

Campus Connection

A Student Affairs Newsletter for Parents

SUMMER 2001

VOLUME 2

ISSUE 3

A STATEMENT OF CAMPUS STANDARDS

◆ Integrity in Academic Pursuits

"In an institution where the search for knowledge and truth is the primary goal, integrity in teaching, learning, research, and scholarship is paramount. Dishonesty undermines our common missions. This translates into the obvious: write your own papers, take your own tests, do your own work."

◆ Respect and Consideration in Interactions with Others

"The real test of this value comes when we encounter people whose backgrounds, beliefs, and worldviews differ from our own. If your educational experience is all that it should be, you will graduate prepared to navigate a society that comprises many different kinds of people. You will also graduate having seen and understood different worldviews, and will perhaps expand your own. These are the key skills of the new century, and your education will be incomplete if you graduate without these abilities."

"Mutual respect is a non-negotiable. What this means is that there are some boundaries that should not be crossed. Intolerant and disrespectful behavior, especially regarding race, sexual orientation, gender, ethnicity, and religion, compromises our sense of community and our ability to live and learn together."

◆ Free, Open and Respectful Exchange of Ideas

"Our community requires the respectful exchange of ideas. People should be passionate about what they believe and how they express that belief, but they must also be civil in both word and deed. This principle is particularly important when a community encompasses people who have different backgrounds, worldviews, etc. I am not talking about political correctness, I am talking about basic respect—about how people treat one another, not about what people think or believe."

◆ Contributions to and Participation in the Community

"We should all serve the campus and community while we are here. Contributing to the community can take the form of simply being a good citizen, being considerate of neighbors, cleaning up the campus and community, volunteering at a school or social service in town, or helping to raise money for charity."

Convocation Ceremony to Introduce New Students to Learning Community

New UCSB students will attend an event this fall that combines formal and informal elements, and that will, it is hoped, firmly establish that the newcomers have joined a vibrant, dynamic community dedicated to learning.

New Student Convocation will be held on Monday, September 17, at 10:00 a.m. on the Faculty Club lawn overlooking the lagoon. Students will be welcomed to the University of California, Santa Barbara, and inducted into the experience of higher education by faculty in full academic regalia. The ceremony will include welcomes by Chancellor Henry T. Yang and Associated Students President Brian Hampton, keynote addresses by UCSB faculty member Dr. Edwina Barvosa-Carter and sociologist and author Dr. Bertice Berry, as well as a performance of UCSB's Middle Eastern Ensemble.

Following the ceremony, faculty will join new students in every residence hall on and off campus for faculty-student discussions. These discussions will serve as an opportunity for faculty to provide advice and guidance to students as they make the transition to the UCSB community and life away from home. UCSB staff members and student resident assistants will co-facilitate the talks, which should help new students reflect on the values of the university and what they want to achieve during their years at UCSB, according to Associate Dean of Students Debbie Fleming.

Convocation is intended to be "a powerful way to transmit to the newest members of the UCSB community the central values of scholarship, leadership, and academic traditions that emphasize the value of learning as an integral part of life," said Richard Watts, chair of the Academic Senate. Vice Chancellor, Michael Young believes that "among other things, we want to communicate to students that attending a world-class institution confers privilege, prestige, and unique opportunity, but it also obligates them to meet a set of standards and to fulfill certain expectations." (See sidebar for excerpts from a statement of campus standards developed by Vice Chancellor Young.)



All new UCSB students will receive in the mail in late August an invitation to attend New Student Convocation. Parents are invited to share in the event as it is broadcast live on the World Wide Web courtesy of UCSB's Bookstore at www.bookstore.ucsb.edu. (Please note that New Student Convocation has been scheduled earlier in the day this year to accommodate the observance of Rosh Hashanah.

Local Rosh Hashanah services will take place beginning at 7:30 p.m. at the Milton Roisman Jewish Student Center, 781 Embarcadero del Mar in Isla Vista.)

Student Health Offers Meningitis Vaccine

Both concern and confusion surround the issue of meningitis on college campuses across the nation. Meningococcus is a bacterium that can cause a life-threatening infection in the linings of the brain and spinal cord (meningitis). It is fairly rare in the United States but there is an increased incidence in freshmen living in residence halls. A safe vaccine is available that will prevent about forty to fifty percent of cases of meningococcal disease. Both the Center for Disease Control Advisory Committee on Immunization Practices and the American College Health Association recommend that information about the vaccine be made available to all college freshmen. Because of the high cost of the vaccine and the low incidence of disease, immunization is not specifically recommended. If your son or daughter would like to receive the meningitis vaccine, a special \$60 price is available to students at Student Health Service during the first year of enrollment.

More information about meningitis and the meningitis vaccine can be found on the Student Health web page at <http://www.sa.ucsb.edu/studenthealth/>.

ALCOHOL AND COLLEGE STUDENTS: What Every Parent Should Know

Making the call to parents to inform them that something has happened to their son or daughter has to be every college administrator's worst nightmare. This task is made even harder when the situation could have been prevented.

Tragically, nationwide, students die from preventable alcohol poisoning and alcohol-related accidents every year. Many more students suffer other consequences as a result of their abuse of alcohol. It is not surprising, therefore, to learn that alcohol use and abuse is the number one concern for college administrators and the subject of a great deal of study and research.

A NATIONWIDE CONCERN

Perhaps the most widely publicized research is that from the Harvard School of Public Health. Henry Wechsler and colleagues have conducted three major studies focusing on the prevalence and consequences of binge drinking (defined as five or more drinks in a row one or more times during a two-week period for men, and four or more drinks in a row one or more times during the same period for women). Unfortunately, the studies revealed that the prevalence of binge drinking and the problems associated with it have not changed, overall; two of five students were binge drinkers in 1993, 1997 and 1999. The frequency of abstention rose from 15.6% to 19.2% from 1993 to 1999, but the percentage of students who met the criteria for frequent binge drinking increased from 19.5% to 23% from 1993 to 1999.

Students who binged had problems ranging from having hangovers, missing classes, and falling behind in schoolwork to engaging in unplanned and/or unprotected sexual activity, becoming injured, getting in trouble with the police and requiring treatment for alcohol overdose. The more students binged, the more likely they were to experience these problems.

The Harvard researchers also found that it is no longer possible to view bingeing as solely the bingers' problem: non-bingeing students are paying a steep price, too. Things like being insulted or assaulted, having one's studying or sleep interrupted, having to "baby-sit" drunken friends or being a victim of "date rape" are all "secondhand binge effects" that can adversely affect the non-binger.

A UCSB CONCERN

While most UCSB students have 0-4 drinks per week—and approximately 4,000 seldom, if ever, drink at all—our students are not immune to alcohol abuse and related problems. Surveys conducted over the last ten years reveal that rates of binge drinking among UCSB students are comparable to the national average. We have long recognized that this kind of high-risk drinking can be a major source of problems (physically, socially and academically) for our students. To that end, in 1980, the campus established an Alcohol and Other Drug (AOD) Program, housed in Student Health—the first such program in the UC system (and one of the first in the country). Guided by a task force of students, staff, faculty, and community members, AOD prevention efforts have expanded and changed over the years to include new strategies that show promise on this and other campuses.

As recommended by the Higher Education Center for Alcohol and Other Drug Prevention, our current efforts fall into six categories: education, early intervention, environmental change, enforcement, evaluation, and everybody's involvement. Aided by permanent and extramural (grant) funding, our

strategic plan involves a large number of campus departments, student groups and the community of Isla Vista.

WHAT PARENTS CAN DO

College is a turning point in the relationship between a parent or guardian and their son or daughter. It is a time when both parties are letting go of traditional and comfortable roles and looking forward to the future. But, your role as parent or guardian in the life of your college student continues to be significant.

"We've all seen and heard horror stories about deaths and injuries caused by excessive drinking on campus," College Parents Association President Richard M. Flaherty said. "As parents, you are frightened by these stories. You have every right to be. Student alcohol abuse can be addressed, just as we have reduced drunk driving on our nation's roads. This fight will require college parents, students, universities and their communities working together." It is imperative that parents talk to their student about the personal and community impact of binge drinking.

THINGS TO CONSIDER

- Be prepared to initiate the discussion.
- Whenever possible, exchange information face to face rather than over the phone.
- Look for and create "teachable moments," such as television news, dramas, books, or newspapers that deal with substance use in college settings.
- If the teachable moment seems to arise because your son or daughter is intoxicated, do not try to talk at that time. Wait until the next day.

WHAT TO SAY

- Inform yourself about alcohol and the alcohol scene on campus; talk to your child about it.
 - Make it clear that under-age consumption of alcohol and driving after drinking are both against the law.
 - Openly and clearly express concerns about under-age drinking and dangerous alcohol consumption (e.g., drinking games).
 - Remind students that over-consumption of alcohol is toxic to the human body and can even lead to death from alcohol poisoning.
 - Make sure your child is prepared to intervene when a classmate is in trouble with alcohol.
 - Encourage students to stand up for their rights to a safe academic environment that enhances intellectual growth.
 - Discuss ways to refuse a drink.
 - Set clear and realistic expectations about academic performance. The following table describes the relationship between the average number of drinks consumed per week by college students and grade point average. Source: (1996 National CORE Survey)
- | | |
|---|------------------------|
| A | = 3.6 Drinks per week |
| B | = 5.5 Drinks per week |
| C | = 7.6 Drinks per week |
| D | = 10.6 Drinks per week |
- Encourage your child to get involved in campus or community volunteer work.
 - Don't give your child too much spending money.
 - Refrain from glamorizing any alcohol-fueled exploits you may have had in college.

- If there is problem drinking in your family, be sure your child is aware that s/he is at risk for developing a problem, too. (Research shows that there is a genetic link.)
- Foster a strong, trusting relationship and be available to talk and, more importantly, to listen.
- If you become concerned that your child is developing a problem, contact the Alcohol and Other Drug Program, Student Health (805) 893-2263.

Although the media coverage of recent alcohol-related deaths among college students has focused the spotlight on collegiate substance abuse, high-risk drinking by college students has been a public health dilemma for decades. The media attention is a good step toward fostering discussion and change. Together we can make a difference.

UCSB'S ALCOHOL AND OTHER DRUG PROGRAM RECOGNIZED

The American Automobile Association and the Higher Education Center for Alcohol and Other Drug Prevention awarded UCSB their Regional Grand Prize for drinking and driving prevention. The \$5,000 prize was presented to Chancellor Henry Yang at an award ceremony in May which kicked off the 20th annual Safe Graduation event sponsored by the Students Teaching Alcohol and other drug Responsibility (STAR).

UCSB's "Comprehensive Student, Campus and Community Activities" was deemed to be the best college prevention program in the region that includes California, New Mexico, Texas, Hawaii, Utah and Nevada. The program includes efforts toward reducing high-risk drinking in general and driving under influence in particular. Activities are spearheaded by Student Health Service's Health Education Department, but students, staff, faculty, administration, Isla Vista and Santa Barbara community members all play important roles in the prevention efforts.

Seek and You Shall Find

How often have you heard your son or daughter complain that there is "nothing to do!" Not so at UCSB or in the community of Santa Barbara. The quality of arts and entertainment on campus alone is impressive—when you add the variety of downtown events, it is amazing. It's all a matter of knowing where to find out what's happening.

The best resources are area newspapers: the UCSB *Daily Nexus* covers most campus events, with a regular Monday column, "On Campus This Week"; *The Independent* and the *Friday Scene* edition of the *Santa Barbara News Press* have details about a vast array of events and activities. Online resources include web sites for Campus Calendar of Events, Arts & Lectures, Associated Students Program Board, Residence Halls Association, University Center, Gaucho Athletics, Physical Activities and Recreation, Office of Student Life, Women's Center, Multicultural Center, Resource Center for Sexual & Gender Diversity, University Art Museum, Department of Music and Associated Students Ticket Office. Also, your sons and daughters should keep eyes open for posters and fliers all over campus announcing upcoming events and activities sponsored by any one of hundreds of campus clubs and community organizations. For more information refer to page 85 of the *Kiosk*, UCSB's student handbook.

Live On Stage: Performing Arts at a Bargain Price

For forty-three years, UCSB Arts & Lectures has been presenting an exciting array of dancers, musicians and theater artists from across the United States and around the world. While Arts & Lectures programs are advertised to everyone on campus and in the community, the UCSB students are truly the most cherished audience members. It is Arts & Lectures' intention for the student to be the true beneficiary of the rich rewards the performing arts experience has to offer.

The live performances that happen more than forty nights a year in Campbell Hall are an integral part of a university education. They supplement classroom learning. They arise out of and speak to our full humanity. They bring us together. They invigorate. They challenge and inspire. They might launch a lifetime of arts attendance.

And they are a bargain: Arts & Lectures offers a substantial discount on tickets it sells to UCSB students. And when students buy tickets to at least 5 performances, they can take an additional 10% off the price of each ticket. During our 2001-2002 season, students can buy a Create Your Own Series—five performing arts events of their own choice—for as little as \$67.

Or students can take advantage of any or all of four thematic Discount Package Series. The ArtAbounds Series presents three glowing performances of pacesetting dance/theater by the Miami City Ballet, Compagnie Maguy Marin, and Paul Taylor Dance Company. The Jazz Series presents five evenings of unparalleled jazz: the Lincoln Center Jazz Orchestra with Wynton Marsalis, Dianne Reeves "Celebrating Sarah Vaughan," Newport Jazz@2002, Sonny Rollins, and Arturo Sandoval and Band. The SuperStrings

Series presents four encounters with matchless music, and poetry, too: Kronos Quartet, Guarneri String Quartet, Midori, and Takács Quartet and Robert Pinsky. The Word of Mouth Series presents four captivating evenings of spoken word: David Sedaris, Laurie Anderson, "The Vagina Monologues," and Ira Glass.

If you, as a parent, want to help your student take advantage of Arts & Lectures' great performances, consider buying him or her A&L Gift Certificates. They come in \$5 and \$10 denominations, work like cash at our ticket office, and have no expiration date. There is also no limit on the pleasure they will afford.

Call the Arts & Lectures Ticket Office at (805) 893-3535 to request a free brochure, to purchase tickets or to order gift certificates. Visit us on-line at www.artsandlectures.ucsb.edu.

Gaucha Getaway

UCSB welcomes you and the entire family—brothers, sisters, grandparents—to campus on November 2 and 3 for this year's annual UCSB Parents' and Family Weekend. Join our Gaucha family of students, staff, and faculty for a weekend that will include something for everyone. This is a wonderful opportunity for you to explore the Santa Barbara campus, meet other UCSB parents, and, of course, visit with your son or daughter.

Information and registration materials will be mailed in September. If you have any questions about Parents' and Family Weekend, please call (805) 893-7383 or email parent@ia.ucsb.edu. Check out the Parents' and Family Weekend website at <http://www.instadv.ucsb.edu/pw/>.

You are encouraged to make your travel and lodging arrangements early.

How to Ensure A Respectful Classroom Atmosphere

As parents, you undoubtedly want your son or daughter to maximize the benefit of his or her educational experience. The following are some precepts and advice developed by the faculty at UCSB to help students get the most out of the next four years. Please discuss these guidelines with your son or daughter.

Learning Requires Respect For Ideas and For Others.

- Arrive to class on time, preferably a few minutes before it begins.
- Wait until class is over to leave. Don't walk out midway through class or begin assembling your materials to leave before the professor stops talking. If you must leave during class, sit in the back and in an aisle seat.
- Realize that even in a large lecture room, you are visible to the professor as well as to other students. It is distracting and disrespectful to read the newspaper or to talk or write notes to your neighbor.
- Don't eat during class.
- Turn off your cell phones, pagers, or CD players.
- Listen to students' comments with the same degree of attention as you would like them to listen to yours.
- Do not record the lecture or sell lecture notes without the permission of the professor.

Learning Requires Work. Here are some tips to get the most out of a class.

- Read the assigned materials before coming to class and attend every lecture. You have a much better if you have done the work in advance. Also, you will

feel more confident about asking questions about the lecture if you have read the texts.

- Taking notes during class keeps you attentive and helps you study effectively for exams and papers. If you do not know how to take good notes, ask your professor or Teaching Assistant (TA) or visit Campus Learning Assistance Services (CLAS).
- Be patient with the process of learning. There is no simple way to digest complex ideas.
- Stretch yourself. Your classes at UCSB will challenge you to broaden your perspectives and to develop your critical thinking.

Learning Requires Interaction. Here are some ways to enhance your experience.

- Attend your professor's or TA's office hours frequently to discuss course material, assignments, exams and other course-related concerns. If you are unable to attend office hours, make an appointment and be sure to attend it.
- If your professor encourages the use of email for class communication, allow an adequate time for a response.
- Participate actively in class discussions. Disagreements are welcome, but hostile remarks are not conducive to a free exchange of ideas.
- Discuss the class materials outside of class. The more you think and talk about the material, the more you make it your own.

Being in a classroom is being in a professional situation. Having this attitude is the first step toward a successful career at and beyond UCSB.

Financially Speaking: Important Dates and Deadlines

August 2001

- If your son or daughter received an official Financial Aid Award letter from the UCSB Financial Aid Office indicating that he/she wanted to apply for a loan, your son or daughter will be sent a promissory note that must be completed and returned to the Financial Aid Office.

September 15, 2001

- Fall quarter fee deadline for all students. If financial aid credited to your son's or daughter's account with the UCSB Billing Office by this date is not sufficient to pay the balance due, the balance must be paid or deferred by 4 p.m. to avoid a \$50 late payment fee. The financial aid recipient must maintain an enrollment minimum of six units. For more information, please refer to pages 2 and 3 in the Fall Quarter Schedule of Classes. Students can access the status of their BARC accounts on the Internet at <http://gnet.ucsb.edu/gold/>.
- If the amount of financial aid that is credited to your son's or daughter's account with the Billing Office exceeds what is owed the University for fees and on-campus housing, if applicable, a credit balance will appear, and the Billing Office will mail a refund check to his or her permanent address. Any refund checks created after September 15th will be mailed to students' local addresses. If your son or daughter will be living in one of the off-campus residence halls—College Park Francisco Torres, Fontainebleu, or Tropicana Gardens—he/she may need to use the proceeds from the refund check to pay the housing bill.
- Please note: If your son or daughter will be living in one of the off-campus residence halls, the refund check, if applicable, will not be available to help pay any housing charges that are due before September 15. All off-campus residence halls listed above have alternative payment plans available to financial aid recipients. Students should contact their own residence halls for more information.

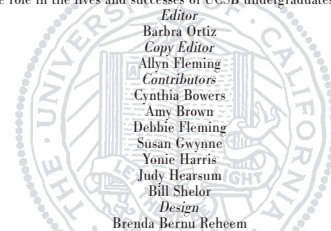
September 24, 2001

- Instruction begins.

Campus Connection

Campus Connection is published by the University of California, Santa Barbara, Office of the Vice Chancellor for Student Affairs, to provide news and resources to the parents and families of UCSB undergraduates.

The University of California, Santa Barbara and the Division of Student Affairs recognize the diversity of our society and the many important people who have become "parents" to our students; these include step-moms, step-dads, uncles, aunts, grandparents, siblings, friends and others who play a significant and supportive role in the lives and successes of UCSB undergraduates.



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Santa Barbara, CA 93106

If you need this document in an alternative format,
please call 805-893-3651.

Health Insurance: To Waive or Not to Waive

By early July, undergraduate students should have received a mailing from Student Health Service outlining the new Regents' requirement mandating that all students have major medical insurance. The materials include information explaining the University-sponsored Undergraduate Student Health Insurance Plan (USHIP), which satisfies this requirement. All students will be automatically enrolled in this plan, and an undergraduate health insurance fee of \$153 per quarter will be reflected on each student's BARC account.

A student who has equivalent coverage through an independent plan may opt out of the program by completing a waiver form available on the Student Health Service web site and submitting it along with appropriate proof of insurance. Students who choose to waive the USHIP plan are still eligible for all services offered at Student Health. The deadline for submitting a waiver is August 15, 2001, and the waiver will remain effective for the entire academic year. Since the program is new this year, Student Health Service is extending the waiver deadline until September 15, 2001. Waivers can also be submitted before the start of winter or spring quarters. In addition, a student can reverse a waiver to enroll in USHIP if independent insurance coverage is lost during the year.

Information about the plan as well as about completing the waiver form can be found on the Student Health Service web site.

Student Health's summer mailing also contains information about the services available at Student Health as well as a description of PATH, a plan for students who have waived out of USHIP but who wish to prepay Student Health visit and processing fees. Again, if you have more questions, please visit our web site at www.sa.ucsb.edu/studenthealth/ or contact an insurance advisor at 805-893-2592.

Campus Safety: A UCSB Priority

The University of California, Santa Barbara, takes seriously its responsibility to maximize student safety and provide accurate and timely information to the public regarding crime on campus and in the surrounding areas. In accordance with the "Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act," UCSB makes available its annual safety report in the form of the "Dedicated to the Safety of Our Community" brochure. The law requires colleges and universities receiving federal funding to disclose the reported instances of criminal activity on their campuses. The law specifically requires the reporting of violent crime, burglary, and motor vehicle theft, as well as a summary of arrests and disciplinary referrals for liquor law violations, drug abuse violations, and weapons possessions.

The report discloses reported criminal activity for the previous three years that occurred on campus, in certain off-campus buildings owned or controlled by UCSB, and on public property within or immediately adjacent to and accessible from the campus. It also includes institutional policies related to campus safety,

such as those concerning substance abuse, crime prevention, the reporting of crimes, sexual assault, sexual harassment, and other matters.

The safety brochure is mailed to the local address of every registered undergraduate and graduate student at the beginning of fall quarter. In addition, it is distributed to each faculty and staff member in September of each year.

Assuring that every student's college years will be safe and productive is of vital importance to the University. In order to keep the public informed, UCSB makes the annual safety report available online at <http://www.sa.ucsb.edu/policies/>. A paper copy is available upon request from the Office of Student Life at (805) 893-4569. This year the federal government required each institution of higher education to report its annual crime statistics electronically to the Department of Education. The public can access this nationwide collection of data for any college or university at <http://ope.ed.gov/security/>.

Staying Connected

UCSB Campus Calendar: <http://events.sa.ucsb.edu/calendar/>

UCSB Home: <http://www.ucsb.edu> or call (805) 893-8000

Campus Connection Newsletter e-mail: Newsletter@sa.ucsb.edu

Campus Learning Assistance Services: <http://www.clas.ucsb.edu> or call 893-3269

Associated Students: <http://www.as.ucsb.edu> or call (805) 893-2566

Counseling & Career Services: <http://career.ucsb.edu> or call (805) 893-4411

Division of Student Affairs: <http://www.sa.ucsb.edu> or call (805) 893-3651

Educational Opportunity Program: <http://www.sa.ucsb.edu/eop> or call (805) 893-3235

Financial Aid Office: <http://www.finaid.ucsb.edu/> or call (805) 893-2432

Housing & Residential Services: <http://www.housing.ucsb.edu> or call (805) 893-2760

Office of the Registrar: <http://www.registrar.ucsb.edu/> or call (805) 893-3592

Office of Student Life: <http://www.sa.ucsb.edu/osl/> or call (805) 893-4569

Orientation Programs: <http://www.sa.ucsb.edu/orientation/> or call (805) 893-3443

Student Health Service: <http://www.sa.ucsb.edu/studenthealth/> or call (805) 893-3371

UCSB Crime Statistics: <http://www.sa.ucsb.edu/policies/>

UCSB Bookstore: <http://www.bookstore.edu/> or call (805) 893-3271