Success is Natural

UNC Charlotte senior’s hair products gain national attention

Most UNC Charlotte students work to balance their class schedules and the additional extracurricular activity or two, but Ashleigh Thornton also manages to run her own business.

Now a 21-year-old senior, and poised to graduate with a degree in marketing and a minor in Spanish, Thornton is a member of UNC Charlotte’s honors program and the Belk College Dean’s Fellows organization. She’s held impressive internships with Hallmark Cards Inc. in Kansas, as well as Procter & Gamble and McGuireWoods LLP. In early September, she shadowed the president of Bloomberg Businessweek, Paul Bascobert, during the Democratic National Convention held in Charlotte.

And last September, as a junior, she started her own business.

“I started wearing my hair naturally a few years ago, and I was spending a fortune on hair products. Finding something that was all-natural and concentrated enough to work on my thick hair texture, without having to use a whole lot of product, was almost impossible. I wanted an alternative,” Thornton said.

“When I started looking at what was in those products, I was shocked at the ingredients. I decided I would make my own hair products.”

And she did, concocting a host of ingredients at home, in the kitchen sink.

“But having a background in chemistry was definitely a challenge for me, but I Googled all the ingredients and their properties and kept trying different combinations,” she said.

On September 17, 2011, Ashleigh launched NoireNaturals – an all-natural line of hair care products. She decided to start the company debt-free.

“My parents encouraged me and my brother and sisters. They let us try everything when we were kids.”

More families experience ‘Boomeranging’

New graduates often return to the nest for awhile

The information in this article is based on research presented at the 2012 Association of Higher Education Parent/Family Program Professionals (AHEPPP) Conference by Chelsea Petree and Majorie Savage from the University of Minnesota.

After graduating from college, most students expect that they will find a job, find a home and begin living their ‘post-grad’ life. They hope to find a decent-paying job in their field. They will constantly here the questions “What are your plans after graduation?” and “Have you found a job yet?”

While this expectation holds true for some students, the reality is that many students will return home to live with their parents after graduation. Current estimates have shown that 65 to 85% of college graduates returned home. The reasons are economic restraints, job opportunities, lack of alternative living arrangements and financial situations. This is also more about social and emotional comforts rather than material resources.

As a parent, you may have the expectation of your student moving out on their own after graduation, but parenting doesn’t end after the diploma is received. Moving back home may reverse transitions in family relationships and this may send some parents in search of information and support.

Two studies were conducted in order to provide information to parents.

— CONTENTS —

Student Feature - Richard Martin .......................... 2
Department Feature: Dining Services .................. 3-4
Parent Letter: Letting Go, Yet Staying Close ............ 6
Avoiding The Sophomore Slump ......................... 6
Department Feature: Career Services .................. 7
Academic Affairs Corner .................................. 8
Dean Of Students Representation ....................... 9
In The News ............................................. 10
Upcoming Events ....................................... 10-11

Thornton, continued on page 5
Within the Dean of Students office lays a great opportunity in which students can give back to UNC Charlotte as well as the Charlotte community. The Office of Volunteer Outreach is committed to actively promoting the inclusion of community service in every facet of the University experience. They do so by helping students realize their potential to impact their environment and community through the power of social action, responsible citizenship and volunteerism. This office also aids students by serving as a liaison between the student, the community, and the University. Not only does this office provide a number of activities for students, it also provides placement and support services to individuals and organization involved in community service.

Along with Sean Langley, the Assistant Director of Off Campus and Volunteer Outreach, the office has a graduate assistant, Richard Martin, who is currently pursuing a master's degree in Health Administration as well as a Gerontology Certificate. Richard is no stranger to volunteering. “I have a Bachelor’s degree in Speech and Communication Studies from North Carolina Agricultural and Technical State University where I completed nearly 500 hours of community service. As the graduate assistant, I work closely with Sean to coordinate volunteer and community service activities for students, staff, and faculty. We also coordinate vendor and volunteer fairs each semester. I became interested in this office when I decided to leave my full time job in order to pursue my master’s degree and I thought it would be a great opportunity to work with others and motivate students to volunteer.”

Richard Martin is a perfect example of what a volunteer should be and the attitude they should have. “Part of my civic duty will always involve volunteering and giving back whenever possible. My career goal is to open non-profit healthcare clinics for underprivileged communities. Volunteering is rooted deep in my soul, and I do enjoy giving back and feeling like I made a positive impact on someone else. I will always volunteer.”

The Office of Volunteer Outreach offers a wide variety of opportunities for students to volunteer. “We do it all, playground builds, tree planting, campus cleanups, food recycling, and much more. We also have student interns that create many volunteer opportunities both on and off campus. This year we have student interns involved in health and hospitals, hunger and homelessness, youth and education, senior citizen outreach, environmental outreach, and animal outreach. We also take an alternative spring break trip with Habitat for Humanity. This year, two groups of students will build houses in both Birmingham, AL and Portsmouth, OH.”

Gaining a lot of support from clubs and organizations, Volunteer Outreach also has a number of students who just love to give back. “We appreciate each volunteer that takes time to come out; however it would be nice to see more male students that are involved. When we attend places such as James Martin Middle School and Vance High School, many of those children need to talk to male role models.”

On March 15th, UNC Charlotte volunteers will partners with Vance High Schools students to install a hydroponic garden at their school. The garden will provide a place for Vance High School students to not only grow vegetables, but this sustainable project will be integrated into several science classes.

Every year, UNC Charlotte students give campus tours for all of Governors Village Schools. In late April, The Office of Volunteer Outreach will give a campus tour to over 300 students from James Martin Middle School.

On April 5th, UNC Charlotte will host our annual Relay for Life event on campus. Relay for Life is organized, overnight community fundraising event. All money raised will assist the American Cancer Society with finding a cure for cancer.

For more information on how to volunteer visit: volunteer.uncc.edu

In the future, The Office of Volunteer Outreach wants to engage many more students, encouraging them to volunteer. They also would like to reach out to graduate students and have staff and faculty members more civically engaged in efforts like Stop Hunger Now. Stop Hunger Now is an international hunger relief organization that provides food for children in impoverished countries. They are currently fundraising and will host a meal packaging event later this spring. stophungernow.org

— Linzey Thompson
In the early days of the Residence Dining Hall (RDH), students slid trays down a cafeteria line where food that had been cooked in the “back of the house” was plopped onto a Melamine plate from an ice cream scoop. Ketchup went a long way to rehydrate a square of meatloaf and Lance crackers from the vending machine were the only available alternative.

Sounds like one of those “Back-in-my-day-we-walked-a-mile-in-the-snow-uphill-both-ways-to-get-to-school-and-we-were-grateful-for-it” stories, doesn’t it? That’s because nowadays, college and university dining services feature within their model food cooked-to-order, eco-friendly options, International flavors and favorite national brands. Today, providing food for thousands of students daily is far less about filling stomachs and much more about recognizing individual tastes and preferences while providing optimal nutrition, variety and convenience.

A recent blog post on Houston Press notes the top five food trends that are changing the campus dining paradigm, all of which are notable at UNC Charlotte.

**Trend #5: Variety of Cuisines**

Students now want and expect multiple flavor profiles, minimally including those associated with Italian, Mexican and Asian foods. In addition to the ethnic-style venues in Cone Center, Student Union and Prospector, Crown Commons dining hall has an International station that features a daily entrée from those and other parts of the world such as India and the Mediterranean.

**Trend #4: Trayless dining**

Going trayless not only benefits the environment, it cuts down on uneaten food going into the garbage. Crown Commons and RDH are “all-you-care-to-eat” dining halls and students are free to go back for seconds or thirds. But keeping each trip down to what can be carried in two hands prevents the waste that inevitably happens when “the eyes are bigger than the stomach.”

**Trend #3: Posting Calories**

UNC Charlotte’s food service partner, Chartwells, posts nutrition facts for menu items online and at the dining halls. In addition, specific, healthy options are served in RDH and Crown Commons at every meal. Chartwells’ BalancedU program highlights offerings as ‘balanced’, ‘sustainable’, vegan, vegetarian and/or made-without-gluten items through the use of easily identifiable icons. In addition, Chartwells has added a dietetic intern to assist with educating students about the healthier food options available to them.

**Trend #2: Chefs cooking food to order**

First take note of the word, “Chef.” UNC Charlotte is proud to have 10 of them on staff, several award-winning, and all with culinary degrees. Chef Roger Lademann, Director of Operations says, “Creating a great culinary team for a college campus is important. No two students are the same, which means each has unique college dining expectations. Chartwells allows the chefs to create customized meals and work with great equipment in state-of-the-art facilities. Crown Commons has ‘action stations’ where diners can watch our culinary team prepare and cook their food directly in front of them.” At Crown Commons, special-request pizzas slide off wooden paddles into an open, gas-fired oven; students specify every component for a sandwich, from bread to the condiments; nearby there’s an enormous salad bar with “fire and ice” stations where grilled chicken, steak or tofu can be added as a sizzling protein topper. The new South Village Dining Hall (scheduled to open Fall 2014) will have all this too, plus an in-full-view bake shop.

Dining, continued on page 4
Trend #1: Food Trucks

The food trend that’s sweeping big cities is becoming hugely popular on college campuses. This year, UNC Charlotte got ‘a taste of what’s good off a truck’ thanks to The Herban Legend Mobile Café. This local gourmet food truck features American and International street food prepared by Chef Brian Seeley, whose website states, “We use all fresh ingredients which we source from local growers and purveyors whenever possible.”

Sticks and Cones Ice Cream trucks also comes to campus when the weather is nice. (OK, maybe their fare isn’t on the top 7/8 of the nutrition pyramid, but students do enjoy and usually deserve an occasional treat).

Other facts about UNC Charlotte Dining

The menu selection in the dining halls includes sustainable purchasing as part of an ‘eat local’ campaign.

Our chefs prepare meals using healthy cooking techniques

Monthly, each dining hall has themed meals, dining events and/or activities designed to prevent menu fatigue and build community.

Chartwells is a leader in foodservice management and hospitality known for their award winning ‘YouFirst’ guest service in college and university dining environments across the United States. Chartwells manages all UNC Charlotte dining locations including the dining halls, retail outlets, catering and concessions.

Chartwells is committed to practices that honor ethical values, embrace diversity and inclusion, support of the environment and value of communities through demonstrated leadership, professionalism and innovation.

Chartwells staff, including the campus chefs, can be reached via email or phone with any questions or comments relating to the dining services. The staff directory for the managers and chefs can be found at www.di-neoncampus.com/unccharlotte.

ServeSafe is the National Restaurant Association accredited program for food safety. The UNC Charlotte dining team currently has 45 ServeSafe managers among the two dining halls and 18 retail locations.

UNC Charlotte dining locations are regularly visited and inspected by the Mecklenburg County Health Department. In 2012, RDH and Crown Commons both maintained an average rating of 96 out of 100.

The two campus dining halls serve over 4,000 students each day. Crown Commons, located in the Student Union, is the newer and busier of the two locations. In all the dining locations on campus there are over 14,000 daily transactions.

Even good ‘ol RDH has seen many service enhancements since it opened over 40 years ago. But the facility’s set-up, with one large kitchen in the back, cannot possibly accommodate a contemporary university dining model. The new South Village dining hall however, will! Its multiple dining stations with food prepared right in front, bakery, diner, take out section, and expansive convenience store, promises to be a dining spot fit for our dynamic, modern campus. It will even have fireplaces!

For operations questions about Chartwells Dining Services at UNC Charlotte, please contact Lindsay DePrey, Director of Marketing for UNC-Charlotte Dining Services, at 704-687-0693; lmdeprey@uncc.edu.

For other questions about campus dining services, contact Lyn Woodruff, Dining Services Contract Manager, UNC Charlotte Auxiliary Services, Phone: 704-687-5377; lwoodruf@uncc.edu

– LouAnn Lamb and Lindsay DePrey

What Crown Commons Chef, Cindy Torrence, wishes to share with parents:

“The safety of our food is our first priority.

“We serve real food each day – fresh seasoned vegetables, over a third of them sourced locally. We use a local company, Prestige Farms, for most of our poultry purchases. They deliver to us fresh daily.

“Crown Commons bakes over 250 pizzas everyday in a Wood Stone oven. Dough is made in-house several times a day.

“The salad bar at Crown Commons features a daily special sautéed salad ranging from a Greek Chicken salad to a Summer Orchard Salad.

“Posted menus highlight vegetarian options and one station is dedicated to Vegan entrees.

“We strive to make sure we have items available for any type of food allergy or sensitivity. We make available “free-from-gluten” meals. For students with special dietary needs, we like to speak with them one-on-one to see how we may assist them with food options.

“It has been an amazing experience to feed 2500 or more guests a day. So has meeting so many students and working on special events with them. My favorite menu to plan: Niners vs. Zombies!”

Rendering of South Village dining hall, expected to open Fall 2014.
Thornton's natural success continued from page 1

free, using only her savings from two summer internships, after learning the difficulty associated with paying back bank loans.

“The name and overall theme of the line was inspired by my French-Creole heritage. Noire is the French, feminine form for the word ‘black.’” The line is designed for kinky, curly, and relaxed hair, she explained.

Ashleigh's experience at UNC Charlotte and with the Belk College of Business has helped her with the necessary resources to help build a successful company. When NoireNaturals was just getting started, the required coursework for pre-business majors helped Thornton out tremendously. Ashleigh explained, “I was able to keep my own books, do my own marketing, and of course, be in charge of my own management!” Thornton’s involvement with the Belk College of Business Dean’s Fellows Program has also presented her with additional networking opportunities.

Thornton’s success can be attributed to her personal vested interest in the product, her dedication and the support from her parents and mentors.

Thornton’s parents, Curtis and Bridget, provide a support system for Ashleigh and NoireNaturals. Whether they help take care of packaging and mailing customer orders or drive to Raleigh to support Ashleigh in a business competition, their assistance is ever-present. “My parents are definitely my two BIGGEST supporters,” Thornton said. “They are very supportive of me as far as the mental and emotional aspect of running a growing business while [I’m] attending school full-time. I know that if things are going right I can call them and get a huge ‘Congrats!’ and if something is wrong, I can vent in confidence.”

Thornton credits her parents for instilling in her the will to explore and succeed. “My parents encouraged me and my brother and sisters. They let us try everything when we were kids,” Thornton said. “My mom is the planner. She made us do vision boards when we were young. We figured out where we wanted to be in one year and five years and we set goals. My dad is the people person and my business acumen comes from him. I talk to my dad almost every day.”

After a year in business, NoireNaturals has been featured in numerous online blogs, news articles, magazines and radio shows – from *The News & Observer* and FOX Charlotte to *Lucky Magazine*. Seventeen magazine recently selected Thornton as one of three winners in their ‘Make Your Own Money’ young entrepreneur contest. Thornton is featured in the magazine’s November issue.

For now, Thornton will continue on with her senior year and focus on graduation. She will run her business, participate in the University Honors Program and the Sigma Alpha Lambda National Honors Society, serve as a Belk College of Business Dean’s Fellow and continue on as a Public Policy intern at the Charlotte Chamber of Commerce.

Whether a student is seeking to complete day-to-day course work or pursue a business of their own, support from friends and family is an integral part of success. Ashleigh affirmed, “From a daughter’s point-of-view, I can honestly say that emotional support is probably the best way to support your child’s dreams.”

— Buffie Stephens and Tabitha Van Arkel

Excerpts used from University Communications

Graduates transition back home continued from page 1

ents and family members about expectations and concerns about the growing number of students that return home. One of the studies was based on answers and feedback of 928 undergraduate parents (recruited through AHEPPP). These parents were asked about their perceptions of their student’s adulthood status, likelihood of moving home and expectations if they were to move back home.

About 56.7% of the parents surveyed believed it was somewhat or very likely that their student would move back home while 40.7% believed it was rather unlikely or there was no chance. There were some common expectations that parents had of their students when they returned home. 82% expected their son or daughter to perform household chores and 59% expected to be informed about their student’s whereabouts. 27% of parents thought their student should contribute to food and or utility bills while about 24% expected them to pay rent. And 12% of parents expected their son or daughter to abide by a curfew.

Another study that was conducted was based on the feedback of 3,095 alumni (recruited through National Alumni Association list-serves) who have graduated since 2007. The alumni were asked about their recent jobs and living situations after graduation. They were also asked about the expectations, benefits and challenges they saw for themselves as well as their parents when they returned home.

38% of those respondents moved back home after graduation; 29.9% stayed longer for a year and 41.9% stayed for six months or less. The main reasons for moving home was to save money (56.2%) and because some couldn’t afford to live on their own (51.9%).

If your student decides to move back home, you should be aware that they may encounter some challenges. These challenges may include: the loss of independence and privacy, feeling less like an adult, feeling embarrassed, or a decline in their social and/or dating lives. For parents, the challenges you may face are negotiating rules, responsibilities and expectations, recognizing your students’ adulthood status, establishing boundaries and renegotiating family relationships.

There are also some benefits to your student returning home. Some of the benefits for your student are saving money and being able to pay back student loans, searching for jobs with less financial pressure, enjoying the comforts of home and the company and support of family. As a parent, you should take advantage of this time of renewing family relationships and getting to know your child as an adult.

— Sazia Bashar

The main reasons for moving home was to save money (56.2%) and because some couldn’t afford to live on their own (51.9%).

PAGE 5 Relatively Speaking The newsletter from the Office of Parent and Family Services

savethedate 9/13-15/13

NINER NATION FAMILY WEEKEND
Letting go, yet staying close

As a parent, it’s interesting to see the transition your student makes from high school to freshman year of college. It’s even more enlightening to watch them transition from freshman to sophomore year.

My daughter Samantha has successfully completed her first three semesters at UNC Charlotte, finishing two of those on the Chancellor’s list, and one on the Dean’s list. As I’ve always been analytically minded, I certainly see the trend that she has paved a path towards. Having a successful student raises your expectations of them as well. And while I admit mine have always been high, I am now in the place in this educational journey where she has taken the lead through self-goal-attainment-setting. I no longer have to say “I would like for you to work hard and get an A.” Throughout her sophomore year what has become clear to me is that she that she is the one who is now in charge of her academic destiny.

What is amazing to me is that our relationship just keeps getting better. While some kids want to travel far away from home and attend school to get away and grow, mine has chosen to live on campus, despite the forty minutes we live from UNC Charlotte. Yet she looks forward to the times I travel up to campus to pick her up for “breakfast with mom” at IHOP, FroYo lunch at TCBY or a shopping trip to Concord Mills or Northlake Mall. She still seeks my advice but now in a more mature way. We speak adult to adult. We spend a lot of time talking about her future, educationally and personally. I have come to appreciate the fact that as she grows and matures, she chooses to keep me close to her life.

I believe one of the best things that I did was invest in her college career, not just financially, but also in taking a vested interest in sitting with her and working on spreadsheets. We have laid out her entire four-year plan for courses in order to keep her on track to meet graduation requirements, Honors College requirements, major and minor requirements and those that she will need to fulfill in order to apply to graduate school. I like to see that my student has inherited some of her best skills from me – planning, organizing, tracking and goal-setting. Neither one of us like surprises, again, another tie that binds us together. We share a common goal: the attainment of what she wants to be when she grows up. I seem to stay at just the right distance so as not to overstep my boundaries, but she knows I’m there to help organize a great class schedule every semester. Every time registration comes around it’s like a game to us. The course offerings are often overloaded, but not her. She is on top of it. The course she needs to take is available during her chosen time block, and I am happy for her that her path has been so clear.

This has not been an easy year for our family. I was laid off in August and am still currently searching for my next work opportunity. Our family has been down this road before since moving to Charlotte in 2005 as my husband and I were both laid off in 2008. I’ve learned one thing through this experience – my daughter is my best friend. Not only is it my role to support her as a student who, some days, has hit the top of the stress chart, but it’s become her role to be the one who checks in with me and makes sure I’m not feeling sorry for myself, am keeping busy and not hitting the top of mine. As I want her to be happy, she has come to want that for me too.

I can still say that nearly two years after making the choice to attend UNC Charlotte, that it was the right one for Samantha and for our family. She not only excels in school, but has an on-campus job, is involved in several volunteer activities on and around campus, swims on the club team and has become well-rounded in terms of the friendships she has made and the relationship she is in. Samantha and I share another commonality – we believe that all things happen for reasons. We agree on this, that now in her sophomore year, the message is loud and clear: the path to her future has been forged here, at UNC Charlotte, exactly where she is supposed to be.

— Barrie Glenn

Avoiding the Sophomore Slump

During the four years most students spend in college each year has its own set of new problems. Whether it’s a change in grades as classes become more difficult or it’s getting used to living in another residence hall with new roommates, each year is full of surprises. Out of every classification we have on campus, freshman, sophomore, juniors, senior, and even “super seniors,” sophomores seem to have the most difficult time. The “Sophomore Slump” refers to the experience in which a second effort fails to live up to the content of the first effort. The same concept applies to second year sports players or a second recording by a musician; students in their second year often experience a decrease in grades.

Most sophomores begin to believe they no longer matter to the university. Clubs and organization are now looking for new freshman, moving them out of the spotlight. Many parents aren’t sure what to do if their student begins to experience this
DEPARTMENT FEATURE

A Guide to College Student Career Success for Family Members

UNC Charlotte Career Services

Some of the most important decisions a college student will make during her education are those associated with developing a career: What will I major in? What will I do with my major? How will I prepare for a job or further education in my field of interest? And how will I make the transition from being a college student to being a professional?

For many students (and their parents), obtaining better job prospects is the key reason for college attendance. However, it is not uncommon to see students focus on “immediate” needs—studying for exams, registering for next semester’s classes—at the expense of more long-term, thoughtful planning and preparation that leaves them in the best position to benefit from their investment.

As it becomes ever more important that career development not be left to their senior year to be addressed, parents can help their students be proactive by first understanding the process and the ways they can assist and support them, starting as freshmen!

The current volatile job market has unfortunately served to increase anxiety and fear in some students regarding their future career path and career options. This fear and anxiety may spur feelings of helplessness and immobility, inciting them to ask you, as the parent, to make career-related decisions on their behalf. Although you should be supportive of your student’s career development process, resist the urge to “do it for them,” whether that means deciding on an academic major, sending out resumes for them, or participating in their job search in other ways. Allow your student to make their own academic and career decisions while supporting them.

Don’t underestimate the value of internships and other forms of experiential learning as ways for your student to explore potential careers.

Your support will give them confidence in themselves and in their abilities, and it will encourage them to continue onwards with their career development journey.

Encourage your student to do their research. This means identifying the fit between their interests, skills, values, and personality and potential majors and careers, and by conducting research on careers of interest.

Share with your student how you chose your major or career, what’s important to you in a career, even what you wish you’d done differently. If you, other family members or friends are in a field your student is considering, offer to set up a time when your student can ask questions about choosing that field as a career and to experience the career firsthand through job shadowing. Part of the research process is learning from the experts!

Don’t underestimate the value of internships and other forms of experiential learning (co-ops, service learning, volunteering, part-time jobs) as ways for your student to explore potential careers. Practical experience in the form of experiential learning is highly valued by employers across all fields, so support your student in making time to pursue this likely job search boost.

Familiarize yourself with the resources that our Career Center offers so that you can help educate your student about what assistance is available and also to the benefits of taking advantage of services and programs. The average job search takes 6 to 9 months in a good economy, so starting as a junior to form strategic career and job plans or graduate schools goals (and establishing any back-up plan) is ideal.

One way you can support our campus Career Services and the career development of all students (including your own) is by volunteering for job shadowing programs, which allow students an opportunity to shadow a professional in a career field that they are interested in. Additionally, you can encourage your employer to post jobs and attend career fairs in order to recruit and hire students from UNC Charlotte. Through your active engagement in promoting the career success of local students, you can set an example for your student of what a critical part of their college experience career development should be.

University Career Center for Work, Service, and Internships http://career.uncc.edu

Sophomore slump continued from page 6

but there are ways parents can help their sophomore student avoid the sophomore slump. One of the most important ways in which a parent can help their student is by preparing the student for the changes that may occur during the second year. Make sure the student understands that there may be some issues that come up during the sophomore year and give them tips on how to better deal with those issues. Parents who understand that the difficulties of the second year of college are real can help their students cope with the emotions they may be feeling. They can be especially patient with their students and help them understand that their reaction is a normal part of their college experience.

Reminding your student that they can be proactive through this time of low energy and lack of motivation is a great way to encourage your student during this second year of college. Talk to your student about communicating with their advisor and trying to expand their college schedule to take a class for fun or to take a class outside of their major that may interest them, in order to have a little pickup during the semester.

Not all students will go through the sophomore slump, but many will. Reinforcing that their feelings are perfectly normal and that they are not alone may help your student adjust and deal with this transition. Most students end their sophomore year more mature, focused, and best of all, more comfortable with themselves and with their experience here at the University.

— Linzey Thompson
A n urban research university like UNC Charlotte offers students a number of exciting opportunities to get involved on campus and to become engaged in the Charlotte community. While the University encourages involvement in co-curricular and professional development opportunities, we know that successful students focus most of their time and attention on academic study. Students who do well in their classes approach their coursework as a full time job (Secret #9). For every hour a student spends in class, he or she should spend two to three hours studying outside of class. For example, if your student is registered for 15 credit hours (Secret to Doing Awesome #1), he or she should be spending 30 to 45 hours outside of class studying for those courses. Students should think of their academic responsibilities both in and out of the classroom as a job that requires them to work 40 to 60 hours a week.

Schedule

Dedicating up to 45 hours per week to studying may seem daunting to some students, but working study time into a schedule is easy once your student creates a calendar of his or her daily routine. Whether using a large white board, an electronic calendar, or an appointment book, it is important for students to block class time, study time, sleep, work, co-curricular activities, social events, and relaxation time. Visualizing and planning their daily or weekly schedule can help students prioritize activities and stay on track.

Please remind your student that being a full-time student means going to class prepared to engage and participate (Secrets to Doing Awesome #2-4). Being a full-time student also means creating an “office,” an appropriate and organized study environment where distractions are minimalized and where your student can really focus on comprehending course material and completing course assignments. Students should minimize distractions as much as possible by locking the door or turning off the phone’s ringer. Your student may choose to create an “office” in a dorm, in the library, or in a coffee shop. As a reminder, The University Center for Academic Excellence provides free support to students who would like to improve their academic performance.

Managing Employment if Necessary

We understand that many students must work to fund their education. If your student does need to work to support his or her studies, then creating a work and study schedule becomes even more vital. To maximize efficiency, please encourage your student to seek employment on or around campus if possible. There are numerous opportunities to work on campus including federally funded work study jobs and part-time employment open to all students, regardless of financial need. Working on campus reduces transportation time in a student’s schedule, allows students to work for employers who are respectful of student’s class schedules, and enables students to make valuable connections on campus.

The Federal Work Study program is a need-based program that allows eligible students to earn part of their educational expenses by working part time. If you think your student qualifies for the Federal Work Study program, please do not forget to fill out and submit the Free Application for Federal Student Aid (FAFSA) form. Because awards made until the funds are depleted, it is best to submit the FAFSA as soon as possible. If your student is eligible for the program, the Office of Student Financial Aid will determine the appropriate award amount, and if your student is interested in participating in the program, he or she will be provided with on-campus job opportunities from which to choose and apply. For more information, please visit the UNC Charlotte Office of Student Financial Aid.

Summer opportunities

Being a full-time student also means taking advantage of exciting educational and professional development opportunities available during the summer. For example, students can choose to explore international destinations while earning academic credit by participating in faculty-led summer programs abroad. Whether they choose to learn about real estate development in Brazil, urban design in China, export economies in Germany, or public relations in the United Kingdom, studying abroad provides students with an invaluable global perspective that strengthens their understanding of their field, and enables them to develop cross-cultural skills and perspectives that prepare them to be competitive in an increasingly global marketplace. For more information on international opportunities, contact the Office of Education Abroad.

For students who desire enriching experiences closer to home, internship programs allow students to apply the knowledge they acquired in the classroom to employment opportunities in the local community. Studies show that almost all employers want new hires to have some kind of relevant work experience, such as an internship, and companies are increasingly relying on their own internship programs to identify full-time hires. Watch for a new program we will be launching in the fall, “University Professional Internships.” These will be paid internships in offices and departments on campus designed to link to students’ majors and career objectives. If your student is interested in internship opportunities, the University Career Center will assist him or her in securing a summer internship.

The Charlotte Research Scholars (CRS) program is a great way for students to earn money over the summer while participating in a competitive, research and professional development program. The CRS program provides $4,000 stipends to UNC Charlotte undergraduates to participate in a 10-week summer research program. Student scholars receive on-one-one, faculty-guided research training, and participate in weekly professional development sessions to better prepare them for graduate school and a future research career. Applications for the CRS program were due at the end of February, so if your student did not apply this year, encourage them to consider applying for the program in the future. It is never too early to develop research relationships with faculty.

At UNC Charlotte, we want students to make the most their academic experiences. Remind your student that being a student here is a full-time job requiring diligence, focus, resourcefulness, and a healthy balance of hard work and relaxation. Students are on an educational journey; encourage your student to think of his or her time on campus as a pathway to future success.

Secrets to Doing Awesome: Secret #9

Joan F. Lorden
Provost and Vice Chancellor for Academic Affairs

Encourage your student to think of his or her time on campus as a pathway to future success.
The newsletter from the Office of Parent and Family Services

Dr. Sean Stanley

The newest face in the
Dean of Students Office
is Dr. Sean Stanley, the
new Interim Assistant. Dr. Stanley is
originally from South Georgia
and grew up in the city of Fitzgerald.
Before going to college, he
decided to enter the military. He
then went back to his home state
and attended Albany State Uni-
versity (ASU) where he eventually
obtained his Masters in Business
Administration. After college he
worked as a Special Assistant for
the Vice President of Student Af-
fairs at Fort Valley State Univer-
sity. He then went back to ASU
to work as a Special Assistant with
Student Affairs. He finally worked
at Strayer University in Colum-
bus, Ohio as an Academic Dean
before coming to UNC Charlotte.

With such an impressive back-
ground, Dr. Stanley is no stranger
with having many responsibilities.
He started his job at UNC Char-
lotte as an Interim Assistant this year on January 15 and has been able
to adjust very quickly. He says UNC Charlotte is a great campus. “I
love it! It’s a great staff, great people. I am now in the midst of a lot
of meetings, meeting with a lot of the college deans, meeting different
key people. Great students too!”

The purpose of the Interim Assistant is to support the Associate
Vice Chancellor and Dean of Students (DOS), while working with
other professionals in the DOS office, to coordinate a variety of cam-
pus-wide programs and services. This includes student group advis-
ing, leadership training and development, teaching, and coordinat-
ing services and programs for other defined student programs. “My
positional functional areas include involvement and intervention with
students in a medical crisis, medical and mental health withdrawals,
student special needs and the resolving of complex student issues.”

Dr. Stanley is also a part of the Campus Behavioral Intervention
Team (CBIT) as well as serving as an advisor for the SGA Senate (leg-
islative) on campus.

Dr. Stanley has many primary responsibilities which include:
- Managing case files that involve student crisis and withdrawals
  both voluntary and involuntary
- Providing ongoing support to students, their families, other
  student affairs offices, faculty members, academic units and
  other relevant departments to coordinate the university’s
  response to student needs.
- Facilitating communication between parents and the university
to resolve student issues
- Collaborating closely with the Counseling Center and Student
  Health Center to ensure a holistic and comprehensive approach
to serving students in crisis
- Administering the University’s formal grievance policy
- Conducting faculty training on the subject of working with
  disruptive students
- Interpreting policy regarding students and making
  recommendations when policy changes are needed
- Collecting and analyzing data on student crisis and on requests
  for accommodations in order to develop new strategies of
  interventions and preventing

In a nutshell, it’s a very important role that influences many people.
Dr. Stanley hopes that all of this will eventually lead to a role as an
ombudsman for students. “Almost like an amnesty opportunity for
students to voice concerns about an instructor or an administrator, the
ombudsman does not take sides. They listen and direct people with
policies.” Of course, the students’ identity would be kept anonymous.
It hasn’t been fully designed yet, but it is something that Dr. Stanley
and Dr. Michele Howard, Associate Vice Chancellor for Student Af-
fairs and Dean of Students, are working diligently on.

One of the confusions Dr. Stanley feels students have concerns ab-
sences from classes and the documentation required for them to be excused. “We don’t dictate what instructors do in their classrooms. We
simply verify the documentation. Then from there the instructor decides on how to handle the absence. A lot of students think that we’re the ones who clear them, but that’s not the case.”

If students do have concerns and issues though, he does want them
to consult the DOS office. “I do welcome students to come in at any
time, when they can get in to see me to stop by and say hello. Let’s get
to know one another so, if down the road we have to interact, then
I will be familiar with them and they will be familiar with me.” Dr.
Stanley says he will be more than happy to address a student’s needs
or issues if he is able to and, if not, then he will put them on the right
path to resolve any problems.

The hardest aspect of Dr. Stanley’s job is when he has to discipline or
deal with things that are negative, regarding controversial or personal
behavioral issues students have. “Some students may have substance
abuse problems or may have gotten in trouble. Those are the sad times
when we have to follow what the rules and regulations require us to do
and what the law requires us to do.”

Dr. Stanley feels that there are many happy times as well. He says
that the greatest part of his job is the impact it has on students’ lives
and he enjoys the interactions with students. “We’re here to support
students to ensure they achieve all of their goals, that they are treated
fairly and that they make the most out of their college education and
time.”

During his off time, Dr. Stanley loves to watch movies and go to
theater productions with his wife. Along with his busy work schedule,
he also serves as an ordained minister. He is an avid sports fan and
loves the outdoors. He also loves to spend time with his granddaugh-
ter, Neveah (Heaven spelled backwards).

— Sazia Bashar

“…We’re here to support students to ensure they achieve all of their goals, that they are treated fairly and that they make the most out of their college education.”
Belk, Inc. gives $5 million to Belk College at UNC Charlotte

The University of North Carolina at Charlotte and Belk, Inc. announced that Belk, Inc. will donate $5 million to the university’s Belk College of Business over the next five years.

The gift is the largest in the history of the Belk College, which was named in honor of the Belk family and organization in 1990.

The announcement was made at UNC Charlotte’s Center City Campus at a luncheon attended by university officials and more than 100 business and community leaders.

“UNC Charlotte and the Belk College of Business have long benefited from the generosity and dedicated personal involvement of the Belk family and executives at Belk, Inc.,” said UNC Charlotte Chancellor Philip L. Dubois.

“This gift not only reinforces that very special relationship, but marks a new era in corporate-university partnerships for the college and the university.”

The gift has four components including Endowed Professorship in Business Innovation and the resulting partnerships between the college and the company – will serve as a catalyst for other companies to strengthen their involvement with the university and mobilize our vast intellectual resources.”

—uncc.edu

UPCOMING EVENTS

Charlotte 49ers Softball vs. George Washington
Come out to Phillips Softball Complex to watch your Charlotte 49ers as they take on conference rival, George Washington in a double-header!
**Sunday, March 24, 2013 - 12:00pm - 4:00pm**
Phillips Softball Complex
Free
[Charlotte49ers.com](http://Charlotte49ers.com)

Charlotte 49ers Baseball vs. VCU
Come out to Robert and Mariam Hayes Stadium to watch your Charlotte 49ers take on the VCU Rams in a conference weekend series!
**Friday, March 29, 2013 - 6:00pm**
**Sunday, March 31, 2013 - 12:00pm**
Robert and Mariam Hayes Stadium
Free for UNC Charlotte students. **Click to purchase General Admission and Season Tickets**
Contact Information: 704-687-4949

Promising Pages Book Drive
Academic Services has partnered with Promising Pages, a nonprofit agency that works to increase literacy among youth in our community. We are sponsoring a campus-wide book drive so that children who don’t have access to age-appropriate or a variety of reading material at home can receive books as gifts. We accept gently-used and new books for all ages through young adult. The books will be cleaned, wrapped as a gift, and given to children in homeless shelters and local schools. Our goal is to 600 books.

**Monday, March 25 – Friday, March 29**
Books can be dropped off at Academic Services offices listed below:
- Academic Services - 240 Cato
- The Office of Disability Services - 230 Fretwell
- University Career Center - 150 Atkins
- Athletic Academics Department - A138 AAC
- Honors College - 369A Cone Center
- University Center for Academic Excellence - 330 Fretwell
- Multicultural Academic Services - 318B Fretwell
[promisingpages.com](http://promisingpages.com)

Continued on page 10
UPCOMING EVENTS continued from page 10

Mission to Health: Gifts from the Poor – Glenn Geelhoed, M.D.
National Public Health Week Kick-Off
Surgeon and educator Glenn W. Geelhoed has led medical students, residents, and physicians on more than 200 healthcare missions to Africa, Asia, the South Pacific, and South America.

Drawn from Geelhoed’s daily journals, Gifts from the Poor draws lessons about human resilience and global interdependence and describes how the rewards of helping those less fortunate can enrich the whole planet. Book signing and reception to follow.
Monday, April 1, 2013 - 7:00pm - 9:00pm
Student Union Theater
Free
http://oip.uncc.edu
Contact: Maureen Gibson 704-687-7755; international@uncc.edu

Parents – your student may wish to attend the following free workshops sponsored by the University Center for Academic Excellence:

Tips for Better Note-taking & Reading
Maximize your note-taking skills to grasp the main concepts and ideas when reading textbooks.
Tuesday, March 26, 2013 - 10:00am - 10:30am
Fretwell 310
Free

Time Management
Learn to effectively organize your time and tasks so you can accomplish your goals.
Tuesday, March 26, 2013 - 11:00am - 11:30am
Fretwell 310
Free

Prepping for the Test
Reduce stress and discover ways to improve your grades on the next test, mid-term & final exam. This workshop is approximately 15 minutes long.
Tuesday, March 26, 2013 - 1:00pm - 1:30pm
Fretwell 310
Free

Getting Organized
Learn and actively apply tips for staying organized and maximizing your potential. All are encouraged to bring notebooks, organizers, and other materials. This workshop is approximately 15 minutes long.
Wednesday, March 27, 2013 - 10:00am - 10:30am
Fretwell 310
Free

Group Work Made Easy
Learn ways of working in groups to turn your next group project into your best yet! This workshop is approximately 15 minutes long.
Wednesday, March 27, 2013 - 11:00am - 11:30am
Fretwell 310
Free

Balancing Your Academic Plate
Q & A workshop focused on managing common academic challenges.
Thursday, March 28, 2013 - 10:00am - 10:45am
Fretwell 310
Free

http://ucae.uncc.edu
Contact: Dawn Traynor 704.687.2162
bettergradespeople@uncc.edu

You are receiving this email because you signed up to receive parent communications from UNC Charlotte at an orientation session or through our Web site. To unsubscribe, email parents@uncc.edu. For questions, comments or suggestions, contact parents@uncc.edu.