School Packing List

**ELECTRONICS**
- Alarm clock
- Chargers
- Headphones

**COMPUTER**
- Flash drive or USB
- Heavy duty extension cord
- Laptop with computer lock (optional)
- Metal surge protector
- Printer (optional)
- Printer ink & paper (optional)

**SCHOOL SUPPLIES**
- Backpack
- Calculator
- Day planner
- Highlighters
- Index cards
- Message board
- Notebooks
- Paper clips
- Pens
- Pencils
- Post-It-Notes
- Push pins
- Ruler
- Scissors
- Stapler/staples
- Tape

**TOILETRIES**
- Bath Towel
- Brush
- Carrying case/caddy
- Cold medicine
- Cough medicine/cough drops
- Deodorant
- First aid kit, bandages
- Nail clippers
- Prescription and over the counter medications
- Razors/shaving equipment
- Soap
- Shampoo, conditioner
- Shower shoes
- Sun block
- Thermometer
- Tissues
- Toothbrush/toothpaste
- Towels, washcloths

**CLOTHING**
- Standard wardrobe
- Bathing suit
- Rain jacket/rain boots
- Robe
- Sunglasses
- Winter coat or cap
- 1-2 nice outfits (including belt and dress socks)

**BEDDING**
- Blankets
- Comforter
- Mattress pad (twin extra long)
- Pillow/pillow cases
- Sheets (twin extra long)

**ROOM FURNISHINGS**
- Bed light
- Decorations
- Desk lamp
- Desk organizer
- Dry erase board/cork board
- Fan (small)
- Hangers
- Laundry bag or basket
- Posters/pictures (family, friends)
- Small refrigerator (optional)
- Wall hooks (non-adhesive)

**PAPERWORK**
- Access card (student ID)
- Bank info/checks
- Binder with all school documents
- Car registration information
- Copy of birth certificate
- Copy of passport
- Copy of serial numbers of valuable items (electronics, bike, etc.)
- Debit/prepaid card
- Driver's license
- Medical insurance card
- Proof of work eligibility (Social Security card or DACA)

**TRANSPORTATION**
- Bike
- Bike light
- Bike lock (U-lock recommended)
- Proof of ownership/registration
- Skateboard

**MISCELLANEOUS**
- Batteries
- Beach towel
- Flashlight
- Hot beverage mug
- Gym bag/overnight bag
- Laundry detergent
- Laundry softener/stain remover
- Sewing kit
- Tools (screwdriver, pliers, etc.)
- Utensils
- Umbrella
- Water bottle (reusable) and water filter pitcher

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**About this calendar...**
Editors: Julian Armada, Danielle Martin, and Laney Stucki
Design by Keri Bradford
Many thanks to the dozens of contributors across campus who made this calendar possible.
Packing, Prepping and Parting

Transitioning to UCSB is an important time not only for students, but for families as well. New students will experience challenges as they acclimate to increased academic expectations, seek out new friends and begin their next chapter on campus.

Communication with your student is a critical step in getting ready for fall. We hope that the following notes from the “Packing, Prepping and Parting” presentation given at summer orientation will be helpful to you as you prepare for this important milestone.

SEPTEMBER 2018

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PACKING AND PREPPING FOR MOVE-IN DAY
- Roommate information, room assignment and instructions for move-in will be sent to each student’s Umail address in early September.
- Move-in is staggered over two weekend days to ease campus traffic congestion.
- Residence halls have both wired and wireless network Internet access. Students using wired access must provide their own computer, network card (also called an Ethernet card or NIC) and Ethernet cable (also called a network cable or CAT5 cable). Students using wireless access should ensure that the wireless network card is updated with the latest manufacturer drivers. Printers are available in residence halls and campus computer labs.
- There are card-operated washers/dryers in each residence hall.
- Residential parking permits are available for purchase. Students should wait for notification of building assignment before purchasing a parking permit.
- Bus transportation, biking, walking and skateboarding are common forms of student transportation. Students do not need a car. Santa Barbara Airport, a train station and a bus station are nearby.
- Full-service grocery stores are a short distance from campus. Two small markets and a food cooperative are located in Isla Vista. Convenience stores are located on campus.

PREPPING FOR THE TRANSITION
- Create a checklist to prepare for move-in day and other tasks you would like to accomplish with your student over the summer.
- Spend some quality time with your student this summer. Don’t forget to include siblings! This is a transition for them, too.
- Talk with family and friends who have had a student move away for college.

LOOSENING THE REINS
- Families are an important part of each student’s support network.
- No need to completely let go, but there is some need to give more freedom and responsibility.
- It is helpful to agree on how and how often you will communicate with your student.
- Set boundaries on how you will help them.

WHAT TO EXPECT ON MOVE-IN DAY
- Campus will be busy!
- Move-in day can be stressful and emotions tend to run high.
- Be prepared to meet your student’s roommate(s) and families.
- Bring snacks, water and patience.
- Make a plan for the day in advance — how long to stay, who will come and who will take care of what.
- Plan your goodbye with your student in advance.

THE FIRST WEEK — POST MOVE-IN DAY
- Families may have varying experiences and emotions: house may feel quiet and empty, parent may wonder what student is doing, parent may feel a loss of identity, sadness, relief, or both, parent may worry about too much or too little contact with student.
- Students may have varying experiences and feel a range of emotions: they will be busy with residence hall activities, workshops, tours, convocation, buying books, registering their bike, finding their classrooms and getting to know their hall mates.

THE FIRST QUARTER...
- Freedom is good, and okay! Take some time for yourself.
- Be patient with the transition, it is an adjustment for everyone.
- Find ways to stay connected to your student and check in with your student about your relationship.
- Visit — but call first!

WHEN THEY COME HOME...
- It may be a bittersweet time.
- Families may have varying experiences and emotions: house may feel quiet and empty, parent may wonder what student is doing, parent may feel a loss of identity, sadness, relief, or both, parent may worry about too much or too little contact with student.
- Students may have varying experiences and feel a range of emotions: they will be busy with residence hall activities, workshops, tours, convocation, buying books, registering their bike, finding their classrooms and getting to know their hall mates.

OVER THE NEXT FOUR YEARS...
- Your relationship with your student will continue to evolve — this is normal.
- Visits home may decrease but become easier.
- They will grow up a lot. You will change, too.
- Enjoy it — four years will go by quickly!
The Isla Vista Community

The vibrant community of Isla Vista, commonly known as “IV,” is one and a half square mile in area, located adjacent to UCSB’s main campus. Despite its proximity, Isla Vista is not a part of the UCSB campus. Isla Vista is an unincorporated area of Santa Barbara County represented by an elected county supervisor and a newly formed Community Services District with five elected and two appointed members. In addition to the non-student population that resides in IV, approximately 45 percent of IV’s 23,000 residents are UCSB students and several thousand are Santa Barbara City College students. Despite its diminutive size, Isla Vista has 25 parks and open spaces; over 100 businesses (including many restaurants); one family-owned grocery store; a public elementary school; and is served by several places of worship. The Isla Vista Food Co-op, a cooperatively owned natural foods store founded by the community in 1972, is open to the public and provides education and outreach programs, employment opportunities and a community donations program.

UCSB works closely with residents, the County, Santa Barbara City College administrators, IV property owners and law enforcement on community safety issues and student education around safety issues including sexual assault and alcohol and other drug concerns. UCSB’s Alcohol and Drug Program maintains its office in IV and coordinates many student-focused educational programs and campaigns as well as individual and group counseling for students. The Campus Advocacy, Resources and Education (CARE) program provides confidential advocacy and support for students who have experienced sexual violence including relationship, dating, domestic violence and stalking.

Many recent safety-related enhancements in the community include dramatic improvements in public lighting; sidewalk expansions; new, permanent fencing installation to improve safety along the cliffs and increases in late-night alternative social programming both on campus and in IV. UCSB works with County officials to address safety and ongoing efforts to improve community spaces and local governance options. Additionally, a student services annex in the heart of IV, the Gaucho Support Center, provides education, UCSB-based psychological counseling, student mental health coordination services and advocacy for survivors of sexual violence.

To many, Isla Vista is a Beloved Community—a unique and special place that can provide UCSB students with opportunities to grow, learn, connect with others and contribute in meaningful ways. We hope you will encourage your student to treat the community with respect and to be a good neighbor and citizen. You are welcome to visit Isla Vista, support local businesses by shopping in Isla Vista and experience all of the diversity the community has to offer. Like or follow The Beloved Community Isla Vista at www.facebook.com/ivbelovedcommunity.

For Isla Vista safety tips, please see page 29.
The Freshman Year Experience

Co-curricular activities provide vital opportunities to build social and professional networks, experience a sense of belonging at UCSB, engage in community service and develop leadership skills. Each year, thousands of events are scheduled on campus for students. Within each residence hall, a team of professional staff and student resident assistants plan educational and social programs specifically designed for their residents. These events are, for the most part, offered free of charge. Outside of the halls, campus departments and student organizations continually host workshops, performances, lectures, events, discussions and activities. In addition, leadership opportunities abound — from student government to the 500 registered campus organizations, including fraternities and sororities. Students can learn about all of these opportunities through the campus newspaper, fliers posted around campus or by visiting the online campus events calendar at http://events.sa.ucsb.edu.

WELCOME TO UCSB!

The first year at a top-tier university is an important time. Most Gauchos report a great experience and feel that our campus community accepts them immediately. Because this is one of the largest transitions in adult life, first-year students encounter a range of challenges as they meet academic demands and develop new social and personal management skills.

First-Year & Graduate Student Initiatives coordinates efforts across campus to help students with their transition. We work closely with Residential & Community Living to support their amazing workshops and programs. It is common to find faculty having dessert with students in the dining facilities, offering study tips in workshops or touring the library with the students.

UCSB first-year students are vital to the campus; we welcome our new freshmen and transfer students and their families!

Don Lubach, Ph.D.
Associate Dean of Students
First-Year & Graduate Student Initiatives

One student’s perspective:

“My first year at UCSB was unforgettable. I made a lot of new friends, worked at the front desk of my residence hall, took interesting classes and lived by the ocean. Most importantly, I grew as a person and learned a lot about myself by putting myself out there. I met as many people as I could, joined clubs, went to events put on by RA and made connections all over campus. My biggest piece of advice to first years: Take advantage of everything around you. UCSB is an amazing university that you will appreciate once you go out there and create your own experiences. Be bold, be fearless and be curious! The opportunities you seize during your first year will set the pace for the most amazing four years of your life.

—Senior, Econ and Accounting

NOVEMBER 2018

All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

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<td>Some university-operated residence halls may close for Thanksgiving holiday: <a href="http://www.housing.ucsb.edu">www.housing.ucsb.edu</a></td>
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DISCOVERY @ UCSB

At UCSB, people make knowledge. It happens as faculty and students collaborate on big questions with answers yet to be discovered. In Discovery @ UCSB seminars, students learn in depth from faculty about how this knowledge making takes place and how to become a part of it. Discovery @ UCSB offers the opportunity for students to learn about subjects and disciplines in new ways. These courses help students understand the many academic opportunities at UCSB. For details, visit http://www.duels.ucsb.edu/academics/seminars/about.

FRESHMAN SUMMER START PROGRAM (FSSP)

FSSP is a great opportunity for incoming freshmen to get a head start on their academic careers. The program is designed to help students make a successful transition to UCSB. Students earn academic credit toward general education or pre-major requirements. They live together in San Nicolas Residence Hall and participate in various academic, social and cultural activities. FSSP students make friends, interact with faculty in small settings, learn about many opportunities and resources available and enjoy the Santa Barbara summer. Summer 2018 program dates are August 3–September 5. For more information about FSSP visit http://summer.ucsb.edu/fssp.

UNIVERSITY SUCCESS COURSES

First-Year Initiatives offers two popular courses in collaboration with the Girvetz Graduate School of Education. The classes focus on how this knowledge making takes place and how to become a part of it. Discovery @ UCSB offers the opportunity for students to learn about subjects and disciplines in new ways. These courses help students understand the many academic opportunities at UCSB. For details, visit http://www.duels.ucsb.edu/academics/seminars/about.

OUTDOOR PROGRAMS

Taking Gauchos on adventures since 1974, UCSB Adventure Programs is proud to offer kayaking, climbing, canoeing, backpacking, surfing, stand-up paddle boarding, aerial silk, canyoneering, camping trips, equipment rentals, ropes courses, Adventure Climbing Center, certifications in SCUBA and wilderness first aid. New Gauchos can jump-start their UCSB experience by joining the popular First-Year Outdoor Adventures (FYOA) offered just before UCSB move-in weekend. Ask us about working at the Adventure Climbing Center, Adventure Ropes Course or joining our Leadership Training Course to become an outdoor guide! For more information about all Adventure Programs, call (805) 893-3737 or visit http://recreation.sa.ucsb.edu.

Photo: ADVENTURE PROGRAMS
Staying Connected With Your Student

The first quarter of college can be a high-risk time for first-year students. Offer your support with consistent phone calls, text messages, emails and visits when possible. Stay connected to your student to understand their college experience and what support they would like from you and your family.

Winter break is an especially important time to check in with your student about their social and academic transition. In this month, we offer some conversation starters that we hope will help you talk with your student about the challenges of life as a new university student.

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Hanukkah begins

1 Students interested in living in university-operated housing in 2019-2020 should visit www.housing.ucsb.edu for information.

2 3 4 5 6 7 LAST DAY OF INSTRUCTION 8 FINAL EXAMINATIONS Dec. 8-14

Hanukkah ends

9 10 11 FINAL EXAMINATIONS DECEMBER 8-14

14 WINTER BREAK Dec. 15-Jan. 6 Some university-operated residence halls may close for winter break.

15 DEADLINE TO PAY FOR WINTER FEES See https://mybarc.ucsb.edu for more information.

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1 Students interested in living in university-operated housing in 2019-2020 should visit www.housing.ucsb.edu for information.

Hanukkah begins

Facts to Keep in Mind...

It is not true that “everyone gets drunk in college.” Over 50% of all UCSB students report drinking in moderation when they chose to drink and more than 25% of students report not drinking at all in the last 30 days.

The effects of alcohol and drugs linger long after the party and can have lasting consequences. High-risk drinking and drug use at colleges and universities can have tragic consequences. In many cases, students do not recognize the seriousness of the situation or do not want to get their friend in trouble. Students should know that these interventions can save lives. UCSB has a “JUST CALL 911” campaign to help students recognize and take action regarding warning signs of risky use of alcohol and drugs and symptoms of overdose. Visit https://alcohol.sa.ucsb.edu/Students/HelpAFriend.aspx for more information.
Healthcare at UCSB

One of the most frequently asked questions by parents when their son or daughter leaves for college is, “When they get sick, who will take care of them?” The answer is easy — Student Health. Student Health is a large medical facility, fully compliant with standards of the Accreditation Association for Ambulatory Health Care, employing over 140 professionals, and support staff, including: primary care physicians, psychiatrists, nurse practitioners, orthopedists, physician assistants, dermatologists, optometrists, dentists, dietitians, physical therapists, pharmacists, lab technicians, medical assistants, and x-ray technicians. Students can make appointments or may be seen in Urgent Care. Students can either email, call or drop-in to consult with an Advice Nurse. Electronic medical records are utilized, allowing online appointments, pharmacy refills and secure communication via email. For further information, please email studenthealth@sa.ucsb.edu or visit us online at http://studenthealth.sa.ucsb.edu or call (805) 893-5361.

WHERE TO GO WHEN STUDENTS GET SICK

Student Health is located on the west end of campus next to Isla Vista. Many services are available including urgent care, women’s health, psychiatry, physical therapy, dental and eye care.

Call (805) 893-5361 for information, or (805) 893-3371 for appointments.

All registered students are able to utilize services as follows:
- Wednesdays: 8 a.m.–4:30 p.m. (with late opening Wednesdays at 9 a.m.)
- Thursdays: 5 p.m.–7 p.m. by appointment only

For emergencies, local Urgent Care Centers and the Goleta Valley Cottage Hospital are close by and listed on the Student Health website.

Students can visit our website, http://studenthealth.sa.ucsb.edu to make an online appointment or send us a confidential email.

HEALTH INSURANCE

The University of California requires all students to have health insurance covering injuries and illnesses meeting specific minimum criteria. UCSB sponsors a Student Health Insurance Plan (UC-SHIP) which is billed to students quarterly (fall, winter and spring), unless a waiver is approved. UC-SHIP covers students year round, including the summer months, and while travelling. UC-SHIP covers most services at Student Health without any additional fees. Depending on your financial need, you may be eligible to have your UC-SHIP premium fully or partially covered by a UCSC UC Health Insurance grant.

Students are automatically enrolled in UC-SHIP unless a waiver is approved. Please note that your Financial Aid Award will change if you waive out of UC-SHIP. For more information, please review the Office of Financial Aid and Scholarship’s Policy Information page at https://www.faid.ucsb.edu/policies-and-disclosures. Waiver applications are submitted through the Student Health website with a deadline of September 1, 2018. Waivers submitted between September 1–14 will be assessed a $50 fee. Students who submit waivers can enroll in the pre-paid access plan called Gauchos Access Plan (GAP). Visit http://studenthealth.sa.ucsb.edu for details.

HEALTH AND WELLNESS

UCSB Health & Wellness Program promotes the mental, physical and social health of all students by enhancing individual skills and positive relationships with families, peers and the community. Health & Wellness staff works within a comprehensive research-based framework to foster healthy campus learning environments that nurture optimal student development, resilience and well-being. Services include:
- Health & Wellness workshops
- Internships and volunteer opportunities
- Life skills education
- Health activities, field trips and campaigns
- Staff training and leadership development
- UCSBnappy.com and social media

Students who participate in our programs receive education and skill development related to the following health issues: nutrition, well-being, alcohol & drug health, sexual health & relationships, sleep, mindfulness meditation and stress management. Students who consistently engage our services develop the life and leadership skills necessary to be healthy, responsible and successful at UCSB and in our global community. Visit www.wellness.ucsb.edu or call (877) 893-2630.

IMMUNIZATION REQUIREMENTS

All incoming students are required to document vaccinations and tuberculosis screening established by the University of California Office of the President. Instructions for meeting this requirement are listed in the “Steps to Enrollment.” Students must enter immunization dates and upload copies of immunization records through the GATEWAY portal on the Student Health website. Exemptions are only granted for medical conditions. You are entitled to receive documentation from a licensed medical physician, nurse practitioner or physician assistant. For further information, see “University Immunization Requirements” at http://studenthealth.sa.ucsb.edu.

MENINGITIS AND THE MENINGITIS VACCINE

This disease is a particularly serious risk for college students, and we urge all students to ensure they receive the two vaccines currently available against meningitis (both ACWY and the newer Men B vaccine series). Students should have a booster shot at age 16 or later for the older series called Menactra®, Menveo® or Menomune® that cover serogroups A, C, W & Y, AND the new Men B vaccines, either Bexsero® (2 doses) or Trumenba® (2 doses).
College Mental Health

Students attending college often experience mental health issues. Some students come to college with a previously diagnosed mental health condition and are under the care of a physician or psychiatrist; these students are encouraged to transfer their care to UCSB professionals at Student Health Services. Other students may develop symptoms of mental health disorders, such as depression and anxiety, for the first time while in college. Mental health issues can be challenging, but with proper medication and therapy, students can be very successful in the college environment. Consultation, diagnosis and treatment for many common mental health symptoms are available at Student Health Services by calling (805) 893-3087. Free and confidential counseling is available from licensed psychologists at Counseling & Psychological Services 24 hours a day/7 days a week by calling (805) 893-4411.

FEBRUARY 2019

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All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

Students can visit the Alpha Wave “egg” chair and massage chairs, stop by to talk to a peer or attend one of the workshops/programs offered. For more helpful information, visit UCSBMHP.com or follow the peer program on Facebook and Instagram @UCSBMentalHealthPeers.

SOCIAL WORK SERVICES

A variety of factors including medical, academic, financial, emotional, family and social issues can affect a student’s performance and adjustment at UCSB. Students who are experiencing difficulties in any of these areas can meet with a social worker for assessment, help connecting to community resources and services, ongoing support, monitoring and advocacy. For students who may need to leave UCSB, a social worker can provide assistance in locating and obtaining continued services. The social worker’s role is to meet with students, consult with other involved people (with the student’s permission), and identify the student’s obstacles, needs, strengths and goals to develop a plan. Together the social worker and student develop a plan to access resources available to meet their needs. The ultimate goal is for students to maximize their college experience while at UCSB.

Social work services are provided at no cost to students through Student Health funding. UCSB social workers are also available to consult with parents, within the limits of confidentiality restrictions that protect medical information. This is a voluntary and confidential service — we are unable to require students to attend appointments. For serious concerns, consult with a Student Health social worker or contact Student Mental Health Coordination Services (through the Dean of Students Office). Social Work Services are available through Student Health at (805) 893-3087. Student Health information can be located at the following website: http://studenthealth.sa.ucsb.edu. Further information on responding to distressed students may also be found at http://studenthealth.sa.ucsb.edu or by calling (805) 893-3030.
Money Matters
For many families, the combination of financial pressures and the cost of college can cause stress. Please use the helpful resources provided on this page and turn to our many campus professionals when you have financial questions. Students can access their own financial aid information by visiting www.finaid.ucsb.edu and clicking on the “My Aid Status” link.

Parents and students alike are encouraged to read the Money Matters guide, which is distributed through www.finaid.ucsb.edu and clicking on the “My Aid Status” link. You have financial questions. Students can access their own financial aid information by visiting www.finaid.ucsb.edu and clicking on the “My Aid Status” link.

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One student’s perspective
Financial Aid has always been very helpful for me, especially when it came to work on the FAFSA. I remember how welcoming and calming they were when I was overwhelmed by all of the information I needed to complete these documents. They have so many different resources available for students to use, and I couldn’t be more thankful for the help they give to stressed out students.

- Junior, Psychological & Brain Sciences
Alcohol and Other Drugs

UCSB is deeply concerned about excessive and risky drinking as well as the use of controlled and recreational substances by our students. Your student will receive educational information about alcohol and other drugs throughout the academic year. This is a job the university cannot perform alone; we need the involvement and the support of parents. Although your student is not likely to bring up the topic, he or she will listen if you talk. You may not even get a response, but research shows that students pay attention when their parents talk with them about alcohol and drugs.

Even if you believe your son or daughter does not drink or does not drink to excess, it is important that you have a conversation about alcohol and drugs. For more information on any of the following resources, please visit https://alcohol.sa.ucsb.edu or call the Alcohol and Drug Program at (805) 893-5013.

### FACT:

- **All students at UCSB consume alcohol regularly.**

### MYTH:

- **All students at UCSB consume alcohol regularly.**

### APRIL 2019

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Easter Sunday

Passover begins

Passover ends

### ACADEMIC CLASS EDUCATION 191W: HEALTH & WELL-BEING

Students must complete the best practices in this four-unit class. Students learn how to enhance well-being through research-based interventions, including cognitive and interpersonal skill development and engagement in healthy environments.

### SOME WARNING SIGNS/RISKS OF ALCOHOL OR DRUG ISSUES

- Changes in mood and/or behavior
- Attempts to self-medicate an existing or undetected psychological condition, including emotional ups and downs
- Decline in school/work attendance or performance
- Difficulty maintaining healthy social relationships
- Legal or financial concerns
- Blackouts and resulting negative consequences
- Increasing tolerance for alcohol and/or other drugs
- Family history of alcohol and/or other drug problems

### SUBSTANCE-FREE PROGRAMMING

Providing a safe and fun social environment is a university-wide effort that brings together academic departments, student affairs resources and student organizations. The goal of campus partners is to create, support and promote non-alcohol centered activities, events and venues. Residence Hall staff, the Office of Student Life and student-led organizations such as Life of the Party provide hundreds of free events throughout the year, starting in September with the Week of Welcome. Students looking for substance-free environments to socialize should talk with their Resident Assistant, get involved with the Residence Housing Association and frequent the campus events calendar at https://events.ucsb.edu.

### FIRST YEAR/TRANSFER STUDENT EDUCATION REQUIREMENTS

As part of UCSB’s comprehensive approach to prevention and education, all first-year students are required to complete online education courses on alcohol/drugs, diversity and inclusion, and sexual violence prevention. The courses must be completed prior to the first day of classes. Additionally, all new students are required to attend Gaucho FYI, a 105-minute workshop facilitated by professional staff and peer educators, within the first six weeks of fall quarter. Gaucho FYI directly addresses important campus issues involving mental health, alcohol and drugs, diversity and inclusion, sexual assault, dating/domestic violence, stalking, bystander intervention and Isla Vista community safety. Both the online and in-person trainings must be completed by new undergraduates or a registration block will be placed on the student’s account until the requirement is satisfied.
Student Involvement
Every university hopes to provide its students with the opportunity to explore issues and become involved in a wide range of activities. While the “university” experience is traditionally associated with academics, many students find great value in the learning they experience outside of the classroom. UCSB offers a number of opportunities for students to grow and challenge themselves by meeting new people, learning more about the university and experiencing personal development. A great number of opportunities exist at UCSB that allow students to become involved both on campus and in the community.

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All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

CLUBS & ORGANIZATIONS
Registered Campus Organizations provide opportunities to meet new people, establish a sense of belonging at UCSB, engage in community service, develop leadership skills and integrate coursework with practical experiences. There are more than 500 clubs — led primarily by students — of all kinds: academic, arts, career, community service, cultural, educational, fraternal, environmental, political, recreational, religious/spiritual, social, sororities, sports and wellness. To learn more, students should attend the annual Campus Orgs Fair held in October.

COMMUNITY AFFAIRS BOARD (CAB)
The UCSB Associated Students Community Affairs Board (CAB) is dedicated to enhancing the educational experience of all UCSB Students by providing information and easy access to community service work. Through a wide range of projects and community programs, CAB seeks to augment classroom experiences, create opportunities for career exploration, connect UCSB to the community in a meaningful way and promote the ethics of public service. For more information, visit https://cabs.ucsb.edu.

LEADERSHIP DEVELOPMENT (OSL)
Leadership Development offers several annual and ongoing programs built around research-based leadership development methods including workshops, classes, retreats and individual/organizational consulting. We are proud to offer The Leadership Challenge® Workshop (used worldwide by Fortune 500 companies and non-profit organizations alike) each quarter. Students can find out more by visiting the OSL Resource Center (Student Resource Building, Room 1104) or our website at https://osl.sa.ucsb.edu/leadership.

PHYSICAL ACTIVITIES AND INTERCOLLEGIATE SPORTS
UCSB’s Physical Activities program has extensive opportunities that include intramural sports, club sports, outdoor recreation and intercollegiate athletics. Being involved in these programs provides opportunities for students to have fun, meet other students and stay fit. UCSB’s extensive athletic program includes intercollegiate teams for all students. For more information, please visit https://recreation.sa.ucsb.edu/intramural-sports.

STUDENT GOVERNMENT
The Residential Housing Association (RHA) and Hall Councils are an easy and fun way for students to get involved in their residence hall, develop leadership skills and meet new people. New students are able to run for several positions. For more information about RHA, visit www.rha.housing.ucsb.edu. Associated Students (AS) is the official campus-wide student government and voice of the student body at UCSB. For more information about AS, please call (805) 893-2566 or visit www.as.ucsb.edu.

THEATER & DANCE
The Department of Theater and Dance provides a thriving forum for the study of dance, theater, and other types of performance. In a typical year, the department produces five main stage drama productions and two modern dance concerts. The productions represent the various periods and styles taught in the academic program, ranging from the classics to contemporary dramas to comedies to original works. For more information, please visit www.theaterdance.ucsb.edu or email Sean O’Shea at spo@ucsb.edu.

IV AND SANTA BARBARA COMMUNITY
Isla Vista and the neighboring Santa Barbara area are fun and diverse places to explore. On campus, UCSB’s Arts and Lectures program presents lectures, film screenings and live performances. Every Friday night in Isla Vista Theater, Magic Lantern Films screens both classic and current films at a low price. AS Program Board also sponsors fun events at nominal costs to students on campus, in Isla Vista and in nearby Goleta. The surrounding area of Santa Barbara also provides the opportunity for lively entertainment — shopping, concerts and fabulous restaurants — all a short bus ride away!

Student’s perspective
“Here at UCSB, I think we have found the right balance of academic success and recreation. Santa Barbara has so many things to offer, nothing can beat the natural beauty of having the mountains on one side and the ocean on the other. Santa Barbara has a big city feeling in a tight knit community.”
— Senior, Theatre & Dance
Research: An Opportunity No Student Should Miss!

UC Santa Barbara is one of the nation’s most prestigious scientific and scholarly communities. As students begin their higher education careers, UCSB encourages parents and students to think about how research can be a life-changing experience for students. UCSB encourages undergraduate research as it is truly the other half of a great education. Visit the undergraduate research website at https://undergrad.research.ucsb.edu for a variety of helpful tips, contacts, student research stories and much more.

RESEARCH AT UCSB

Whether undergraduates work in laboratories, studios or the university library, they grow in ways that are only possible in a research or creative environment. What they learn provides mental tools for a lifetime: the ability to persevere, think and communicate clearly, ask the right questions and develop ideas with confidence. Additionally, students may find that research experience will distinguish them from other top candidates during competitive graduate school admissions processes.

“Undergraduate research can be a life-changing event,” says Dennis Clegg, professor in the Molecular, Cellular and Developmental Biology Department. “Some students are hooked after their first successful experiment and are inspired to pursue careers in biomedical research. Others in my lab have gone on to become successful doctors, professors and teachers.”

Students have the opportunity to work with exceptional faculty whose individual research projects have earned the highest honors. There are six Nobel laureates at UCSB, and many faculty members have won top research awards and fellowships. In addition, Carol Guder, an undergraduate alumnus of UCSB’s College of Creative Studies (Biology, class of ’83), and a participant in undergraduate research, shared the 2009 Nobel Prize in Medicine.

Bruce Tiffney, former Dean of the College of Creative Studies and professor of earth science, says, “Undergraduate participation in research allows the student to move from being a consumer of knowledge to becoming a producer. In the process, they develop an appreciation of the tangled history of human endeavor that leads to new knowledge, as well as the realization that knowledge is generally provisional, not absolute. To do this requires commitment, enthusiasm and a willingness to live with uncertainty; the results are motivating and empowering.”

David Marshall, Executive Vice Chancellor and former Dean of the College of Letters and Science, agrees: “undergraduate education at a research university is about more than passing on information and digesting past scholarship. It is also about inquiry, discovery, invention, the creation of new knowledge and new understanding...”

“In a liberal arts education, undergraduates are brought into this research process, which enhances students’ training in specific fields and prepares them to be creative, motivated and industrious citizens after they graduate.”

Herbert Kroemer, 2000 Nobel Laureate in physics, says “Careers today require continual, lifelong learning. Few experiences better prepare students for this process than active participation in research early in their education. The only ‘prerequisites’ are curiosity, the willingness to learn something not contained in the standard curriculum, and desire to work on questions to which the answers are not yet known. In fact, the satisfaction of having contributed to the solving of previously unanswered questions is often the most exciting part of the work.”

PEOPLE WHO ARE READY TO HELP YOU GET INVOLVED WITH RESEARCH

- Center for Science and Engineering Partnerships
  Ofelia Aguirre, Director
  (805) 893-7472, aguire@ccsni.ucsb.edu

- College of Letters and Science
  Anne Charity-Hudley, Director of Undergraduate Research for Letters and Science
  acharityhudley@linguistics.ucsb.edu

- Undergraduate Research & Creative Activities
  Jacob LaViolet, Undergrad. Programs Coordinator
  (805) 893-3090, urca@ltsc.ucsb.edu

- College of Creative Studies
  Sara Stephenson, Senior Student Affairs Officer
  (805) 893-5319, sara.stephenson@ccs.ucsb.edu

- College of Engineering
  Tacy Costanzo, Student Affairs Liaison
  (805) 893-6139, tacy@engineering.ucsb.edu

- Gevirtz Graduate School of Education
  Manita Fujencio, Student Affairs Officer
  (805) 893-2137, mfujencio@ucsb.edu

- Materials Research Laboratory
  Julie Standish, Research Intern Coordinator
  (805) 893-7808, standish@MRL.ucsb.edu

- Office of Research
  Kelly Pillsbury, Research Development & Funding Opportunity Specialist
  (805) 893-8891, pillsbury@research.ucsb.edu
UCSB offers a wide variety of housing options for over 10,000 students within one mile of the campus center, they include:

- Eight residence halls (traditional style and suite living)
- One Privately managed suite-living residence hall
- Seven single-student apartments
- Family student housing apartments

RESIDENCE HALL & APARTMENT LIFE

All of these facilities are furnished and offer academic year contracts (except family student housing), free internet, and 24-hour on-call maintenance and emergency staff. The residence halls also offer regular housekeeping services. Most of the contracts are for double or triple occupancy, with a limited number of single/private rooms available.

Additionally, a rental listing service for privately owned apartments and rooms in homes in the surrounding area is offered through Housing Services. Also provided are live-in staff, Resident Assistants, who are peers who assist students with campus resources, dispute resolution, social activities and safety/security measures. All residential communities cultivate an academic environment by placing restrictions on noise, and providing study lounges as well as an array of programs to enhance the out-of-classroom educational experience.

Information about securing a contract is electronically mailed to admitted students during the admissions process. Keep an eye for deadlines announced in these emails.

FOR MORE INFORMATION ON UNIVERSITY & COMMUNITY HOSPITALITY SERVICES.

- CALL (805) 893-4371
- VISIT WWW.HOUSING.UCSB.EDU
- VISIT THE TOP FLOOR OF THE UNIVERSITY CENTER

RESIDENCE HOUSING ASSOCIATION (RHA)
The Residence Housing Association (RHA) plans events and provides services for students throughout the year in order to make residence hall life more enjoyable and enriching for students on campus. RHA officers are elected during spring quarter in order to serve the residence halls during the fall for new students, please visit our website for more information. The RHA officers work with Hall Councils to plan social and educational events and activities. Some of these activities include Festivals, All Hall Ball and All Hall Brawl. Through their hard work, RHA members make the transition to college life and in the residence halls easier and more enjoyable for residents. RHA also provides two great services for parents: Care Packages and Residence Hall Linens. These fundraisers support the mission of RHA and ease the transition into college for your student! More information about this and RHA at www.rha.housing.ucsb.edu.

Living in a Triple:

Students’ Perspectives

“Living in a triple was a really positive experience for me because I felt like I always had a support system. I had two other people who cared for my wellbeing. Living in a triple helped me maintain a more balanced dynamic. Also, I made friends with all my roommates’ friends, so it was also a great opportunity to expand my network in my first year at the university.”

— Junior, Sociology

“Living in a triple was honestly super fun. Not only do you save money, you get double the friends and double the support. If you need a break from your roommates, don’t fret! The chances of all three of you being in the room at the same time during the day is slim. If you want to attend a program and don’t want to go alone, you have two other people that will be down to go with you!”

— Senior, Biological Sciences

MYTH:

If my student does not get along with their roommate or if they aren’t very close, their college experience will be ruined for the year.

FACT:

While no one is guaranteed to be perfect roommates, there are plenty of resources that a student can utilize for support. If roommates aren’t getting along, they can always turn to their Resident Assistant for help. There are also roommate contracts to help set mutual standards. While your student’s roommate may not be their best friend, that does not mean they are not a good roommate, open communication is the most important thing.

Your Student’s Health

DEAR PARENTS AND FAMILY MEMBERS,

As an Assistant Dean and the Director of Student Mental Health Coordination Services (SMHCS) at UC Santa Barbara, my primary goal is to support and enhance the well-being of our students. Mental health is an important aspect of overall health, and I encourage you to take steps to help your student maintain their mental health as they transition to college life.

The vast majority of students with psychological conditions are successful in college. Students experiencing mental health concerns may need a comprehensive and intensive mental health support system. UC Santa Barbara offers a myriad of services through Counseling & Psychological Services, Student Health Services, Disabled Students Program, Residential & Community Living, Office of Student Life, and other student resources.

If your student has a history of mental or physical health issues, the best strategy for ensuring success at UCSB is to develop a plan for their time in college. This may include the following steps:

- Schedule appointments to establish care on campus or in the greater Santa Barbara community prior to the start of classes.
- Contact Social Work Services at (805) 893-3087 to create a strategy for a successful transition to school.
- Discuss the role of medication with your student and their health providers and create a plan for maintaining a medication regimen and for refilling prescriptions.
- Visit the websites of Counseling & Psychological Services (CAPS), Student Health Service, Student Mental Health Coordination Services, and Health & Wellness to review key wellness-related services on campus (see column at right).

I wish you and your student a successful year ahead.

Warmly,
Tracy Gillette, Ph.D.
Assistant Dean,
Director of Student Mental Health Coordination Services

IMPORTANT CONTACT INFORMATION

- Counseling & Psychological Services
  (805) 893-4411 – available 24/7
  http://caps.sps.ucsb.edu
- Health & Wellness Programs
  (805) 893-2630
  http://wellness.sps.ucsb.edu
- Office of the Dean of Students
  (805) 893-4568
  ods.ucsb.edu
- Social Work Services
  (805) 893-3087
  http://studenthealth.sps.ucsb.edu/services/mental-health/social-work
- Student Mental Health Coordination Services
  (805) 893-3030
  www.sa.ucsb.edu/responding-to-distressed-students
- Student Health Service
  (805) 893-3371
  https://studenthealth.sps.ucsb.edu
- UC Police Department
  Non-emergency number: (805) 893-3446
  www.police.ucsb.edu
ACADEMIC ADVISING

UCSB offers various forms of academic advising. In addition to advising received during Orientation, newly admitted students have access to professional advisors in each college (Creative Studies, College of Letters and Science, and College of Engineering), who help them interpret requirements and understand the numerous options available. Students can also consult and visit their major's academic advising office or contact academic advisors in many departments, peer advisors (well-trained students) who support the services of the professional staff. In many departments, students are assigned personal faculty advisors. Regardless of how advising is structured, students must take the initiative to obtain assistance. It is the student's responsibility to comply with the regulations and requirements published in the General Catalog (http://my.ucsb.edu/Catalog/Current/index.aspx) and other college publications.

Each of the three colleges has slightly different policies on academic advising. College Studies students are assigned personal faculty advisors. Regardless of how advising is structured, students must take the initiative to obtain assistance. It is the student's responsibility to comply with the regulations and requirements published in the General Catalog and other college publications. College of Letters and Science and the College of Engineering, students are responsible for seeking assistance if they are unsure of how to satisfy the major's requirements. College of Creative Studies students are required to meet with their faculty advisor at least once per quarter regarding their course of study. Help is available to students who seek it and other college students to help students understand the requirements and options. These sites are:

- Letters and Science: www.duels.ucsb.edu
- Engineering: www.engineering.ucsb.edu/undergraduate
- Creative Studies: https://ccc.ucsb.edu/people/staff

HONORS PROGRAMS

Through the College Honors Programs in the College of Letters and Science and the College of Engineering, students can intensify their educational experience, pursue individual excellence and participate in a small community atmosphere within the larger university setting throughout their years of undergraduate study. College Honors Program participants benefit from increased contact with both faculty and other students in small classes, more research opportunities and increased interaction with UC faculty. Honors Program students also have access to special advising services and may join an active email list with information about academic opportunities, scholarships, internships, service activities and campus events. In addition to the College Honors Programs, the “distinction in the major” programs in many academic departments provide opportunities for research and independent study in the major field.

For more information:
- Letters and Science Honors Program: www.duels.ucsb.edu/honors
- email honorsmail@tscs.ucsb.edu
- Engineering Honors Program: https://engineering.ucsb.edu/undergraduate/engineering-honors-program
- email honorsengr.ucsb.edu with questions.

ACADEMIC ASSISTANCE/TUTORING (CLAS)

http://clas.ucsb.edu

Students are encouraged to seek help if they are unsure of how to satisfy the major’s requirements. CLAS offers many opportunities to supplement their studies abroad by obtaining an internship, research or volunteer opportunity. Financial aid applies and scholarships are available. More than 5,000 UC students go abroad with UCSB each year, including approximately 1,000 from UCSB. Take advantage of this once in a lifetime opportunity!

OFFICE OF UNDERGRADUATE EDUCATION, UNDERGRADUATE RESEARCH INITIATIVES (URCA and FRAP)

http://urca.ucsb.edu; 3210 Student Resource Building

The UCSB Office of Undergraduate Education offers a variety of programs to support undergraduate research and creative activities. The Faculty Research Assistance Program (FRAP) allows undergraduates to gain valuable research experience, work with leading UCSB researchers and simultaneously earn academic credit. Offered every quarter, the UCDC Program is open to students with upper division standing from all majors. In addition, students are encouraged to participate in the Undergraduate Research Colloquium and Slam, held annually in May.

NATIONAL SCHOLARSHIP COMPETITIONS

www.duels.ucsb.edu/academics/scholarships

The Scholarship Coordinator in the College of Letters and Science and the Division of Undergraduate Education facilitates the application process for UCSB undergraduates from all colleges pursuing prestigious state, national and international scholarships that require campus endorsement. Application deadlines vary each year, but most occur early in summer and fall quarters.

SUMMER SESSIONS

http://summer.ucsb.edu

2214 Student Affairs Administrative Services Building

Each year, June through mid-September, Summer Sessions enrolls approximately 6,000 students into more than 600 academic courses across all disciplines. With online courses and seven sessions to choose from, we provide the opportunity for students to get ahead in their field of study, access to courses that are difficult to enroll in during the other quarters and a wide range of electives. Visit our website for more details on courses, special programs and summer financial aid.

UC CENTER SACRAMENTO (UCCS)

www.uccenters.ucsb.edu/sacramento

The UC Center Sacramento Program (UCCS) provides a unique experiential learning opportunity for UCSB students. Participating students engage in stimulating internships and coursework, and have the opportunity to observe public policy processes firsthand in our state's capital. Admission to UCSs is open to advanced sophomores and students with upper division standing from all majors.

WASHINGTON CENTER PROGRAM (UCDC)

www.uccenters.ucsb.edu/washington

The Washington Center Program (UCDC) offers students the opportunity in experiential learning. The program combines courses, internships and a wide variety of cultural experiences, offering students a chance to gain valuable work and networking experiences. Offered every quarter, the UCDC Program is open to students with upper division standing from all majors.

UCSB GRADUATION & RETENTION RATES

- 92% of freshmen and 81% of transfer students are retained after the first year. The national retention rate after freshman year is 81%.
- The median time to complete an undergraduate degree at UCSB is 3.9 years for freshmen.
- 68% of freshmen graduate within four years and 80% graduate within five years.
- 67% of transfer students complete their degree at UCSB within the first two years, 85% graduate within three years.
- Comparatively, the national six-year graduation rate among full-time students is 58%.

GRADUATION and RETENTION RATES

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ACADEMIC ADVISING

UCSB offers various forms of academic advising. In addition to advising received during Orientation, newly admitted students have access to professional advisors in each college (Creative Studies, College of Letters and Science, and College of Engineering), who help them interpret requirements and understand the numerous options available. Students can also consult and visit their major’s academic advising office or contact academic advisors in many departments, peer advisors (well-trained students) who support the services of the professional staff. In many departments, students are assigned personal faculty advisors. Regardless of how advising is structured, students must take the initiative to obtain assistance. It is the student’s responsibility to comply with the regulations and requirements published in the General Catalog (http://my.ucsb.edu/Catalog/Current/index.aspx) and other college publications.

Each of the three colleges has slightly different policies on academic advising. College Studies students are assigned personal faculty advisors. Regardless of how advising is structured, students must take the initiative to obtain assistance. It is the student’s responsibility to comply with the regulations and requirements published in the General Catalog and other college publications. College of Letters and Science and the College of Engineering, students are responsible for seeking assistance if they are unsure of how to satisfy the major’s requirements. College of Creative Studies students are required to meet with their faculty advisor at least once per quarter regarding their course of study. Help is available to students who seek it and other college students to help students understand the requirements and options. These sites are:

- Letters and Science: www.duels.ucsb.edu
- Engineering: www.engineering.ucsb.edu/undergraduate
- Creative Studies: https://ccc.ucsb.edu/people/staff

HONORS PROGRAMS

Through the College Honors Programs in the College of Letters and Science and the College of Engineering, students can intensify their educational experience, pursue individual excellence and participate in a small community atmosphere within the larger university setting throughout their years of undergraduate study. College Honors Program participants benefit from increased contact with both faculty and other students in small classes, more research opportunities and increased interaction with UC faculty. Honors Program students also have access to special advising services and may join an active email list with information about academic opportunities, scholarships, internships, service activities and campus events. In addition to the College Honors Programs, the “distinction in the major” programs in many academic departments provide opportunities for research and independent study in the major field.

For more information:
- Letters and Science Honors Program: www.duels.ucsb.edu/honors
- email honorsmail@tscs.ucsb.edu
- Engineering Honors Program: https://engineering.ucsb.edu/undergraduate/engineering-honors-program
- email honorsengr.ucsb.edu with questions.

ACADEMIC ASSISTANCE/TUTORING (CLAS)

http://clas.ucsb.edu

EAP is an outstanding UC-sponsored academic study abroad program with over 40 campuses in 40 different countries. With planning, EAP students can fulfill major, minor and/or GE requirements abroad, receive UC units and still graduate on time. They can supplement their studies abroad by obtaining an internship, research or volunteer opportunity. Financial aid applies and scholarships are available. More than 5,000 UC students go abroad with UCSB each year, including approximately 1,000 from UCSB. Take advantage of this once in a lifetime opportunity!

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One student's perspective

"UCSB has several helpful resources available for students. One of my favorite resources is the Career Services. They regularly put on workshops for students, have drop-in hours and set up fairs for students to network with potential employers. The best example I had was at a workshop, when an actual employer critiqued my resume!"

—Junior, Political Science

ARTS & LECTURES
http://artsandlectures.ucsb.edu
(805) 893-3535

Building 402, located near Campbell Hall

Arts & Lectures is the largest and most influential arts and cultural organization on the UCSB campus. Located in Santa Barbara and San Francisco, the program enriches your student’s education by presenting more than 100 events each year, including critically-acclaimed concerts, theater and dance performances by world-renowned artists, talks by authors, journalists and world leaders and select film screenings both on campus at Campbell Hall and in Santa Barbara community venues. With a mission to “educate, entertain and inspire,” A&L’s education outreach program brings visiting artists and speakers into classrooms and the community for forums, panel discussions and discussions that enrich and enliven the academic experience.

AS LEGAL RESOURCE CENTER
https://legal.as.ucsb.edu
(805) 893-4246

5550 Pardall Road, Isla Vista

The Associated Students’ Legal Resource Center provides free legal consultation and education to all UCSB undergraduate and graduate students. Hourly services include assistance with arrests, citations, leases, landlord issues, roommate problems, harassment, small claims, credit problems, accidents, consumer complaints, employment, family law and other issues. The office is staffed by an attorney and is open Monday through Wednesday and Friday from 10 a.m.–5 p.m.

CAREER SERVICES
http://careers.ucsb.edu
(805) 893-4288

Building 599 (painted pink), located near Storer Tower

Many students and parents are surprised to learn that most UCSB majors do not lead to specific careers, so the staff at Career Services invites students to visit us as early as possible for help in clarifying what they want in a future career and how to get there. Every week we host workshops and resource fairs designed to help students understand their unique qualities and interests, and how they might contribute to various types of work. Career Services also helps students to connect with employers for internships and jobs in order to gain valuable professional experience, as well as secure employment or pursue graduate school after they graduate.

DEAN OF STUDENTS OFFICE
(805) 893-4568

Student Resource Building, in the Office of Student Life

Dean of Students’ Office offers a wide range of programs and services to support students during their time at UCSB. Whether you’re going through tough academic situations, personal difficulties or looking for new opportunities, we’re here to help students to explore and connect with the resources available on campus.

DISABLED STUDENTS PROGRAM (DSP)
http://dsp.sa.ucsb.edu
(805) 893-2688

Student Resource Building, Second Floor

DSP supports students with permanent and temporary disabilities. DSP provides students with accommodation and resources assistance,responseData and Bison greetings to help them understand their unique qualities and interests, and how they might contribute to various types of work. Career Services also helps students to connect with employers for internships and jobs in order to gain valuable professional experience, as well as secure employment or pursue graduate school after they graduate.

EDUCATIONAL OPPORTUNITY PROGRAM (EOP)
http://eop.sa.ucsb.edu
(805) 893-4758

Student Resource Building, Room 2210

The Educational Opportunity Program (EOP) at UC Santa Barbara is committed to providing student support services focused towards the needs of low-income and first-generation college students. EOP is committed to providing student support services focused on all, and enables the academic experience.

http://https://as.ucsb.edu
(805) 893-4568

Student Resource Building, Second Floor

The Office of Judicial Affairs (OJA) protects the integrity of the academic community through enforcement by the Student Conduct Code and educating students on academic integrity and ethical decision making.

LGBTQ STUDENT SERVICES
http://rcagl.sa.ucsb.edu
(805) 893-4309

Student Resource Building, Third Floor

The Resource Center for Sexual & Gender Diversity (RCSGD) offers a safe and supportive environment for lesbian, gay, bisexual, transgender, queer, questioning and intersex students or allies. We welcome everyone to utilize our lounge and computer, talk with student and professional staff, browse media on LGBTQ+ topics, discuss advocacy needed on personal or community issues/concerns and find involvement and belonging in our student organizations and weekly social/educational programs and workshops. A volunteer and mentor program is available to get students connected to opportunities on campus and at local/national conferences. We encourage all people to get involved as we make UCSB a more welcoming and inclusive environment.

LIBRARY
http://library.ucsb.edu
(805) 893-2478

The UCSB Library is the intellectual, cultural and physical center of campus. It contains more than 3.1 million books, 750,000 journal titles and over 700 articles and research databases and is the most popular study space on at UCSB. The first two floors of the building are open to UCSB students, faculty, and staff in a secure environment. Online personalized research support and access to the Library’s digital resources are available 24/7. The beautiful, light-filled Library offers access to information, consultations, individual and group study spaces, studies, computing and printing, a cafe, research classes, exhibitions, lectures and a high-tech interdisciplinary Research Collaboratory.

MULTICULTURAL CENTER (MCC)
http://mcc.sa.ucsb.edu
(805) 893-4309

Located in the University Center, near Conwell Pavilion

The MultiCultural Center (MCC) plays a crucial role at UC in a number of ways impacting the intellectual and social growth of many students. It provides dynamic educational programs that enhance learning about different communities while building deep mutual understanding. While engaged in productive educational activities aimed at breaking down stereotypes, explaining the historical context of inequality and increasing knowledge of the organization, the MCC also provides a powerful psychological and physical “safe space” for students with diverse backgrounds. The MCC presents an average of 25 programs throughout the year, including arts and panel discussions to music and dance performances.

OFFICE OF THE OMBUDS
https://omбудs.ucsb.edu
(805) 893-3285

The Ombuds offers assistance to the UCSB community with the informal resolution of any university-related complaint or conflict. We serve students, staff, faculty and parents — essentially anyone with a campus-related concern. We offer a safe and confidential place to discuss interpersonal concerns, bureaucratic runarounds and many other problems. Community members can speak freely with us because we are not part of any formal university process and maintain confidentiality.

OFFICE OF LIFE pulse
http://olp.sa.ucsb.edu
(805) 893-4407

Student Resource Building, Second Floor

OLP promotes undergraduate and graduate student engagement and leadership development. We champion student perspectives, initiatives, organizations and events. We seek to encourage widespread student involvement in campus life because student engagement is a key component of personal and social development. We foster positive interactions among UCSB students, the university and the local area. The Dean of Students Office also offers resources and information to students in medical or other emergency situations. This includes making referrals to campus resources and providing assistance with administrative processes. For this type of emergency, you can contact D’Anna Sandor at danna.sandor@sa.ucsb.edu (805) 893-4521. For other questions related to the Dean of Students services, please call (805) 893-4568.

UNDOCUMENTED STUDENT SERVICES (USUS)
www.sa.ucsb.edu/dreamscholars/home
(805) 893-5609

Student Resource Building, Second Floor

Undocumented Student Services provides individual resources, referrals, programming and training for undocumented students, students with undocumented families and allies. USUS collaborates with the Dream Scholar Resource Team, a network of on-campus partners, to serve the undocumented community in order to ensure that undocumented students receive the holistic support they need to thrive at UCSB.

UNIVERSITY CENTER (UCen)
www.ucen.ucsb.edu
(805) 893-4463

Located across from Storer Tower

The University Center (UCen) is UCSB’s student union. The UCen houses the UCSB Campus Store, restaurants, a Starbucks, convenience store, lounges, meeting rooms, computer lab, study rooms, a U.S. Post Office and a coffee shop. It is also home to many offices and resources such as the Associated Students’ main office, Graduate Students Association, MultiCultural Center, Community Housing Office, U.S. Food Bank, Environmental Affairs Board and CALPIRG. Conwell Pavilion and the Hub host many larger gatherings such as lectures, concerts and dances throughout the year.

WOMEN, GENDER, & SEXUALITY EQUITY (WGE)
http://wge.sa.ucsb.edu
(805) 893-3779

Student Resource Building, First Floor

The Women, Gender & Sexual Equity (WGE) department is committed to supporting students in their efforts to empower the campus community through education, advocacy and resources. By engaging students, staff, faculty and community members, the WGE helps to overcome the impact of sex and gender in our society, the WGE helps to foster an inclusive, equitable and non-violent campus community. Programming includes: women’s, gender and gender identity awareness. The WGE is made up of three service areas: Women’s Center Programming, Non-Traditional Student Services and Campus Advocacy, Research and Education. There are three spaces in the Student Resource Building under the WGE: The Women’s Center, CARE and the Non-Traditional Student Resource Center.
Isla Vista, students should dial 911.

violent crimes), complaints, injury, illness, fire and custody and disposal related to crime (including burglary, robbery, sexual assault and other locked!); minor in possession of alcohol; public intoxication; open

In Isla Vista, some common violations of law include the following:

day and night.

maintaining public safety and security within the community of Isla Vista.

Sheriff's Office and Officers from the University Police Department. Foot

partial list of illegal activities that carry stiff fines and/or suspension of a

safety or the safety of others. UCSB students should be familiar with

they are found to be breaking the law or unable to care for their own

Campus Advocacy, Resources & Education (CARE) provides guidance

UCSB's Emergency Information Line at (888) 488-UCSB.

recommend that you create a personal emergency kit.

ISLA VISTA SIGHT SAFETY TIPS FOR STUDENTS

Be aware of your surroundings and call the Isla Vista Foot Patrol to report suspicious, dangerous or criminal behavior (911 or 805-893-4179).

Never allow anyone who has had too much to drink or may be overdosing on drugs. First responders will always prioritize getting someone the help they need over getting students in trouble.

Obey the law and local ordinances, including traffic laws and be aware of ordinances that may be unique to Isla Vista such as the ordinance that

Don't allow people you don't know into your home.

Walk in pairs or groups, especially at night and/or utilize the UCSB Community Service Organization (CSO) escort service (on campus and throughout Isla Vista) by calling (805) 893-2433.

UCSB Alert sends emails to school, work and home accounts and text messages to cell phones, smartphones, pagers and email accounts.

Students' Umail accounts are automatically registered with UCSB Alert, however it is recommended that students register their cell phone numbers and personal email accounts to also receive alerts. Accounts registered with UCSB Alert, however it is recommended

Emergency Planning and UCSB Alert

UCSB takes a proactive approach to emergency preparedness, and we urge students and parents to become familiar with the campus’ response procedures and emergency planning guidelines. The University of California (http://emergency.ucsb.edu) provides resources to assist you in preparing for a serious incident which poses an immediate threat to the health or safety of the campus community. Students, staff and faculty can register and update contact information for these alerts at alert.ucsb.edu. Everyone is encouraged to register their cell phone numbers so that they can receive text message alerts in addition to emails.

Local Law Enforcement

Local Laws and County Ordinances

The UCSB Police Department is a full service department providing law enforcement support for this highly diverse community. The Isla Vista Foot Patrol, located at 6540 Hpg Road in Isla Vista, is a division of the Santa Barbara Sheriff's Office in which several UCSB Police Officers are located at any given time, on a rotating basis.

Staying Informed

UCSB also publishes fire statistics and fire-related policies for on-campus student housing in an Annual Fire Safety Report located at (805) 893-9446 or 574 Public Safety Blvd., Santa Barbara, CA 93106 during business hours.

The University issues two types of campus alerts: Timely Warnings and Emergency Notifications. Timely Warnings are sent for Clery reportable crimes that are determined to pose an immediate threat to the health or safety of the campus community. Emergency Notifications have a wider focus than Timely Warnings and are issued for any significant emergency or hazardous situation that has the potential to result in an immediate threat to the health or safety of the campus community. Students, staff and faculty can register and update contact information for these alerts at alert.ucsb.edu. Everyone is encouraged to register their cell phone numbers so that they can receive text message alerts in addition to emails.

UCSB Highlights:

The campus safety report also includes information regarding campus safety and security policies that apply to current and prospective students and employees.

This year report includes statistics for the previous three years concerning crimes reported to Campus Security Authorities (CSAs) that occurred on campus, in certain off-campus UCSB affiliated housing properties adjacent to and accessible from campus. The report also includes campus policies concerning crime prevention, crime reporting, alcohol and drug use, sexual and interpersonal violence, student discipline, and other matters. A copy of this report may also be requested by contacting the UCSB Police Department at (805) 893-4446 or 574 Public Safety Blvd., Santa Barbara, CA 93106 during business hours.

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Important Campus Policies

ACADEMIC MISCONDUCT

The core of a university is its scholastic honesty. Academic dishonesty weakens UCSB’s educational mission and devalues all who comprise its community. It is expected that students understand and subscribe to the ideal of academic integrity and be willing to bear individual responsibility for their work. Materials (written or otherwise) may not be used or cited without proper attribution. The use of students’ own efforts. Any act of academic dishonesty, such as cheating or plagiarism, is unacceptable and will be met with swift disciplinary consequences.

CAMPUS REGULATIONS

Regulations regarding campus activities, organizations and students address the rights and responsibilities of members of the campus community. These regulations are found in the Student Handbook, which is a compendium of campus-related policies and procedures. New regulations and updated policies must be made available to students, faculty, staff and members of the public.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT OF 1974 (FERPA)

The Family Educational Rights and Privacy Act (FERPA) allows only parents of students to access their educational records and limits the ability of others to access those records, except as authorized by law.

CAMPUS ORGANIZATION, FRATERNITY & SORORITY POLICIES

At UC Santa Barbara, the Greek Life Office has established a Risk Management Policy that reflects national, regional and university regulations and requirements. It is designed to minimize the risk and liabilities of participating in Greek organizations and to provide a safe environment for all students. The policy is for students to get at least one year of college in order to participate in Greek organizations. The policy is to prevent Greek organizations from engaging in illegal activities, to prevent the use of alcohol and other drugs, and to enforce the policies of the university.

ALCOHOL AND OTHER DRUG POLICIES

UCSB CAMPUS ALCOHOL AND DRUG POLICIES AND PROGRAMS

UC and UCSB Substance Abuse Policies and Campus Regulations govern the behavior of students, faculty, staff and student organizations. These policies prohibit the use of illegal substances, and the abuse of legal substances in a manner that impairs scholarly activities, job performance or student life. These policies are available at http://alcohol.sa.ucsb.edu/policies. In addition, students living in university-owned housing are subject to subject use policies outlined in the Residence Hall Policies document (www.housing.ucsb.edu). Students who violate policies, rules and regulations are subject to disciplinary action by Housing and Residential Services and/or the Office of Judicial Affairs. The UCSB Alcohol and Drug Program, under the auspices of UCSB Student Health Services, provides services to students and employees who need assistance with the alcohol and drug use and conduct in the community of Isla Vista. Utilizing public records, UCSB sends letters of concern to students who violate policies, rules and regulations outlined in the Residence Hall Policies document. For more information about the Alcohol and Drug Program services, visit http://alcohol.sa.ucsb.edu or call (805) 893-5013.

UNIVERSITY HOUSING AND DRUG POLICIES

Residents (and their guests) are expected to abide by the policies of alcohol and other drugs. For university-owned properties, each resident is responsible for reviewing and abiding by the policies and regulations in their contract and on the Housing website (www.housing.ucsb.edu). All alcohol and drug violations will be reviewed and sanctioned according to the seriousness of the violation. Sanctions range from requiring a resident to be evaluated and to attend an educational course offered through the UCSB Alcohol and Drug Program, up to contract cancellation and/or loss of student status. Disciplinary actions are outlined in the UCSB Campus Regulations at: www.ucsb.edu.

SUBSTANCE ABUSE POLICY

The University of California is a community that is dedicated to excellence in teaching, research and public service. Alcohol and other drug abuse and the resulting consequences can have a significantly negative impact on campus life. Unwise drinking, excessive drinking, drunkenness and illegal drug use are not condoned at UCSB. Intoxication or being under the influence of drugs is not an excuse for misconduct or infringing upon the rights of others.

To promote an environment of academic excellence and to comply with the requirements of the Drug-Free Schools and Communities Act and the Drug-Free Workplace Act, academic and staff employees and students:

- Shall not use illegal substances and shall not abuse legal substances in a manner that impairs scholarly activities, job performance or student life.
- Shall not use illegal or legal substances in a manner that violates applicable criminal or civil laws in the workplace, on university premises, at university activities or while conducting university business.

- Are prohibited from the unlawful manufacture, distribution, dispensation, possession or use of alcohol and/or a controlled substance in the workplace, on university premises, at university activities or while conducting university business.

Students found guilty of violating the UCSB Substance Abuse Policy or the Campus Regulations Applying to Campus Activities, Organizations and Students (www.sa.ucsb.edu/regulations) are subject to disciplinary sanctions, which may include participation in an approved counseling or treatment program. The complete text of the UC and UCSB Substance Abuse Policies can be found at www.sa.ucsb.edu/Policies.

PARENTAL NOTIFICATION

UCSB conducts a parental notification program as part of the university’s effort to address negative consequences of high-risk drinking and substance abuse in the community of Isla Vista. Utilizing public records, UCSB sends letters of concern to undergraduate students and informs parents if students are arrested for or cited for alcohol or drug-related offense in Isla Vista and other areas adjacent to campus. Through this notification program both students and parents are provided with resource and referral assistance and information, as well as suggestions for how to address and reduce high-risk behaviors. Questions or concerns about parental notification should be addressed to the Dean of Students Office at (805) 893-4568.
THE TRANSFER EXPERIENCE AT UCSB
Transfer students are valued first-year students on our campus. Their transition to a public research university can present unexpected challenges. Gauchos transfer may struggle until they become accustomed to the new pace; especially if adjusting from the semester to the quarter system.

The Office of First Year & Graduate Student Initiatives offers a popular course entitled “Introduction to the Research University: Transfer Student Success.” (ED 118). In this course, transfer students explore many issues of higher education, including the relationship between research and teaching, the relationship between a theory-based education and future career planning options, the graduate school application and admission process, the diversity campus community and issues that personally affect students during their education. The course offers many opportunities for transfer students to meet fellow transfer students and form social and academic networks.

New transfer students can enroll in ED 118 through GOLD. For more information about this course or any first-year issue, contact the Office of First-Year & Graduate Student Initiatives at (805) 893-8290 or visit our website at www.sa.ucsb.edu/osi/fye.

TRANSFER STUDENT CENTER IN THE UCSB LIBRARY
The Transfer Student Center is a space for UCSB’s transfer students to make connections: with each other, to campus resources and with pathways to academic and career success. The Center is home to academic advisors, peer mentors and departmental partners who are able to help transfer students transition successfully to the four-year research university setting by providing specialized programming and opportunities that add value to their undergraduate education. Visit www.transfertcenter.ucsb.edu for more information.

TRANSFER STUDENT ACADEMIC ISSUES
■ Some academic differences catch students by surprise and create feelings of urgency and frustration
■ Many students may need to complete prep work for major, possibly with pre-major GPA restraints
■ Science majors have many required series courses which may prolong their time to graduation
■ Students often must take elective courses their first quarter rather than major courses (this is okay!)
■ Frustration with finding out what has transferred (both for degree and major requirements)
■ Pace of quarter system; time management; syllabus planning; study skills
■ No GPA cushion (unless coming from a UC)

...AND HOW FAMILY CAN HELP
■ Listen, be supportive, and remind student that they will get a great education at UCSB (even if the transition is a bit frustrating)
■ Encourage student to seek help from an academic advisor at UCSB and to visit the Transfer Student Center
■ Encourage student to send ALL transcripts ASAP (and IGETC certification, if applicable) to the Admissions Office
■ Encourage student to work on other requirements while waiting to find out about transfer work (university, major, GE or 60 upper-division units)
■ If unhappy with New Student Profile, encourage student to petition (include syllabus, catalog description, sample papers, etc.)
■ Encourage meeting with the advisor in their major each quarter
■ Remind students of Campus Learning Assistance Services (CLAS)
■ Help student/family set realistic expectations for university-level work

NON-TRADITIONAL STUDENT ISSUES
■ Being older than the typical student (and sometimes the instructor) can lead to feelings of isolation and extra pressure to be more “together” than younger students
■ Having to play too many roles (student, parent, employee) while doing them all well
■ Feeling overwhelmed because of not having enough time (need assistance and support but don’t have enough time/energy to seek them)

...AND HOW FAMILY CAN HELP
■ Listen and be supportive
■ Encourage student to not make assumptions about how others view them
■ If a situation arises, encourage student to confront with communication and education
■ Encourage student to connect with many activities and support services designed specifically for non-traditional students
■ Try to set realistic expectations (doing everything well may not be achievable)
■ Communicate ways that family can help
■ Refer and encourage use of services
■ Help student and family set priorities; what needs to be done now versus what can wait
■ Get involved; join partner groups, go to class, activities, etc.

JULIAN’S EXPERIENCE
Transferring into UCSB I knew that I would face the challenge of making the most of my college experience with a smaller time frame. When I was looking at different colleges to transfer to, UCSB was not in my top 5. That was until I came and visited campus that I got a strong feeling of this is where I belong. Once I got here I had to quickly adapt to the transition of living away from home and living with new people and adapt to the new academic rigor. I also did not know a single person when I got here, so everything was new and presented me with a world to explore. I recognized that I could not make the transition alone, so I took advantage of the Transfer Student Center. I asked millions of questions about anything and everything, I practically lived in the center with the amount of times I went there. Coupled with ED 118 which is a class specifically for transfer students. I was able to quickly acclimate to UCSB. With my final quarter drawing to an end and graduation coming closer, I can say I was able to make the most of my time here at UCSB. As a transfer student we are given a flite amount of time to succeed here, but we have the resources and opportunities available for us, we only need to seek them out. These past two years have given me some of the most memorable experiences of my life, and it makes me proud to have accomplished so much in such little time. Your college experience is what you make of it.
— Senior, Political Science

PHOTO: KATE VON DER LIETH

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