

The Barker

Upcoming Men's Basketball Games



- Dec. 7, East Tennessee State, Johnson City, TN, 4pm
- Dec. 14, Campbell, Asheville, NC, 7pm
- Dec. 21, Connecticut, Hartford, CT, 12pm
- Dec. 22, Holy Cross, Worcester, MA, 7:30pm
- Dec. 30, Oklahoma, Norman, OK, 7pm CST
- Jan. 2, Kansas, Lawrence, KS, 7pm CST

Upcoming Women's Basketball Games



- Dec. 7, Mars Hill College, Asheville, NC, 2pm
- Dec. 14, Belmont University, Nashville, TN, 2pm CST
- Dec. 17, Tennessee Tech, Cookeville, TN, 7pm CST
- Dec. 19, Samford, Asheville, NC, 7pm
- Dec. 21, Tennessee Martin, Martin, TN, 1pm CST
- Dec. 30, East Tennessee State, Johnson City, TN, 7pm

Coming Up - College Success Workshop Series Programs

SPONSORED BY ACADEMIC ADVISING AND RETENTION

During our brown-bag lunch sessions, we provide UNCA students with practical suggestions for improving their college performance in specific ways. Individual group leaders from across campus will discuss a variety of topics; all students, faculty, and staff are invited to attend and contribute ideas. **SEE YOU THERE!**

- Friday, December 6 – 12:15-1:15, Laurel Forum
STRESS MANAGEMENT

Assistant Director of the Career Center Megan Long and Assistant Director of the Counseling Center Cathy Foister work together to lead participants through a progressive relaxation exercise that is directed at reducing stress. They also offer general educational information about stress management and a way to assess one's current stress level.

For more information, please contact Ellen Perry (232-5050, eiperry@unca.edu) or stop by Lipinsky Hall 206A to talk with an advisor.

"Meditation & Buddhist Teachings"



Meditations are offered every Thursday at 12pm in the Cooperative Campus Ministry House.

The meditations develop calm peaceful minds and improve concentration. The teachings develop and maintain this in your daily life, by showing how to abandon minds such as anger, jealousy, pride, and ignorance that destroy this inner peace. The meetings will also address how to develop the spiritual aspects of your life, and how such spirituality is relevant and applicable in a modern developing society.

The meetings are open to anyone of any faith or no faith.

Contact Gen Kelsang Tilopa at ktilopa@hotmail.com or (828) 231 3283 for more information.