Living with a roommate can be one of the most challenging and rewarding experiences your student will have in college. Students learn a lot about themselves and interaction with others through this newfound relationship. Students can help and possibly avoid some of the biggest roommate conflicts by following these tips:

- Clean up after yourself.
- Try to be quiet when your roommate is studying or sleeping.
- Discuss visits from friends and significant others with your roommate in advance.
- Ask permission before borrowing or using something that belongs to your roommate.
- Refrain from discussing roommate issues with other hallmates.

Room and Roommate Changes
At some point, your student will undoubtedly feel frustrated with his or her roommate. Encourage your son or daughter to actively work through these issues. If your student and his or her roommate are having troubles that cannot be resolved, your student should speak with a resident assistant (RA). The RA will work with the students to resolve the situation before recommending a room change. Next, the resident director (RD) will give your student a room change form. Please note that room changes are not granted before the second week of the quarter, after dead week occurs each quarter, or if other spaces are not available. Dead week immediately precedes final exams week.

Winter Quarter Registration Tips
Registration for winter quarter for continuing undergraduate and graduate students begins October 24. Students should follow the tips below to ensure course registration is a smooth and enjoyable process. Please share this information with your student.

The Registration Process
- Register using GOLD (UCSB’s registration system) at your designated appointment time to obtain the best possible priority for your class level. Beginning October 17, you can view your assigned appointment time on GOLD.
- Contact the Registrar’s Office at (805) 893-3592 if you are having trouble accessing or using GOLD.

Choosing Classes
- Meet with an academic advisor in your college to ensure you are completing academic requirements for graduation. Make an appointment with the College of Letters and Science (1117 Cheadle Hall) advising staff by calling (805) 893-2038 or (805) 893-3201. Contact College of Engineering (1006 Harold Frank Hall) advisors at (805) 893-2809. Students in the College of Creative Studies can meet with an advisor at the college’s office, located next to the University Center.
- Meet with the undergraduate advisor in your major department to ensure you are taking appropriate prerequisite courses for your major, and to get approval codes for any courses that require instructor permission.
- Develop a list of possible courses that you can reference during registration. Being open minded about early morning and evening courses will give you more options to choose from.

After Registration
- Pay student fees by December 15 to avoid being dropped from your classes. Monday, November 2 is the first day to pay winter quarter fees.
- Attend class on the first day. Instructors will often drop any students who do not attend on the first day in order to open up spots for students who show up to add the class or “crash” the class.
Save the Date!
Parents' and Family Weekend 2009

Parents’ and Family Weekend is Nov. 6-8, 2009 at UC Santa Barbara. You can register for the event on-line through Tuesday, November 3 at 8 a.m. Many exciting activities, tours, lectures, and sporting events are planned for the weekend. View the complete schedule on-line at www.ia.ucsb.edu/pfw.

If you have questions about Parents’ and Family Weekend, please call (805) 893-2117 or email Julie.Miller@ia.ucsb.edu.

Just Added!
Join “Mark the Wellness Guy” for a special presentation at Parents’ and Family Weekend.

Who – Mark Shishim, health educator at UCSB’s Student Health Service and coordinator of the campus Wellness Program

What – A fun, interactive presentation on wellness and positive psychology geared specifically to Gauchos Parents

When – Saturday, November 7, 10:15 a.m.

Where – The Multipurpose Room in UCSB’s Student Resource Building.

Why – To learn more about the Wellness Program and how it can help your student to maintain balance, stay fit, and succeed at UCSB.

No reservations needed and no fee. We look forward to seeing you there!

Finance Workshop

The UCSB Financial Aid Office and Alumni Association will be co-sponsoring a financial success workshop for students on Wednesday, October 21, 5-7 p.m. in Corwin Pavilion. The session will teach students how to build wealth and manage money during these uncertain economic times. Students will have the opportunity to participate in a question and answer session with a panel of certified public accountants (CPAs). Free pizza and refreshments provided. Students should RSVP to http://ucsb.imodules.com/financialtips_09.

Encourage your student to attend!

Office of First-Year Programs

The Office of First-Year Programs is committed to assisting freshmen, transfers and new graduate students in making a successful transition to university life at UCSB. These programs have been created to help students develop the academic, personal and social skills necessary for collegiate and personal success. Efforts are focused on caring for the academic and intellectual maturation of students, which is also the University's essential educational mission. The office provides a positive environment for students to learn and think critically, make independent, ethical and healthy personal decisions, and to respond proactively and supportively to the needs of a diverse society. Learn more about First-Year Programs at www.sa.ucsb.edu/osl/fye.

University Success Courses

The Office of First-Year Programs offers three academic courses specifically designed for freshmen, sophomores, and new transfer students. Education 10 focuses on the skills freshmen need for a successful transition from high school to university-level education and is offered in the fall. Education 20 focuses on making the most of the entire university experience with attention given to the academic, personal and social challenges of college life. ED 20 is offered in winter and spring quarters to freshmen and sophomores, and fulfills a writing requirement. Education 118 helps new transfers successfully transition to this new and challenging learning environment. Students are given valuable information about career planning and graduate school admission. ED 118 is offered in fall and winter quarters, and fulfills the upper-division unit requirement.

Workshops and Events

Each quarter, the staff of First-Year Programs offers several workshops and programs to address the needs and concerns of first-year students. Review the Web site for current offerings and new topics each month. Upcoming programs include:

- Frosh Success Seminar: “Navigating the Research University,” Thursday, October 15, 6:30-7:30 p.m., InterCollegiate Athletics (ICA) Building Auditorium
- Transfer Student Mixer: “Tips & Resources for Maintaining Excellence,” Wednesday, October 21, 6:30-8 p.m., Student Resource Building, MultiPurpose Room

Student Resource Team: Coaching for New Students

All students have class-level coaches/advisors through the Student Resource Team, including freshmen and transfer students. Caring staff will assist students in having a positive and successful experience throughout their stay at UCSB. Students receive monthly e-newsletters with class-level information, resources, and opportunities. In addition, team members answer questions by e-mail or provide one-on-one coaching in confidential appointments. Learn more at www.sa.ucsb.edu/srt/ or by e-mailing FirstYearHelp@sa.ucsb.edu or TransferHelp@sa.ucsb.edu.

Leadership Education & Action Program (LEAP)

LEAP provides a small group of freshmen with six months of intensive leadership training and development. The goal of this program is to provide students from a wide range of backgrounds, and with a variety of future goals, access to leadership opportunities. During fall quarter, 12-16 freshmen students will be chosen, based on their potential for development, to receive intensive leadership training.

During winter, the selected students will enroll in UCSB’s university success course (ED 20) and have a special discussion section with Dr. Britt Andreatta. This discussion section will focus on their development as leaders and individuals, identifying areas in which they would like to focus their energy as leaders. They will participate in a one-day retreat, receive mentoring from a student leader, and network with campus and community leaders.

In spring, the students will go on an overnight retreat where they will receive intensive training on important leadership skills. They will take an additional course where they will explore leadership styles, group dynamics, conflict resolution, and public speaking. They will also be paired with a staff/community mentor who will guide their further development in the area/career of their choosing.

The Office of First-Year Programs hopes to expand their programs to serve even more students. If you wish to support their mission or any other service provided by Student Affairs, please contact Laurie Hoyle in Student Affairs Grants and Development at (805) 893-5037.
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.

Should My First Year Student Work?

By Micael Kemp, Director of Career Services

This is a question we are frequently asked by both parents and students at UCSB. Our typical advice is that students should wait at least one quarter to work, so they can adjust to their new environment. If, after the first quarter, the student is still adjusting to the quarter system or the level of work required at a UC, we recommend holding off on working until the academic side of life is flowing smoothly.

However, if a student completes four years of school without ever setting foot outside of the classroom, employers cringe. They are seeking that magical combination of education and experience in their new hires. Even if a student has a killer GPA, most employers are hesitant to hire them without any work history. Students need to get involved in part time or seasonal employment, internships, volunteer work, or student organizations. They’ll need something to put in the ominous white space under the “Education” section of their resumes.

Will all this affect their GPA? Probably not. If they keep their internship, volunteer, and employment involvement under 20 hours per week, having structure in those out-of-class hours can actually improve a student’s performance in class.

When they’re ready, how can they find employment? By visiting Career Services. We serve as the campus hub for information on jobs and internships, both on and off campus. We also want to connect with students who need jobs as soon as they arrive at UCSB. We can help them look for on-campus employment that is flexible and won’t interfere with their studies. To see the range of services available to your son or daughter, visit http://career.ucsb.edu. Click on the “Parents” tab to see how you can best support your student.

Sending Mail to Your Student

United States Postal Service (for letters and packages)
• USPS mail is delivered directly to your student’s assigned mailbox. For oversized packages, the mail center places a pick-up notice in your student’s mailbox.

Santa Catalina

Student Name
98XXX Santa Catalina
Santa Barbara, CA 93106

XXX denotes student’s assigned mailbox number.

All Other Residence Halls

Student Name
P.O. Box #______, UCSB
University of California
Santa Barbara, CA 93107

Courier Services (for packages and flowers)
• Couriers, such as UPS, FedEx and DHL will attempt to deliver packages directly to your student’s room.

Santa Catalina

Student Name
6850 El Colegio Road
Room # _____
Goleta, CA 93117

All Other Residence Halls

Student Name
Residence Hall & Room #
University of California
Santa Barbara, CA 93106

questions? comments? email gauchoparents@sa.ucsb.edu