

upcoming events

June 12
**University Residence Hall
Move-Out Begins**
*Remember: Start early and
plan for a full day of activity.*

June 20
**Santa Barbara
Solstice Parade**
www.solsticeparade.com

August 1-2
**Santa Barbara
Greek Festival**

August 5-9
**Old Spanish Days—
Santa Barbara Fiesta**

Sundays—Year Round
**Cabrillo Boulevard
Art Walk**
10 a.m.—3 p.m.
Downtown Santa Barbara

important dates

June 6-12
Final Exams

June 13-14
Commencement

June 21
Father's Day

June 22
Summer Session A Begins

June 25
**Summer Orientation Begins
for First Year Students**

July 3
Independence Day Holiday
UCSB Closed

Campus Sustainability Efforts

Sustainability at UCSB has evolved tremendously over the years. With a history of conservation and preservation ingrained in the ethic of university and community, our commitment to sustainability dates back to the 1970s with the advent of the environmental studies department and early energy and water conservation practices. Today, UCSB has expanded its focus to include areas like academics, research, food, procurement and comprehensive campus planning.

Part of these efforts include a green building policy which states that all buildings programmed after July 2004 must meet LEED (Leadership in Energy and Environmental Design) Silver status and surpass energy efficiency standards mandated by California legislation by 20%. To date, UCSB has four LEED NC (New Construction) certified buildings: Bren Hall (Platinum), Marine Science Research Building (Certified), Student Resource Building (Silver), and San Clemente Village (Gold pending). In addition, the campus has the most LEED EB (Existing Building) certified buildings in the UC system: Girvetz Hall (Silver), Recreation Center (Silver), Bren Hall (Platinum pending). Twenty-three existing buildings are also in the process of being certified through the US Green Building Council's LEED Portfolio Pilot Program.

Sustainability efforts in other areas include a 31% decrease in per square foot energy consumption since 1998 despite an increase in overall energy usage due to the addition of several new buildings. Efforts also include the installation of a 133 kWh photovoltaic system on the Recreation Center MultiActivity Court (MAC), which provides 100% of the building's energy needs during the daylight hours.

Dining services continues to increase organic and local farms in food supply contracts. Currently, 10% of the produce served is certified organic or local/sustainable, and the seafood served is sustainably harvested. In addition, the University Center continues to increase their selection of sustainable food and beverages, for example 75% of coffee sold is organic or fair trade. Moreover, both dining services and the University Center compost all food-prep waste and recycle their used cooking oil for conversion into biodiesel.

With regard to landscape and biotic environmental issues, the Cheadle Center for Biodiversity and Ecological Restoration (CCBER) received a prestigious award from the American Society of Landscape Architects for its wetlands restoration work at Manzanita Village. In addition, CCBER's Kids in Nature program received the Governor's Environmental and Economic Leadership Award for its program that introduces children from low-performing schools to the natural environment.

UCSB continues to expand its Transportation Alternative Program (TAP), reducing the number of single occupancy vehicles that travel to campus. Last year, TAP added a third hourly rental hybrid car, called a ZipCar, which is parked next to Santa Rosa residence hall for student use only. The rental cars can be used for grocery shopping, doctor appointments, moving and much more at any time of the day, helping to eliminate the need for students to bring cars to UCSB. The newest ZipCar was funded by The Green Initiative Fund (TGIF)—a student lock-in fee approved in 2006. TGIF awards approximately \$150,000 in grants each year to campus projects that "reduce the University's impact on the environment."

To reinforce UCSB's commitment to sustainability, Chancellor Henry Yang approved the Campus Sustainability Plan in 2008 and appointed a high-level Campus Sustainability Committee to oversee sustainability efforts. The committee plans to keep UCSB in the forefront of campus sustainability for many years to come. Visit <http://sustainability.ucsb.edu> for more information on UCSB's campus sustainability efforts.

Congratulations to parents and families of Class of 2009 graduates!

visit the student affairs' gaucho parents web site @ www.sa.ucsb.edu/parents

Summer Expectations

When students return home after their first year of school, conflicts and frustrations can occur as students and family members adjust to living under one roof again. Parents can help by addressing these issues before they arise. When your son or daughter returns home, talk with him or her about your expectations for the summer in advance and be willing to compromise. Remember, your student has been setting his or her own schedule and making independent decisions for the past year.

Some recommended discussion topics include:

- **Staying out late.** What time do you expect your student home? Do you prefer he or she calls to check in? How often?
- **Time with family.** Are there any upcoming family events—vacations, parties, etc.—that you expect your student to attend? Do you want your son or daughter to attend family meals?
- **Household responsibilities.** Who will do the laundry this summer? Do you expect your student to help out at home? And with what tasks?
- **Finances.** Do you expect your student to work or contribute to family expenses?



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Student Wellness Program

Focus Affairs

The UCSB Wellness Program encourages all students to flourish at UCSB through positive engagement. Our goals are met by connecting students to strength-based campus and community resources and opportunities that encourage them to be:

- **BALANCED.** Giving the physical, mental, and social dimensions of one's life significant attention has clear health and academic benefits.
- **PROACTIVE.** Intentional activities are well-documented to be the most promising determinant of long-term happiness.
- **POSITIVE.** Research about positive psychology encourages the pursuit of happiness via three routes:
 - Pleasures: Increase positive emotions through forgiveness, savoring, and hope.
 - Enjoyments: Use one's strengths to pursue activities that often result in higher levels of awareness, confidence, and performance.
 - Meaning: Use one's strengths to join others in community contribution.

Student interns and representatives from over 18 campus departments provide the following Wellness services to UCSB students:

- A **WEB SITE** connects students to Wellness resources and events on campus and in the community. Over 75 event calendars are consolidated into one easy-to-use calendar. Most events are free and all are alcohol-free. Visit <http://wellness.sa.ucsb.edu>.
- **DROP-IN CENTERS** provide students opportunities to meet with Wellness resource professionals for a free massage at various locations on campus.
- **PROGRAMS** provide evening and weekend activities including Faculty-Student Night programs, weekend field trips to art museums, whale watching, and hiking in the Santa Barbara mountains.
- **PRIZES** encourage students to attend Wellness events. Each event a student attends enters him or her to win prizes such as iPods, bikes, skateboards, books, sailing tickets, Arts & Lectures tickets, groceries, and much more.
- **WELLNESS INTERNS** are trained peer health educators who encourage other students to use research-based ways to flourish at UCSB. If students are interested in becoming an intern, they should attend the first day of the academic training course—Education 191W.

As the article above explains, wellness has to do with balancing our physical, mental, emotional, environmental, and spiritual health. The wellness process—the engagement in responsible recreation, attention to lifestyle choices, formation of deep and abiding relationships—prepares us to embrace a healthy, productive, and satisfying life. At UCSB, we assist students in developing wellness early in their adult lives so that they practice prevention regularly, thereby helping to keep serious disease and mental health issues (heart disease, anxiety, depression) at bay.

When your students come home this summer, ask them if they used the Wellness Program and, if so, what they learned. Notice if they're practicing new, healthy habits and commend them for doing so. Think about joining your student in eating healthy, exercising regularly, and setting time aside for relaxing walks, guided meditations, foot massages, and other "treats." And support your students as they reconnect with high school friends, spend time with extended family, and otherwise maintain their important social connections.

Also, consider contributing to UCSB's Wellness Program. Your financial contributions will support the faculty to student programs, alcohol-free evening and weekend programs such as star gazing at the planetarium, purchase of gift certificates to be given as prizes, and money to better market the program. We also happily accept items to be used as prizes—everything from iTunes gift cards to actual iPods. To make a gift, contact Laurie Hoyle in student affairs grants and development at (805) 893-5037 or at laurie.hoyle@sa.ucsb.edu. Thank you!