

# Brown Bag Lunch Series on THE CROSSROADS OF STUDENT SUCCESS: ACADEMICS, WELLNESS AND ENGAGEMENT Fall 2013 Schedule

*All lunches are from 12 noon – 1:30 p.m. in Hanes Hall Room 239*

## **September 6<sup>th</sup> Notes on IX at UNC**

*with Ew Quimbaya-Winship, Student Complaint Coordinator/Deputy Title IX Officer*

A brief overview of recent federal guidelines around harassment and sexual violence issued to higher education institutions will be provided and Carolina's response to these evolving expectations will be discussed. As well, Ew will provide an update on the work accomplished by the Title IX task Force over the summer; how students, faculty and staff are being encouraged to report and what the current reporting process is for individuals at UNC; and the conversation will end with a few thoughts and questions that will explore areas for growth."

## **October 11<sup>th</sup> A Discussion About College Students with ADHD/LD**

*with Theresa Maitland, Coordinator, Academic Success Program*

College students with ADHD/LD are the largest and fastest growing population of disabled students at UNC-Chapel Hill and on other campuses. While this is good news for these students, research suggests that they may be at greater risk. They maybe more likely to have lower retention and graduation rates, take longer to graduate as well as experience significant academic, emotional and/or social problems in college. Although seeking services can enhance their success, these students are notorious for not accessing resources (e.g. studies suggest less than 20% of college students with ADHD/LD actually use help). At this Brown Bag Lunch we will discuss the common issues these students encounter in college and resources available at UNC. The "warning signs that may signal that a student has an undiagnosed attentional or learning disability will be discussed and existing options for obtaining an evaluation. We will also brainstorm effective ways to communicate with students to facilitate their awareness and use of resources.

## **November 15<sup>th</sup> The Student-Athlete Experience**

*with Jenn Townshend, Associate Director of the Center for Student Success and Academic Counseling, and Spencer Welborn, Assistant Dean, Academic Advising*

Athletics plays a significant role at Carolina. But how many of us know what it is really like to be a student athlete? This session will highlight the demands of the day-to-day and in-season/out-of-season schedules of our student-athletes. We will look at factors that impact their college experience, their academic performance, their course choices and their ability to take advantage of high-impact opportunities such as research, internships and service learning. Considerations of their responsibilities in representing their team, their university and in some cases even their home countries will be explored, along with a discussion of the support services provided by the university.

## **December 13<sup>th</sup> Mindfulness and Meditation for Ourselves and Our Students**

*with Dr. Dan Darnell, Psychologist, Counseling and Psychological Services*

It's the end of the semester and the winter holidays are approaching! It's a perfect time for a presentation and discussion about what mindfulness is and how living mindfully enhances well-being. We will also talk about ways to meditate and what a regular practice of meditation can do for you.

### **Bring a friend!**

For further information or requests for future topics, contact:

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