

# UNC HONOR SYSTEM EXTERNAL NEWSLETTER

COMPILED BY THE OUTREACH BRANCH OF THE UNC HONOR SYSTEM



Source: [visitchapelhill.org](http://visitchapelhill.org)

## WELCOME

*Written by Katie Leonard*

Happy final stretch of summer, fellow Tar Heels! Welcome to the third edition of the external newsletter. The Outreach Branch hopes you have enjoyed a restful and fruitful summer. With Honor System recruitment approaching, this edition of the external newsletter details how to join the Honor System, a preview of this year's undergraduate cabinet, and a few common Honor System myths...debunked! Read through the end to scan the academic resources guide, complete an Olympics-themed crossword, and read about Parker Roy, this month's member feature! If you would like to receive updates about this year's Honor System application process or future editions of this newsletter, refer to the QR Codes on pages three and nine. See you in Chapel Hill in a few weeks!

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# MENTAL HEALTH RESOURCES

*Courtesy of Triangle Youth Wellness*

## Mindfulness

- Respond instead of react
- The breath is the anchor
- 4-7-8 breathing (4 sec inhale, 7 sec hold, 8 sec exhale)
- Meditation is the practice for mindfulness

## Helpful Apps

Calm  
Headspace  
Insight Timer  
Healthy Minds

## Journaling

- This can be a form of emotional regulation and increase emotional awareness
- Helps in processing emotions, thoughts, etc.

### Some places to start:

think about a recent time you felt a particular emotion (positive or negative)  
describe the specific emotion and what caused that emotional response  
is there more than one emotion tied to this event/ person/ situation?  
does this response remind you of past events/ people/ situations?  
keep writing for as long as you want to!

## Helpful Apps

Day One  
Diarium  
Penzu

**Any medium works! The above are electronic mediums that allow some privacy (i.e. via passwords)**



### NAMI

1-800-950-6264  
M-F 10am-8pm  
info@nami.org

- anonymous
- can talk on the phone or chat via the link above
- hours listed are for non-crises
- 24/7 availability for crisis situations



### UNC Peer2Peer

www.uncpeer2peer.com

- can be anonymous
- go to the website to request to speak to an individual with whom you feel comfortable
- they reach out to you to set up a good time
- UNC student-run (you talk to a UNC student who can offer an ear or some advice based on their individual experiences)
- \*\*\*NOT for life-threatening or emergencies regarding mental health\*\*\*



### Suicide Prevention Lifeline

1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/chat>

- anonymous
- can talk on the phone or chat via the link above
- 24/7 for **any** mental health challenge crisis



### Cardinal Innovations

\*\*275 (\*\*ASK)  
1-800-939-5911

- anonymous
- call 1st number OR second number
- 24/7 community-based hotline
- not only for crises, but can direct to licensed professionals in the area for their services



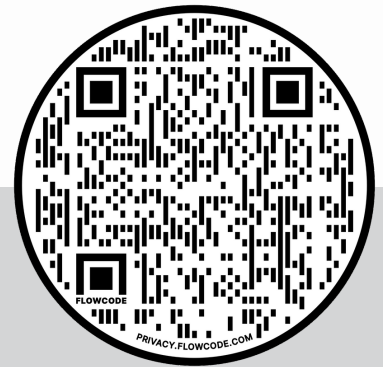
# Office OF THE HONOR SYSTEM

HONOR.UNC.EDU | 919-962-0805

## JOIN THE HONOR SYSTEM!

*Written by Katie Leonard*

As August approaches, visions of sign-up sheets, stickers, and informational flyers dance in our heads. In other words, Honor System recruitment season has arrived! Read on to learn how you can join our staff in the fall.



<https://forms.gle/koAwVwFd2LSWMyuX>

### Meet!

#### *Fall Fest*

- o August 16th, 8:00 PM, Student Union
- o Current members will staff this evening's activities and will be available to discuss applications or our experiences in the Honor System

#### *Week of Welcome*

- o August 17th + 19th, 7:00 PM, TBD
- o Visit our table, ask questions, and grab an informational flyer and cookie!

#### *Small Fest*

- o Second Week of Class, Polk Place
- o Visit our table, ask questions, and grab an informational flyer and cookie!

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*If you are a current Honor System member, scan the QR code to the left to sign up to help staff these events.*



<https://forms.gle/79uMQALxHVwuQXVf6>

### Learn!

If you wish to apply to the Honor System after learning about us at a recruitment event, come to the Honor System open house that will occur before applications close. Information about this interest meeting will be featured on our social media and on flyers shared at recruitment events. If you have any questions, email [jpa@unc.edu](mailto:jpa@unc.edu) or find us in SASB North!

### Apply!

Applications will be open from August 16th until September 3rd. It includes separate questions for each branch of the Honor System: attorney general's staff, honor court, and outreach. (You can apply for more than one!) Scan the QR code above if you would like to be added to our prospective members list.

# MEET YOUR UNDERGRADUATE AG STAFF & HONOR COURT CABINET!

*Written by Tara Anders*

Hello, everyone! Hope everyone is having a great summer and is ready to start back at UNC in the fall! Whether you're new to the Honor System, or you've been here a while, it's always good to have a "Who's Who" when it comes to the different branches. Let's get to know a few representatives from the 2021-2022 Honor System cabinet!

## **Brandon Bedell • Honor Court Chair**

Brandon is a senior majoring in chemistry and political science. He joined the Honor System at the beginning of his first year at Carolina, after the Fall Fest table caught his eye. Last year, he was a vice chair, facilitating hearings and taking on more of a leadership role. After graduation, he plans on taking a gap year and then applying to medical school for orthopedics or something orthopedic-related. "Upholding academic integrity and ensuring students who are accused of violating the Honor Code have a fair and equitable hearing are two of the main reasons I am interested in being part of the Honor System."

Source: Brandon Bedell



Source: Emily Modrow

## **Emily Modrow • Docket Manager, Vice Chair**

Emily is a senior majoring in business administration and economics. After graduation, she is planning to start her career in marketing. She joined the Honor System as a first-year after visiting the booth during Fall Fest. Emily says, "I was really drawn to the fact that we are a student-run organization that is able to have a real impact on our peers and the university community." She has enjoyed working as docket manager over the last year and being able to meet more people in the Honor System. She is excited to continue in this role and work as a vice chair for the upcoming school year!

## **Quintyn Bobb • Attorney General**

Quintyn is a senior majoring in psychology and classics with a minor in conflict management. His plans for after college are in the air, but he is "considering graduate programs in my majors, law, or becoming a pirate." As a member of the attorney general's staff and outreach branch since his first year, he has learned the importance of truly listening to others, working as a team and having a diverse wealth of experiences when making decisions, and acting with integrity, equity, and an open mind. He says, "My involvement in the Honor System has helped me be a better leader, a better listener, and a better critical thinker beyond my education at UNC."

Source: Quintyn Bobb





Source: Anoova Guthikonda



**Anoova Guthikonda • Deputy Student Attorney General**

Anoova is a senior majoring in economics and global studies with a concentration in international politics and a politics, philosophy, and economics (PPE) minor. After graduating this December, she plans on doing research work in international politics and government accountability before going to law school. Anoova has been a part of AG Staff for the last three years. She has worked as a staff counsel, managing associate, and deputy student attorney general. "Working for the System has been one of the most interesting and rewarding experiences for me since entering Carolina," she says. "In addition to loving the people I work with, I've also found it really rewarding to be a part of a system that actively works to ensure students and staff are treated equitably and that their individual stories and circumstances are heard by the University."

**Katie Crisp • Attorney General's Staff**

Katie is a political science major with a minor in environmental justice in the UNC - National University of Singapore Joint degree program. She plans on pursuing a career that involves research and eventually going to graduate school for human geography. Katie enjoys her my involvement in the Honor System because "it surrounds me with the most incredible human beings. Everyday that I work alongside my peers, I learn more about myself and the world around me."



Source: UNC Academic Advising

Source: Marichi Gupta



**Marichi Gupta • Attorney General's Staff**

Marichi is a senior majoring in math and music, hoping to pursue a Ph. D in math, post-grad. In the Honor System, he enjoys working on cases. "Each one has its own twist and challenge, and it's very stimulating to work on them and prepare arguments for the court." Serving on leadership has led Marichi to think at a whole-system level of how to improve the experience of students and staff who work with the Honor System, especially in response to stressful or unexpected events.

**Carter Hurley • Deputy Student Attorney General**

Carter is majoring in English & comparative literature and chemistry with a minor in public policy. She has been a DSAG since spring 2020 and previously served as a managing associate and counsel. She joined the Honor System because, "as a typical oldest child," she loves rules and order, advocating for her peers, and solving problems. "I wanted to have a part in making sure that our judicial process is fair to all, and I love the challenge of working with a judicial program." Carter enjoys interacting with diverse viewpoints, analyzing challenging cases, and mentoring new members of the Honor System. After graduation, she plans to work in science or legal policy before pursuing a juris doctorate and eventually a Master's of Litigation in International Law.



Source: Carter Hurley

# HONOR SYSTEM MYTHS: DEBUNKED!



*"The Honor System is just there to get students in big trouble!"*

*Written by Jack LaFave*

Claims like these, among others, have given some Tar Heels a misunderstanding of the Honor System and its members. In reality, the Honor System and its goals could not be more different than some of these common stigmas. As a community-led, truth-finding body, The Honor System serves Carolina students by ensuring a fair and equal academic experience for all. To paint the true picture of how the Honor System benefits and serves every student at UNC, here are the most common Honor System Myths... debunked!

***"The goal of the honor system is to get students in trouble."***

The goal of the Honor System is to uphold the Carolina community to the academic and personal conduct expectations set forth by the student body. To achieve this, accusations are carefully assessed using facts and evidence-based reasoning along with a thorough court process. The Honor System is designed to encourage integrity and uphold student conduct across the university- not a barrier aimed to hinder anyone.

***"The honor system exists to get students out of charges."***

The best description of the Honor System, and one held in high regard amongst its members, is that it is a "Fact-Finding Body". The court aims to find the truth and give equal opportunity and weight to every side. This includes a court process where all parties receive representation from Honor Court members and a thorough breakdown of the facts and circumstances are evaluated. The facts are investigated to find the truth- not to hand out inequitable treatment.

***"The honor system is just a jury."***

The Honor System contains three large branches that expand beyond just a jury. The Attorney General's Staff is responsible for reviewing and investigating alleged violations of the honor code along with assigning counsels to advise and argue for both parties. Another branch, The Honor Court, is then charged with reviewing allegations of student academic and non-academic misconduct to determine if the Honor Code was violated. The Honor System also has an Outreach branch designed to educate and connect with the Carolina community and bring a better understanding to the system as a whole. The Honor System does have members responsible for evaluating Honor Code violations- but is so much larger in size and scope than that!

***"To serve in the honor system, you have to be a pre-law student."***

While the design of the court and the appeal of upholding community standards does attract many students interested in law, the Honor System is a diverse group of students with different focuses, interests, and majors. Among Honor System members, computer science, mathematics, business, and many other majors are represented and have their voices heard as part of the University's foremost truth-finding body. Even though the court system is a great place for pre-law students to gain real-world court experience, students from all academic backgrounds play a huge role in upholding the University's integrity.

# ACADEMIC RESOURCES GUIDE

*Written by Nikki Rafferty*

## Academic Advising

- o Drop in or chat online with academic advisor
- o They can help with choosing classes, registration, and deciding on a major and how to graduate on time with it
- o <https://advising.unc.edu/>



Source: UNC Academic Advising

## Academic Coaching at the Learning Center

- o Get the chance to work one on one with an academic coach to create and achieve your goals
- o These sessions often address efficient work completion, planning, time-management, organization, reading, study strategies, and a balanced college life
- o <https://learningcenter.unc.edu/services/academic-coaching/>

## Writing Center

- o Will address all of your writing needs, whether it's a history paper or writing a personal statement on an application
- o Can help with any aspect of writing process, whether you've barely started or have a full draft
- o <https://writingcenter.unc.edu/>



Source: SU SA Academy

## Peer Tutoring

- o Provides free help in a wide variety of subjects
- o Drop by Dey hall from 6-9 pm on Tuesdays and Wednesdays or schedule an appointment at your convenience
- o <https://learningcenter.unc.edu/services/peer-tutoring/>

## Help Centers

- o Many departments offer their own specific help centers, including BIO, PHYS, COMP, MATH, SPAN, ECON
- o <https://learningcenter.unc.edu/find-a-tutor/more-tutoring-options/>
- o <https://econ.unc.edu/undergraduate/econaid/>



Source: UNC Academic Advising

## Office Hours

- o This is great for showing commitment to a course
- o You can get clarification on course expectations, help with specific content, or just get to know your professors a bit better
- o <https://learningcenter.unc.edu/tips-and-tools/using-office-hours-effectively/>

## Study Spaces + Groups

- o Join a group to help you stay on top of your studies
- o Make sure you are studying in places that allow you to focus best and choose from absolute silence, reservable, individual or group, standup desks, large tables and more
- o <https://learningcenter.unc.edu/register-for-classes/>
- o <https://library.unc.edu/places/study/>



## MEMBER FEATURE: PARKER ROY

*Written by Nikki Rafferty*

This month's member feature is one of our most dedicated summer counsels, Parker Roy, who has already taken nearly a dozen cases this summer. Parker is a junior majoring in political science with a minor in Spanish for the professions. Upon graduation, Parker wants to go to law school.

Parker actually found out about the Honor System from a friend going through the process. He then began to look at the Honor System's social media and did some research on what the purpose and history of the System was. He joined staff in fall 2020 and has really enjoyed meeting people on staff and getting to help so many students through the process. Being a summer counsel has been especially fun for Parker because there's so few people on staff that he gets to work with the same managing associates and counsels on a super frequent basis, which has led to a lot of new friendships. Parker is getting excited for the fall semester, especially for potentially having hearings in-person.

This year, Parker wants to continue making sure that he represents students the best that he can and make sure that they feel involved and heard. Parker wants to "make the process about [him]self as little as possible" and just be a voice to really represent whichever side he is on. Parker is also considering applying to be a managing associate to help mentor other counsels. When not counseling cases, Parker can be found working at his job at Jury X, researching potential jurors. He also enjoys watching sports, playing video games, and cooking. Fun fact—he can speak Spanish!

*Is there someone you would like to nominate for the Honor System member feature? If so, please email our Outreach Coordinator at [katie032@live.unc.edu](mailto:katie032@live.unc.edu).*

*"..represent  
students the  
best that he  
can...to make  
the process  
about [him]self  
as little as  
possible...and  
be a voice."*



# OLYMPICS CROSSWORD

*Created by Maya Nair*



RELAY  
POMMEL HORSE  
CEREMONY  
FENCING  
POLE VAULT  
MARATHON  
BASKETBALL  
JAPAN  
RUGBY  
VOLLEYBALL  
MEDAL  
SURFING  
JUDO  
TABLE TENNIS  
TRIATHLON  
SHOTPUT  
CYCLING

*"The pen is  
mightier  
than the  
sword... and  
considerably  
easier to  
write with."*

***Marty  
Feldman***



## FINAL SUMMATIONS

*Written by Katie Leonard*

Thank you for reading this edition of the UNC Honor System's external newsletter. We are grateful to all members of the Outreach Branch who contributed, including Tara Anders, Jack LaFave, Maya Nair, and Nikki Rafferty, along with Aisha, Amy, Jessica, and Jordin at The Office of Student Conduct. If you would like to nominate an Honor System member for a newsletter feature or share feedback on this edition, please email [katie032@live.unc.edu](mailto:katie032@live.unc.edu). We wish you joy-filled remainder of your summer break. Thank you for reading!