



SOAR
G

RESOURCE

GUIDE

2025-2026

WHAT YOU CAN DO AT SOAR

FIRST STEPS




-  Attend the Welcome Session
-  Follow YFY on Instagram @uncg_yfy
-  Save the YFY texting line into your phone: 1-336-541-6939

BREAKOUT SESSIONS

Tackle SOAR Breakout Sessions by planning which sessions to attend!

-  _____
-  _____
-  _____

SPARTAN EXPO

-  YFY Station
-  Connect with campus resources
-  Get a stamp from 4 tables to receive your free t-shirt!

EXPO CHALLENGE

Get FOUR stamps/stickers from different Campus Partners!



Make sure you stop by the YFY ZONE and get a stamp!



COMPLETE THE CHALLENGE TO GET YOUR FREE T-SHIRT
IN THE UNCG BOOKSTORE LOCATED ON THE FIRST FLOOR OF THE EUC

MEET YOUR SOS

MY SOS IS...

MY GROUP NUMBER IS....

SPARTAN CARD

The SpartanCard is your all-in-one campus ID card gives you access to university programs and services!

- ☐ Take your SpartanCard Photo
- ☐ Pick up your SpartanCard if you uploaded your photo online!

Pick your SpartanCard up on SOAR day 2!


UNCG MOBILE

UNCG Mobile keeps you connected to the latest information and resources for UNC Greensboro!

- ☐ Download the UNCG Mobile App
- ☐ Find the notifications icon on the homescreen
- ☐ Select "Your First Year" to opt-in and view YFY messages!

AFTER YOU SOAR

Get prepared for your first year at the G!

-  Submit your immunization records
-  Confirm or waive enrollment in Student Blue Health Insurance
-  Submit final transcripts to Undergraduate Admissions
-  Pay your student bill

MEET THE SOS

SPARTAN ORIENTATION STAFF 2025-2026



AIKA MWANRI

BIOLOGY
Chapel Hill, NC



**AILYN
LEON-CRUZ**

BUSINESS ADMINISTRATION
Hidalgo, Mexico



**AMY
GOMEZ-MORAN**

PSYCHOLOGY
Raleigh, NC



**ANDREA
LOPEZ-ROBLES**

BUSINESS ADMINISTRATION
Winston-Salem, NC



BLANCA GONZALEZ

ACCOUNTING & FINANCE
Roxboro, NC



BRENDA DELACRUZ

**INFORMATIONAL SYSTEMS &
SUPPLY CHAIN MANAGEMENT**
Asheville, NC



BRIAN FLORES

FINANCE
Salisbury, NC



BRIAN RAMIREZ

COMPUTER SCIENCE
Charlotte, NC



**CASSANDRA
GALVAN-RUIZ**

PRE-NURSING
Asheboro, NC



**EMELI
HERNANDEZ-URENA**

MIDDLE GRADES EDUCATION
Greensboro, NC



**EMILY
CARACHURE**

ELEMENTARY EDUCATION
High Point, NC



**FATIMA
HERRERA RANGEL**

**HUMAN DEVELOPMENT
& FAMILY STUDIES**
Raleigh, NC



FATIMA RAYA

**BUSINESS
ADMINISTRATION**
Wilson, NC



GLORIA SUKIDI

COMPUTER SCIENCE
Raleigh, NC



ISAIAH AKINBO

POLITICAL SCIENCE
Charlotte, NC



JA'SAI BRANCH

**MUSIC PERFORMANCE
(POPTech)**
Burlington, NC



J'ZEN WOOD

PSYCHOLOGY
Jacksonville, NC



KAT REYES

KINESIOLOGY
Chapel Hill, NC



KAYLA STEFANIK

**BUSINESS
ADMINISTRATION
MARKETING**
Sanford, NC



**MATHEW
AMBROSINO**

COMPUTER SCIENCE
Greensboro, NC



**MIMI
VALVERDE AVILA**

PRE-NURSING
Winston-Salem, NC



MONAE MCCRAY

PSYCHOLOGY
High Point, NC



**NATALIE
RICHARDSON-
HERNANDEZ**

PSYCHOLOGY
Kannapolis, NC



**NELLY
ALMEIDA SILVA**

PSYCHOLOGY
Outer Banks, NC



NY'KIRAH STREET

BIOLOGY
Henderson, NC



PRAISE KIDIMBU

BIOLOGY
Raleigh, NC



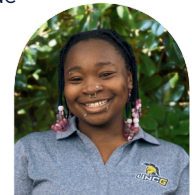
TAYLOR HYMAN

KINESIOLOGY
Clayton, NC



TAYLOR SHERROD

BIOLOGY
Winston-Salem, NC



**TRINITY
RICHARDSON**

ENGLISH
Holly Springs, NC



SPARTAN ORIENTATION STAFF

CAMPUS RESOURCES

6-TECH (ITS Service Desk)

336.256.8324
its.uncg.edu

Academic Achievement Center

336.334.4925
success.uncg.edu/departments/aac

Accessibility Resources & Services

336.334.5440
oars.uncg.edu

Athletics Ticket Office

336.334.3250
uncgspartans.com

Campus Activities & Programs

336.334.5800
cap.uncg.edu

Campus Bookstore

336.334.5563
uncg.bncollege.com

Campus Safe Walk

336.334.5963
police.uncg.edu/services

Campus Violence Response Center

336.334.9839
cvrc.uncg.edu

Career & Professional Development

336.334.5454
cpd.uncg.edu

Cashiers and Student Accounts

336.334.5831
spartancentral.uncg.edu/
tuition-billing-payments

Counseling Center

336.334.5340
shs.uncg.edu/cc

Dean of Students Office

336.334.5514
sa.uncg.edu/dean

Elliott University Center

336.334.5510
euc.uncg.edu

Esports

336.334.3236
esports.uncg.edu

Financial Aid and Scholarships

336.334.5702
fia.uncg.edu

Housing and Residence Life

336.334.5636
hrl.uncg.edu

Immunizations

336.334.5340
shs.uncg.edu/immunizations

Inclement Weather Line

336.334.4400
spartanalert.uncg.edu/adverse-weather

Intercultural Engagement

336.334.5090
intercultural.uncg.edu

International Programs Center

336.334.5404
international.uncg.edu

Leadership and Civic Engagement

336.256.0538
olce.uncg.edu

Math Help Center

336-256-2597
success.uncg.edu/departments/
math-help-center/

New Student Transitions & First Year Experience

336.334.5231
newstudents.uncg.edu

Parking Operations & Campus Access Management

336.334.5681
parking.uncg.edu

Recreation & Wellness/Kaplan Center

336.334.4030
recwell.uncg.edu

Spartan Family Engagement

336.334.5099
sa.uncg.edu/division-of-student-affairs/
parents-families/

Spartan Mail

336.256.0147
businesscenter.uncg.edu/postal/

SpartanCard

336.334.5651
businesscenter.uncg.edu/spartancard/

Student Employment

336.256.0403
cpd.uncg.edu/career-ready/
student-employment/work-on-campus/

Student Health Services

336.334.5340
shs.uncg.edu

Student Rights and Responsibilities

336.334.4640
osrr.uncg.edu

Study Abroad & Exchanges

336.334.5404
studyabroad.uncg.edu

Teaching and Learning Commons

336.334.5980
utlc.uncg.edu/residentialcolleges

Title IX Office

336.256.0422
titleix.uncg.edu

The Communication Lab

336-334-3125
success.uncg.edu/departments/
communication-lab/

Transfer Initiatives

336.334.3787
success.uncg.edu/transfer-initiatives/

TRIO Programs

336.256.1127
success.uncg.edu/trio/

UNCG Dining

336.334.4101
dineoncampus.com/uncg

UNCG Military-Affiliated Services

336.334.5632
military.uncg.edu

UNCG Police (Emergency)

336.334.4444
spartanalert.uncg.edu/phone-numbers

UNCG Police (Non-Emergency)

336.334.5963
police.uncg.edu

UNCG Theatre Box Office

336.334.4392
vpa.uncg.edu/home/tickets-3

Undergraduate Research, Scholarship and Creativity Office

336.334.4271
utlc.uncg.edu/ursco

University Libraries

336.334.5304
library.uncg.edu

University Main Line

336.334.5000

University Registrar's Office

336.334.5946
reg.uncg.edu

Your First Year

336.541.6939
go.uncg.edu/yfy

ACADEMIC ADVISING CENTERS

Bryan School of Business & Economics

336.334.5928

College of Arts & Sciences

336.334.4361

College of Visual & Performing Arts

336.256.0440

Exploratory Majors

336.334.5730

School of Education

336.334.3410

School of Health & Human Sciences

336.334.9753

School of Nursing

336.334.4686

Spartan Central is the one stop place for UNCG undergraduates to get information about tuition, financial aid, registration, graduation, and so much more.

Spartan Central

spartancentral.uncg.edu

RAWKIN' WELCOME WEEKS



1ST WEEKEND @ THE G

FRIDAY
15
AUGUST
1st Friday @ the G!

SATURDAY
16
AUGUST
RecFest

SUNDAY
17
AUGUST
Live @ the G!

CHECK OUT FULL
RAWW SCHEDULE



MONDAY

18
AUGUST

NAV**1G**ATE

FIRST DAY AT THE G

WEAR YOUR NAVY
SOAR T-SHIRT



NEED
HELP?

LOOK FOR SPARTAN
SPEARS ON THE FIRST
2 DAYS OF CLASSES
STAY TUNED FOR MORE UPDATES FROM YFY.

YOURFIRSTYEAR



GET INFO FAST

A QUICK REFERENCE TO PORTALS
AND SITES FOR STUDENTS

1 UNCG LOGIN LIST

Username and password
cheat sheet for students



2 SPARTAN CENTRAL

One stop place for important information



3

SOCIAL MEDIA

Instagram: @UNCG_yfy

4

TEXTING LINE

1-336-541-6939

Text us your questions anytime



5

FIRST YEAR CONNECT NEWSLETTER

A monthly e-newsletter
highlighting important information



MONDAY | AUGUST 18 | 2025

7:45 a.m. Breakfast provided for all new students

- Moran Commons, Fountain View Dining Hall
- Residential students - Follow your RA to breakfast
- Commuter students - Park in Walker Deck (Free) & head to the Fountain View Dining Hall for breakfast (free)

8:10 - 9:00 a.m. NAV1GATE ticket pick-up

- Follow a NAVIGATOR from breakfast
- Get your ticket in the Quad on your way to Fleming Gym

8:10 a.m. Doors open for NAV1GATE

- Coleman Building, Fleming Gym
- Have your SpartanCard ready to check-in

9:20 - 9:45 a.m. Chancellor's Welcome Celebration

- Coleman Building, Fleming Gym

9:50 - 10:30 a.m. GPS: Get Prepared to Succeed

- Coleman Building, Fleming Gym

10:45 - 11:45 a.m. Dean's Welcome

- Various locations, follow your NAVIGATOR

11:45 a.m. Traditions Walk

- Various locations, follow your NAVIGATOR

12 - 1:30 p.m. Bash @ the Caf & Spartan Dessert Bar

- Moran Commons, Fountain View Dining Hall

WEAR YOUR SOAR
T-SHIRT!



TEXT YFY
1-336-541-6939
WITH QUESTIONS



TAG
@UNCG & @UNCG_YFY
IN YOUR PICTURES

-GRAB YOUR NAV1GATE TICKET-
YOUR FAN MATCHES YOUR COLLEGE OR SCHOOL COLOR!



Spartan SPEARS help students find their way around campus on the first two days of classes each semester. Look for the lime on Tuesday, August 20 and Wednesday, August 21!

Have questions? Follow Your First Year on Instagram for important information and updates throughout the year @uncg_yfy

TEXT YFY: 1-336-541-6939

YOUR
FIRST
YEAR

RAWKIN'
WELCOME
WEEKS

Scan to view the full schedule of
Rawkin' Welcome Weeks events!
<https://newstudents.uncg.edu/yfy/rww/>



STUDENT LEADERSHIP OPPORTUNITIES

New Student Transitions & First Year Experience believes that student leaders are vital to our work in supporting new Spartans in their transition to college.



Leadership Skills



Build Connections



Give Back



UNC GREENSBORO

New Student Transitions & First Year Experience



ONLINE PEER SUPPORTERS

The Online Peer Supporters are a resource for online-degree seeking students to provide academic tools, find resources, and adjust to the online learning environment.



SPARTAN ORIENTATION STAFF

The Spartan Orientation Staff (SOS) help new students and their supporters transition to UNCG and serve as a resource for all new students during and after SOAR

NAV1GATE

FIRST DAY AT THE G



MORE INFO



WEAR YOUR NAVY SOAR SHIRT
BREAKFAST & LUNCH INCLUDED

**MONDAY
AUGUST 18**

NEWSTUDENTS.UNCG.EDU



STORM THE STREETS

JOIN THE SPIRIT MARCH TO THE MEN'S BASKETBALL HOME OPENER

Scan the QR Code for more information!



YOUR FIRST YEAR SUCCESS SERIES

Kick off your first year at the G by participating in the YFY Success Series!

- ★ Time Management
- ★ Note Taking
- ★ Study Skills
- ★ Test Taking Strategies
- ★ Career Exploration
- ★ Communication Skills

Scan for more!

YOUR
FIRST
YEAR



ATTEND 5+
EVENTS TO
WIN

BECOME A WINNER!

Attend 5+ YFY Success Series events and become a winner!

- Success series certificate
- Free swag
- AND MORE!

CONTACT US

✉ yfy@uncg.edu

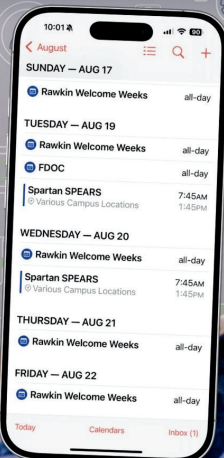
💬 1-336-541-6939

📷 @uncg_yfy

YOUR FIRST YEAR SUCCESS PLANNER

Coming Soon!

Get ready for an interactive digital planner experience with everything you'll need at your fingertips for a successful first year at the G! More info to come.



SPARTANS THRIVE

UNCG'S Quality Enhancement Plan

The college experience redefined - your wellness journey is as pivotal as your academic voyage.

- MAC Foundations
- Spartan Experience
- Spartans 1st Mentorship Program

“How will you
THRIVE in
Your First Year?”



UNCG









SPARTANS THRIVE 2025-2026

SPARTANS' FIRST MENTORING PROGRAM



Spartans' First Mentoring Program targets first time in college students, offering a smooth transition to campus life. Through the program, you'll be paired with a mentor who aligns with your academic path and will provide a support network from day one.

This connection aims at ensuring you thrive socially and emotionally, while addressing critical factors in overall well-being.

-  **Build confidence**
-  **Feel empowered to ask for help**
-  **Create connections that matter**
-  **Explore campus resources**

Mentors and mentees are matched based on shared interests, majors, and life experiences!



SIGN UP FOR A MENTOR!





Still need housing?
Limited Space Available
 Email hrl@uncg.edu



ARE YOU READY FOR MOVE IN???

Pre-Move In Tips!

- Purchase renters insurance to protect your stuff.
- Start talking to your roommate about expectations.
- Review our What to Pack/What Not to Pack List.

Learn more about Move-In and Stop, Drop, and Roll!

go.uncg.edu/movein



STUDENT AFFAIRS
HOUSING & RESIDENCE LIFE

Phone.....336.334.5636

Email.....hrl@uncg.edu

Website.....hrl.uncg.edu

Social.....@uncghrl

OFFICE OF ACCESSIBILITY RESOURCES & SERVICES



IF YOU ARE/HAVE:

Blind or Low Vision • Deaf or Hard of Hearing • Learning Disability (LD) • Attention Deficit Disorder (ADD/ADHD) • Mobility Disability • Psychological Disorders, including anxiety, depression, Bipolar, etc. • Medical Conditions • Any condition impacting a major life activity

WE CAN HELP:

Extended time • Distraction
 Reduced Testing • Audio or E-Books • ASL Interpreters • Accessible Furniture • Other Reasonable Accommodations



CONNECT NOW
GO.UNCG.EDU/OARS.REGISTER



OFFICE: 215 EUC
PHONE: 336.334.5440
WEB: OARS.UNCG.EDU
EMAIL: OARS@UNCG.EDU

STUDENTS FIRST OFFICE (SFO)

SFO is UNCG's Academic One-Stop-Shop with staff available to help any undergraduate student understand, navigate, and utilize academic policies and procedures.

SFO can assist with:

Academic advising and registration procedures
 Major and minor exploration
 Course withdrawal
 Academic and Financial Aid Appeals
 Academic standing policy
 Graduation plans
 GPA calculations
 Starfish flags and referrals
 Academic and campus resources
 Strategies to address academic challenges

Follow us!



UNC Students First Office



@UNCG_SFO



@UNCG_SFO



UNC GREENSBORO
 Students First Office

Consejeros disponible en español!

Forney Student Success Commons, Suite 101
 336-334-5730 | students@uncg.edu | studentsfirst.uncg.edu



STUDENT AFFAIRS
STUDENT HEALTH
SERVICES

Don't be late, submit by the date!



Student **Blue**SM

ENROLL IN

OR WAIVE OUT

Immunization Records

Upload your Immunization Records
through the online Patient Portal.

Scan the QR code to visit the
Immunization Requirements page
and watch the upload instructional video.
**Must be registered for classes first! The
deadline is August 1, 2025.**



Insurance Verification

Complete the insurance requirement
through the Student Blue Portal
each semester. **The deadline to
verify your personal insurance
information is September 10, 2025.**

FOR QUESTIONS FEEL FREE TO CALL US AT 336.334.5340. VISIT OUR WEBSITE AT SHS.UNCG.EDU

COMPASSIONATE CARING

CONVENIENT

Services Offered

- PRIMARY MEDICAL CARE
by Board Certified Medical Providers
- LABORATORY & X-RAY
- PRESCRIPTION REFILLS
for Students, Staff and Faculty
- SPORTS MEDICINE
- GYN SERVICES
(including IUD and Nexplanon)
- MASSAGE THERAPY
- MENTAL HEALTH & WELL-BEING
- IMMUNIZATION CLINIC



VISIT OUR
WEBSITE
shs.uncg.edu

LOCATE US
107 Gray Drive
(across from Moore Strong)
Residence Hall

CALL US
336.334.5340
main office number



STUDENT AFFAIRS
STUDENT HEALTH
SERVICES

All UNCG students are welcome
and eligible to receive services!

PHARMACY SERVICES

Including Prescription Refills for Student, Staff and Faculty



Student Health Services
has a full service pharmacy.



Most insurance benefits
accepted for prescriptions!



Faculty, Staff and Students
can have their prescriptions
transferred from their previous
pharmacy to ours with no hassle!

Refill requests can be made at any time by phone at
(336) 334-3530, or by submitting a Rx refill request.



Student **Blue**SM

UNC Greensboro students who are enrolled in StudentBlue
have a \$15 co-pay and their prescriptions are covered at 100%.



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

UNCG ACADEMIC SUPPORT PROGRAMS



UNC
GREENSBORO
Division of
Student Success



ACADEMIC ACHIEVEMENT CENTER

TUTORING

- Trained, faculty recommended peer tutors
- Helps with many 100- and 200-level non-math department classes
- Small groups and drop-ins are available

COACHING

- Peer-led small group and one-on-one coaching sessions
- Coaching helps with general academic skills, such as goal setting, time management, note taking, and more



336.256.8548



aac@uncg.edu



go.uncg.edu/aac



MATH HELP CENTER

- Provides content-based free tutoring
- Includes help for many 100- and 200-level courses
- Helps with mathematics, economics, statistics, physics, and more
- Tutoring is offered both in-person and online



336.256.2597



mathelp@uncg.edu



go.uncg.edu/mhc

COMMUNICATION LAB

- Works with students on any communication project
- Helps with writing, speaking, or digital composing
- Assists at any point in the creation process



336.334.3125



commlab@uncg.edu



go.uncg.edu/commlab



UNIVERSITY PROCTORING LAB

- The University Proctoring Lab (UPL) provides a clean, quiet, and monitored testing environment
- The UPL also assists with accommodated testing and proctors for testing partners, such as ETS, CLEP, and more
- Available for out-of-class exams, tests, and quizzes, with faculty approval.
- Find more details on testing.uncg.edu/upl



proctoring@uncg.edu

Follow us on Instagram to see hours, locations, events, and any important updates!



[@uncgcommlab](https://www.instagram.com/uncgcommlab)



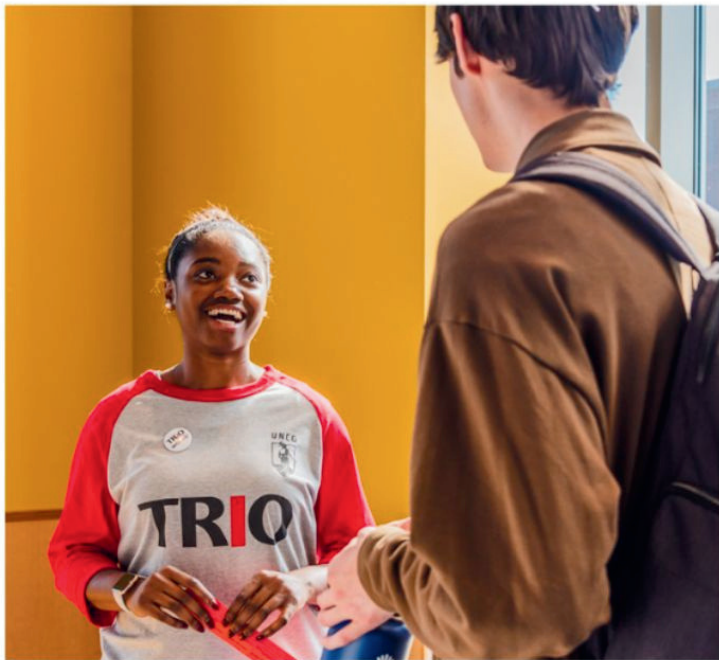
[@uncg_mhc](https://www.instagram.com/uncg_mhc)



[@aac_uncg](https://www.instagram.com/aac_uncg)

TRIO

Student Support Services
Student Support Services – STEMH



ELIGIBILITY

- **First Generation:** neither biological or adoptive parents have a bachelor's degree.
- **Low Income:** as determined by the Department of Education.
- **Disabled:** disability or disabling condition that is documented with the Office of Accessibility Resources & Services (OARS).

VISIT US

211 Forney, Student Success Commons

VISIT OUR RESOURCE CENTER

113 Forney, Student Success Commons

Office Hours: Monday-Friday, 8AM-5PM

Web: success.uncg.edu/trio

Email: sss@uncg.edu

Phone Number: (336) 334-4925

WHAT WE OFFER

The TRIO program prepares you for success with services and tools that are available at no charge.

Transportation is provided to all campus activities.

WHY JOIN THE SSS PROGRAM?

We provide wraparound services that promote academic, personal, and professional growth, as well as assistance navigating financial aid and financial literacy.

The Student Support Services (SSS) program is a part of the TRIO family of programs that supports students in achieving their dream of higher education.

"As a first-generation college student, I have been able to use SSS resources that supported me to excel in my courses!"

- Miroslava Martinez
SSS Classic Student

HOW TO APPLY



SSS Classic serves 210 undergraduate students in all majors and at all levels.

[**< SCAN HERE**](#)



SSS STEM Majors (STEM-H) serves 120 undergraduate students in STEM majors.

[**< SCAN HERE**](#)



The University Libraries are OPEN!

Pardon our dust...we're creating the library of the future!

Both Jackson Library and Schiffman Music Library are open and ready to assist UNCG students.

Visit us during SOAR and in the fall!



Digital Resources

Access to millions of e-books and journal articles



Librarian Support

Research consultations, in person support, and virtual chat




Interlibrary Loan

Borrow from libraries around the world



Special Collections & University Archives

Explore archival materials in person and online

Learn more about the Jackson Library renovation at library.uncg.edu or scan the QR code 





UNC
GREENSBORO

OFFICE OF LEADERSHIP & CIVIC ENGAGEMENT



WE PREPARE CHANGEMAKERS

We develop, promote, and advance civic engagement, leadership development, and meaningful service to create positive social change.

- Develop skills and gain experiences to add to your resume
- Impact your community during days of service and community service opportunities
- Earn a leadership medallion through the Spartan Leadership Challenge
- Learn about and address issues you care about
- Grow personally, professionally, and civically

**Leadership
Development**

**Meaningful
Service**

**Civic
Engagement**

217 Elliott University Center | Greensboro, NC 27402
lead@uncg.edu | 336.256.0538 | olce.uncg.edu



@UNCG_OLCE

Sign-up for our weekly announcements to learn more about upcoming events!

RATED E FOR EVERYONE

OFFICE OF INTERCULTURAL ENGAGEMENT

WHO ARE WE?

The Office of Intercultural Engagement (OIE) supports our diverse student body in achieving academic goals by promoting student success through culturally rich experiences and affinity focused support.



FIND US ON INSTAGRAM @UNCG_OIE



GETTING INVOLVED



INTERGROUP DIALOGUE

Spartans in Dialogue is a 5-week interactive dialogue experience for all students that is designed to build meaningful relationships across difference.



IDENTITY DEVELOPMENT & COMMUNITY

The Intercultural Leadership Council is open to all UNCG student organizations that promote, foster and encourage respect and meaningful intercultural and cross-cultural understanding and appreciation of similarities and differences.



GENDER & SEXUALITY

The Gender and Sexuality Educators work to provide all students with programming centered around gender and sexuality including our Safe and Trans Zone trainings!

EXPERIENCE COMMUNITY



Herencia is a student collective that celebrates Latine and Hispanic heritage and identity. Herencia connects all students to campus and community resources, cultural programs, one-on-one support, and referrals to help students achieve academic goals.



THE BLACK COLLECTIVE

The Black Collective (TBC) fosters community and celebrates African, African American, and Black identities. TBC recognizes the unique experiences of Black students and offers all students a platform for connection, fellowship, personal growth, and academic success.

062 ELLIOTT UNIVERSITY CENTER INTERCULTURAL.UNCG.EDU (336) 334-5090



GET INVOLVED!

Campus Activities and Programs (CAP)

CAP provides opportunities for students to create meaningful relationships, explore interests, and develop a sense of self and an appreciation for their community.

CAP manages major campus events and advises ACE, supports student group recognition and development, advises the Student Government Association, provides support to fraternity and sorority life chapters, and advises the student newspaper and radio station.

250+
STUDENT GROUPS
offering a wide variety of interests

100+
EVENTS FOR STUDENTS
including carnivals, concerts, comedy shows

20+
FRATERNITY & SORORITY LIFE CHAPTERS
across four councils

Learn more at cap.uncg.edu
@uncgcap : @uncgfs : @uncgace

MAKE MEMORIES MAKE A DIFFERENCE MAKE YOUR MARK



LEARN MORE ABOUT FRATERNITY & SORORITY LIFE AT UNC GREENSBORO
go.uncg.edu/fsl
@uncgfs



STUDENT AFFAIRS
FRATERNITY & SORORITY LIFE

On-Campus & Off-Campus Jobs

PART-TIME JOB FAIR

WEDNESDAY
AUG. 27
1-4PM
EUC, CONE
BALLROOM

Federal Work Study Jobs Available

Register in HANDSHAKE
handshake.uncg.edu



CAREER & PROFESSIONAL
DEVELOPMENT
336.334.5454 • careers@uncg.edu



STUDENT AFFAIRS
CAREER & PROFESSIONAL
DEVELOPMENT

We are here
to help you:

Work
On Campus



Explore
your options



Apply
for jobs



Strengthen
your **Resume**



Expand
your **Network**



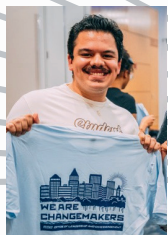
Consider
Grad School



And
So Much More!



careers@uncg.edu | cpd.uncg.edu | 336.334.5454 | Elliott University Center #1



SPARTAN EXPERIENCE

Level Up Your College Experience

- ▶ LEADERSHIP
- ▶ CAREER
- ▶ INCLUSION
- ▶ WELL-BEING
- ▶ CONNECTIONS



SPARTAN FAMILY ENGAGEMENT

WELCOME to the SPARTAN FAMILY!

We are here to support you and
your spartan during this journey.

FEATURES

- Family Portal
- Parent & Family Advisory Council
- Newsletters
- Personalized Assistance
- Events



FOLLOW US





STUDENT AFFAIRS

SPARTAN WELL-BEING

Spartan Well-Being is a Health Promotion and Prevention office that delivers intentional programming to prioritize the health and wellness of students



SKILL BUILDING WORKSHOPS

- Sensible Sleep
- Financial Wellness
- Eating Well at the G
- Dimensions of Wellness
- Sexpectations
- Healthy Relationships
- Spartan Scents
- Stress Management
- Food Safety



SUPPORT GROUPS

- Mindful Walking
- Spartans Together
- Healthy Behaviors
- Healthy Boundaries
- Muslim Student Support Group



WELL-BEING AND FINANCIAL COACHING

A collaborative partnerships between the student and coach to co-create solutions and strategies to address student driven goals surrounding either their well-being or their financial wellness.



CAMPUS WIDE OUTREACH

- HIV/STI Testing & Health Fair
- Be Well. Stay Well.
- Wellness Wednesdays
- Exam Prep Wellness Rooms
- Condom Fairy

Mental Health Trainings

- Ask. Listen Refer
- Question. Persuade. Refer.
- Mental Health First Aid

Monthly Social Norming Campaigns

- Suicide Prevention Month
- Domestic Violence Awareness
- Addictions & Alcohol Education
- Sexual Assault Awareness Month



LEADERSHIP SKILLS DEVELOPMENT

Spartan Well-Being Action Team



SCAN FOR MORE INFO

ARE YOU A FIRST GENERATION STUDENT?



**What is a First
Generation
College Student?**

Neither parent/guardian graduated
from a 4 year university.

Watch this video
to find out more!



Who Supports First Generation Students?



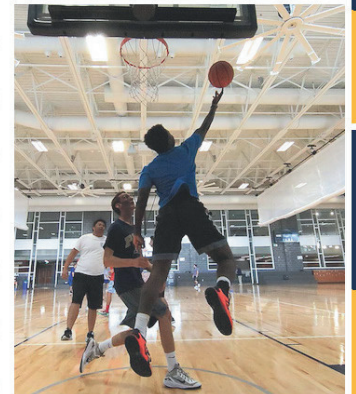
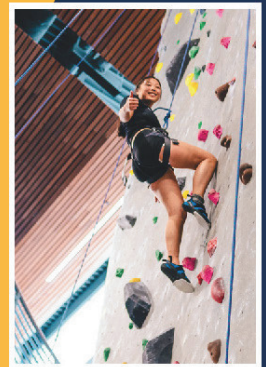
'1st G' is a student led organization that serves
to generate pride in first-generation students
by fostering service to our community and
providing a support network at UNCG.



'First G at the G' is a department-led
committee that supports 1st generation
college students in various roles on-campus.



**JOIN
TODAY**



**STUDENT AFFAIRS
RECREATION
& WELLNESS**

  
recwell.uncg.edu



**UNC
GREENSBORO**
Division of Student Affairs
Counseling &
Psychological Services

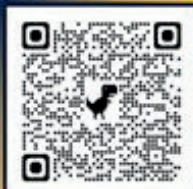
**INDIVIDUAL
COUNSELING**
Free For students
No insurance needed
CALL (336) 334-5874 TO
SCHEDULE A SCREENING



**STUDENT AFFAIRS
CAMPUS VIOLENCE
RESPONSE CENTER**

GROUP COUNSELING & WORKSHOPS

Shared Spaces
Focused on a
Range of Mental
Health Topics



**STUDENT AFFAIRS
Counseling &
Psychological Services**
FIND YOUR SUPPORT HERE!

CRISIS SERVICES

Need to talk to someone urgently?
rapid access hours:

Monday-Friday 12:00PM- 4:00 PM

No appointment necessary

PSYCHIATRY

low cost psychiatry services
medication management

Call (336) 334-5874
to set up a screening

CAMPUS VIOLENCE RESPONSE CENTER(CVRC)

A single point of access for UNCG
students who have experienced
violence, including sexual assault,
intimate partner violence, stalking,
sexual or gender-based harassment,
and all other forms of violence.

Services Include:

VICTIM ADVOCACY,
TRAUMA-FOCUSED
COUNSELING,
GROUPS,
WORKSHOPS, AND
OUTREACH





SPARTAN

EDUCATION SCHOLARS PROGRAM

Interested in Becoming a teacher?



The **UNCG Spartan Education Scholars Program** fosters servant leadership in a diverse, global context. Scholars engage in teaching-related activities that build leadership skills, strengthen community commitment, and deepen socio-cultural awareness. Development of global awareness, leadership, and civic responsibility will occur through engagement in a variety of activities.

These opportunities for an enriched professional and educational experience include:

- ✓ Early Internships
- ✓ International Experience
- ✓ Under Graduate Research
- ✓ Leadership Development
- ✓ Integrated Seminars
- ✓ Residential Living
- ✓ Community Engagement
- ✓ Alumni Network

For additional information please reach out to Dr. Faith Freeman at fabrown@uncg.edu.



UNC GREENSBORO
Religious Life Council

RLC

We're a cooperative association of faith communities representing different perspectives of belief, sharing ideas, and working together.

Connect
with us!

Campus Outreach (interdenominational)
cocharlotte.org | ebone.smith@campusoutreach.org

Catholic Campus Ministry
greensborocatholic.com | hello@greensborocatholic.com

Cooperative Baptist
dolpj23@wfu.edu | 402-369-3261

Episcopal Campus Ministry
stmaryshouse.org | katy@stmaryshouse.org

InterVarsity (interdenominational)
intervarsity.org | phillip.watkins@intervarsity.org

Hillel (Jewish)
nchillel.org | info@nchillel.org

Muslim Students Association
uncgmsa@gmail.com

Ukirk Greensboro (Presbyterian)
linktree.ee/ukirkgso | ukirkgso@gmail.com

Wesley-Luther (Methodist and Lutheran)
wesleyluther.org | info@wesleyluther.org

**VOLUNTEERS
NEEDED**

SOP

SPARTAN OPEN PANTRY



wesleyluther.org/sop

A free campus food pantry serving students and staff struggling to afford the food they need.

Follow us on
social media!



Spartan Open Pantry

Smith Campus Ministries Center



Building bridges, celebrating differences

Come visit the Smith Associated Campus Ministries Center!

We are an interfaith center in the heart of UNCG's campus, across from the Elliott University Center. Baptist, Catholic, Jewish, Lutheran, and Methodist groups that meet in the center welcome students of **all faiths and backgrounds**.

Open all day: The Smith ACM Center is open 9am-9pm. Quiet spaces, comfy lounges, TVs, board games, and coffee are all available.

Counseling: The center partners with Counseling to offer weekly LGBTQ+ and Latinx group meetings, Free Expressions art therapy, and personal counseling.

Free dinners: Join us for great food and fellowship every week!

SOP: The Smith ACM Center is home to the Spartan Open Pantry, serving UNCG students and staff experiencing food insecurity. The SOP distributed almost 70,000 pounds of food last year.

Backyard haven: Enjoy a peaceful, hidden spot with gardens, picnic tables, and a beautiful koi pond.



CAMPUS TRADITIONS

MINERVA

Minerva, the goddess of Wisdom. Tradition has it that if you take a bite of an apple and leave it at her statue, she'll bring you good luck on your exam!

THE RAWK

For 24 hours at a time, students use The Rawk as a message board to communicate with the entire campus.

THE CLOCK

According to campus legend, students who walk underneath the clock tower won't graduate on time. Most students don't take any chances.

THE DAISY

The daisy is our official school flower and inspired the original two school colors of gold and white! It is tradition each year to give new students a daisy at NAVIGATE!

UNIVERSITY BELL

The ringing of the University bell is a tradition to open the academic year at the start of each fall semester at NAVIGATE! The bell is also run at Commencement.

THE DONUT

Legend has it that in 1980, Dunkin' Donuts were served at a staff meeting in the basement of Jackson Library. After the meeting, one donut remained, and That very donut is preserved and displayed in the Library!

ACADEMIC CALENDAR

NAV1GATE

August 18

FIRST DAY OF CLASS

August 19

FALL BREAK

October 13 - 14

LAST DAY OF CLASS

December 3



Scan here for important semester by semester dates and deadlines!





UNCG's College of Visual and Performing Arts (CVPA) presents over 400 exhibitions, productions, and concerts a year in its Schools of Art, Dance, Music, and Theatre and brings world-class visiting artists to campus through the University Concert and Lecture Series (UCLS).

Many of these events are free, and the ticketed ones always include special student pricing.

Live Your Life with Live Arts!
vpa.uncg.edu

I WANT TO BE A:

- PHYSICAL THERAPIST
- ATHLETIC TRAINER
- COACH
- PHYSICIAN'S ASSISTANT
- SPORT PSYCHOLOGIST
- OCCUPATIONAL THERAPIST
- PERSONAL TRAINER
- FITNESS LEADER

B.S. in KINESIOLOGY

CONCENTRATIONS:

- SPORTS MEDICINE & MOVEMENT SCIENCE
- FITNESS SPECIALIST

MINORS OPEN TO STUDENTS IN ANY MAJOR

- SPORT COACHING
- SPORT & SOCIAL DEVELOPMENT

Do you want to...

- Work in healthcare but aren't exactly sure doing *what*?
- Promote healthy lifestyles and physical activity?
- Work with kids and families?
- Help individuals of all abilities and backgrounds live fulfilling lives?
- Influence policy and improve access to healthcare and resources?
- Lead programs to support individual and community wellbeing?
- Advocate for underserved populations?
- Foster peaceful, inclusive, and vibrant communities?

We have a major for you.

Communication Sciences and Disorders
Community and Therapeutic Recreation

Genetic Counseling

Gerontology

Human Development and Family Studies

Human Health Sciences

Kinesiology

Nutrition

Peace and Conflict Studies

Public Health Education

Social Work

Learn more:

hhs.uncg.edu

askhhs@uncg.edu



UNC GREENSBORO

School of Health
and Human Sciences



@UNCGHHS @UNCG.HHS @UNCGHHS



UNC GREENSBORO
School of Music

NON-MAJOR OPPORTUNITIES IN MUSIC

TOPICS IN HIP HOP

MUS 212

JAZZ APPRECIATION

MUS 214

HISTORY OF ROCK MUSIC

MUS 229

MUSIC APPRECIATION

MUS 241

MUSIC FOR FILM

MUS 242

MUSIC AND POLITICS

MUS 370

POPULAR MUSIC COMPOSITION & ARRANGING

MUP 114

COMPOSITION SKILLS

MUP 115

BEGINNING GUITAR

MUP 180

BEGINNING PIANO

MUP 182

BEGINNING UKULELE

MUP 184

MAKING MUSIC WITH COMPUTERS

MUP 220

LATIN JAZZ ENSEMBLE

ENS 301/601

Open to all university students.

STEELPAN ENSEMBLE

ENS 371/671

Open to all university students.

LATIN AMERICAN FOLK MUSIC ENSEMBLE

ENS 372/672

Open to all university students.

OLD TIME ENSEMBLE

ENS 377/677

Open to all university students.

INDIAN MUSIC ENSEMBLE

ENS 378/678/778

Open to all university students.

SPARTAN VOICES

ENS 380/680

Open to all university students.

UNIVERSITY CHORALE

ENS 382/682

Membership by audition. Open to all university students.

CORO DI BELLE VOCI

ENS 387/687

Membership by audition. This course is open to all UNCg students who are sopranos or altos.

CHAMBER SINGERS

ENS 388/688/788

Membership by audition.

SINFONIA

ENS 390/690

Open to all university students without audition.

SYMPHONY ORCHESTRA

ENS 391/691/791

Membership by audition. Open to all university students.

CONCERT BAND

ENS 392/692

Open to all university students without audition.

SYMPHONIC BAND

ENS 394/694

Open to all university students without audition.

WIND ENSEMBLE

ENS 393/693/793

Membership by audition. Open to all university students.

JAZZ ENSEMBLES I/II

ENS 395/ENS 396

Membership by audition. Open to all university students.

ATHLETIC BAND

ENS 397

Open to all university students.



music.uncg.edu



[uncgsom](https://uncgsom.com)

THE WOMEN'S, GENDER, AND SEXUALITY STUDIES PROGRAM

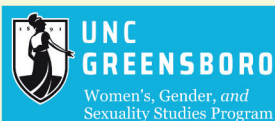
WELCOMES YOU TO



OUR LIFE-CHANGING CLASSES FULFILL
REQUIREMENTS FOR GENERAL EDUCATION:

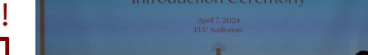
WGS 250 • WGS 270 • WGS 280

SCAN TO
LEARN
MORE



ALPHA LAMBDA DELTA

A national honor society for
first-year students that
encourages academic
achievement, intelligent
living and learning, and
assists the development of
their goals.



Scan for
more info!



UNCG IN SOUTH AFRICA

First Year
Students
Only!



Application
Deadline:
Aug. 15

**Complete MAC
Requirements Abroad!**
SUMMER 2026

TAU SIGMA

An academic honor society
designed to recognize the
academic excellence and
involvement of transfer
students.

Opportunities for:

- Professional and career development
- Community among fellow transfer students
- Scholarships
- And more!

Scan for
more info!



CAMPUS ENTERPRISES

Making a difference for you



UNCG Dining



Parking & Transportation



Sustainability



UNCG Bookstore & Cafe



The Shops at Spartan Village



Vending



Spartan Card & Postal

<https://campusenterprises.uncg.edu/>



**UNC
GREENSBORO
ALUMNI**

**ONCE A
SPARTAN
.....
ALWAYS A
SPARTAN**



**Get
Connected!**



f UNCG ALUMNI
@uncgalumni
in UNCG ALUMNI
✉ alumni@uncg.edu

FOLLOW UNCG ON SOCIAL

 @uncgreensboro

 +  @uncg

DOWNLOAD DIGITAL SWAG



go.uncg.edu/digital-swag

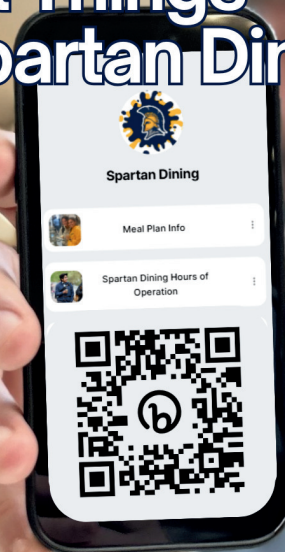
FOLLOW OTHER
CAMPUS ACCOUNTS



go.uncg.edu/social-directory




Scan For All Things Spartan Dining!



Explore:

-  2025 Meal Plan Options
-  Campus Dining Locations & Hours
-  Online Ordering with Transact Mobile

 Visit Our Website

www.dineoncampus.com/uncg

LinkedIn Learning

Don't forget to activate
your **FREE** membership!

Learn:

Software
Coding
Resume Writing
Study Skills

Plus, earn free
certifications and post
accomplishments on
your LinkedIn profile.



Activate: go.uncg.edu/linkedinlearning



UNCG tech support:
6-TECH SERVICE CENTER
256-TECH (8324) or 6-TECH@uncg.edu

DOWNLOAD THE UNCG MOBILE APP



-  Set notifications
-  Track the Spartan Chariot
-  Dining info
-  See laundry availability
-  And more!



go.uncg.edu/getmobile

Student Personal Property Protection

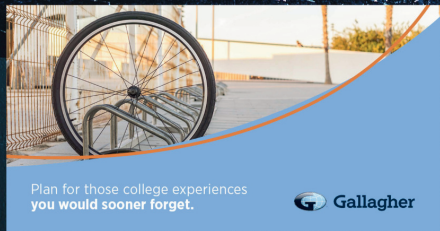


\$6,000 in coverage
with a \$25 deductible
for as little as \$152 per
year.

(Alternate limits and deductibles
available.)

Protection For:

- Computers
- Smart Phones & Tablets
- Electronics
- Exercise Equipment
- Bicycle
- Books
- Clothes
- School & Leased Items
- and Much More!



Protection Against:

- Accidental Damage
- Theft & Burglary
- Fire
- Flood
- Water Damage
- Vandalism
- Electrical Damage
- and So Much More!

Free Rides!

Students
can travel
the city
for free
with the
UMO app!

Scan the QR
code to
contact
UNCG
POCAM for
your free
UMO pass



GTA
ride connected.

umo



HAND-PICKED
GEMSTONE JEWELRY, STERLING
RINGS, GIFTS, AND MORE!



FOLLOW US
@SISTERSONTATE

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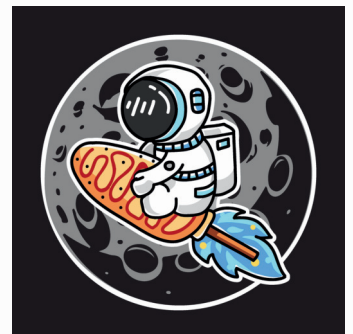
THANK YOU SOAR SPONSORS



UNC GREENSBORO
Parking Operations &
Campus Access Management



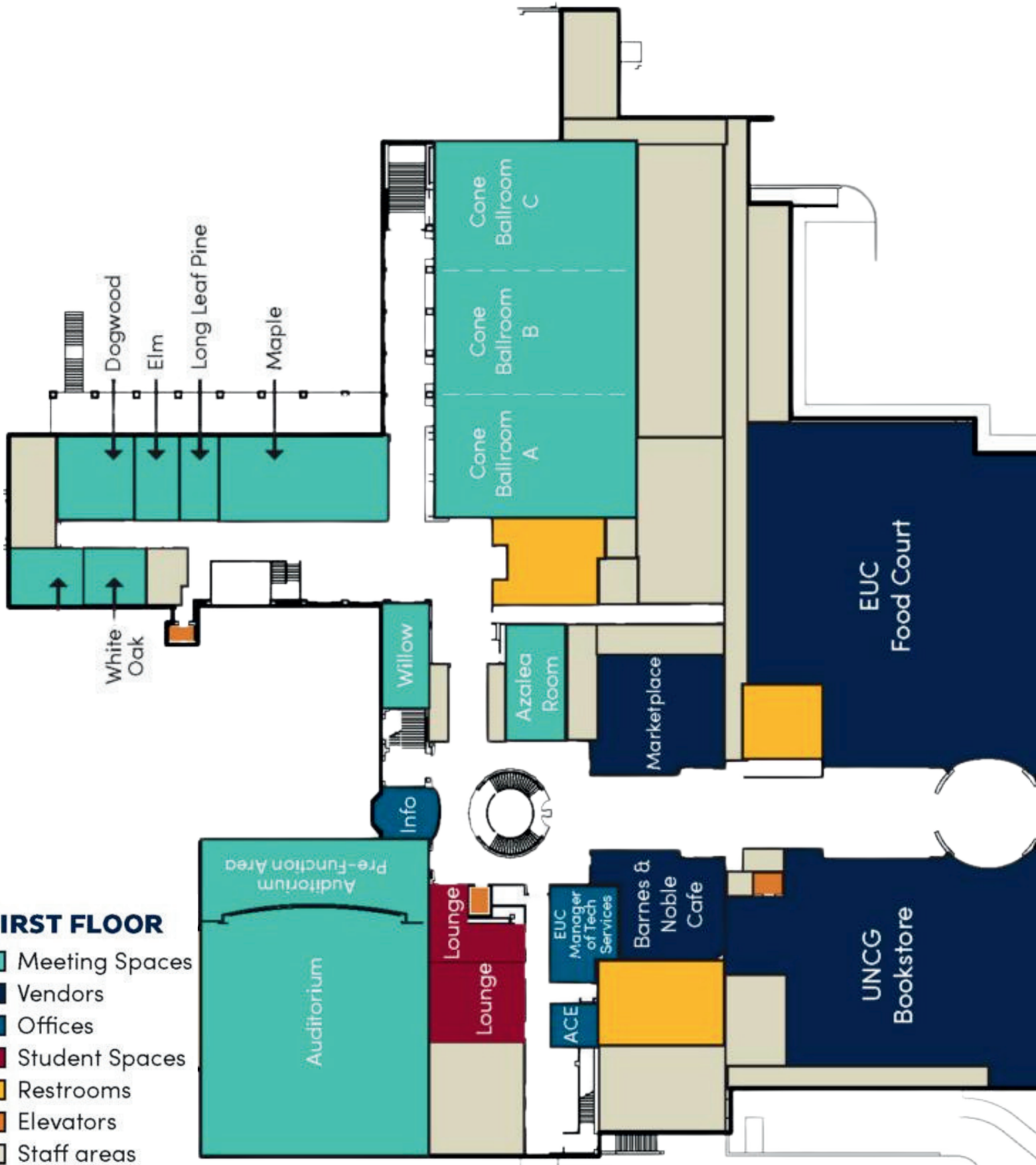
UNC GREENSBORO
Bookstore



ELLIOTT UNIVERSITY

FIRST FLOOR

- Meeting Spaces
- Vendors
- Offices
- Student Spaces
- Restrooms
- Elevators
- Staff areas



CENTER MAP

GROUND FLOOR

- Meeting Spaces
- Vendors
- Offices
- Student Spaces
- Restrooms
- Elevators
- Staff areas





Parking Operations &
Campus Access Management

Walker Avenue Parking Deck
506 Stirling Street
PO Box 26170

Greensboro, NC 27402-6170
parking.uncg.edu (336)334-5681

Office Hours:
Monday - Friday: 7:30am - 5pm

UNC GREENSBORO

EAST LAKE DR
W FRIENDLY AVE
W MARKET ST
W MARKET ST
W MARKET ST

1100 W MARKET ST
HEAT GTA

117 MCIVER ST
119 MCIVER ST
127 MCIVER ST

MCIVER DECK
VISITORS BY HOUR

CONCOURSE
MUSIC BUILDING

PEABODY PARK
WOODS

GRAY HOME
25A

GOVE HEALTH
24

26A

WELLS
28

MOORE-STRONG
27

ATHLETIC TURE SHOP

WELLS
27

WINFIELD
26

COIT
25

COTTEN
24

GRAY
23

HINSHAW
22

SHAW
21

COLEMAN
20

WALKER AVE
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ADMISSIONS

SOAR SCHEDULES

STUDENTS



Scan the QR Codes to
access the SOAR
schedules!

← OR →

PARENTS & FAMILIES



SOAR

**YOUR
FIRST
YEAR**

STAY CONNECTED

CONTACT YFY

- 1-336-541-6939
- yfy@uncg.edu
- @uncg_yfy
- First Year Connect Newsletter

SIGN UP FOR NOTIFICATIONS

1. Download the UNCG Mobile app
2. Find the notification icon on the home screen
3. Select "Your First Year" to opt-in
4. View YFY messages!

LOOK FOR SPARTAN SPEARS ON THE FIRST TWO DAYS OF CLASSES!

