Supporting Your Student During Exams

As a parent, you may find it difficult to watch from afar as your student completes exams, especially if this is his or her first quarter in college. However, you can support your student in many ways.

- Provide your unconditional love, encouragement, and understanding. This is invaluable!
- Write a letter wishing your student good luck with exams. Tell your student how proud you are of him or her. Let your student know how much you are looking forward to the holiday break.
- Remind your son or daughter to take care of his or her health. Suggest eight or more hours of sleep, exercising, eating right, and drinking water.
- Encourage your student to take a break from studying to grab a bite to eat with friends, walk on the beach, or workout at the gym.
- Send a care package. Regardless of what items you send, you will brighten your student’s day. Some suggestions are granola bars, homemade cookies, CD of relaxing music, or a gift card to Starbucks.
- Over the holiday break, talk with your son or daughter about what was successful and unsuccessful during fall quarter. Help your student determine what he or she would do differently and what can be learned from the experience.

Do you want more information or have a question about something in the Gaucho Parents Gazette?

Please don't ever hesitate to contact us for more information. Email gauchoparents@sa.ucsb.edu or call (805) 893-3643.

After Dark Late Night Social Programming

UCSB and its surrounding communities provide students with a wide range of evening activities. Students can attend a film screening in Isla Vista, go to a cultural performance on campus, host their own late night event, and much more. The UCSB After Dark Program provides social programming funds to student groups wishing to host non-alcohol centered social, recreational, or entertainment events on Thursday, Friday, or Saturday evenings. The program promotes safe and responsible social interactions on campus.

During the 2007-2008 academic year, 64 diverse student groups received more than $54,000 in funding to present a wide range of events such as concerts, cultural performances, dances, film screenings, plays, socials, talent shows, gaming tournaments and performance art which attracted over 11,000 students. In 2003, students voted to pay a quarterly fee of $1.75 in order to provide these additional evening activities for themselves.

Events occurring each weekend evening are listed on the on-line calendar (www.sa.ucsb.edu/osl/latenite/ ucsbafterdarkcalendar.aspx) provided by the UCSB After Dark Program.

Student groups wishing to host an event should contact Social Programming Intern Elizabeth Vincent at MacPherson.Intern@sa.ucsb.edu to learn more about the mini-grant proposal process. More information is also available at the UCSB After Dark Late Night Social Programming Web site (www.sa.ucsb.edu/osl/latenite).
What to Expect During the Holiday Break

Returning home for the first time after leaving for college can be challenging for both students and their families. Students who now have complete personal independence must adjust to how life was before college. Parents must adjust to having another person around the house again. Here are some tips for a smooth and enjoyable break with your student.

- Talk with your son or daughter about his or her plans and your expectations during break. Let your student know if you expect him or her to attend specific family gatherings and meals, resume household chores, or run errands.
- If you want to set a curfew for your student, try to compromise. It is reasonable to expect him or her to respect other family member’s schedules and sleep hours, but keep in mind that your student has been able to set his or her own schedule for the past few months.
- Allow your student time to reconnect with high school friends. Don’t feel rejected if you think he or she is spending more time with friends than family. Many students struggle with the difficulty of maintaining these long-time and newly long-distance friendships.
- Don’t stop everything you are doing while your student is home. It is important that you continue with your daily life and commitments. Your student may feel stressed if it seems like you are waiting around for him or her.
- Respect the person your student has become in the first few months of school. Your student may have made some lifestyle choices that you don’t agree with, but showing your support goes a long way in making your student’s break enjoyable.

Applied Learning at the Leadership Development Center

You probably think of your Gaucho as a leader already. If you do, you are absolutely right! In fact, California taxpayers invest in all UC students, who are expected to become influential scholars, leaders and citizens of the 21st century.

The Leadership Development Center (in the Office of Student Life, 2260 Student Resource Building) is the central resource in the Division of Student Affairs for students to engage consciously in development as a personal and professional leader. The center provides training, resources and referrals to students based on their individual values, interests and goals.

As a UCSB student, your son or daughter has access to several unique leadership development programs created just for Gauchos. Programs include a two-night intensive leadership development retreat, a major on-campus leadership conference every winter, research-based interactive workshops (like The Leadership Challenge®), an academic class that introduces major leadership theories, and more! You are invited to explore these programs and others on our Web site—http://leadership.sa.ucsb.edu.

Beyond leadership training, UCSB offers hundreds of opportunities to put leadership skills into practice in the classroom or through a co-curricular setting. The Leadership Development Center provides guidance for students based on their values and interests and connects them with other departments, organizations and programs on campus and in the community to implement their skills.

In addition to supporting students’ academic and leadership success, the Office of Student Life and the Leadership Development Center provide numerous opportunities for students to supplement their coursework with experiences and training that promote success. If you are interested in learning more, visit our Web site and the Guide to Student Affairs Services (www.sa.ucsb.edu/guidetoservices) or contact Miles Ashlock at miles.ashlock@sa.ucsb.edu. Don’t forget to share these sites and opportunities with your student!

Grants & Development

Gaining Support For Student Success

Student Affairs Grants and Development helps to secure private and public funding for important student support services. Private gifts support tutoring, endow scholarships, and provide disabled students with adapted computer programs. Partnerships help us enhance leadership programs, develop substance-abuse prevention initiatives, and fund “wellness” activities including recreational sports, nutrition classes, and wellness fairs. Student Affairs relies on private funds to maintain its margin of excellence with regard to student support programs. Generous gifts from foundations, alumni, friends, and parents enable the Division of Student Affairs to meet students’ academic, social, and personal needs.

For more information or to make a gift, please contact Executive Director of Grants and Development Laurie Hoyle at (805) 893-5037 (laurie.hoyle@sa.ucsb.edu) or Director of Development Diane Duncan at (805) 893-8542 (diane.duncan@sa.ucsb.edu). Thank you!