

Brown Bag Lunch Series on
THE CROSSROADS OF STUDENT SUCCESS: ACADEMICS, WELLNESS AND ENGAGEMENT
Spring 2014 Schedule

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

February 21st Path Over Passion: Why Our words Matter with Exploring Students

with O. Ray Angle, Director of UNC University Career Services

It is common to hear students receive the following advice from well-meaning mentors or advisors, “Find your passion and you will be happy in your career.” This can be tricky when making academic and career decisions because it can have the opposite effect of what was intended. Students can feel overwhelmed by the scope of that challenge and discouraged if such a singular passion is difficult for them to find. Some student advocates have begun questioning the language we use when working with students who are exploring their options. This facilitated discussion will delve into these issues more deeply and offer a more palatable, advice-giving paradigm.

March 21st Accessibility Resources and Service at the University of North Carolina at Chapel Hill

with Tiffany Bailey, Director, Accessibility Resources and Service

The Office of Accessibility Resources and Service (ARS), a part of the Division of Student Affairs, works with departments throughout the University to assure that the programs and facilities of the University are accessible to every student in the University community. ARS provides reasonable accommodations, so students with disabilities who are otherwise qualified may, as independently as possible meet the demands of University life. This session will provide an overview of ARS including the identification process, current policies and practice and types of accommodations. Additionally, we will discuss hot topics in disability services and current case law.

April 11th Trauma Stewardship

with Bob Pleasants, Ph.D., Interpersonal Violence Prevention Coordinator

Trauma Exposure Response or secondary trauma is “a transformation that takes place within us as a result of exposure to the suffering of other[s]...” according to Laura van Dernoot Lipsky and Connie Burk, authors of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*. Being able to recognize, prevent, tend to, and cope with secondary trauma, also called *trauma stewardship*, is an important skill for higher education faculty and staff who support students through difficult experiences. This presentation and discussion will help uncover individual, organization, and societal structures which may expose us to trauma, as well as those which provide us support to cope with that trauma.

May 2nd Fostering Learning and Effective Interactions Through Mindfulness and Positive Emotions

with K. Carrie Adair, M.A., Graduate Student, Social Psychology and Elise Rice, Graduate Student, Social Psychology

Exciting research in the area of 'Positive Psychology' can offer us insight into ways that we can be effective - and help students be effective- in an academic setting. Mindfulness and positive emotions in particular appear to play important roles in the creation of supportive learning environments and in meaningful and productive interactions. In this session we will discuss what the research to date has to say about the benefits of positive emotions and mindfulness, why they may be important for learning and relationships, and finally some practical ways to cultivate these states. We will then open the floor to a larger discussion about how mindfulness, positive emotions, and well-being are important for personal as well as student success.

Bring a friend!

For further information or requests for future topics, contact:

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