upcoming events

March 2
UCSB Arts & Lectures presents
SF Jazz Collective
8 p.m., Campbell Hall

March 3
Summer Job Fair
10 a.m.-2 p.m., Career Services

March 5
UCSB Arts & Lectures presents
comedian Paula Poundstone
7 p.m., Campbell Hall

March 10
UCSB Arts & Lectures presents
Bestselling Author
Malcolm Gladwell
8 p.m., Arlington Theater

Arts & Lectures tickets may be purchased by calling (805) 893-3335 or at www.artsandlectures.ucsb.edu.

Counseling Services
Counseling Services provides individual counseling, group counseling, and stress management resources for the UCSB community. Almost half of UCSB students will use this service at some point during their time on campus. Students commonly seek out Counseling Services for concerns related to anxiety, low self-esteem, depression, loneliness, sleep disorders, relationship issues, family issues, abusive relationships, anger, and eating disorders.

Individual counseling begins with the psychologist and student discussing the goals of the counseling sessions and appropriate resources. Students can meet with their counselor up to five times. At that time, counselors may refer students to a professional in the community or a UCSB support group. Students often find support groups beneficial as they can see they are not alone, hear new perspectives, and even help others with similar concerns. Within legal limits, all counseling sessions are confidential. For example, Counseling Services may have to share information or refer a student who is considered a possible threat of violence against him or herself or others.

Stress management resources at Counseling Services are frequently utilized by UCSB students. The office offers many DVDs, CDs, and books that help students deal with stress, as well as relaxation rooms that feature massage chairs and alpha wave egg chairs. Students can reserve a private, relaxation room for a 20-30 minute stress-free break from hectic college life.

Counseling Services is open 8 a.m. to 12 p.m. and 1 to 4:30 p.m. Monday through Friday. Students commonly refer to the office as the pink building across from Storke Tower. Students should call (805) 893-4411 to make an appointment.

Counseling Services hopes to expand their programs to serve even more students. If you wish to support their mission or any other service provided by Student Affairs, please contact Laurie Hoyle in Student Affairs Grants and Development at (805) 893-5037 or laurie.hoyle@sa.ucsb.edu.

important dates

Feb. 26
Last day to change grading options

March 2
Deadline for 2010-2011 Financial Aid Applications

March 8
Health Insurance Waiver Due

March 8-13
Dead Week

March 14
Daylight Savings Begins at 2 a.m.

March 15-20
Final Exams

March 22-26
Spring Break
UCSB Closed

UCSB has over 350 clubs and organizations! The groups feature a wide range of academic, cultural, political, recreational, religious, and career interests. Students can meet new people while exploring their interests. Students can even start new clubs and share their interests with others at UCSB!

All of UCSB’s current clubs and organizations are listed at www.sa.ucsb.edu/orgs. Encourage your student to get involved today!

Did You Know?

Reminder!

Winter quarter exams are March 15-20, 2010. During this time of the year, a nice note telling your son or daughter how proud you are is really meaningful to a student. Small care packages of assorted snacks are also appreciated by busy students. Additionally, UCen Dining Services is currently accepting orders for study break baskets. Orders must be placed two weeks in advance. For more information or to place an order, call (805) 893-3773.

Studying for Final Exams

During the week before and the week of final examinations, the Mosher Alumni House will be open for students wishing to study in the evening. Mosher Alumni House (pictured) is a quiet study location with views overlooking the ocean and the Santa Ynez Mountains. Additionally, students are invited to take a study break at the Arbor, where they can relieve stress and enjoy some free food. Be sure to share this schedule with your student!

Study Nights at Mosher Alumni House
March 8, 9, 11, 16, 17, 18, and 19, 5-11 p.m.

Study Break at the Arbor
March 10, 9 p.m.
Spotlight on Professor John S.W. Park

Title: Associate Professor and Assistant Dean  
Department: Asian American Studies and College of Letters and Science

Please list some personal profile information such as your hobbies, family, favorites, etc.:
My mother came to the United States from Korea with my older brother and me in 1975, when I was five. We lived in Los Angeles and Orange County, then moved to the Bay Area when my brother Edward started college at Cal and I started high school. (It’s a pretty tight family when your family joins you for college.) My mother passed away in 1999. Ed also became a professor, at Loyola Marymount University in Los Angeles, and we dedicated our first book together to our mom. By the time I was done with my formal education, I’d spent twelve years in college and graduate school. I took my first academic job at the University of Texas at Austin in 2000, then in 2002, I started here at UCSB. I got tenure in 2005. My wife and I have three daughters now, and we live in Goleta, about four miles from campus.

What are your research interests?
I’ve been obsessed with immigration law and policy for a long time now, ever since I was a kid. I mean really, I’m from an immigrant family. My doctoral dissertation was on the philosophical and moral problems associated with immigration law, and about the development of federal immigration law and its impact on the first racial group targeted for federal exclusion, namely Asians. My background and training are in law and public policy, and I became an Asian Americanist rather later in my academic life. I really enjoy teaching in ethnic studies, and because so much in the field of immigration requires interdisciplinary and comparative perspectives, my work is never boring.

How would you describe your teaching style?
My favorite professors in college were really enthusiastic about their lectures and topics, and they were so thoroughly prepared that they seemed to anticipate any question. They were quite simply brilliant. And yet they were also very humble: as active researchers, they explained complex problems that they were working on, problems that had yet to be solved, and this was like an invitation of sorts, a way of saying that young students like me could contribute and develop a field of knowledge and expand our collective horizons. I want my students to come to class not because they have to, but because they really want to. I want my students to realize that the universe of what we know is much, much smaller (teeny tiny) compared to the universe of things worth knowing. I want to share my obsessions, and to encourage others to pursue their own intellectual passions.

What do you think is the most important thing for a student to learn at college?
The most important thing I got out of my own education was a sense of humility. When I was eighteen, I had already been pretty successful in school, and so I tended to be an arrogant, cocky know-it-all. In college, I slowly realized that I really hadn’t known anything at all. What I knew before college could fill a thimble, what I knew after could fill a bucket. And yet I learned—the most important thing I learned—was that there is an ocean of things to know and explore, so much, much more than any one life could possibly fit. I came to college feeling immortal and limitless, but left a more sober, humble person. (Consider this: Most undergraduates here will take between forty to fifty classes before they graduate. This University offers over two thousand, every year. And we design dozens of new ones all the time.) I hope students will leave with a greater appreciation of how complex things really are, and of how important and wonderful and transformative learning can be. I hope they will learn how to learn, and then never stop wanting to learn and to know and to expand their own horizons.

What is your advice for new students at UCSB?
Please don’t underestimate both how difficult and how fun college can be. For many new students, especially freshmen, this will be the first time they’ll be unsupervised, where no one will tell them what to do, when to study, what to eat, when to go to bed, or how to party responsibly and in moderation. College can be hard because there are so many pleasant distractions everywhere, all the time, and yet precisely because of that, things can get out of hand quickly. Learn to balance—whatever you’ve heard about UCSB, it’s first and foremost a major research university full of rigorous and highly motivated professors and scholars, all of whom tend to derive much of their pleasure and “fun” in a lab or a library or in quiet study and reflection. Goof off too much in their classes and it won’t be fun eventually. An F is no fun. On the other hand, if you’re able to focus, if you find an intellectual or artistic or creative passion that you want to nurture, this place is endless opportunity. You can learn string theory, take violin, a seminar on successive waves of immigration to the United States, and surf, all in the same day. There’s just no other setting for young people to have that kind of life. If you can balance school and play, if you can make school as enjoyable as your play, college is amazing, and this place will just blow your mind. Oh, the places you’ll go. It’s a lot of pressure to start college, to find a decent major (quickly), to get decent grades, to finish in four years. But as much as possible, arrange your time here so that you’ll enjoy your journey. And don’t be surprised if you must take a detour now and then before you reach your destination.

UCSB students are invited to learn about John S.W. Park and other “Primo Profs” in the UCSB Student Handbook—the Kiosk. More of UCSB’s fantastic faculty members will be spotlighted in future issues of The Gaucho Parents Gazette.

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

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questions? comments? contact parent services @ (805) 893-3643
Life of the Party

“Life of the Party” is a student-led alcohol awareness campaign that encourages students to “party safe” if they choose to participate in the local social scene. The project, funded by the Prevention Research Center, educates students about alcohol use, and encourages them to make safe decisions and avoid arrests and citations. Vice Chancellor of Student Affairs Michael D. Young has recommended the program to students and reminded them to always be aware of their own well-being. Encourage your student to visit the following Web sites to learn more about making safe decisions if they choose to drink alcohol.

http://lifeoftheparty.sa.ucsb.edu
www.facebook.com/WeGauchoBack

Helping Your Student Choose a Major

"Mom, Dad...I've decided to major in psychology." Or sociology. Or English. Or art history. What parents wouldn't secretly experience a sinking heart and have nightmares of supporting this child well into middle age? The answer: a parent who understands the relationship between a college major and the world of work. Unlike institutions of higher education, the world of work is not categorized by college major. There are people with degrees in English selling computers, people with degrees in geology doing social work and people with degrees in Chicano studies managing a marketing territory. There are jobs that do require a specific undergraduate major: if your student wants to be an electrical engineer, he or she will need to major in electrical engineering. But, for the most part, employers are open to hiring students from all majors.

So what criteria can students use to determine what major will fit them best?

Interests. Students should choose majors that interest them. They should explore their interests then find a subject matter that matches.

Ability. Students should choose a major in which they feel they can do well. Graduate schools (and, to a much smaller degree, employers) do care about how well a student did in school.

Graduating from UCSB will provide your son or daughter with a nationally respected degree in higher education. It will provide him or her with a solid base from which to apply for graduate schools and jobs. For job training, UC students need to look to extra-curricular activities: part time jobs, internships (send them to Career Services for help with these), and club or campus government participation. Employers may not care what a student majored in, but they look deeply and critically at the kinds of out-of-class experience students have to offer.

Parents are the most significant influences in their son’s or daughter's life. You can help your student by explaining the tenuous relationship between the major and employment. Then send him or her to Career Services to find workshops, handouts, and computer programs all designed to help him or her choose a major and subsequently, a career. And breathe a bit easier when you hear "Mom, Dad...I’ve decided to major in __________.”

Micael Kemp is the Director of Career Services. Her undergraduate degree was in psychology. She is making a comfortable living as an administrator and hasn’t needed money from her parents in decades.

Questions? Comments? Email gauchoparents@sa.ucsb.edu