EXPLORE

Carolina Firsts are encouraged to Explore. Exploring allows you to grow intellectually, appreciate diverse perspectives, and to cultivate a sense of purpose and vocation.

A. Growing Intellectually

TIER 1 (SELECT TWO)
- Meet with an Academic Coach
  Meeting with an experienced coach about your goals can help you structure your time and priorities.
  Use Form 1 for Submission Procedures
- Attend a financial literacy workshop sponsored by the Office of the Dean of Students
  Learning about finances at an early stage will serve you well in the future. Not knowing how to manage your money may have crippling consequences. The Office of the Dean of Students provides a series of workshops designed to help you manage your finances.
  Use Form 2 for Submission Procedures
- Attend one workshop sponsored by the Undergraduate Library
  These workshops are designed to help you learn coping and life skills that will help you succeed in college, career and life
  Use Form 2 for Submission Procedures

TIER 2 (SELECT TWO)
- Apply for a grant, fellowship, scholarship or internship through a UNC Office or Department
  Put yourself out there and pursue grants, fellowships, scholarships and internships that will benefit your academic and personal development. For this requirement you only need to submit proof that you applied for something. The Office of Distinguished Scholarships or the Office of Undergraduate Research are two of the many Departments or Offices at UNC where you can apply for grants, fellowships, scholarships or internships.
  Screenshot of submission confirmation page or screenshot of confirmation email
- Apply to a selective program or award at Carolina
  Engaging in programs offered at UNC and/or awards is an important part of your experience. Even if you don’t receive the award or admission to a program, the idea is to get you involved and engaged. The Center for Global Initiatives offers many programs and awards.
  Screenshot of submission confirmation page or screenshot of confirmation email
- Attend one information session, workshop, career fair
  Attending programs such as information sessions, special workshops and/or career fairs is really important since you never really know what this can lead to.
  Use Form 2 for Submission Procedures

TIER 3 (SELECT TWO)
- Participate in a Reading Program
  Reading Programs are designed to bring a group of students together to reflect on a book that is relevant to the student experience or current social/political climate. Summer and non-summer reading programs are good examples of things that you can do.
  Provide a one-paragraph description of the book

- Attend a grant-writing workshop
  The idea behind this requirement is to make sure that you attend a workshop that will provide you with tricks on how to apply for grants. This is an important skill worth mastering.
  Use Form 2 for Submission Procedures

- Present at a Professional Conference
  Any conference that has helped your professional development will count towards meeting this requirement. Attending conferences is often times gateway experiences to other opportunities.
  Upload email confirming acceptance to the conference and a picture of yourself presenting

TIER 4 (SELECT ONE)
- Complete an Honors Thesis, Senior Thesis, or independent study course
  This requirement is intended to ensure that you have experience working with a professor and have a well-developed paper that can serve as a writing sample for a potential graduate school application or job requirement.
  Upload thesis abstract with professor’s signature on the title page; upload screenshot of transcript.
- Participate in a Summer Enrichment Experience
  This requirement is intended to ensure that you receive proper mentorship during a summer enrichment experience.
  Upload acceptance confirmation email
- Serve as a TA or student intern for an academic department
  The skills that you learn as an intern or a TA will provide a strong foundation to your professional development.
  Use Form 4 for Submission Procedures

B. Appreciating Diverse Perspectives

TIER 1 (SELECT TWO)
- Attend a designated Educational Event with Carolina Performing Arts
  Carolina Performance Arts sponsors a series of events specifically labeled Educational Events throughout the semester. Some of these events might even have a debriefing session with the artists!
  Upload copy of ticket and photo of yourself at the venue
- Participate in an extended program or join a student organization that allows you to reflect on issues of diversity
  The idea behind this requirement is to make sure that you attend a program that allows you to discuss what it means to live in a diverse society in a thoughtful manner. An example of one would be the Carolina United Program or a student organization that focuses on cultural diversity.
  Use Form 2 for Submission Procedures

- Attend a campus tour
  UNC offers tours that are intended to help students observe the multiple perspectives that a location or an experience can have. Some of these tours are part of the Priceless Gem tours.
  Use Form 2 for Submission Procedures
- Attend an event that allows you to learn in greater detail about different experiences and/or cultural practices
  Being able to relate to people from all over the world is an important skill to develop during your time at UNC. The Center for Global Initiatives offers a myriad of excellent programming that will satisfy this requirement. Some possibilities are: New
Therefore, a survey such as Focus 2 through University Career Services can fulfill this requirement. Identify viable careers can be a daunting experience. As a FGCS you might not be aware of all of the possibilities and how your inherent skills can help you identify viable options. Carmen Gonzalez (Lookout Scholars Program Director) has provided this service for some students in the past. If you completed this requirement with her, please highlight this in your application.

Attend a VIA Character Strengths Seminar
Identifying viable careers can be a daunting experience. As a FGCS you might not be aware of all of the possibilities and how your inherent skills can help you identify viable options. Carmen Gonzalez (Lookout Scholars Program Director) has provided this service for some students in the past. If you completed this requirement with her, please highlight this in your application.

Attend a Focus 2 Seminar
Identifying viable careers can be a daunting experience. As a FGCS you might not be aware of all of the possibilities and how your inherent skills can help you identify viable options. Carmen Gonzalez (Lookout Scholars Program Director) has provided this service for some students in the past. If you completed this requirement with her, please highlight this in your application.

Meet with a Career Counselor
Exploring possible career pathways is instrumental to your success. You might not be aware of all of the possibilities out there and consequently, meeting with a specialist is very important. University Career Services offers one-on-one sessions with a counselor to help you explore your options after graduation.

Provide your CV or resume
Make sure your resume is always ready to go. Upload personal CV or resume

Provide a cover letter you have used in the past or draft one
Cover letters are important documents used by potential employers and admission officers to select candidates for jobs, internships, fellowships, etc. Therefore, learning how to create one is critical to your success. Upload recently utilized cover letter or create a cover letter for a job you plan to apply for.

Demonstrate involvement in a Professional Association related to your discipline
Being an active member in a professional association is important for your professional development. Use Form 4 for Submission Procedures

Participate in an academic society, group or club
Being an active member in an academic society can help stimulate your professional development. Examples are Tau Sigma National Honors Society or the Psychology Club. Upload screenshot with official acceptance to the association

Participate in a semester long internship
In order to supplement your classroom based knowledge, practical experience is needed. This can come in the form of a semester long experience such as an internship, work study position, or a student teaching position. Use Form 4 for Submission Procedures

Shadow a professional in your field of interest for 10 hours
In order to supplement your classroom-based knowledge, practical experience is needed. Shadowing a professional in your field of interest for 10 hours is an example of how to fulfill this requirement. Use Form 4 for Submission Procedures

Attend an Alternative Fall or Spring Break program
Alternative Fall Break or Summer Programs are a great opportunity for students to engage in an activity that will allow you to travel outside your local community and learn about different ways of living. These experiences don’t necessarily have to be international. Attending a Fall Break Program in Lumberton, NC can certainly count as long as the mission is to learn about different cultures and provide a service.

Submit a letter of support to an incoming Carolina Firsts student sharing your experience at Carolina.
Sharing your insight can be a powerful way to reflect on your experiences. We encourage you to write a letter to an incoming Carolina Firsts Student with some advice.
Make sure that during your time at Carolina you are 1) an active leader and 2) you able to be part of a committee that will allow you to make decisions for others. This can be done by being part of an executive board or having an active role in a student organization.

Use Form 2 for Submission Procedures

- Attend a leadership institute or exhibit significant leadership experience
Make sure that during your time at Carolina, you participate in a program that has allowed you to work on your leadership skills. Learning how to be an effective leader is a skill that you will always put to practice. UNC Leadership is one specific example.
Use Form 2 for Submission Procedures

- Attend a campus performance
Being an active learner means enhancing your classroom-attained knowledge by attending musical and theatre performances. Carolina Performing Arts provides a wide array of choices.
Upload selfie during intermission holding a copy of the program.

TIER 2 (SELECT ONE)
- Successfully complete a Transition Course with a grade of B+ or better
We want you to participate in rigorous courses that facilitate your learning, development, and connection to other students and to faculty. For a list of transition courses, visit [https://soe.unc.edu/thrive/index.html](https://soe.unc.edu/thrive/index.html).
Provide transcript

- Successfully complete a First-Year Seminar with a grade of B+ or better
First Year Seminars are small courses for incoming students designed to introduce you to intellectual life at the university.
Provide transcript

- Successfully complete a course with a Service Learning Component with a grade of B+ or better
There are many academic courses at Carolina that also provide service, leadership, and pre-professional experience. The APPLES program in the Center for Public Service offers many of these courses.
Provide transcript

- Complete a guided research course
There are many undergraduate courses that provide significant research experience. For a list of research courses and learning opportunities, visit [https://our.unc.edu/find-research-courses](https://our.unc.edu/find-research-courses).
Provide transcript

- Complete an Honors course with a grade of B or better
Honors Carolina courses are rigorous and provide an amazing opportunity to challenge yourself.
Provide transcript

TIER 3 (SELECT ONE)
- Participate in a Residential Learning Program
Students who are part of a residential program can enhance their academic and social experience. We encourage you to explore the many residential learning programs at UNC.
Use Form 2 for Submission Procedures

- Participate in an academic program over the summer
Remaining engaged during the summer can be a very rewarding experience. Summer programs are structured to help you learn new skills, become acquainted with resources and expose you to new ways of thinking. Some examples of summer programming that will count towards this requirement are Summer Bridge and any Undergraduate Research Experience (local or international).
Use Form 2 for Submission Procedures

- Participate in an undergraduate research program
Being part of a research apprentice program is critical for those students interested in attending graduate school. There are many programs at UNC that will fulfill this requirement. MURAP, McNair Scholars, and the Carolina Research Scholar programs are examples.
Use Form 2 for Submission Procedures

- Participate in a semester long service learning fellowship
Service Learning Fellowships are often times semester long experiences that provide students with an opportunity to serve their community. Fellowships through APPLES is one particular example.
Use Form 2 for Submission Procedures

- Receive a fellowship through the Office of Distinguished Scholarships or Honors Carolina
Fellowships come in many different forms. Any Fellowship received through the Office of Distinguished Scholars will count towards this requirement.
Use Form 2 for Submission Procedures

- Participate in a mentorship program through UNC
Being part of a mentorship experience is a powerful learning opportunity. During a structured mentoring program, you will work closely with a professor, faculty, staff member or peer mentor and you will learn skills necessary for your professional or academic development.
Use Form 2 for Submission Procedures

TIER 4 (SELECT TWO)
- Serve as a mentor via any UNC sponsored program
Mentoring other students is a beneficial asset to your development. Often times, you learn more about yourself by helping someone else. The University provides various program for you to mentor another student such as Transfer Student Ambassadors, SLI, MAP (Minority Advising Program), CSTEP, Carolina Covenant etc.
Use Form 2 for Submission Procedures

- Serve as a counselor or coordinator for a UNC program
Serving as a counselor is an important endeavor. There are multiple programs at the University that allow you to engage in this opportunity such as serving as a Project Uplift Counselor, Bridge Coordinator, etc.
Use Form 2 for Submission Procedures

- Serve as a peer tutor for at least one semester
Tutoring and serving as peer educators are beneficial assets to your development as a student. By tutoring others, you have the opportunity to help someone else and master the content of a subject. Serving as a peer tutor for a semester or as a One Act Peer Educator are some of the many examples.
Use Form 2 for Submission Procedures

- Participate in a cohort experience
By grouping students together and allowing them to take courses together, cohort experiences provide a unique opportunity to the development of students. Some examples of this can be being part of the Lookout Scholars Program, or the UNC Men’s Project Cohort Experience under the Office of Student Wellness.
Use Form 2 for Submission Procedures

- Serve as a Resident Advisor
Serving as a resident advisor is a challenging endeavor that will allow you to exercise leadership skills.
Use Form 2 for Submission Procedures

- Complete the Buckley Public Service Scholar program
Having completed the requirements of the Buckley Public Service Scholars program will allow you to be a well-rounded student with experience in multiple areas.
Use Form 2 for Submission Procedures

CELEBRATE

Carolina Firsts bring unique assets and perspectives to the University. It is important to recognize and celebrate your accomplishments. The following requirements are intended to fulfill this goal.

A. Recognizing and Celebrating the Accomplishments of Carolina Firsts

TIER 1 (SELECT FIVE*)
- Attend a lecture from the Diversity and Student Success Speaker Series from the Office of Diversity & Inclusion
Upload selfie during the event

- Attend one First Gen Friday Event sponsored by the Carolina Firsts Student Organization
Upload selfie during the event

- Attend one Carolina Firsts Signature reception event such as: Week of Welcome, Carolina Firsts Family Weekend, Carolina Firsts Homecoming
Upload selfie during the event

- Attend Successposium sponsored by the Office of Undergraduate Retention
Upload selfie during the event

- Attend a conference designed to affirm your identities
Upload selfie during the event

*May select multiple events per category. For example, you can attend two First Gen Friday events.

firstgeneration@unc.edu

STUDENTSUCCESS.UNC.EDU/CAROLINA-FIRSTS-HONORS-PROGRAM

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