



A Message from the Director of Student Health Services

The Student Health Services (SHS) Medical Clinic provides evidence-based, patient-centered care in a professional and compassionate manner that directly contributes to student success and well-being. Our board-certified medical providers are dedicated to high-quality and convenient patient care here on campus.

Student Health is accredited by the Association for Ambulatory Health Care (AAAHC), which demonstrates an organization's commitment to providing safe, high-quality services to its patients. Student Health offers a wide range of healthcare services for all UNCG students, many of which are covered by the student health fee. Students can be seen for preventive care (including physicals, gynecologic exams/PAP smears, and flu shots) and acute illness/injury. There is also an accredited laboratory and digital x-ray inside the clinic.

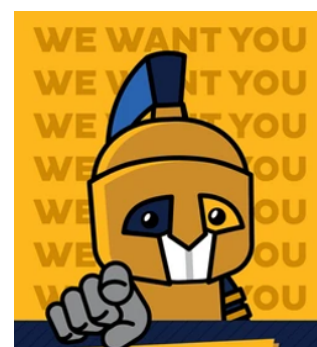
The student health fee supports affordable and equitable access to high-quality on-campus health services. It also helps support campus-wide health and well-being initiatives benefiting the whole Spartan community. The fee covers office visits and keeps clinic charges at competitive rates, often less than rates off-campus with insurance. SHS is an in-network provider for Student Blue Cross Blue Shield, Cigna, and MedCost insurance plans. Any charges can also be sent to student accounts. Students are encouraged to submit receipts to their insurance company for possible reimbursement for any fees that might be incurred.

We have an onsite pharmacy that accepts most insurance plans. Prescriptions can be filled from community providers as well as transferred from outside pharmacies. The pharmacy also carries many over the counter supplies at reduced costs. Students can also find support to navigate challenging times through a wide variety of service offerings in [Counseling and Psychological Services](#). These services enhance the quality of each Spartans' college experience and contribute to their academic retention and success.

We are excited to care for our students and assist them as they transition to seeking healthcare services as an adult. Every time they need services, they will discover professional and compassionate care that directly contributes to their well-being and overall success. If you have any questions, please visit the SHS Website at <https://shs.uncg.edu/>.

***With Spartan Pride,
Darren Aaron
Director, Student Health Services***

Spiro encourages students to explore all areas of wellness – check the [Kaplan Center](#) for a variety of programming, equipment, and areas to de-stress and hang out!





A message from the Director of Mental Health and Well-Being

Students' mental health and well-being are critical to their success in college, and parents and families play an instrumental role in supporting their student's mental health and well-being. The [Counseling & Psychological Services](#) and [Spartan Well-Being](#) offer students ways to learn and be proactive in their mental health and well-being, as well as support services. Students have access to everything from healthy relationship workshops, counseling, and 24/365 (336-334-5874) crisis response, all at no additional charge! Services and resources are provided through tuition and student health fees. Whether your student is struggling with goal setting and decision making, anxiety and depression, or anything in between, our services can support their personal growth, academic success, and emotional health. We know "it takes a village," and we are honored to be a part of that village, creating a Culture of Care.

Want to learn more about supporting your students' and your community's mental health? During Parent and Family Weekend, we will offer Mental Health First Aid (MHFA)! MHFA teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. Look for more information during Parent and Family weekend announcements! Want to get started today? [Ask. Listen. Refer.](#) Is an online suicide prevention course that teaches you to identify people at risk for suicide, including risk and protective factors. To support your student's holistic well-being, help them think about **ALL** 8 dimensions of wellness, including their career, cultural, intellectual, social, financial, emotional, environmental, and physical wellness. Let them know that there are resources and services on campus to support them holistically as they journey through college and toward graduation and beyond!

***With care and compassion,
Jennifer M. Whitney, Ph.D.
Director, Mental Health & Well-Being***



UNCG rolls out [Spartans Thrive](#) this fall, a university-wide health and wellness initiative for students, but especially our first time in college students, by incorporating health and wellness in academics, mentorships, etc., to support their college career. Click [here](#) for more information about UNCG's Quality Enhancement Plan.

Upcoming Campus & Greensboro Events



- **9/13/23:** [How to College 101: YFY Success Series](#)
- **9/13/23:** [Green Zone Training for Students](#)
- **9/10/23:** [Women's Soccer UNCG vs. Duke](#)
- **9/18-9-20:** [NC Folk Festival](#)
- **9/23/23:** [Men's Soccer UNCG vs. Penn State](#)

Open to Grad & Undergrad Students • Internships & Full-time Jobs

FALL CAREER FAIR

Wednesday, Sept. 27
1-4pm • Kaplan Center
handshake.uncg.edu



UNCG STUDENT AFFAIRS CAREER & PROFESSIONAL DEVELOPMENT

Career & Professional Development is hosting their Fall Career Fair, designed to connect UNCG students and alumni with world class employers and graduate schools. More than 45% of the represented employers are seeking interns, and 65% are interested in all majors. Students can register for the fair by visiting [Handshake](https://handshake.uncg.edu), our career management platform. No matter their reason for attending, students should come prepared in career fair attire and with multiple copies of their resume to provide to employers. First impressions are important!

Parents & Families, if you would like to see your organization represented at a UNCG Career Fair or another career readiness event, please contact careers@uncg.edu or have your HR team connect with UNC Greensboro on Handshake!

Register now!



UNCG SPARTAN FAMILY WEEKEND

OCTOBER 20-22

\$10 FAMILY MEMBER TICKETS

+ OPTIONAL ADD-ONS

REGISTRATION IS OPEN FOR SPARTAN FAMILY WEEKEND! FOR MORE INFORMATION VISIT

GO.UNCG.EDU/SFW2023

REGISTRATION DEADLINE: FRIDAY, OCTOBER 13

ENCOURAGE STUDENTS TO CONNECT WITH YOUR FIRST YEAR PROGRAMS, SERVICES, AND RESOURCES!

- 1 Contact us with questions!
Text: 1-338-541-8939
Email: yfy@uncg.edu
- 2 Follow us on Instagram @uncg_yfy for updates
- 3 Attend YFY Success Series events
- 4 Utilize the YFY Success Planner! Scan for the online version
- 5 Read the First Year Connect Newsletter

YOURFIRSTYEAR

YOURFIRSTYEAR SUCCESS SERIES

AUGUST		SEPTEMBER	
15 Fall Kickoff: Passport to Success 8:00am - 1:00pm Kaplan Center, 108-109	24 Make Taking 2:00pm - 4:00pm Kaplan Center, 108-109	13 How to College 101: Midterms Buffet 12:00pm - 1:30pm CSC, Commons	20 Success & Design: Career Fair Prep 1:00pm - 4:00pm CSC, Commons
22 Time Management 8:00am - 9:00am Kaplan Center, 108-109	30 Paper & Switch 7:00am - 8:00am CSC, Commons	18 Fall Prep 1:00pm - 4:00pm Kaplan Center, 108-109	27 Career Fair 1:00pm - 4:00pm Kaplan Center
OCTOBER		NOVEMBER	
3 Study Abroad 8:00am - 12:00pm CSC, Commons	25 Overcoming Procrastination 2:00pm - 4:00pm Kaplan Center, 108-109	14 Facing Your Fears 7:00pm - 9:00pm Kaplan Center, 108-109	29 First Friday Post-Work - Open 6:00pm - 8:00pm Kaplan Center
19 Success and Goals: LinkedIn and Networking 11:00am - 12:00pm Kaplan Center, 108-109		15 YFY Success Series Celebration 12:00pm - 1:00pm CSC, Commons	MORE INFO

FALL 2023 CALENDAR

Your First Year (YFY) offers a variety of programs and services to students who are in their first year at UNCG, to help them develop a strong foundation for academic and personal success! Encourage your students to connect with us by following us on

[Subscribe](#) to our email list.

Instagram, texting us questions, reading the First Year Connect newsletter, and attending one of our many Success Series events.



A Message from the Chair of the Parent and Family Advisory Council

Greetings Spartan Parents and Families!

I am Leila Blue and I serve as the 2023-2024 Chair of the Parent and Family Advisory Council (PFAC). We are a body of parents and family members who serve as a bridge between our students and the school staff. We have undergrad students that span all four levels of academic classification and even some graduate students! The one thing that we all have in common is that WE BELIEVE IN THE G! Our focus is to be an additional voice for students and to further motivate and encourage them where needed. Through various programs/events, grants and scholarships, we are committed to helping grow a stronger community, a sense of belonging, and ensure success for all UNCG students! We look forward to meeting more parents and students during our events. You can get involved by reaching out to the Student Affairs office at families@uncg.edu and they will direct you to our membership chair.

Wishing you and your student an amazing year at THE G!

An advertisement for the 'Spartan Safe' app. On the left, a dark blue panel contains the text 'BE SPARTAN SAFE' in white, 'CAMPUS SAFETY IN THE PALM OF YOUR HAND.' in yellow, and a list of features: 'Real-time safety alerts', 'Easy access to UNCG Police', and 'Live location-sharing for late-night walks'. Below this is 'DOWNLOAD THE APP NOW' in yellow, followed by QR codes for the 'Apple Store' and 'Google Play Store'. On the right, a hand holds a smartphone displaying the app's interface, which includes a 'Mobile BlueLight' button, a 'Chat with UNCG Police' button, and a grid of icons for 'Mental Health', 'Emergency Contacts', 'Event Risk & Safe Walk', 'Safety Toolkit', 'Emergency Plans', 'Report a Tip', 'Support Resources', 'Help & Tutorial', and 'About/Preferences'.

For more information geared towards Spartan Families, follow us on social media, and check out our [site!](#)



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