

upcoming events

Oct. 22
UCSB [Women's Volleyball](#)
vs. Long Beach State
Thunderdome
7:30 p.m.

Nov. 1
[The Reel Mixed Media: Portrayals of
the Mixed Experience on Film and
TV](#)
Fanshen Cox
MultiCultural Center Lounge
6:30 p.m.

Nov. 8
CLAS Workshop: Effective
Memory Techniques
Student Resource Bldg. 3282
5-6 p.m.
RSVP at [MyCLAS](#)

Nov. 15
UCSB Arts & Lectures presents
"Whose Live Anyways?"
Improv comedy with the cast of
Whose Line Is It Anyway
Granada Theatre
8 p.m.

important dates

November 11
Veterans Day
No Classes

November 24-27
Thanksgiving Break
Students must be out of residence
halls by 6 p.m. on Nov. 23. Stu-
dents may return to residence halls
after 1 p.m. on Nov. 27.

December 3-9
Fall Quarter Final Exams

December 11-January 8
Winter Break
Students must be out of residence
halls by 10 a.m. on Dec. 11. Stu-
dents may return to residence halls
after 1 p.m. on Jan. 8.

Dear Gaucho Parents and Family Members,

Family is an important source of support for college students. One example: In the National College Health Assessment, "parent" was listed as the second most believable source of health-related information. The Gaucho Parents Gazette features articles about UCSB resources so you can become educated about them. We hope you will share these resources and encourage your student to take advantage of them. Thank you for being partners with UCSB to support your student's success!



Davidson Library

This picture was taken from the 8th floor of the UCSB Davidson [Library](#). This view is one of the many reasons why students love UCSB. The Davidson Library will be starting an addition and renovation project during winter quarter. This project will [transform](#) Davidson Library by adding new study spaces, better infrastructure, and more technology. Our goal is to design a space that will serve the next generation of scholars.

Winter Quarter Registration Tips

Registration for winter quarter for continuing undergraduate and graduate students begins October 22. Students should follow the tips below to ensure that course registration is a smooth and enjoyable process. Please share this information with your student.

The Registration Process

- Students register using [GOLD](#) (UCSB's online course registration system) at their designated appointment times. Students can view their assigned time on GOLD beginning October 15.
- Students should contact the [Registrar's Office](#) at (805) 893-3592 if they are having trouble accessing or using GOLD.

Choosing Classes

- Students can meet with an academic advisor in their college to ensure that they are completing their academic requirements for graduation. Students can make appointments with the [College of Letters and Science](#) advising staff by calling (805) 893-2038, the [College of Engineering](#) advisors at (805) 893-2809, and the [College of Creative Studies](#) advisors by visiting the college's office, located next to the University Center.
- Students should meet with their undergraduate advisor in their major department to ensure that they are taking appropriate prerequisite courses for their major and to get approval codes for any courses that require instructor permission.
- Students should develop a list of possible and alternative courses they can reference during registration. Being open-minded about early morning and evening courses will give them more options to choose from.
- If the course is closed or full, students can check the [Waitlist website](#) to add their names to the waitlist for that course.

After Registration

- Students should pay their fees by December 15 to avoid being dropped from their classes. Monday, October 31 is the first day that winter quarter fees can be paid.
- Students should attend class on the first day. Instructors will often drop students who do not attend on the first day in order to open up spots for students who show up to add or "crash" the class.

Parents' and Family Weekend 2011

Attending class lectures, cheering on athletic teams, and soaking up the sun at Campus Point will all be a part of your student's life at UC Santa Barbara. You and your family can participate in these and other activities during Parents' & Family Weekend, an event to showcase all our campus has to offer and give families the true UCSB experience.

Come explore our unique campus and learn about its many facets. Discover what makes UCSB stimulating, impressive, and special. Parents' & Family Weekend 2011 will be held October 21-23. Families can attend during any combination of days over the long weekend. Check out highlights from this year's schedule below.

For parents of new students, this weekend may be the first time you see your student after move-in day. The event is a wonderful way to reconnect with your student, learn all about his or her life on campus, and spend valuable time as a family. All family members are invited to the event – grandparents, aunts, uncles, siblings, and more! At the Chancellor's Breakfast, be sure to stop by the Gaucho Parents table to meet our staff and learn more about the services and resources available to you.

Contact Public Events at (805) 893-7382 or visit [Parents' & Family Weekend](#) for a complete [schedule](#) of events.

Weekend Highlights

Faculty Lectures & College Presentations. Lectures presented by UCSB faculty from a number of fields and panel presentations from the College of Engineering, the College of Letters & Sciences, and the College of Creative Studies.

National Comedy Theater Show. This nationally acclaimed live comedy troupe has been entertaining UCSB for over a decade with their unique brand of interactive, improvisational comedy. The opening act features Brothers From Otha Mothas, UCSB's all-male student *a cappella* group.



Breakfast with Chancellor Henry Yang

Keeping It Local with UCSBHalloween.com

Halloween weekend in Isla Vista concerns UCSB because, in the past, non-UCSB students have come to "party" without respect for our community. Our students, campus administrators, campus and non-campus housing staff, police, other local college administrators, local politicians and Associated Students work together each year to make Halloween weekend safer for our community. We ask you to join our efforts by talking with your student about your expectations and our "Keep it Local" campaign.

The "Keep it Local" campaign includes postcards to Isla Vista residents, campus announcements, letters to schools and colleges statewide warning students not to visit, and promoting UCSBhalloween.com. This website gives students [tips](#) and informs them about what they can do to have a safe weekend, including where to [park](#) their cars, understanding the [law](#), and other [resources](#). UCSBHalloween.com will also publicize a growing list of [events](#), such as HalloClean, an effort to care about our community and help clean up the streets of Isla Vista post-Halloween weekend. Housing and Residential Services will be hosting multiple social programs (a costume contest, dances, pumpkin carving, horror movie nights, and a haunted house) every night. Resident assistants, community service officers, staff and an increased number of police officers are on duty 24 hours a day during the weekend to keep both our off- and on-campus community safe.

Please educate yourself through UCSBHalloween.com. We ask that you talk with your daughter or son about not inviting their friends to UCSB during Halloween weekend. Please discuss how they can be responsible and safe. Your influence and partnership in helping us keep UCSB Halloween a local and safe celebration is key. Thank you for your support.

UCSB's Fruit Bowl Project



You've heard it: Most Americans need to eat more [fruit and vegetables](#). One way to help students eat more fruit is to improve their access to it.

The [Health & Wellness Program's](#) Fruit Bowl Project will provide bowls of organic apples and tangerines in reception areas throughout the campus. Approximately 240 pieces of fruit will be provided each week.

Twelve Student Affairs departments, located in six different buildings on the UC Santa Barbara campus will participate: Associated Students, Campus Learning Assistance Services (CLAS), Counseling Services, Career Services, the Disabled Students Program, the MultiCultural Center, the Office of Student Life, Student Health, the Visitor Center, and the Women's Center. Hundreds of students visit these departments every week and now they will have access to free fresh, organic fruit daily.

The project will start in late October and continue in winter and spring quarters. [Health & Wellness Corps interns](#) will distribute the fruit to departments each Monday throughout the quarter.



UCSB LipDub

This YouTube video entitled "[UCSB Lip-Dub](#)" shows the spirit and creativity of our students.

Resources

Gauchos for Recovery

Is your student in recovery from addiction? Support is available through the [UCSB Alcohol and Drug Program](#). We can help students access campus and community resources and connect them with sober student mentors. Contact us at (805) 893-2714.

Office of Financial Aid and Scholarships [Fall Newsletter](#)

Wellness Collaborative [Fun Stuff to Do Calendar](#)



Health & Wellness Program

Student Health. Tel: (805) 893-2630. Email: wellness@sa.ucsb.edu. Web: www.wellness.ucsb.edu.

On Being Balanced, Proactive, and Positive

The Health & Wellness Program at UC Santa Barbara encourages and supports a healthy, balanced, and thriving campus community. Its programs and services are research-based and designed to motivate **positive behavior change** and **build a healthy campus and community environment**. There is a *holistic* approach to wellness. The staff understands that students' lives improve

when they balance the physical, mental and social dimensions of their lives; are proactive about their intentions; and nurture a positive state of mind.



This program is heralded as among the best in California colleges and universities and is known for its innovative approaches and successful outcomes. It offers multiple services: wellness centers in key campus and community locations; an interactive website; local excursions and field trips; "wellness nights" on thought-provoking topics; internships and volunteer activities through the student Wellness Corps; wellness workshops; academic classes; and free, fun "stuff" for active participants. Last year, the Health & Wellness Program tallied 50,000 interactions with students (in addition to the 6,000 daily hits to its [website](#)).

Communicating about Wellness

Their popular website connects students to wellness resources and opportunities from over 75 campus event calendars. On their site and their [Fun Stuff To Do Calendar](#), you will find ideas for "tweets," texts, emails, and phone conversations with your son or daughter, such as this text: *After your 11 AM class on Monday, check out the Wellness Center, 1st floor, SRB, noon-1 PM (info and free chair massage!)*

A Resilience Approach to Stress

"Many indicators tell us that today's students are experiencing a lot more stress in their lives," explains Sabina White, director of Health & Wellness Program. She emphasizes that current, leading research demonstrates that students can and do learn resilience approaches to stress. That is, key steps can be taught to help a student respond positively to adversity. Sabina includes this information in Wellness Education 191W, a four-unit course she teaches to over 80 students each quarter. These students acquire cognitive-behavioral, communication, and listening skills—which they can begin to use immediately.

Core Health & Wellness staff also includes:

- * Michael Takahara, who spearheads parent services and health outreach;
- * Joanna Hill, who oversees the Wellness Corps of student leaders and volunteers (Corps leaders mentor volunteers through the [SLC Certification process](#), a co-curricular leadership training program);
- * Mark Shishim, who develops and conducts wellness activities and events. Known as "The Wellness Guy," Mark is sought after for his positive psychology workshops (One workshop suggestion will increase your positive outlook: Each week, over a period of six months, journal three good things that have happened. Research has proven that this activity will make you happier!); and
- * Malek Guerbaoui, who, among other things, coordinates the Summer Theater Program, which uses drama as a behavioral change tool to reach over 3,000 students attending summer orientation.

Make a Gift

The Health & Wellness Program relies on the generous support of parents, alumni, and friends to sustain and enhance its popular services to students. Please consider supporting the strides this program is making on campus and in the community. Your gift will contribute to a happier and healthier environment for UC Santa Barbara students during their college years and beyond. To make a gift online to Health & Wellness, please visit: <http://www.sa.ucsb.edu/giving/sa>. If you prefer to send a gift in the mail, please make your check payable to "UC Regents" (note "Health & Wellness Program" in the memo line) and mail it to: Student Affairs Grants and Development, University of California, Santa Barbara 93106-5015. Thank you!

Catherine Boyer, the acting director of [Student Affairs Grants and Development](#), welcomes any questions you may have about supporting [the Division of Student Affairs](#). Email: catherine.boyer@sa.ucsb.edu. Telephone: (805) 893-5037.