upcoming events

Oct. 24-26
Parents’ and Family Weekend
www.ia.ucsb.edu/pfw/

Oct. 25
UCSB Arts & Lectures presents humor writer David Sedaris at the Arlington Theater.
www.artsandlectures.ucsb.edu

Women’s Volleyball vs. Cal State Northridge 7 p.m.

Nov. 4
Election Day!
Register to vote: www.rockthevote.org

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

Mental Health and Stress Resources

Attending and adjusting to college can bring about many new stresses for students—succeeding in courses, living with a new person and away from family and friends, paying for school, and making new friends. These added pressures can cause students to experience depression, anxiety, and other mental health issues for the first time. Many students also come to college with previously diagnosed mental health conditions and may wish to transfer their care to UCSB professionals at Student Health Service.

Mental health issues can be challenging for students, but with proper medication and therapy, and utilization of the many resources UCSB offers, students can be very successful in college. Campus mental health resources include:

- Coordinator of Mental Health: Angela Andrade is a single point of contact for parents, students, faculty and staff who are concerned about a distressed student.
- Student Health Service: Psychiatrists provide consultation, diagnosis and treatment for many common mental health symptoms. Urgent Care is available on a walk-in basis for non-emergency situations needing more immediate attention. Social workers help students identify the factors that are obstacles to their success and create a plan to overcome those obstacles by utilizing campus resources. The Wellness Program provides therapeutic massages for a nominal fee.
- Counseling Services: Licensed psychologists offer free and confidential counseling, crisis interventions, referrals to outside agencies, and stress management tips.
- Student Mentor Team: Advocates support students at each class level via electronic newsletters and one-to-one appointments to aid in academic, social, and personal success at UCSB. (www.sa.ucsb.edu/osl/smt/)
- Campus Police: In case of an emergency, students and parents should always call 911 and 9-911 from campus phones.

Please share the mental health resources cut-out with your student and encourage him or her to join “Active Minds.” This campus group provides awareness and educational resources, fights against negative stigmas surrounding mental health, and encourages students to seek help and feel supported in doing so.

For more information about UCSB’s mental health resources, please contact Angela Andrade at 805-893-8920 or angela.andrade@sa.ucsb.edu. If you would like to support the campus’s mental health resources, please contact Laurie Hoyte at (805) 893-5037 or laurie.hoyte@sa.ucsb.edu.
Easing College Transitions

Starting college can be a challenging new experience for many students. Here are a few things you can do to help your student and your family during this period of adjustment.

- Write a letter telling your student how proud you are to have him or her as a son or daughter.
- Visit campus during Parents’ and Family Weekend and have your student show you around his or her new community.
- Suggest that your student join an interesting club or organization.
- Send a care package with healthy snacks and treats that will remind your student of home.
- Reassure your student that a transitional period is normal and a natural part of the adjustment process.

Voting is Sweet...Apathy Isn't

Voting is Sweet...Apathy Isn't, a non-partisan voter registration drive sponsored by UCSB’s Voter Registration Volunteer Coalition (VRVC), is in full swing in preparation for the November presidential election. UCSB is hoping to maintain its reputation as the leader in voter registration in the UC system by registering between 10,000 and 15,000 students.

Students can find the VRVC’s main registration site in front of the University Center daily from 10 a.m. to 3 p.m. VRVC is also conducting voter registration in residence halls, classrooms, highly trafficked areas of campus, at student activities and events, and in the Isla Vista community.

First time voters will need to register by October 20. Additionally, any student who has moved, changed their name or is wishing to change their political affiliation will need to re-register. For more information about UCSB’s voter registration efforts, please visit www.sa.ucsb.edu/voterreg.

Parents wishing to get involved can register to vote by visiting www.rockthevote.org. Additionally, the election is a great topic of conversation for parents and students. Has your student registered to vote? Ask your student about his or her political views. What other viewpoints has he or she been exposed to on campus?

Athletics: Part of Daily Life at UCSB

Participation in athletics—as both enthusiastic spectators and energetic participants—is one of the most popular activities for students at UCSB. The Department of Recreation provides a wide variety of programming with a positive and healthy influence on our students’ lives. Students use on-campus athletic facilities, join intramural and club sports teams, and attend athletic events to cheer on their fellow Gauchos.

Recreation facilities are available for student use with a valid ACCESS card and include sand volleyball courts, gymnasiums, tennis courts, weight lifting facilities, cardio equipment, swimming pools, baseball and softball fields, and off-campus sailing and rowing facilities.

The Department of Recreation also offers a variety of Adventure Programs, which allow students to get outdoors and explore Santa Barbara. Offerings include kayaking, rock climbing, SCUBA diving, and day or overnight trips to the Channel Islands. Students can sign up for an Adventure Program at www.recreation.ucsb.edu/adventure.

Intramural sports are open to all students regardless of ability level. Popular intramural teams include flag football, softball, sand volleyball, kickball, golf, and water polo. Participating students are assessed a small quarterly fee, which varies by sport. Club sports teams are student organizations that allow participation at different levels, including varsity, junior varsity and frosh/novice. Club sport offerings include many options not available at the NCAA level. Popular club sports are lacrosse, bowling, hockey, ultimate Frisbee, rugby, rowing, soccer, and surfing.


NCAA sporting events are a great way for students to show their Gacho spirit. UCSB’s well-known student athletic fan club, the Gaacho Locos, wear yellow shirts, cheer, dance, and chant to rouse opposing teams. Students can join on-line at www.gaucholocos.com or at a campus athletic event.

Family members are always welcome to attend athletic events. Two exciting events will take place during Parents’ and Family Weekend: Men’s Water Polo vs. UC San Diego, Fri. Oct. 24 at 3 p.m. Admission is free for everyone; Women’s Volleyball vs. Cal State Northridge, Sat., Oct. 25 at 7 p.m. Admission is $7 for parents and free for students. The Gaacho Athletics schedule is available on-line at ucsbgauchoes.fansonly.com.

Arts & Lectures

Arts & Lectures’ mission is to “Educate. Entertain. Inspire.” Going into its 49th year of enriching the lives of students and community members through year-round performance, film, and lecture series, the on-campus performing arts organization is doing that and more.

Students are exposed to world-class theater, dance, and music professionals, some of the world’s foremost scholars speaking on various global and political issues, and award-winning films from around the world. Each quarter’s schedule also includes a free film screening for UCSB students. WALL-E, the free film for Fall quarter, was presented on October 1.

Seventeen thousand individuals take part in Arts & Lectures events each year. Arts & Lectures works closely with academic departments on campus and students are often required or encouraged to attend an event related to their course work.

Arts & Lectures events are also a wonderful way to spend time with your student on campus. With events often occurring on weekends, family members can travel to campus to spend time with their student and take in a program. Highlights of this season’s programming include humor writer David Sedaris, who will be speaking during Parents’ and Family Weekend, Big Bad Voodoo Daddy, Alvin Ailey American Dance Theatre, Bill Bryson, and Patti Smith & Philip Glass in their only U.S. date together.

Arts & Lectures events are usually discounted 50% or more to UCSB students and tickets range from $5-20. Tickets can be purchased on-line or at the on-campus Arts & Lectures ticket office. Visit the Arts & Lectures Web site for more information: www.artsandlectures.ucsb.edu.

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, Micael Kemp, Barbra Ortiz, Meghan Henry, Kim Parent, Debbie Fleming, Laurie Hoyle

Questions? Comments? Contact parent services @ (805) 893-3643