Welcome Back to More Than Just School

University program offer fun and exciting ways to welcome students back to UNC Charlotte

The transition back onto UNC Charlotte’s campus can be rough for everyone. The joys of summer, sleeping in and relaxing by the pool are coming to an end all while the classes are beginning. Fortunately, UNC Charlotte provides a week full of transitional events to ease that stress and to invite all students to campus.

The Dean of Students office hosts a Week of Welcome (WOW) program staffed by over 130 students every year. WOW typically hosts events all over the UNC Charlotte campus from the university’s move-in day up until the second weekend of the school year. These events vary from presentations and information sessions to resource fairs and carnivals.

Our Niner Nation Family Staff member, Christina Nesbit, was able to report on several exciting programs that took place throughout the week. She says:

“UNC Charlotte and the Week of Welcome committee did a fantastic job this year in inviting students back to campus! I was thrilled to see the amount of campus support and interaction that was expressed during the week. I was able to attend several events and gain some valuable knowledge and experience by attending.

I began by attending the Student Resource Fair and met with the various departments on UNC Charlotte’s campus. Departments such as Recreational Services and Volunteer Outreach were just a few tables that were in attendance and answering any questions that students may have had regarding their programs.

Among other events were group fitness samplers in which Recreational Services showcased several classes that are offered through the University; Panhellenic sororities hosted a ‘meet and greet’ where students were given the opportunity to learn more about each sorority and their community efforts; Kickoff to Success sessions were held periodically throughout each day to cover common questions about everyday academic experiences.

My overall favorite Week of Welcome event will always be Fishy Friends. It is co-hosted with the Campus Activities Board and is where all returning students are given an opportunity to receive a FREE goldfish complete with a small fish tank and accessories! It is always exciting to be accompanied by a ‘fishy friend’ while in school.

Week of Welcome also invites student organizations and nearby vendors to come out and present their information to students. These fairs provide new students a way of reaching out on campus and joining...
Week of Welcome continued from page 1

student organizations as well as receiving knowledge of local student
deals and discounts offered around the UNC Charlotte Campus.

In my last three years at UNC Charlotte, Week of Welcome has
always been an exciting and memorable week for me. A variety of
information, a multitude of events and handfuls of freebies, it can’t get
much better than that!”

This year, the Dean of Students Office concluded their Week of
Welcome by hosting over 70 events, programs and information ses-
sions. All events were a great success and have led to more new and
exciting ideas for next year. Congratulations to all UNC Charlotte’s
Week of Welcome staff and volunteers!

-Niner Nation Family

September is National Campus Safety Awareness Month

In 2008, with unanimous support from
Congress, September was designated National
Campus Safety Awareness Month. Each Sep-
tember colleges and universities dedicate the
month to offer campus safety programming.
UNC Charlotte’s Police and Public Safety
has a full calendar of events planned for the
UNCC community including activities and
information tables focusing on current issues
impacting college campuses, including fire
safety, sexual assault, stalking, and alcohol
and drug use. Officer Jerry Lecomte, Program
Coordinator for UNCC Charlotte’s Commu-
nity Oriented Policing Division, says “These
activities and events are our first opportunity
to make the difference with the students. We
want them to know that we are a resource for
them and we are approachable. We want to
start the relationship building and dialogue
early”.

Campus Safety, continued on page 4
Aaron Speas, a Special Education major with a concentration in transition planning, is now the student intern for New Student and Family Services, and holds several leadership positions on campus. He believes that students who utilize disability services should really be seen more as receiving a lifetime accommodation for their needs.

From Rural Hall, North Carolina, Aaron attended Forsyth Technical Community College before transferring to the University of North Carolina at Charlotte. As the president Delta Chi fraternity and intern for the New Student and Family Services, Aaron has had the opportunity to become a great student leader who is respected by his peers and by fellow professional staff members. These leadership positions came after starting as an orientation counselor and then being a student teacher in a transfer seminar class.

Brooke Brown, Senior Assistant Director for Publicity & Outreach at the University Career Center, takes a moment to reflect on Aaron’s work ethic. “As a peer instructor for my Transfer Seminar class, Aaron was the picture of excellence. He approached his work with students with enthusiasm, going above and beyond to help the new transfers successfully transition to the university. Both inside and outside of class Aaron carries himself with professionalism. He’s the kind of dedicated, thoughtful student leader that the Niner Nation family can be very, very proud of.”

While working in the transfer seminar class and in new student orientation, Aaron’s participation in student development led him to discover other areas of interest in Special Education, leading him to choose his specialization in Transition Planning.

“Individualization is key; you cannot put students through a cookie-cutter process.”

Transition planning is the area of the Individualized Education Program (IEP) that outlines transition goals and services for a disabled student. The transition plan is based on a high school student’s individual needs, strengths, skills, and interests. Transition planning is used to identify and develop goals which need to be accomplished during the current school year, to assist the student in meeting his post-high school goals. (greatschools.org) This helps the student truly be successful in their transition into the next grade. Aaron explains that “Individualization is key; you cannot put students through a cookie-cutter process.”

Speas received these services himself growing up. And with great teachers he was able to ‘grow out’ of them. Now he wants to offer the same experience and services to students that he once received. Because of these experiences he hopes to work in higher education, which offers a greater opportunity to develop students.

Dennis Wiese, Senior Associate Dean and Director for New Student and Family Services, says, “Aaron is a mix of leadership, ethics, intelligence, and tenacity that is so seldom found. It has been an amazing opportunity to work with him over the last three years and to watch him grow into the person he is today.”

DEPARTMENT FEATURE

Student Health Center

Keeping Your Students Healthy on Campus

The transition to college is difficult for many students and their families. The change can be even more stressful for everyone if your son or daughter has to manage their healthcare matters on their own. UNC Charlotte prides itself on its award-winning Student Health Center (SHC) and the help that it provides during the transition. With ten licensed physicians, the Student Health Center is able to offer a wide array of services to all registered students.

Like many other wellness offices, the Student Health Center offers primary medical care, women’s health, laboratory and digital x-ray, psychiatric care, immunizations, allergy injections as well as testing, nutritional counseling and physical therapy. What sets UNC Charlotte’s SHC apart from other UNC system health clinics is its wellness treatment and the fact that it houses the state’s first Collegiate Recovery Program.

Angela Allen, the Student Health Center’s Associate Director for Administrative Services, noted that the three-year-old program has flourished, becoming a blueprint for other UNC system schools in creating their own collegiate recovery programs. “Our collegiate recovery community is very active... [they] are very supportive of one another,” quotes Allen. The program offers open on-campus meetings and a variety of sober activities for Alcoholics Anonymous and Narcotics Anonymous.

In addition to the Student Health Center’s unique program, it has recently been awarded the 2013 Bernard Kershner Innovations in Student Health, continued on page 4
How to Stay Safe on Campus

Like most family members, you may feel both excited and anxious about your student’s arrival and time on campus. UNC Charlotte is a safe campus; safety and security is a campus-wide mission and the safety of your student is of utmost concern. UNCC maintains a well-trained and well-resourced police department. As the year begins, here are a few reminders regarding Campus Safety.

UNC Charlotte Police & Public Safety is a fully authorized state police agency, providing both police and security services to a campus of 126,000 students, faculty and staff. The Department is comprised of two divisions--Patrol and Support Services--with a special emphasis on community oriented policing. With 50 full-time sworn, 3 (auxiliary) part-time sworn, 11 full-time non-sworn, and 5 part-time non-sworn officers, the UNC Charlotte Police Department collaborates regularly with the Charlotte Mecklenburg Police Force and other regional law enforcement agencies.

UNCC has a number of ways to communicate with students in an emergency, including an outdoor siren system, website alerts, and emergency text messages. (For more information, please visit http://police.uncc.edu/ which includes more information about safety awareness programs and safety tips.)

Concerning crime on college campuses:
The most common crime on a campus is theft of unattended items.

- Remind your student to protect their property by not to leaving their laptop, iPhones etc. unattended, especially in public spaces, to lock their room and to conceal valuables when parking a car.
- UNC Charlotte Police &Public Safety permanently engraves unique ID #s to personal items upon request.

Most universities have many student incidents stemming from alcohol use.

- The legal drinking age is 21
- Please discuss the importance of personal responsibility and good decision making to reduce risk.

Serious crimes are usually rare.

- Encourage students to report any concerning behavior such as harassment or threats.
- Remind them to be mindful of their surroundings.

Please contact Police & Public Safety if you have any questions or concerns.

Student Health Center continued from page 3

Quality Improvement Award from the Accreditation Association for Ambulatory Health Care (AAAHC). This title is awarded to one primary care and one surgical facility from all AAAHC-accredited institutions across the United States, Canada and Mexico. Allen, who assisted in the study along with SHC physician, Genevieve Brauning, will be honored the award in Las Vegas this upcoming December.

Parents and family members often comment about the care and treatment offered through the Student Health Center. Norma Watts, parent of a senior states, “I feel very comfortable knowing that my daughter is under good care when she is away from home. I would rather send her to the Student Health Center before even considering a visit to Urgent Care. [The SHC] understands my daughter’s needs and serves them right away.”

Allen says that the medical doctors on staff have a combined forty to fifty years of experience working with students, adding that SHC’s comfortable and fun environment that doesn’t intimidate patients. “Our staff is wonderful! They are great people who make you feel at home.”

The Student Health Center also offers student health insurance provided through North Carolina’s Blue Cross and Blue Shield, Student Blue. The insurance is covered for a full year, including summer months while students are not in school. It also covers the student in outside medical offices. The student health insurance is added to the tuition bill unless otherwise waved by verifying your student’s outside insurance information.

In addition to student health insurance, the Student Health Center provides students with pharmaceutical services. The pharmacy fills prescriptions written by physicians in the student health center as well as prescriptions written by outside healthcare providers. The SHC’s pharmacy also provides a wide array of over-the-counter medications at a discount for students.

The student health center is open Monday through Thursday from 8:00 AM to 6:30 PM and on Fridays from 8:00 AM to 5:00 PM. After hour services are provided through UNC HealthLink at 1-866-267-3675. On-staff nurses will offer students medical advice for acute illnesses and/or injuries. For all other after-hours services, students are encouraged to visit other Charlotte healthcare offices.

Campus Safety Awareness Month

Students can participate and receive information through programs in their residence halls, from information tables in the Student Union, and at other events around campus, including the annual Car Show. Through this popular event on campus, UNCC Police & Public Safety works to connect with students. Partnering with Charlotte-Mecklenburg Police, Highway Patrol, ABC and other area safety support entities, the Car Show highlights the campus’ Motor Sports Program, giving participants a chance to show off their impressive rides and offers other displays.

Throughout the month with calendar postings, pamphlets, and one-on-one conversations with the students, the UNCC Police and Public Safety looks forward to spreading the word about their events, reminding students of the part they play in their own safety, and maintaining a safe environment on campus. For more information regarding activities and events for Campus Safety Awareness month please visit police.uncc.edu.

-Tempestt Adams

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Relatively Speaking
The newsletter from the Office of Parent and Family Services
Latino Student Services Office

Carlos Mendez is the new Assistant Director for the Latino Student Services Office. A graduate of the University of Massachusetts, Amherst, he received his bachelor’s in Sports Management and his master’s in Higher Education Administration. These achievements did not come easy, but his educational hardships and experiences have made him very passionate about education and student empowerment. Here at UNC Charlotte Carlos hopes to work alongside the UNCC and Latino community, to motivate students to find and pursue their passion.

The Latino Student Services Office is a new office at the University of North Carolina at Charlotte, in the Office of New Student and Family Services. The position of Assistant Director for Latino Student Services was created by the Vice Chancellor as a response to the changing North Carolina demographics, specifically the increase in second generation Latino population pursuing college. The university’s Office of Student Affairs and the Office of Academic Affairs recognized the need for this position based on this increased population. As a result, students are excited about this resource designed to help them be more successful.

While attending an at-risk high school, Carlos both witnessed and experienced the difficulty of receiving an education. This sparked his passion to promote college awareness among students with a similar background. “I had seen the struggles and they weren’t easy… it’s important to help students on their journey so they don’t have to do it alone, like me.”

On his journey Carlos found guidance and confidence through a teacher who inspired him to apply to the Sports Management program, although he was told that he wasn’t smart enough to get into. He got into the program through hard work and with a GPA of 2.9, when the average was 3.4. From then on the possibilities of what he could achieve were endless.

After graduating from the University of Massachusetts, Amherst, Mendez was eager to find a job and jump-start his career; “I was just trying to see where I fit in.” He had no plans of moving out-of-state but he received an email about a new position being created at UNC Charlotte. He applied for the position and got an interview. At the time Carlos was not concerned with having to move if he got the job. All he saw was a great opportunity to work with and empower students. This was more than enough to get him to move.

Dr. Dennis Wiese, Senior Associate Dean and the Director for New Student and Family Services, served on the hiring committee for Mendez’s position and shared his thoughts on Carlos’ experience in supporting Latino-Latina relations, his passion to serve the Latino population and what made him the perfect fit for the position: “He will serve as a strong role model and mentor as his personal story draws students. He cares about and understands student struggles that he himself has overcome.”

Because of his previous educational hardships, Carlos is better ready to serve the UNC Charlotte Latino Community. His goal for the office is to be a resource center for the Latino community. The office will provide students with help by offering bilingual services and also in encouraging students to be successful both on and off campus, offering workshops on resume building and interviewing skills. Dr. Wise adds that some of the other offices goals will include further support programs, community collaboration with the City of Charlotte to include more aspiration building by engaging younger students in going to college, and student leadership development, such as mentoring and making peer-to-peer connections.

As this is a newly created position, there will be challenges along the road. Carlos explains “This is a new position, without a blueprint… there are going to be high expectations, which are good, but you have to see what can really be done first.” Over time Mendez wants the office to include visiting more schools in the area to promote college awareness, as early as middle school. “[Being] in a brand new position [has] limitless possibilities… to mold and shape the program towards the needs of the community.” Connecting with students is very important to Carlos he wants the students and community to know this office is here for support and to utilize the office to their benefit.

The Latino Student Services Office is new but they are working diligently to spread the word to students and parents. Communication – a newsletter, emailing list and Facebook/Twitter – are in the works, but once the office is up and running these services will be available to the community.

Dr. Wiese wants to remind parents and family members that this is a development process and it will continue to evolve over the years. “Our goal is to have a strong collaborative bond between Latino families and UNCC by engaging the whole family as a unit.”

Carlos is a big advocate for college awareness and student empowerment. He wants parents and families of the Latino community to know that college is very advantageous for their students and he encourages them to get involved in their student’s education.

It’s important to help students on their journey so they don’t have to do it alone, like me.”

PARENT LETTER

Alex’s Journey

It has been quite a journey, filled with ups and downs for Alex as he has prepared to become a part of the Niner Nation.

Alex and I have not had the best relationship over the years. However I do pride myself in knowing it has gotten much better as I have tried to support him and his ambitions. Even in the worst moments of our relationship I always encouraged and supported him.

High School was not always easy for Alex. After being diagnosed with ADHD in high school he was required to take medication, which ultimately allowed him to become more focused and brought his grades up significantly. However, ultimately those grades were still not at the level which would allow him to enter college right after high school. He knew that and was prepared to embark on something that would give him some life experience and financial support to attend college at a later date.

Alex joined the United States Navy. This was probably the best thing that ever happened to him. He learned about hard work, commitment, loyalty and, biggest of all, discipline. Yes, he had
For college students, setting goals and working toward them may be a particularly difficult task. Some students may be very career-oriented and know exactly what they want in life, while others are undecided about their major and have not yet found their direction. Yet even those students with clear, long-term goals may have difficulty defining the shorter-term goals that motivate them on a daily basis. Even more perplexing for many students is the task of separating goals from the action plans needed to reach those goals.

Both long-term and short-term goals are important for college students. Having clear goals will help your college student stay motivated, prioritize time and energy, manage time, see the bigger picture of the college experience, focus on important things, and take pride and ownership in their experiences. Establishing good, clear goals, however, is a difficult task. It requires clarity of thinking and often a great deal of self-reflection. You may need to help your college student think about and identify his/her goals. Here are a few things to help your student think about as they consider some goals for this college experience – or perhaps just next semester.

- **Your student should understand what they are trying to accomplish with a goal.** What is the desired outcome? Is there something they can do to make it happen?
- **Your student should have a reasonable chance of achieving the goal.** It may be a long-term goal that will motivate them for many years, but there should be a sense that they will be able to accomplish it. Perhaps a very long-term goal could be broken down into several short-term goals that will help them move toward the larger goal.
- **The goals must be relevant for your student’s values, interests and abilities.** Remember that these are your student’s goals, not your goals for your student. You may or may not agree with your student’s choices, but they must take ownership of them.
- **The goals should be clear and specific.** Suggest that your student write down goals and make them concrete. “Receive at least a B in all of my classes this term” works better than “Get good grades.”
- **The goals should be reasonable and attainable.** If the goals are too lofty, your student will lose motivation. Suggest goals that might take a stretch, but are achievable. Then goals can be modified or new goals set.
- **Goals should be stated positively to help your student feel energized and excited about working toward them.** “Stop wasting time” is not a very inspiring goal, but “Plan my time carefully each week” feels more positive.
- **Your student might need to identify the obstacles to the goals and make plans to overcome those obstacles.**
- **Your student may want to share their goals with someone who could be a “goal buddy” and provide encouragement and accountability.** Establishing some meaningful and attainable goals is important, but your student needs to separate those goals from the action plans necessary to achieve those goals. This may be one place where your student will continue to need your guidance. The action plan contains the steps necessary to move toward the larger goal. A good question to continue to ask your student is “How?” How will he accomplish the goal? What are the steps necessary? What specific actions are necessary?
- **If your student has taken a general hope such as “Get good grades” and turned that into the more specific goal of “Receive at least a B in all of my classes this term”, they now need to ask “How will I do that?” Perhaps the answer is “Study more.” How? “Spend more time studying.” How? The answer to that may vary – “Use a day planner to schedule time each day to study” or “Cut back on my work hours to have more time for studying” or “Meet with a study group for two hours each week to stay on track.” Whatever the answer is, it is now a specific step or action that your student can take to work toward this goal. There may be additional action plans as well, such as “Meet with the professor every week” or “Find a tutor at the support center” or “Take more thorough notes from the textbook.” The important feature of the action plan is that it is specific, concrete, and requires action. Nothing is left to chance.

Defining achievable goals and creating action plans for achieving those goals will help your student feel more in control of their college experience. Goals may be broad and far reaching, or they may be short-term and specific. Action plans help the student move toward their goals. As a college parent, you can help your student understand the importance of establishing the goals and distinguishing between goals and actions. As always, however, it is important that you then step out of the way and let your student take ownership, and responsibility, for progress toward their goals.

Parent Letter: Alex’s Journey continued from page 5

to endure a seven month deployment overseas; but he came through that unscathed and looks back now and is proud of that accomplishment.

After approximately three and one half years in the Navy, Alex returned to North Carolina and enrolled in the next chapter of his life, which was to attend the local community college. Because of his service in the Navy, he was afforded the opportunity to receive financial assistance for school, obtained a part time job, and ultimately - very proudly - received his associate’s degree at the community college.

While attending the community college, he had devised a plan of what he wanted to do in the next few years, with his ultimate goal of becoming involved in sports media – newspaper, radio, or television. His understanding of hard work and commitment afforded him the ability to move from one chapter of his life to the next.

Now Alex is ready and prepared for the next chapter of his life, which is to complete his studies at UNC Charlotte and join the sports media industry. I have spoken with Alex over these last two weeks since I moved him in at school and he is so enthusiastic about the next step. He seems to have adjusted well to living in a dorm with others, made some new friends and has even earned the duty of beat reporter for the Niner Student Media covering the men’s soccer team. This has instilled in him a lot more confidence that he is definitely on the right track. What really makes me proud is knowing that he works hard and now has confidence that he can accomplish his dreams.

Wanda Montgomery
Creating an Academic Plan

Joan F. Lorden
Provost and Vice Chancellor for Academic Affairs

Welcome (back) to UNC Charlotte! Fall semester is in full swing and campus is abuzz with the energy and excitement of new programs and possibilities. We are confident that your student will explore new experiences, meet new friends and colleagues, and make decisions at UNC Charlotte that will define him or her as a contributing member of our society. We know that the knowledge, skills, and values students acquire here will follow them throughout their lives.

UNC Charlotte’s mission commits the University to providing an exemplary undergraduate education for our students. We believe that, in order to achieve their potential, students must be fully engaged in the academic, developmental, and social aspects of their college experience. To this end, UNC Charlotte is dedicated to providing learning opportunities for our entering students so that they develop skills and values around three major academic goals:

- commitment to success
- inquiry
- self and cultural awareness

Throughout the year, Academic Corner will discuss each of these core goals, and the ways that students can be engaged on campus. This month, we focus on your student’s “commitment to success.” This means that students will identify comprehensive, realistic, and meaningful goals for their college experience. They will not only develop intentional strategies for achieving those goals, but will also learn to revise their goals as needed. As the semester progresses and as students settle into the rhythm of classes, assignments, and activities, please encourage your student to take a moment to think carefully about important steps on the journey to graduation.

Academic Planning for Declared Majors

It is important that students develop or update an academic plan now. In general, your student’s academic plan will help him or her map out which courses are needed to complete the degree and when those courses should be taken. Creating an academic plan is important because it allows students to take ownership of and responsibility for their own academic progress. It helps focus students on long-term scheduling so that important courses are not overlooked. It helps students identify and plan for challenges in upper level courses, and it gives both students and advisors a common format to use during advising appointments.

For a comprehensive list of academic plans of study by major to guide your student in creating or updating an academic plan, please visit the Academic Affairs website. Students should update academic plans after making significant changes to the existing plan, or after meeting with his or her advisor to discuss academic progress.

Academic Planning for Undeclared Majors

If your student has not yet declared a major after the first academic year, you need not be alarmed. But your student should conduct a purposeful exploration. Choosing a major is an important decision and students should explore their own interests and career goals carefully before selecting a major. To select a major, encourage your student to follow this process:

- Explore Interests and Strengths. What does your student believe are his or her skills and talents? What topics do they always seem to want to know more about? Which classes did he or she enjoy? The University Career Center can help your student answer these questions with tools such as the Focus2® assessment.

- Do the Research. Students should seek out resources about different majors from a variety of sources. Encourage your student to speak to an advisor at the University Advising Center, attend events like the Majors Day Fair, visit the University Career Center for advice on choosing a major to fit career goals, and apply for internships or volunteer work to better understand the employment field.

- Review the Options. Suggest to your student that he or she review the information gathered and have meaningful conversations about those options with you, mentors, or friends.

- Make it Official. Complete the proper paperwork to declare a major. More information on how to declare a major is available on the central Academic Advising website.

While it is not unusual for first-year year students to be undeclared, all students should be accepted into a major or a pre-professional program by the time they have earned 60 semester hours of credit. So, any student who has not selected a major by the fourth semester of attendance should make an appointment immediately with his or her academic advisor. Please remind your student that a delay in selecting a major and/or multiple changes of major often prevents graduation in a timely fashion. Once they declare a major, students can then work to complete their academic plan.

If you are interested in knowing more about our goals for first year students, we invite you to read a background document that outlines the ways in which we will foster student engagement on campus.

I wish all UNC Charlotte students a healthy and productive academic year!
First things first:
1. Discuss academic expectations ahead of time. Make sure to encourage your student to set his/her academic goals.
2. Discuss the different lifestyle choices that your student may have to make in this upcoming semester. Talk to him/her about social life and alcohol use, as well as about working while in school.
3. Discuss expectations regarding communication such as phone calls and e-mails.

September:
1. Prepare you and your family for ‘family’ weekends. Discuss with your student the ground rules and what you plan to do while visiting.
2. Follow up with your student regarding their classes. If they are finding a specific class extremely difficult, discuss what his/her options are before it is too late.
3. Encourage your student to become involved on campus and participate in other organizations. Motivate your student to take part in small leadership roles to instill responsibility.

October:
1. Plan for Fall Break! (October 7, 8) Decide whether or not your student will be coming home and make travel arrangements if needed.
2. Check for your student’s unsatisfactory mid-term grades. Discuss other possibilities such as tutoring or withdrawing from a specific course. Withdrawal Date: October 28, 2013
3. Send a care package to remind your students how much you care. Refill them with items such as school supplies, toiletries, snacks and spending money.

November:
1. Help keep your student focused during his/her final month before exams. Remind them of the importance of studying and be patient with them if they seem stressed.
2. Prepare for your student to come home for Thanksgiving. Make travel arrangements and arrange for any other plans.
3. Make sure follow up with your student on his/her individual exam schedules and plan for their winter break arrival back home.

Christina Nesbitt

Book Suggestions for Parents and Families

Parents’ Guide to College Life: 181 Straight Answers on Everything You Can Expect Over the Next Four Years by Robin Raskin

The College to Career Roadmap: A Four Year Guide to Coaching Your Student by Terese Corey Blanck, Peter Vogt and Judith Anderson

A New beginning - A survival guide for parents of college freshman by Kaye Bernard McGarry, M.Ed.

How To Survive And Thrive In An Empty Nest: Reclaiming Your Life When Your Children Have Grown by Robert H. Lauer

DEVELOPMENT

Transit Groundbreaking Makes History

Along a grassy stretch of railroad track in downtown Charlotte, a groundbreaking ceremony on July 18 marked another important step in bringing light rail to UNC Charlotte. The $1 billion northeast extension of the Charlotte Area Transit System’s Lynx light rail line is due for completion in 2017. The extension will link UNC Charlotte’s main campus, students, and faculty with UNC Charlotte Center City and businesses, organizations, and cultural groups.

When finished, the system will link commuters who park as far south as Pineville in the southern part of Mecklenburg County with the UNC Charlotte campus to the north. Two stops will serve the University – one just south of the Charlotte Research Institute campus on North Tryon Street and one right across the street from the North Village residence halls. For fans attending football games and other athletic events, performing arts, and other community activities, light rail will provide a convenient transportation option.

Chancellor Philip L. Dubois is a longtime advocate for the Blue Line Extension. He championed the plan for light rail to enter campus and was instrumental in granting easements and improvements totaling more than $5 million that will allow CATS to build on state-owned property at the main campus.

Funding appears set for the project. Announced last year, a State Light rail, continued on page 9
UNC Charlotte’s Collegiate Recovery Community and IKEA recently teamed up to add to the program’s Community Recovery Room; this is the second donation the home furnishings giant has given to the program. “Last year, we were excited when IKEA Charlotte donated about $3,500 worth of furniture to literally transform our space from an old filing room into the warm and inviting space it is today,” explained Debbie Insley, director of wellness services at the Student Health Center. “When they reached back out to us this year asking if we needed anything else, it was an unexpected, yet welcomed surprise.”

Insley and her staff made a trip to IKEA with a short wish list of items they could use since the room opened last year. “IKEA really set us up with everything we needed the first time they came out. Our goal this time was to create more storage space and to continue to make the space as comfortable as possible,” Insley noted.

Since moving to a permanent location in August 2012, the CRC has provided recovering students and faculty with weekly 12-step meetings, a space to escape the pressures those in recovery face on campus, and most importantly, a community of peers and support that is critical to sustain recovery and academic success.

“The impact of the CRC has been profound,” said Insley. “I can’t tell you how many parents have expressed the joy and peace-of-mind they have knowing the university their child is going to has a program in place to address their specific addiction needs. It truly is a selling point of this University and speaks to the emphasis we place on making a mark on our students as people, as well as our desire to help guide and prepare them to be successful.”

The CRC program is entering its third year, and Insley is enthusiastic to showcase it and the community room IKEA Charlotte has helped design and furnish in the Student Health Center. She said she hopes to reach more students who are reluctant to accept their addictions as well as those who can be reached before their addictions get too powerful.

“Of the nearly 27,000 people on campus, roughly 1,500 are considered substance dependent, and only about 400 are in recovery,” stated Insley. “We want to get the word out about what we are doing in the CRC to reach as many students as possible.”

Currently, the CRC is making plans for the upcoming inaugural football season with a “sober tailgate” and “OctSober Fest,” billed as a sober-conscience alternative to the traditional, alcohol-heavy Oktoberfest.

Transit Groundbreaking continued from page 8

Full Funding Grant Agreement will provide 25 percent of the funding for the Lynx Blue Line Extension. That set the stage for CATS to receive a full funding grant agreement of 50 percent of the project costs from the FTA.

The 9.4-mile alignment will stretch from Ninth Street to the main UNC Charlotte campus. It will include 11 light rail stations and four parking facilities. Construction of the $1.16 billion project is scheduled to begin fall 2013 with operational service expected in 2017.

“The reason we all have worked together so hard, so well, and for so long is that we have understood that the benefits to the city were too large and too significant not to... both in the job creation that would be necessary just to construct the rail line, and also in the long-term potential for development along the northeast corridor,” Dubois said.

“Indeed, back in 2009, it was estimated that the long-term value of property development as a result of light rail would be more than $2 billion when inflation was factored in, and as high as $3 billion considering future property revaluations. The result is a projected $500 million in additional property tax revenue and $740 million in sales taxes through 2035.

“That is why our refrain on light rail has been consistent. It cannot be thought of simply as a cost. It will be one of our most important investments,” Dubois said.
UNC Charlotte is happy to announce that we now offer ACT and SAT prep courses for high school students preparing to apply for college in conjunction with Princeton Review.

All of the prep courses are offered in a classroom format on the UNCC Charlotte campus or via a LiveOnline format with the convenience of instruction delivered via the web to your home or office.

To view prices, dates, and register for courses or FREE informational sessions, visit http://www.princetonreview.com/uncc or call 1-888-968-7365. UNCC Charlotte offers great discounts on Princeton Review courses. Follow the web link above and use the promotional codes located on the right side of the website for the appropriate program. Note: If you are a UNCC Charlotte faculty or staff member, call 704-687-8900 in order to receive your faculty/staff discount.

Why The Princeton Review?
• Select the format that's right for you – classroom, online, and self-study course options available
• Expert Instruction – only the best and brightest instructors make the cut with high scores, teaching auditions, and a rigorous training program
• Proven Methods – founded in 1981, The Princeton Review is a proven leader in test prep
• Free Strategy Sessions, Practice Tests, and Bootcamps – Attend one of our free sessions to learn more about the tests
• Resources – All courses include full-length practice tests, online resources, and thorough written materials
• A smart investment – Our partnership with The Princeton Review allows you to access top-tier, proven test prep at an affordable price
• Money back, readiness or satisfaction guarantees

The Princeton Review is Not Affiliated with Princeton University

Parents, do you have children preparing for college?
UPCOMING EVENTS

— SEPTEMBER —

J.Cole “What Dreams May Come” Tour featuring Wale
Tuesday, September 17
UNC Charlotte’s Halton Arena 7:00pm
Tickets on Sale Now! [https://www.ticketreturn.com/boxoffice/default.aspx]

Let’s Talk About It: Minorities and Law Enforcement Relationships
What is the relationship like between the minority communities and law enforcement in the United States? Is it as the media portrays it to be? Come out and let’s talk about it.
Wednesday September 18
Student Union 263 12:30pm
FREE

NC Activist Series: Brother Outsider- The Life of Bayard Rustin
Bayard Rustin was a critical member of Martin Luther King Jr’s team that planned the original 1963 March on Washington for Jobs and Freedom. This film explores his life and what an amazing legacy he leaves for future generations of activists.
Thursday September 19
Cone 320 6:00pm - 8:30pm
FREE

Bank of America Award for Teaching Excellence Ceremony
The Bank of America Award for Teaching Excellence is one of the most important and prestigious traditions at UNC Charlotte. This award honors outstanding teachers on our campus and provides an example of the University’s commitment to excellence in teaching.
Friday September 20
Founders Hall, Uptown Charlotte
Bank of America Corporate Center 6:00pm
FREE

Charlotte 49ers Soccer vs. South Carolina State
Head out to see your Charlotte 49ers Men’s Soccer team take on College of Charleston.
Friday, September 20
Transamerica Field 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

Charlotte 49ers Volleyball vs. South Carolina State
Head out to see your Charlotte 49ers Women’s Volleyball team take on South Carolina State in the Hilton 49er University Classic.
Friday, September 20
Halton Arena 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

Charlotte 49ers Soccer vs. Campbell
Head out to see your Charlotte 49ers Men’s Soccer team take on Campbell.
Saturday September 21
Transamerica Field 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

Charlotte 49ers Soccer vs. Elton
Head out to see your Charlotte 49ers Men's Soccer team take on Elton in the Hilton 49er University Classic.
Saturday September 21
Halton Arena 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

“Latino in America” Film and Panel Discussion
By 2050, the U.S. Latino population is expected to nearly triple. “CNN Presents: Latino in America,” reported by Soledad O’Brien, explores how Latinos are reshaping our communities and culture and forcing a nation of immigrants to rediscover what it means to be an American.
Monday September 23
Student Union Theater 7:00pm
FREE

Catfish with Nev Schulman
After being deceived by a girl he had fallen in love with online, Nev Schulman embarked on a journey to document and help other individuals who had also formed online relationships. In 2012, he became the host and producer of the MTV sensation Catfish which chronicles these stories.
Tuesday, September 24
McKnight Hall Cone University Center 7:00pm
FREE

Charlotte 49ers Soccer vs. University of Central Florida
Head out to see your Charlotte 49ers Men’s Soccer team take on University of Central Florida.
Tuesday September 24
Transamerica Field 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

Charlotte 49ers Volleyball vs. Gardner-Webb
Head out to see your Charlotte 49ers Volleyball team take on Gardner-Webb.
Tuesday September 24
Halton Arena 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

Transfer Students: Learn the Ropes
Become acclimated to your new college environment and learn about valuable campus resources.
Thursday September 26
Fretwell 310 3:30pm - 4:15pm
FREE

Faculty Dance Concert
The Department of Dance begins the 2013-14 season with a Faculty Dance Concert showcasing and celebrating the extraordinary accomplishments of our own faculty. This concert will feature original choreography from the professional repertory of UNC Charlotte faculty members.
Friday September 27-28
Anne R. Belk Theater, Robinson Hall 7:30pm
$14 general admission / $9 UNC Charlotte faculty, staff & alumni / $9 senior citizens / $6 all students. Buy Tickets

Charlotte 49ers Soccer vs. South Carolina University
Head out to see your Charlotte 49ers Men’s Soccer team take on South Carolina University.
Friday, September 27
Transamerica Field 7:00pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

Maximizing Your Budget
Learn about budgeting, how credit cards work, and how to graduate with minimal debt.
Monday September 30
Fretwell 310 5:30pm - 6:15pm
FREE

Upcoming Events, continued on page 12
Oasis Saxophone Quartet
Founded in 2007, the Oasis Quartet has received rave reviews for its live performances as well as clinic programming. As an ensemble, Oasis is dedicated to playing important contemporary works for saxophone quartet, as well as transcriptions of standard repertoire.

**October 1, 2013**
Belk Theater, Robinson Hall 7:30 pm
$9 general admission / $7 UNC Charlotte faculty, staff & alumni / $7 senior citizens / $6 all students
[Buy Tickets](https://career.uncc.edu/events/2013/10/02/part-time-job-fair-2013)

**Charlotte 49ers Soccer vs. Wake Forest**
Head out to see your Charlotte 49ers Men’s Soccer team take on Wake Forest.
**Tuesday, October 1**
Transamerica Field 7:00 pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

**Part-time Job Fair**
Visit with employers looking to hire students for off-campus jobs, including part-times, full-time (non-degree), seasonal, or temporary positions.

**Wednesday, October 2**
Student Activity Center Food Court 11:00 am - 2:00 pm
[More Information](https://career.uncc.edu/events/2013/10/02/part-time-job-fair-2013)

**Charlotte 49ers Soccer vs. University of Texas at San Antonio**
Head out to see your Charlotte 49ers Women’s Soccer team take on University of Texas at San Antonio.
**Friday, October 4**
Transamerica Field 7:00 pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

**Charlotte 49ers Volleyball vs. Louisiana Tech**
Head out to see your Charlotte 49ers Volleyball team take on Louisiana Tech.
**Friday, October 4**
Halton Arena 7:00 pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

**Charlotte 49ers vs. Gardner-Webb**
Be part of history as the Charlotte 49ers continue their inaugural season of football against the Gardner-Webb Runnin’ Bulldogs!
**Saturday, October 5**
Jerry Richardson Stadium 12:00 pm
[Visit](http://cci.uncc.edu/Security13) for ticket information.

**Charlotte 49ers Soccer vs. Middle Tennessee**
Head out to see your Charlotte 49ers Women’s Soccer team take on Middle Tennessee.
**Sunday, October 6**
Transamerica Field 1:00 pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

**Charlotte 49ers Volleyball vs. Tulane**
Head out to see your Charlotte 49ers Volleyball team take on Tulane.
**Sunday, October 6**
Halton Arena 1:00 pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

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**14th Annual UNC Charlotte Cyber Security Symposium**
UNC Charlotte’s College of Computing and Informatics will host its 14th Annual UNC Charlotte Cyber Security Symposium on the UNC Charlotte campus. The premier security conference in the region will again feature expert guest speakers from around the country who will address the latest issues surrounding cyber crime, cyber war, privacy issues, the piracy of intellectual property, and what’s being done to combat these ever-increasing global threats.

**Wednesday, October 9**
Cone University Center 9:00 am
Free for UNC Charlotte faculty, staff, and students; $125 for others

**Charlotte 49ers Soccer vs. Old Dominion University**
Head out to see your Charlotte 49ers Men’s Soccer team take on Old Dominion University.
**Wednesday, Oct. 9**
Transamerica Field 7:00 pm
Free for UNC Charlotte students; Adults: $5; Youth: $2

**University Chorale**
**Thursday, October 10**
Robinson Hall, Anne R. Belk Theater 7:30 pm
$6 general admission / $5 UNC Charlotte faculty, staff & alumni / $4 all students
[Buy Tickets](https://career.uncc.edu/events/2013/10/02/part-time-job-fair-2013)

**National Coming Out Day**
National Coming Out Day is a national observance of the first march on Washington, D.C., for LGBT equality. Each year, campuses across the United States celebrate by allowing people to tell their stories and to empower LGBTQ people and their Allies to come out and make changes to the community. All students are invited to attend the event and help support LGBTQ community.
**Friday, October 11**
Student Union Rotunda 10:00 am - 3:00 pm
[Friday, October 11](http://cci.uncc.edu/Security13)

**Homecoming: Charlotte 49ers vs. UNC Pembroke**
Be part of history as the Charlotte 49ers continue their inaugural season of football against the UNC Pembroke Braves!
**Saturday, October 12th**
Jerry Richardson Stadium 12:00 pm
[Visit](http://cci.uncc.edu/Security13) for ticket information.

**Chamber Orchestra**
**Tuesday, October 15**
Rowe Recital Hall 7:30 pm
Free

**Women of Color Conversation Series (Speaker To Be Announced)**
The Woman of Color Conversation Series is an opportunity to create and strengthen connections for women students of color at UNC Charlotte. The Conversation Series will present an ethnically and professionally diverse group of thought leaders, experts, and innovators. Our dialogues will be open to the campus community and will converge around topics that are particularly relevant to women.
**Tuesday, October 15**
Student Union 267 5:30 pm - 6:30 pm
Free

**First Latino Student Services Lecture Series**
Join us for a lecture and discussion promoting themes of Latin culture as a closure to Hispanic Awareness Month
**Tuesday, October 15**
Student Union 340 C & F 2:00–3:15 pm
Free

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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.
Actors from the London State presents “Othello”
Shakespeare's master study of jealousy, vengeance and the pressures of race and gender is brought to life in this intense, claustrophobic and extraordinarily powerful play. Othello, a respected black general, marries Desdemona, a white woman, only to have their happiness undermined by the machinations of one of Shakespeare's greatest villains, Iago. The production achieves a new resonance through the performances of five actors in multiple roles from the touring company Actors From The London Stage and is co-sponsored by Shakespeare-In-Action.

Wednesday October 16- October 19
Robinson Hall, Anne R. Belk Theater 7:30pm
$18 general admission / $9 UNC Charlotte faculty, staff & alumni / $9 senior citizens / $6 all students Buy Tickets

Let’s Talk About It: Cross Cultural Relationships
Are international relationships any different than those of the same ethnicity? Join this conversation facilitated by the Office of International Programs. Led by the Multicultural Resource Center (MRC), the Let’s Talk It Discussion Series will focus on areas of diversity through prompts that spark discussion. These discussions are open to all and will focus on one area of diversity during each conversation. Come prepared to share your thoughts and learn others perspectives as well.

Wednesday, October 16, 2013
Student Union 200 12:30pm - 1:30pm
FREE

Majors Day 2013
Shopping around for an academic major? Seeking a double major? A minor? This event is ideal for undeclared students, students wishing to change their major, and students wanting to learn more about their different academic options. Visit with representatives from all undergraduate majors and enjoy tasty treats while you’re there!

Thursday October 17
Cone Center Lucas Room 10:00am - 1:00pm
FREE