

# Campus Connection

## A Student Affairs Newsletter for Parents

FALL 1999

VOLUME I

ISSUE 1

### 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."*

## Greetings from the Vice Chancellor

Greetings from UCSB. I am Michael Young, Vice Chancellor for Student Affairs. This year the Division of Student Affairs at UCSB has established a primary goal of assisting the campus in forging a greater sense of community. As parents of UCSB students, you are an integral part of our community, and this inaugural newsletter gives us a way to connect with you while providing important information about services, health care, Y2K, and other pressing issues affecting UCSB undergraduates. We hope you will take a few moments to read the articles and discuss them with your daughters and sons during the upcoming winter break.



The Division of Student Affairs encompasses an array of student services and support programs—more than 20 departments in all, including Student Health Service, Counseling & Career Services, Campus Learning Assistance Services, MultiCultural Center, Financial Aid, Office of Student Life, Disabled Students Program, Women's Center, Educational Opportunity Program, and many more. The web addresses listed within this newsletter link directly to Student Affairs' *Guide to Services*, where you can learn more about tutoring, counseling services, financial aid, health care, recreational opportunities, student government, campus organizations, etc., and to UCSB's main web site, where you can begin an exploration of the larger campus as well as the UC system. I urge you to learn as much as you can about the services and opportunities available to your sons and daughters, so you can be knowledgeable partners in their education.

In addition to this newsletter, other examples of our plans to build community include renewed efforts in leadership training for undergraduates, promotion of civic responsibility, expanded and enhanced alcohol and other drug educational programming, and a formal ceremonial induction of new students into our community of scholars. 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. I have a mantra for the new millennium, which is "scholarship, leadership, and citizenship." I believe that if UCSB students strive to achieve all three during their time at UCSB, their stay will be much more meaningful and what they take away at graduation infinitely more valuable, and I am using every opportunity to repeat this message and communicate it to the entire campus community.

Listed on this page you will find excerpts from a statement of campus standards. Written for an audience of undergraduates, particularly freshmen, this is my articulation of the values I believe are inherent to a community of academic scholars. I have shared these with the student body this year, and I think it important to convey these ideas to you as well. During the 1999-2000 academic year the UCSB community will begin a formal and comprehensive process of creating a set of campus standards that we hope to adopt and communicate to incoming freshmen each year during their induction into UCSB.

I trust you will find this newsletter interesting and informative. We plan another edition for spring, and count on you to e-mail us feedback and suggestions for future articles ([Newsletter@sa.ucsb.edu](mailto:Newsletter@sa.ucsb.edu)). You may also write to the following address: Newsletter, Office of Student Life, University of California, Santa Barbara, CA 93106.

Have a wonderful holiday season and a prosperous and healthy 2000.

– Michael D. Young,  
Vice Chancellor for Student Affairs

# Frosh Success Seminar Series

Each year, a cross-divisional committee, known as the Frosh Success Committee, designs a master calendar of workshops, entitled the “Frosh Success Seminar Series,” which augments current educational programming in the residence halls and is based on meeting students needs. Workshops are offered quarterly in a variety of residence hall lounges with all freshmen invited to attend any workshop that fits in their schedule.

The following workshops will be offered during Winter and Spring quarters as part of the Frosh Success Seminar Series.

## Applying for Financial Aid

Students learn important information about maximizing their financial aid opportunities.

6:30-7:30pm

Jan. 19 = Tropicana Gardens Lounge  
Jan. 24 = Santa Cruz Formal Lounge  
Jan. 26 = Francisco Torres  
Feb. 3 = Santa Rosa Formal Lounge

## Finding Housing for Next Year

Students learn what they need to know to find housing for next year.

6:30-7:30pm

Jan. 12 = Francisco Torres and UCen  
Jan. 13 = San Miguel Formal Lounge and UCen  
Jan. 18 = Anacapa Formal Lounge  
Jan. 20 = Tropicana Gardens Lounge

## Scoping Out Summer Jobs

Students learn how to find a great summer job or internship.

6:30-7:30pm

Jan. 31 = Francisco Torres  
Feb. 1 = San Nicolas Formal Lounge

## Getting What You Want (Part II)

Next in the series...students learn more about how to get what they want – academically, personally, and socially.

6:30-7:30pm

Feb. 8 = Santa Nicolas Formal Lounge  
Feb. 9 = Francisco Torres  
Feb. 10 = Tropicana Gardens Lounge

## Academic Advising

Students can have their questions answered by professional academic advisors.

Feb. 14-18 = Various Dining Commons

## Undergraduate Research Opportunities

Students learn about opportunities, benefits, and how to become involved in cutting-edge research at UCSB.

6:30-7:30pm

Apr. 11 = Francisco Torres  
Apr. 12 = Tropicana Gardens Lounge  
Apr. 13 = Anacapa Formal Lounge

## Sophomore Success

Students attend this fun Jeopardy game show and panel of sophomores to prepare for a smooth and successful second year.

6:30-7:30pm

Apr. 17 = Anacapa Formal Lounge  
Apr. 18 = Tropicana Gardens Lounge  
Apr. 19 = Francisco Torres

## Focus on Your Future (Major & Career Planning)

Students learn about the major/career connection and how to plan for their future.

6:30-7:30pm

Apr. 24 = San Miguel Formal Lounge  
Apr. 25 = Tropicana Gardens Lounge  
Apr. 26 = Francisco Torres

## Getting What You Want (Part III)

Last in the series...students learn more about how to get what they want – personally, academically, and socially.

6:30-7:30pm

May 16 = Tropicana Gardens Lounge  
May 17 = Francisco Torres  
May 18 = Santa Cruz Formal Lounge

## Academic Advising

Students can have their questions answered by professional academic advisors.

May 15-19 = Various Dining Commons

# Winter Blues: Addressing Depression

One of the most frequently reported concerns expressed by UCSB students seeking services at Counseling & Career Services is depression. With more than one in every five Americans reporting some form of depression in their lifetime, it's no wonder that depression has become known as the “common cold” of the mental health profession. Symptoms of depression may include overwhelming sadness, difficulty with memory and concentration, changes in appetite (weight loss or gain), sleep disturbance, persistent fatigue, poor motivation, isolation from others, and a failure to derive pleasure from living. Depression is a serious mood disorder and affects a person's ability to function in everyday activities including work, school, family, and social life. For many people, the first episode of clinical depression occurs between the ages of 18 and 22. The significant stressors associated with college life may explain why students are particularly vulnerable at this age. Sometimes students have difficulty recognizing exactly when the transition between a bad day, week or a lengthy rut and an actual depressive episode occurs. Instead students frequently blame themselves for being lazy, unmotivated, or unable to focus. However, depression is a condition that not

even the strongest person can overcome through sheer willpower alone. Clinical depression is very responsive to treatment with psychotherapy and/or a combination of psychotherapy and antidepressant medication. With treatment, up to 90% of people report significant relief, many responding within three to four weeks. If you are concerned about the well being of your daughter or son, please encourage her or him to arrange for an appointment at Counseling & Career Services (805) 893-4111. Help is just a phone call away. For information about this and other mental health issues, please consult the C&CS Web site at <http://www.counseling.ucsb.edu/>.

## Major Quandry?

If your son or daughter is undecided about a major, considering a change of major or adding a minor, suggest checking out the computerized Major/Minor Finder at Counseling and Career Services.

# A Student Health Update: **Managing Meningitis Risk**

Recent media attention and two campus cases in the past several months have sparked both concern and confusion about a severe but rare disease, meningococcal meningitis. *Neisseria meningitidis*, also known as meningococcus, is a bacteria which can cause an infection in the linings of the brain and spinal cord (meningitis). It is fairly rare in the United States, about 1 case per 100,000 people per year.

A surveillance study of meningococcal disease in UCSB college students is currently underway.

**Preliminary data** from this study show:

- 83 cases of meningococcal meningitis occurred in college students in 32 states during academic year 1998-99.
- Overall rate of 0.6 cases of meningococcal meningitis per 100,000 people
- For college freshmen the rate is 1.4 cases per 100,000 people
- For college freshmen living in dormitories the rate is 3.8 cases per 100,000 people

Meningococcus, like many other bacteria and viruses, has several subgroups. There is a vaccine available which is about 85-90% effective in preventing disease caused by four subgroups which account for about 50% of cases of meningococcal meningitis. There is

no vaccine available offering protection against subgroup B which causes 30-40% of this type of meningitis.

Because of the high cost and limited effectiveness of the vaccine as well as the low incidence of disease, there is no public health recommendation for universal immunization at this time. However, in October the Center for Disease Control Advisory Committee on Immunization Practices did issue a recommendation that information about meningococcal meningitis and the potential benefits of vaccination be provided to college students and that the vaccine be made available to college freshmen or other undergraduates wishing to reduce their risk of meningococcal disease. They did not recommend that all college freshmen or all college students get the vaccine.

The vaccine is generally available (with occasional delays due to back orders) at the UCSB Student Health Service at a cost of \$76. Some health insurance plans cover or subsidize the cost of the vaccine and others don't. If it is covered, there is often a requirement that it be given at your local primary provider's office so it is important to call your local doctor or health plan to check.

More information about Meningitis and the Meningitis Vaccine can be found on the Student Health web page at <http://www.sa.ucsb.edu/studenthealth/> or telephone (805) 893-3371.

# What's Bugging UCSB: A Y2K Assessment

You are probably already aware of the year 2000 computer issues, also known as the "Millennium Bug" or Y2K. UCSB's major campus-wide systems, including student admissions, registration, and financial aid, have been certified Y2K compliant to ensure that they will function properly.

UCSB has worked diligently to ensure that its mission critical systems and equipment will provide uninterrupted services through and beyond the year 2000. UCSB suppliers, utilities, and financial institutions have assured us, to the extent possible, that critical supplies and services will enable the campus to continue to operate effectively and safely.

During the weekend of January 1, 2000, UCSB's Emergency Operations Center (EOC) will be staffed to assess the status of the campus. Beginning Sunday,

January 2, 2000, the results of this assessment will be available to students and their families by accessing the following:

<http://www.ucsb.edu/> (under 'hot links' click on 'Y2K Update') or telephone (805) 893-2300.

In the rare event telephone service is not working in the Santa Barbara area, UCSB's Emergency Hotline: 1-900-200-UCSB will be activated. Calls can be placed only from touch-tone telephones, and will cost the caller 55 cents per minute.

Students in residence halls or University owned or affiliated apartments who are served by UCSB's Residential Voice Mail system will receive emergency information directly to their telephone line.

## Important Deadline Dates

### One Fee Deadline for All Students:

Previously, there has been an "early fee deadline" for continuing undergraduate students and a "final fee deadline" for new/returning undergraduates and all graduate students. Beginning Winter 2000, there will be a single fee deadline. The fee deadline for all students for Winter Quarter is December 15, 1999.

### FAFSA Deadline: March 2, 2000

To apply for UCSB financial assistance for the 2000-2001 academic year, you must complete the Free Application for Federal Student Aid (FAFSA) by March 2, 2000. The FAFSA is available at all colleges, universities, and high schools across the U.S. and on the Internet at [www.fafsa.ed.gov/](http://www.fafsa.ed.gov/). Questions? Call the UCSB Financial Aid Office at (805) 893-2432 or visit their web site at [www.finaid.ucsb.edu](http://www.finaid.ucsb.edu).

## Campus Connection

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**If you need this document in an alternative  
format, please call 805-893-3591.**

# Just Around the Corner: Commencement 2000

## Ceremony Dates:

Sunday, June 11  
Saturday, June 17  
Sunday, June 18

## Parking:

Parking is FREE  
Follow commencement parking signs to available parking

## Guest Seating:

NO reservations or tickets required

## Hotel Reservations:

Make reservations NOW!  
(800) 292-2222 – Coastal Escapes

## Restaurant Reservations:

Make reservations NOW!  
Each ceremony lasts approximately 2 hours

## Note:

Students with 155 units, either completed or in progress during the winter or spring quarters, will be eligible to make a commencement reservation. Petition for candidacy must be filed with the Office of the Registrar to confirm completion of degree requirements.

You can visit the Commencement web site at: [www.instadv.ucsb.edu/pubevents/commencement](http://www.instadv.ucsb.edu/pubevents/commencement).

For information call (805) 893-7382 or send e-mail to: [parent@instadv.ucsb.edu](mailto:parent@instadv.ucsb.edu).



## **GPA:**

### Get Parents' Attention!

Instruction has ended. Exams are over. Grades are out. Take this opportunity to discuss your student's academic progress or problems. If you conclude that your son or daughter could benefit from academic assistance, refer them to Campus Learning Assistance Services (CLAS) which helps students increase their mastery of course material through course-specific tutoring and academic skills development. CLAS provides group tutorials in many math, science and statistics courses, as well as academic skills workshops in reading, test-taking, and study skills. Drop-in one-on-one tutorials are available in many subjects. Check out their web page (<http://www.clas.ucsb.edu>) for more information about writing services, tutorials and workshops or call (805) 893-3269.

## *Staying Connected*

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

Campus Connection Newsletter: [Newsletter@sa.ucsb.edu](mailto:Newsletter@sa.ucsb.edu)

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

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

Educational Opportunity Program: (805) 893-3235

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

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) 893-227

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