Transitioning to UCSB is an important time not only for students, but for families as well. New students will experience challenges as they acclimate to increased academic expectations, seek out new friends and begin their next chapter on campus. Communication with your student is a critical step in getting ready for fall. We hope that the following notes on the campus.

Packing, Prepping and Parting

WHAT TO EXPECT ON MOVE-IN DAY

- Roommate information, room assignment and instructions for move-in day will be sent to each student’s university email in early September.
- Move-in is staggered, typically, over two weekend days to ease campus traffic congestion.
- Residence halls have both wired and wireless network Internet access. Students using wired access must provide their own computer, network card (also called an Ethernet card or NIC) and Ethernet cable (also called a network cable or CAT5 cable). Students using wireless access should ensure that the wireless network card is updated with the latest manufacturer drivers. Printers are available in residence halls and campus computer labs.
- There are card-operated washers/dryers in each residence hall.
- Residential parking permits are available for purchase. Students should wait for notification of building assignment before purchasing a parking permit.
- Bus transportation, biking, walking and skateboarding are common forms of student transportation. Students do not need a car. Santa Barbara Airport, a train station and a bus station are nearby.
- Full-service grocery stores are a short distance from campus. Two small markets and a food cooperative are located in Isla Vista. Convenience stores are located on campus.

PREPPING FOR THE TRANSITION

- Create a checklist to prepare for move-in day and other tasks you would like to accomplish with your student over the summer.
- Spend some quality time with your student this summer.
- Don’t forget to include siblings! This is a transition for them, too.
- Talk with family and friends who have had a student move away for college.

LOOSENING THE REINS

- Families are an important part of each student’s support network.
- There is no need to completely let go, but there is some need to give more freedom and responsibility.
- It is helpful to agree on how and how often you will communicate with your student.
- Set boundaries on how you will help them.

PACKING AND PREPPING FOR MOVE-IN DAY

- Campus will be busy!
- Move-in can be stressful and emotions tend to run high.
- Be prepared to meet your student’s roommate(s) and family.
- Bring snacks, water and patience.
- Make a plan for the day in advance — how long to stay, who will come and who will take care of what.
- Plan your goodbye with your student in advance.

THE FIRST WEEK — POST MOVE-IN DAY

- Families may have varying experiences and emotions; the house may feel quiet and empty, parents may wonder what student is doing; parents may feel a loss of identity, sadness, relief, or both; parent may worry about too much or too little contact with student.
- Students may have varying experiences and feel a range of emotions: they will be busy with residence hall activities, workshops, tours, convocation, buying books, registering their bike, finding their classrooms and getting to know their hall mates.

WHEN THEY COME HOME ...

- They may feel let down if their student does not seem excited or happy to be home.
- Families may feel a loss of identity, sadness, relief, or both.
- Families may feel let down if their student does not seem excited or happy to be home.
- Expect your student to want to spend a lot of time with high school friends.
- Don’t forget to include siblings! This is a transition for them, too.
- Enjoy it — four years will go by quickly!

THE FIRST QUARTER...

- Freedom is good, and okay! Take some time for yourself.
- Be patient with the transition. It is an adjustment for everyone.
- Find ways to stay connected to your student and check in with your student about your relationship.
- Visit — but call first if able!

OVER THE NEXT FOUR YEARS ...

- Your relationship with your student will continue to evolve — this is normal.
- Visits home may decrease but become easier.
- They will grow up a lot. You will change, too.
- Enjoy it — four years will go by quickly!

AUGUST 2019

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All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.
First-Year Experience

Co-curricular activities provide vital opportunities to build social and professional networks, experience a sense of belonging at UCSB, engage in community service and develop leadership skills. Each year thousands of events are scheduled on campus for students. Within each residence hall, a team of professional staff and student resident assistants plan educational and social programs specifically designed for their residents. Most of these events are offered free of charge. Outside of the halls, campus departments and student organizations continually host workshops, performances, lectures, events, discussions and activities. In addition, leadership opportunities abound from student government to residence hall involvement. Outside of the halls, campus departments and student organizations continually host workshops, performances, lectures, events, discussions and activities. In addition, leadership opportunities abound from student government to residence hall involvement.

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SEPTEMBER 2019

First-Year Initiatives coordinate efforts across campus to help students with their transition. We work closely with Residential & Community Living to support their amazing workshops and programs. It is common to find faculty having dinner with students in the dining facilities, offering study tips in workshops or touring the library with new students.

UCSB first-year students are vital to the campus; we welcome our new freshmen and transfer students and their families!

Don Lubach, Ph.D.
Associate Dean of Students
First-Year & Graduate Student Initiatives

STUDENT PERSPECTIVE:

"My first year has been amazing, but it was hard! Transitioning to a life away from my parents and to a life surrounded by other students was challenging, but it allowed me to grow into the independent person I am today!"

- Sophomore, Sociology

"I am still currently in my first year at UCSB. I am a transfer student and the transition was better than expected. I made a couple of friends and it definitely helped to get involved and attend events. Being away from my family is a little hard, but I definitely got used to it. The coursework is much more rigorous, but I have also learned to adapt to the fast pace of the school. So far I have had a positive experience."

- Junior, Chicana/o Studies

"My first year was amazing, but it was hard! Being away from my family is a little hard, but I definitely got used to it. The coursework is much more rigorous, but I have also learned to adapt to the fast pace of the school."

- Junior, Physics

UNIVERSITY SUCCESS COURSES

First-Year Initiatives offer five popular courses in collaboration with the Graduate Group in Education. The classes focus on how to be successful at our research university.

Education 186, for freshmen, will be offered in the fall and winter. Education 20, for transfer students, will be offered in the spring. Students should check course schedules on GOLD for details.

DISCOVERY@UCSB SEMINARS (FOR FIRST YEAR AND TRANSFER STUDENTS)

Discovery@UCSB seminars offer students a chance to dive into fascinating topics with expert UCSB faculty and learn more about how disciplines work. There are three types of seminars:

- Exploration Seminars: one faculty member, maximum 20 students.
- Discovery Seminars: two faculty members from different disciplines, between 20-40 students.
- Linked Seminars: Two faculty members from the same discipline, between 20-40 students.

Discovery@UCSB seminars are designated for first-year or transfer students, so students have a chance to get to know others in their cohort.

Discovery@UCSB seminars are offered 1 (10 hours/quarter) units or 2 (20 hours/quarter) units and graded passed/not passed.

First-year seminars are listed as:
- INT189A-ZZ (1 unit - Exploration)
- INT189A-ZZ (2 units - Discovery/Linked)
Transfer seminars are listed as:
- INT189A-ZZ (1 unit - Exploration)
- INT189A-ZZ (2 units - Discovery/Linked)

Visit http://www.duels.ucsb.edu/academics/seminars/list to see a list of current and past seminars. For more information, please contact Anna Gudin at agudin@ltsc.ucsb.edu.
Student Involvement

Every university hopes to provide its students with the opportunity to explore issues and become involved in a wide range of activities. While the “university” experience is traditionally associated with academics, many students find great value in the learning they experience outside of the classroom. UCSB offers a number of ways for students to grow and challenge themselves by meeting new people, learning more about the university and experiencing personal development.

OCTOBER 2019

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The Residence Halls Association (RHA) and Hall Councils are an easy and fun way for students to get involved in their residence hall, develop leadership skills and meet new people. New students are able to run for several positions. For more information about RHA, visit https://rha.ucsb.com/.

Leadership Development (OSL) Leadership Development offers several annual and ongoing programs built around research-based leadership development methods including workshops, classes, retreats and individual/organizational consulting. We are proud to offer The Leadership Challenge® Workshop based worldwide by Fortune 500 companies and non-profit organizations alike each quarter. Students can find out more by visiting the OSL Resource Center (Student Resource Building, Room 1104) or our website at https://osl.sa.ucsb.edu.

Physical Activities and Intercollegiate Sports

UCSB’s Physical Activities program has extensive opportunities consisting of intramural sports, club sports and outdoor recreation. Being involved in these programs provides opportunities for students to have fun, meet other students and stay fit. UCSB’s athletic program also includes intercollegiate sports for both men and women. For more information, please visit https://recreation.sa.ucsb.edu/intramural-sports.

Student Government

Associated Students (AS) is the official campus-wide student government and voice of the student body at UCSB. Students can run for elections to sit on dozens of boards, committees and commissions that are organized and funded through AS to enrich student life and give students many services and opportunities. For more information about AS, please call (805) 893-2566 or visit www.as.ucsb.edu.

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IV and Santa Barbara Community

Isla Vista and the neighboring Santa Barbara area are fun and diverse places to explore. Every Friday night in the Isla Vista Theater, Magic Lantern Films screens both classic and current films at a low price. AS Program Board also sponsors fun events at nominal costs to students on campus, in Isla Vista and in nearby Goleta. The surrounding area of Santa Barbara also provides the opportunity for live entertainment—shopping, concerts and fabulous restaurants—all a short bus ride away! Many students find ways to volunteer and better our community through service projects such as nature clean-ups, assisting at local schools and improving food security for people experiencing homelessness in the area with accessible potluck meals.

CLUBS & ORGANIZATIONS

Registered campus organizations provide opportunities to meet new people, establish a sense of belonging at UCSB, engage in community service, develop leadership skills and integrate coursework with practical experiences. There are more than 300 clubs, led primarily by students, of all kinds: academic, arts, career, community service, cultural, educational, fraternities, environmental, political, recreational, religious/spiritual, social, sororities, sports and wellness. To learn more, students should attend the annual campus orgs fair held in October.

Community Affairs Board (CAB)

Community Affairs Board (CAB) connects UCSB students to the community. CAB funds and supports events which focus on volunteering to help the environment, youth, animals, elderly, houseless and more. CAB-mail is the weekly newsletter that includes volunteer opportunities, events and internships in the community. For more information, visit https://cabs.as.ucsb.edu.

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Staying Connected

The first quarter of college is an exciting time for first-year students and can be filled with many new experiences and challenges. Your support can help ensure that your student learns to navigate life at the University and is set up for success. Reach out to your student with phone calls and texts to let them know you are there for them, but also give them space to grow and discover life for themselves. Stay connected to your student to understand their college experience and what support they would like from you and your family.

Winter break is an especially important time to check in with your student about their social and academic transition. In this month, we offer some conversation starters that we hope will help you talk with your student about the challenging aspects of life as a new university student.

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### ASK ABOUT ACADEMICS

The academic transition can be one of the most difficult aspects of a student’s university career. There are many issues to keep in mind—from acclimating to UCSB’s quarter system to the increased academic rigor and expectations. Academic success can take many different forms—it’s not just grades that count!

Some questions to start your conversation:

- Do you like your classes?
- What has been the most challenging part of the academic transition for you?
- Is there anything you will do differently in the winter now that you have experienced fall quarter at UCSB?
- How are your time management skills?
- Have you used the resources available at CLAS (Campus Learning Assistance Services)?
- Have you visited your instructor’s office hours?
- How did it go?
- How do you feel about choosing a major?
- Have you visited an academic advisor in your college (Letters & Science, Engineering, or Creative Studies)?
- Have you spoken with the undergraduate advisor in your major department (if you have already selected a major)?
- For undeclared students: Have you used the resources available in the Career Resource Library to help you explore new interests?
- How do you feel about your winter course schedule?

### ACADEMIC RESOURCES

- College advising through your student’s college (Letters and Science, Engineering, or Creative Studies). See the General Catalog for more information (https://my.sa.ucsb.edu/catalog)
- Academic advising through each major department
- Campus Learning Assistance Services (CLAS)
- Educational Opportunity Program (EOP)

### ABOUT FERPA

UCSB departments must comply with the Family Educational Rights and Privacy Act (FERPA) and are unable to release information about your student. It is important that your student take primary responsibility for communicating with campus offices, advisors and faculty.

### ASK ABOUT THE SOCIAL TRANSITION

Some conversation starters are:

- How are you doing? Are you feeling overwhelmed?
- How are you getting along with your roommates?
- What do you do to relieve stress?
- What is the party scene like? If your student indicates that “everyone drinks,” or if you gather that they are drinking, pursue the issue. Reinforce your expectations and values.
- What kind of activities other than drinking are available on- or off-campus?
- Are you comfortable with your behavior since you started college? Do you know what the consequences are for alcohol or drug violations at UCSB and in IV?

Talk to your student about your expectations. Set clear and realistic goals regarding academic performance and discuss consequences if the expectations are not met.

Talk to your student about their own experiences with alcohol, both positive and negative. Do not, however, idealize any over-indulgences from your own youth. Your student may assume you are granting approval for dangerous levels of consumption.

Encourage your students to assert their right to a safe and livable environment. Help your student stand up for a right to a safe and livable environment and discuss ways that your student can get assistance from residence hall and/or other UCSB staff.

### STUDENT PERSPECTIVE

“I FaceTime my parents and siblings weekly while I’m at school. My mom jokingly asked me not forgetting to call her, but with text/FaceTime it hasn’t been an issue. I’ll often call them after they are done with dinner, and I’m at home doing schoolwork. That time kind of came naturally because it was when we were both free, but it was a trial and error process until we figured that out.”
- Freshman, Philosophy

“I FaceTime with my family and visited quite often over the first summer that I was here. I like my space, so not "I FaceTime with my family and visited quite often over the first summer that I was here. I like my space, so not having to see my family every waking second has been good. I appreciate that my family realizes this and knows to give me space. We communicate at least once a week, depending on my workload, and we text about every two days.”
- Sophomore, Economics
Student Health is a large medical facility, fully compliant with standards of the Accreditation Association for Ambulatory Health Care, employing over 140 professionals and support staff including primary care physicians, psychiatrists, nurse practitioners, orthopedists, physician assistants, optometrists, dentists, dietitians, physical therapists, pharmacists, lab technicians, x-ray technologists and more. Students can make appointments or may be seen in Urgent Care. Students can either email or drop-in to consult with an Advice Nurse. Electronic medical records are utilized, allowing online appointments, pharmacy refills and secure communication via email. For further information, email studenthealth@sa.ucsb.edu or visit us online at http://studenthealth.sa.ucsb.edu or call (805) 893-5361.

Health and Wellness

UCSB Health & Wellness Program promotes the mental, physical and social health of all students by enhancing individual skills and positive relationships with families, peers and the community. Health & Wellness staff works within a comprehensive research-based framework to foster healthy campus learning environments that nurture optimal student development, resilience and well-being.

Services Include:
- Health & Wellness workshops
- Internships and volunteer opportunities
- Life skills education
- Sleep, Stress Reduction, and Mindfulness Meditation programs
- UCSBhappy.com

Students who participate in our programs receive education and skill development related to the following health issues: nutrition, well-being, alcohol & drug health, sexual health & relationships, sleep and stress management. Students who consistently engage in our programs develop the life and leadership skills necessary to be healthy, responsible and successful at UC Santa Barbara and in our global community.

Immunization Requirements

All incoming students are required to document vaccinations and tuberculin screening established by the University of California Office of the President. Instructions for meeting this requirement are listed in the “Steps to Enrollment”. Students must enter immunization dates and upload copies of immunization records through the Student Health GATEWAY portal. Exemptions are only granted for medical conditions upon receipt of documentation from a licensed medical physician, nurse practitioner or physician assistant. Please visit http://studenthealth.sa.ucsb.edu and click on “University Immunization Requirements” for further information.

Meningitis and the Meningitis Vaccine

This disease is a particularly serious risk for college students, and we urge all students to ensure they receive the two vaccines currently available against meningitis (both ACWY and the new Men B vaccine series). Students should have a booster shot at age 16 or later for the older series called Menactra®, Menveo® or Menomune® that cover serogroups A, C, W, Y and the new Men B vaccines, either Bexsero® (2 doses) or Trumenba® (2 doses).
Mental Health

Students attending college often experience mental health issues. Some students come to college with a previously diagnosed mental health condition and are under the care of a physician or psychiatrist; these students are encouraged to transfer their care to UCSB professionals at Student Health Services. Other students may develop symptoms of mental health disorders, such as depression and anxiety, for the first time while in college. Mental health issues can be challenging, but with proper medication and therapy, students can be very successful in the college environment.

Consultation, diagnosis and treatment for many common mental health symptoms are available at Student Health Services. Mental Health at (805) 893-3087. Student Health information and more updates can be found at http://studenthealth.sa.ucsb.edu.

Consultation, clinics, and social work services are available through Student Health Services (through the Dean of Students Office). Social work services are provided at no cost to students through Student Health funding. UCSB social workers are also available to consult with parents, within the limits of confidentiality restrictions that protect medical information. This is a voluntary and confidential service — we are unable to require students to attend appointments. For serious concerns, consult with a Student Health social worker or contact Student Mental Health Coordination Services (through the Dean of Students Office). Social Work Services are available through Student Health at (805) 893-3087. Student Health information can be located at the following website: http://studenthealth.sa.ucsb.edu or by calling (805) 893-3030.

Phone consultation is available 24/7 — even nights, weekends and holidays at (805) 893-4411. CAPS is located in Building 599 and is open Monday– Friday 8:30 a.m.–4:30 p.m. For more information, visit http://caps.sa.ucsb.edu.

CAPS has a comprehensive Mental Health Peer Program staffed by student peer advisors. They are trained in basic counseling and relaxation techniques and can help students learn to cope with the stresses of college life. Students can visit the egg and massage chairs, stop by to talk to a peer, or attend one of the many workshops offered.

Further information on responding to distressed students may also be found at http://studenthealth.sa.ucsb.edu or by calling (805) 893-3030.

For parents who may need to leave UCSB, a social worker can provide assistance in locating and obtaining continuing services. The social worker’s role is to meet with students, consult with other involved people (with the student’s permission) and identify the student’s obstacles, needs, strengths and goals to develop a plan. Together the social worker and student develop a plan to access resources available to meet their needs. The ultimate goal is for students to maximize their college experience while at UCSB.

A variety of factors including medical, academic, financial, emotional, family and social issues can affect a student’s performance and adjustment at UCSB. Students who are experiencing difficulties in any of these areas can meet with a social worker for assessment, help connecting to community resources and services, ongoing support, monitoring and advocacy. For students who may need to leave UCSB, a social worker can provide assistance in locating and obtaining continuing services. The social worker’s role is to meet with students, consult with other involved people (with the student’s permission) and identify the student’s obstacles, needs, strengths and goals to develop a plan. Together the social worker and student develop a plan to access resources available to meet their needs. The ultimate goal is for students to maximize their college experience while at UCSB.

Social work services are provided at no cost to students through Student Health funding. UCSB social workers are also available to consult with parents, within the limits of confidentiality restrictions that protect medical information. This is a voluntary and confidential service — we are unable to require students to attend appointments. For serious concerns, consult with a Student Health social worker or contact Student Mental Health Coordination Services (through the Dean of Students Office). Social Work Services are available through Student Health at (805) 893-3087. Student Health information can be located at the following website: http://studenthealth.sa.ucsb.edu or by calling (805) 893-3030.

Further information on responding to distressed students may also be found at http://studenthealth.sa.ucsb.edu or by calling (805) 893-3030.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

University life may be stressful and difficult at times. Counseling & Psychological Services (CAPS) provides an opportunity to speak with objective professionals when students need help sorting out a personal issue, feel overly stressed, anxious, depressed or need assistance with more serious mental health concerns. When these issues are interfering with a student’s academic or personal life or causing academic difficulty, psychologists can help to clarify values, establish goals and, most importantly, identify options. CAPS offers individual and group counseling to address psychological concerns. Group offerings include Mindfulness, Find Your Focus (ACHD) and Creating Emotional Balance & Healthy Relationships. Sessions with psychologists are confidential and no information is released about counseling without a student’s consent. Parents are welcome to call CAPS for general guidance or consultation.

CAPS has a comprehensive Mental Health Peer Program staffed by student peer advisors. They are trained in basic counseling and relaxation techniques and can help students learn to cope with the stresses of college life. Students can visit the egg and massage chairs, stop by to talk to a peer, or attend one of the many workshops offered.

Further information on responding to distressed students may also be found at http://studenthealth.sa.ucsb.edu or by calling (805) 893-3030.
Housing

Students are able to live in university residence halls that provide room and board and are located in three geographic areas of the campus: Storke Campus, Main Campus East, and Main Campus West. All halls are within walking or biking distance to classes, dining commons, and recreational facilities. Residence halls provide students with a sense of community, educational and social programs, and a network of support in the residence assistants and professional housing staff to ensure encourage success at the University. University-owned undergraduate apartments are available for continuing and transfer students and are located in close proximity to campus.

RESIDENTIAL DINING SERVICES

Residential Dining Services satisfies diverse tastes and appetites through its comprehensive dining program. Our department is committed to enhancing the living and learning process of our students by providing a wide variety of fresh, healthy, high-quality and appetizing foods.

Our daily menu selections and offerings are made from scratch with local, fresh, natural and seasonal ingredients and reflect our sustainability practices. Dining offers diverse menu options, including vegetarian, vegan, low fat, gluten-free, cooked-to-order selections, specialty dishes, extensive salad bars, fresh bakery goods and desserts. We provide a variety of flexible meal plans to accommodate individual needs. Even if students live outside of university-owned housing, they can still enjoy a variety of fresh, healthy, high quality and appetizing foods.

STUDENT PERSPECTIVES: LIVING IN A TRIPLE

“Living in a triple was honestly super fun. Not only do you save money, you get double the friends and double the support. If you need a break from your roommates, don’t fret! The chances of all three of you being in the room at the same time during the day is slim. If you want to attend a program and don’t want to go alone, you have two other people that will be down to go with you!”

- Senior, Biological Sciences

Myth:  If my student does not get along with their roommate or if they aren’t very close, their college experience will be ruined for the year.

Fact: Your student’s roommate is one of the 20,000+ students here at UCSB, and there are many other groups of people and environments that students can become a part of. Students have a wide variety of resources to get involved in such as intramural sports, student clubs and organizations. It’s helpful to remember that while your student’s roommate may not be their best friend, that does not mean they are not a good roommate.

FEBRUARY 2020

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All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

FACT:

RESIDENCE HALLS ASSOCIATION (RHA)
The Residence Halls Association (RHA) plans events and provides services for students throughout the year in order to make residence hall life more enjoyable and enriching for students on campus. RHA officers are elected during spring quarter in order to serve the needs of incoming residents the following academic year. However, several positions are still available in the fall for new students; please visit our website for more information. The RHA officers work with Hall Councils to plan social and educational events and activities. Some of these activities include Festivals, All Hall Ball and All Hall Brawl. Through their hard work, RHA members make the transition to college and life in the residence halls easier and more enjoyable for residents. More information about this and RHA can be found at https://www.rhausbc.com.

STUDENT PERSPECTIVES: LIVING IN A TRIPLE

“Living in a triple was honestly super fun. Not only do you save money, you get double the friends and double the support. If you need a break from your roommates, don’t fret! The chances of all three of you being in the room at the same time during the day is slim. If you want to attend a program and don’t want to go alone, you have two other people that will be down to go with you!”

- Senior, Biological Sciences

For more information, feel free to contact our office or visit us on the third floor of the University Center. Housing, Dining & Auxiliary Enterprises Room 3151, University Center Website: www.housing.ucsb.edu Email: housinginfo@housing.ucsb.edu Phone: (805) 893-4371

UCSB HOUSING, DINING & AUXILIARY ENTERPRISES

Housing, Dining & Auxiliary Enterprises is a one-stop housing shop for UCSB students. It handles all university-owned housing processes including applications, contracts, waiting lists, room assignments, roommate matching, billing, and housing payments for residence halls and apartments. Additionally, it offers resources for community housing issues such as, rental listings, conflict resolution, move-in/move-out videotaping, and rental advice.

About 6,000 students live in the eight University-owned residence halls: Anacapa, Manzanita Village, San Miguel, San Nicolas, San Rafael, Santa Catalina, Santa Cruz and Santa Rosa. The University-owned undergraduate apartments accommodate about 2,800 upper division students while Family Student Housing apartments accommodate nearly 200 students with families. Approximately 9,000 students live in privately-owned rental housing adjacent to campus in the community of Isla Vista.
Money Matters

For many families, the combination of financial pressures and the cost of college can cause stress. Please use the helpful resources provided on this page and turn to our many campus professionals when you have financial questions. Students can access their own financial aid information by visiting www.finaid.ucsb.edu and clicking on the “My Aid Status” link.

Parents and students alike are encouraged to read the Money Matters guide, which is distributed through the Financial Aid Office and can also be accessed online at www.sa.ucsb.edu/MoneyMatters.

MARCH 2020

1 All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

2 FAFSA/DREAM ACT APPLICATION DEADLINE

See www.finaid.ucsb.edu for more information

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13 LAST DAY OF INSTRUCTION

14 FINAL EXAMINATIONS March 14-20

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16 DEADLINE TO PAY FOR SPRING FEES

See https://my.ucsb.edu for more information

17 FINAL EXAMINATIONS MARCH 14-20

St. Patrick’s Day

18

19

20

21 SPRING BREAK March 21-March 29

Some university-owned residence halls may close for spring break

22

23

24

25

26

27 UNIVERSITY HOLIDAY

César Chávez Day (observed date)

28

29 University-owned residence halls re-open March 29

30 FIRST DAY OF SPRING INSTRUCTION

31

FINANCIAL AID

Paying for college can be challenging and the Office of Financial Aid and Scholarships is here to help. We advise all eligible students to file an application for aid through the Free Application for Federal Student Aid (FAFSA) or the California Dream Act Application (CADAA). March 2nd is a significant deadline, but students applying after that date can still receive some forms of aid. Please encourage students to visit or call our office if they have questions about their application or award letter.

There are several steps to the process and we don’t want anyone to be confused or become discouraged. The financial aid student portal is called My Aid Status and has a one-time password process. Students can use their cards as debit cards by making a deposit. The ACCESS Card is accepted at the UCSB Campus Store, UCen Post Office, Student Health, parking pay stations and all campus dining/food facilities as well as select off-campus vendors. The ACCESS card has a one-year validity and has been designed to allow for sufficient transfer time (recommendation — seven days prior to the payment deadline).

Acceptable Forms of Payment — Payments may be made by Gauchos E-Check (Electronic Check), conventional paper check, money order, credit card (online only; a 2.75% convenience fee is charged), international wire transfer or Flywire, wire transfer or cash. Cash will only be accepted in person during Billing Cashier Office business hours. Payments from S29 education savings accounts are usually made directly from your S29 institution using either conventional check or wire transfer.

Avoid Late Payment — Payments need to be received by the due date to avoid losing space in registered classes and being assessed late payment charges. Late payment fees are due to allow for sufficient transfer time (recommendation — seven days prior to the payment deadline).

Payment Plans — Payment plans are available to students who are unable to meet their financial obligations by the specified deadline. Students may call the Billing Office at (805) 893-3756 or visit www.ucsb.edu/billing orangeparentplans.

ACCESS ID/DEBIT CARD

The ACCESS Card is the UCSB student ID. Students can use their cards as debit cards by making a deposit. The card is accepted at the UCSB Campus Store, UCen Rent Office, Student Health, parking pay stations and all campus dining/food facilities as well as select off-campus vendors. The ACCESS card has a one-time processing fee of $50 (cash or check only). Visit the ACCESS Photo Center at the UCen. For more information, visit https://www.ucsc.edu or call (805) 893-2464, Monday–Friday, 9 a.m. – 4 p.m.

BILLING (BARC)
The Billing, Accounts Receivable and Collections (BARC) Office maintains each student’s university billing account. The BARC account includes charges for items such as registration fees, housing, student health, insurance premiums, lab fees, library fines, etc. BARC also includes all credits on the account for such things as direct payments, financial aid transactions, grants, scholarships and loans.

Gauchos E-Bill — The billing process at UCSB is electronic. Billing statements are not mailed to students or parents. When a statement is available, all students are sent an email to their university email account. The email includes a link to a secure site where the student can log on to view, download, or pay their BARC account. We recommend that all students authorize at least one parent user and/or other user to receive email notification. Office added by the student, parent/other users receive the same Gauchos E-Bill notifications and have the same ability to view/download statements and to pay online. Complete, step-by-step instructions on how to add one or more parent users can be found at https://www.barc.ucsb.edu/forms/Barc/Help/Instructions/Add_Parent_to_E-Bill.pdf.

Fee Payment Deadlines — UCSB registration fees are billed on a quarterly basis. Students and parent users are sent an email notification one month prior to payment deadlines. These deadlines can be found at https://www.bfs.ucsb.edu/barc/payments.

Acceptable Forms of Payment — Payments may be made by Gauchos E-Check (Electronic Check), conventional paper check, money order, credit card (online only; a 2.75% convenience fee is charged), international wire transfer or Flywire, wire transfer or cash. Cash will only be accepted in person during Billing Cashier Office business hours. Payments from S29 education savings accounts are usually made directly from your S29 institution using either conventional check or wire transfer.

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Payment Plans — Payment plans are available to students who are unable to meet their financial obligations by the specified deadline. Students may call the Billing Office at (805) 893-3756 or visit www.ucsb.edu/billing orangeparentplans.
Program at UCSB does not drink or does not drink to excess, it is important that you have a conversation about alcohol and drugs. For that students pay attention when their parents talk with them about alcohol and drugs. Even if you believe your student is not likely to bring up the topic, they will listen if you talk. You may not even get a response, but research shows that students have conversations with their parents. Your student will receive educational information about alcohol and other drugs throughout the academic year. This is a job the university cannot perform alone; we need the involvement and the support of parents.

UCSB is deeply concerned about excessive and risky drinking, as well as the use of controlled and recreational substances by our students. Your student will receive educational information about alcohol and other drugs throughout the academic year. This is a job the university cannot perform alone; we need the involvement and the support of parents. Your student will receive educational information about alcohol and other drugs throughout the academic year. This is a job the university cannot perform alone; we need the involvement and the support of parents.

If there are concerns, students can make a free, confidential appointment with a licensed counselor at the Alcohol and Drug Program by calling (805) 893-5013 or scheduling an appointment online at http://studenthealth.sa.ucsb.edu/ (Behavioral Health services).

**SOME WARNING SIGNS/RISKS OF ALCOHOL OR DRUG ISSUES**

- Changes in mood and/or behavior
- Attempts to self-medicate an existing or undetected psychological condition, including emotional ups and downs
- Decline in school/work attendance or performance
- Difficulty maintaining healthy social relationships
- Legal or financial concerns
- Blackouts and resulting negative consequences
- Long-term effects of alcohol and/or other drugs

**FACTS TO KEEP IN MIND**

It is not true that “everyone gets drunk in college.” Approximately 50% of all UCSB students drink in moderation when they chose to drink and more than 20% of students choose not to drink at all. The effects of alcohol and drugs linger long after the party and can have lingering consequences. High-risk drinking and drug use at colleges and universities can have tragic consequences. In many cases, students do not recognize the seriousness of the situation or do not want to get their friends in trouble. Students should know that these interventions can save lives.

UCSB has a “Just Call 911” campaign to help students recognize and take action regarding warning signs of risky use of alcohol and drugs and symptoms of overdose. Visit https://alcohol.sa.ucsb.edu/resources/help-a-friend for more information.

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### APRIL 2020

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**Easter Sunday**

**Ramadan begins**

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Student Well-Being

UCSB is deeply concerned about excessive and risky drinking, as well as the use of controlled and recreational substances by our students. Your student will receive educational information about alcohol and other drugs throughout the academic year. This is a job the university cannot perform alone; we need the involvement and the support of parents. Although your student is not likely to bring up the topic, they will listen if you talk. You may not even get a response, but research shows that students pay attention when their parents talk with them about alcohol and drugs. Even if you believe your student does not drink or does not drink to excess, it is important that you have a conversation about alcohol and drugs. For more information on any of the following resources, please visit https://alcohol.sa.ucsb.edu or call the Alcohol and Drug Program at (805) 893-5013.

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**First Year/Transfer Student Education Requirements**

As part of UCSB’s comprehensive approach to prevention and education, all first-year and transfer students are required to complete online education courses on alcohol/drugs, diversity and inclusion and sexual violence prevention. The courses must be completed prior to the first day of classes. Additionally, all new students are required to attend Gauchos FYI, a 105-minute workshop facilitated by professional staff and peer educators, within the first six weeks of fall quarter. Gauchos FYI directly addresses important campus issues involving mental health, alcohol and drugs, diversity and inclusion, sexual assault, dating/domestic violence, stalking, bystander intervention and Isla Vista community safety. Both the online and in-person trainings must be completed by new undergraduates or a registration block will be placed on the student account until the requirement is satisfied.

**Alcohol and Drug Program (ADP)**

The UCSB Alcohol and Drug Program (ADP) offers free, confidential individual counseling, educational workshops and support groups based upon current research in prevention and intervention for college students. These programs help students identify their own risk factors and develop skills to make safe choices and increase personal responsibility. Students who violate substance use policies on campus, in the residence/dining halls or in campus-owned facilities are referred to ADP for an assessment and/or educational class. The University maintains limited jurisdiction over certain alcohol and drug related incidents in Isla Vista for which students may be sanctioned to ADP and Santa Barbara County Superior Court may refer students to ADP for court compliance. Students can make an appointment by calling (805) 893-5013, or scheduling an appointment online at http://studenthealth.sa.ucsb.edu/ (Behavioral Health services).

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**SUBSTANCE-FREE PROGRAMMING**

Providing a safe and fun social environment is a university-wide effort that brings together academic departments, student affairs resources and student organizations. The goal of campus partners is to create, support and promote non-alcohol centered activities, events and venues. Residence Hall staff, the Office of Student Life and student-led organizations such as Life of the Party provide hundreds of free events throughout the year, starting in September with the Week of Welcome. Students looking for substance-free environments to socialize should talk with their Resident Assistant or staff at the Office of Student Life, get involved with the Residence Halls Association and frequent the campus events calendar at https://events.ucsb.edu.

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**FACT:** All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

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**MYTH:** All students at UCSB consume regularly alcohol and use recreational substances.

**FACT:** The 2017 National College Health Assessment data demonstrates that, within the past 30 days, over 26% report no alcohol use, over 57% of UCSB students report no marijuana use and over 89% of UCSB students report no other recreational drug use. If there are concerns, students can make a free, confidential appointment with a licensed counselor at the Alcohol and Drug Program by calling (805) 893-5013 or scheduling an appointment online at http://studenthealth.sa.ucsb.edu/ (Behavioral Health services).

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**SUBSTANCE-FREE PROGRAMMING**

Providing a safe and fun social environment is a university-wide effort that brings together academic departments, student affairs resources and student organizations. The goal of campus partners is to create, support and promote non-alcohol centered activities, events and venues. Residence Hall staff, the Office of Student Life and student-led organizations such as Life of the Party provide hundreds of free events throughout the year, starting in September with the Week of Welcome. Students looking for substance-free environments to socialize should talk with their Resident Assistant or staff at the Office of Student Life, get involved with the Residence Halls Association and frequent the campus events calendar at https://events.ucsb.edu.

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**SOME WARNING SIGNS/RISKS OF ALCOHOL OR DRUG ISSUES**

- Changes in mood and/or behavior
- Attempts to self-medicate an existing or undetected psychological condition, including emotional ups and downs
- Decline in school/work attendance or performance
- Difficulty maintaining healthy social relationships
- Legal or financial concerns
- Blackouts and resulting negative consequences
- Increasing tolerance for alcohol and/or other drugs
- Family history of alcohol and/or other drug problems

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**FACTS TO KEEP IN MIND**

It is not true that “everyone gets drunk in college.” Approximately 50% of all UCSB students drink in moderation when they chose to drink and more than 20% of students choose not to drink at all. The effects of alcohol and drugs linger long after the party and can have lasting consequences. High-risk drinking and drug use at colleges and universities can have tragic consequences. In many cases, students do not recognize the seriousness of the situation or do not want to get their friend in trouble. Students should know that these interventions can save lives. UCSB has a “Just Call 911” campaign to help students recognize and take action regarding warning signs of risky use of alcohol and drugs and symptoms of overdose. Visit https://alcohol.sa.ucsb.edu/resources/help-a-friend for more information.
Student Research Opportunities

As a world class research institution, UC Santa Barbara embraces research as the cornerstone of a well-rounded education. Students and parents are encouraged to think about how research as an undergraduate will help prepare a student for the very best jobs, graduate schools and more. Now is the time for students to explore their interests, pursue new knowledge, create original work and put what they learn into practice outside the classroom. Visit the undergraduate research website at https://undergrad.research.ucsb.edu for a variety of helpful tips, contacts, student research stories and much more.

MAY 2020

SUN  MON  TUE  WED  THU  FRI  SAT

1  2  3  4  5  6  7

8  9  10  11  12  13  14

15  16  17  18  19  20  21

22  23  24  25  26  27  28

29  30  31  

All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.

PEOPLE WHO ARE READY TO HELP STUDENTS

- Center for Science and Engineering Partnerships
- Ofelia Aguirre, Director
  (805) 893-7472, aguirre@cnsi.ucsb.edu

- College of Letters and Science
  College-of-letters-and-science@ucsb.edu
  Jacob LaVoilet, Undergrad. Programs Coordinator
  jlavoie@ucsb.edu

- College of Creative Studies
  ccs@mrl.ucsb.edu
  Sara Sterphone, Senior Student Affairs Officer
  sara.sterphone@ccs.ucsb.edu

- Materials Research Laboratory
  https://www.mrl.ucsb.edu/education/
  urca@ltsc.ucsb.edu

- Office of Research
  Kelly Pillsbury, Research Development & Funding Opportunity Specialist
  pillsbury@research.ucsb.edu

STUDENT PERSPECTIVES

"I've been involved with two research labs during my time at UCSB. As a research university, there are tons of ways to get involved here at UCSB, and they're a great opportunity to gain real world experience while working closely with graduate students or faculty." — Sophomore, Feminist Studies/Sociology double major

"I participate in research on campus and I am actually constantly shocked by how much I enjoy it! Learning and questioning and understanding different methods to solve or prove hypotheses is really intriguing. I definitely have to say it is very different than the mandatory lab classes that I need to take for my major!" — Senior, Chemistry

RESEARCH AT UCSB

Undergraduate research is a signature feature of the UC Santa Barbara experience. Whether undergraduates work in laboratories, studios or the university library, they grow in ways that are only possible in a research or creative environment. What they learn provides mental tools for a lifetime: the ability to persevere, think and communicate clearly, ask the right questions and develop ideas with confidence. From cognitive neuroscience, to aquatic biology, to spatial art, the possibilities are endless.

"Undergraduate research can be a life-changing event," says Danna Clegg, professor in the Molecular, Cellular and Developmental Biology Department. "Some students are hooked after their first successful experiment and are inspired to pursue careers in biomedical research. Others in my lab have gone on to become successful doctors, professors and teachers."

In an environment famous for interdisciplinary efforts, students have the opportunity to collaborate with exceptional faculty both in and out of their chosen major. There are six Nobel laureates at UCSB, and many faculty members have won top research awards and fellowships. In addition, Carol Grader, an undergraduate alumni of UCSB’s College of Creative Studies (Biology class of ’83), and a participant in undergraduate research, shared the 2009 Nobel Prize in Medicine.

Dr. Bruce Tiffney, Interim Dean of the College of Creative Studies and professor of earth science, says "Undergraduate participation in research allows the student to move from being a consumer of knowledge to becoming a producer. In the process, they develop an appreciation of the tangled history of human endeavor that leads to new knowledge, as well as the realization that knowledge is generally provisional, not absolute. To do this requires commitment, enthusiasm and a willingness to live with uncertainty; the results are motivating and empowering."

Herbert Kroemer, 2000 Nobel Laureate in physics, says, "Careers today require continual, lifelong learning. Few experiences better prepare students for this process than active participation in research early in their education. The only ‘prerequisites’ are curiosity, the willingness to learn something not contained in the standard curriculum, and desire to work on questions to which the answers are not yet known. In fact, the satisfaction of having contributed to the solving of previously unanswered questions is often the most exciting part of the work."

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Isla Vista Community

The vibrant community of Isla Vista, commonly known as “IV,” is one-half square mile in area, located adjacent to UCSB’s main campus. Despite its proximity, Isla Vista is not a part of the UCSB campus. Isla Vista is an unincorporated area of Santa Barbara County represented by an elected county supervisor and a newly formed Community Services District. In addition to the non-student population that resides in IV, approximately 40% of IV’s 23,000 residents are UCSB students and several thousand are Santa Barbara City College students. Despite its diminutive size, Isla Vista has 25 parks and open spaces, over 100 businesses, a public elementary school, and is served by several places of worship. The Isla Vista Food Co-op, a cooperatively owned natural foods store founded by the community in 1972, is open to the public and provides spaces, over 100 businesses, a public elementary school, and is served by several places of worship. The Isla Vista Food

JUNE 2020

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UCSB works closely with residents, the County, Santa Barbara City College administrators, IV property owners and law enforcement on community safety issues and student education around safety issues including sexual assault and alcohol and other drug concerns. UCSB’s Alcohol and Drug Program maintains its office in IV and coordinates many student-focused educational programs and campaigns as well as individual and group counseling for students. The Campus Advocacy, Resources and Education (CARE) program provides confidential advocacy and support for students who have experienced sexual violence including relationship, dating/domestic violence and stalking.

Many recent safety-related enhancements in the community include dramatic improvements in public lighting; sidewalk expansions; new, permanent fencing installation to improve safety along the cliffs; and increases in late-night alternative social programming both on campus and in IV. UCSB works with County officials to address safety and ongoing efforts to improve community spaces and local governance options. Additionally, a student services annex in the heart of IV, the Gauchos Support Center, provides education, UCSB-based psychological counseling, student mental health coordination services and advocacy for survivors of sexual violence.

To many, Isla Vista is a beloved community — a unique and special place that can provide UCSB students with opportunities to grow, learn, connect with others and contribute in meaningful ways. We hope you will encourage your student to treat the community with respect and to be a good neighbor and citizen. You are welcome to visit Isla Vista, support local businesses by shopping in Isla Vista and experience all of the diversity the community has to offer. Like or follow The Beloved Community Isla Vista at www.facebook.com/ivbelovedcommunity.
**THE TRANSFER EXPERIENCE AT UCSB**

Transfer students are valued first-year students on our campus. Their transition to a public research university can present unexpected challenges. Gaucho transfers may struggle until they become accustomed to the new pace, especially if adjusting from the semester system to the quarter system.

The Office of First-Year & Graduate Student Initiatives offers a popular course entitled "Introduction to the Research University: Transfer Student Success" (ED 118). In this course, transfer students explore many issues of higher education, including the relationship between research and teaching, the relationship between a theory-based education and future career planning options, the graduate school application and admission process, the diverse campus community and issues that personally affect students during their education. The course offers many opportunities for transfer students to meet fellow transfer students and form social and academic networks.

New transfer students can enroll in ED 118 through GOLD. For more information about this course or any first-year issue, contact the Office of First-Year & Graduate Student Initiatives at (805) 893-8270 or visit our website at http://studentlife.ucsb.edu.

**TRANSFER STUDENT ACADEMIC ISSUES**

- Some academic differences catch students by surprise and create feelings of urgency and frustration.
- Many students may need to complete prep work for major, possibly with pre-major GPA reinstates.
- Science majors have many required series courses which may prolong their time to graduation.
- Students often must take elective courses their first quarter rather than major courses (this is okay!)
- Frustration with finding out what has transferred (both for degree and major requirements)
- Pace of quarter system, time management, syllabus planning, study skills
- No GPA cushion (unless coming from a UC)

**NON-TRADITIONAL STUDENT ISSUES**

- Being older than the typical student (and sometimes the instructor) can lead to feelings of isolation and extra pressure to be more "together" than younger students.
- Having to play too many roles (student, parent, employed while doing them all well)
- Feeling overwhelmed because of not having enough time (need assistance and support but don't have enough time/energy to seek them).

**AND HOW FAMILY AND SUPPORTERS CAN HELP**

- Listen and be supportive.
- Encourage student to not make assumptions about how others view them.
- Encourage them to communicate with family, friends, teachers, and other support systems.
- Contact campus Health Coordination Services (SMHCS) at UC Santa Barbara, or Student Mental Health Coordination Services at UC Santa Barbara, for help with academic or wellness-related services on campus.

**IDENTIFYING STUDENTS IN DISTRESS**

The following are signs that a student could be in distress and should see a mental health professional:

- Behavioral or emotional change, someone who does not seem like themselves
- Excessive crying, withholding from other people
- Losing interest in hobbies and activities that were previously considered enjoyable
- Change in sleeping and eating patterns
- Decline in functioning, (e.g., not attending class, not sleeping or sleeping too much)
- Change in hygiene or appearance, not taking care of oneself
- Decline in academic performance
- Alcohol or drug use, especially a sudden or dramatic increase in use
- Anxiety, panic, or fear
- Excessive or inappropriate anger
- Others feel uncomfortable or worried about them
- Bizarre thoughts or behavior (e.g., out of touch with reality)
- Wanting to harm self or others
- Overwhelming sense of apathy, indifferent to life
- Trouble concentrating
- Trouble following through with plans
- Very low energy, feeling worthless and/or hopeless

**IMPORTANT CONTACT INFORMATION**

- Counseling & Psychological Services Center: http://caps.sa.ucsb.edu
- UC Police Department: http://www.police.ucsb.edu
- UC Student Health: http://studenthealth.sa.ucsb.edu/services/
- UC Student Health Coordination Services: (805) 893-4081
- UC Office of the Dean of Students: http://osld.sa.ucsb.edu
- UC Social Work Services: (805) 893-2630
- UC Student Health: (805) 893-3087
- UC Police Department: (805) 893-3444

**JULIAN’S EXPERIENCE**

Transferring into UCSB, I knew that I would face the challenge of making the most of my college experience with a smaller time frame. When I was looking at different colleges to transfer to, UCSB was not my top 5. That was until I visited campus and got a strong feeling that I belonged here. Once I got here I had to quickly adapt to the transition of living away from home, living with new people and the new academic rigor. I also did not know a single person when I got here, so everything was new and presented me with a world to explore. I recognized that I could not make the transition alone, so I took advantage of the Transfer Student Center. I asked millions of questions about anything and everything. I practically lived in the center with the amount of times I went there. Coupled with ED 118, which is a class specifically for transfer students, I was able to quickly acclimate to UCSB. With my final quarter drawing to an end and graduation coming closer, I can say I was able to make the most of my time here at UCSB. As transfer student, we are given a finite amount of time to succeed here, but we have resources and opportunities available for us. We only need to seek them out. These past two years have given me some of the most memorable experiences of my life, and it makes me proud to have accomplished so much in such little time. Your college experience is what you make of it. — Senior, Political Science

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**Your Student’s Health**

DEAR PARENTS AND FAMILY MEMBERS,

As an Assistant Dean and the Director of Student Mental Health Coordination Services (SMHCS) at UC Santa Barbara, my primary goal is to support and enhance the health and well-being of our students. Mental health is an important aspect of overall health, and I encourage you to take steps to help your student maintain their mental health as they transition to college life.

The vast majority of students with psychological conditions are successful in college. Students experiencing mental health concerns may need a comprehensive and intensive mental health support system. UC Santa Barbara offers a myriad of services through Counseling & Psychological Services, Student Health Services, Disabled Student Program, Residential & Community Living, Office of Student Life, and other student resources.

If your student has a history of mental or physical health issues, the best strategy for ensuring success at UCSB is to develop a plan for their care prior to arrival on campus. There are a number of important considerations to keep in mind and I recommend using the following as a guide to help ensure your student’s success at UCSB:

- Schedule appointments to establish care on campus or in the greater Santa Barbara community prior to the start of classes.
- Contact Social Work Services at (805) 893-3087 to create a strategy for a successful transition to school.
- Discuss the role of medication with your student and their health providers and create a plan for maintaining a medication regimen and for refilling prescriptions.
- Visit the websites of Counseling & Psychological Services (CAPS), Student Health Service, Student Mental Health Coordination Services, and Health & Wellness to review key wellness-related services on campus (see column at right).

I wish you and your student a successful year ahead.

Warmly,

Tracy Gillette, Ph.D.
Assistant Dean,
Director of Student Mental Health Coordination Services
UNDERGRADUATE RESEARCH INITIATIVES (URCA and FRAP) The UCSB Office of Undergraduate Education offers a variety of programs to support undergraduate research and creative activities. The Faculty Research Assistance Program (FRAP) allows undergraduates to gain valuable research experience, work with leading UCSB researchers and simultaneously earn academic credit. The FRAP Directory contains information about current research projects and the faculty members conducting the research. Undergraduate Research and Creative Activities (URCA) grants provide funding for student-initiated projects. Students involved in research may apply for a grant in the fall of each year. Students are also encouraged to present their research at the Undergraduate Research Colloquium, held annually in May.

UC CENTER SACRAMENTO (UCCS) UCCS provides a unique experiential learning opportunity for UCSB students. Participating students not only engage in stimulating research and creative activities, but also have the opportunity to develop public policy process firsthand in our state’s capital. Admission to UCCS is open to upperclassmen and advanced sophomores from all fields of major.

WASHINGTON CENTER PROGRAM (UCCDC) The UC Washington Program (UCCDC) provides an amazing opportunity in experiential learning. The program combines courses, internships, and a wide variety of cultural experiences, offering students a chance to gain valuable work and networking opportunities. Offered every quarter, the UCCDC Program is open to upperclassmen from all fields of major.

UCSB GRADUATION & RETENTION RATES • 92% of freshmen and 91% of transfer students are retained after their first year. The national retention rate after freshman year is 81%. • The median time to complete an undergraduate degree at UCSB is four years for entering freshmen. 66% of freshmen graduate within four years and 81% graduate within five years. • 60% of transfer students complete their degree at UCSB within the first two years; 85% graduate within three years. • Compared to the national six-year graduation rate among full-time students at four-year colleges is 60%. This information is based on the most recent year’s available data. Each year is based upon a different cohort; therefore, percentages may fluctuate. For more national education information, please visit https://nces.ed.gov. The most recent UCSB Campus Profile can be found at http://bap.ucsb.edu/institutionalresearch/campusprofiles/campus_profiles.2018.19.pdf

For the Bachelor of Science, Music, and Fine Arts degrees in the College of Letters and Science, approximately 2/3 of all units go toward the major, 1/3 toward General Education and electives.

For the Bachelor of Arts degree, approximately 1/3 of all units go toward the major, 1/3 toward General Education and electives.

180 or 184 minimum units are needed to graduate (depends on college major and satisfies their General Education language requirement).

College of Engineering

For College of Engineering majors, up to 4.5 of all units go toward the major and 1/3 toward General Education and electives.

College of Engineering students are required to complete specific courses each quarter. For major specific courses,请访问https://engineering.ucsb.edu/undergraduate/academicrequirements.

Depending on the student’s major, 187 to 194 minimum units are needed to graduate.

College of Creative Studies

Students should follow the recommendations of the advisors in the College of Creative Studies when planning their first quarter schedule.

180 minimum units are needed to graduate.

E. UNIVERSITY REQUIREMENTS

The following four requirements were created by UC faculty and are listed in the UCIC. Each major may vary.

• Entry Level Writing Requirement: English Composition (CLEW)
• American History and Institutions (AHI)
• Grade Point Average (GPA)
• Academic Residence

III. GENERAL EDUCATION REQUIREMENTS

General Education requirements are designed to provide breadth to the undergraduate experience. Depending on the student’s college, there are many areas of General education requirements to explore throughout a student’s career at UCSB.

IV. MAJOR REQUIREMENTS

The major requirements add depth to the undergraduate program through completion of the student’s chosen major. Major requirements vary from major to major and can be found in the UCSB General Catalog. UCSB’s three colleges offer approximately 80 different majors and 38 minors ranging from anthropology to zoology.
LGBTQ STUDENT SERVICES

The Student Resource Building, Third Floor

The Resource Center for Sexual & Gender Diversity (989) 893-3278

Student Resource Building, Third Floor
Resource Center for Sexual & Gender Diversity offers an environment focused on solidary, gender, bisexuality, transgender, queer, questioning, intersex, and nonbinary students and their allies. We welcome students of different sexual orientations and gender identities to talk, with students and professional staff, borrow, and connect with student and community resources needs on personal or community concerns and find involvement and belonging in our student organizations, weekly programming, and community events.

We encourage all people to get involved as we make UCSC a more welcoming and inclusive environment for all.

http://rcsgd.sa.ucsb.edu

RECREATION

889-893-3278

Recreation Center Building
Find your fit! Recreation offers programs, services and activities that support student well-being, academic success, and social activities and events. Programs include fitness, recreation, social and cultural events. Recreation works to involve and engage students and the general public.

http://www.recreation.sa.ucsb.edu

PARDAL CENTER

1105 Girvetz Hall

Pardall Center is located in the heart of Isla Vista and is home to the Self Help Legal Services, the AS Legal Resource Center and Isla Vista Tenants Union. For more information and a W resource guide, please call our office at (805) 893-3285

http://www.pardallcenter.as.ucsb.edu

OFFICE OF STUDENT CONDUCT

889-9468

Student Resource Building, Second Floor

The Office of Student Conduct (OSC) is the university’s primary student affairs office responsible for responding to the conduct needs of UCSB students. OSC’s mission is to provide leadership and resources to support UCSC in creating an environment where all students thrive.

http://www.sa.ucsb.edu/veterans/home

WOMEN, GENDER, & SEXUAL EQITY (WGSE)

889-3177

Student Resource Building, First Floor

Women, Gender, & Sexual Equity (WGSE) explores gender-based issues and seeks to empower the campus community through education, advocacy, and resources. By engaging students, faculty and community members in an exploration of the role and impact of sex and sexuality, the WGSE helps to foster an inclusive, equitable and non-violent campus community. Programming includes workshops, speaker series, newsworthy events, and the annual Women’s Film Festival. The WGSE is made up of three service areas: Women’s Center Programming, Non-Traditional Student Services and LGBTQ Student Services.

http://www.as.ucsb.edu/wgse

UNDOCUMENTED STUDENT SERVICES (USU)

889-5609

Student Resource Center, Second Floor

USU promotes undergraduate and graduate student success by offering resources, referrals, programming and training for students with undocumented families and allies. USU collaborates with the Dream Scholar Resource Team, a network of on-campus partners, to provide programming and events in order to ensure that undocumented students receive the holistic support they need to thrive at UCSC.

USU Student Resource Center, www.ucsb.edu/usu

ARTS & LECTURES

889-2532

Box Office located in the Campbell Hall lobby

Arts & Lectures is the largest and most influential arts group on the UCSB campus. Located in Los Angeles and San Francisco. The program enriches your student’s education by presenting more than 100 events each year, including concerts, the arts bees and dance performances by world-renowned artists, talks, lectures, readings, film screenings, and more events to see content for UCSC students.

http://arts.ucsb.edu

SCHOLARSHIP RESOURCES

889-4650

Student Financial Aid Center, 4th Floor

The Center promotes and maintains awareness of campus and outside resources that can help students afford college. The Center reviews student eligibility for enrollment, awards scholarships, and provides information about financial aid.

http://www.finaid.ucsb.edu

TRAVELATION & PARKING SERVICES (TPS)

889-2346

Parking Services provides parking accommodations for commuter students who travel to campus by offering "C" permits for purchase. A valid, appropriate UCSC parking permit is required for all vehicles parked on campus. Parking Services strongly encourages all students to not bring vehicles to UCSC. Visit the Transportation Alternatives office on the second floor of the Student Resource Building for more information on options for more carpool, vanpool, MTD busline and transit information.

http://www.tps.ucsb.edu

This is only a partial list of resources available at UCSB. For more, visit www.ucsb.edu and be sure to read each month of this calendar.
Campus Safety

ANNUAL FIRE SAFETY REPORT
You may access the annual Fire Safety Report online at the following link: www.ehs.ucsb.edu/files/docs/bp/2015-HEOA-UCSB.pdf. The Fire Safety program comprises education, training, practices and policies designed to protect a campus community from injuries, death, business interruption and property damage resulting from fires and related perils. The program’s aim is to ensure that all students, staff and faculty are aware of and understand fire safety elements that help safeguard the community. For more information about our Fire Safety Program, please visit: www.ehs.ucsb.edu/fire. Please direct any questions about the Annual Fire Safety Report to Aaron Lynn, Campus Deputy Fire Marshal, at (805) 893-3785 or aaron.lynn@ucsb.edu.

BIKE SECURITY

Bike theft is a growing concern in the UCSB community, with hundreds of bikes reported stolen each year. The major deterrents to theft are bike registration, effective locks and consistent locking practices. Registered bikes that have been stolen have a recovery rate of approximately 30%. This is largely due to the fact that the Community Service Organization (CSO) officers spend time searching the bike racks on campus for stolen bicycles. If you are looking for a bike, one of the most effective types is the U-shaped shackle lock combined with a cable lock. These are most effective when used in locking a bike to something stationary, rather than to itself. Campus regulations require that all bikes be parked in bicycle racks and registered with a California Bike License. The CSO offers bike registration year-round. For more information, contact CSO at (805) 893-5293.

ENVIRONMENTAL HEALTH & SAFETY

Environmental Health and Safety (EHS) provides guidance and services to the campus community to promote the integration of health, safety and environmental stewardship into all university activities. EHS is staffed by professionals such as Diva Safety, Emergency Planning, Environmental Compliance, Environmental Health, Ergonomics, Fire Safety, General Safety, Hazardous Waste, laboratory and safety advisors and delivers Environmental, Safety, and Workers’ Compensation. For more information, visit www.ehs.ucsb.edu.

SEXUAL Assault, DATING/DOMESTIC VIOLENCE, AND STALKING

Sexual assault, stalking and dating/domestic violence are never planned for in anyone’s college career, yet they are a reality on all college campuses. Campus Advocacy, Resources & Education (CARE) provides both advocacy and prevention on issues of sexual assault, dating/domestic violence and stalking. Our prevention goals are to challenge myths, raise awareness and encourage the campus community to prevent violent crime on campus and in our community. Educational programs include discussions about affirmative consent to sexual activity, bystander intervention in potentially violent situations, how to support a survivor and the importance of creating a campus culture that has zero tolerance for violence. CARE is also a confidential advocacy service provider to students impacted by interpersonal violence, providing affirming and empowering support for survivors while exploring all options. CARE advocates provide crisis intervention, assistance with legal and medical questions and academic accommodations, as well as referrals to counseling and resources both on and in the campus community. CARE is located inside the Women’s Center in the Student Resource Building, as well as in the Gaucho Support Center located in Isla Vista.

Advocacy services are available 24 hours a day, 7 days a week by calling the direct advocacy line at (805) 893-4613. For more information, find CARE on social media and services, visit http://regse.ucsb.edu/care.

LOCAL LAW ENFORCEMENT

LOCAL LAWS AND COUNTY ORDINANCES

Campus Police officers are trained, certified and fully sworn under state law while UCSB police officers have statewide jurisdiction, they work to primarily serve the campus and the Isla Vista community. The Department’s goal is to improve public confidence and trust in law enforcement. The Department is responsible for the investigation and apprehension of all criminal activity on campus, in certain off-campus UCSB affiliated properties and on public property adjacent to and accessible from the main campus, as well as crimes policy concerning campus crime prevention, crime reporting, alcohol and drug use, sexual and interpersonal violence and other matters. To access the Annual Security Report, visit www.police.ucsb.edu/uc. A hard copy of the report is also available by contacting the UCSB Police Department at (805) 893-3446 or 574 Public Safety Bldg., Santa Barbara, CA 93106 during business hours.

The University issues two types of campus alerts: TimeWary Warning and Emergencies Notifications. TimeWary Warnings are sent for Clery-reportable crimes that are determined to be a continuous threat to the health or safety of the campus community. Students are strongly encouraged to receive alerts by contacting the UCSB Police Department at (805) 893-3446 or 574 Public Safety Bldg., Santa Barbara, CA 93106 during business hours.

EMERGENCY PLANNING AND UCSB ALERT

UCSB takes a proactive approach to emergency preparedness, and we urge students and parents to become familiar with the campus’ response procedures and plans. UCSB’s emergency planning website (http://emergency.ucsb.edu) provides resources to assist you in preparing for emergencies. In the event of a serious incident which is likely to threaten students and the community, or is determined to pose an immediate threat to the health or safety of the campus community. The University issues two types of campus alerts: TimeWary Warning and Emergencies Notifications. TimeWary Warnings are sent for Clery-reportable crimes that are determined to be a continuous threat to the health or safety of the campus community. Students are strongly encouraged to receive alerts by contacting the UCSB Police Department at (805) 893-3446 or 574 Public Safety Bldg., Santa Barbara, CA 93106 during business hours.

UCSB Alert issues campus alerts via multiple channels, including: emails, text messages, UCSB’s emergency page (http://emergency.ucsb.edu), as well as other approved methods. The University encourages students, witnesses and campus community members who are made aware of a campus emergency to call 911, regardless of their location. UCSB Alerts and TimeWary Warnings are designed to keep students informed and prepared. In the event of an emergency, students may be directed to shelter-in-place. The University encourages students to remain calm and be prepared to respond to any campus emergency or threat. In the event of an emergency, students should contact UCSB’s 24/7 Operations Center at (805) 893-2000.

ISLA VISTA FOOT PATROL

The Isla Vista Foot Patrol was established in 1970 as one of the first foot patrols in the state of California. The Patrol is primarily staffed by deputies from the Santa Barbara Sheriff’s Office and officers from the County Sheriff’s Office. The Department’s headquarters are located on the northwest side of campus, in the County Fire Station #17. In addition, several satellite offices are also strategically located throughout campus to provide additional outreach services to the campus community. These include safety escorts, bicycle registration, locked containers and care for faculty and students. The Isla Vista Foot Patrol was created, however students are encouraged to add personal email accounts to receive text message alerts in addition to emails. Students are strongly encouraged to contact UCSB Police Department at (805) 893-3446 or 574 Public Safety Bldg., Santa Barbara, CA 93106 during business hours. Students are strongly encouraged to receive alerts by contacting the UCSB Police Department at (805) 893-3446 or 574 Public Safety Bldg., Santa Barbara, CA 93106 during business hours.

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ACADEMIC MISCONDUCT

The core of a university’s integrity is its scholastic honesty. Academic dishonesty undermines the educational role and devalues all who comprise its community. It is expected that students understand and subscribe to the code of academic integrity and be willing to bear individual responsibility for their work. Most (with a few exceptions) submitted work and all academic requirements must represent a student’s own efforts. Any act of academic dishonesty, such as cheating or plagiarism, will result in a hearing and will merit swift disciplinary action. For more information on UCSB’s academic policies, please refer to the General Catalog [http://my.sa.ucsb.edu/Catalog] or the Judicial Affairs website [http://judicialeffects.sa.ucsb.edu].

CAMPUS REGULATIONS

Campus Regulations applying to campus activities, including the rights and responsibilities of members of the university and university affiliates, are found in the Student Conduct Code. UCSC students are expected to conduct themselves in a manner consistent with UCSC’s function as an educational institution. The Family Educational Rights and Privacy Act (FERPA) allows only students to access their educational records and limits the ability of others to access those records, except as authorized by law. When a student reaches 18 years of age or enrolls in a post-secondary institution (even as a minor), the student’s records are protected under federal law from disclosure to any third party (including parents) without prior written authorization from the student. Within FERPA regulations, the words “may” and “must” are used, permitting or requiring an institution to perform a particular act in order to be in compliance with federal regulations. Each UC campus functions as its own independent institution, where institutional choice is allowed under FERPA. Information provided in this section summaries the policies adopted by the Santa Barbara campus. Policies adopted by other UC campuses may differ but remain within federal guidelines. Access to financial, fee, advising and academic records are managed by separate offices and may maintain different release policies. Students are required to provide dated and signed written consent before information from the student record is disclosed. For more information on FERPA visit the UC Student Records website [http://my.sa.ucsb.edu/Catalog]. For more information about FERPA please visit the UC Office of the President [http://policies.sa.ucsb.edu/student-records/privacy/ferpa/for—parents].

UCSB CAMPUS ALCOHOL AND DRUG POLICIES AND PROGRAMS

UCSB’s Campus Substance Abuse Policies and Campus Regulations govern the behavior of students, faculty, staff and student organizations. These policies prohibit the use of illegal substances and substances in a manner that impairs scholarly activities, job performance or student life. These policies are available at [http://policies.sa.ucsb.edu/student-records/policies/campus/Alcohol-and-Drug-Policies/]

In addition, students living in university-owned housing are subject to substance use policies outlined in the Residence Hall Agreement. [http://policies.sa.ucsb.edu/student-records/policies/campus/Alcohol-and-Drug-Policies/]

Students who violate policies, rules and regulations are subject to disciplinary action by UC Housing and/or the Office of Judicial Affairs. The UCSB Student Health Alcohol and Drug Program implements a comprehensive research-based approach to the prevention of problems associated with alcohol and drug use on campus and in the surrounding community. UCSB supports a positive social environment with efforts to prevent and reduce high-risk drinking and drug use including comprehensive education, early intervention/support, referral to on campus peer/friendly counseling, alcohol-free programming, environmental prevention strategies and policy enforcement. A coalition of campus and community agencies work collaboratively to promote a healthy and safe living and learning environment for UCSB students. For more information about the UCSB Alcohol and Drug Program services, visit http://alcohol.sa.ucsb.edu or call (805) 893-5013.

RESIDENCE HALL ALCOHOL AND DRUG POLICIES

Students are expected to abide by the university policies on alcohol and other drugs. For university-owned residence halls, each resident is responsible for reviewing and abiding by the policies and regulations stated in the online Residence Hall Policies. Students living in university-owned housing are expected to provide a clean and healthy living environment (www.housing.ucsb.edu). All alcohol and drug violations will be referred to the Office of Judicial Affairs for the serious nature of the violation. Sanctions range from requiring a resident to be evaluated and to attend an educational course offered through the Alcohol and Drug Education Center (www.adec.ucsb.edu) to administrative suspension and/or loss of status. Disciplinary actions are in addition to any other legal, administrative or regulatory actions that are found on the Student Affairs website at [http://policies.sa.ucsb.edu/student-records/policies/campus/Alcohol-and-Drug-Policies/].

SUBSTANCE ABUSE POLICY

The fundamental purpose of the UCSB community is a dedication to excellence in teaching, research and public service. Alcohol and other drug abuse and the resulting consequences can have a significantly negative impact on campus life. Unlawful drinking, excessive drinking, drunkenness and illegal drug use are not condoned at UCSB. Intoxication or being under the influence of drugs is not an excuse for misconduct or infringing upon the rights of others. To promote an environment of academic excellence and to comply with the requirements of the Drug-Free Schools and Communities Act and the Drug-Free Workplace Act, academic and staff employees and students:

- Shall not use illegal substances and shall not abuse legal substances in a manner that impairs scholarly activities, job performance or student life.
- Shall not use illegal or legal substances in a manner that violates applicable criminal or civil laws in the workplace, on university premises, at university activities or while conducting university business.
- Are prohibited from the unlawful manufacture, distribution, dispensation, possession or use of alcohol and/or a controlled substance in the workplace, on university premises, at university activities or while conducting university business.

Students found guilty of violating the UCSB Substance Abuse Policy or the Campus Regulations Applying to Campus Activities, Organizations and Students (www.sa.ucsb.edu/policies) are subject to disciplinary sanctions which may include participation in an approved counseling or treatment program. The complete text of the UCSB Substance Abuse Policies can be found at [http://policies.sa.ucsb.edu/policies/substance-abuse-policy].

PARENTAL NOTIFICATION

UCSB conducts a parental notification program as part of the university’s effort to address negative consequences of high-risk drinking and substance abuse in the community of Isla Vista. Utilizing public records, UCSB sends letters of concern to undergraduate students and informs parents if students are arrested or cited for an alcohol or drug-related offense in Isla Vista and other areas adjacent to campus. Through the notification program both students and parents are provided with resource and referral assistance and information, as well as suggestions for how to address and reduce high-risk behaviors. Questions or concerns about parental notification should be addressed to the Dean of Students Office at [http://policies.sa.ucsb.edu/policies/other-policies/notice-of-non-discrimination].

The University of California, in accordance with applicable federal and state laws, does not discriminate on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship or service in the uniformed service. The university also prohibits sexual harassment. This nondiscrimination policy covers access, admission and treatment in university programs and activities.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT OF 1974 (FERPA)

The Family Educational Rights and Privacy Act (FERPA) allows only students to access their educational records and limits the ability of others to access those records, except as authorized by law. When a student reaches 18 years of age or enrolls in a post-secondary institution (even as a minor), the student’s records are protected under federal law from disclosure to any third party (including parents) without prior written authorization from the student. Within FERPA regulations, the words “may” and “must” are used, permitting or requiring an institution to perform a particular act in order to be in compliance with federal regulations. Each UC campus functions as its own independent institution, where institutional choice is allowed under FERPA. Information provided in this section summaries the policies adopted by the Santa Barbara campus. Policies adopted by other UC campuses may differ but remain within federal guidelines. Access to financial, fee, advising and academic records are managed by separate offices and may maintain different release policies. Students are required to provide dated and signed written consent before information from the student record is disclosed. For more information on FERPA visit the UC Office of the President [http://policies.sa.ucsb.edu/student-records/privacy/ferpa/for—parents].

COMPLETE INFORMATION REGARDING FERPA IS AVAILABLE AT [http://policies.sa.ucsb.edu/policies/substance-abuse-policy].

Alcohol and Other Drug Policies

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POINTS OF PRIDE

- UC Santa Barbara ranks among higher-education leaders in the United States and Canada as one of only 62 research-intensive institutions elected to membership in the prestigious Association of American Universities.
- UCSB ranks number 5 among all public universities in U.S. News and World Report’s 2019 “Best Colleges” guide, the most widely read college guide in the country.
- UCSB’s renowned faculty includes six winners of Nobel Prizes for landmark research in chemistry, physics, and economics. An alumna of the College of Creative Studies was named 2009 Nobel Laureate in Physiology or Medicine.
- UCSB faculty members are elected members of the prestigious academic organizations, including the American Association for the Advancement of Science, with 90 current or former faculty; Guggenheim Fellows, more than 60; the American Academy of Arts and Sciences, 34, and National Academy of Engineering, 29.
- The Campaign for UC Santa Barbara has thus far raised more than $1.12 billion to ensure the excellence of the campus and its programs for future generations.
- UCSB has been ranked as the No. 1 Green School among public universities by Princeton Review. Bren Hall, which houses the Bren School of Environmental Science & Management, and the Tipton Meeting House at the Sedgwick Natural Reserve, are among the “greenest” buildings in the nation. UCSB has the largest portfolio of LEED-certified buildings in the University of California system.
- The university is the editorial headquarters for The Writings of Henry D. Thoreau, a National Endowment for the Humanities (NEH) project that is publishing definitive scholarly editions of the complete works of naturalist and literary artist Henry David Thoreau.
- The Koegel Autism Center at UCSB’s Gevirtz Graduate School of Education has been recognized by the National Research Council as one of the top 10 state-of-the-art treatment centers for Autism in the United States.
- For more points of pride, please visit www.ucsb.edu/pop.

FINAL THOUGHTS

The parents of the Summer Orientation Staff offer some words of wisdom and things they wish they had known as their students started college.

As a parent, I wish I’d known …

... that my student should not visit home within the first couple weeks of moving in, because it is an important time to start making friends and getting involved, which helps with homesickness.
... that my student thinks of us more than she calls us.
... that my parenting really did prepare my student for an independent college life.
... that there is always someone available to help my student in all aspects of her life. The professors are very helpful and CLAS is also a good resource.
... to plan a trip to UCSB about a month before the summer vacation begins to bring things home — it makes the final move out so much easier.
... that we could put money on our student’s ACCESS card.
... that my student would succeed in college. Even though I worried so much about him, he did just fine.
... to make hotel reservations well in advance for Parents & Family Weekend and graduation.
... that CSOs (Community Service Organization officers) would be available to escort my student anywhere on campus or in Isla Vista.
... that being supportive sometimes means keeping your opinion to yourself.
... that my student does not need to enter with a major, it is okay if he or she is undeclared.
... that, for all the advice and experience I can offer, there are some lessons my student will just have to learn on their own.
... that grades are not the most important indication of success; what my student actually learns both in and outside of the classroom is much more important.

UCSB’s 30th annual Parents’ & Family Weekend
November 1-2nd, 2019

All family members are welcome — parents, grandparents, brothers and sisters! See our website for a complete schedule and online registration:

www.ucsb.edu/ParentsFamilyWeekend

We look forward to seeing you in the fall!

Notes

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We look forward to seeing you in the fall!

Stay connected! Visit the Gaucho Parents website for even more information:

www.sa.ucsb.edu/parents