



upcoming events

April 1

Milk

9:30 p.m. Campbell Hall
Film screening FREE for students

April 4

Spring Insight

Open House for Admitted and
Prospective Students

April 14

UCSB Arts & Lectures presents

Author Bill Bryson

8 p.m. Granada Theater*

April 20

UCSB Arts & Lectures presents

The Honorable Tony Blair

8 p.m. Arlington Theater*

April 24

UCSB Arts & Lectures presents

His Holiness the Dalai Lama

9:30 a.m./2 p.m. Events Center
Sold Out

April 24—26

UCSB Alumni Association
presents the

All Gaucho Reunion

www.ucsbalum.edu

* For tickets to UCSB Arts & Lectures
events, call (805) 893-3535.

Visit Santa Barbara: A Parent's Quick Guide

Parents and family members often visit UCSB to explore campus, get a better perspective on student life, and discover our surrounding communities. We hope this quick guide to visiting Santa Barbara and our campus will help you plan a meaningful and memorable family visit with your student.

ACCOMODATIONS

Did you know UCSB has its own accommodations? Parents can book conveniently located guest rooms at The Faculty Club on campus. Visit www.faculty-club.ucsb.edu for rates and reservations. Additionally, a wide variety of hotels, motels, and bed and breakfasts are located in surrounding communities. A list of local hotels is available at www.santabarbara.com/lodging/directory.

ON-CAMPUS ACTIVITIES

At UCSB, there is certainly no shortage of activities for students to choose from. Many of these events are open to campus visitors as well. We encourage you to take advantage of these opportunities when you visit.

- From April 1– June 14, 2009, the University Art Museum will feature an exclusive presentation of historic and living art of the Himalayas—"Toward Enlightenment: The Sacred Art of Tibet"—in conjunction with the Dalai Lama's visit to campus. The museum is open Wednesday through Sunday from 12-5 p.m.
- Attend a class lecture to learn more about your student's educational experience. A list of open lectures with class dates and times is available at www.admissions.ucsb.edu/LectureExperience.asp?section=visitsucsb.
- Cheer on the Gauchos at a UCSB sporting event. Upcoming athletic events, including baseball, softball, tennis and water polo, are listed on-line at <http://ucsbgauchos.cstv.com/calendar/events/>.

LOCAL ATTRACTIONS

- Santa Barbara is an excellent location for whale watching. Depending on the time of year, you can see grey whales, blue whales, minke whales, humpback whales, and even orcas during your visit. Visit www.whalewatchinginfo.com/santabarbara.htm for more information and a list of excursions.
- Explore Santa Barbara's downtown waterfront, including the harbor, Stearns Wharf, three beautiful beaches, the zoo, and Chase Palm Park, which features an arts and crafts show every Sunday. Exit Highway 101 at Cabrillo Street and head south towards the ocean.
- On a clear day, visit the Santa Barbara Courthouse tower for 360° views of the city, mountains and ocean. The courthouse is located in the 1100 block of Anacapa Street.
- For more information about all of Santa Barbara's many diverse attractions and to view event schedules for the time of your trip, visit www.santabarbaraca.com and www.santabarbara.com.

DINING

There are many wonderful places to eat on campus and in Isla Vista that your student may recommend; however, many students wish to venture off campus and try out a new restaurant when their parents visit. SantaBarbara.com's Restaurant Guide (www.santabarbara.com/dining/) is an excellent resource for finding great local restaurants by type of food, location, and price range. UCSB students suggest Brophy Bros. for fresh seafood and ocean views, Cajun Kitchen for breakfast, and Panino for soups, salads and sandwiches.

ENJOY YOUR TRIP TO UCSB AND SANTA BARBARA! Please don't hesitate to call us if we can answer any questions for you about visiting campus and our surrounding communities.

Save the Date

Parents' & Family Weekend 2009 will be
November 6-8, 2009. More information is
available at www.ia.ucsb.edu/pfw.

important dates

March 16—21

Winter Quarter Final Exams

March 23—27

Spring Break

March 27

César Chávez Day

UCSB Closed

April 3

Last Day to Drop Courses
without Additional Fee

April 10

Last Day to Add Courses
without Additional Fee

April 17

Last Day to Add Courses
with Additional Fee

April 25

Last Day to Drop Courses
with Additional Fee



Education Abroad Program

UC Santa Barbara's Education Abroad Program has been called the most academically rigorous study abroad program in the country. Since 1962, EAP has been adding a unique international dimension to UCSB students' education.

Many different options are available, so students are able to shape their experience to fit their own needs. There are over thirty countries to choose from! Students can participate in fall, winter, spring or summer quarters or even go abroad for an entire year. Twenty-six programs are taught in English, but students can also opt to study a language or participate in a complete language immersion program while abroad.

Participating in EAP can have immeasurable effects on students—from new perspectives on the global world and a new sense of self to the acquisition of a new language and the development of skills that can be applied to future career and educational endeavors.

Parents often express concern that studying abroad may delay their student's graduation; however, by carefully planning with an EAP advisor, your son or daughter can participate without lengthening his or her time-to-degree.

Additionally, all EAP courses are fully accepted by the UC system. Grades and units earned will appear on your student's transcript.

Parents are often surprised to learn that student fees and financial aid packages do not change while studying abroad; however, additional fees could be incurred from travel and living expenses while abroad.

Additionally, safety is one of parents' biggest concerns. As a legal adult, your student is ultimately responsible for his or her safety; however, EAP has implemented many services and policies to address safety issues. Study Centers, staffed by UC representatives, are maintained in each country to ensure the academic and personal well-being of each student. Additionally, students are required to complete orientation programs before departure and upon arrival abroad, which include detailed safety information. Students are also required to complete a health clearance before traveling and to receive a briefing on health issues in their chosen country.

If your student is considering going abroad, encourage him or her to speak with an EAP advisor in Room 2431 of South Hall or by calling (805) 893-3763. Peer advisors can be reached at capucs@eap.ucsb.edu.

visit www.eap.ucsb.edu for more information

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

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Student Focus Affairs

Mental Health Programs

During final exam week, parents and administrators are reminded of the many stresses students face while attending and adjusting to college life. These pressures can cause students to feel depressed or anxious, often for the first time in their lives.

UCSB administrators and student groups are working hard to reduce negative stigmas associated with depression, anxiety, and other mental health issues; nevertheless, we recognize that students may not always be comfortable seeking help. By providing a wide variety of resources and many different ways to access those resources, UCSB hopes to increase the likelihood that students will get help when they need it.

Students may see a physician or social worker at Student Health Service for consultation, diagnosis and treatment of mental health symptoms. Physicians are able to prescribe necessary medications, and social workers can connect students to resources outside of UCSB. Student Health's Urgent Care services are also available for non-emergencies that need more immediate attention.

DISTRESSED STUDENT IDENTIFIERS

- Behavioral or emotional change
- Withdrawal from others and/or favorite activities
- Change in hygiene or appearance; not taking care of oneself
- Decline in academic performance
- Alcohol or drug abuse
- Excessive or inappropriate anger
- Bizarre thoughts or behavior
- Decline in functioning
- Concern about student's ability to function

WHAT SHOULD I DO IF I BELIEVE A STUDENT MAY BE DISTRESSED?

Ask yourself, "Is there any danger to my student or others?"

YES. Immediately call 911 or 9-911 from campus telephones. Also call Angela Andrade at (805) 893-8920.

NO. Encourage your student to use campus resources, including:

- 24-hour Counseling Services (805) 893-4411
- Alcohol & Drug Program (805) 893-5013
- Social Work Services (805) 893-3097
- Urgent Care at Student Health (805) 893-4713

NOT SURE.

- During weekday business hours, call Angela Andrade at (805) 893-8920.
- Counseling Services provides 24-hour support at (805) 893-4411.

Support for Student Affairs

In an earlier *Gauchos Parents* newsletter, we wrote about the large number of parents who donate to student affairs, particularly to those programs and services that their students find to be most helpful. Even in these challenging economic times, we are receiving gifts from parents for our Campus Learning Assistance Services (CLAS), the MultiCultural Center, Career Services, scholarships/financial aid, recreation, and more.

We know that these gifts are not given lightly and that, in fact, they are often given only when dollars in the family budget intended for one purpose are redirected to such student support. Please know that your gifts are having tremendous results. They are helping us to enhance and expand key services when we otherwise would be hard pressed just to maintain them. Your generosity and commitment to student success mean that upwards of 8,000 students are being tutored through CLAS, that students are finding their voice relative to issues of racial equality and social justice through the MultiCultural Center, that students are clarifying their values and selecting their majors with assistance from Career Services, and that students are staying fit and active through recreational sports.

From all of us in student affairs, thank you for helping to ensure the continued vibrancy of students' UC Santa Barbara experience. To make a gift, simply contact our office of grants and development at (805) 893-5037 or e-mail our Executive Director at laurie.hoyle@sa.ucsb.edu.

Counseling Services provides confidential individual and group counseling by licensed psychologists free of charge. Their Stress Management Program's peer advisors also assist students with relaxation resources, such as stress management techniques, and private relaxation rooms feature alpha wave and massage chairs.

UCSB's Alcohol and Drug Program is also a resource for students who may have turned to alcohol and/or drugs to deal with depression, stress, or anxiety. Students can make a free and confidential appointment with a counselor by calling (805) 893-3371.

Finally, UCSB's Coordinator of Mental Health, Angela Andrade, serves as a single point of contact for students, parents, and administrators concerned about a distressed student. If you have questions or concerns about mental health and on-campus resources, contact Angela Andrade at (805) 893-8920.

Distressed students may exhibit certain behaviors or lifestyle changes. If you are concerned about a distressed student, please follow the recommended process in the blue box at the left. If you are unsure about what to do, please contact Angela Andrade at (805) 893-8920 (during weekday business hours) or Counseling Services at (805) 893-4411 (24-hour).