

UNC School of Social Work

# New Student Guide



UNC

SCHOOL OF  
SOCIAL WORK



## INTRODUCTION

Congratulations on your admission to the UNC School of Social Work (SSW)! You have entered one of the most highly ranked and highly selective MSW programs in the United States, and we are committed to your success here.

On behalf of our faculty and staff, I welcome you to our School and to Chapel Hill. As social workers, we realize that any transition can be stressful. We will work with you to ensure that you enjoy a smooth transition, focusing on the many learning opportunities that await you here.

This “New Student Guide” was developed by Sharon Thomas, assistant dean for Recruitment, Admissions, & Financial Aid, to serve as an A-to-Z reference tool that will help you with every moment of your transition as a MSW student. Our faculty and staff are here to support you at every step. I wish you the best, and I look forward to meeting you in person.



Gary L. Bowen, MSW, PhD  
Dean and Kenan Distinguished Professor  
[gibowen@email.unc.edu](mailto:gibowen@email.unc.edu)



Welcome to the School of Social Work and to Chapel Hill! Getting to know a new community can be difficult at first, especially if you’re busy becoming a graduate student at the same time. To help you get oriented, we have put together a directory of places, services, and facts about UNC Chapel Hill and the surrounding area. We hope you find it useful.

This “New Student Guide” is a yearly production of the School of Social Work Academic & Student Affairs Office with help from the Social Work Student Organization (SoWoSO), although its first edition was authored by the School of Social Work Women’s Caucus in 1988. In addition to helping with this manual, SoWoSO assists with other orientation activities and organizes student gatherings throughout the year. If you have any questions, or if there is anything we can do to help you get settled, feel free to let us know.

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# PREPARING FOR YOUR TIME AT UNC

## GRADUATE STUDENT RESOURCES

### THE GRADUATE-PROFESSIONAL STUDENT FEDERATION (GPSF)

The GPSF aims to be a space for graduate students to communicate, find funding and share information (<http://gpsf.unc.edu>).

Check out the **GPSF resource guide** for information on housing, transportation, funding, and other student resources: <http://gpsf.unc.edu/resources/>

All MSW students at Chapel Hill will be automatically placed on the **GPSF listserv**. It is a great resource for finding housing, roommates, student organizations, and events. Job listings, child care options, and other community information are also posted on the list serv. (If for some reason you are not placed on the GPSF listserv within one month of starting classes, send an email to [gpsfsecretary@unc.edu](mailto:gpsfsecretary@unc.edu)).

The Graduate School Professional Development organization provides a range of professional training events and educational opportunities: <http://gradprofdev.web.unc.edu/events>

### GRADUATE STUDENT ORIENTATION

All newly admitted MSW students will be required to attend the School of Social Work orientations for their perspective program. The graduate school also puts on a fun orientation (not required, but definitely recommended) for all incoming graduate students at UNC! The orientation includes an introduction to the University, opportunities to ask questions about life on campus, and more! GPSF also leads a series of **Grad Games** for all incoming grad students to participate in scavenger hunts, trivia, sports, and bonding events together. Check out orientation events: <http://gradschool.unc.edu/events/orientation>

## FINANCIAL AID

Here are some things you can do to increase your chances of getting an award to fund your graduate studies:

1. **FAFSA**
  - A. Make sure you meet all the deadlines for FAFSA (Free Application for Federal Student Aid) forms. [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
2. **School of Social Work Research and Program Assistant positions**
  - A. If you are awarded funding in the spring that requires you to work at the SSW, you will receive an email in early August regarding available positions.
  - B. The SSW will email job descriptions for available research and program assistant jobs to all other students in August, usually right before the first day of class. Unfortunately there are usually a limited number of positions available within the SSW, so definitely search for positions across campus and in the community if you are interested in working while in school.
3. School of Social Work Scholarship Applications are available each spring for new and continuing MSW students. The Academic & Student Affairs Office will email all students when the applications are available.
4. Check out the School of Social Work Financial Aid page for updated information here: <https://ssw.unc.edu/index.php?q=students/financial>
5. Office of Scholarships and Student Aid:
  - Talk to the staff in charge of loans in the Office of Scholarships and Student Aid (300 Vance Hall, 919-962-8396 or 866-273-1622). Aesha Greene ([aesha\\_greene@unc.edu](mailto:aesha_greene@unc.edu)) is the financial aid advisor assigned to social work students. She is a wonderful resource for the school and she is extremely helpful. If you think there is something about your financial situation not adequately explained by the FAFSA form, submit a narrative to the Office of Scholarships and Student Aid explaining what that is and why you need financial aid. Request that this narrative be placed in your file, so that it can be read.

6. Check out the **Student Aid** website for links to financial aid sources: <http://studentaid.unc.edu>

If you have any questions or concerns about financial aid at the School of Social Work, see Sharon Thomas, Assistant Dean of Recruitment, Admissions, and Financial Aid, in the Academic & Student Affairs suite on the third floor.

Please be advised that the University expects you to pay tuition prior to the start of classes (typically in early August). They will give a few days grace period to people expecting loans or stipends but will cancel your registration once that date has passed.

## CAN I WORK WHILE IN GRAD SCHOOL?

- Many MSW full-time students have part-time jobs! All first year students have class on Monday, Tuesday and Friday and field placement on Wednesday and Thursday. Students often find part-time jobs during the evenings, weekends, and time in between classes. We recommend that you plan to work no more than 8-10 hours per week.
- You will be very busy in your first year, but there is still time for a part-time job! All it takes is time-management and staying organized!

If you decide you want a job, there are several places you can look:

- The UNC School of Social Work alumni/student job board: <http://ssw.unc.edu/alumnissw/jobs>.
- The libraries, the hospital, and local employers often hire students.
- Part-time jobs are often posted on the bulletin board on the stairs between the 2nd and 3rd floors of the Office of Scholarships and Student Aid (172 E. Franklin Street).
- Newspapers such as the *Daily Tar Heel* run ads for jobs. Shops on Franklin St. have ads at the start of semesters.
- In addition, the School of Social Work has jobs for people to work in the Computer Lab, monitoring the building after hours, Program Assistants, Research Assistants, etc. Available positions will be emailed to students the first week of fall classes.
  - If you work as a research or program assistant at UNC, the amount you earn may be deducted from your financial aid package, so keep this in mind when you look for work, and talk to people at the Office of Scholarships and Student Aid before making any final decisions.

## ESTABLISHING RESIDENCY

### WHO SHOULD APPLY

Any student admitted to and enrolled in a graduate degree program administered through The Graduate School, with an undetermined or nonresident status who wishes to be considered for in-state residency status for tuition purposes.

If you are an out-of-state student, trying to get residency is difficult, but well worth the effort because there certainly is a major difference in tuition rates for residents and out-of-state students. Prepare your application well: be thorough, accurate, and present ample evidence of your intention to remain in the state of North Carolina.

NC Residency for Tuition Purposes web

site: [gradschool.unc.edu/studentlife/resources/residency](http://gradschool.unc.edu/studentlife/resources/residency)

Under North Carolina General Statute Chapter 116.143.1, to qualify for in-state tuition an applicant (legal resident) must demonstrate a **preponderance of evidence**:

- that they established and maintained a **domicile** in NC at least twelve months before the first day of classes,
- with the **intent** to make North Carolina a permanent home **indefinitely**, and
- that they were not in North Carolina solely to attend college.

You should start building your case from day one. If you have any questions about your residency status, you may contact Betty Lewis at the Graduate School (Bynum Hall), at 919-962-6307 or [bhaggert@email.unc.edu](mailto:bhaggert@email.unc.edu).

The following provides tips for students who plan to apply for in-state residency status. In no way will following these tips guarantee an in-state residency status. These things must be completed **12 months prior** to applying for in-state status.

## TIPS FOR ESTABLISHING RESIDENCY (for tuition purposes)

Disclaimer: Completing all of the suggested items does NOT guarantee residency

### START COMPLETING THE FOLLOWING ACTIVITIES AS SOON AS YOU MOVE TO NORTH CAROLINA!

1. Obtain a N.C. driver's license.
  2. License and register your car in N.C. Find your local DMV locations: <http://www.ncdot.gov/dmv>
  3. Register to vote – register at the Chapel Hill library on Estes Drive or send in an [application](#). Also vote, if possible and keep the proof.
  4. Switch various types of insurance to be registered in NC.
  5. Make your NC address your official permanent address: <http://www.usps.com/umove>.
  6. Volunteer in N.C. (other than school projects/activities).
  7. Join a church/religious organization in N.C.
  8. Make it clear you are involved in your community in N.C.!
  9. Get a library card at your local library!
  10. Keep all documents proving you live in N.C. (e.g. proof of your lease)
  11. Try not to leave N.C. for holidays more than 3-4 days.
  12. Join professional organizations (N.C. Chapters) such as NASW.
  13. Have a part-time job in N.C. (preferably outside of school) and pay N.C. taxes.
  14. Go to the county courthouse and file for personal property tax. The first \$300 of resale value of your belongings is tax free. You must file for this tax if you own a car. It may be done automatically when you register your car, so ask when you are doing that.
  15. Having family members live in N.C. is advantageous.
  16. You can apply each SEMESTER for residency, if you are denied at first.
- Familiarize yourself with the online residency application form located at: <http://gradschool.unc.edu/student/residency/#onlineapp>
  - You will be able to apply for residency once you have been physically present in N.C. for twelve months continuously.

### WHEN FILLING OUT THE RESIDENCY APPLICATION

- Provide copies of all documents.
- Put down even the smallest things that you can think of which may be advantageous to you.
- Write about why you want to make North Carolina your home indefinitely.

### APPEALS

If you apply but are denied residency, you can request to have your decision appealed.

1. As soon as you receive a letter of denial, call the contact person and discuss your case in detail.
2. Review your case thoroughly and organize your argument.
3. Provide additional supporting documents if you have them. There will be three staff members asking questions in a regular conference room. Try not to get too nervous. The staff members have been conducting these hearings for several hours on that day, so be sure to thank them for their time.

## HOUSING: WHERE DO GRAD STUDENTS LIVE?

### OFF-CAMPUS HOUSING

Where do most UNC Social Work students live?

- Carrboro
- Durham
- Chapel Hill

#### Helpful Off-Campus Housing Websites

- The UNC student Newspaper, the Daily Tar Heel, posts housing options at <http://www.heelshousing.com>.
- UNC Off-Campus Housing Information:  
<https://housing.unc.edu/about-us/campus-housing>.
- [www.apartmentfinder.com](http://www.apartmentfinder.com).
- [www.apartmentratings.com](http://www.apartmentratings.com).
- Craigslist has ads for roommates and housing at <http://raleigh.craigslist.org>.

GPSF also has a **housing handbook** with very helpful information for finding housing during your Graduate school years!  
<http://gpsf.unc.edu/resourceguide/housing>.

### Consider Northside

The largest portion of Chapel Hill's working class—a majority of which is African American—live in Northside neighborhoods. Historically one of the University's "service communities," Northside spans the north side of Rosemary Street and is bound by North Columbia St. to the east and Lloyd Street to the west. Today, it is one of the most diverse neighborhoods in Chapel Hill. Students have always been cherished neighbors and friends in Northside. In recent years, however, more and more student tenants seem disconnected from the history beneath their feet and the community that surrounds them. As part of the Northside Neighborhood Initiative, UNC at Chapel Hill Weiss Urban Livability Fellows, in collaboration with the Jackson Center and community partners, is hoping to restore the balance of longtime residents and community-minded student neighbors. We invite graduate students interested in the history and vitality of Northside neighborhoods, invested in urban livability in Chapel Hill, or, for instance, intrigued by the chance to live in close proximity to Chapel Hill's newest, much acclaimed elementary school, to consider housing options in Northside. A group of graduate students with shared research interests could even make an existing student house their "living-learning" home. We are looking for potential residents who would like to be an active part of Northside's history and future. If you are interested, please contact George Barrett, Coordinator of Organizing and Advocacy at the Jackson Center at [george@jacksoncenter.info](mailto:george@jacksoncenter.info).

#### Looking for roommates?

- Facebook groups are a great way to find housing and/or roommates in the area. Some groups may require you to request joining and some are open. The town of Chapel Hill's housing Facebook page is open.  
<https://www.facebook.com/groups/UNCSubleasesRoommates/>
- Students can also post to the UNC-CH School of Social Work 2019 Incoming Class Facebook group!

### ON-CAMPUS HOUSING

Apply online at <http://housing.unc.edu>.

Although most graduate students live off campus, students have two options if they wish to live on campus: Odum Village and Baity Hill Apartments.

- **Odum Village Apartments** offer furnished bedrooms in a two bedroom apartment which you would share with a fellow graduate student. For summer residency at Odum Village, you will need to apply online for a space, then, contact the housing office regarding a "summer extension" to move in during the summer. For more information call the Odum Village Apartments office at (919) 966-5661.
- **Baity Hill at Mason Farm** offers unfurnished on-campus apartments primarily to students with families. July 1 is the typical beginning of the annual lease. Contact the Baity Hill office if you need to move in earlier. Apartments are leased on a first-come, first-served basis. For more information call the Baity Hill office at (919) 843-8831. <https://housing.unc.edu/housing/apartments/baity-hill-graduate-family-housing>

## UTILITY HOOKUPS

Here is a list of some of the utilities services UNC-Chapel Hill graduate students use:

Utility	Area	Source	Deposit	Charge	Time it takes to install
Internet	Chapel Hill & Carrboro	Spectrum <a href="https://www.spectrum.com">https://www.spectrum.com</a>	Varies	Varies depending on no. of outlets & services	2-3 business days
	Chapel Hill & Carrboro (service area varies)	AT&T 1-866-861-6075 <a href="http://www.att.com">www.att.com</a>	Varies	Varies depending on no. of outlets & services	2-3 business days
Electric	Durham, Chapel Hill & Carrboro	Duke Energy <a href="https://www.duke-energy.com/home">https://www.duke-energy.com/home</a> 800-777-9898	Call for info	Depends on usage	24 hr. notice
Water & Sewer	Durham	Durham Water & Customer Service 919-560-4412 <a href="http://www.durhamnc.gov">www.durhamnc.gov</a>	\$50	For disconnection	1 business day
	Chapel Hill & Carrboro	Orange Water and Sewer Authority (OWASA) 919-968-4421 <a href="http://www.owasa.org">www.owasa.org</a>	Only a service initiation fee	Service initiation \$40 before 4pm on weekdays \$70 after 4pm and weekends	Same day service. Do not work holidays.
Gas	Chapel Hill & Durham	PSNC Energy 877-776-2427 <a href="http://www.psnenergy.com/en">www.psnenergy.com/en</a>	Varies w/ size of house	None	2-3 business days



## SHOPPING FOR FURNITURE, CLOTHING AND MORE

### USED FURNITURE STORES

We know moving to a new city can be expensive! Check out these reasonably priced furniture stores:

<b>Trosa Furniture and Frame Shop</b>	3500 North Roxboro St., Durham	919-220-6119
<b>Habitat for Humanity Restore</b>	5501 Durham-Chapel Hill Blvd., Durham	919-403-8668
<b>Surplus Sid</b>	309 E. Main St., Carrboro	919-942-7127
<b>Craigslist Furniture</b>	<a href="https://raleigh.craigslist.org/d/furniture/search/fua">https://raleigh.craigslist.org/d/furniture/search/fua</a>	

### CONSIGNMENT & THRIFT SHOPS

<b>PTA Thrift Shops</b> (Clothing, housewares, books, furniture.)	103 S. Elliot Rd., Chapel Hill 125 W. Main St., Carrboro	919-942-6101 919-942-9412
<b>Baby Bear</b> (Children's clothing up to size 14, books, baby supplies, maternity clothes)	3409 University Dr., Durham	919-493-0854
<b>Durham Rescue Mission</b> (4 sites – click link to view all)	3900 Chapel Hill Blvd., Durham, NC 27707 (Across the street from Sam's Club) <a href="https://www.durhamrescuemission.org/thrift-store">https://www.durhamrescuemission.org/thrift-store</a>	919-401-1935
<b>Carolina Closet</b> (Professional clothing)	<a href="http://carolinacloset.web.unc.edu">http://carolinacloset.web.unc.edu</a>	

### NEARBY MALLS

<b>The Streets at Southpoint</b> A lot of stores such as GAP, Macy's, Target, Belk, restaurants, and a movie theater.	Off I-40 East towards Durham
<b>Northgate Mall</b> DMV license agency, Macys, Sear's Auto Center, and many shops.	Off I-85, Gregson St. exit, Durham
<b>Village Plaza</b> Health food store, bank, thrift shop, movie theater, etc.	Elliot Rd. and Franklin St., Chapel Hill
<b>University Place</b> DMV license plate office, post office, Roses discount store, Southern Season, and Silver Spot Cinema.	Highway 15-501 and Estes Dr., Chapel Hill
<b>Eastgate Crossing</b> Trader Joes, restaurants, coffee shops, and retail.	Estes Dr. and Franklin St., Chapel Hill
<b>Carrboro Plaza</b> DMV office, ABC store, Food Lion, and Dollar Store.	Off of Hwy. 54 bypass in Carrboro – past Jones Ferry exit.
<b>New Hope Commons</b> Best-Buy, Old Navy, Dicks Sporting Goods, Office Max, and Walmart.	Off of Hwy. 15-501 just past I-40 into Durham
<b>Carr Mill Mall</b> Weaver Street Market, Elmo's Diner, and specialty shops.	Corner of Main St. and N. Greensboro, Carrboro

## USED BOOK STORES IN THE AREA

<b>Wentworth and Leggett Books &amp; Prints</b>	905 W Main St., Durham	919-688-5311
<b>The Regulator Bookshop</b>	720 9th St., Durham	919-286-2700
<b>Friends Bookstore</b>	100 Library Dr., Chapel Hill	919-969-2047
<b>Letters Bookshop</b>	313 W. Main St., Durham	919-973-2573
<b>Flyleaf Books</b>	752 Martin Luther King Jr Blvd Chapel Hill	919-942-7373

## WANT TO FIND CHEAP FURNITURE, CLOTHES, HOUSING ITEMS, AND MORE?

Check out the **Raleigh Flea Market**.

It's HUGE and is open all year long.

### Location:

1025 Blue Ridge Road, Raleigh, NC 27607

(located on the State Fairgrounds)

Website: [www.raleighfleamarket.net](http://www.raleighfleamarket.net)

## GROCERY SHOPPING AND PHARMACIES

### HEALTH FOOD STORES & FOOD CO-OPS

<b>Whole Foods Market</b> (Gourmet and health food)	<ul style="list-style-type: none"> <li>Village Plaza, 81 S. Elliott Rd., Chapel Hill</li> <li>621 Broad St., Durham</li> </ul>	919-968-1983 919-286-2290
<b>Weaver St. Market</b> (Organic, alternative health foods)	<ul style="list-style-type: none"> <li>101 E. Weaver St., Carrboro</li> <li>716 Market St., Chapel Hill</li> </ul>	919-929-0010 919-929-2009

### FARMERS' MARKETS

Check out the websites for current hours.

<b>Carrboro Farmers' Market</b>	<a href="http://www.carrborofarmersmarket.com">www.carrborofarmersmarket.com</a>
<b>Chapel Hill Farmers' Market</b>	<a href="http://www.thechapelhillfarmersmarket.com">www.thechapelhillfarmersmarket.com</a>
<b>Southern Village Farmers' Market</b> (Chapel Hill)	<a href="http://www.southernvillage.com/farmers-market">www.southernvillage.com/farmers-market</a>
<b>Durham Farmers' Market</b>	<a href="http://www.durhamfarmersmarket.com">www.durhamfarmersmarket.com</a>

### GROCERY STORES

<b>Costco Wholesale</b>	1510 N. Pointe Dr., Durham	919-220-2770
<b>Food Lion</b>	<ul style="list-style-type: none"> <li>602 Jones Ferry Rd., Unit A, Carrboro</li> <li>Carrboro Plaza, Carrboro</li> <li>Rams Plaza, Chapel Hill</li> <li>Timberlyne Shopping Center, Chapel Hill</li> </ul>	919-942-0916 919-932-1589 919-967-2613 919-929-0458
<b>Trader Joe's</b>	<ul style="list-style-type: none"> <li>1800 E. Franklin St., Chapel Hill</li> </ul>	919-918-7871
<b>Fresh Market</b>	<ul style="list-style-type: none"> <li>1200 Raleigh St., Chapel Hill</li> <li>4215 University Dr., Durham</li> </ul>	919-932-7501 919-401-9467
<b>Harris-Teeter</b>	<ul style="list-style-type: none"> <li>88 Chatham Downs Dr.</li> <li>1800 MLK Blvd., Chapel Hill</li> <li>Carr Mill Mall, Carrboro</li> <li>Meadowmont Village, Chapel Hill</li> <li>University Mall, Chapel Hill</li> </ul>	919-960-0275 919-968-0110 919-942-8564 919-932-5020 919-933-5700
<b>Sprout's Market</b>	<ul style="list-style-type: none"> <li>105 W North Carolina 54, Durham, NC 27713</li> </ul>	(919) 768-4055

## DRUG STORES & PHARMACIES

<b>CVS Drug Stores</b>	<ul style="list-style-type: none"> <li>• 137 E. Franklin St., Chapel Hill</li> <li>• 501 North St., Chapel Hill</li> <li>• 1724 Durham Blvd., Chapel Hill (Ram's Plaza)</li> <li>• 15-501 North, 11314 US 15-501 North, Chapel Hill</li> <li>• Carr Mill Village, 200 N. Greensboro, Carrboro</li> <li>• 143 W. Franklin St., Chapel Hill (inside Target)</li> </ul>	919-942-6447 919-929-5664 919-942-5125 919-929-5664 919-929-2181 919-929-1616
<b>Rite Aid Pharmacy</b>	<ul style="list-style-type: none"> <li>• 1800 E Franklin St., Chapel Hill</li> </ul>	919-929-1178
<b>Walgreens</b>	<ul style="list-style-type: none"> <li>• 1500 E. Franklin St., Chapel Hill</li> <li>• 108 E. Franklin St., Chapel Hill</li> <li>• 1106 Environ Way, Chapel Hill</li> <li>• 1670 MLK Jr. Blvd., Chapel Hill</li> </ul>	919-918-4392 919-918-3801 919-942-8738 919-590-4800

# LIFE AS A STUDENT

## SCHOOL OF SOCIAL WORK STUDENT CAUCUSES

SoWoSO is an organization for students, run by students! This organization can be whatever students make of it! We welcome all new ideas. Our goal is to foster a sense of community at the School of Social Work. We encourage students to participate in caucus activities and the planning committees that shape social work education at UNC.

**The School of Social Work has a variety of student caucuses where students can meet to share ideas, discuss important issues, and socialize. Caucuses generally meet in-between classes and promote events outside the School of Social Work.**

A list of active and inactive SoWoSO caucuses are listed below. Feel free to contact [sowosounc@gmail.com](mailto:sowosounc@gmail.com) with any questions about SoWoSO caucuses, life as a student, or grad school related questions.

### CURRENT CAUCUSES

Black Student Caucus	LGBTQ Caucus
Global Caucus	Macro Caucus
Latinx Caucus	Mental Health Caucus
International Caucus	MSW/MPH Caucus
Neurodiversity Caucus	SUAS (Substance Use and Addictions Specialist) Caucus

**Past caucuses without current leadership.** (Students can form new ones and restart old ones!) Child Welfare, Aging, Criminal Justice, Women's, Men's, and Self-Care, 3-Year MSW Program, IPV

## HOW TO COMMUNICATE WITH OTHER STUDENTS IN THE SCHOOL OF SOCIAL WORK

SOWOSO has a listserv where they post exciting SOWO events. All incoming students will be placed on the listserv.

- Email [sowosunc@gmail.com](mailto:sowosunc@gmail.com) and they will post your event/announcement to the SOWOSO listserv
- **School of Social Work Ambassadors:** The school of social work also has student ambassadors. If you have any questions regarding moving to the area, student life, surviving graduate school, or more, contact them at [ssw.unc.edu/admissions/masters/ambassadors](mailto:ssw.unc.edu/admissions/masters/ambassadors)
- **Form your own cohort's Facebook group!** Many previous cohorts created their own Facebook group. These groups are a great way to stay in touch with other students in your cohort, plan events, and ask each other questions about assignments.

## PROFESSIONAL DEVELOPMENT AND LEADERSHIP WORKSHOPS AT THE SCHOOL OF SOCIAL WORK

### PROFESSIONAL DEVELOPMENT WORKSHOPS

The School of Social Work offers several workshops each semester designed to enhance students' professional development. Workshop topics typically cover resume/cover letters, interview techniques, presentation skills, and the art of networking. Although not required, professional development workshops are strongly encouraged. Professional Development workshop examples include:

- **Before, During and After the Interview**
  - In this session, Jacquelyn Gist, Assistant Director of University Career Services and a panel of recent graduates will go over interviewing experiences, tips and respond to questions about the interview process.
- **DP Networking Night**
  - Join Direct Practice graduates to learn about their current work and hear about their initial job searches. You will have an opportunity to network, share ideas, and discuss your future with graduates.
- **North Carolina Licensure Process**
  - Micki Lilly, Executive Director of the NC Social Work Certification and Licensure Board, will be here to explain the process of obtaining social work certification and licensure in North Carolina, as well as to answer other questions you may have about the licensure process.

## BUYING BOOKS FOR GRAD SCHOOL

### BUYING AND RENTING BOOKS ONLINE

#### BUY:

- [Amazon.com](https://www.amazon.com)
- Amazon Student: [amazon.com/gp/student/signup/info](https://www.amazon.com/gp/student/signup/info)
  - First six months are free! Free two-day shipping!
- Textsurf: [textsurf.com](https://www.textsurf.com)
- UNC Bookstore: [store.unc.edu](https://store.unc.edu)
- AbeBooks: [abebooks.com](https://www.abebooks.com) (New and Used)
- The "order my textbooks" link on the left-hand side on Connect Carolina is where the official booklists are for courses. It tells you your books based on your schedule, so you don't need to manually enter each course on the Student Stores website.

#### RENT:

- [Amazon.com](https://www.amazon.com)
- [Campusbooks.com](https://www.campusbooks.com)
- [Chegg.com](https://www.chegg.com)

Social Work Textbooks are found in the Student Stores bookstore, though online options may be cheaper! Also, SOWOSO has a textbook sale at the beginning of the semester. SoWoSO will contact all incoming students over the summer regarding their book sale and the opportunity to buy books from current MSW students.

### Where can I find my booklist for the semester?

- Some instructors will email you over the summer. Look out for their emails with details regarding books to buy!
- Go to the UNC Student Stores ([store.unc.edu](https://store.unc.edu)) and look for your textbooks.

### When should I buy my books?

- During the month of August, start looking to see if your teachers have posted their book lists on the student stores site!

## UNC ONE CARD

The UNC One Card is the official identification card for on-campus, full-time students, allowing you access to gyms, printing, and more.

The UNC One Card is a multipurpose identification and online accounts card.

You can use it for anything on campus from Student Stores to parking tickets. Your One Card provides access to certain facilities & events, and also serves as your UNC library card, meal card, and a whole lot more! Check out [onecard.unc.edu](https://onecard.unc.edu) for more information.

**Graduate students may obtain One Cards during the first week of the semester at the UNC One Card Office**, after you have registered for classes at the University. Students MUST present a picture ID (valid driver's license, State ID card, Military ID, or Passport) before their photos can be taken.

**Distance Education MSW students** - Please note that Distance Education students do not pay on-campus student fees until their final-year of the program when they are transferred to the on-campus, full-time program, so they do not have access to the on-campus resources listed above until that time. If you are a DE student and would like a One Card to serve as a general student identification card, there will be a \$15 card fee.

The UNC One Card Office is located on the third floor of the UNC Student Stores (207 South Rd., Chapel Hill), right in the center of campus. Office hours are Monday-Friday 8:00 am - 4:30 pm. The office is closed University holidays. If you have questions, please call 919-962-8024.

## STUDENT HEALTH SERVICES

### STUDENT HEALTH INSURANCE

**On-campus**, full-time students are required to have health insurance, either on their own or through the University. All students will be contacted by Campus Health Services regarding their insurance. Please look out for emails from them!

While students are required to have health insurance if they are full time students, the student insurance plan **is not the only option**. Depending on circumstances, and if students are over 26, the [ACA Marketplace](https://www.healthcare.gov/) is something they may want to look into. It can be substantially cheaper than the student plan (assuming most people don't have a huge income as graduate students, they would likely qualify for one or both subsidies). The student plan is a gold level plan — offers coverage that the average person does not need — which is why the cost is so high.

For more information: <https://www.healthcare.gov/>

### More info:

<https://campushealth.unc.edu>

### UNC CAMPUS HEALTH SERVICES

Campus Health Services is your one-stop shop for all of your health and mental health related needs. All full time students will receive free services from Campus Health Services. To make an appointment at CHS, call 919-966-2281 .





### Services at CHS

- [Acute Care Walk-in](#)
- [Counseling & Psychological Services](#)
- [Pharmacy](#)
- [Primary Care Appts](#)
- [Sports Medicine/Ortho](#)
- [Student Wellness](#)

<https://campushealth.unc.edu/about-us/directions-campus-health-services>

## COMPUTER ACCESS AND PRINTING ON CAMPUS

### STUDENT EMAIL

You will be required to create a free email account (ONYEN) after you have accepted your admission offer and enrolled to UNC. This will be your student email throughout your graduate studies.

**Be sure to check your new email account regularly after it has been created.** A great deal of email communication will come through this account after it has been created, including residency information, financial aid notifications from the UNC Office of Scholarships & Student Aid, etc.

### COMPUTER ROOMS

Across campus there are several computer rooms with both PCs and Macs available for free student use. Computers are located in Davis Library, the Undergraduate Library, Venable Hall, Greenlaw Hall, the Law School Library, the Health Sciences Library, the School of Public Health, and various residence halls throughout campus.

Students may use these computers for as long as they need to unless others are waiting, in which case they are limited to two hours. Most rooms have a technician to answer questions, and some have laser printers.

For more information about lab locations and their hours, contact the Academic Technology & Networks at 919-962-4404 between 8:00 a.m. and 5 p.m. on Monday through Friday. For help using computers and programs, visit ATN IT Response Center in the basement of Wilson Library (Suite 300), or call them at 919-962-HELP. Walk-ins are welcome Monday through Friday between 7:30 a.m. and 5 p.m., and calls are accepted 24/7.



Also, the Ram Shop at the Student Stores sells a wide range of software, hardware, supplies, and accessories at reduced rates to university-affiliated individuals.

### PRINTING ON CAMPUS

There are many printing stations across campus. In order to print, you must use your student ONE CARD, and printing costs will be deducted from your printing allocation for the semester.

#### Printing locations

<https://help.unc.edu/help/its-labs-cci-printing-station-locations>

Students can also use the printers on the 1st floor of TTK ... next to the faculty mailroom ... and the 5th floor computer lab.

## SCHOOL OF SOCIAL WORK COMPUTER TIPS

The School of Social Work provides a computer lab (5th floor) with a laser printer for its students, as well as a Learning Resource Center (LRC) where students can sit and study. The 5th floor has a student lounge with a soda machine, a refrigerator, and 2 microwaves. The computer lab, the LRC and the lounge are all located on the 5th floor of the School of Social Work. Printing is 10 cents a page in the computer lab and your ONE CARD is swiped to pay for this. Money can be added to your ONE CARD at [www.onecard.unc.edu](http://www.onecard.unc.edu). Every semester, full-time students will find \$40 of printing money on their one card.

Closest printing locations to the School of Social Work:

- You can print in the computer lab (5th floor) of the SSW. In order to print from the SSW, you must use your ONE CARD, and money will be taken from your \$40 printing allocation.
- You can use your allocated printing money in the Public Health building next door, the third floor of the Health Sciences Library, Davis Library, and the Undergraduate Library.

## INSTITUTE FOR RESEARCH IN SOCIAL SCIENCE (IRSS)

<http://www.irss.unc.edu/odum/home2.jsp>

919-962-3061

IRSS maintains a large archive of survey and census data and has computer software for data analysis of all sorts. It has useful information for some classes.

## SOFTWARE ACQUISITION (UNC Information and Technology Service)

<http://software.sites.unc.edu/software>

919-962-2000

As a UNC student, the university provides some software free or at a considerable discount. Programs available for free download include Microsoft Office Suite, Qualtrics and a number of anti-virus programs.

## CAREER SERVICES

### GRADE ACCESS...

Students can access their grades through ConnectCarolina. Go to “My Academics” tab, then click on “Course History.”

Call the Office of the University Registrar at 919-962-3954 if you have questions about the grade reporting services, or if you need a printed copy of your term grades.

### CAREER SERVICES & JOB HUNTING

As students finish their degrees and begin to look for jobs, there are several resources available to help in this sometimes exhausting process. University Career Services is currently located in Nash Hall on Pittsboro St. and one of our graduates works there and helps students with resumes and career advice for social workers. Call 919-962-6507 for an appointment, or email: [ucs@unc.edu](mailto:ucs@unc.edu). Jacquelyn Gist is one of the career specialists.

### THE SCHOOL OF SOCIAL WORK SPONSORS A CAREER DAY / JOB FAIR EVERY APRIL

In-state and out-of-state agencies are invited to come and recruit Social Work students. When available positions are shared with the SSW electronically, we post them to our job board: <http://ssw.unc.edu/alumnissw/jobs>. There are also job books at the front desk of the school where current job openings are kept for both in-state and out-of-state positions. Students may also use the job bank at the local chapter of NASW, another good reason to join.

## TRANSPORTATION

If students are interested in obtaining a parking permit for on campus parking, please visit

<https://move.unc.edu/parking/student-parking/>. Keep in mind that parking is nearly impossible on campus -----there are a few spots on the streets, and obtaining a permit to park in a lot is expensive, time consuming, and doesn't guarantee you a parking place (it's more like a "license to hunt"). However don't despair, there are still plenty of options! If you are unable to obtain a parking permit or do not wish to drive to campus, check out [UNC's CAP program](#) for free bus passes, bike registration, discounted van carpool rides and more!"

### 1. Biking

There are several bike trails within Chapel Hill and from Carrboro to Chapel Hill. Be eco-friendly while enjoying the beautiful scenery! There are plenty of [bike racks](#) around campus. Don't forget to register your bike with [CAP](#) to get 50% off a U-lock and help police find your bike if it is ever lost or stolen!

### 2. Bus

The Chapel Hill Transit system provides free bus service around Chapel Hill and Carrboro. Schedules can be found [online](#), at the main desk in the Student Union, on the buses themselves or you can call 919-969-4900. You can also download the Chapel Hill Transit mobile app for up to date bus arrival and departure times.

Several other bus systems travel to campus including GoTriangle, PART and the Pittsboro Express. Students can obtain a **free** bus pass through CAP to ride to school.

- The Go Triangle Trip Planner can help you plan your trip <http://www.gotriangle.org> and be sure to download the Triangle Transit mobile app to track your bus
- Google Maps Transit is also a good tool for planning your transportation around the Triangle <https://maps.google.com/landing/transit/index.html>

### 3. Park & Ride

In the immediate Chapel Hill area, park and ride lots are owned by either UNC or the Town of Chapel Hill. Only UNC employees and students can purchase a UNC permit, but they are honored in both UNC and Town of Chapel Hill Lots. Anyone can purchase a permit for a Town of Chapel Hill lot, but they can only be used in town owned lots.

Outside of the Chapel Hill area, GoTriangle and PART provide free lots around their bus routes for all riders. No permit is needed, but the lots are shared with local businesses, so be careful to park in the designated area.

You can visit the [UNC](#) or the [Town of Chapel Hill](#) website for more information including detailed maps, bus routes, and how to purchase a pass.

### IN CASE OF BAD WEATHER

The University **almost never** closes. **Alert Carolina will notify you if the University plans to shut down.** During snowy/icy weather your best bet is to check your email and see if your professor will be having class. If the answer is yes and you feel that you cannot get to class, use your own judgment about coming to class and contact your professor.



## CAMPUS SERVICES

### ATHLETIC FACILITIES

<http://campusrec.unc.edu/facilities>

919-843-7529

UNC athletic facilities include pools, weight rooms, racquet ball, hand ball, and squash courts, basketball courts, aerobic classes, a bowling alley, and more. The Student Rec Center (SRC) is located off of Fetzer Gym, it has a weight room, cardio machines, classes, and more! All facilities are available to students who have paid their activities fee—you must show your ONE CARD. As students we also have access to the Outdoor Education Center (i.e., Frisbee, golf, ropes course, beach volleyball, etc.). Hours vary from term to term, so call to find out when facilities are available. Facilities are also available to dependents of students for a (reasonable) fee.

### COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

<https://caps.unc.edu/>

919-966-3658

CAPS is located on the third floor of the James A. Taylor Student Health Services Building. The staff is available to help UNC-Chapel Hill students solve personal, social, academic, and career problems by providing individual evaluation, counseling, psychotherapy, and career counseling. They help students who are dealing with everyday problems related to college life, as well as students with more serious psychological concerns. All services are confidential.

### STUDENT LEGAL SERVICES

<http://studentlegalservices.web.unc.edu>

919-962-1303

Located in Suite 3512 of the Carolina Union, Student Legal Services is available to all students who have paid their student fees. Three licensed attorneys are available to advise you on legal problems and may represent you in court for expungement proceedings, landlord/tenant problems, minor consumer problems (under \$1500), minor property damage claims (under \$1500), uncontested divorce, simple will preparation, and other limited areas. All services provided are free to students.

### UNC WRITING CENTER

<http://writingcenter.unc.edu>

919-962-7710

This is a writing program to help students with studying and reading skills through individual instruction. The Center is located in the North Suite of the SASB Building in room 0127. If your first paper or exam wasn't as impressive to your instructor as it was to you, this is the place to get support. They will help you develop your reading skills to get through the mounds of information required for class, and hone your study skills to meet the demands of graduate education.

### STUDENT UNION

<http://carolinaunion.unc.edu>

919-962-2285

The Student Union has lots of useful services that are worth knowing about. They have a great film series usually free to students, and one guest lecturer each semester. Pick up film schedules at the main desk. They offer information about some upcoming fine arts events including musical, dance, and drama presentations. They also have ping pong and pool tables in the basement, drink and snack machines, and free phones for local calls.

### ACCESSIBILITY RESOURCES & SERVICES

For full info, visit: <https://ars.unc.edu/>

919-962-8300 (Voice/TDD)

email: [accessibility@unc.edu](mailto:accessibility@unc.edu)

### CAMPUS Y

<http://campus-y.unc.edu>

919-962-2333

The mission of the Campus Y is "the pursuit of social justice through the cultivation of pluralism." The "Y" sponsors the Race Relations Week and Human Rights Week.

**CAROLINA HISPANIC ASSOCIATION**

<http://chispa.web.unc.edu>

e-mail: [uncchispa@gmail.com](mailto:uncchispa@gmail.com)

**SONJA HAYNES STONE BLACK CULTURAL CENTER**

<https://sonjahaynesstonectr.unc.edu>

919-962-9001

email: [shsbcc@email.unc.edu](mailto:shsbcc@email.unc.edu)

**CAROLINA INDIAN CIRCLE (*Minority Affairs*)**

<https://studentlife.unc.edu/organization/carolina-indian-circle>

email: [CIC@email.unc.edu](mailto:CIC@email.unc.edu)

**JEWISH STUDENT CENTER**

<http://northcarolina.hillel.org>

919-942-4057 (Hillel)

**OFFICE OF THE DEAN OF STUDENTS**

<https://deanofstudents.unc.edu/student-support>

The Office of the Dean of Students is committed to assisting each student reach their full potential, while being a participant in a dynamic, engaging, and inclusive environment. Our primary direct student support efforts focus on assisting students in successfully transitioning through a variety of challenging circumstances and situations that can impact their lives, both inside and outside the classroom, such as personal or family illness, loss, financial stress, academic access, living issues, interpersonal violence response, alcohol or similar substance related issues, and other forces that may interfere with their well-being and success and/or academic retention.

**CAROLINA CUPBOARD**

<http://carolinacupboard.web.unc.edu/>

Carolina Cupboard is an on-campus food pantry that provides food at no cost to students who are facing food insecurity. We are located in Avery Residence Hall's basement (295 Ridge Road, Chapel Hill, NC 27514) which can be accessed through the side doors. Please contact us with any questions or concerns about receiving or donating food, our email address is

[CarolinaCupboard@gmail.com](mailto:CarolinaCupboard@gmail.com).

**CAROLINA WOMEN'S CENTER**

<https://womenscenter.unc.edu/>

The Carolina Women's Center contributes to making the University of North Carolina at Chapel Hill a more inclusive environment by celebrating achievements towards gender equity and by ensuring there are no gender-based barriers to success. We serve the entire campus community of students, faculty, staff, and postdoctoral fellows.

**VETERANS CENTER**

<https://deanofstudents.unc.edu/veterans>

The military affiliated students receiving their education at the University of North Carolina at Chapel Hill are a vital component of our campus community. We recognize their sacrifices and value their life experiences as they enhance the diversity of our student body. This site is dedicated to assisting veterans, active duty, National Guard members, and reservists in making a successful transition into the Carolina community.

**THE UNIVERSITY OMBUDS OFFICE**

<http://www.ombuds.unc.edu/>

The University Ombuds Office is a safe place where all Carolina staff, faculty, students and administrators are welcome to come and talk in confidence about any campus issue, problem, or dispute. Our office supplements, but does not replace, the University's formal channels, such as the grievance policy.

**FIRST GEN GRADS INITIATIVE**

<http://graddiversity.web.unc.edu/initiatives/1st-gen-grads/>



## RESOURCES FOR SPECIFIC POPULATIONS

### LGBTQ RESOURCES AT UNC

- **LGBTQ Center**  
The Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Center works to foster a safe inclusive environment for UNC-Chapel Hill students of all sexualities, gender identities, and gender expressions.  
<http://lgbtq.unc.edu>
- **Health Sciences Lesbian, Gay, Bisexual, Transgender, Queer Alliance**  
The Health Sciences LGBTQ Alliance is an association of students, faculty, and staff from the schools of the health sciences (Dentistry, Medicine, Nursing, Pharmacy, Public Health, and Social Work) working to promote the health and well-being of people in LGBTQ communities. The Alliance works to increase the training and exposure of health sciences students to the concerns of LGBTQ people by sponsoring speakers, panels, and conferences at the schools of the health sciences and UNC-Chapel Hill.  
<https://studentlife.unc.edu/organization/hsalliance> (requires an approved ONYEN login)
- **Trans Talk Tuesdays**  
Join the LGBTQ Center's peer support/discussion group for folks who identify as transgender, intersex and genderqueer. This space is meant to provide community and connection amongst folks on the basis of gender identity. The group is open to campus and community members who identify as transgender, intersex or genderqueer. It meets the first and third Tuesday of each month from 6:15-7:15pm at the community room in Caribou Coffee (1406 E. Franklin Street). The LGBTQ Center has been asked if allies are welcome. However, this space is not meant to be an educational space where people have to explain their identities. For more information, call 843-5376 or email [lgbtq@unc.edu](mailto:lgbtq@unc.edu).
- **Gender neutral bathrooms found on campus**  
Gender neutral bathrooms are located on the 1st and 5th floors of the TTK building  
<https://lgbtq.unc.edu/resources/resource/resource-guidesgender-non-specific-bathrooms-campus>

### LGBTQ COMMUNITY RESOURCES

- **Equality NC**  
Equality NC is a statewide group dedicated to securing equal rights and justice for LGBT people.  
<http://equalitync.org>
- **LGBT Center of Raleigh**  
Serves the LGBT community of the Triangle and beyond!  
<https://www.lgbtcenterofraleigh.com>  
324 S. Harrington St., Raleigh; 919-832-4484
- **PFLAG (Parents, Families, and Friends of Lesbians and Gays) Triangle**  
Serving Raleigh, Durham, Chapel Hill, and Rocky Mount Local affiliate of National PFLAG offering information and support <http://www.pflagtriangle.org>; 919-354-2999
- **SAFE ZONE**  
Safe Zone is a network of allies for GLBT students, faculty and staff who work to make the University community a safer and supportive place. Look for the symbol to the right to find allies within the school of social work.  
<http://lgbtq.unc.edu/programs-services/safe-zone>
- **LGBT Parenting**  
Triangle Families is a group for lesbian, gay, bisexual, and transgender parents and their families, want to be parents and friends of LGBT parents and families in the North Carolina Triangle area (Raleigh, Durham, Chapel Hill/Carrboro, Cary, etc). <http://groups.yahoo.com/group/trianglefamilies>

### LGBT-AFFIRMING WORSHIP

- **List of Houses of Worship that are LGTBQ Affirming**  
<http://womenscenter.unc.edu/lgbtq-family-resources/>
- **Queer Jews and Friends**  
A chavurah of lesbian, gay, bisexual and transgender Jews and significant others that meets for Shabbat and Holiday events. Contact: Krisha Miller, [krishasong@gmail.com](mailto:krishasong@gmail.com), [betheldurham.org/kol-koloteinuall-voices/](http://betheldurham.org/kol-koloteinuall-voices/)

## LGBTQ BARS, BOOKSTORES, CLUBS

<b>Internationalist Bookstore</b> Independent/coop bookstore with a wide range of books and bumper stickers. Plan time to browse the shelves because you'll be there a while.	101 Lloyd St., Carrboro	919-942-1740
<b>Legends Dance Club</b>	330 W. Hargett St., Raleigh	919-831-8888
<b>The Bar (Durham)</b>	711 Rigsbee Ave., Durham_ <a href="http://thebardurham.com">http://thebardurham.com</a>	919 956-2929
<b>Flex Nightclub</b>	2 S. West St., Raleigh_ <a href="http://www.flex-club.com">http://www.flex-club.com</a>	919-832-8855

## LGBTQ EVENTS

- **NC Gay and Lesbian Film Festival**  
[www.carolinatheatre.org/ncglff](http://www.carolinatheatre.org/ncglff)
- **NC Pride**  
Triangle's pride event  
<http://www.ncpride.org/pride>

## RESOURCES FOR LATINX STUDENTS

### UNC STUDENT ORGANIZATIONS

- UNC School of Social Work Latinx Caucus
  - <https://www.facebook.com/uncsswlatinx/?fref=ts>
- Carolina Latino/a Collaborative
  - <http://clc.unc.edu/>
- Young Latinx Professionals Network
  - <http://ncsli.unc.edu/programs/young-latinx-professionals-network/>
- Students United for Immigrant Equality (SUIE)
  - <http://campusy.unc.edu/committee/students-united-for-immigrant-equality-suie/>

### COMMUNITY ORGANIZATIONS

<b>El Futuro, Inc.</b> (provides bilingual and culturally informed behavioral health treatment)	<a href="http://elfuturo-nc.org/language/en/">http://elfuturo-nc.org/language/en/</a>	136 E Chapel Hill St. Durham, NC	919-688-7101
<b>El Centro Hispano</b> (coordinates education, support services, health and community organizing programs for Hispanics/Latinos in the Triangle Area)	<a href="https://www.elcentronc.org/">https://www.elcentronc.org/</a>	2000 Chapel Hill Road, Suite 26A Durham, NC and 201 W. Weaver St., Carrboro, NC	919-687-4635
<b>Centro Para Familias Hispanas</b> (provides education, health services, job training and referrals to Hispanic families)	<a href="http://cpfhraleigh.org/english/index.html">http://cpfhraleigh.org/english/index.html</a>	2013 Raleigh Blvd. Raleigh, NC	919-873-0094
<b>El Pueblo</b> (engages the Latino community to achieve positive social change by building consciousness, capacity and community action)	<a href="http://elpueblo.org/eng">http://elpueblo.org/eng</a>	2321 Crabtree Blvd. Suite 105 Raleigh, NC	919-835-1525

## LATINX EVENTS

- Day of the Dead 5k
  - <http://dayofthedead5k.com/>
- Hispanic Heritage Month
  - <http://clc.unc.edu/hispanic-heritage-month/>
- Latin American Festival
  - <https://www.elcentronc.org/content/latin-american-festival>
- La Fiesta del Pueblo
  - <http://www.elpueblo.org/eng/la-fieta-del-pueblo-2016>
- The NC Latin American Film Festival
  - <http://jhfc.duke.edu/latinamericauncduke/home/film-festival/>
- LatinaCon Latino-American Women's Conference
  - <https://www.facebook.com/events/392399551135607>

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## RESOURCES FOR AFRICAN AMERICAN STUDENTS

On behalf of the [Black Student Caucus](#), we welcome you to UNC!

This section was included to give African Americans and others needed information about services and entertainment that are available in the area.

## STUDENT ORGANIZATIONS

- School of Social Work Black Student Caucus
- Black Graduate Professional Student Association  
<http://bgpsa.web.unc.edu/>

## AFRICAN-AMERICAN HAIRCARE - BEAUTY SHOPS

<b>Aura Salon &amp; Boutique</b> (touch-ups begin at \$45)	3742 Durham-Chapel Hill Blvd. (15-501)	919-419-9868
<b>Delaine's House of Beauty</b>	111 W. Graham St., Carrboro	919-932-5405
<b>Mary's Hairstyling</b> (touch-ups begin at \$45)	122-B Fidelity St., Carrboro	919-968-6711
<b>Styles of Elegance</b> (touch-ups begin at \$60)	112 E. Main St., Ste. B., Carrboro	919-933-1710
<b>Taji's Natural Hair Styling</b> (specializes in natural hair)	2200 E. Millbrook Rd., Ste. 122, Raleigh	919-332-3021
<b>Nubian Natural Hair</b> (natural hair especially locs)	1920 E. Hwy 54, Durham	919-225-7623
<b>Cut Above Barber Shop</b>	111 N. Merritt Mill Rd., Chapel Hill	919-933-2883
<b>Legacy Cuts Barber Shop</b>	400 W. Rosemary St., Carrboro	919-636-4558
<b>Precise Cutz Barber Shop</b>	136 E. Rosemary St., Ste. 105., Chapel Hill	919-942-4776
<b>Michelle Hair Braiding</b>	4109 Wake Forest Rd, Suite 102, Raleigh	919-995-1888
<b>Endurance Hair Salon</b>	4823 Meadow Drive, Suite 101, Durham	919-961-7732
<b>Hairzon Beauty Supply Store</b>	3119 Guess Road, Durham	800-557-9828
<b>Beauty World Hair Supply Store</b>	Lakewood Shopping Center 2000 Chapel Hill Rd. # 2, Durham	(919) 489-3937

**CHURCHES** (This list is not exhaustive, but identifies many African-American congregations.)

<b>First Baptist Church</b>	106 N. Roberson St. (just off Franklin St.), Chapel Hill	919-942-2509
<b>White Rock Holy Church</b>	932 White Rock Rd., Chapel Hill	919-933-0593
<b>White Rock Baptist Church</b>	3400 Fayetteville St., Durham	919-688-1649
<b>World Overcomers Christian Church</b>	2945 S. Miami Blvd., Durham	919-402-9622
<b>St. Joseph's CME Church</b>	510 W. Rosemary St., Chapel Hill	919-929-1116
<b>Holy Cross Catholic Church</b>	2438 S. Alston Ave., Durham	919-957-2900
<b>Ebenezer Baptist Church</b>	2200 S Alston Ave., Durham	919-596-2131
<b>St. Paul's AME Church</b>	101 N. Merritt Mill Rd., Carrboro	919-967-3961
<b>St. Titus' Episcopal Church</b>	400 Moline St., Durham	919-682-5504
<b>First Calvary Baptist Church of Durham</b>	1311 Morehead Ave., Durham	919-489-6576
<b>Abiding Savior Lutheran Church</b>	1625 S. Alston Ave., Durham	919-682-7497
<b>Southside Church of Christ</b>	800 Elmira Ave., Durham	919-688-3535
<b>First Baptist Church</b>	302 Moore St., Fayetteville	910-483-6505
<b>The Cov Church International</b>	3308 Durham-Chapel Hill Blvd., Durham	919-361-3003

**OTHER PLACES OF INTEREST**

<b>Hayti Heritage Center</b> The Hayti Heritage Center is a cultural enrichment and arts education facility that promotes cultural understanding through diverse events, activities, and programs that preserve the heritage and embrace the experiences of Americans of African descent.	804 Old Fayetteville St., Durham <a href="http://hayti.org">http://hayti.org</a>	919-683-1709
<b>The Vault</b> The Vault is an organization dedicated to providing an inclusive, affordable event space, in Durham's growing intercultural landscape, where people from different walks of life enjoy, learn and experience art from The Afrocentric Diaspora in a positive and progressive environment.	1104 Broad St., Durham	919-864-5372
<b>African-American Owned Restaurants</b> <ul style="list-style-type: none"> <li>- Mama Dip's</li> <li>- Dame's Chicken &amp; Waffles</li> <li>- Salt Box Seafood Joint</li> </ul>	408 W. Rosemary St., Chapel Hill 317 W. Main St., Durham Two locations: LITTLE FIVE POINTS 608 N. Mangum St., Durham Walk-Up Window Only ROCKWOOD 2637 Durham-Chapel Hill Blvd., Durham 5122 NC-55, Durham	919-942-5837 919-682-9235  919-908-8970  919-237-3499
-Backyard BBQ		919-544-9911

## RESOURCES FOR NATIVE AMERICAN STUDENTS

The <b>Ani Kahwi (Cherokee Coffee Hour)</b> is an opportunity to immerse yourself in the Cherokee language. No previous experience is required and it meets every Tues from 2:00-3:00 in Abernethy Hall.	Dr. Ben Frey <a href="mailto:benfrey@live.unc.edu">benfrey@live.unc.edu</a>
The <b>Carolina Indian Circle</b> hosts an annual powwow on campus each year in March. This event is free and open to the public.	<a href="http://americanindiancenter.unc.edu/events">http://americanindiancenter.unc.edu/events</a>
The <b>American Indian Center</b> is available on campus and focuses on research, education, and service related to American Indian cultures.	<a href="http://americanindiancenter.unc.edu">http://americanindiancenter.unc.edu</a>
<b>The Triangle Native American Society</b> is an urban tribal organization for American Indians living in the Triangle area.	<a href="https://trianglenative.org">https://trianglenative.org</a>
<b>First Nations Graduate Circle</b> is an organization of American Indian graduate and professional students at UNC. The organization provides advocacy, support, professional development, mentoring, and social functions for American Indians across campus.	<a href="http://fngc.web.unc.edu">http://fngc.web.unc.edu</a>
The <b>Ojibwemotaadiwag (Ojibwemowin Learning Group)</b> meets every Thursday at 5:00pm at the Starbucks on South Campus to meet new friends and learn basic Ojibwemowin.	Meredith McCoy <a href="mailto:mlmccoy@email.unc.edu">mlmccoy@email.unc.edu</a>
<b>NC Commission of Indian Affairs</b> advocates for the advancement of American Indians populations and is a great organization to contact for additional resources on working with American Indian populations in North Carolina.	<a href="http://www.doa.nc.gov/cia">http://www.doa.nc.gov/cia</a>

## ADDITIONAL MINORITY RESOURCES

### Diversity and Inclusion at UNC

<http://diversity.unc.edu>

<b>Carolina Latina/o Collaborative</b>	<a href="http://clc.unc.edu">http://clc.unc.edu</a>	919-962-1229
<b>NAACP of North Carolina (National Association for the Advancement of Colored People of North Carolina)</b>	<a href="http://www.naacpnc.org">http://www.naacpnc.org</a>	919-682-4700
<b>National Association of Asian-American Professionals (NAAAP)</b> Get on their mailing list to receive info about events in the area!	<a href="http://www.naaap.org">http://www.naaap.org</a>	404-409-2471
<b>Kiran (Domestic Violence, crisis services for S. Asian women in NC)</b>	<a href="http://www.kiraninc.org">www.kiraninc.org</a>	919-831-4203 (office) 1-877-625-4726 (24 hour crisis hotline)
<b>Diversity at Carolina</b>	<a href="http://gradschool.unc.edu/studentlife/diversity">http://gradschool.unc.edu/studentlife/diversity</a>	

## STUDENTS WHO ARE PARENTS

### Lactation Rooms

UNC offers a number of lactation rooms throughout campus. A list of all lactations rooms can be found here:

<http://womenscenter.unc.edu/pregnancy-lactation/>

The School of Social Work is also pleased to offer a dedicated space for breastfeeding mothers. The lactation room (TTK, Room 216) offers a secure, comfortable, private, and quiet space for nursing students, faculty, and staff to pump their milk. The room contains a comfortable chair, desk space, refrigerator, electrical outlet, and cleaning supplies. To use the room on an ongoing basis, you must complete a short agreement form and register with Academic and Student Affairs. Submit the completed form to Tiffany Carver - Room 370A. Upon completion of the agreement form, you will be given the access code to the lactation room.



## Childcare Options

- **UNC Human Resources- Child Care programs**  
UNC Chapel Hill recognizes that offering childcare is an important benefit to our faculty, staff, and students with children. The Benefit Services Department can advise you about childcare options and resources available to employees.  
<https://hr.unc.edu/benefits/work-life/child-care>
- **Child Care Services Association (CCSA)**  
Provides information about accredited child-care resources and agencies for Durham, Orange and Wake counties. Information about child care scholarships and financial assistance is available on their website.  
<http://www.childcareservices.org>
  - 1829 E. Franklin St., Bldg. 1000, Chapel Hill; 919-967-3272
  - 1201 South Briggs Ave., Ste. 200, Durham; 919-403-6950

## WRITING AND RESEARCH

The ability to write clearly and effectively is not only a critical skill for success in the graduate program but also an essential skill for all aspects of the social work profession. Fortunately, many resources are available to help students improve their writing, grammar, and APA skills.

- The School of Social Work has academic editors who are available to help MSW and PhD students strengthen their writing and APA citation skills. They accept face-to-face, e-mail, or phone appointments. E-mail [soswritingsupport@gmail.com](mailto:soswritingsupport@gmail.com).
- The School of Social Work has additional resources available on the Writing Resources webpage: <http://ssw.unc.edu/students/writing>
- Research 101 is a tutorial created by the University of Washington to assist students in the research process: <http://faculty.washington.edu/jwholmes/research101/>
- The Online Writing Lab (OWL) at Purdue University offers resources for APA formatting and citations: <https://owl.english.purdue.edu/owl/resource/560/01/>

## TIME AND STRESS MANAGEMENT IN GRAD SCHOOL

Graduate school is definitely not just a “harder” version of undergraduate school. There is more work involved than anyone could ever realistically expect you to get done (especially if you are like most students and work several hours a week and/or have a family with the added responsibilities of children). So, exactly how does one survive graduate school and retain any amount of sanity they once had? The key here is time management - and believe me, you will be an expert in it when you survive your first semester of graduate school.

### 1. Get Organized

Most people find that they have small amounts of time here and there between commitments. Learning to take advantage of this time will help a great deal in being able to do everything you need to do.

- Find a work/study area that has few distractions and is comfortable for you. Ask family, roommates, and significant others to help you with this.
- Become a list maker. List all items you need to do during the week, including readings, written assignments, & projects.
- Prioritize your list by due date and time needed for completion.
- Use your calendar to assign work assignments to certain blocks of time in your schedule. Be realistic about this so you do not get frustrated. DON'T FORGET TO TAKE A BREAK EVERY HOUR.
- Have only materials for the task at hand in your working area. Remember - avoid distraction!
- Organize any other materials so you can find them without having to search through piles of stuff. Sometimes individual piles for each task works, but this still requires organization.
- Stick to your original goal. Avoid tempting offers to interrupt study, and even the temptation of working on some of your more appealing assignments.
- If the assignment takes longer than you expected and you can't finish it at that time, be sure to set a time to complete it.
- Check off each assignment as you finish it, and reassign your priorities if needed. Before closing shop for the day (night), check your list of things to do for tomorrow and get organized. A notepad or diary is handy for jotting down bits of information you may need later. This won't get misplaced as scraps of paper will.

## 2. **Overcommitment**

Everyone needs an outlet, something to be involved in that is in no way related to school. But, it is all too easy to over commit yourself and therefore not do a good job at anything you attempt to do. An appointment book is an essential item to make sure this does not happen.

## 3. **Procrastination**

Procrastination gets the best of all of us at one time or another. The above suggestions are meant to help with this, but if there are still areas in which you are prone to procrastinate, here are some tips.

- Pick an area that procrastination plagues you & set a goal to overcome it by working towards small, achievable goals.
- Set priorities.
- Give yourself reasonable deadlines.
- Work on difficult assignments first and get them out of the way. The others won't seem so hard then.
- If you are a perfectionist, don't let it paralyze you. You have to start somewhere, so just do it, then revise it. Get a classmate to proof it for you and give you feedback if you can.

## 4. **Stress**

Stress is any disruptive influence, physical or psychological, in a person's life. Stress is anything that pushes us, keys us up, or causes our bodies to tense up. Stress is a part of life, but we need to learn to recognize signs of stress and how to deal with them. Some signs of stress are: tense muscles, sore neck, shoulders, and back; insomnia, fatigue, boredom, depression, listlessness, dullness and lack of interest; eating or drinking too much; cramps, diarrhea, constipation; palpitations; phobias; and restlessness. Some stress can be avoided by getting and staying organized. Study groups also help with the amount of reading that is required. Each member of the group is assigned a section to read and outline, then the group gets together to exchange outlines. If you use some of these principles of organization, you'll have no problem handling graduate school.

**This material taken from the Orientation Handbook of the National Catholic School of Social Service, compiled and edited by Anne E. Schneiders and Peter J. Delany**

## 5. **Student wellness** - <https://studentwellness.unc.edu/>

Student Wellness at Carolina seeks to enhance the individual and collective health of the community through a wide range of programs, services, and resources. Through partnerships with other campus departments, community agencies, student organizations, and peer mentors we work to develop and advocate for a campus and community environment that creates, emphasizes, and supports healthy choices and positive decision making regarding health, safety, and wellness.

## 6. **The healthy heels blog/newsletter/contact info that sends out a lot on mindfulness** - <https://healthyheels.org/>

HealthyHeels is your source for relevant, up-to-date news and analysis of health information directly related to UNC students. HealthyHeels provides students with an open forum to learn, ask questions and discuss health and wellness issues – leading to a healthy and safe community that fosters student well-being and success.

## 7. **List of potential activities of self-care:**

- Exercise
- Healthy cooking
- Healthy sleeping habits
- Take a break from school activities and do something FUN – just for you!

## **GREAT PLACES TO STUDY AROUND CAMPUS**

This list offers just a few of the MANY places on and around campus to study!

### **Near SSW**

- 5<sup>th</sup> floor lounge is a great place to study, eat lunch, hang out, or store your stuff! There's a refrigerator, microwave, and lockers (bring your own lock) if you need to keep anything at school.
- Health Sciences Library – Across from the School of Social Work; 919-685-8122
- Global Education Building – Next door to School of Social Work
- Davis Library; 919-962-1335
- Additional places to study on campus; <http://library.unc.edu/use/study>

### **Chapel Hill:**

- Chapel Hill Public Library – 100 Library Dr.; 919-968-2777
- Caribou Coffee Company – 1406 E. Franklin St.; 919-968-3735

- Bread & Butter – 503 W. Rosemary St.; 919-960-5998
- The Root Cellar Café – 750 Martin Luther King Blvd.; 919-967-3663

#### Carrboro:

- Carrboro Cybrary Library – 100 N. Greensboro St.; 919-918-7387
- Open Eye Café – 101 S. Greensboro St.; 919-968-9410
- Looking Glass Café – 601 W. Main St.; 919-967-9398
- Weaver Street Market – 101 E. Weaver St.; 919-929-0010

## ACTIVITIES TO DO IN NC

### FUN ON AND NEAR CAMPUS

Just because you're in graduate school doesn't mean you can't enjoy your free time!!!

- Check out this list of **student groups on campus**: <https://studentlife.unc.edu/Organizations>
- Intramural sports: <http://campusrec.unc.edu/intramural-sports>
- For information about being a new student: <http://nscpp.unc.edu>

#### ENTERTAINMENT

- **Downtown Chapel Hill Partnership**  
Live music, festivals, free outdoor movies, and events.  
[www.downtownchapelhill.com](http://www.downtownchapelhill.com)
- **Carrboro Community Events**  
Festivals, farmers' market, parks. <http://carrboro.com>
- **Music on the lawn at Weaver Street Market**  
Listen to music on the Lawn in the center of Carrboro, Thursday evenings and Sunday mornings, weather permitting.  
<http://carrboro.com/wsmjazz.html>
- **Friday on the Front Porch at Carolina Inn**  
Live music and drinks during the summer.  
<http://www.carolinainn.com/events/fridays-on-the-front-porch>
- **Carolina Performing Arts**  
Wide variety of national and local performances are available at Memorial Hall. Discounted tickets (\$10) are available for students for all shows.  
[www.carolinaperformingarts.org](http://www.carolinaperformingarts.org)
- **Local Live Music**
  - **Beyu Caffe** (341 West Main St., Durham)
  - **Cat's Cradle** (E. Main St., Carrboro)
  - **Local 506** (W. Franklin St., Chapel Hill)
  - **The Cave** (W. Franklin St., Chapel Hill)
- **Comedy Clubs and Classes**
  - **Goodnights Comedy Club**; [www.goodnightscomey.com](http://www.goodnightscomey.com)
- **Morehead Planetarium and Science Center**  
<http://www.moreheadplanetarium.org>
- **Ackland Art Museum (Chapel Hill)**  
<http://www.ackland.org/index.htm>
- **Trivia Nights**  
Many local places on Franklin Street and in Carrboro.

## OUTDOOR RECREATION

<b>Carolina North</b>	<a href="http://facilities.unc.edu/operations/grounds-services/carolina-north%20forest">http://facilities.unc.edu/operations/grounds-services/carolina-north%20forest</a>
<b>Wilson Park</b>	<a href="http://carrboro.com/parks.html">http://carrboro.com/parks.html</a>
<b>Duke Gardens</b> Walking trails, duck pond, flowers	<a href="http://www.hr.duke.edu/dukegardens">www.hr.duke.edu/dukegardens</a>
<b>Mountain Bike Trails in the triangle area</b>	<a href="http://www.trianglemtb.com">www.trianglemtb.com</a>
<b>Eno River State Park</b> Camping, canoeing, fishing, hiking	<a href="http://www.ncparks.gov/Visit/parks/enri/main.php">www.ncparks.gov/Visit/parks/enri/main.php</a>
<b>Jordan Lake Recreation Area</b> Boating, fishing, hiking, swimming, camping	<a href="http://www.ncparks.gov/Visit/parks/jord/main.php">www.ncparks.gov/Visit/parks/jord/main.php</a>
<b>Umstead State Park</b> Boating, bridge trails, cycling, hiking, camping	<a href="http://www.ncparks.gov/Visit/parks/wium/main.php">www.ncparks.gov/Visit/parks/wium/main.php</a>
<b>Raven Rock State Park</b> Camping, canoeing, fishing, hiking	<a href="http://www.ncparks.gov/Visit/parks/raro/main.php">www.ncparks.gov/Visit/parks/raro/main.php</a>

## INTEREST GROUPS

<b>Fleet Feet Running Club</b>	<a href="http://www.fleetfeetcarrboro.com/running-groups">http://www.fleetfeetcarrboro.com/running-groups</a>
<b>Cycling Group Rides</b>	<a href="http://tarwheels.net/wp/">http://tarwheels.net/wp/</a>
<b>Indoor Soccer</b>	<a href="http://www.chapelhilladultsoccer.org">http://www.chapelhilladultsoccer.org</a>
<b>Social Sport Leagues</b>	<a href="http://trisportsnc.com">http://trisportsnc.com</a> <a href="http://www.kickball.com">www.kickball.com</a>
<b>Ultimate Frisbee</b>	<a href="http://www.carrboroultimate.org">www.carrboroultimate.org</a>

If you want to know what's happening in the area on any given week, your best bet is to look at a copy of **Indy Week**, a free weekly newspaper you can find at most newsstands. The newspaper lists concerts, movies, clubs, special events, and more. But just to give you an idea of some of the things available in the area, this section offers a partial list of some things to do in the Chapel Hill area. <http://www.indyweek.com>

## EATING IN THE TRIANGLE: FOOD AND DINING

UNC has a food pantry (Carolina Cupboard; <http://carolinacupboard.web.unc.edu>) on campus that is available to students who are facing food insecurity. They are located in Avery Residence Hall's basement (295 Ridge Road) which can be accessed through the side doors. Please contact them with any questions or concerns about receiving or donating food: [CarolinaCupboard@gmail.com](mailto:CarolinaCupboard@gmail.com).

### ON CAMPUS

- **Near the School of Social Work**
  - The Saladelia Café (located in the Fed-Ex Building) is next door to the School of Social Work, and the Atrium Café is in the School of Public Health. Both have coffee, drinks, snacks, breakfast foods, and some sandwiches, wraps, and salads.
  - The Health Sciences Library across the street has a coffee bar and limited food items and the 2nd floor of the Med School (McNider Bldg) has a cafeteria.
  - The Beach Cafe (located in the Brinkhous-Bullitt building) has a Quiznos, EspressoOasis, Chick-fil-A, and Greens.
- **Lenoir Dining Hall- Near Davis Library**
  - Typical and atypical institutional food, has a salad bar and several fast-food stands where you can buy Chick-fil-A, Subway, Burger King, Jamba Juice Smoothies, sushi, pizza, and sandwich wraps. Prices are about the same as off-campus. It's a good place to study and eat at the same time.

**ON & AROUND FRANKLIN ST.** (and not too expensive)

<b>Red Pepper</b>	1704 E. Franklin St.	919-968-3488
<b>Asia Café - Inexpensive Chinese food</b> Inexpensive Chinese food	118 E. Franklin St.	919-929-0168
<b>Ben &amp; Jerry's Ice Cream</b>	102 W. Franklin St.	919-967-9068
<b>Bruegger's Bagel Bakery</b> Great bagels and bagel sandwiches.	1800 E. Franklin St.	919-929-5224
<b>Caffé Triade</b> Coffee, etc. Great atmosphere – back patio looks out onto the woods.	1215-A E. Franklin St.	919-942-2333
<b>Carolina Coffee Shop</b> Sandwiches, waffles, specials. A Carolina tradition. A fun bar at night!	138 E. Franklin St.	919-942-6875
<b>TRU Deli + Wine</b> Delicious gourmet sandwiches made to order	114 Henderson St.	919-240-7755
<b>Hunam</b> Eat in or take out Chinese food. (In Franklin Centre)	790 Martin Luther King Jr. Blvd.	919-967-6133
<b>Linda's Bar &amp; Grill</b>	203 E. Franklin St.	919-929-6663
<b>Mediterranean Deli</b> Excellent Mediterranean food. Eat in or take out.	410 W. Franklin St.	919-967-2666
<b>Chipotle Mexican Grill</b>	301 W. Franklin St.	919-942-2091
<b>The Yogurt Pump</b> Delicious, healthy, and cheap! Check out their daily flavors at <a href="http://www.yogurtpump.com">http://www.yogurtpump.com</a>	106 W. Franklin St.	919-942-7867
<b>Breadman's Restaurant</b> Serves breakfast all day	324 W. Rosemary St.	919-967-7110
<b>Bandido's</b> Yummy Mexican food in a relaxed atmosphere.	159 1/2 E. Franklin St.	919-967-5048
<b>Spotted Dog Restaurant and Bar</b> A bit more expensive. Great food w/lots of vegetarian/vegan options & desserts from their other restaurant, Francesca's Dessert Caffé in Durham (lesbian-owned too!).	111 E. Main St., Carrboro	919-933-1117
<b>Subway</b>	122 E. Franklin St.	919-969-1670
<b>Sutton's Drugstore</b> An old-fashioned soda fountain with sandwiches, grinders, etc.	159 E. Franklin St.	919-942-5161
<b>Ye Olde Waffle Shop</b>	173 E. Franklin St.	919-929-9192



<b>Buns</b> Create-your-own burger joint with beef, turkey & veggie patties & an eclectic selection of toppings.	107 N. Columbia St., Chapel Hill	919-240-4746
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**OTHER RESTAURANTS IN THE AREA** (and *sometimes* more expensive, noted with \*)

<b>Crook's Corner *</b> Written up in <u>Gourmet</u> magazine. Offers the best “nouvelle Southern” food imaginable.	610 W. Franklin St., Chapel Hill	919-929-7643
<b>Elmo's Diner</b> Serves breakfast all day, plus sandwiches, burgers, etc. (not a greasy spoon)	200 N Greensboro St., Carrboro	919-929-2909
<b>The Root Cellar Café and Catering</b> Fabulous food, coffee, and atmosphere. Both indoor seating and an outdoor café area.	750 Martin Luther King Jr. Blvd., Chapel Hill	919-967-3663
<b>Four Eleven West *</b> Italian cafe that has fresh seasonal pasta, wood burning pizza oven, cappuccino bar, and much more.	411 West Franklin St., Chapel Hill	919-967-2782
<b>Mama Dip's Country Kitchen</b> Good home-cooking—catfish, barbecue, corn bread, etc.	408 W. Rosemary St., Chapel Hill	919-942-5837
<b>The Lantern *</b> Asian-inspired atmosphere and dishes.	423 W. Franklin St., Chapel Hill	919-969-8846
<b>Top of the Hill *</b> Nice atmosphere above Franklin St with house-brewed beers.	100 E. Franklin St., Chapel Hill	919-929-8676
<b>Carolina Brewery *</b> Micro-brewed beers made in house and great food.	460 West Franklin St., Chapel Hill	919-942-1800

## INTERNATIONAL DINING

<b>Allen and Son Barbecue</b> Southern Barbecue.	6203 Millhouse Rd., Chapel Hill	919-942-7576
<b>Carrburrito's Taquería</b> Fast Burritos, tacos and tostadas.	711 W. Rosemary St., Carrboro	919-933-8226
<b>Fiesta Grill</b> Amazing Mexican food and huge portions!	3307 Hwy 47 West, Carrboro	919-928-9002
<b>Lime and Basil</b> Great Pho and other Vietnamese dishes	200 W. Franklin St., Chapel Hill	919-967-5055
<b>Armadillo Grill</b> Awesome Tex-Mex!	120 E. Main St., Carrboro	919-929-4669

<b>Cosmic Cantina</b> Great food—healthy and cheap!	128 E. Franklin St., Chapel Hill	919-960-3955
<b>Cinco de Mayo</b>	1502 E. Franklin St. #1, Chapel Hill	919-929-6566

<b>Akai Hana</b> Jazz & Japanese (sushi, tempura, etc.)	206 W. Main St., Carrboro	919-942-6848
<b>Kurama Sushi &amp; Noodle Express</b>	105 N. Columbia St., Chapel Hill	919-968-4747
<b>Carmen's Cuban Café</b>	108 Factory Shops Rd., Morrisville	919-467-8080
<b>Tandoor Indian Restaurant</b>	1301 E. Franklin St., Chapel Hill	919-967-6622
<b>Vimala's Curryblossom Café</b> Fantastic Indian food, with a very philanthropic owner!	431 W. Franklin St., Chapel Hill	919-929-3833
<b>Mint</b> Local branch of a mini-chain serving dinner specials & lunch buffets in a polished, modern setting.	504 W. Franklin St., Chapel Hill	919-929-6188

## MUSIC AND THEATER

### MUSIC

UNC, Duke, NC State and NC Central University sponsor a lot of different concerts—keep your eye on [Indy Week](#), the [UNC Gazette](#), the [Daily Tar Heel](#), and listen to NPR's "Cultural Calendar " (91.5 FM).

### THEATER

UNC's theater group, Company Carolina (919-843-3333), produces plays throughout the fall and spring and performances are on campus. Check out their website at [www.unc.edu/company](http://www.unc.edu/company). Playmakers Repertory Company (919-962-7529) also produces and performs plays on campus. Check out their website at [www.playmakersrep.org](http://www.playmakersrep.org).

Duke University, NC Central University, and the ARTSCENTER also provide several productions during the year. Manbites Dog Theater of Durham (919-682-4974) offers an alternative theater experience. For a cheap, fun, local experience, try the Chapel Hill High School Cultural Arts Center.

### THEATER FOR SOCIAL JUSTICE

Interactive Theatre Carolina uses scripted and improvisational theatre to promote health, wellness, and social justice in the University of North Carolina, Chapel Hill community. They believe when audience members engage with the characters and conflict on stage, they are more likely to explore and change their own attitudes and behaviors. They are always looking for students to audition for their group, even if you don't have any theater experience! Check out their website to see when their upcoming performances are! <https://carolinaunion.unc.edu/media-gallery/detail/54/414>.



## MOVIES AND MUSEUMS

### MOVIE THEATERS

There are several movie theaters in the area, each offering a different atmosphere and film line-up.

<b>Silverspot at University Mall</b> Stadium seat theater, serving chef-inspired fresh foods before, during, and after movie. Also serving craft beer and signature cocktails.	201 S Estes Dr., Chapel Hill
<b>The Varsity</b> Offers one older movie and one current movie, \$7 for an adult, \$5 for a child	123 E. Franklin St., Chapel Hill
<b>The Lumina</b> Mainstream films, stadium seating, and summertime outdoor showings.	Southern Village
<b>Carolina Theatre</b> This theater has great independent films and is host to the Jewish Film Festival and the Gay & Lesbian Film Festival.	309 W. Morgan St., Durham
<b>Regal Timberlyne Theater 6</b> Has ten screens.	120 Banks St., Chapel Hill
<b>The Chelsea Theater</b> Offers small, unusual, independent, artsy films.	1129 Weaver Dairy Rd., Chapel Hill
<b>The Wynnsong</b>	1807 Martin Luther King Parkway, Durham
<b>Blue Ridge Theaters</b> Offers mainstream films (that were already out) at much cheaper rates.	600 Blue Ridge Rd., Raleigh
<b>AMC Southpoint 17</b> It's just a 10-15 minute drive from campus and it's at the mall!	8030 Renaissance Parkway, Durham
<b>The Justice Theater Project</b> The mission of The Justice Theater Project is to use the performing arts as a way to call to the fore of public attention the needs of the poor, the marginalized, and the oppressed. <a href="http://www.thejusticetheaterproject.org">http://www.thejusticetheaterproject.org</a>	9650 Strickland Rd., Raleigh 919-264-7089
<b>Manbites Dog Theater</b> Manbites Dog Theater, a professional non-profit theater company founded in Durham in October 1987, serves the Triangle area of central North Carolina.	703 Foster St., Durham 919-682-4974

### MUSEUMS

<b>NC Museum of Art</b> Good Collection of art, free admission and interesting film series. They also have a restaurant with great food. website: <a href="http://ncartmuseum.org">ncartmuseum.org</a>	2110 Blue Ridge Rd., Raleigh	919-839-6262
<b>NC Museum of History</b> Free to public, it is possible to volunteer there. website: <a href="http://www.ncmuseumofhistory.org">www.ncmuseumofhistory.org</a>	5 E. Edenton St., Raleigh	919-807-7900
<b>NC Museum of Natural Sciences</b> Free (except special exhibits), dinosaurs and whale bones. website: <a href="http://www.naturalsciences.org">www.naturalsciences.org</a>	11 W. Jones St., Raleigh	919-707-9800
<b>NC Museum of Life and Science</b> Dinosaurs, fossils, moon rock, etc. (especially nice for kids) \$20 general admission, \$18 Senior, \$18 military, \$15 ages 3-12, free ages 2 and under. Admission waived for Durham residents on Wednesdays from 1-5 p.m. with valid ID.	433 Murray Ave., Durham	919-220-5429
<b>Ackland Art Museum</b> Free admission.	S. Columbia St., Chapel Hill	919-966-5736
<b>Morehead Planetarium</b> \$7.25 adults, \$6 students, seniors and kids	250 E. Franklin St., Chapel Hill	919-962-1236

## FAITH ORGANIZATIONS AROUND UNC

<b>Bahá'í</b>		
Bahá'í Faith	307 Westbrook Dr., Carrboro	919-929-3331
<b>Buddhism</b>		
Kadampa Center (Buddist)	5412 Etta Burke Ct., Raleigh	919-859-3433
Chapel Hill Zen Center	5332 NC Highway 86 N., Chapel Hill	919-967-0861
<b>Christianity</b>		
The Church of Jesus Christ of Latter-Day Saints	1050 Martin Luther King Blvd., Chapel Hill	919-967-0986
The University United Methodist Church	150 E. Franklin St., Chapel Hill	919-929-7191
Community Church of Chapel Hill - Unitarian Universalist	106 Purefoy Rd., Chapel Hill	919-942-2050
Eno River Unitarian Universalist Fellowship	4907 Garrett Rd., Durham	919-489-2575
Chapel of the Cross, Episcopal	304 E. Franklin St., Chapel Hill	919-929-2193
Newman Catholic Center	218 Pittsboro St., Chapel Hill	919-929-3730
First Baptist Church	106 N. Roberson St., Chapel Hill	919-942-2552
University Presbyterian Church - PC(USA)	209 E Franklin St., Chapel Hill	919-929-2102
<b>Hinduism</b>		
Hindu Society of NC (Temple)	309 Aviation Parkway, Morrisville	919-481-2574
<b>Islam</b>		
Ar-Razzaq Islamic Center	1009 West Chapel Hill St., Durham	919-493-1230
Muhammad's Mosque Num. 34	304 S. Driver St., Durham	919-294-4446
<b>Judaism</b>		
North Carolina Hillel	210 W. Cameron Ave., Chapel Hill	919-942-4057
Beth-El Conservative and Orthodox Synagogue	1004 Watts St., Durham	919-682-1238
Beth Meyer Synagogue	504 Newton Rd., Raleigh	919-848-1420
Durham-Chapel Hill Jewish Federation	1937 W. Cornwallis Rd., Durham <a href="http://www.shalomdch.org">www.shalomdch.org</a>	919-354-4936
Judeo Reform Congregation	1933 W. Cornwallis Rd., Durham	919-489-7062
Chapel Hill Kehillah	1200 Mason Farm Rd., Chapel Hill	919-942-8914
Another good resource for other Jewish resources: <a href="http://www.kolhaskalah.org">www.kolhaskalah.org</a>		
<b>Quaker</b>		
Religious Society of Friends	531 Raleigh Rd., Chapel Hill	919-929-5377

Also, the Muslim Students' Association, SANGAM (South Asian Awareness Network), Carolina Indian Circle, and the Minority Affairs department have further information and resources.

There's a POWWOW held annually in Hillsborough. – <http://www.obsn.org> – Call 919-304-3723 for more information.

## ATTRACTIONS IN NORTH CAROLINA

### BEACHES

North Carolina has beautiful beaches, and everybody has their personal favorite. For example, Hatteras, on the Outer Banks, was voted “Best Beach on the South East Coast” by Outside magazine.

Some other beaches that are popular include:

#### Near Wilmington

- Wrightsville Beach
- Carolina Beach
- Topsail Beach
- Fort Fisher Beach

#### Near Morehead City

- Emerald Isle
- Bear Island
- Salter Path
- Atlantic Beach

#### On the Outer Banks

- Ocracoke
- Hatteras
- Nag’s Head

There are also some **Lakes and Rivers** near us...

- **Jordan Lake** – has a small swimming and picnic area, camping, and an observation deck for bird watching. It’s only 15 minutes South of Chapel Hill.
- **University Lake** – has facilities for fishing, and boating. It’s in Chapel Hill/Carrboro.
- **Haw River** – is 15 miles South on 15-501. Good rafting and canoeing and is home to the annual Haw River Festival.

### MOUNTAINS

If we’re going to talk about Carolina beaches, we have to mention the mountains as well. The Blue Ridge Mountains are beautiful and well worth a trip to see. Just drive along the Blue Ridge Parkway or out to Boone or Asheville, especially in the spring or fall and do some hiking. Hiking guides can be found at the Trail Shop on Franklin Street.

Spend time in Cherokee, NC learning about the history of the Cherokee Indians and their community. Enjoy white water rafting on the Nantahala.

Go to Asheville for great hiking, white water rafting, brewery tours, and a social justice and environmentally friendly community. The largest house in the U.S., the Biltmore, is also in Asheville and is worth going to for a weekend trip.

## 11 FUN THINGS TO DO BEFORE YOU LEAVE UNC

<b>1. UNC Sporting Events</b> Go to a UNC game! Some games only require that you bring your student ID, others require that you apply through the online lottery.	Chapel Hill	<a href="http://goheels.com">http://goheels.com</a>
<b>2. Weaver Street Market</b> Great local market and café that sells hot and cold foods, groceries, coffee and other drinks, and a bakery with tons of yummy breads, cakes, and other pastries. Outdoor events during warm weather.	Carrboro	919-929-0010
<b>3. Ninth Street</b> An interesting part of Durham, with lots of restaurants, bars, and shops.	Durham	<a href="http://www.durham-nc.com/listings/Ninth-Street-Shopping-District/1920/">http://www.durham-nc.com/listings/Ninth-Street-Shopping-District/1920/</a>
<b>4. The Durham Bulls</b> Old-fashioned, minor league baseball. It is a nicely kept ball park that is surrounded by many restaurants and the tobacco trail. Individual game tickets start at \$6.00.	Durham	919-687-6500
<b>5. Pottery</b> This area is famous for its pottery, and there are about 26 potters located between Asheboro and Sanford. Not exactly inexpensive, but worth a trip.  If you want to indulge in a spot of pottery painting, try the Community Clay Studio on 200 Plant Road in Chapel Hill or call 919-968-2793. They offer a variety of classes to both children and adults.	From Asheboro to Sanford	
<b>6. Walks/Arboretums/Trails</b> There are several great places to go, including Duke Forest, NC State Arboretum, Duke Gardens, the Tobacco Trail, Umstead State park (Raleigh), Eno River, the UNC botanical gardens, etc.		
<b>7. The State Fair</b> Annually in October. If you've never been to a real state fair, with quilts, rides, pig races, and lots of food, you really should go.	Raleigh	<a href="http://www.ncstatefair.org">http://www.ncstatefair.org</a>
<b>8. The Zoo</b> Don't laugh—this is a great zoo, with over 700 animals from across the globe living in outdoor natural habitats and an excellent free-flight aviary. It's about a 3-hour walk through the entire zoo—you may want to visit during the cooler spring and fall weather.	Asheboro	336-879-7000
<b>9. Brightleaf Square</b> An old tobacco warehouse that's been converted into an elegant shopping center with shops and great restaurants. During the spring and summer they have outdoor performances in the courtyard.	Downtown Durham	
<b>10. Check out the Orange County Arts Commission</b> The web site will keep you informed about the latest cultural events around the Triangle.		Multiple online event calendars <a href="http://artsorange.org">http://artsorange.org</a>
<b>11. Farmer's Market</b> Open spring & summer in Carrboro and Raleigh and year-round in Durham. Open daily in Raleigh, Wed. & Sat. in Durham, and Wed., Thurs., & Sat. in Carrboro.	Carrboro, Durham and Raleigh	





**WE LOOK FORWARD TO SEEING YOU SOON!**

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*SOWOSO Caucus Chairs and The Academic and Student Affairs Office*