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Spring 2009 Commencement

Commencement is an exciting time for both graduates and their families. To enhance the graduation experience, UNCW has made changes to commencement. Please review the information below and contact the Office of Transition Programs with any questions.

First, UNCW will have four commencement ceremonies celebrating the May 2009 graduates. All ceremonies will take place at Trask Coliseum. The Cameron School of Business will hold their ceremony at 2:30pm on

Friday, May 8. The School of Nursing & Watson School of Education will hold a joint ceremony at 5:30pm on Friday, May 8.

The College of Arts & Sciences will be having two ceremonies. The first will take place on Saturday, May 9 at 10am and the second will be held the same day at 1pm. A ceremony schedule with specific majors within the College of Arts & Sciences is on the following page.

Second, guests of graduates will not need tickets

to attend a ceremony. This change removes the restrictions concerning the limited number of guests able to attend a student's ceremony.

We look forward to being apart of this important time for you and your graduate.

For more information about the ceremony and department events, visit the commencement website at www.uncw.edu/commencement.

*Heather Baruch
Transition Programs*

Traditions: Oozeball

Oozeball is an annual mud volleyball fundraiser hosted by the UNCW Ambassadors. Gallons of water are continually pumped into the cut-out courts in the middle of a (previously) grassy field to make three giant mud pits. By the day of the event, nets are erected over the mud pits and the games commence! All students, from freshmen to seniors, look forward to participating in this tradition each Spring.

Oozeball 2009 will take place on Saturday, April 18 at 6:30pm at the Gazebo Recreation Area.



*Denise Galbraith, Student
Transition Programs*

Student Accounts and Cashiering Services

E-Refunding Profile Set-up begins Sunday, March 1, 2009

Effective July 1, 2009, electronic refunds will be issued directly from UNCW. The Higher One card students received in the mail prior to their first semester will no longer be used to issue student refunds. Students will need to establish a profile to receive any excess funds from loans, overpayments, scholarships, and grant monies.

UNCW is committed to making the new process a success and hope you will support us in this endeavor. Important information regarding student accounts is communicated via e-mail, and students are reminded to check their e-mail frequently.

Please contact Student Accounts Services @ 910-962-3147 if you have any questions.

How to Set Up a Secure and Confidential Profile:

Beginning March 2009, students may establish their profile by visiting the Student Accounts website at <http://www.uncw.edu/ba/finance/studentaccounts/>.

1. Select e-bill and log in.
2. Select the e-refunds tab at the top of the page.
3. Enter your bank account information so refunds can be deposited into your account electronically. Data en-

tered in the profile is secure and confidential. The refunds are direct-deposited into the checking or savings account specified.

Additional Information:

- * Bank account information is not stored on campus. It is secured offsite in a Payment Card Industry (PCI) compliant environment.
- * All students receiving a financial aid refund need to set up direct deposit via our e-refund system.

*Sissy Hendricks
Student Account Services*

Spring 2009 Commencement Ceremonies

Date	Time	School/College
5/8/09	2:30 p.m.	Cameron School of Business
5/8/09	5:30 p.m.	School of Nursing & Watson School of Education
5/9/09	10 a.m.	Sciences, Arts, & Humanities in the College of Arts and Sciences Art, Biology and Marine Biology, Chemistry and Biochemistry, Creative Writing, Computer Science, English, Environmental Studies, Film Studies, Foreign Languages and Literatures, Geography and Geology, History, Marine Science (Graduate School), Mathematics and Statistics, Music, Philosophy and Religion, Physics and Physical Oceanography, & Theatre
5/9/09	1 p.m.	Social Sciences in the College of Arts and Sciences Anthropology, Communication Studies, Health and Applied Human Sciences, Liberal Studies, Psychology, Public and International Affairs (formerly known as Political Science), Sociology and Criminology, & Social Work

For more information about commencement, visit www.uncw.edu/commencement.

Is That a Lobster? Oh— It's My Student!

The weather is finally getting warmer and summer is getting close. Your student may have sun, surfing, and the beach on his or her mind. The semester is wrapping up and finals are fast approaching. Wrightsville Beach and outdoor pools seem to be the location of choice for many. We know that a little sunshine feels good and improves our mood, but the last thing we want is an overcooked child! Review these tips and share them with your son or daughter to ensure that they are protecting their skin while having a great time this spring and summer!

☀ Apply sunscreen with an SPF of 15 or higher 15-20 minutes before exposure to the sun to allow for full absorption. Reapply every few hours and after swimming or sweating.

☀ Drink up! Water that is!

Sweating causes the body to lose water that it needs to work properly.

☀ Don't forget to eat! Many students don't bring snacks or eat before heading to the beach. Not eating increases one's risk of low blood sugar and fainting. Encourage your student to pack plenty of water-packed fruits, veggies, and other beach-friendly foods to avoid passing out in the sun.

☀ Our eyes need protection too! Make sure to wear sunglasses that have 100% UV protection. Burnt eyeballs not only look creepy, but could lead to eye damage!

☀ Encourage your son or daughter to perform skin self-exams to become familiar with existing growths and to notice any changes or new growths. We recommend seeing a dermatologist once a year.

☀ Protect your head! A wide-brimmed hat is helpful in protecting our face and ears in addition to sunscreen.

☀ Get out of the sun for a while! Many students plan to be at the beach all day. We suggest a couple of hours at the most. If they feel the need to stay out all day, encourage them to go into an air conditioned restaurant for lunch or for a while in the afternoon to cool down a bit.

I love the beach, sun and pool, but we at the UNCW Abrons Student Health Center consistently encourage everything in moderation. Keep that skin covered with sun block, drink plenty of water, and take a lengthy break from the sun with each visit! Happy Spring!

Trisha M. Schleicher, MS, CHES
Abrons Student Health Center

Sound Mind, Sound Body 2009

Each year, the UNCW Counseling Center collaborates with campus partners to present *Sound Mind, Sound Body*. This program is designed to promote mental, emotional, and physical well-being, as well as personal and academic success in the campus community. Students are encouraged to attend as many programs as they can to gain the most from this event.

Sound Mind, Sound Body consists of workshops, displays, presentations, and activities that aim to:

- Promote emotional well-being through life-skills development.

- Decrease the stigma and increase awareness about mental health issues.
- Educate about health eating practices.
- Encourage exercise and physical activity.
- Enhance the appreciation of human diversity.

The annual *Sound Mind, Sound Body* event for 2009 will be held on April 16th. Please view the full schedule of events on page 4.

Jim Dolan, Ph.D., Staff Counselor
Counseling Center

Sound Mind, Sound Body 2009

Schedule of Events

Time	Event	Location
9-11 AM	QPR Suicide Prevention Training- RSVP to Counseling Center (910-962-3746)	Counseling Center Conference Room
11:30 AM-1 PM	Salsa Creation Competition, co-sponsored with Health Promotion	Campus Commons
11:30 AM-1 PM	Healthy Budget Cooking, co-sponsored with Student Health Association	Campus Commons
11:30 AM-1 PM	Voices of Recovery, co-sponsored with Crossroads	Campus Commons
11:30 AM-1 PM	Spirituality & Labyrinth, co-sponsored with Krista Harrell	Campus Commons
1-2 PM	Meditation Program	Masonboro Room, Fisher Student Center
1-3 PM	Stress Coping Techniques, co-sponsored with Active Minds	Bald Head & Sunset Beach Rooms, Fisher Student Center
3-4 PM	Walk & Talk, co-sponsored with Housing & Residence Life & Health Center	Clock Tower, Fisher Student Center
4-6 PM	Happy Hour, co-sponsored with Housing & Residence Life	Sharkey's Game Room
4-6 PM	Resource Table on stress, alcoholism, & trauma, co-sponsored with PSY347	Fisher Student Room Lobby
7 PM	<i>Charlie Bartlett</i> - Movie & Panel Discussion, co-sponsored with Housing & Residence Life, Crossroads, & Health Center	Lumina Theatre, Fisher Student Room



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The Office of Transition Programs provides a comprehensive array of programs designed to meet the unique needs of undergraduate students and parents from orientation through graduation. Programs generate an intentional connection for the students through engaging interactions with other students, faculty and staff. Ultimately through this community participation each student is provided the opportunity to improve critical thinking, problem solving, academic achievement, interpersonal and intrapersonal growth and civic responsibility.