

upcoming events

June 26

Summer Solstice Parade
12 p.m., State Street, Downtown

Every Wednesday,
July 7 to August 25

UCSB Arts & Lectures presents
the **Summer Film Series**,
7:30 p.m., Campbell Hall.

Films include *Dracula*,
Frankenstein, The Wolf Man,
Bride of Frankenstein, The
Invisible Man, The Mummy,
The Phantom of the Opera, and
Creature from the Black Lagoon.

August 4-8

Old Spanish Days/Fiesta,
a local celebration of Santa
Barbara's history and culture.
www.oldspanishdays-fiesta.org

important dates

June 20

Father's Day

June 21

Summer Session A Begins

July 4

Independence Day

July 5

UCSB Closed

July 30

Summer Session A Ends

August 2

Summer Session B Begins

September 10

Summer Session B Ends

September 18-19

Residence Hall Move In

September 23

Fall Quarter Begins

Congratulations to the Class of 2010!



Next Steps for Graduates

- Career Services encourages graduates to join LinkedIn, an on-line networking site focused on career and professional connections. Additionally, students should clean up their pages on social networking sites, such as Facebook and MySpace, as employers often review these before making hiring decisions.
- Recent graduates can join the UCSB Alumni Association for discounted rates. Membership supports UCSB and provides benefits such as career networking, travel discounts, library access, and more. Visit www.ucsbalum.com for more information.
- Graduates may use Career Services and GauchoLink (UCSB's official on-line job database) for free for up to three months after commencement. After three months, students who are members of the UCSB Alumni Association may utilize Career Services programs for a fee. For more information, visit <http://career.ucsb.edu/alumni>.

Save the Date for Parents' and Family Weekend

October 22-24,
2010

For more information,
visit: www.ia.ucsb.edu/pfw



Orientation Programs and Parent Services

Many students and parents are first integrated into life at UCSB through summer and fall programming provided by Orientation Programs and Parent Services. Orientation Programs aids students in their transition to all facets of university life, from academic requirements and courses to personal wellness and safety to many other aspects of campus and social life. A corresponding program for parents covers academic requirements, campus life, and how to best support students during the transition and throughout their time at UCSB. Call (805) 893-3443 or visit www.sa.ucsb.edu/orientation for more information.

Throughout their student's time at UCSB, parents are also encouraged to take advantage of the support provided by Parent Services. Parents may call (805) 893-3643 year-round for information and help on any issue. Additionally, this newsletter and the Gaucho Parents Web site are maintained by the office. Visit the Gaucho Parents Web site at www.sa.ucsb.edu/parents.

Due to financial constraints, many students and parents are unable to attend Orientation. If you wish to support the mission of Orientation Programs and Parent Services, or help a student or parent in need to attend at a reduced cost, please consider making a contribution. 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!



Spotlight on Professor Kathy Foltz



Title: Associate Professor

Department: Molecular, Cellular and Developmental Biology and the College of Creative Studies

Please list some personal profile information such as your hobbies, family, favorites, etc.:

My husband (who is also a professor) and I have two young boys who keep us busy with baseball, karate and various other activities. Our home life is filled with books and music, sports, and outdoor activities including gardening, hiking and fishing. I tend to find lots of interesting things in the pockets of my kids' jeans when I do the laundry. Much of my community time is spent working in K-12 outreach, and on public school science curricular issues and human rights.

What are your research interests?

I am probably best-labeled as a traditional biologist. I really love thinking about how organisms interact with their environments as well as details about enzymatic pathways and molecules. I suppose you could call it a "whole enchilada approach." Most of my current research projects are focused on understanding how an egg undergoes the transition to an embryo in the first few moments after fertilization. It is a fascinating question, not well understood in any model system, and has lots of implications for biomedicine, such as birth defects, assisted reproductive technologies, and stem cell biology.

How would you describe your teaching style?

I strongly believe that education is a collaborative effort between teacher and student and my most enjoyable moment is when the role reverses and I become the student. I am an advocate of life-long learning. Most of the topics that I teach are too large to cover in any detail in ten weeks, so I focus instead on challenging students to master the first principles of a topic, then to develop their critical

thinking skills so that no matter what detail comes along, they can figure it out. Being able to apply the knowledge is what counts. I try to stay far away from memorization-style teaching.

What is your idea of a good time?

A clear night under the stars five days in on a high mountain backpacking trail. Or, since that doesn't happen too often, a full night's sleep following a leisurely read of a well-written historical novel. Come to think of it, that does not happen too often either!

What do you think is the most important thing for a student to learn at college?

First, figure out how to get along with a diverse group of people and create a better community. Second, explore your talents and interests, eventually matching those up with a career that won't seem like a job. Don't define yourself by your major; rather, focus on what you have learned about yourself and the knowledge you have gained.

What is your advice for students at UCSB?

- 1) Do not shy away from meeting with your professors at office hours, even if you do not have specific questions about the class.
- 2) The quarter system is fast—don't fall behind!
- 3) Take advantage of services and opportunities that are offered by the university (e.g. CLAS, workshops on preparing resumes, peer advising).
- 4) And finally, work hard to figure out how to balance your fun with your coursework. You are in control of how you spend your time, so prioritize and figure that out as quickly as you can.

UCSB students and parents are invited to learn about Kathy Foltz and other "Primo Profs" through the Kiosk, the UCSB Student Handbook. Visit the Kiosk Web site at www.kiosk.ucsb.edu. 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



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 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 that 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?



The Wellness Program

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** (<http://wellness.sa.ucsb.edu>) 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.
- **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—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 (e.g. heart disease, anxiety, depression) at bay.

When your student is home this summer, ask if he or she used the Wellness Program and, if so, what was learned. Notice if your son or daughter is 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 student in reconnecting with high school friends, spending time with extended family, and otherwise maintaining their important social connections.

Also, consider contributing to UCSB's Wellness Program. Your financial contributions will support the faculty-student night programs, alcohol-free evening and weekend programs, 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. 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!