

SPEAK THE TRUTH



DTH FILE/LAUREN COWART

Spoken-word artist Dana Gilmore performs Nov. 29 in the Cabaret in the Student Union. After enrapturing audiences on HBO's 'Def Poetry Jam' and catching the attention of the Cabaret committee for Carolina Union Activities Board, Gilmore came to campus and performed for the crowd in a candlelit, moody setting. "The topics she talks about, people can easily apply them to their own lives," said ShaDonna Sutton, member of the committee.

UNC lends hand to students

BY SETH WRIGHT
STAFF WRITER

It's a month or two after the fall semester started. Clothes have accumulated in your hamper, a paper is due tomorrow, and the only food in your refrigerator is moldy bread.

Worry not. UNC provides several services to help combat the sheer horror of this situation.

Much of the balance and peace of student life rests upon the UNC One Card.

And there are several other services that the University offers to help students avoid situations such as these.

All you'll ever need

Every UNC student has a One Card, which is a passport to everything from libraries and dining halls to gyms, sporting events and other activities around campus.

"(The meal plan) keeps students in a good routine," said Jim Clinton, director of operations for the UNC One Card Office.

"It gives them the option and the availability of good nutrition, and it also provides that social aspect of eating with your classmates."

Students can choose what type of meal plan they will live by each semester — either a weekly or block plan.

"Get the smallest meal plan possible," said sophomore Lindsey Adams, who previously had a meal plan.

"You do the same stuff every day, and you get sick of it."

In addition to the meal plan, the cards hold cash that can be used around campus to purchase food or school supplies.

Clinton said that he recommends having \$300 to \$400 of expense money and \$400 to \$500 dollars of flex spending in addition to the meal plan.

The flex plan will allow students to purchase food, while the expense plan can be used to do laundry, purchase vending machine snacks or buy supplies from Student Stores.

Students also have the option of linking their Wachovia checking account to their One Cards. The One Card Plus can be purchased at orientation so that off-campus purchases can be made without juggling a wallet full of plastic.

"One of the big advantages of that Visa check card is that if you did lose it when our office is open, you can get a replacement on the spot and have that card linked back to your account," Clinton said.

A replacement One Card is \$10 and can be purchased in the One Card office near Student Stores.

A helping hand

Academic advising is another important service that helps students develop plans of study throughout their college career.

Each student is assigned to an academic adviser and can meet with that adviser at any time throughout the semester.

"Make sure you go to more than just one adviser," said sophomore Maddy Young, who was unsure about her major when arriving at UNC.

Advisers are available either at their walk-in hours or by appointment, both of which are available at advising.unc.edu.

Student resources

Academic advising
Phillips Hall, Coates Building
966-5116
advising.unc.edu

One Card offices
UNC Student Stores basement
962-8024
onecard.unc.edu

Learning Center
SASB North basement
962-3782
www.unc.edu/depts/lcweb/

Buckle down

To help write papers, some students choose to take advantage of the Writing Center, where they can get help from experts and get feedback on their paper.

"I just submitted my paper online, and they gave me comments," Young said, adding that it was helpful.

Students can go online and sign up for an appointment at unc.edu/depts/wcweb/.

The center is staffed by graduate students and professors.

The Learning Center is also a free service which is provided to help students focus and improve study skills, offering programs, such as academic counseling, supplemental instruction and peer tutoring.

The center is located in the Phillips Annex.

With the many services provided on campus, keeping your hamper empty, papers finished and refrigerator stocked can be managed.

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