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## UNCWelcome! Go Hawk Wild!

Congratulations on your student's decision to attend UNCW! We are anxiously awaiting their arrival to campus to introduce to or reacquaint them with their life as a member of the Seahawk Nation through our UNCWelcome program!

The goal of UNCWelcome is to help our UNCW students make a smooth transition to college and to provide them the best opportunity to learn about the many resources and opportunities available on campus. UNCWelcome efforts are designed to help students get to know the campus and the people available to help them reach their goals, learn about being a member of the UNCW community, and meet other students!

All new incoming students will be mailed a UNCWelcome 2009 Booklet filled with the list of events. The booklet will also be available in a PDF format at

[www.uncw.edu/uncwelcome](http://www.uncw.edu/uncwelcome). Check out the comprehensive list of activities in the booklet to see what events your student may be interested in!

Many of the events are specifically targeted to off-campus, non-traditional and transfer students. If your student identifies with any of those categories, make sure to look for those words in the event titles. Other events are intended for all students, faculty and staff to attend, but are very "family friendly" as well. Look for the special icon with each listing to identify events and programs where spouses and children are welcome.

For the complete listing of the over 70 events scheduled for UNCWelcome, visit our website at [www.uncw.edu/uncwelcome](http://www.uncw.edu/uncwelcome). The Campus Activities & Involvement Center (CAIC) in the Fisher Student Center, Room 2029 is also

your student's gateway to entertainment, involvement and leadership on campus. Tell them to stop by, and we will help them get connected to campus life.

To see what is happening on campus throughout the year, visit the CAIC website at [www.uncw.edu/activities](http://www.uncw.edu/activities). Hundreds of events from a variety of organizations and departments are listed there so our students will always know what's happening on campus.

Please refer to Page 4 of this issue to view highlight events for UNCWelcome 2009!

Again, welcome to the UNCW family and we hope that your student will take every opportunity to experience all that UNCW has to offer!

*Jon Kapell and Clifton Williams,  
UNCWelcome Co-Chairs*

# How Can the Career Center Help Your Student?

Getting good grades is not enough to separate you from the competition. Employers want candidates with relevant experience. The economy is making it even harder for recent graduates to find jobs. The good news is that the UNCW Career Center is here to help. We assist student of all levels, as well as alumni, and we are even here over the summer.

The Career Center helps with exploring majors and careers to help students find the best fit for their interests, skills, personality, and values. We can aid your student in writing

their resume and cover letter, as well as creating a portfolio. Students can also participate in a practice interview. The Career Center helps students plan and prepare graduate school applications. Tell your son or daughter to call the Career Center at 910-962-36174 or stop by the office in the Fisher University Union Room 2035 to set up an appointment to meet with one of our Career Counselors.

*Mark Werbeach, Career Development Counselor  
The Career Center*

## Home for the Summer

### HEALTHY LIVING

The clashing expectations of parents and college students returning home for the summer can wreak havoc on what should be a joyful time.

Parents happy to have their students home may overlook the changes in their students. College students accustomed to living an independent life may feel stifled when expected to step back into the same family role with the same rules. And certainly both have ideas about what the summer is going to be like and they're not always on the same page.

The surprising truth is that both parents and students have changed over the past two semesters. Parents have adjusted to daily life with their student away at school. Students have adjusted to life

without much direct supervision. Problems can arise when individual expectations don't adjust for change.

Here are three "R's" to follow to help you enjoy a clash-free summer:

#### **Release**

Letting go of expectations is one of life's more difficult tasks. As students discover who they are and what they want to do in life, their discoveries might not align with their parents' hopes and expectations. Acceptance and support for your student as they chart their own course will lead to positive relationships.

#### **Responsibility**

Students often confuse newfound autonomy with lack of responsibility. Finding that

they suddenly have household chores and rules to follow may chafe and lead to resentment as well as reluctance to come home. Clarity about expectations and responsibilities while living at home is helpful. Peaceful coexistence (as well as modeling responsible behavior) means having some flexibility while maintaining certain limits.

#### **Renew**

Healthy relationships take work. Get to know each other by inviting discussion even when you and your student may have opposing points of view. Now is the time to encourage open communication that will develop lifelong adult-to-adult relationships.

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

## Spend Less...Get More Ideas for Thrifty Menus

With uncertainty in the economy, many people are taking a second look at their spending habits and trying to stretch a dollar. It can be quite overwhelming in the grocery store trying to pick the healthiest foods at a reasonable price. It is even more frustrating when you check out and with the touch of a button a huge chunk of your budget is gone!!

Although grocery shopping is initially a large investment, it truly saves money compared to eating out but **ONLY** if you eat the foods you buy! This is where being thrifty can be helpful. Hopefully these tips will help you revamp your grocery shopping and save you some extra cash too!

**Use coupons only when applicable to what you eat!** In these tough economic times it makes sense to get excited about coupons, but make sure you will actually eat the foods! Some coupons are tricky because they make you buy 2 of a product to get \$1 off. If you have a larger family this may be helpful, but if you are shopping for 1 or 2 this could cost you. Unless it is something you can freeze and will eat at a later date.

**Think about choosing some vegetarian sources of protein.** You don't have to always eat meat for your protein sources. Beans, nuts, and seeds (including the butters, such as peanut butter) tend to be less expensive than poultry and other meats and are great sources of protein. You can also stretch your meats out. Remember a recommended serving of protein is only 3oz. or the size of a deck of cards. Fill the rest of your plate with whole grains, fruits, and vegetables, which tend to be lower in cost.

**Buy frozen vegetables instead of always getting fresh.** Sometimes fresh vegetables can be more expensive, especially if that vegetable is not in season. Frozen vegetables are equally as healthy and if you don't eat them all that week, they will save in your freezer for a longer time. Just watch out for the sauces...plain is best.

**Use more seasonal fruits and vegetables!** Make the effort to visit local farmer's markets because their produce tends to be fresher and lower in price! Also, buy produce that is in season. Here are some popular fruits and veggies:

Green Beans- Jun-Sept  
Blueberries- May-July  
Cucumbers- Jun-July  
Tomatoes- July-Oct  
Apples- August-February

To find out more about produce in NC visit <http://www.feastsoutheastnc.org>.

**Buy foods from bulk bins.** These foods tend to be cheaper because you don't pay as much for all the packaging. Plus, you can buy only the quantity you need. This works well for cereals, granola, beans and other grains.

Here are a few more grocery shopping tips; remember to always plan out your meals for the week, make an organized grocery list, **NEVER** go to the grocery hungry (this can really increase your grocery bill), and always compare brands!

For more information on thrifty meals visit <http://www.cnpp.usda.gov/publications/foodplans/miscpubs/foodplansrecipebook.pdf>. This website is a great resource for more detailed information! Happy Shopping and Saving!!!

*Alice Merritt, Nutritionist  
Health Promotion Services*

# UNCWelcome Highlight Events

## SEAHAWK NATION

Race & Beyond with Dr. Maura Cullen

Sunday, August 16 - 7 p.m. in the Burney Center Ballroom

This honest and engaging program will help build our SEAHAWK NATION. One of the core issues we face is our fear of being judged and misunderstood. This session goes beyond our fear of saying the “wrong” thing and teaches more effective and compassionate ways to connect within the SEAHAWK NATION.

## Beach Blast

Tuesday, August 18 - 11 a.m.-3 p.m. - Wrightsville Beach Crystal Pier (near the Oceanic Restaurant)

This is an annual tradition not to be missed! The Seahawks are going to the beach! Student will enjoy free food, music, surfing, volleyball and more!

## UNCWeekends Kickoff:

Guinness World Record Breaking Game of Tag and Concert

Thursday, August 20 - 6 - 9 p.m. - Gazebo Recreation Area

UNCWeekends, along with the Sport Club Council, kicks off the year with a new UNCW tradition...breaking a world record by playing the largest game of tag! After we shatter the record, stick around for food, drinks and a live concert.



*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.*

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## Traditions: Orientation

Each summer, new students travel to UNCW to take part in Orientation and learn how to make successful academic and personal adjustments to UNCW. Run by the Office of Transition Programs, Orientation is a two day program for freshmen and a one day program for transfer students. Orientation covers many topics including student accounts, financial aid, student services, housing and more! Students also receive their Student ID card and register for classes during Orientation.

New students are greeted by Orientation Leaders, current UNCW students who guide them through the Orientation program, introducing them to campus and university activities as well as fellow students. These Orientation Leaders answer questions students have, direct activities throughout Orientation and serve as leaders to new students and the UNCW community.

For more information about Orientation, visit [www.uncw.edu/orientation](http://www.uncw.edu/orientation).

Heather Baruch  
Transition Programs