams
University Ombuds



Joshua Canzona
Associate University
Ombuds



Victoria Dowd
Assistant University
Ombuds/Program Specialist

Our Team & Other Details

- Office location: 137 E. Franklin St, Suite 222
- In-person, videoconference, phone
- We prioritize access
- Free and voluntary



University
Ombuds Office

Michele Hayslett

Data Service Librarian
University Libraries

August 14, 2024



Here for All Your Research & Teaching Needs

Journals, books, databases, and so much more!



Research & Teaching

- › Subject specialist librarians in every discipline
- › Technology-driven research support
 - Finding data, coding, mapping, visualization, analysis; text-mining (Davis & HSL)
 - Makerspace (UL)
 - Impact Measurement & Visualization (HSL)
- › Poster and web site design support; podcast and film support
 - Media & Design Center in the UL
- › Skills workshops: coding, poster design, bioinformatics tools, citation management, multimedia creation...
- › Your rights as an author, inventor, and entrepreneur

Here for Leisure, Too!

- › Popular books, e-books, and audio books (including streaming audio!)
- › Movies (streaming and DVDs, Media & Design Center in the UL)
- › Music (streaming and many physical formats, Davis Library 3rd floor)
- › *New York Times* and *Washington Post* access
- › Cookbooks (UL)
- › Seed library (UL)
- › Sewing machine; electronics kits; 3-D scanners and printers; drawing, stamping, and modeling materials in the MakerSpace (UL)

Eric T. Everett, PhD

Director of Research Integrity

Research Integrity

Eric T. Everett, Ph.D.

Director of Research Integrity, Ethics and Education
Office of the Vice Chancellor for Research
Institutional Research Integrity Officer
University of North Carolina at Chapel Hill

Professor, Department of Biomedical Sciences
Adams School of Dentistry, University of North Carolina at Chapel Hill

Administrative Office Building, Room 2216
University of North Carolina at Chapel Hill
104 Airport Dr, Chapel Hill, NC 27516

Phone: 919-962-0988 Email: eric_everett@unc.edu

Fostering a Culture of Research Integrity -

"accuracy"

"ethical standards"

"fairness and accountability"

"objectivity"

"ethical principles & professional standards"

"honesty"

"proposing, performing, or reviewing research, or in reporting research results regardless of the scientific or scholarly discipline"

"honest"

"shared values"

"responsible conduct of research"

"good scientific practices & ensure scientific rigor"

"integrity"

"confidence in the work of others"

"compliance"

"responsible science communication"

"responsibility"

"the practice of scientific investigation with integrity"

"best practices"

"adherence to rules, regulations, guidelines..."

"trust"

"accuracy in representing contributions"

"rigor, reproducibility, and responsibility (the 3R's)"

"collegiality in scientific & scholarly interactions"

"awareness and application of established professional norms and ethical principles in the performance of all activities related to scientific research"

The University's Position on Research Integrity

“The University of North Carolina at Chapel Hill ("University") is dedicated to upholding the highest standards in academic research. This policy describes the University's commitment to:

- Maintaining the integrity and validity of academic research,
- Conducting ethical and responsible academic research, and
- Complying with relevant federal regulations governing academic research.

Together, these commitments help the University have a solid foundation for:

- Proposing, performing, or reviewing research; and
- Reporting research results.

This foundation supports all academic research, regardless of the scientific or scholarly discipline.

The University seeks to keep the public's trust in the honest and ethical conduct of its researchers. For research to fulfill its role in the University and society, all research done under the University's name must meet the highest standards of integrity and ethics.

Scope

This policy applies to anyone engaged in research or research training on behalf of the University ("Covered Individuals").

This includes:

- Faculty;
- Staff (SHRA and EHRA non-faculty);
- Students;
- Guest researchers (e.g., unpaid volunteers, interns, and visiting scholars);
- Collaborators; and
- Consultants.”

Resources

- Responsible Conduct or Research (RCR) Training
 - Listing of Responsible Conduct of Research (RCR) Courses at UNC-CH and other RCR training opportunities, see <https://research.unc.edu/compliance/rcr/>
- Writing Tools
 - UNC Writing Center (<https://writingcenter.unc.edu>)
 - iThenticate (<https://research.unc.edu/systems/ithenticate/>) to find a button to access via onyen
- Reporting concerns --- Carolina Ethics Line
 - (hosted on EthicsPoint's secure servers and is not part of the University of North Carolina-Chapel Hill website or intranet)
<https://secure.ethicspoint.com/domain/media/en/gui/10808/index.html>

Graduate and Professional Student Government

We represent you!



THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

What does GPSG do?

Advocacy

- We represent your voice in decision making across campus.
- *Recent Projects:*
 - Partnership with Graduate School for programs like TA Orientation
 - Graduate Student Dental Insurance

Connection

- We curate dedicated spaces on campus designed for the Graduate and Professional student community.

Resources

- We support students directly through funding, events, and information.



GPS Senate



Student
Supreme Court



GPSG President
Katie Heath

We represent you!

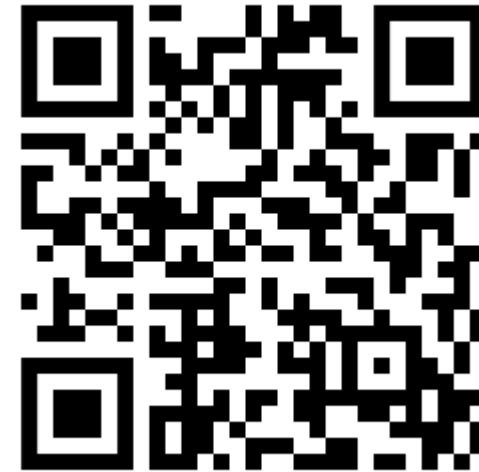
- Your senators discuss graduate and professional student issues, effect change at the university, and share important info with you
- The Executive Board oversees the operation of GPSG and work directly with students and the Graduate School
- The Student Supreme Court enforces the Student Constitution

What are we working on?

- The Graduate and Professional Student *Bill of Rights*
- Graduate Student Experience Initiative
- Student wellness and mental health support
- Cost of living and housing
- Connect campus student organizations and community
- Career Services and Financial Wellness

We have multiple opportunities available to get involved!

- Join our Senate!
 - Register as a candidate on HeelLife in the second week of classes
- External Appointments
 - Represent graduate students on a special committee
- Other opportunities
 - Multiple positions with stipends available



Get Involved Form

We offer resources available to all Graduate and Professional students



- Funding
 - *Travel Awards - for academic travel and conferences for students*
 - *Senate Appropriations - for social, professional, or academic events hosted by student groups*
 - *Emergency Funding - for students encountering unexpected need*
- Monthly Newsletter
- Look out for our events: Wellness Fair, Grad Cafes, and the Pretty Huge Dance!

Get Connected with us

Follow our social media for events and updates



@GPSGatUNC



@uncgpsg



Find out about our funding and resources on our website



<https://gpsg.unc.edu>

Get involved form



Sgt. David James

UNC Police

Carolina Ready: **New Graduate Student Orientation**

August 2023



How can I be Carolina Ready?

1

Be Informed of how
UNC communicates
emergency
information

2

Be Prepared with
creating personal
emergency plans

3

Take Action when
emergencies occur

Be Informed

How UNC communicates emergency information



Emergency
Warning

Crime
Alert

Adverse
Conditions

Informational
Message

Know How to Report

Silent Witness or Care Referral

Dean of Students Office

UNC Police or 911

Emergency Campus Phones

CrimeStoppers Program

Non-Emergency Call

Be Prepared

By creating personal emergency plans

General Campus Emergency Preparedness

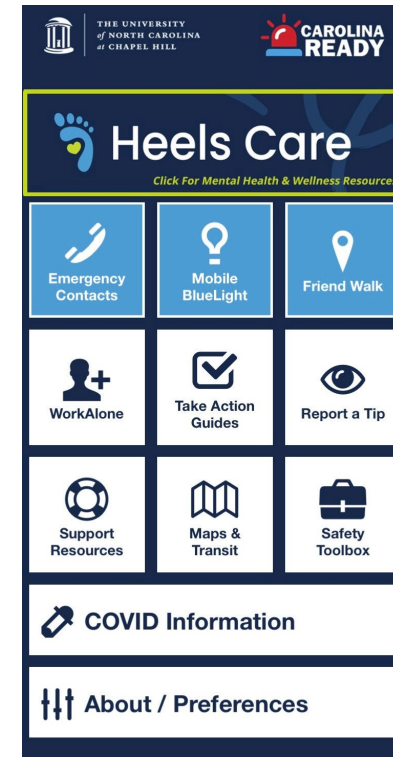
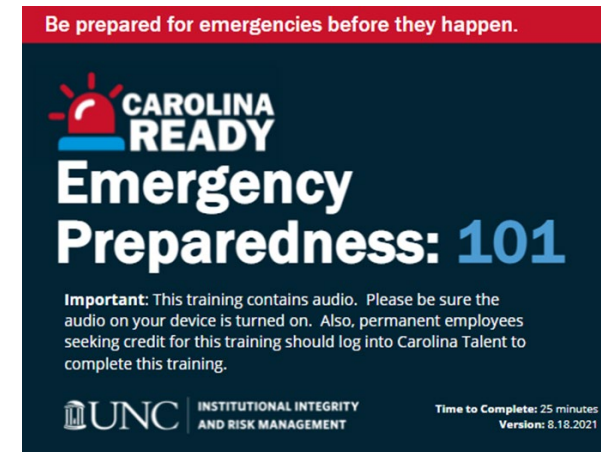
Resources:

- Student Safety Guide
- Carolina Ready Safety App
- Ready Set Plan Monthly Guide
- Individuals with Disabilities Guidance



Training:

- Preparedness 101 - Computer Based (for students)



Emergency Preparedness

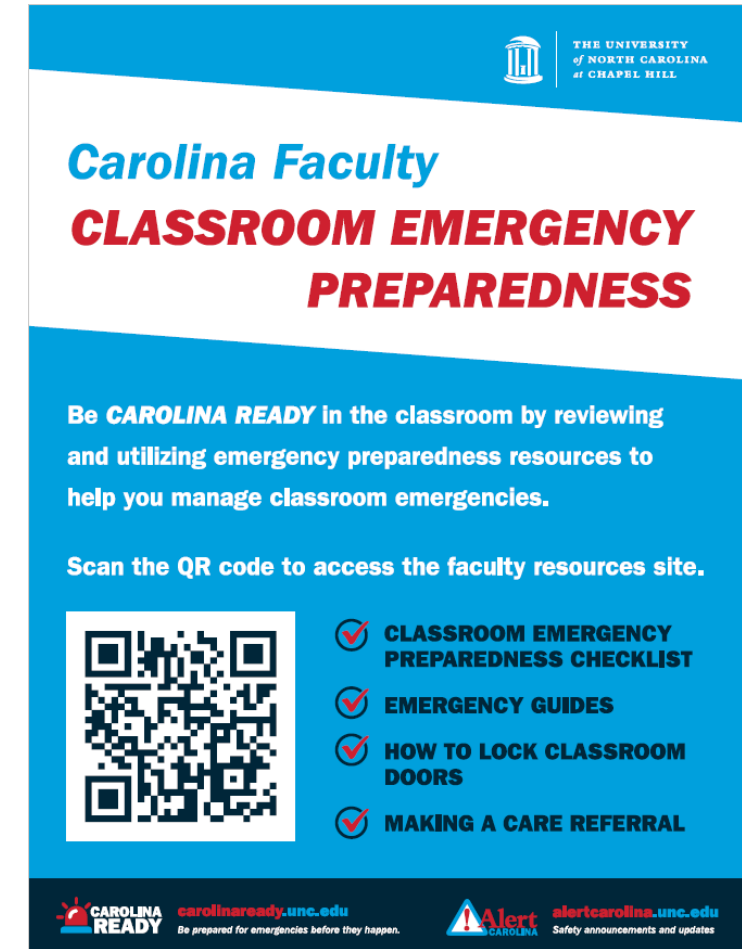
for Instruction in the Classroom

Resources:

- Instructor Preparedness in the Classroom Guide
- Instructor Checklist for Classroom Preparedness
- Classroom Door Lock Instructions Website
- Run, Hide, Fight/Defend Video
- Instructor Helping Students Guide

Training:

- Preparedness 101 - Computer Based (for instructors)



The poster features the University of North Carolina at Chapel Hill logo in the top right corner. The title "Carolina Faculty CLASSROOM EMERGENCY PREPAREDNESS" is prominently displayed in blue and red. Below the title, a blue section contains the text: "Be CAROLINA READY in the classroom by reviewing and utilizing emergency preparedness resources to help you manage classroom emergencies." and "Scan the QR code to access the faculty resources site." A QR code is located on the left side of this section. To the right of the QR code, a list of resources is provided, each preceded by a red checkmark icon: "CLASSROOM EMERGENCY PREPAREDNESS CHECKLIST", "EMERGENCY GUIDES", "HOW TO LOCK CLASSROOM DOORS", and "MAKING A CARE REFERRAL". The bottom of the poster features logos for "CAROLINA READY" (with the tagline "Be prepared for emergencies before they happen.") and "Alert CAROLINA" (with the tagline "Safety announcements and updates").

go.unc.edu/classroompreparedness

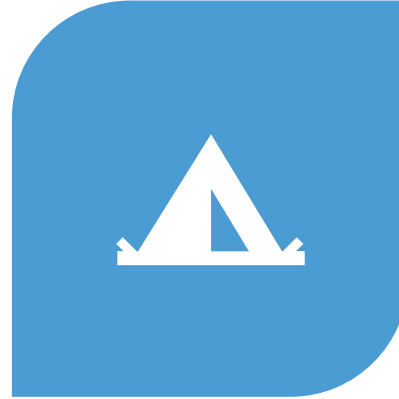
Take Action

When emergencies occur

Take Action



EVACUATION



SHELTER-IN-PLACE



SECURE-IN-PLACE

Valuable Resources

- Police Departments
 - UNC Police (<https://police.unc.edu/>) 919-962-8100
 - Carrboro Police (919-918-7397)
 - Chapel Hill Police (919-968-2760)
- UNC Emergency Management and Planning
 - Carolinaready.unc.edu
 - Go.unc.edu/safetyapp
- Dean of Students Office (919-966-4042)
 - Care Referral (odos.unc.edu/carereferral)
- Safe at UNC (safe.unc.edu)
- SafeWalk (919-962-7233)
- Heels Care (care.unc.edu/)

be **CAROLINA**
READY



carolinaready.unc.edu

FACULTY PANEL

Jes Boon, Religious Studies

Ed Fisher, Public Health

Cheryl Giscombe, Nursing

Boyce Griffith, Mathematics

Kumi Silva, Communication

Poll Everywhere



1. Use QR code or go to **pollev.com/uncgrads**
2. Enter a name (optional)
3. Wait for poll to open



What additional questions do you have for our panelists?

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Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

STUDENT PANEL

Katie Heath, Biomedical Engineering

Shaun Jones, Epidemiology

Khadeejat Lawal, Public Health

Danya Krueger, Social Work

Rebecca Rice, Environmental Sciences and Engineering

What additional questions do you have for our panelists?

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