Social Programming –
An Alternative To The IV Party Scene

“There’s nothing to do but party!” is a refrain often heard among UCSB students. Indeed, when one looks at the activities available in Isla Vista, parties top the list. But many UCSB students don’t want to party; and many students who think parties are okay would think twice if other, more appealing events were available. Thanks to the passage of a mandatory fee referendum which makes available social programming funds to student groups, the number and variety of social options for UCSB students are on the rise.

In spring 2003 students voted to “tax” themselves through a quarterly student fee that provides funds to UCSB’s Office of Student Life for alternative social programming. The Office of Student Life makes these funds available via a mini-grant proposal process to student groups to present alcohol-free or non-alcohol-centered social, recreational, and entertainment events scheduled on Thursday through Saturday evenings. The mini-grant award program is overseen by the Alternative Social Programming Committee, a student advisory group representing a variety of student interests.

The response from student groups has been overwhelming since the program was implemented in fall 2003. During the 2003-2004 academic year, sixty diverse student groups received more than $45,000 in funding to present a wide range of highly appealing programs. Groups presenting programs included Nu Kappa Alpha fraternity, Hillel, the African American Interns, Hermanos Unidos, the Hmong Student Union, Mask & Scroll, Women’s Ensemble Theatre Troupe, and the East Indian Bhangra Team. Programs included a hip hop competition, a comedy show, a computer gaming tournament, talent shows, and dances.

Priority for funding is typically given to events that are free, scheduled after 9:00 p.m., planned for traditionally peak social times (e.g., first two weeks of the quarter, fall Discovery Days, Halloween, etc.), and produced by collaborations of two or more groups.

To recognize the efforts of student organizations, an Alternative Social Program award will be presented as part of the university’s annual Activities Award ceremony held in June. This award will be presented to the student organization(s) whose social, recreational or entertainment event or activity is considered the most effective and well-organized.

If you are interested in ways you can support UCSB’s student-initiated social programming efforts, please contact Laurie Hoyle, director of student affairs grant development, at (805) 893-5037.

State-of-the-Art Student Resource Building To Open Doors in 2006

The Division of Student Affairs is pleased to announce that construction of its long-anticipated Student Resource Building (SRB) will begin January 2005. When the SRB opens its doors in 2006, UCSB students for the first time will have access to critical student services located centrally in one state-of-the-art facility. According to dean of students, Dr. Yonie Harris, the SRB “may be unique in the nation in that it is designed to foster social interaction and communication among students.”

Because the SRB will house support services rather than academic programs, it is ineligible to receive state funds. Students already have voted to assess themselves fees to cover a portion of the project costs. Remaining costs will be covered by student affairs’ operating funds and private contributions. Those interested in supporting this important project may direct their gifts to particular facilities and/or programs that will be housed in the SRB. These will include the Campus Learning Assistance Service (CLAS) which provides tutoring, the Women’s Center and its art gallery and library, a center offering child care for student families, a computer laboratory, and student resource centers. To learn more about the SRB, please contact Dr. Yonie Harris at harris-y@sa.ucsb.edu or Dr. Yolanda Garcia, executive director of student academic support services, at garcia-y@sa.ucsb.edu.
Alcohol Education Now Available On-Line for UCSB Students

Two new online resources sponsored by the Division of Student Affairs and Student Health Service are now available to help educate UCSB students about alcohol use in college. These new interactive Web-based resources are being introduced to students during fall quarter 2004 in a variety of ways that include e-mail communications, table tents in the dining commons, campus newspaper advertisements, and assignments in some academic courses and Club Sports teams.

MyStudentBody.com
MyStudentBody.com is an interactive, on-line prevention-education program designed for college students to reduce drinking and alcohol-related risk behaviors. Developed by Inflexion with support from the National Institutes of Health (NIH), MyStudentBody.com (MSB) incorporates scientific principles shown to be associated with behavioral change, including motivational enhancement, individualized feedback, and social norms.

A central feature of the Web site is a risk assessment (“Rate Myself”) where students answer questions about their own risk beliefs and behaviors and receive individualized feedback based upon their responses. Other parts of the Web site are personalized to the individual student based on his or her responses to the risk assessment. A multitude of articles, interactive tools, and tips for dealing with tough situations are included with the goal of increasing students’ motivation to limit their drinking. Engaging, animated audio peer stories provide students with an array of coping skills to avoid drinking too much in tempting situations or to avoid alcohol altogether. A recent study found that students using MSB-Alcohol reported significant reductions in drinking at a three-month follow-up compared to students in a control group.

To access the site, students can visit www.MyStudentBody.com, register as a first-time user, and enter UCSB’s school code: Gaecho. Student visits to the site are both anonymous and confidential. More information about this resource is available at www.MyStudentBody.com/ABOUT/findoutmore.asp/.

Electronic Check-Up To Go (E-CHUG)
E-CHUG (Electronic Check-Up To Go) was originally developed at San Diego State University and is now available to students through the UCSB Student Health Service homepage at www.sa.ucsb.edu/studenthealth/. Drawing on social norms marketing and motivational interviewing theories, E-CHUG is designed to motivate students to reduce their consumption using personalized information about their own drinking and risk factors. The feedback includes information that has been shown to be particularly motivating to college drinkers:

- Quantity and frequency of drinking
- Caloric intake
- Amount consumed and peak BAC
- Norm comparisons
- Amount and percent of income spent on alcohol
- Tolerance level
- Negative consequences of alcohol use
- Genetic risk score
- Explanation, advice, local referral information

E-CHUG requires about ten minutes for students to complete, is self-guided, and needs no face-to-face contact time with a counselor or administrator. E-CHUG also allows students to assess themselves on multiple occasions in order to track changes in drinking and risk behavior over time. For more details, visit www.e-chug.com/.

Modernizing the Dining Commons

“The times they are a changin’,” wrote Bob Dylan forty years ago. It’s a little known fact that when he was referring to meal times for UCSB residents, Students arrived in the fall to welcome changes instituted by Residential Dining Services during the summer months.

The much-anticipated and highly improved De La Guerra (DLG) Dining Commons opened in September after two years of construction for seismic retrofitting and interior redesign. The newly renovated DLG, with a capacity of 300 people, features a taqueria and new late night café open Sunday through Thursday, 9-11 p.m. If your student eats at De La Guerra exclusively, he or she can plan on skipping breakfast (they won’t be open Sunday through Thursday, 9-11 p.m. If your student eats at De La Guerra exclusively, he or she can plan on skipping breakfast (they won’t be open on others the entrée is a Mexican theme.

- In an effort to satisfy students’ culturally diverse tastes, the menu was expanded to include sushi. Special equipment was purchased, and Ortega staff members have undergone extensive training to safely prepare and serve sushi. Eight types of sushi are available to students for lunch and dinner including veggie rolls.
- The ice cream corner has also changed to include a popular “burger chute” where burgers, fries, and similar grill items are always available.
- Take-out meals were highly popular at Ortega during the DLG remodel, peaking at nearly 1,000 meals a day in the spring. A new take-out online feature was launched last February to help reduce the waiting time. Check it out at www.housing.ucsb.edu/dining/takeout/.

With the re-opening of De La Guerra, the university now offers four different eateries to students, including Carrillo and Ortega Dining Commons and the newly available facilities at Francisco Torres (FT), the off-campus residence hall. With the purchase of Francisco Torres, the total student resident population increased by 1,300, bringing the total to 4,700. FT’s popular dining operation began serving the 1,300 additional customers this past fall quarter.
The Office of Student Life

Attention: Dr. Yonie Harris, Dean of Students

SCHOLARSHIP  LEADERSHIP  CITIZENSHIP

voter registration coordinator, and with the assistance of one hundred student volunteers, UCSB was able to maintain its reputation as a leader in voter registration in the UC system. Efforts over a three week period included voter registration in classrooms, residence halls, highly populated areas of campus, and the student community of Isla Vista. Voters are required to re-register every time they move, which for a college student can be each year. University and colleges are mandated by the 1998 reauthorization of the Federal Higher Education Act to make a “good faith effort” to register all enrolled students. This federal legislation supports UCSB’s long-standing goals of engendering leadership and citizenship in its student body.

* Students must make a Commencement reservation in order to participate in 2005 ceremonies. Your son or daughter needs to have 164 units completed or in progress during spring quarter 2005 to be eligible to participate in Commencement. Students will be eligible to make a reservation either during Commencement pass 1 or pass 2 depending on their unit level. Please remind your student to plan his or her unit load early since accommodations fill up quickly in the Santa Barbara area during this time of year. You may visit the Commencement Web site for local accommodations, dining suggestions, professional photography information, and much more. If you have questions regarding Commencement, please call (805) 893-7382.

Thank you for your support of students in need.
Monitoring Your Student’s Health

If your son or daughter is managing a medical condition or chronic illness while away at college, a visit home for winter break can provide you with an extended opportunity to discuss this important matter. Changes in diet, sleep patterns, stress levels, and lifestyle, including use of alcohol and other drugs for some students, can alter the effectiveness of many medications and/or trigger new symptoms. Away from home and an established routine, some students may neglect to take needed medications and put themselves at risk for complications. Whether your son or daughter is managing diabetes or depression, be sure he or she is informed about how best to manage and monitor his or her health. Resources are available to students at UCSB through Student Health Service by contacting Burt Romotsky, social worker, at (805) 893-3380, or by appointment with a licensed psychologist at Counseling and Career Services at (805) 893-4411.

Flu Prevention Tips

The upcoming flu season may be more problematic for UCSB students than in years past because of very limited supplies of flu vaccine this academic year. Student Health Service professionals cannot predict when the peak of the outbreak will take place (though generally this occurs sometime between December and February) or how severe the disease will prove to be this year. Antiviral drugs can be used to treat unvaccinated persons who are exposed to influenza and patients who develop symptoms of the disease. Prompt treatment within 48 hours of the onset of illness may decrease the duration and severity of symptoms, so please encourage your son or daughter to seek treatment if he or she begins to feel ill. Typical symptoms include high fever, intense fatigue and muscle aches, headache, and cough. The incubation period (the time from exposure to development of the first symptoms) is usually one to three days.

To help prevent the spread of flu (and other respiratory illnesses), students should:

• Stay home if sick
• Cover mouth and nose with a tissue when coughing or sneezing, and dispose of used tissues
• Wash hands with soap and warm water or a hand sanitizer to help protect from germs
• Avoid touching eyes, nose, or mouth

Students who are absent from classes because of illness should notify their professors as soon as possible. Regardless of the reason for an absence, students will be required to complete all coursework; however, not all faculty provide make-up exam dates. If an illness is late in the quarter or prolonged, making it impossible to complete the coursework on time, a student may petition the instructor to assign an incomplete (I) grade.

Staying Connected

UCSB Campus Calendar: http://events.sa.ucsb.edu/calendar/
UCSB Home: http://www.ucsb.edu or call 805-893-8000
Campus Connection Newsletter: http://www.sa.ucsb.edu/parentnewsletter; e-mail: Newsletter@sa.ucsb.edu
Campus Learning Assistance Services: http://www.clas.ucsb.edu or call 805-893-3269
Associated Students: http://www.as.ucsb.edu or call 805-893-2566
Counseling & Career Services: http://career.ucsb.edu or call 805-893-4411
Division of Student Affairs: http://www.sa.ucsb.edu or call 805-893-3651
Educational Opportunity Program: http://www.sa.ucsb.edu/eop or call 805-893-3235
Financial Aid Office: http://www.finaid.ucsb.edu/ or call 805-893-2432
Housing & Residential Services: http://www.housing.ucsb.edu or call 805-893-2760
Office of the Registrar: http://www.registrar.ucsb.edu/ or call 805-893-3592
Office of Student Life: http://www.sa.ucsb.edu/osl/ or call 805-893-3592
Orientation Programs: http://www.sa.ucsb.edu/orientation/ or call 805-893-3443
Student Health Service: http://www.sa.ucsb.edu/studenthealth/ or call 805-893-3371
UCSB Bookstore: http://www.bookstore.ucsb.edu/ or call 805-893-3271