

# CAMPUS CONNECTION

A STUDENT AFFAIRS NEWSLETTER FOR PARENTS

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## Upcoming Events

### ◆ TASTE OF iWORLD

Please join us on Wednesday, April 16, at 10 a.m. on the University Center Lawn for the 11th annual "A Taste of iWorld," formerly titled "A Taste of Culture." This annual tradition at the University celebrates a very special and rich diversity at UNC Pembroke. The program will include various exhibits presented by UNCP students, faculty, staff and community members representing their respective cultural backgrounds. Exhibits often include food items to be sampled, and entertainment includes African-American, Latin American, Japanese, and American Indian dancers and much more. The Office of Multicultural and Minority Affairs and its Diversity Committee for Communities of Interest are proud to serve as the host and sponsor for this exciting annual event. We look forward to seeing you on Wednesday, April 16, at "A Taste of iWorld!"

### ◆ FAMILY DAY 2008

The University of North Carolina at Pembroke invites you to attend Family Day 2008 on Saturday, April 12, from 10 a.m. until 2 p.m. on the University Center Lawn. Family Day is an opportunity for family and friends of current UNCP students to experience a day of fun and entertainment. During Family Day there will also be extreme inflatables, caricature artists, funny t-shirts, and more. Please bring the whole family to the University for fun and games for everyone of all ages. For more information, contact the Office of Student Life at 910-521-6207.

## SUPPLEMENTAL INSTRUCTION: NEW PROGRAM TO BOOST STUDENT RETENTION

By Darcy Hayes, Student Academic Support Coordinator

During the 2007-08 academic year, the Center for Academic Excellence introduced the Supplemental Instruction Program. This program targets historically difficult general education courses that many freshmen take as a part of their degree requirements. The goal of this program is to provide free assistance outside of normal classroom hours to help students master course content and improve their overall grade in the course.

Students enrolled in a Supplemental Instruction (SI) section of a course can voluntarily attend weekly SI sessions. These sessions provide students with the opportunity to meet in a collaborative learning environment to organize class materials, compare notes, discuss important concepts and prepare for examinations. All SI sessions are led by an SI Leader, a student whom previously took the course, received a high grade and was recommended by the faculty member teaching the course.

On average, students that attend SI sessions earn a half to whole letter grade higher than their peers whom do not attend the sessions. When students attend SI sessions they develop a better understanding of course content as well as develop learning and study strategies that can be transferred to other classes.

Although the Supplemental Instruction program is new to UNCP, the SI model has existed since 1973. This is a nationally renowned program that many universities have implemented to provide students with the extra assistance needed to succeed in subject areas in which they may otherwise struggle. Supplemental Instruction courses can also assist students in making a successful transition from high school to college level work.

Supplemental Instruction sections are offered in the following course areas:

BIO 1000 .....	Principles of Biology
CHM 1300 .....	General Chemistry I
HST 1020 ..	American Civilizations since 1877
MAT 1050 .....	Introduction to College Math
MAT 1070 .....	College Algebra
MAT 2150 .....	Calculus Applications
PSY 1010 .....	Introduction to Psychology
SOC 1020 .....	Introduction to Sociology

For additional information on the Supplemental Instruction program, please visit [www.uncp.edu/cae/supplemental](http://www.uncp.edu/cae/supplemental).

## STUDENT HOUSING GOES SMOKE-FREE

Effective July 1, 2008, all student housing owned, leased or occupied by the state government will be smoke-free. Although the bill passed by the General Assembly and signed by the governor accelerated the process on the UNCP campus, steps toward a smoke-free environment were in progress. Oak Hall opened as a smoke-free building last August and additional areas in Pine, Belk, and North Halls were designated as smoke-free this academic year. The University was concerned with the health risks associated with secondhand smoke and the issue of safety in the residence halls. With smoke-free housing, students can make healthier choices and live safer and healthier lifestyles.

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## UNCP Briefs

## Games Can Be More Than Just Fun

by Mark Schwarze, MA, LPC, NCC, LCAS

### ◆ TUITION PAYMENTS MADE EASY

Will your student's account be left with a balance in 2008-09? If so, there is a payment program that allows you to pay your student's balance in installments rather than in one lump sum. Sign up for one semester or the entire year, but sign up early. The first of your five fall semester installments will be due the first week of June. For more information, please call Student Accounts at 910-521-6525.

### ◆ 2008-09 HOUSING ASSIGNMENTS

During the week of March 24, Oak Hall residents who want to reclaim their current room assignment for 2008-09 may do so during a scheduled floor meeting. The following week, residents at the Village Apartments and students in a single room at Pine Hall may reclaim their room. The third week, residents in Belk, North, West and Wellons Halls may reclaim their rooms. Students not reclaiming their rooms and who request a change in their assignment for next year may accompany a reclaiming student and, if space is available, obtain an assignment. Students whom do not obtain an assignment during the reclaiming period have an opportunity by random lottery. The lottery's number drawing is scheduled for April 10 and assignment selection by numeric order is April 14. For additional information, visit [www.uncp.edu/housing](http://www.uncp.edu/housing).

In a time where most things are accomplished using technology, where most people under 25 are more used to texting than talking, and where most college students have a laptop in their backpack, the use of video or online gaming has increased tremendously in the past 10 years. An issue emerging in many college populations is video game or online gaming addiction.

Students who become obsessed or addicted to gaming exhibit many recognizable warning signs. Intervening before the problem leads to academic and social problems is the key. Gaming addiction symptoms look a lot like the symptoms of someone with a chemical addiction. The Center for Internet Addiction Recovery led by Dr. Kimberly Young, author of *Caught in the Web*, the first book about Internet addiction, offers the following warning signs of gaming addiction: 1) The need to play online games with increasing amounts of time in order to achieve the desired excitement; 2) Preoccupation with gaming (thinking about it when offline, anticipating the next online session); 3) Lying to friends and family members to conceal the extent of time spent online gaming; 4) Feeling restless or irritable when attempting to cut down or stop online gaming; 5) Repeated unsuccessful efforts to control, cut back, or stop online gaming; 6) Using gaming as a way of escaping from problems or relieving feelings

of helplessness, guilt, anxiety, or depression; 7) Jeopardizing or losing a significant relationship because of an online gaming habit; and 8) Jeopardizing a job, education, or career opportunity because of an online gaming habit. A "yes" to any of these questions could mean that someone is experiencing problems regulating their use of online gaming or video games.

Treatment options for those with a gaming addiction are very similar to those who deal with drug and alcohol addictions and can include inpatient, outpatient, aftercare support, and self-help groups. Family counseling is a helpful part of recovery for the gaming addict as it can examine the family dynamics that may be contributing to the problem. Unlike recovering addicts who must commit to complete abstinence from drugs and alcohol, treatment for gaming addiction focuses on moderation and controlled play of the game. Cognitive-behavioral techniques and a comprehensive person-centered approach may be used to address the ways in which a person may be using the game as a way of escape. The Counseling and Testing Center at UNCP has qualified and licensed counselors to address issues of online and video game addiction. All appointments are free and confidential for students.