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**OPEN SESSION**

1. Convene Meeting
2. Roll Call
3. Consent Agenda
  - a. Approval of January 31, 2019 Minutes (Regular Meeting)
  - b. Ratification of Mail Ballot dated March 1, 2019
  - c. Ratification of Mail Ballot dated March 20, 2019
  - d. Approval of Designated Facilities
4. Chair's Remarks
5. Student Body President's Remarks
6. Chancellor's Remarks
7. Get REAL & HEEL – Dr. Claudio Battaglini, Director and Co-founder, & Professor of Exercise Physiology
8. Report of the External Relations Committee
9. Report of the Finance, Infrastructure & Audit Committee
10. Report of the Strategic Framework Committee
11. Report of the University Affairs Committee

**CLOSED SESSION**

12. \*Report of the External Relations Committee
13. \*Report of the University Affairs Committee
14. \*Legal Update

**OPEN SESSION**

15. Report of the External Relations Committee
16. Report of the University Affairs Committee
17. Adjournment

\*Some of the business to be conducted is authorized by the N.C. Open Meetings Law to be conducted in closed session.

**BOARD OF TRUSTEES MEETING**  
**The University of North Carolina at Chapel Hill**  
**January 31, 2019**

The Board of Trustees met in regular session on Thursday, January 31, 2019 at The Carolina Inn, Chancellor's Ballroom. Chair Cochrane convened the meeting at 8:03 a.m.

**ROLL CALL**

Secretary Grumbles called the roll and the following members were present:

Haywood D. Cochrane, Chair	Allie Ray McCullen
Charles G. Duckett, Vice Chair	W. Edwin McMahan
Julia Sprunt Grumbles, Secretary	Hari H. Nath
Jefferson W. Brown	Dwight D. Stone
W. Lowry Caudill	Richard Y. Stevens
Kelly Matthews Hopkins	Savannah Putnam
William A. Keyes IV	

Secretary Grumbles indicated that there was a quorum.

**STATE GOVERNMENT ETHICS ACT**

Chair Cochrane read the following statement:

As Chair of the Board of Trustees, it is my responsibility to remind all members of the Board of their duty under the State Government Ethics Act to avoid conflicts of interest and appearances of conflict of interest as required by this Act. Each member has received the agenda and related information for this Board of Trustees' meeting. If any Board member knows of any conflict of interest or appearance of conflict with respect to any matter coming before the Board of Trustees at this meeting, the conflict or appearance of conflict should be identified at this time.

**CONSENT AGENDA**

**Approval of Minutes**

On motion of Chair Cochrane and a second by Trustee McCullen, the minutes of the following meetings were approved as distributed:

- November 15, 2018 regular meeting
  - November 27, 2018 emergency meeting
  - December 3, 2018 special meeting
  - January 18, 2019 emergency meeting
  - January 22, 2019 special meeting
- (ATTACHMENTS A-E)

**CHAIR'S REMARKS**

- To begin his remarks, Chair Cochrane asked Vice Chair Duckett to read two resolutions of appreciation for Vice Chancellors Chris Kielt and Mark Merritt.

**RESOLUTION OF APPRECIATION  
CHRISTOPHER KIELT**

**WHEREAS**, Chris Kielt ably led the University through the global digital transformation as Vice Chancellor for Information Technology Services and Chief Information Officer since 2013, and earlier as Associate Vice Chancellor for Administrative Systems and Business Transformation; and,

**WHEREAS**, Mr. Kielt's extensive knowledge of technology and exceptional ability to keep up with emerging innovations, evolving demand from system users, and increasing threats to our cyber-security ensured that the campus community had access to safe and powerful computing capacity; and,

**WHEREAS**, Mr. Kielt always ensured that the needs of each user group – staff, students and faculty – were carefully considered in all information technology and systems decisions, so the University could continue the teaching and learning, research, and administration that drive its mission; and,

**WHEREAS**, Mr. Kielt enhanced and increased the University's research computing resources to empower our faculty and students to pursue and advance their invaluable work and contributions to society; and,

**WHEREAS**, Mr. Kielt ensured that our staff and students have access to the best technology solutions, including bringing wireless connectivity to residence halls, and adopting cloud and other services to meet changing needs; and

**WHEREAS**, Mr. Kielt deployed solutions, policies and practices to safeguard sensitive personal information and crucial University data and credentials, and protect our technology interests in an era of sophisticated challenges specifically targeting higher education information technology and systems;

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Trustees of the University of North Carolina at Chapel Hill deeply appreciates the contributions of Chris Kielt and extends its genuine gratitude for his vision, energy and thoughtful approach to information technology services and support for the campus community as our Vice Chancellor for Information Technology Services and Chief Information Officer.

Trustee Caudill made a motion to adopt the resolution. Trustee Stone seconded, and it passed.

#### **RESOLUTION OF APPRECIATION MARK W. MERRITT**

**WHEREAS**, Mark W. Merritt provided thoughtful legal counsel and leadership support to the University as its Vice Chancellor and General Counsel since 2016; and,

**WHEREAS**, Mr. Merritt's deep legal expertise and well-regarded, careful counsel were of great value as the University pursued exciting and innovative opportunities, and navigated complex circumstances; and,

**WHEREAS**, Mr. Merritt endeavored to make Carolina a safe place for opinions, ideas and the people who promote them by staunchly defending free speech and strengthening the University's risk management program; and,

**WHEREAS**, Mr. Merritt deftly managed the University's relationships with the Office of the President of the University of North Carolina System, the state Attorney General's Office and other authorities on legal issues affecting our campus; and,

**WHEREAS**, Mr. Merritt has been a passionate advocate for and supporter of UNC since he first came to Chapel Hill in 1975 as a Morehead-Cain scholar, and then serving on the Morehead-Cain Scholarship Central Selection Committee to bring more talented, vibrant young people into the Carolina family; and,

**WHEREAS**, Mr. Merritt was an exceptional teammate, advising colleagues on crucial policies and major decisions with immediate and long-term impact on our University community; and,

**WHEREAS**, Mr. Merritt tirelessly defended the University in the judicial court and in the court of public opinion;

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Trustees of the University of North Carolina at Chapel Hill offers its sincerest thanks to Mark W. Merritt in recognition of his legal acumen and leadership skills, and for his invaluable service as UNC's Vice Chancellor and General Counsel.

Trustee Stevens made a motion to adopt the resolution. Trustee Nath seconded, and it passed.

- The Chair continued and thanked those in the audience for attending, and referenced the agenda for the meeting.
- Thanked the Board for their work in recent months representing the University.
- The Chair acknowledged today as Chancellor Folt's last meeting.
- Chair Cochrane acknowledged where he thinks Carolina is during this time of leadership transition and provided examples of the exciting work that is happening and will continue to happen.
- The Chair concluded his remarks by calling upon Trustee Putnam.

[A copy of these remarks is located in the Office of the Assistant Secretary and at [bot.unc.edu](http://bot.unc.edu).]

#### **STUDENT BODY PRESIDENT'S REMARKS**

- Trustee Putnam shared highlights from the undergraduate executive branch.
- Trustee Putnam then shared updates from the graduate and professional student federation.
- To conclude, Trustee Putnam read aloud from a statement released earlier this week regarding the departure of Chancellor Carol Folt:
  - Carolina has always been a place that requires those who operate within her to give their all. Chancellor Carol Folt has offered this University no less. For four years, I have personally had the pleasure of studying under her leadership as she led this University to greater and higher heights. Through the Chancellor's time, the University of North Carolina has been led with wisdom, and strength, and I have learned greatly from her example. While faced with some of the greatest trials that the University has ever encountered, Chancellor Folt has remained resolute. Through scandals, crises, and historical changes, she has led this University with passion and has pursued her core mission: the betterment of Carolina's student body. Chancellor Folt, thank you for all the inspiration you brought to UNC, we wish you the best wherever life takes you.

[A copy of these remarks is located in the Office of the Assistant Secretary and at [bot.unc.edu](http://bot.unc.edu).]

#### **CHANCELLOR'S REMARKS**

- Chancellor Folt began her remarks by thanking Chair Cochrane, the board, her administrative team, faculty and students for their support during her tenure as Chancellor.
- Chancellor Folt reflected on the last two weeks of events.
- The Chancellor shared highlights and campus updates since the November meeting.
- Chancellor Folt concluded by sharing her favorite moments over the last five and a half

years.

[A copy of these remarks is located in the Office of the Assistant Secretary and at [bot.unc.edu](http://bot.unc.edu).]

Chair Cochrane then asked that Leslie Parise, Chair of the Faculty, and Vin Steponaitis, Secretary of the Faculty, come forward. Dr. Parise and Dr. Steponaitis shared that Governor Roy Cooper inducted Chancellor Folt into the Order of the Long Leaf Pine, North Carolina's highest honor. They then read aloud the proclamation.

Chair Cochrane then asked Vice Chair Duckett to read a resolution of appreciation for Chancellor Folt.

### **RESOLUTION OF APPRECIATION CAROL LYNN FOLT**

**WHEREAS**, Carol Lynn Folt has served with energy and dedication as the 11th chancellor of the University of North Carolina at Chapel Hill, the nation's first public university; and,

**WHEREAS**, under her leadership, Carolina developed initiatives to enhance academic excellence and expand opportunities for innovation and entrepreneurship; growing research funding to more than \$1 billion a year, one of the highest levels in the nation; and,

**WHEREAS**, Chancellor Folt improved access and affordability by developing ways to remove barriers for every student who earns admission, including her signature support of the Chancellor's Science Scholars Program for undergraduate students in science or mathematics; and,

**WHEREAS**, Chancellor Folt worked closely with the Board of Trustees and her campus leadership team to position Carolina to meet the future with *The Blueprint for Next*, a strategic framework that reflects the campus's priorities and furthers its sustainability efforts including the Three Zeros Initiative to reduce our environmental footprint; a new campus master plan to guide physical development in line with those priorities; and *For All Kind: The Campaign for Carolina*, the most ambitious fundraising campaign in our history, which has already raised more than half of its goal; and,

**WHEREAS**, Chancellor Folt advanced the university's commitment to the local community with initiatives such as renewal of the historic Northside neighborhood, the redevelopment of Carolina Square, and other projects that promote economic development and the arts; and ensured an inclusive and expansive university that built upon Carolina's historic commitment to the people of the state; and,

**WHEREAS**, Chancellor Folt brought a scientist's eye and an artist's imagination to her role; balancing the views of many constituents including alumni, students, faculty, and staff; using her exceptional communication skills to reflect back to us our many dreams for Carolina; reminding us of the unique commitment to scholarship, service, and excellence that defines this university; and,

**WHEREAS**, Chancellor's Folt's unbounded optimism, resolute perseverance, and visionary leadership brought the university through a time of formidable challenges, in which she stayed focused on the forward path for Carolina; and,

**WHEREAS**, she steps down on January 31, 2019, yet will remain an ambassador for Carolina and the transformative power of American public higher education;

**NOW, THEREFORE BE IT RESOLVED THAT** the Board of Trustees offers its highest praise and commendation to Carol Lynn Folt for her tireless service to the University of North Carolina at Chapel Hill and her devotion to the people of North Carolina and expresses its deepest appreciation for her service.

Vice Chair Duckett made the motion to adopt the resolution. Chair Cochrane seconded, and it passed unanimously.

#### **CAROLINA STUDENT TRANSFER EXCELLENCE PROGRAM (C-STEP)**

Chancellor Folt introduced Steve Farmer, Vice Provost for Enrollment & Undergraduate Admissions. Mr. Farmer introduced Rebecca Egbert, Director of C-STEP. Ms. Egbert shared information on the C-STEP program. The program began in 2006 with the help of the Jack Kent Cooke Foundation, and is a partnership between UNC and 11 North Carolina community colleges. The program aims to identify cohorts of high-achieving low- and moderate-income students and supports them in completing their associate's degrees and transferring to Carolina with the skills to excel.

Ms. Egbert then introduced four participants of the program to share their experiences: LaChaun Banks ('10, MBA '17); Roy Dawson ('11, JD '14); Shannon Smith ('14); and Kolby Hunter ('19).

To conclude their presentation, they entertained questions from the board. This presentation can be found on [bot.unc.edu](http://bot.unc.edu) and on file in the Office of the Assistant Secretary.

#### **REPORT OF THE EXTERNAL RELATIONS COMMITTEE**

Trustee Stevens presented a review of the External Relations Committee meeting. There were no action items for this committee in open session. Trustee Stevens then shared the items presented for information:

- Communications update given by Joel Curran, Vice Chancellor for Communications
- Public Affairs update given by Amy Auth, Director of State Affairs, and Kelly Dockham, Director of Federal Affairs

A full review of the committee meeting are in the committee minutes in the Office of the Assistant Secretary.

#### **REPORT OF THE FINANCE, INFRASTRUCTURE & AUDIT COMMITTEE**

Trustee Stone presented the report from the Finance, Infrastructure and Audit Committee. The following items were presented to the committee for action:

##### **Property Acquisition**

This request is for approval to purchase of 102 Cedar Avenue, Kannapolis, NC, for the purpose of temporarily housing graduate students and post-doctoral trainees for the Nutrition Research Institute (NRI). The NRI currently owns five houses and leases these to students and researchers, and these units consistently remain occupied as there are very few housing options available to students and researches. All UNC-CH NRI graduate students are required to spend significant blocks of time in Kannapolis to learn lab techniques, and most second-year graduate students must move to Kannapolis to work with their mentor for advanced training and dissertation work. Funding for the purchase of the house is from the Cannon Foundation in the amount of \$125,000.

The identified home is located approximately one-half mile from the NC Research Campus, on a route easily traversed by foot. The home is sited on .20 acres and is a 2-bedroom, 1-bath house

that will be converted to a 2-bedroom, 2-bath house with the provided grant funds. The current property owner, Atlantic American Properties, has agreed to renovate the home prior to purchase per design plans approved by UNC-CH and the State Construction Office. The State Construction Office conducted FCAP reports on each home detailing needed repairs and will monitor the renovation work in cooperation with county inspectors and UNC-CH's Engineering Services Division.

(ATTACHMENT F)

### **Designer Selection**

#### **1. School of Dentistry, Patient Skills & Digital Lab**

The UNC School of Dentistry is developing a contemporary curriculum and reimagining the school's academic, administrative and support facilities. This Capital Improvement Project will renovate the School of Dentistry waiting areas and clinics, academic support facilities, clinical skills and patient simulation labs; develop a Center for Digital Innovation; and centralize and improve the faculty office complex within Brauer and Tarrson Halls. This project aspires to maximize assignable square footage by reducing allotted space and identifying opportunities for efficiency. The project budget is \$15,000,000 and will be funded through departmental funds (Clinical Income (\$11.5M); Clinical Technology Improvements Fund (\$500K); \$3M Fundraising).

The project was advertised on November 14, 2018. Nine (9) proposals were received. Four (4) firms were interviewed on January 3, 2019. Members of the Board of Trustees did not participate in the interviews. The committee recommended the selection of the three firms in the following priority order:

- |    |                  |             |
|----|------------------|-------------|
| 1. | LS3P/Smith Group | Raleigh, NC |
| 2. | Flad Architects  | Raleigh, NC |
| 3. | Ewing Cole       | Raleigh, NC |

The firms were selected for their past performance on similar projects, strength of their consultant team and experience with campus projects and the State Construction Office.

(ATTACHMENT G)

#### **2. Classroom Renewals**

The Classroom Renewals project will add three large "flexible learning" classrooms to UNC's learning space inventory. The existing classrooms will require comprehensive renovation – including hazardous materials abatement, demolition, new floor construction, finishes, lighting, A/V, HVAC, electrical and data distribution to spaces at Carroll Hall, Sitterson Hall, and Gardner Hall. The project budget is \$5,000,000 and will be funded through Institutional Trust Funds.

The project was advertised on November 13, 2018. Fifteen (15) proposals were received. Four (4) firms were interviewed on November 30, 2018. Members of the Board of Trustees did not participate in the interviews. The committee recommended the selection of the three firms in the following priority order:

- |    |                   |                 |
|----|-------------------|-----------------|
| 1. | Lord Aeck Sargent | Chapel Hill, NC |
| 2. | 310 Architecture  | Raleigh, NC     |
| 3. | Hanbury           | Raleigh, NC     |

The firms were selected for their past performance on similar projects, strength of their consultant team and experience with campus projects and the State Construction Office.

(ATTACHMENT H)

#### **3. Burnett Womack Conference Center**

The Burnett Womack Conference Center project will renovate approximately 3,200 gross square feet on the building's fourth floor to create a large (140-person capacity) classroom. New break and storage rooms will also be provided. As part of this project, upgrades are required to the existing toilet rooms to bring them into compliance with current accessibility codes. The project budget is \$1,720,000 and will be funded through departmental reserves.

The project was advertised on October 26, 2018. Eleven (11) proposals were received. Three (3) firms were interviewed on December 18, 2018. Members of the Board of Trustees did not participate in the interviews. The committee recommended the selection of the three firms in the following priority order:

1. Lord Aeck Sargent Chapel Hill, NC
2. Evoke Durham, NC
3. HH Architecture Raleigh, NC

The firms were selected for their past performance on similar projects, strength of their consultant team and experience with campus projects and the State Construction Office.  
(ATTACHMENT I)

4. Lenoir Hall Outdoor Dining

In an effort to relieve significant overcrowding during peak periods, this project will update the seating areas on the North and South Sides of Lenoir Hall, allowing for utilization of these areas during inclement weather. The project budget is \$1,200,000 and will be funded through Auxiliary Trust Funds.

The project was advertised on December 17, 2018. Eight (8) proposals were received. Four (4) firms were interviewed on January 22, 2019. Members of the Board of Trustees did not participate in the interviews. The committee recommended the selection of the three firms in the following priority order:

1. RND Architects Durham, NC
2. Thoughtcraft Architecture Chapel Hill, NC
3. New City Design Group Raleigh, NC

The firms were selected for their past performance on similar projects, strength of their consultant team and experience with campus projects and the State Construction Office.  
(ATTACHMENT J)

A motion came from committee to approve the property acquisition item, and the four designer selection items. Trustee McMahan seconded, and they passed.

Trustee Stone continued and shared the items for information only:

- Preliminary design review given by Evan Yassky, University Architect
- Semi-Annual Capital Report given by Anna Wu, Associate Vice Chancellor for Facilities Services (ATTACHMENT K)
- Semi-Annual Lease Report given by Gordon Merklein, Associate Vice Chancellor for Real Estate Operations (ATTACHMENT L)
- Development report given by David Routh, Vice Chancellor for University Development
- Internal Audit report given by Jonathan Pruitt, Vice Chancellor for Finance and Operations (ATTACHMENT M)
- Year-end financial summary and review of the CAFR given by Jonathan Pruitt, Vice Chancellor for Finance and Operations



- UNC Investment Fund LLC update given by Jon King, CEO of UNC Management Company

A full review of the committee meeting are in the committee minutes in the Office of the Assistant Secretary.

#### **REPORT FROM THE STRATEGIC FRAMEWORK COMMITTEE**

Trustee Hopkins presented a review of the Strategic Framework Committee meeting. There were no action items for this committee in either open session. The following items were presented to the committee for information:

- Data Science presentation given by Dr. Stan Ahalt, Director of RENCI and Professor of Computer Science
- Rural Innovation Initiative presentation given by Dr. Giselle Corbie-Smith, Professor, and Director of the Center for Health Equity Research

A full review of the committee meeting are in the committee minutes in the Office of the Assistant Secretary.

#### **REPORT OF THE UNIVERSITY AFFAIRS COMMITTEE**

Vice Chair Duckett presented the report from the University Affairs Committee. There were two action items for this committee in open session.

#### **Centers and Institutes Update**

Bob Blouin, Executive Vice Chancellor and Provost presented two recommendations:

- Decommissioning of the Center for Pharmacogenomics and Individualized Therapy
- Request for Authorization to Establish the Carolina Latinx Center  
(ATTACHMENTS N-O)

A motion came from committee to approve the decommissioning. Trustee Keyes seconded, and it passed.

A motion came from committee to approve the establishment of the Carolina Latinx Center. Trustee Putnam seconded, and it passed.

The following items were presented to the committee for information:

- Student Affairs update given by Christi Hurt, Interim Vice Chancellor for Student Affairs
- UNC System Strategic Goals update given by Lynn Williford, Assistant Provost for Institutional Research and Assessment; Terry Magnuson, Vice Chancellor for Research; and Steve Farmer, Vice Provost for Enrollment and Undergraduate Admissions.

A full review of the committee meeting are in the committee minutes in the Office of the Assistant Secretary.

#### **MOTION TO CONVENE IN CLOSED SESSION**

On motion of Vice Chair Duckett, and seconded by Keyes, the Board voted to convene in closed session pursuant to North Carolina General Statutes Section 143-318.11 (a) (1) (to prevent the disclosure of privileged information under Section 126-22 and the following); and also pursuant to Section 143-318.11 (a) (2), (3), (5), (6), (7), and (9).

#### **RECONVENE MEETING IN OPEN SESSION**

Vice Chair Duckett made a motion to return to open session. Secretary Grumbles seconded, and it passed.

## **OPEN SESSION**

### **REPORT OF THE UNIVERSITY AFFAIRS COMMITTEE**

Chair Cochrane referred the members to the personnel matters submitted for review. Vice Chair Duckett made a motion from committee to approve, Secretary Grumbles seconded and it passed.

Chair Cochrane stated that the personnel and salary actions voted on in open session had been distributed.

(ATTACHMENT P)

### **ADJOURNMENT**

There being no further business to come before the Board, Chair Cochrane called for a motion to adjourn. Trustee Stevens made the motion; Chair Cochrane seconded and it passed. Chair Cochrane adjourned the meeting at 12:52 pm.

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Clayton Somers, Assistant Secretary



**OFFICE OF  
THE CHANCELLOR**

**KEVIN M. GUSKIEWICZ**  
INTERIM CHANCELLOR

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**THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL**  
**OFFICE OF THE CHANCELLOR**

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**MEMORANDUM**

**TO:** Members of the Board of Trustees

**FROM:** Kevin M. Guskiewicz *K.M.G.*

**RE:** Mail Ballot

**DATE:** February 28, 2019

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You have authorized my office to poll you by mail concerning personnel matters that require attention by the Board. Accordingly, we are transmitting to you herewith personnel actions as follows:

EHRA Faculty Compensation & Tenure Actions

Attachment A

Please mark and return the enclosed mail ballot indicating whether or not you agree with the actions proposed. Thank you.

## EXECUTIVE SUMMARY

## Board of Trustees

February 2019

No.	College/Division	Name	Dept./School	Current Rank	New Rank	Tenure Request Reason	Effective Date	Salary
<b>Personnel Actions</b>								
<b>New Appointments without Tenure</b>								
1	Health Affairs	Stephanie Downs-Canner	Surgery-Surgical Oncology	Nominated Clinical Assistant Professor	Assistant Professor		4/5/2019	\$235,000.00
2	Health Affairs	Klarissa Jackson	Pharmacy	N/A	Assistant Professor		7/1/2019	\$115,000.00
3	Health Affairs	Gita Mody	Surgery-CT	Nominated Clinical Assistant Professor	Assistant Professor		4/5/2019	\$310,000.00
4	Health Affairs	Scott Parnell	Cell Biology & Physiology	Research Assistant Professor	Assistant Professor		4/5/2019	\$94,062.00
5	Health Affairs	Michael Phillips	Surgery-Pediatric	Nominated Clinical Assistant Professor	Assistant Professor		4/5/2019	\$375,000.00
<b>Addition of Joint Appointment without Tenure</b>								
0								
<b>Promotion to Full Professor</b>								
1	Health Affairs	Kristy Ainslie	Pharmacy	Associate Professor	Professor		4/4/2019	\$149,127.00
2	Health Affairs	Evan Dellon	Medicine	Associate Professor	Professor		2/1/2019	\$243,375.00
3	Health Affairs	Lisa Hightow-Weidman	Medicine/Health Behavior	Associate Professor	Professor		5/1/2019	\$206,406.00
4	Health Affairs	Christopher Miller	Pathology & Laboratory Medicine/Pharmacology/ Neurology	Associate Professor	Professor		4/5/2019	\$174,262.00
5	Health Affairs	Robert Tarran	Cell Biology & Physiology	Associate Professor	Professor		4/5/2019	\$156,706.00
<b>Reappointments to the same Rank</b>								
1	Academic Affairs	Sayan Banerjee	Statistics & Operations Research	Assistant Professor	Assistant Professor		7/1/2020	\$105,623.00
2	Academic Affairs	Xiaogang Hu	Biomedical Engineering	Assistant Professor	Assistant Professor		1/1/2021	\$92,350.00
3	Academic Affairs	Keely Muscatell	Psychology & Neuroscience	Assistant Professor	Assistant Professor		7/1/2020	\$84,599.00
4	Academic Affairs	Katherine Weisshaar	Sociology	Assistant Professor	Assistant Professor		7/1/2020	\$90,875.00
<b>Designation/Reappointments to Departmental Chair</b>								
1	Academic Affairs	Donna Gilleskie	Economics	Professor	Chair		7/1/2019	\$221,769.00
2	Academic Affairs	Liesbet Hooghe	European Studies	Distinguished Professor	Acting Chair		1/1/2019	\$221,629.00
3	Academic Affairs	Jeffrey Johnson	Chemistry	Distinguished Professor	Chair		7/1/2019	\$197,450.00
4	Health Affairs	Lawrence Marks	Radiation Oncology	Distinguished Professor/Chair	Chair		1/25/2019	\$580,488.00
<b>Designation/Reappointments to Distinguished Professorship</b>								
0								
<b>Actions Conferring Tenure</b>								
<b>Promotion Conferring Tenure</b>								
1	Health Affairs	Michael Emanuele	Pharmacology	Assistant Professor	Associate Professor	Promotion based on excellence in research	4/5/2019	\$118,000.00
2	Academic Affairs	Adrienne Erickcek	Physics & Astronomy	Assistant Professor	Associate Professor	Promotion based on research, teaching and service	7/1/2019	\$83,310.00
3	Academic Affairs	Nicholas Law	Physics & Astronomy	Assistant Professor	Associate Professor	Promotion based on research, teaching and service	7/1/2019	\$86,035.00
4	Health Affairs	Yueh Lee	Radiology	Assistant Professor	Associate Professor	Promotion based on excellence in clinical scholarship	4/5/2019	\$284,450.00
5	Health Affairs	Amanda Nelson	Medicine	Assistant Professor	Associate Professor	Promotion based on excellence in research	7/1/2019	\$170,805.00
6	Academic Affairs	Kathryn Reissner	Psychology & Neuroscience	Assistant Professor	Associate Professor	Promotion based on research, teaching and service	7/1/2019	\$87,736.00
7	Academic Affairs	Meredith Smith	Government	Assistant Professor	Associate Professor	Promotion based on engaged scholarship - scholarly research and publication; teaching and advising	4/1/2019	\$117,000.00
8	Academic Affairs	Eren Tasar	History	Assistant Professor	Associate Professor	Promotion based on scholarship, teaching and service	7/1/2019	\$79,923.00
<b>New Appointments Conferring Tenure</b>								

## EXECUTIVE SUMMARY

Board of Trustees

February 2019

No.	College/Division	Name	Dept./School	Current Rank	New Rank	Tenure Request Reason	Effective Date	Salary
0								
<b>Addition of Joint Appointment Conferring Tenure</b>								
1	Academic Affairs	Inga Pollmann	English & Comparative Literature	Associate Professor	Associate Professor	Promotion based on research, teaching and service	7/1/2019	\$80,149.00
<b>Corrections</b>								
1	Health Affairs*	Mehul Patel	Emergency Medicine	Research Assistant Professor	Assistant Professor		2/1/2019	

## EXECUTIVE SUMMARY

## Board of Trustees

February 2019

No.	College/Division	Name	School	Department	Rank	Reason	Requested Amount of Increase **	Percent of Increase **	June 30 Salary	Current Salary	New Salary *	Effective Date
*Available funding for each action has been confirmed by the appropriate Department and School/Division management officials to support the proposed salary increase. Upon implementation, specific funding sources are reviewed and approved at the Department level, as well as by the applicable University Central financial offices, including the University Budget Office and the Office of Sponsored Research for grant-funded salaries.							** Based on cumulative increase(s) to 6/30 salary					
Compensation Actions												
1	Academic Affairs	Amir Barzin	Medicine	Family Medicine	Clinical Assistant Professor/Director/Director	Increase due to new secondary administrative appointment as Medical Director of Family Medicine Urgent Care.	\$20,000	12.66%	\$158,000	\$173,000	\$178,000	2/1/2019
2	Health Affairs	Ross Boyce	Medicine	Medicine	Clinical Fellow	Increase due to new faculty appointment as Assistant Professor via external competitive event	\$69,395	105.78%	\$65,605	\$110,000	\$135,000	2/1/2019
3	Health Affairs	Aydin Cemil	Arts and Sciences	History	Professor	Increase based on retention, as Dr. Cemil has received an offer from Columbia University	\$49,503	46.92%	\$105,497	\$108,474	\$155,000	7/1/2019
4	Academic Affairs	Gary Cuddeback	Social Work		Associate Professor	Increase due to promotion to Professor	\$14,630	13.50%	\$108,370	\$113,370	\$123,000	7/1/2019
5	Academic Affairs	Sara DePasquale	Government		Assistant Professor	Increase due to promotion to Associate Professor	\$7,500	5.85%	\$128,166	\$132,666	\$135,666	3/1/2019
6	Health Affairs	Robert Downen	Medicine	Medicine	Post Doc	Increase due to new faculty appointment as Assistant Professor via external competitive event	\$49,920	90.63%	\$55,080	\$55,080	\$105,000	2/1/2019
7	Health Affairs	Chinerne Enyioha	Medicine	Family Medicine	Clinical Fellow	Increase due to new faculty appointment as Clinical Assistant Professor via external competitive event	\$96,692	174.82%	\$55,308	\$55,308	\$152,000	8/1/2019
8	Academic Affairs	Sudhanshu Handa	Arts and Sciences	Public Policy	Distinguished Professor	Increase due to retention counteroffer, as Dr Handa is being actively recruited by Vanderbilt University	\$40,771	25.61%	\$159,229	\$159,229	\$200,000	7/1/2019
9	Health Affairs	Yee Lam	Medicine	Family Medicine	Clinical Assistant Professor	Increase due to new secondary administrative appointment as Medical Director of the Family Medicine Inpatient Service	\$25,066	18.58%	\$134,914	\$154,980	\$159,980	3/1/2019
10	Health Affairs	Michelle Louie	Medicine	OB/GYN	Clinical Assistant Professor/Director	Increase due to new secondary administrative appointment as Director of Gynecology at Hillsborough Hospital	\$36,320	16.89%	\$215,000	\$231,400	\$251,320	2/1/2019
11	Academic Affairs	Edward Maydew	Business		Distinguished Professor	Increase due to retention counteroffer, as Dr. Maydew has received an offer from Northwestern University	\$61,500	16.92%	\$363,500	\$381,639	\$425,000	7/1/2019
12	Health Affairs	Lukasz Mazur	Medicine	Radiation Oncology	Associate Professor	Increase due to new secondary administrative appointment as Director of the Division of Healthcare Engineering	\$10,000	6.49%	\$154,000	\$154,000	\$164,000	2/1/2019
13	Health Affairs	Brigid Scullin	Medicine	Medicine	Research Instructor	Increase based on retention, as. Ms. Scullin has received an offer from an external department at UNC.	\$24,500	29.17%	\$84,000	\$95,700	\$108,500	2/1/2019
14	Academic Affairs	Meredith Smith	Government		Assistant Professor	Increase due to promotion to Associate Professor	\$16,242	14.80%	\$109,758	\$123,000	\$126,000	4/1/2019
15	Health Affairs	Charlene Williams	Pharmacy	Practice Advancement & Clinical Education	Clinical Assistant Professor	Increase due to new secondary administrative appointment as Director of Preceptor Development	\$10,500	8.78%	\$119,657	\$120,157	\$130,157	2/1/2019
16	Health Affairs	Matthew Zeitler	Medicine	Family Medicine	Clinical Fellow	Increase due to new faculty appointment as Clinical Assistant Professor via external competitive event	\$82,000	117.14%	\$70,000	\$70,000	\$152,000	7/1/2019
17												
18												
19												
20												

*The University of North Carolina at Chapel Hill*  
**EXECUTIVE SUMMARY**  
*Board of Trustees*  
*February 2019*

No.	College/Division Name	Department/School	Rank	Description
For Information				
0	N/A	N/A	N/A	N/A

						Requested				
No.	College/Division	Name	Department/School	Rank	Reason	Increase Amount	Percent of Increase	Current Salary	New Salary	Effective Date
Compensation Actions						* Available funding for each action has been confirmed by the appropriate Department and School/Division management officials to support the proposed salary increase. Upon implementation, specific funding sources are reviewed and approved at the Department level, as well as by the applicable University Central financial offices, including the University Budget Office and the Office of Sponsored Research for grant-funded salaries.				

										Total Monetary Value of Non- Salary Compensation	Duration of Non- Salary Compensation	Effective Date	End Date
No.	College/Division	Name	Department/School	Rank	Reason								
Non-Salary Compensation Actions													
1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	NA	



**Mail Ballot**  
**Board of Trustees**  
**February 28, 2019**

Interim Chancellor Kevin Guskiewicz submits for your review and approval the EHRA faculty compensation and tenure actions as recommended for February 2019. This mail ballot will be approved as part of the consent agenda at the Full Board meeting on Thursday, April 4, 2019.

The undersigned votes as follows with recommendation to these proposed actions as presented by the Chancellor.

	<b>Approve</b>	<b>Disapprove</b>
EHRA Faculty Compensation and Tenure Actions (Attachment A)	<input type="checkbox"/>	<input type="checkbox"/>

Signature\_\_\_\_\_

Printed Name\_\_\_\_\_

Date\_\_\_\_\_

Please fax to TJ Scott at (919) 962-1647 or email at [tj\\_scott@unc.edu](mailto:tj_scott@unc.edu)

This ballot was approved by majority vote on March 2, 2019 by the following: Haywood Cochrane, Chuck Duckett, Julia Grumbles, Lowry Caudill, Bill Keyes, Allie Ray McCullen, Ed McMahan, Hari Nath, Richard Stevens, and Savannah Putnam. Trustee Dwight Stone recused himself from the vote due to conflict of interest.



**MEMORANDUM**

TO: Members of the Board of Trustees

FROM: Kevin M. Guskiewicz *KMG.*

RE: Mail Ballot

DATE: March 19, 2019

---

I write to request your approval, by mail ballot, of a withdrawal from two (2) quasi-endowment funds approved by the Endowment Board on February 15, 2019 and attached hereto. I recommend approval of both of these actions.

1. In 2015, the Kenan-Flagler School of Business requested creation of a quasi-endowment fund in the amount of \$247,620.20 with funds provided to it by a donor with the intent of taking advantage of long-term endowment rates of returns as the funds were expended over time. The purpose of these funds are to fund MBA Fellowship Awards each year through use of the payout and a withdrawal, if necessary, from the principal. The current market value of the fund as of December 31, 2018 is \$248,243.10. The School wishes to withdraw \$40,000 from principal to support FY18 and FY19 awards.
2. In 2004, The Fayetteville TEACCH Center quasi-endowment was established to support ongoing services and operations at the Fayetteville TEACCH Center. Recently, the Fayetteville TEACCH Center was closed and the provision of clinical services for the residents of Fayetteville and surrounding areas has been transferred to the newly established Raleigh TEACCH Center. The current market value of the fund as of December 31, 2018 is \$145,386.78. The TEACCH program wishes to withdrawal its remaining balance to cover expenses incurred for the startup and operation of the new center.

Please do not hesitate to contact me if you have any questions.

Page 18 of 55

cc: Jonathan Pruitt, Vice Chancellor for Finance & Operations  
David Routh, Vice Chancellor for University Development  
Brian Smith, Senior Assistant Vice Chancellor and Treasurer  
Micah Malouf, Associate University Counsel



**FINANCE AND  
OPERATIONS**



**JONATHAN PRUITT**  
VICE CHANCELLOR FOR FINANCE AND OPERATIONS

jpruitt@unc.edu  
O 919-962-3795

**THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL**  
**FINANCE AND OPERATIONS**

South Building | Suite 300 | Campus Box 1000  
200 East Cameron Avenue | Chapel Hill, NC 27599-1000  
fo.unc.edu

TO: Board of Trustees of the Endowment Fund

FROM: Jonathan Pruitt  
Vice Chancellor for Finance and Operations

DATE: February 12, 2019

RE: Mail Ballot – Quasi-Endowment Withdrawals Request

I write on behalf of the Chancellor to request your approval, by mail ballot, of a withdrawal from two (2) quasi-endowment funds.

In 2015, the Kenan-Flagler School of Business requested creation of a quasi-endowment fund in the amount of \$247,620.20 with funds provided to it by a donor with the intent of taking advantage of long-term endowment rates of returns as the funds were expended over time. The purpose of these funds are to fund MBA Fellowship Awards each year through use of the payout and a withdrawal, if necessary, from the principal. The current market value of the fund as of December 31, 2018 is \$248,243.10. The School of Pharmacy wishes to withdraw \$40,000 from principal to support FY18 and FY19 awards. I recommend approval of the withdrawal.

In 2004, The Fayetteville TEACCH Center quasi-endowment was established to support ongoing services and operations at the Fayetteville TEACCH Center. Recently, the Fayetteville TEACCH Center was closed and the provision of clinical services for the residents of Fayetteville and surrounding areas has been transferred to the newly established Raleigh TEACCH Center. The current market value of the fund as of December 31, 2018 is \$145,386.78. The TEACCH program wishes to withdrawal its remaining balance to cover expenses incurred for the startup and operation of the new center. I recommend approval of the withdrawal.

Please indicate your vote on the attached mail ballot and return a scanned copy by email to Ms. Catherine Pierce, Office of University Development (email: [catherine.pierce@unc.edu](mailto:catherine.pierce@unc.edu)).

Please do not hesitate to contact me if you have any questions.

Page 19 of 55

cc: John Carlson  
Catherine Pierce  
Brian Smith  
Micah Malouf

BOARD OF TRUSTEES OF THE ENDOWMENT FUND OF  
THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

MAIL BALLOT

February 12, 2019

I hereby approve the withdrawal of \$40,000 from the principal of a quasi-endowment fund for the benefit of the Kenan-Flagler School of Business and the withdrawal of the remaining balance of the quasi-endowment fund for the benefit of the TEAACH Center, as described in Jonathan Pruitt's February 12, 2019 Memorandum to the Board of Trustees of the Endowment Fund of The University of North Carolina at Chapel Hill.

☐

Approve

☐

Disapprove

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

PLEASE RETURN A SCANNED COPY BY EMAIL TO CATHERINE PIERCE

EMAIL: [catherine.pierce@unc.edu](mailto:catherine.pierce@unc.edu)

**Mail Ballot**  
**Board of Trustees**  
**March 19, 2019**

Chancellor Kevin Guskiewicz submits for your review and approval two quasi-endowment withdrawals. This mail ballot will be approved as part of the consent agenda at the Full Board meeting on Thursday, April 4, 2019.

The undersigned votes as follows with recommendation to these proposed actions as presented by the Chancellor.

	<b>Approve</b>	<b>Disapprove</b>
Withdrawal of \$40,000 from principal for the benefit of Kenan-Flagler Business School	<input type="checkbox"/>	<input type="checkbox"/>
Withdrawal of remaining balance for the benefit of the TEAACH Center	<input type="checkbox"/>	<input type="checkbox"/>

Signature\_\_\_\_\_

Printed Name\_\_\_\_\_

Date\_\_\_\_\_

Please return a scanned copy by email to TJ Scott at [tj\\_scott@unc.edu](mailto:tj_scott@unc.edu)

This ballot was approved by majority vote on March 20, 2019 by the following: Haywood Cochrane, Chuck Duckett, Julia Grumbles, Jeff Brown, Lowry Caudill, Allie Ray McCullen, Ed McMahan, Hari Nath, Richard Stevens, and Savannah Putnam.

### **Approval of Designated Facilities**

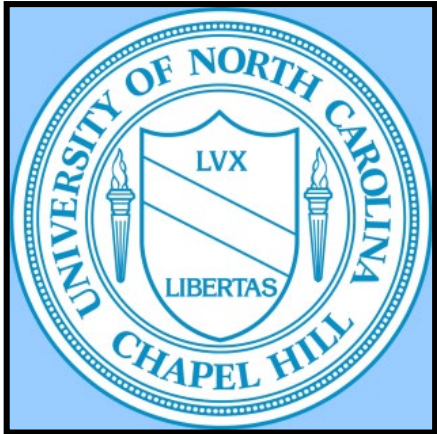
Subject to HB 389/S 296 or other enabling legislation becoming law, be it resolved that the UNC-Chapel Hill Board of Trustees does hereby vote to allow issuance of ABC permits at the following athletic facilities:

Anderson Stadium  
Boshamer Stadium  
Carmichael Arena  
Chapman Golf Center  
Cone-Kenfield Tennis Center  
Dean E. Smith Center  
Eddie Smith Field House  
Finley Golf Course  
Football Practice Complex  
Karen Shelton Stadium  
Kenan Stadium  
Koury Natatorium  
Soccer & Lacrosse Stadium  
Track & Field Complex  
UNC Boathouse

The Assistant Secretary is directed to transmit notice of this approval, subject to the terms of HB 389/S 296 or other enabling legislation, to the ABC Commission and/or any other entity as may be required.

# The University *of* North Carolina *at* Chapel Hill

## Exercise Oncology



**Claudio Battaglini, PhD, FACSM**

Director, Exercise Oncology Research Lab

Director, UNC Get REAL & Heel Breast Cancer Research Program

**Jordan T. Lee, MA**

Doctoral Candidate, Exercise Physiology



# Overview

- Background
  - Breast Cancer: good, bad, and ugly
- UNC Get REAL & Heel Exercise Program
- UNC Get REAL & Heel Research Program
  - Purpose
  - Methods
  - Results (Preliminary)
  - Conclusions (Preliminary)
- IDST 190 Health and Happiness Course Overview





# Breast Cancer in the US: “Highly Curable”<sup>1-4</sup>

**Incidence** (~ 1/8 women)

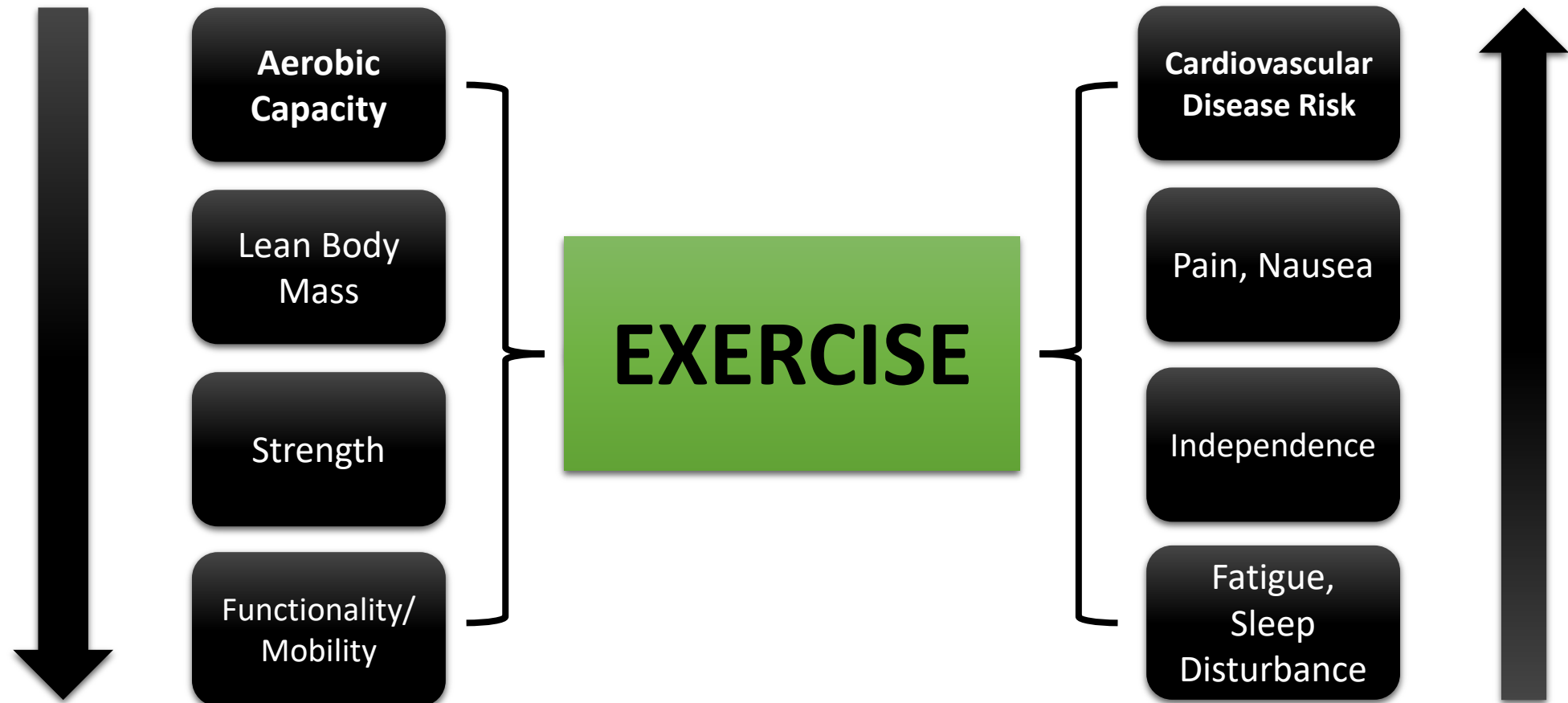
Earlier detection  
Better treatments

-----  
**More survivors, living longer**

**Mortality**

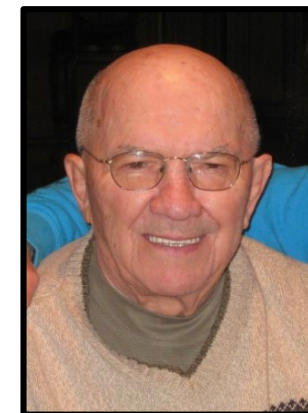


# Side Effects of Cancer & Cancer Treatment<sup>1-4</sup>



# UNC Get REAL & Heel Breast Cancer & Exercise Program

Est. 2006



**Petro Kulynych  
Foundation**

Progressive, Supervised Exercise Program  
Aerobic & Strength Training  
3 days/week, 16-weeks



# Participant Feedback of GR&H

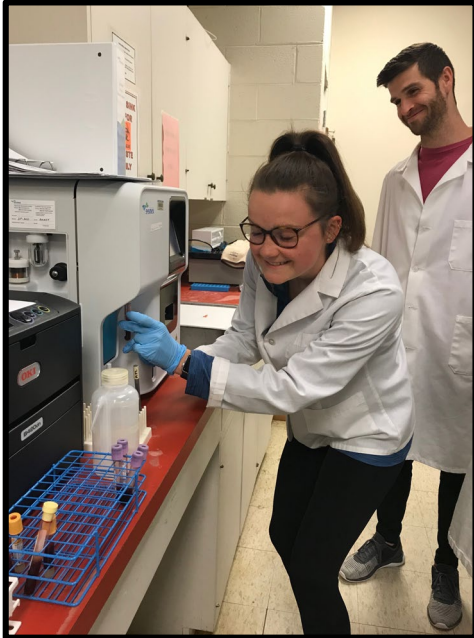
*“The Get REAL & HEEL program has had a **profound effect on my life** and on my ability to rapidly recover from the destructive physical and psychological effects of cancer treatment. The physical rehabilitation is truly **custom-designed** for my personal needs, so that it is not only manageable, but is **extremely gratifying** in obtaining quick results with minimal pain! Participation in this program has **far exceeded my expectations** and I am extremely grateful to everyone who has had a part in making it happen.”*

*“I want to thank you for **all you are doing to invest in the lives of cancer patients** to improve their quality of life during and after treatment - or perhaps to avoid ever needing any!!! What a thought! I have no doubt that you will see a **significant improvement** in 16 weeks and I am SO looking forward to **feeling better and more energized**. I'm counting on being able to tolerate more and longer beach walks and hours spent boogie boarding this summer. Oh, and jet skiing of course.”*



# UNC Get REAL & Heel Research Program

Est. 2017



The purpose of the UNC Get REAL & HEEL Research Study (GR&H) is to profile and evaluate the overall and individual impact of a 16-week exercise intervention on **physiologic** and **psychosocial** outcomes of BCS who are within one year of completing primary therapy





# Multidisciplinary Team



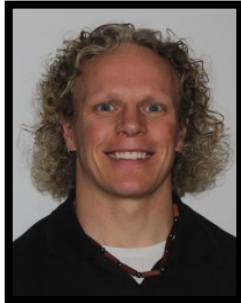
Dr. Battaglini



Dr. Muss



Dr. Nyrop



Dr. Hanson



Dr. Bartlett



Dr. Stoner



UNC Graduate Students  
GR&H Exercise Trainers  
GR&H Program Staff  
UNC Undergrad Research Assistants



Dr. Piepmeier



Jordan Lee



Chad Wagoner



DJ Amatuli



Stephanie Sullivan



# Study Overview

**Early Stage Breast Cancer Survivors**  
Within 1 year of completing primary cancer therapy

**PRE**

**3 days**  
Physiological  
Physical Function  
Immune



**16-weeks**

**POST**

**3 days**  
Physiological  
Physical Function  
Immune



# Preliminary Results: Patient Profile (n=20)

<b><i>Subject characteristics (n = 20)</i></b>	<b><i>Mean (SD)</i></b>
<b>Age (years)</b>	58 (9)
<b>Body Fat (%)</b>	40.6 (6.6)
<b>Ethnicity</b>	85% white
<b>Breast Cancer Stage (0-III)</b>	20% Stage 0-I 50% Stage II 30% Stage III
<b>Hormone Receptor (ER/PR) status</b>	75% Positive
<b>HER-2 status</b>	35% Positive
<b>Systemic Therapy</b>	70% received chemotherapy
<b>Local Therapy</b>	75% received radiation





# Preliminary Results (n=20)


<b><i>Study Variable</i></b>	<b><i>Post Mean (SD)</i></b>	<b><i>Delta Mean (SD) (post-pre)</i></b>	<b><i>p-value</i></b>
<b>VO<sub>2peak</sub></b> (mL/kg/min)	22 (5.2)	0.5 (2.7)	0.46
<b>Time to Exhaustion</b> (min)	10:36 (1:47)	1:01 (0:43)	<b>p&lt;0.001</b>
<b>Max Power</b> (watts)	133 (27)	15 (11)	<b>p&lt;0.001</b>
<b>Perceived Exertion</b> (Borg)	16.7 (2.2)	-0.1 (2.2)	0.92
<b>Max Heart Rate</b> (bpm)	155 (14)	-0.65 (8.9)	0.75
<b>Lactate</b> (mmol, n=17)	7.4 (2.3)	1.1 (1.6)	<b>p&lt;0.01</b>
<b>6MWT</b> (m)	562.4 (83.8)	27.8 (48.4)	<b>0.02</b>
<b>TUG</b> (sec)	4.5 (1.5)	-0.66 (1.3)	<b>0.03</b>

On **average**,  
patients improve  
practical  
“life capacities”  
after training

Benefits functionality, independence



# Profile Comparison: “Same” Cancer Patient

	A (09)	B (11)
Age	52	45
Race	AA	White
Body Fat	35	36
Menopausal Status	Pre	
BC Stage	3	
BC Tumor	TNBC	
Chemo	AC-T 	
Radiation	Yes	
♥ <input type="checkbox"/> Delta PWV		
♥ <input type="checkbox"/> Delta Buckberg		
Delta TTE		
♥ <input type="checkbox"/> Delta VO <sub>2</sub>		
Delta Watts		
Delta 6MWT		

Red = unfavorable changes



# Profile Comparison: High/Low “Responders”

*“The Get REAL & HEEL program has had a **profound effect on my life** and on my ability to rapidly recover from the destructive physical and psychological effects of cancer treatment. The physical rehabilitation is truly **custom-designed** for my personal needs, so that it is not only manageable, but is **extremely gratifying** in obtaining quick results with minimal pain! Participation in this program has **far exceeded my expectations** and I am extremely grateful to everyone who has had a part in making it happen.”*

*“I want to thank you for **all you are doing to invest in the lives of cancer patients** to improve their quality of life during and after treatment - or perhaps to avoid ever needing any!!! What a thought! I have no doubt that you will see a **significant improvement** in 16 weeks and I am SO looking forward to **feeling better and more energized**. I'm counting on being able to tolerate more and longer beach walks and hours spent boogie boarding this summer. Oh, and jet skiing of course.”*



# Takeaways

**While exercise can be beneficial, *one size does not fit all***

**Customized** programs like **Get REAL & Heel** help optimize patient-centered care

**Patient-centered care** is key to providing the *right services* to the *right patients*

Quality **AND**  
Quantity of Life



# The University *of* North Carolina *at* Chapel Hill

## Triple I Course: Health and Happiness ☺

Claudio Battaglini, PhD, FACSM

Barbara Fredrickson, PhD

Arne Kalleberg, PhD



Psychology &  
Neuroscience



UNC  
COLLEGE OF  
ARTS & SCIENCES

*UNC Department  
of Sociology*



A vibrant field of sunflowers with bright yellow petals and dark brown centers, set against a clear blue sky. The sunflowers are in various stages of bloom, and their green leaves are visible at the bottom.

# Welcome to Triple-I Health & Happiness

PROFESSORS BATTAGLINI, FREDRICKSON & KALLEBERG

IDST 190.005



# MEET YOUR PROFESSORS...

**CLAUDIO BATTAGLINI, PH.D.**  
EXERCISE & SPORTS SCIENCE

**ARNE KALLEBERG, PH.D.**  
SOCIOLOGY

**BARBARA FREDRICKSON, PH.D.**  
PSYCHOLOGY & NEUROSCIENCE



# Course Description

This course is designed to expose students to diverse approaches to studying health and happiness. An important aspect of the course is teaching students a variety of life skills, such as teamwork, developing social connections and “belongingness” at UNC, being physically active, and becoming confident that they can deploy evidence-based skills to increase their health and happiness. This is also a research-exposure course that aims to develop students' data literacy. The three professors combine their intellectual resources and distinct disciplinary methods around topics related to happiness, assessed as both subjective and physical well-being.







# Innovation

We build on the notion that the UNC mascot is the ram by creating smaller (“flocks”) and larger (“herds”) groups of rams. Students are randomized into groups of approximately 30, depending on enrollment (“herds”). Herds are then be further subdivided into groups of 5-6 students (“flocks”). There is a TA working with each of the herds.

**The experiences in the small group “flocks” are designed to give students intensive experiences in teamwork and bonding.**



# Student Evaluation

## Summary of Grading Points (Total = 100)

- Attendance: **4**
- 4 Reading Comprehension Checks x 10: **20**
- Learning Journal Reflections Paper: **10**
- Unit Short Papers x 3: **12**
- Unit Quizzes x 3: **24**
- Scientific Poster: **15**
- Final Exam: **15**



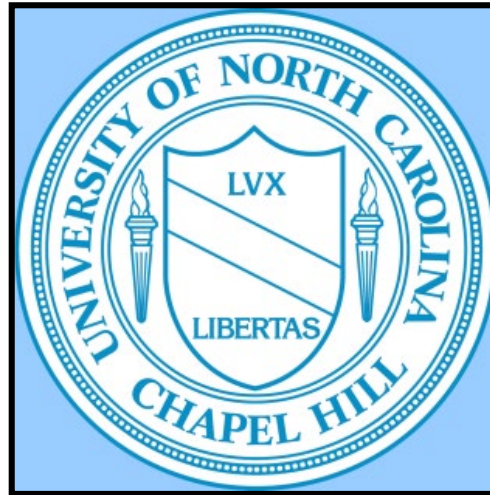
# Scientific Poster

- Working together, each flock will create a scientific poster describing a set of empirical findings they find interesting, based on our discussions of physiological, psychological and sociological data on April 11-23.
- The posters will count 15 points and all flock members will receive the same grade. Posters will be displayed, discussed and graded during time allocated to the final exam (April 30, 4-7 PM).





# Thank You! GO HEELS!



**IDST 190. Health and Happiness  
Spring, 2019**

**Syllabus**

***Professors:***

**Claudio Battaglini (Exercise and Sports Science)  
Barbara Fredrickson (Psychology and Neuroscience)  
Arne Kalleberg (Sociology)**

**Class Times: 3:30-4:45 Tuesday/Thursdays  
109 Fetzer Hall**

**January 2, 2019**

**COURSE DESCRIPTION**

This course is designed to expose students to diverse approaches to studying health and happiness. An important aspect of the course is teaching students a variety of life skills, such as teamwork, developing social connections and “belongingness” at UNC, being physically active, and becoming confident that they can deploy evidence-based skills to increase their health and happiness. This is also a research-exposure course that aims to develop students' data literacy. The three professors combine their intellectual resources and distinct disciplinary methods around topics related to happiness, assessed as both subjective and physical well-being.

Claudio Battaglini is an expert in exercise physiology and provides insight on how physical activity can improve health and its potential relationships to happiness and well-being. Barbara Fredrickson has made important contributions to advancing positive psychology, particularly the science of positive emotions. Arne Kalleberg has studied how happiness differs among social categories of people and national differences in institutions and cultures.

**TARGET AUDIENCE**

This seminar is designed for First Year undergraduate students and transfer students although others are welcomed as well.

**COURSE PREREQUISITES**

This course has no prerequisites.

## **COORDINATING PRINCIPLES**

The three professors are equally responsible for planning, teaching and evaluating students' activities and assignments. Each professor will take primary responsibility for the teaching in their subject areas, but all of them plan to participate in as many classes as they can.

We build on the notion that the UNC mascot is the ram by creating smaller ("flocks") and larger ("herds") groups of rams. Students will be randomized into groups of approximately 30, depending on enrollment ("herds"). Herds will then be further subdivided into groups of 5-6 students ("flocks"). There will be a TA working with each of the herds. The experiences in the small group "flocks" are designed to give students intensive experiences in teamwork and bonding.

We will host a reception (with snacks and refreshments) for each flock, so the professors can get to know students better (and students can become better acquainted with each other, especially those in other flocks). We will host 3 flocks at a time from 4:45 – 6:30 pm on the following dates: January 31, February 7, February 28, March 7, April 4, and April 11. We will announce the schedules for the various flocks soon.

## **COURSE REQUIREMENTS AND GRADING**

### **Reading Comprehension Checks (RCCs):**

Students should arrive to each class on time and prepared. To support that aim, regular Reading Comprehension Checks will be administered at the start of class, as indicated on the schedule of assignments. For instance, students will complete a reading comprehension check (RCC) for the introductory material on January 15 and 17, each of which will be worth 2 points. There will also be three RCCs within each of the three main units of the course (each unit is three weeks long, led by one faculty member). These will assess your comprehension of the readings each Tuesday and will consist of 4 multiple choice questions; the total value of each RCC will be 2 points. (In the case of the unit on physiology and health, some of these RCCs will be based on class lecture/discussion—these will be announced in class.) So, the RCCs will contribute 20 points (introductory material = 2 points, 6 points x 3 units = 20 points)

### **Unit Quizzes:**

There will be a final, cumulative quiz within each unit, which will test overall knowledge of the readings and class materials for that unit. These will be worth 8 points each (8 points x 3 units = 24 points).

### **Paper Assignments:**

There will be a short paper assignment in each unit that is worth 4 points (4 points x 3 units = 12 points).

### **Scientific Posters:**

Working together, each flock will create a scientific poster describing a set of empirical findings they find interesting, based on our discussions of physiological, psychological and sociological data on April 11-23. The posters will count 15 points and all flock members will receive the same grade. Posters will be displayed, discussed and graded during time allocated to the final exam (April 30, 4-7 PM).

### **Learning Journal Reflections Paper:**

Each student will keep a semester-long Learning Journal that summarizes his or her thoughts and reflections about the course. Each journal should have 5 main entries, that describe: 1) the introductory material we discuss on January 15 and 17; 2) Unit 1 on physiology and health; 3) Unit II on positive psychology; 4) Unit III on sociology and happiness; and 5) a discussion of the differences and similarities in the three approaches to health and happiness (i.e., physiology, psychology and sociology) that we cover in the course. Each of these 5 entries should consist of at least 2 pages (typed, double-spaced, 12-point font) that summarizes your thoughts and reflections about what you have learned in the unit, questions that the information raised in your mind, or other ideas you had about the unit material. You should keep this journal in a file on your computer (make sure you back it up!) and entries should be written at the end of the unit (not at the end of the semester). This Learning Journal reflections paper is worth 10 points.

### **Final Exam:**

The Final Exam for this course is Tuesday, April 30<sup>th</sup> from 4-7 p.m. The final will cover the entire course and be worth 15 points of your final grade.

**Attendance** will count 4% of your final grade.

### **Summary of Grading Points (Total = 100)**

<b>Attendance:</b>	<b>4</b>
<b>Reading Comprehension Checks x 10</b>	<b>20</b>
<b>Learning Journal Reflections Paper:</b>	<b>10</b>
<b>Unit Short Papers x 3</b>	<b>12</b>
<b>Unit Quizzes x 3</b>	<b>24</b>
<b>Scientific Poster</b>	<b>15</b>
<b>Final Exam</b>	<b>15</b>

**Deadlines are firm. Late papers and exams will receive lower grades.**

### **HONOR CODE**

The UNC Student Honor Code covers all exams and assignments in this course (please read carefully the Honor Code, <https://ethicsandintegrity.unc.edu/report/academics>). With respect to the individual paper assignments, this means that what you turn in should be your own work. On



the exams, you should ask the TAs or one of your professors for clarification of questions you don't understand. You must not get information from any other materials or people.

### **OFFICE HOURS**

Our office hours for this semester are:

Professor Battaglini, Wednesday, 11-12 in 105 Fetzer

Professor Fredrikson, Monday, 4-5 in Davie 309

Professor Kalleberg, Thursday, 2-3 in Hamilton 261

TAs:

Tania Cabello-Hutt, Monday, 12-1 and Tuesday, 2-3 in Hamilton 210

Stephanie Sullivan, Wednesday, 1:30-3:30 in 039 Fetzer

Chad Wagoner, Monday, 1-3 in 039 Fetzer

### **SYLLABUS CHANGE DISCLAIMER**

We reserve the right to make changes to the syllabus, including due dates. If such changes are necessary, we will announce them as early as possible.

## READINGS

(All readings can be found on Sakai, under “Resources”)

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COURSE CALENDAR (Any changes to this course calendar will be announced on Sakai)		
Date	Topic	Assignment
<b>INTRODUCTON</b>		
January 10	Introductions and Expectations	Connect with your Flock
January 15	Defining Happiness and the "Good Life"	<b>Read:</b> Layard (2005), pp. 11-27
January 17	Explaining Happiness and the "Good Life"	<b>Read:</b> Haidt (2006), Chapter 5 <b>Reading Comprehension Check (RCC) on Readings on Jan 15 and 17</b>
January 22	Assessment of Fitness (Fetzer Hall)	(On January 17, end of class, students will be reminded to fill out a health-related questionnaire, a physical activity readiness questionnaire (Par-Q) that will be posted on Sakai and will be provided with pre-assessment guidelines to be followed before coming to the January 22 <sup>nd</sup> class. Students will also receive instructions on where to meet for the Jan. 22 <sup>nd</sup> Fitness Assessment).
January 24	Working with Quantitative Data in Psychology; Introduction to Semester-long Empirical Project	<b>Read:</b> Gable and Haidt (2005) Complete Baseline Survey on Qualtrics
<b>UNIT 1: PHYSIOLOGY AND HEALTH</b>		
January 29	Physical Activity and Health	<b>Read:</b> Morris JN, Heady JA, Raffle PA, et al. (1953) Myers J, Prakash M, Froelicher V et al. (2002) Gulati M, Black HR, Shaw LJ et al. (2005) <b>RCC I.1--Fitness Assessment</b>

January 31	Determining Your Fitness Level	
February 5	Goal Setting: Determining Physical Activity Goals	<b>Read:</b> Sheeran P, & Webb, T. L. (2016) Harkin B, et al. (2015) <b>RCC I.2--Determining your Fitness Levels</b>
February 7	Guest Speaker--Cancer Survivor (How Fitness Improved your health and happiness)	<b>Paper Assignment 1--Goal setting (Due 02/07/19 @ 8 a.m)</b>
February 12	Physiology of Happiness	Read: Fredrickson (2018) <b>RCC I.3--Determining your fitness goals</b>
February 14	Latest Topics (Trends) on Physical Activity and Health	<b>Quiz I – Unit Final Quiz</b>
<b>UNIT 2: POSITIVE PSYCHOLOGY</b>		
February 19	Broaden-and-Build Theory	<b>Read:</b> Fredrickson et al., 2008 (with emphasis on 1 assigned section); Compute scale scores for Positive Emotions and Negative Emotions; <b>RCC II.1</b>
February 21	Resilience	Compute scale scores on Resilience, Prioritizing Positivity, and Valuing Happiness; Write 1-page observation of resilience in self and others
February 26	Positive Resonance Theory	<b>Read:</b> Fredrickson (2016); Observe and identify own experiences of "positivity resonance" for 1 day; Compute scale scores for Perceived Positivity Resonance <b>RCC II.2</b>

February 28	Positive Resonance in Daily Life	Change own experiences of "positivity resonance" for 1 day; <b>Paper Assignment # 2--Write reflection essay on Positive Resonance (Due 03/04/19 @ 8 a.m.)</b>
March 5	Upward Spiraling Theory of Lifestyle Change	<b>Read:</b> Van Cappellen et al. (2017); Compute scale scores for Obsessive and Harmonious Passion for Physical Activity; Correlate each with Pleasantness of Spontaneous Thoughts about Physical Activity; <b>RCC III.3</b>
March 7	Review and Assessment of Unit II	<b>Quiz II – Unit Final Quiz</b>
March 12	SPRING BREAK	
March 14	SPRING BREAK	
<b>UNIT 3: SOCIOLOGY OF HAPPINESS</b>		
March 19	Happiness Around the World	<b>Read:</b> "Country Differences in Happiness" <b>RCC III.1</b>
March 21	Culture and Happiness	<b>Read:</b> Ono and Lee (2016), Chapter 3: "Marriage and Happiness in the United States and Japan"
March 26	Gender, Social Relations, and Happiness	<b>Read:</b> Brody (2017), Well-Being Team <b>RCC III.2</b>
March 28	Age and Happiness	<b>Read:</b> Rauch (2014); <b>Paper Assignment # 3--Age and Happiness (Due 3/28/19 @ 8 a.m.)</b>
April 2	Money and Happiness	Read: Layard (2005), pp. 41-53 <b>RCC # III.3</b>

April 4	Work and Happiness	<b>Read:</b> Krause, "Happiness at Work" <b>Quiz III – Unit Final Quiz</b>
<b>STUDYING HEALTH AND HAPPINESS</b>		
April 9	Re-Assessment of Fitness (Fetzer Hall)	Students will be reminded to follow pre-assessment guidelines before coming to the April 9 <sup>th</sup> class.
April 11	Understanding Psychological Data	Complete Follow-up Survey on Qualtrics; Compute Remaining Scale Scores for Baseline Data
April 16	Poster session of empirical findings	Instruction on how to create posters
April 18	Understanding Changes in Psychological Attributes and Correlations with Fitness Levels	Create bar charts to depict the class' change/stability across the semester
April 23	Understanding Plausible Sociological Moderators of Psychological Attributes	Create bar charts to depict group differences in change/stability across the semester
April 25	Review Session for Final Exam	<b>Posters Due at 3:30 pm</b>
April 30	FINAL EXAM (4-7 pm)	<b>Final Exam (4-5); Poster Session (5-7)</b>