

upcoming events

Jan. 14

UCSB's MultiCultural Center presents "Realidad Separada," the work of painter, sculptor, and ceramicist

Alvaro Angeles Suman.

MultiCultural Center tickets may be purchased by calling (805) 893-8411.

Jan. 16

UCSB Arts & Lectures presents Emmy Award-winning Journalist

Charlie Rose

8 p.m., Arlington Theater

Jan. 26

UCSB Arts & Lectures presents Brazilian, All Male, Hip Hop Dance Company

Grupo de Rua

8 p.m., Campbell Hall

Arts & Lectures tickets may be purchased by calling (805) 893-3535 or at www.artsandlectures.ucsb.edu.

important dates

Dec. 13-Jan. 3

Winter Break

Students must be out of residence halls by 10 a.m. on Dec. 13. Students may return to residence halls after 1 p.m. on Jan. 3.

Jan. 8

Last day to drop a course without a fee

Jan. 15

Last day to add a course without a fee

Jan. 18

Martin Luther King, Jr. Day
UCSB Closed

Jan. 19

Deadline to declare winter graduation

Happy Holidays to our Gaucho Parents and family members!

Remind Your Student to Sign Up for CLAS

Students may begin registering for Campus Learning Assistance Services (CLAS) tutorial groups at 9 a.m. on the first day of classes—Monday, January 4. Tutorial groups are course specific and are usually offered for lower division math and science courses. Common offerings include calculus, statistics, biology, chemistry, physics, economics, and accounting. The groups generally meet twice a week and attendance is required. Advance enrollment is required. Students may enroll by visiting the CLAS office on the 3rd floor of the Student Resource Building or on-line at <https://my.sa.ucsb.edu/clas>. There is no charge to enroll. More information about tutorial groups and other CLAS services is available at www.clas.ucsb.edu.

Students Give Back to Local Community

While Isla Vista is not officially part of UC Santa Barbara, many students choose to live in this beautiful beachside community, which has become a very well-loved and cared for "home-away-from-home" for our students. One of the many ways UC Santa Barbara maintains a presence in the community is through the Office of the Isla Vista/UCSB Community Liaison. The office provides support and opportunities for students to become involved in the community, whose residents include students, faculty, staff, and many families. Students take every opportunity to participate in the community, support those who may be less fortunate, and volunteer their time to better this small town they call home.

During this time of year, students are especially engaged in giving back to Isla Vista and its residents. One of the primary ways students get involved is through Isla Vista Youth Projects (IVYP), a non-profit organization that supports children and families in the community through educational, social, and recreational programming.

This year, UC Santa Barbara's Student-Athlete Advisory Board worked with IVYP to raise \$2,350 to provide gifts to three Isla Vista families. Athletic teams including men's and women's tennis, baseball, softball, track and field, cross country, swimming, women's water polo, and women's volleyball held a coin drive to raise the funds. Student athletes purchased the gifts and then, along with the help of their coaches, wrapped and delivered the presents.

In early December, fraternity Gamma Zeta Alpha collaborated with IVYP to host a holiday party for twenty low income preschoolers in Isla Vista. Members sought donations to fund the party, which included a wrapped gift for each child, holiday caroling, and a visit from Santa Claus. On the same day, members of Hermanas Unidas, a registered UCSB student organization, hosted Project Santa with IVYP's After School Program. The group organized a toy drive, which provided a gift for every child in the program—107 students! Hermanas Unidas also decorated cookies, played games, and made holiday crafts with the students. Members also volunteer throughout the year at the after school program providing tutoring and extra support for staff.

The National Society of Collegiate Scholars' Academic Society chapter held their first-ever holiday food drive in December. The donated canned and packaged food was distributed to local families at the Isla Vista Elementary School on December 16.

Phi Alpha Delta Pre-Law Fraternity donated \$100 to the Isla Vista Teen Center to purchase books for local children. At a party hosted for younger students on December 12, each student received a book as a holiday gift.

In November, La Escuelita and Hermanos Unidos, two registered student groups at UC Santa Barbara organized and hosted Thanksgiving dinner for local families. Over 90 people attended the event at which the student groups provided childcare with games for children and raffles for adults. Entertainment was provided by a band and salsa dancers.

UCSB students really do have the power to make a difference! Encourage your student to get involved by volunteering in UC Santa Barbara's surrounding communities or giving back in his or her own hometown!

Please share your feedback with us!

Help us learn more about you, your student, and your experience at UCSB.



The Gaucho Parents Survey is available on-line at:

www.sa.ucsb.edu/parents/contact/.
Thank you for your time and participation!

There's Still Time to Support Student Affairs

Gaucho Parents—

Thank you for your ongoing support of student success! To make a year-end gift to Student Affairs, visit our on-line giving site at www.sa.ucsb.edu/giving/sa/. Or, send your check payable to “UC Regents” with the particular area you’re supporting written in the memo line (for example, Campus Learning Assistance Services, student scholarships, the Wellness Program, Career Services) to:

Student Affairs Grants and Development
University of California
Santa Barbara, CA 93106-5015
Attn: Laurie Hoyle

Questions? Contact Laurie at (805) 893-5037 or laurie.hoyle@sa.ucsb.edu.

We appreciate your heart-felt gifts during these difficult times and we send you and your family warm wishes for the season.

The *Gaucho Parents Gazette* is published by the University of California, Santa Barbara, Division of Student Affairs, Orientation Programs and Parent Services.

Contributing Editors: Whitney White, Kim Parent, Debbie Fleming, Laurie Hoyle, and Catherine Boyer

Student Housing Options for 2010-2011

As fall quarter ends and winter quarter kicks off, your son or daughter may begin thinking about housing for next year. There are a wide variety of options at UCSB and in the surrounding community. As a parent, you can help by talking with your student about the different choices that are available.

Most freshman students choose to reside in the residence halls during their first year at UCSB. Many of these students wish to live in the residence halls for subsequent years. Housing is not guaranteed for continuing students; however, spaces are assigned through a lottery system. If your student is hoping to live in a UCSB residence hall next year, he or she must complete the on-line application (www.housing.ucsb.edu/application/continuing) between February 1 and 15, 2010. Lottery results are available in early March, which allows students time to make alternate housing arrangements if they are not granted a space.

An equal or greater number of students opt to move off campus after their first year. Off-campus housing options include University-owned undergraduate apartments, privately-owned residence halls, and privately-owned apartments and houses in the surrounding communities of Isla Vista, Goleta, and Santa Barbara.

The University-owned undergraduate apartments are a popular option for students wishing to physically move off campus, but remain in University-owned housing. To be entered in the lottery for a space, students must complete the on-line application referred to above. For more information, encourage your student to visit www.housing.ucsb.edu/hchoices/ugrad-general-info.

Some students choose to live in one of two privately-owned residence halls in Isla Vista—Fontainebleu and Tropicana Gardens. For more information visit their Web sites at www.myownapartment.com/fontainebleu and www.tropicanaagardens.com.

UCSB’s Community Housing Office (CHO) is available to assist students who are hoping to move into apartments or houses in the surrounding areas of Isla Vista, Goleta, and Santa Barbara. The CHO office, located in University Center 3151, provides rental listings, advice, move-in and move-out videotaping (\$20) to help protect security deposits, and landlord/tenant and roommate dispute resolution. The CHO Office will host four housing workshops in the residence halls in January 2010. Workshops will be offered in Santa Catalina (Jan. 6), San Miguel (Jan. 7), Manzanita/San Rafael in Loma Pelona Center (Jan. 12), and Anacapa (Jan. 14). Additionally, students and parents are always invited to send questions about community housing to ucscho@housing.ucsb.edu or call (805) 893-4371.

Student Veterans' Affairs



Veterans’ Affairs provides support for UC Santa Barbara’s student veterans and serves an average of 125 individuals each year. This group includes “re-entry” men and women who, having served in the U.S. armed forces, seek a higher education in order to advance themselves and their families, and reservists, the majority of whom have either seen or will see combat in the Iraq or Afghanistan wars. Veterans’ Affairs is located in the Office of the Registrar. Veterans and family members may contact Gina Funderburgh at (805) 893-8905 or gina.funderburgh@sa.ucsb.edu for support.

Student Affairs is hoping to centralize and expand services to better meet the educational and life needs of our veterans. The specialized needs of student veterans include financial assistance, subsidized and appropriate housing, and counseling. Our veterans are used to serving on behalf of others and often hesitate to ask for assistance. A more centralized Veterans’ Affairs office would provide veterans with a private, secure space in which to seek support for these needs.

The Veterans’ Affairs office would match veterans with financial resources, such as assistance in completing the processing required to receive their monthly stipend, scholarships to offset loans in their financial aid package, and small emergency loans to see them through financial crises. Additionally, veterans would receive support in finding appropriate housing. Veterans’ small monthly stipends often do not allow for Santa Barbara’s high cost of housing. Many veterans—because they are older and have experienced the trauma of war—are not comfortable sharing a room, which often increases housing costs. Finally, the Veterans’ Affairs office would provide counseling and appropriate referrals to veterans in response to their mental health needs. Due to conditions such as post-traumatic stress, many of our veterans need specialized and intensive treatment delivered by mental health professionals who understand their unique circumstances.

To learn more about supporting programs for veterans, please contact Laurie Hoyle at (805) 893-5037 or laurie.hoyle@sa.ucsb.edu.

questions? comments? contact parent services @ (805) 893-3643



Mental Health and Stress Resources

Attending and adjusting to college can bring about many new stresses for students—succeeding in courses, living with a new person and away from family and friends, paying for school, and making new friends. These added pressures can cause students to experience depression, anxiety, and other mental health issues for the first time. Many students also come to college with previously diagnosed mental health conditions and may wish to transfer their care to UCSB professionals at Student Health Service.

Mental health issues can be challenging for students, but with proper medication and therapy, and utilization of the many resources UCSB offers, students can be very successful in college. Campus mental health resources include:

- **Coordinator of Mental Health:** Angela Andrade is a single point of contact for parents, students, faculty and staff who are concerned about a distressed student.
- **Student Health Service:** Psychiatrists provide consultation, diagnosis and treatment for many common mental health symptoms. Urgent Care is available on a walk-in basis for non-emergency situations needing more immediate attention. Social workers help students identify the factors that are obstacles to their success and create a plan to overcome those obstacles by utilizing campus resources. The Wellness Program provides access to healthy activities and resources, and therapeutic massages for a nominal fee.
- **Counseling Services:** Licensed psychologists offer free and confidential counseling, crisis interventions, referrals to outside agencies, and stress management tips.
- **Student Mentor Team:** Advocates support students at each class level via electronic newsletters and one-to-one appointments to aid in academic, social, and personal success at UCSB. (www.sa.ucsb.edu/osl/smt/)
- **Campus Police:** In case of an emergency, students and parents should always call 911 and 9-911 from campus phones.

Please share the mental health resources cut-out with your student and encourage him or her to join “Active Minds.” This campus group provides awareness and educational resources, fights against negative stigmas surrounding mental health, and encourages students to seek help and feel supported in doing so.

For more information about UCSB’s mental health resources, please contact Angela Andrade at 805-893-8920 or angela.andrade@sa.ucsb.edu. If you would like to support the campus’s mental health resources, please contact Laurie Hoyle at (805) 893-5037 or laurie.hoyle@sa.ucsb.edu.

Mental Health Resources

Coordinator of Mental Health,
Angela Andrade (805) 893-8920

24-hour Counseling Services (805) 893-4411

Urgent Care (805) 893-4713

Social Work Services (805) 893-3380

Massage (805) 893-3371

Mentor Team (805) 893-8290

Campus Police 9-911 (on campus)

Please share these resources and phone numbers with your student.



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.

What is Your Favorite Place to Eat?

The Gaucho Parents Gazette asked current UCSB students about their favorite places to eat on campus and in the nearby community of Isla Vista.

- “El Sitio for authentic Mexican food.”
- Michael, Senior
- “Silvergreens and Naan Stop in Isla Vista.”
- Casey, Junior
- “Most people don’t think of The Faculty Club as a place that everyone can go and eat lunch, but it’s a great way to see faculty members outside of the classroom setting!”
- Kristin, Junior
- “Die Bretzel—on campus in the Arbor.”
- Collin, Sophomore