Parents and Families Services

FAMILY HANDBOOK AND CALENDAR 2021-2022
Pack Families,

NC State Academic calendars may be accessed online at go.ncsu.edu/academic-calendars. Athletic calendars, sporting events and tickets are available at gopack.com and events hosted by Parents and Families Services are found online at parents.ncsu.edu.
We are so excited that your student has chosen to attend NC State. We are looking forward to welcoming them onto campus soon, as we know they will be strong additions to our student body. I know that they have an innate desire to make a difference and solve grand challenges, changing the world along the way. We are delighted to have students who embody the Think and Do mindset as our newest members of the Wolfpack.

NC State is in the business of making nationally-recognized scholars and fellows. Our graduates repeatedly rank among the most desirable in the nation because of the quality of education and amount of extracurricular experience they receive. NC State alumni are making an impact far beyond our campus, from entrepreneurship ventures, research initiatives, and even a few spacewalks in the case of Astronaut Christina Koch.

We know that a student’s success is built on a strong foundation of hard work and dedication, but they also require support and guidance through this new chapter. That is why we emphasize a productive relationship between families and the university. You are such an important source of encouragement and support for your student as they begin navigating college, now more than ever.

We want to ensure that you are well-informed and have the necessary resources to be involved throughout your student’s collegiate journey. Parents’ Orientation is an important first step in helping your student smoothly transition into life here at NC State. The Office of Parents and Families Services provides an array of resources that will also help keep you connected to NC State. I hope that you find this calendar and handbook a useful reference for information about dates, events, academics, and student life.

We are thrilled your family is part of the Wolfpack community. You and your student are about to begin a wonderful new chapter together. I cannot wait to start the semester and see all the wonderful things they will accomplish.

Sincerely,

W. Randolph Woodson
Chancellor
NOTES

AUGUST
2021

Please Note: NC State University is closed on dates designated with a red line at the top.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

TOP TIPS FOR MOVE-IN

- Bring a hand truck or cart
- Bring a mallet for bed lofting and a toolkit
- Connect with roommates to avoid duplicating items
- Pack in plastic tubs with lids labeled with your name and room assignment (these can double as in-room storage)
- Don’t overpack (there is no need for winter clothes in August)
- Dress comfortably, stay hydrated and have fun!

AUGUST 2021
On-campus residents receive mail and packages on a regular basis. Items sent through the U.S. Postal Service (USPS) to university residence halls and apartments are delivered daily Monday - Friday. Mailing addresses vary by hall and carrier, visit go.ncsu.edu/mail for detailed information.

### SEPTEMBER 2021

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**MAIL AND PACKAGES**
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**NOTES**
Mailing addresses vary by hall and carrier, visit go.ncsu.edu/mail for detailed information.

**Labor Day**

**Grandparents’ Day**

**Parents and Families Weekend**

**Parents and Families Weekend**

**Fall Equinox**
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<th>Sunday</th>
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<tr>
<td>NC STATE DINING</td>
<td>Visit go.ncsu.edu/dining-account to view your meal plan and All Campus activity, make deposits and set low-balance alerts.</td>
<td>Follow us @ncstatedining on Instagram and Twitter and be sure to keep an eye on your inbox for emails from us.</td>
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**ALLERGIES AND INTOLERANCES**

If you have food allergies or intolerances, view the Food Allergy Guide at go.ncsu.edu/allergy-guide, join the NC State Safe Eats allergy support group by emailing wellfedwolfpack@ncsu.edu and schedule a free consultation with our Registered Dietitian at 919.513.5310 or wellfedwolfpack@ncsu.edu.

**NOTES**
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<td>21  <strong>Winter Break</strong></td>
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<td>24  <strong>University closed through 01/03/22</strong></td>
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**NOTES**
Jan
2022

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NOTES

- Last day to change or cancel a spring meal plan

- New Year’s Day

- Martin Luther King, Jr. Day

- Thanksgiving
FEBRUARY 2022

SUNDAY       MONDAY       TUESDAY       WEDNESDAY       THURSDAY       FRIDAY       SATURDAY

30            31            1             2             3             4            National Wear
6             7             8             9             10            11            Red Day
13            14            15            16            17            18            19
20            21            22            23            24            25            26
27            28            1             2             3             4             5

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**NOTES**

**SUNDAY, MARCH 20, 2022**

- **Spring Equinox**
JULY
2022

Independence Day

NOTES
Parents and Families Services

Welcome to the Wolfpack family! At NC State, we view the relationship we have with our students’ parents and families as a partnership; one created to help students be successful. It is our goal to nurture that relationship by keeping you well-informed, because we sincerely believe that when you are informed, your student will benefit.

Services

We work diligently to ensure that parents are informed by providing enhanced services and communications for all NC State parents and families. These services include, but are not limited to: web and social media, periodic electronic and print communications, email notifications and the Parents’ HelpLine.

Our Parents’ HelpLine is a phone and email resource for Pack Families to rely on when it comes to supporting their student(s). Parents should feel free to call our office Monday-Friday between 7:30 a.m. - 4:30 p.m. or email ncstateparents@ncsu.edu anytime they have questions or concerns.

Programs and Events

The Office of Parents and Families Services has a variety of programs and events designed to engage Wolfpack Families and celebrate the important roles that parents and families play in the lives of students and within the university community.

Highlighted events and programs currently offered are:

- First in Family Reception
- PacKIN ACTION Sibling Event
- Parents and Families Weekend
- Pack Family Regions
- Parent Volunteer Network
- Spring Fling Weekend
- Very Important Parent (VIP) Discount Program

Contact Us

Parents and Families Services
E. Carroll Joyner Visitor Center
Campus Box 7404
Raleigh, NC 27695-7404

Parents’ HelpLine
919.515.2441
ncstateparents@ncsu.edu
parents.ncsu.edu
# PARENTS HANDBOOK

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# Preliminary Information

## MyPack Portal

MyPack Portal is the online student information system used by NC State students to access all of their academic records, enrollment and degree planning tools, student accounts, personal information, on-campus living information and more. Students can securely access MyPack Portal using their Unity ID and password at go.ncsu.edu/mypack.

Under FERPA, students also have the option to grant parent/guardian access to see certain information in MyPack Portal including Student Accounts/Billing/Payment, Tax Information, Academic Information, Directory Information and Financial Aid.

Students can grant parent/guardian access by navigating to MyPack Portal > Student Homepage > Personal Information > Parent/Guardian Access.

More information about using MyPack Portal and parent/guardian access is available online at studentservices.ncsu.edu.

## FERPA

The Family Educational Rights and Privacy Act (FERPA) is a federal law and set of regulations governing the access to, and privacy of, educational records. FERPA gives students access to most of their academic records as well as the ability to obtain copies of these records. This law states that student records are private and may only be disclosed to school officials, other authorized personnel or with the consent of the student. This law also allows colleges and universities to publish directory information without consent unless a student chooses to block their information.

NC State has made it easy for students to grant consent to parents or guardians so that they may access educational records or financial information through MyPack Portal in the student information system.

For more information, visit go.ncsu.edu/ferpa.
01 Congratulations, and welcome to the Wolfpack Family!

Dear Pack Parent,

WELCOME TO NC STATE! As a Pack Parent of a freshman and a senior, I would like to congratulate you and your student on your hard work and dedication that have brought you here to NC State. You are about to embark on a four-year journey full of learning, making wonderful memories and experiencing a true sense of belonging as a member of the Wolfpack Family.

These next four years will be, without a doubt, a life-changing experience for you and your student. You will get to see your child transition into adulthood, and your student will get to experience opportunities and friendships that will be carried with them for the rest of their lives. NC State is a large, beautiful campus with numerous opportunities for growth and success. Student Involvement clubs and organizations, Fraternity and Sorority Life, intramural sports, Undergraduate Research and on campus jobs are a few, of the many, activities your student can choose to partake in. There is something for everyone at NC State.

In addition, the Office of Parents and Families Services organizes events throughout the year that provide opportunities for parents and families of NC State students to spend quality time together and make memories as a part of the Pack. One of these events is Parents and Families Weekend, which takes place annually in the fall. Save the date for this year’s event scheduled for September 17-19, 2021. There is nothing quite like experiencing the Wolfpack with your student!

Another parent/student event that is held in the spring each year is Spring Fling. During this event, families can experience an action-packed celebration on campus! Your family and your student can enjoy a weekend of activities including the PacKIN Action sibling event, a basketball game and the Krispy Kreme Challenge to name a few. One goal of NC State Parents and Families Services is to help make the transition for you and your student as smooth as possible and grow together, these events encourage parents to take part and allow this to be achievable.

My daughter, Brianna Marquinez, is a senior this year and has been blessed to have experienced a lot of what NC State has to offer. She is in the College of Humanities and Social Sciences (CHASS) where she is able to develop her leadership as a CHASS Ambassador. She is also an NC State Ambassador and is able to give campus tours to prospective students. Brianna loves this job because she gets to provide important and helpful information regarding the University, and she also gets to share all of the many reasons why NC State is the school of her dreams. She has had wonderful internship opportunities made available to her and has really enjoyed being a Parent Ally with the Office of Parent and Families Services.

We were extremely pleased when our son, Manny Marquinez, also chose to make NC State his home for the next four years. He is studying Economics in the Poole College of Management, and he is very excited to begin his journey as a member of the Pack. Manny had the opportunity to go to other top-notch schools, but he knew that NC State was where he belonged.

Nothing is more rewarding than witnessing your child thrive happily in a world that can sometimes be challenging and ever-changing. I could not be prouder that both of my children have chosen this wonderful university for their first-class education, and it is rewarding to know that NC State is helping to prepare the foundation for the rest of their lives.

So, fellow Pack Parents — sit back, take a deep breath and enjoy the ride! Success is on the horizon.

Sincerely,

Michelle Marquinez - Proud Pack Parent of Two
The Office of Parents and Families Services facilitates the partnership of parents, students and the university by encouraging parents to become more involved and informed about life at NC State. By partnering with us and supporting your student, you are part of the Wolfpack community: a very important parent. Your student’s success is dependent on your support and engagement.

This is why the Office of Parents and Families Services has worked hard to create two benefit programs exclusively for Pack Parents. Our Parent Pride Points program was developed in collaboration with Student Government and the Student Alumni Association to provide opportunities for parents and students to experience some of the richest Wolfpack traditions NC State has to offer. The VIP (Very Important Parent) discount program offers local and online discounts.

Special Note: Parents and Families Services is supportive of all family members of NC State students, and considers all to be Pack Parents. All affiliated programs are open to anyone in the student’s family and all are invited, as well as encouraged, to participate.

02 Pack Parent Benefit Programs

Pack Family Regions

With over 24,000 undergraduate students, NC State has students from every county in North Carolina and almost every state in the country! Chances are, there is another Pack Family in your region and we want to help get you connected.

With eight regions across the United States, all groups are voluntary and the only requirement is that you have an NC State student, either currently enrolled or a recent graduate. Pack Parents can sign-up easily online and we will email all regions in the fall and spring semesters with news, need-to-know information, upcoming events, and shared contact lists (with permissions) specific to each region.

Questions?
For additional information, contact Parents and Families Services at 919.515.2441 or via email at ncstateparents@ncsu.edu.

VIP Partners and Sponsors

Hotels

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<th>Hotel Name</th>
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<tr>
<td>The StateView (on-campus)</td>
<td>919.743.0055</td>
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<tr>
<td>Aloft Raleigh</td>
<td>919.828.9900</td>
</tr>
<tr>
<td>Best Western Plus Raleigh Crabtree Valley Hotel</td>
<td>919.538.4625</td>
</tr>
<tr>
<td>DoubleTree by Hilton Raleigh Crabtree Valley</td>
<td>919.782.8600</td>
</tr>
<tr>
<td>Fairfield Inn &amp; Suites Raleigh Crabtree</td>
<td>919.881.9800</td>
</tr>
<tr>
<td>Hampton Inn &amp; Suites Downtown Raleigh</td>
<td>919.825.4770</td>
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<tr>
<td>Hampton Inn &amp; Suites Raleigh/Cary</td>
<td>919.233.1798</td>
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<tr>
<td>Holiday Inn Express Suites Raleigh-Cary</td>
<td>919.851.1220</td>
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<tr>
<td>Origin Raleigh, a Wyndham Hotel</td>
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Services

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<tr>
<td>CORT Furniture</td>
<td>919.876.7550</td>
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<tr>
<td>Red &amp; White Shop</td>
<td>919.803.3268</td>
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For a full list of our partners, rates and discount codes please refer to your VIP Member Card. New Pack Parents will receive this card at the start of the semester with a New Parent Welcome Packet. This information, and more, is available online at go.ncsu.edu/pfs-vip.
Grade Point Average (GPA)
GPA is a summary (semesterly and cumulative) of a student’s academic record and is determined by your student's earned grades. To see the grading scale and a GPA calculator, visit go.ncsu.edu/gpa-calculator.

Grading System
Evaluation of a student's performance in a particular course or section is the prerogative of the instructor(s) responsible for that course or section. To see the regular grading scale and the detailed grading regulation, visit policies.ncsu.edu/regulation/reg-02-50-03.

Hill Library
NC State’s Main Campus library. Study rooms, a makerspace, a coffee shop and creamery are just some of the features of this campus resource.

Howling Cow
NC State’s very own premium ice cream. Howling Cow is made on campus at the Feldmeier Dairy Processing Lab in Schaub Hall and offers over 15 flavors available at creameries located on both Main and Centennial Campuses, as well as the Dairy Education Center and Creamery.

Hunt Library
The University’s Centennial Campus library offers state-of-the-art technology and innovative architecture; it draws students of every discipline for its unique features.

The Memorial Belltower at Henry Square
A monument built on campus to honor NC State alumni who fought and died during World War I. The Belltower, as it is known on campus, is the center of many Wolfpack traditions and is illuminated red for holidays that honor our veterans, such as Memorial Day and Veterans’ Day, and to celebrate NC State’s proudest occasions and achievements.

Main Campus
The original campus of NC State composed of North Campus and Central Campus, separated by railroad tracks. North Campus houses many academic buildings whereas Central Campus is the hub for student activity.

Moodle (Wolfware)
A University website with pages for each course in which a student is enrolled. On Moodle students can check grades, turn in assignments and participate in online discussions.
II. CAMPUS LIFE

01 Community Expectations

Community Compact

NC State’s Community Compact is an agreement all students make by choosing to join the NC State community. It is as follows:

We affirm a commitment to integrity and the pursuit of excellence in our academic, personal and professional endeavors. We honor freedom of thought and expression. We respect the diversity of individuals and groups. We affirm our commitment to fairness and justice. We commit to conducting ourselves in accordance with the highest ethical standards. We foster engagement in a culture of service and stewardship within the NC State, national and global communities.

Code of Student Conduct

The Code of Student Conduct is a set of behavioral standards for students in the NC State community. This policy covers topics related to academic and non-academic misconduct and the possible sanctions for instances when a student is found in violation. Students are encouraged to be familiar with this Code as it applies to them both on and off-campus.

For a full version of the Code of Student Conduct, please go online and visit the Office of Student Conduct website at studentconduct.dasa.ncsu.edu.

Prevention Services

Prevention Services provides case management, education and outreach emphasizing inclusive, developmental and non-judgmental perspectives for student prevention efforts. Our services include Alcohol and Other Drugs (AOD) Prevention Education, CARES case management, a Collegiate Recovery Community, and Suicide Prevention outreach. Our Alcohol and Other Drugs team members provide education and consultations surrounding substance use through a harm-reduction lens. Our CARES team members provide one-on-one support by connecting with students to promote resilience and self-advocacy. If you are concerned about a student, you can make a referral to CARES by visiting our website and clicking on Make a Referral. Prevention Services offers outreach and resources on various mental health and resilience topics, as well as consultation for faculty and staff.

Website: prevention.dasa.ncsu.edu
Phone: 919.515.4405

Student Ombuds Services

What is “Ombuds?” A guide for conflict management, prevention and resolution. The Ombuds provides an informal, confidential, impartial and independent source of assistance for students to help them navigate their university experience. A Student Ombuds advocates for fair processes, working to empower the student to successfully navigate the institution to address challenges and identify resources. In short, if a student — or a student’s family has a unique situation and doesn’t know where to turn for support, direction or an understanding “ear,” contact Student Ombuds Services (S.O.S.) to explore options and next steps.

Students may come to S.O.S. for a variety of reasons. Student Ombuds Services serves as a first point of contact for students experiencing food, housing and/or financial insecurity and helps connect students to available resources if they experience an unexpected financial challenge. Sometimes students simply want to talk. Some are reluctant to go through formal channels. Others don’t know where else to go, and some have tried other ways to get help, but haven’t found what they need. If you are not sure whether S.O.S. can help, please contact us, no matter how big or small your student’s concern may be. All conversations are voluntary, confidential and free.

More resources are available on the Pack Essentials website: dasa.ncsu.edu/pack-essentials

Website: ombuds.dasa.ncsu.edu
Phone: 919.513.3401
Email: student-ombuds@ncsu.edu
02 Safety and Emergency Communications

A Special Message to Pack Families

NC State has a Responsible Behavior Initiative. As part of its mission, the education provided for students emphasizes responsibility to oneself and the community. Talk with your student about decision-making, expectations and general best practices for personal safety.

Here are a few tips to highlight:

› Be aware of surroundings when walking at night
› Communicate any suspicious activity with an RA or university administrator
› Do not give out access codes for residence halls
› Do not leave items unattended at any time
› Do not prop doors open
› Do not walk with headphones in
› Always keep the door to your residence hall room locked
› Lock your vehicle
› Remain in well-lit areas
› Report lost keys immediately
› Students are required to register bicycles with NC State University Transportation (free of charge)
› Take responsibility for personal safety and security

Emergency Preparedness

Emergency planning and preparedness are key to minimizing the impact of an unplanned event. For our students, NC State encourages them to make a plan!

Be Pack Ready!

Have a communication plan in place with your student so you both know how you would communicate in the event of an emergency on campus. Keep in mind that, without charge, cell phone batteries will go dead, so be sure to keep emergency phone numbers written down should you need assistance. Consider where you would go if an emergency strikes and you have to leave your home. A personal emergency plan should have alternate locations in case your home is impacted.

Pack a Bag!

We recommend being ready to move quickly with an emergency kit (bag) and have the following supplies readily available in residence halls, apartments, homes and offices for the first 24 hours of an event or until normal conditions return:

› At least 1 gallon of drinking water
› Blankets or sleeping bag
› First aid kit
› Flashlight with batteries
› Food for pets
› Non-perishable food and can opener
› Prescription medications and eyeglasses

More resources for Pack Ready Emergency Planning can be found online at go.ncsu.edu/packready.

Emergency Communications at NC State

WolfAlert is NC State’s official emergency communication system. NC State takes the safety of its community very seriously and with only the highest regard. In case of an emergency, different options are available for updates and directions.

For students on campus, these WolfAlert communication options may be used:

› Audible Alerts via Siren
  Around campus, there are mounted speakers that send audible signals to widespread areas. Generally, these messages will be brief with specific instructions and direct listeners how to stay up-to-date.

› Student Text Alerts
  Your student has the ability to receive text messages to their cell phone with safety alerts. The message will be brief and contain safety instructions or details they need to know immediately. Your student should verify their contact number in MyPack Portal.

› Email Alerts
  Broadcast emails are delivered to all official University email accounts containing your UnityID@ncsu.edu.

› Online Notifications
  WolfAlerts may be posted on the NC State’s homepage at ncsu.edu and posted online via social media, such as Twitter. Suggested groups to follow are @NCState, @ncstateemmc, @ncsupolice and @NCStatePFS.

› Desktop Notifications
  Alertus is a desktop notification software available to devices connected to the NC State network. The University can post emergency alerts to individual computers via Alertus.

Emergency Information for Parents

WolfAlerts are designated for students, faculty and staff. Pack Parents and Families off-campus are encouraged to download the NC State On Campus app to receive notifications and emergency information. More information on WolfAlert and the app can be found at wolfalert.ncsu.edu.
NC State Fight Song

Shout aloud to the men who will play the game to win
We’re behind you, keep fightin’ for State——

Hold that line, hold ‘em fast
We’ll reach victory at last

We’re behind you, keep fightin’ for State——
Rise up to the fray and let your colors wave,
Shout out for dear old NC State;—GO STATE!
And where-e’er we go,
We’ll let the whole world know,
We’re behind you, keep fightin’ for State.
The Office of Parents and Families Services would like to extend a special thank-you to all of our campus partners for contributing to the development of this publication.

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