WELCOME TO CAROLINA!

On behalf of the University Office for Diversity and Inclusion, we would like to welcome you to the Carolina family. We are so excited that you chose ACE as the way to kick off your Carolina journey. Each year, the Achieving Carolina Excellence program provides incoming students like you with the tools you will need to ensure your academic, social, and emotional success at Carolina. Many of the people that you will encounter while at ACE have been in your shoes, and for many of them, ACE has helped define their college experience.

Our incredible team has designed an exciting program that will be engaging, challenging and rewarding. It is our mission to make sure that you learn as much as you can about campus resources and support services while you begin to develop a supportive community here at Carolina. Additionally, we hope that you take advantage of the opportunities to celebrate your story while learning about the stories of others. To get the most out of this experience, it is essential to have an open mind and to get to know those around you. Not only will you make new friends, you will have the chance to interact with people who will help support you during your time at Carolina and beyond. We invite you to take full advantage of this opportunity.

We expect all ACE participants to attend all sessions and to arrive on time. Ask questions, stay engaged, don’t be afraid to enter your “stretch zone,” and — most importantly — HAVE FUN!

Dr. G. Rumay Alexander  
Associate Vice Chancellor  
Chief Diversity Officer

Rachel Tates ’15  
Recruitment Programs Specialist

AC Locklear ‘13 (‘16 JD)  
Student Engagement Director

GO HEELS!

University Office for Diversity & Inclusion  
Student Academic Services Building (SASB) North, Suite 1125  
diversity.unc.edu | (919) 843-6086 | diversity@unc.edu
Herrison Chicas has shared his storytelling and inspirational poetry gifts to entertain, empower, and enlighten audiences across the globe. From Hanover, New Hampshire, to Portobello, Panama, Chicas’ work is widely noted as “truly an experience.”

Chicas has shared the stage with many renowned poets, including Shihan, G Yamazawa, Ed Mabrey, and many more. His work has been featured on major platforms, such as National Public Radio, Univision, and various TED talks, reaching more than 1.5 million people worldwide.

As a slam poet, Chicas is the current Champion of the TEDxUNC Spoken Word Slam, a finalist in Slam Charlotte and Bull City Slam, and a semi-finalist at YouthSpeaks Brave New Voices Poetry Slam, the world’s biggest youth poetry competition.

Chicas graduated from the University of North Carolina at Chapel Hill in 2013 with a double major in Psychology and Sociology. During his time at Carolina, he was actively involved in Lambda Upsilon Lambda Fraternity, Incorporated; led the UNC Club Soccer team to the national semi-finals; and co-founded the UNC Wordsmiths on campus! Perhaps his most important feat has been — and continues to be — to uplift the voices of disenfranchised communities, volunteering all four years of his college career at CHispA and the University Office for Diversity and Inclusion.
## 2018 ACE Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>DETAILS</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td><strong>THURSDAY, AUGUST 16TH</strong></td>
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<tr>
<td>8 a.m.</td>
<td>Arrival and Move-In</td>
<td>Check-in at residence hall and lunch on your own!</td>
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<tr>
<td>12:30 p.m.</td>
<td>Meet your ACE Legacy Leaders, who will escort you to the Welcome Session.</td>
<td>SASB Plaza</td>
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<tr>
<td>1 p.m.</td>
<td>ACE Welcome</td>
<td>Join other new students and families as administrators, staff, and student leaders provide helpful information and share their viewpoints on the Carolina experience.</td>
<td>Carroll Hall, Room 111</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>ACE Games [Student Session]</td>
<td>Legacy Leaders will take you through a series of fun and interactive activities that will teach you valuable information about yourself and others!</td>
<td>Polk Place</td>
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<tr>
<td></td>
<td>Family’s Guide to Academic Success [Family Session]</td>
<td>The Center for Student Success and Academic Counseling (CSSAC) will offer insight into how to help your student maximize academic resources to help them achieve their academic goals.</td>
<td>Carroll Hall, Room 111</td>
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<td></td>
<td>Academic Success [Student Session]</td>
<td>The Center for Student Success and Academic Counseling (CSSAC) will discuss how to maximize campus resources and strategies to facilitate student success.</td>
<td>Hamilton Hall, Room 100</td>
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<tr>
<td>3 p.m.</td>
<td>Achieving Carolina Excellence 101 – Family Edition [Family Session]</td>
<td>In this interactive session, parents and families will learn what excellence looks like at Carolina and gain the tools they will need to help ensure that their students thrive at Carolina.</td>
<td>Carroll Hall, Room 111</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Achieving Carolina Excellence 101 [Student Session]</td>
<td>In this interactive session, students will learn what excellence looks like at Carolina and obtain tools to help them navigate their way to success.</td>
<td>Hamilton Hall, Room 100</td>
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<tr>
<td></td>
<td>Dear Family [Family Session]</td>
<td>Learn the student perspective by asking current students questions about their Carolina experience during a question and answer period.</td>
<td>Carroll Hall, Room 111</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>BREAK</td>
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<tr>
<td>6:30 p.m.</td>
<td>Join your ACE Legacy Leaders as they escort you to dinner.</td>
<td>SASB Plaza</td>
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<tr>
<td>7 p.m.</td>
<td>ACE Welcome Dinner</td>
<td>Administrators, staff, and student leaders will provide helpful information and share their viewpoints on the Carolina experience. Alumnus Herrison Chicas will deliver the keynote.</td>
<td>Carolina Inn Hill Ballroom</td>
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<tr>
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<tr>
<td>FRIDAY, AUGUST 17TH</td>
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<tr>
<td>10 a.m.</td>
<td><strong>Intro to Heel Life</strong></td>
<td>In this session, you’ll learn how to use Heel Life to discover ways to become meaningfully engaged in the Carolina Community.</td>
<td>Genome Room G100</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td><strong>ACE Expo</strong></td>
<td>Connect with representatives from various campus and community groups to learn more about student services and student involvement.</td>
<td>Stone Center, Hitchcock Multi-purpose Room</td>
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<tr>
<td>Noon</td>
<td><strong>LUNCH</strong></td>
<td></td>
<td>Genome Breezeway</td>
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<tr>
<td>12:30 p.m.</td>
<td><strong>From Behind the Podium</strong></td>
<td>Professors will discuss faculty expectations for the Carolina classroom and strategies to facilitate student success.</td>
<td>Genome, Room G100</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td><strong>Beyond Carolina</strong></td>
<td>Career Services and D&amp;I will discuss career exploration, readiness and resources.</td>
<td>Genome, Room G100</td>
</tr>
<tr>
<td>2:45 p.m.</td>
<td><strong>Tar Heels Talk:</strong></td>
<td>You will have the opportunity to attend three separate small group discussion sessions led by ACE Legacy Leaders on a variety of topics. See page 6 for session descriptions.</td>
<td>Dey Hall</td>
</tr>
<tr>
<td>5 p.m.</td>
<td><strong>BREAK</strong></td>
<td></td>
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<tr>
<td>6:30 p.m.</td>
<td></td>
<td></td>
<td>SASB Plaza</td>
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<tr>
<td>7 p.m.</td>
<td><strong>Culture Show</strong></td>
<td>Enjoy performances by diverse student organizations</td>
<td>Stone Center 103</td>
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<tr>
<td>SATURDAY, AUGUST 18TH</td>
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<tr>
<td>9:30 a.m.</td>
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<td>Meet your ACE Legacy Leaders, who will escort you to breakfast.</td>
<td>SASB Plaza</td>
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<tr>
<td>10 a.m.</td>
<td><strong>Academic Advising and Peer Mentoring Breakfast</strong></td>
<td>Academic Advisors will discuss the importance of peer mentoring in your first year at Carolina. You will also interact with current peer mentors.</td>
<td>Genome, Room G200</td>
</tr>
<tr>
<td>Noon</td>
<td><strong>Small Group Meet-Up &amp; Find Your Classes</strong></td>
<td>Take some time to reflect on what you learned at ACE with your Legacy Leader and small group. Afterwards, your Legacy Leader will help you find your classes.</td>
<td>Genome</td>
</tr>
<tr>
<td>1:30 p.m.</td>
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<td>Meet your ACE Legacy Leaders, who will escort you to the ACE Cookout</td>
<td>SASB Plaza</td>
</tr>
<tr>
<td>2 p.m.</td>
<td><strong>ACE Cookout</strong></td>
<td>Kick back with your fellow students while enjoying great music and food.</td>
<td>Ram Village (1, 2 &amp; 3) Quad</td>
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<tr>
<td>SESSION</td>
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<tr>
<td>Navigating Carolina: Tips, Tricks &amp; Techniques</td>
<td>Wondering how much you will need to study? How to get involved? How to thrive in a Carolina classroom? Join ACE Legacy Leaders as they discuss the tips, tricks and techniques that can help you succeed during your first year.</td>
<td>Dey Room 305</td>
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<tr>
<td>Health &amp; Wellness @ Carolina</td>
<td>Join ACE Legacy Leaders as they discuss the importance of self-care, caring for others, and getting help when needed. You will also explore your own well-being and understand the importance of balance.</td>
<td>Dey Room 202</td>
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<tr>
<td>Fraternity &amp; Sorority Life</td>
<td>Legacy Leaders will provide information about Carolina’s Greek community. Learn about the history, values and benefits of joining a fraternity or sorority and how to get involved.</td>
<td>Dey Room 203</td>
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<tr>
<td>Healthy Relationships</td>
<td>Legacy Leaders will talk about how to build and maintain healthy relationships in college. Learn practical tips to maintain healthy friendships and relationships during your first year and beyond.</td>
<td>Dey Room 204</td>
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<tr>
<td>Expanding the Circle</td>
<td>Connect with representatives from the American Indian Center, American Indian and Indigenous Studies, and various student organizations.</td>
<td>Dey Room 301</td>
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<tr>
<td>Asian Student Support Session</td>
<td>Learn about Carolina’s diverse Asian community. Connect with representatives from various student organizations and learn about services provided and resources available for students.</td>
<td>Dey Room 302</td>
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<tr>
<td>Comunidad</td>
<td>Connect with representatives from the Carolina Latinx Collaborative and various student organizations.</td>
<td>Dey Room 208</td>
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<tr>
<td>Harambe</td>
<td>Connect with representatives from student organizations like the Black Student Movement and the Organization for African Students’ Interests and Solidarity.</td>
<td>Dey Room 206</td>
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<tr>
<td>Carolina Male</td>
<td>Discuss and explore the needs of men at Carolina and the issues that they face. This discussion is geared toward preparing first-year men for success at Carolina and beyond.</td>
<td>Dey Room 303</td>
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<tr>
<td>Carolina Woman</td>
<td>Join the staff of the Carolina Women’s Center and ACE Legacy Leaders for a discussion on the needs of women at Carolina and the resources available to students.</td>
<td>Dey Room 304</td>
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<tr>
<td>Inclusive Carolina</td>
<td>Join the staff of the UNC LGBTQ Center and ACE Legacy Leaders for a discussion about LGBTQ inclusivity, gender identity, gender expression, and the needs of these students at Carolina.</td>
<td>Dey Room 306</td>
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</tbody>
</table>
10 Tips for Success

These tips can help you succeed in college!

1. **Balance**
   Seek a balance of academics, wellness, and engagement. Get involved in extracurriculars, but take care of your grades.

2. **Be Open**
   Be open to interesting educational opportunities. Take classes that are not entirely familiar to you. Most students change their major and finding the right one is worth the effort!
   “Always have an open mind, especially in regards to your major/minor and the viewpoints of other people.” - Lindsey Barfield, ‘19

3. **Study**
   Invest at least 2-3 hours on studying for every hour you spend in class. Go to class prepared, having read assignments and reviewed notes.
   “Don’t take studying for granted! It will literally be the biggest key to success here.” - Cameron Ulmer, ‘20

4. **Use a Planner**
   Manage your time, set up steps toward your goals, and keep deadlines in sight. Plan weekly schedules including class, studying, eating, exercising, socializing, etc. and take care of your grades.

5. **Find Your Happy Place**
   Establish regular study areas that maximize productivity and are comfortable.

6. **Test Yourself**
   Testing yourself is the only way to make sure you’re learning. You can take practice tests, teach others, write outlines from memory, create flashcards, etc.

7. **Be Active**
   Attend every class and listen actively, taking notes, asking questions, and looking for broad themes and practical implications. Imagine possible exam questions and practice answering them.

8. **Techniques**
   Enhance your learning by approaching the material from different perspectives, including those from notes, group discussions, readings, lab work, etc.
   “College is hard, but don’t be disheartened by that. It makes you stronger and smarter. Study hard and work efficiently—it’ll help you attain your goals.” - Saahil Madhiwala, ‘20

9. **Office Hours**
   Go to professors’ office hours and use this time to ask questions about content and tests.

10. **Resources**
    Use the academic resources available on campus. Examples: Academic Advising, Writing Center, peer tutoring, Learning Center, Summer School, Career Services, etc.
Study Tips from a Carolina Student

"I’ve discovered that lists and diagrams work best for me, but everyone is different. I came in taking extensive notes from textbooks, borderline ineffectively, but now I make lists of important concepts and make [almost] an outline in order to help remind me of key characteristics. Diagrams help me piece everything together, without the extra details because if you can’t explain the framework of a concept, you can’t explain it in detail."

Angelica Villanueva
Biology and Global Studies, Class of 2019

ACE Resources — The Learning Center
Here are some tips, tools and strategies to optimize your performance in class:

• Plan a realistic and effective schedule.
• Practice walking through your schedule before classes begin.
• Attend all classes.
• Use the Learning Center’s resources to plan, track and complete your assignments.

*Remember: The UNC Learning Center is a great resource. Both Peer Tutoring and Academic Coaching can help you create a balanced approach to succeeding at Carolina. Visit learningcenter.unc.edu to make an appointment and to access these and many other resources.
STUDENT RESOURCES

Below are several centers and departments that can help you achieve Carolina excellence.

Academic Advising Program
Steele Building | advising.unc.edu
Hardin Hub, Hardin Hall

Accessibility Resources and Services
SASB North 2126 | accessibility.unc.edu

American Indian Center
Abernethy Hall | americanindiancenter.unc.edu

Beyond Carolina
beyondcarolina.unc.edu

Campus Health Services
James A. Taylor Bldg. | campushealth.unc.edu

Carolina Latinx Collaborative
Craige North | clc.unc.edu

Carolina Leadership Development
Carolina Union | carolinaunion.unc.edu

Center for Global Initiatives
FedEx Global Education Center | cgi.unc.edu

Counseling and Psychological Services
James A. Taylor Bldg. | campushealth.unc.edu

Diversity & Inclusion
SASB North 1125 | diversity.unc.edu

English Language Support
SASB North | writingcenter.unc.edu/esl

First Generation College Students
Steele Building
studentsuccess.unc.edu/carolina-firsts

Heel Life
heellife.unc.edu

Johnston Center for Undergraduate Excellence
Graham Memorial | honorscarolina.unc.edu

LGBTQ Center
SASB South | lgbtq.unc.edu

The Learning Center
SASB North | learningcenter.unc.edu

Math Help Center
Phillips Hall
math.unc.edu/undergraduate/math-helpcenter

Scholarships and Student Aid
300 Pettigrew Hall | studentaid.unc.edu

Student Wellness
SASB South | studentwellness.unc.edu

Undergraduate Research
Graham Memorial | our.unc.edu

University Career Services
Hanes Hall | careers.unc.edu

The Writing Center
SASB North | writingcenter.unc.edu
First Year Guide

Below are some steps that you should take during your first year to help you achieve Carolina excellence.

✓ Set SMART Goals
When you set goals for yourself, make sure they are SMART: Specific, Measurable, Achievable, Relevant and Time-Bound, and be sure you have a way to hold yourself accountable for meeting them.

✓ Meet With an Academic Coach
At the Learning Center, academic coaches can help you succeed by giving you the tools to properly balance academic demands and everything else. The Center works one-on-one to help you improve your academic strategies, develop effective study habits, and find school/life balance. learningcenter.unc.edu

✓ Attend a Learning Center Workshop
The UNC Learning Center offers hour-long workshops that are carefully crafted to help you improve your academic life in a number of areas – from time management to study strategies to ending procrastination. learningcenter.unc.edu

✓ Develop Your Writing Skills
The UNC Writing Center offers face-to-face and online consultations, as well as a collection of online resources for students. The Writing Center can help you in each step of the writing process. Additionally, the Writing Center offers English language support. writingcenter.unc.edu

✓ Connect With Your Instructors
Successful students build and maintain productive relationships with academic instructors and university professionals. Start early and attend office hours regularly.

✓ Engage in High-Impact Opportunities
High-impact opportunities are engaging, hands-on opportunities that have been shown to impact student well-being and performance. We encourage you to participate in the following: First-Year Seminars, Transition Courses, Study Abroad, Undergraduate Research, Residential Learning Programs and Internships.

✓ Meet With Your Advisor
We encourage you to meet with your academic advisor regularly. Academic Advising can offer guidance with academic planning, majors and minors, educational opportunities, and share information about campus resources. advising.unc.edu

✓ Engage In Meaningful Activities
Visit heellife.unc.edu to learn about the many student groups on campus. Student involvement is vital to your Carolina experience and your overall success.

✓ Meet Your Peer Mentor
The establishment of social networks is a key factor in a successful transition to Carolina. Peer mentoring programs provide an avenue whereby new students are supported by a more experienced mentor student.

✓ Utilize Heel Life
Heel Life is a resource that can help you discover ways to become meaningfully engaged in the Carolina community. Track your involvement in co-curricular opportunities through your personalized transcript. heellife.unc.edu
University Office for Diversity & Inclusion
diversity.unc.edu | (919) 843-6086 | diversity@unc.edu

ACE STUDENT PLANNING COMMITTEE

Xzavian Carter
Class of 2020

Mahogany Chambers
Class of 2020

Angum Check
Class of 2019

Alexis Hall
Class of 2019

Richard Hall
Class of 2019

Malikiya Hinds
Class of 2020

Jamison Lowery
Class of 2020

Tyger McSwain
Class of 2020

Maria Ochoa
Class of 2019

Kierra Pittman
Class of 2020

David Restrepo
Class of 2021

Joshua Smith
Class of 2020

Tazche Turner
Class of 2021

Cameron Ulmer
Class of 2020