

## upcoming events

Nov. 16

UCSB Arts & Lectures presents  
**Paula Poundstone**  
Arlington Theater, 7 p.m.

Nov. 21

**Men's Basketball  
vs. North Carolina**  
Thunderdome, 7 p.m.

Dec. 16

UCSB Arts & Lectures presents  
**Big Bad Voodoo Daddy  
Holiday Show**  
Arlington Theater, 8 p.m.

## important dates

Nov. 11

**Veterans' Day**  
No Classes

Nov. 27-28

**Thanksgiving Break**  
Students must be out of their residence hall by 6 p.m. on Nov. 26

Dec. 8-13

**Fall Quarter Final Exams**

Dec. 14-Jan. 4  
**Holiday Break**

Students must be out of their residence hall by 10 a.m. on Dec. 14. Students may return to their residence hall after 1 p.m. on Jan. 4

**Please share your feedback with us!**



**The Gaucho Parents Survey is available on-line at**

**[www.sa.ucsb.edu/parents/contact/](http://www.sa.ucsb.edu/parents/contact/)**

## Student Health Service Provides Highest Quality of Care

The Accreditation Association for Ambulatory Health Care has recognized Student Health Service for delivery of the highest quality of compassionate and accessible care to UCSB students. All students can use Student Health Service including those not enrolled in the Student Health Insurance Plan. Same day appointments, minimal wait times, and a convenient on-campus location allow students to balance health needs with busy schedules. In accordance with the Health Insurance Portability and Accountability Act (HIPAA), Student Health Service maintains complete patient confidentiality and cannot share health information with anyone, including parents.

Licensed physicians, nurse practitioners, registered nurses, physical therapists, medical assistants, and health educators make up Student Health Service's medical team. Specialty services include orthopedics, dermatology, women's health, psychiatry, alcohol and drug assessment and counseling, HIV testing, and stress management. Student Health Service facilities include an on-site laboratory, pharmacy, x-ray, eye care, and dental services.

One of the most commonly used and convenient services is the advice nurse who can assess medical conditions and advise students on whether or not to seek medical care. The nurse is available in person between 8 a.m. and 4:30 p.m. on weekdays, by phone at (805) 893-7129, or on-line at [https://studenthealthoc.sa.ucsb.edu/login\\_directory.aspx](https://studenthealthoc.sa.ucsb.edu/login_directory.aspx). Additionally, students often contact the patient advocate, a student liaison between Student Health Service and UCSB students. The patient advocate is available in the Student Health Service lobby or at (805) 893-3191.

In addition to the range of services available to students, flu shots are now available through December 10 on Tuesdays between 9 a.m. and 11 a.m. and Wednesdays between 1:30 p.m. and 3:30 p.m. in Classroom 2. Parents of students wishing to opt out of the Student Health Insurance Plan (SHIP) will want to note that the waiver deadline is December 12.

## Students Prepare for Academics Beyond the First Quarter at UCSB



While students are busy with fall quarter midterms and papers, it can be easy to forget that winter quarter is just around the corner. During fall quarter, students are given many opportunities to seek help and advice from advisors, mentors, and campus representatives about what they will need to do now to prepare for the remainder of their first year and beyond. Your son or daughter can expect to receive emails from their class mentors and other Student Affairs departments to learn about special academic advising sessions, involvement opportunities, and internship or job openings.

As a parent, you can help your son or daughter prepare for the upcoming quarter as well. As your student begins to think about registering for winter quarter classes, ask questions about how this quarter has been. Some questions might include: What have you enjoyed about your classes this quarter? What would you like to change? Has this quarter changed your feelings about what you hope to study in future quarters?

In addition, you can encourage your student to explore taking a class designed specifically for first year students such as *Interdisciplinary Studies 20: An Introduction to the University*, or a Freshman Seminar, which offers the opportunity for a more personal interaction with a faculty member in a class with only about twenty students.

There are many resources available to help students navigate their requirements and their choices. Every academic department offers undergraduate advising to assist students in planning for progress in their chosen major; the college advising offices offer individual appointments with academic advisors who can guide students in the choice of majors and fulfillment of General Education and university requirements to graduate. Faculty members are also available to speak with students about their major choices, career options, and plans for graduate school. In addition, many Student Affairs departments, such as the Educational Opportunity Program, Career Services, and First-Year Programs in the Office of Student Life, are ready to assist students as they make important decisions about their academic life at UCSB.

## Helping Your Student Understand College Finances

Preparing your student to manage the many financial issues and situations related to attending college can be a daunting task. Here are some tips to guide you in helping your son or daughter make sound financial decisions while at UCSB.

- Encourage your student to meet with a financial aid counselor to learn more about grants, scholarships, and work-study programs that may be available to him or her. Students seeking financial aid for fall 2009 should apply by March 2, 2009. Visit the Financial Aid Web site ([www.finaid.ucsb.edu](http://www.finaid.ucsb.edu)) for more information.
- Be clear with your student about the level of resources you can or cannot commit toward college expenses.
- Encourage your student to carefully monitor activity on his or her BARC (billing) account to prevent penalties such as late fees and course registration blocks. If your student wishes, he or she may give you access to financial statements on-line at [www.barc.ucsb.edu](http://www.barc.ucsb.edu).
- Fraternities, sororities, student groups, study abroad, summer internships, and off-campus housing are some of the activities that may bring about additional costs. Talk with your student about what he or she may wish to participate in and how these activities will be funded.
- Ask your student how much spending money he or she believes is needed each month. If you are planning to provide support, discuss a reasonable amount. Discuss other ways your student can obtain spending money. Help your student create a budget and discuss ways to adhere to the plan.
- Students may be interested in applying for a credit card in their own name. Talk with your student about how to choose a credit card and understanding interest rates, annual fees, and credit card debt.
- Discuss the cost of attending college with your son or daughter. Even if you are covering some or all college-related expenses, it is important for students to understand the value of the education they are receiving. Encourage him or her to make the most of all that UCSB has to offer!

*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

## UCSB Students Give Thanks By Giving Back

As we approach Thanksgiving, UCSB students are looking forward to a short break from classes to spend time with their families. We asked students what they are thankful for this year and how they are giving back to their communities.

"I am most thankful for my parents. I would not have made it through college without their love and support. I hope to give back to UCSB what I have learned. I will pass on words of UCSB wisdom and share my experiences with new students."  
- Amy Lee, Senior  
Political Science Major

"I am thankful for my family and friends. They get me through the ups and downs of life and are the first people I call for help or with good news. I worked with students all summer, acclimating them to the university. Also, I am there for my family and friends when they need someone to talk to or to listen."  
- Mallory Mizera, Senior  
Communication

"I am thankful for the opportunity to still be at this institution of higher learning for my 3rd year, to my parents for helping me get to this point, and for the friends I have here who continue to support me. My fraternity hosts educational and community service events to better UCSB and the surrounding areas. As a resident assistant, I help incoming freshmen become acclimated to college life."  
- Jamahdi Blueford, Junior  
Political Science and Black Studies

"I am very thankful that I've made it to my senior year and that I have supportive staff members who encourage my success and challenge me to reach my full potential."  
- Nicole Armstrong, Senior  
Black Studies Major,  
Sociology Minor

### Student Focus Affairs

## MultiCultural Center (MCC)

The MultiCultural Center (MCC) is celebrating the 20th anniversary of its commitment to presenting cutting-edge programs, fostering diversity of expression, and providing a public forum and safe space in the struggle against exclusion and discrimination.

The MCC has inspired thousands of students, community members and local organizations to build relationships across their differences. Over 90 events are presented by the MCC each year including lectures, films, panel discussions, readings, art exhibitions, and music, dance, and dramatic performances. Most events are free and all events are open to the public, helping the MCC achieve its mission of increasing cultural awareness and understanding. The MCC facilities, which include a theater, lounge, meeting rooms, and kitchen, are used by student organizations and academic departments. The lounge is a popular place for students to relax, study, and meet with friends.

Each Wednesday, the MCC hosts the World Music Series at noon and Cup of Culture at 6 p.m. The World Music Series presents a variety of world music performances for free at the Music Bowl. Cup of Culture is a weekly coffee house and movie night with light refreshments provided. The MCC also provides refreshments for students during dead week and finals.

Other MCC offerings include the Diversity Lecture Series, established in 2005 to promote discussions, sensitivity, and awareness of diversity issues at UCSB, and the Race Matters Series interactive discussions and workshops which enrich understanding of racial differences and commonalities. "In the Shadows of Paradise: Testimonies from the Undocumented Immigrant Community in Santa Barbara" will be presented November 18 at 6:30 p.m. in the MCC Lounge. For more information about upcoming MCC events, please visit <http://mcc.sa.ucsb.edu/calendar/>.

If you wish to support the MultiCultural Center's mission or any other service provided by UCSB Student Affairs, please contact Laurie Hoyle in Student Affairs Grants and Development at (805) 893-5037.