

As a student, you now have another way to seek resources/support by submitting your own alerts through Gillings Navigate. This feature is called a Hand Raise Alert. You can submit a hand raise alert at any time to receive an automated email with information in one of the ten areas indicated below. You will receive information about how to pursue help or obtain resources and/or next steps and instructions to schedule an appointment/initiate services or join a club or study group. **Please note that this is not a monitored service.**

<p>I need tutoring in SPHG 711, SPHG 712, BIOS 600, or EPID 600.</p> <p>Submitting this alert will provide you with information on the Gillings Academic Enrichment Program and instructions on how to make an individual tutoring appointment or attend a group tutoring sessions.</p>	<p>I need information about counseling services.</p> <p>Submitting this alert will provide you with instructions on how to initiate services with a licensed therapist/counselor and information about available resources and services, including the Heels Care Network.</p>
<p>I have questions about dropping a class.</p> <p>Dropping a class may have negative impacts on important areas like financial aid, credit completion toward graduation, etc. Submitting this alert provides you with information about course drop deadlines and instructions for you to schedule an appointment with your assigned Gillings Academic Coordinator.</p>	<p>I need information about career services.</p> <p>Submitting this alert will provide you with tailored information for MPH@UNC students, residential Gillings students, and HPM students regarding instructions on how to set up a career appointment, information about resume, cover letter and interviewing assistance/resources, events, job boards, etc. You will also be provided with links for the Heels Engage Network and the Graduate School's Career Well.</p>
<p>I need information about removing a hold.</p> <p>Submitting this alert will provide you with instructions and next steps on removing some of the typical course registration holds at UNC.</p>	<p>I need information about funding.</p> <p>Submitting this alert will provide you with a link for financial literacy information, the Gillings Student Awards Online System, and a variety of funding opportunity information, including scholarship and fellowships, department awards, grants, emergency funds, loans, employment/research/teaching opportunities, external awards, and Gillings food pantry information.</p>
<p>I am interested in finding a study buddy.</p> <p>Submitting this alert will provide you with information on how to form study groups in courses that you are registered for by accessing and utilizing the Study Buddies feature in Gillings Navigate.</p>	<p>I am interested in joining a club/organization.</p> <p>Submitting this alert will provide you with a list of Gillings specific clubs, organizations, groups, honorary societies, student government, and additional opportunities at UNC, including intramural sports.</p>
<p>I have an academic complaint/concern.</p> <p>Submitting this alert will provide you with the Gillings Academic Complaint Process information and workflow on how to proceed, in addition to the Student Resource Directory on who to contact at UNC and at Gillings.</p>	<p>I need information about a UNC wellness coach.</p> <p>Submitting this alert will provide you with information on how to sign up for a wellness coach at UNC. Wellness coaching can help with managing stress, being more active, eating healthier, finding more overall balance in life - just to name a few.</p>

Follow these steps to submit a Hand Raise Alert:

1. Log in to [Gillings Navigate](#) or download the EAB Navigate App (then search for UNC Gillings School of Global Public Health)
2. Next, select the "Help" icon or the + button in the top corner.
3. Open the Hand Raise Alert dropdown menu and select the "Hand Raise" button.
4. You will be directed to the Hand Raise Alert form. Complete the form and select "Submit."
5. After submitting, you will receive an automated email with information on your selected resources and/or steps on how to schedule an appointment for your indicated need. **Please note that this is not a monitored service.**