

Brown Bag Lunch Series on
THE CROSSROADS OF ACADEMICS AND COLLEGE STUDENT MENTAL HEALTH
Fall 2009 Schedule

September 11th **When A Student Comes to Public Attention**

*with Winston Crisp, Assistant Vice Chancellor for Student Affairs
Maureen Windle, Associate Director of Clinical Services for CWS*

Note Special Location Union 2518*** noon to 1:30 p.m.

Unfortunately, issues of violence, safety, and self-harm are part of life on campuses across the nation. So how does Carolina respond to crises such as this? How does the history of Carolina shape our current practices? And, what does it mean when a student comes to "public attention." Please join Dean Crisp and Dr. Windle as they share their experiences dealing with these very questions.

October 9th **First Generation College Students: The Burden of Expectations and Building Support Systems**

*with Marcus Collins, Assistant Dean for Student Counseling
Cynthia Demetriou, Retention Coordinator*

Location: Graham Memorial 011

Being the first in a family to attend college can be a joyous and momentous occasion for all members of a family. Many first generation college students report it also creates an often cumbersome burden of expectation. This session will give us the opportunity to consider how students can perform their best while also negotiating familial expectations and responsibilities.

November 20th **The Sophomore Year Experience**

*with Dean Blackburn, Assistant Dean of Students
Andrea Caldwell, Senior Academic Advisor
April Mann, Director of New Student & Carolina Parent Programs
Eric Smith, Health Educator*

Location: Graham Memorial 011

Is sophomore year the forgotten year? Do students fall into a sophomore slump at Carolina? What are the unique wellness needs of sophomores? This session will provide information on academic stressors and issues for sophomores. We will also look at the rates of sophomore policy violation regarding alcohol and honor system issues.

December 18th **Mindfulness Practice**

with Dan Darnell, Psychologist

Location: Graham Memorial 011

The end of the semester is a good time to step back, reflect, and breathe. Please join us to learn more about the potential benefits of mindfulness practice and to discuss ways in which to build a more mindful campus community. Dr. Dan Darnell will lead us in a meditation so we might experience how we could incorporate mindfulness into our lives.

All lunches are from noon to 1:30

Bring a friend!

For further information or requests for future topics, contact:

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