Happy New Year!

We hope you had a wonderful holiday season. During the holiday season, we often find it easy to lose focus on our mental health. We encourage you to continue to support your student and take care of yourselves as well.

Women, Gender & Sexual Equity

Women, Gender & Sexual Equity (WGSE) strives to make UCSB a more welcoming and just community. We celebrate all identities and encourage people from all backgrounds and cultures to join our community. As an umbrella department, WGSE exists at UCSB to support students, faculty, and staff who may face challenges due to their identity.

Tranquil Student Center

We provide a variety of resources and services for students amidst the stress of the quarter. We have a program called “Mindful Meditation Practice” which occurs weeks 2-9 at different times from Tuesday to Friday. One of their most popular programs is “Mindful Meditation Practice” in which participants are guided through a 10-minute meditation.

Healthy You: 5 Ways to destress surrounded by emotional support dogs. They also do workshops on teaching students how to grocery shop, how to cook nutritious and inexpensive meals, and so much more!

Supporting Your Gaucho’s Mental Wellness

Signs of Student Distress

If you are concerned about your student’s mental health, you might want to look out for the following signs:

- Excessive or inappropriate anger
- Anxiety, panic or fear
- Excessive increase
- Alcohol or drug abuse, especially a sudden or dramatic decrease
- Change in hygiene or appearance, not taking care of oneself
- Decline in functioning (not attending class, etc.)
- Losing interest in hobbies/activities that they previously thought of as pleasurable
- Excessive crying, withdrawing from other people
- Behavioral or emotional change, someone who does not seem the same

We hope you are as excited for your student to begin this quarter! We wish everyone a happy New Year and happy winter quarter!