



# Campus Connection

*A Student Affairs Newsletter for Parents*

FALL 2007

VOLUME 9 ISSUE 1

## Wellness Program Creates Buzz on Campus

THE UCSB WELLNESS PROGRAM is off and running for its second year with considerable student interest. Committed to helping students balance their physical, mental, and social lives, the program connects students to activities and opportunities for involvement at UCSB and beyond. The popular "Wellness" Web site, found at <http://wellness.sa.ucsb>, consolidates over fifty campus event calendars and resource guides and each day logs in over three thousand visits by students in search of fun, healthy recreation.

In addition to accessing information via the Web, students can come face-to-face with wellness experts at three drop-in centers located in high-traffic areas around campus: Francisco Torres Residence on Tuesdays, the University Center on Wednesdays, and Manzanita Village Residence Complex on Thursdays. Representatives from eighteen campus services staff the drop-in centers and talk with students about campus resources and programs.

For example, students can ask Student Health Service's registered dietician about food, exercise, diets, and supplements. Campus Learning Assistance Services (CLAS) study skills representatives talk about workshops and tutorials, and offer on-the-spot tips on writing, study skills, time management, note-taking, and how to fight procrastination. Representatives from Exercise & Sports Studies and Recreation offer information about intramural sports and sports clubs; recreation classes such as yoga, dance, and pottery; and Adventure Programs that include kayaking, rock climbing and scuba. Free neck and shoulder massage at the UCen every Wednesday is another example of a popular stress-busting wellness service available to students.

Programs in the evenings and on the weekends give students the opportunity to make social connections and get to know the local area. Friday field trips, meditation sessions, hikes, movies, food tastings, sporting events, volunteer activities, and events sponsored by more than



*Sailing is one of the Friday Field Trips offered by the Wellness Program*

three hundred student clubs are among the frequent offerings.

This past August the success of a new evening program called Summer Nights brought hundreds of students to the Faculty Club for informal conversations with professors and other students on intriguing or provocative issues. Topics such as "Do Manners Matter?" and "The History of Civil Unrest in Isla Vista" brought together a wide variety of perspectives and made for lively out-of-class discussions. The students and staff who were involved in this series are excited about creating this opportunity again in winter quarter.

Student enthusiasm is evident not only by the large number of students involved in the Wellness Program but by their comments as well. Here are a few responses from some of the participants. According to Sarah, "It's been awesome, adds balance outside of class, and helps me as an R.A." Jasmine said, "It helped me participate more and become involved." Elizabeth declared, "The Wellness Center rocks my world."

If your son or daughter is searching for something positive, healthy, and fun to do at UCSB, encourage him or her to check out the Web site visited by over three thousand other UCSB students every day: <http://wellness.sa.ucsb.edu>. We feel certain that every student will find something of interest and value in UCSB's Wellness Program.

## SPOTLIGHT ON STUDENT SERVICES *Disabled Students Program Provides Accommodations*

THE DISABLED STUDENTS PROGRAM (DSP) helps students experiencing temporary and permanent disabilities navigate through their college careers. The range of conditions served includes blindness, hearing loss, attention deficit/hyperactivity disorders (AD/HD, ADD), learning disabilities, psychological disabilities, and chronic illnesses or conditions that interfere with some level of functioning. Students seeking support from DSP must provide current documentation of their disability which determines the appropriate academic auxiliary aids and accommodations. The various forms of assistance provided by DSP can help students overcome the difficulties that their disability presents, and this assistance can help to level the playing field, allowing their academic talents to flourish. Currently six hundred and fifty undergraduate and graduate students, with both temporary and permanent disabilities, are registered with DSP.

DSP arranges accommodations which can include the following: note-taking (by students enrolled in the same classes), reading services (using adaptive technologies, books of CDs or tapes, electronic texts, enlarged or Braille texts), test accommodations (extended time, alternate or private settings), interpreting services (American Sign Language or other sign languages), captioning services, and assistive listening devices for lecture halls. DSP can also refer students to other campus resources and services as needed.

The staff at Disabled Students Program is also available to speak with students or parents who are concerned about a potentially undiagnosed learning disability, ADD/ADHD, or some other condition that may be interfering with the student's ability to succeed at UCSB. In these situations, DSP staff may recommend that a student undergo an evaluation. DSP maintains a comprehensive list of local practitioners certified to provide these evaluations. When a diagnosis is confirmed, the student may be eligible for accommodations. For more information about Disabled Students Program services, please visit the Web site at <http://dsp.sa.ucsb.edu>.

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# Student Affairs Professional Transitions

*We are very pleased to announce the following professional appointments within the Division of Student Affairs.*

**Dr. Elizabeth Downing** has been named as the new campus physician and director of Student Health Service. Specializing in adolescent medicine, Dr. Downing brings to her new role twenty-seven years of UC Santa Barbara service as a staff physician, associate medical director, and most recently acting director at Student Health. Before coming to UCSB, Dr. Downing completed her residency at UC San Diego, pursued a fellowship at the University of Southern California, and worked as a staff physician at San Francisco State University. She has also served as an emergency room physician at Cottage Hospital and worked and volunteered in a variety of public health programs. Dr. Downing is an experienced, respected, and deeply committed professional who will work to provide outstanding leadership for Student Health and will continue the standard of excellence that has made UCSB's health center a model program.



**Angela Andrade** has been hired as the new assistant dean of students/campus mental health coordinator in the Office of Student Life. She joined the Disabled Students Program (DSP) in 1997 and worked with students with psychological disabilities, attention deficit/hyperactivity disorder, and acquired brain injuries. In 2005, Ms. Andrade helped to staff

the UC-wide Student Mental Health Committee, which presented its findings to the UC regents in fall 2006. She continues to focus on student mental health concerns in her new role. Her goals in this newly created position are to expand and strengthen the safety net for students, launch a peer-based mental health program, and assist the campus in responding to students in distress. Other leadership positions she has held include co-chair for Student Initiated Outreach Programs and founder of DSP's Peer Outreach Program.

**Katie Eklund** has been hired by Student Health as a social worker. Ms. Eklund, who is also enrolled in the UCSB Graduate School of Education Ph.D. program, is an experienced social worker, having worked both as a clinician and as an administrator in a public school setting in Colorado. She has excellent crisis response experience, including creating a school district-wide suicide intervention and threat assessment protocols. She has also been a high school track and cross country coach. Ms. Eklund will be a great asset to the Student Health team.



**Dr. Jeanne Stanford** has been selected as the new director of Counseling Services. As you may know, college campuses nationwide are facing a growing demand on student mental health services, and the *UC Student Mental Health Report* (issued last September) includes recommendations that underscore the many needs yet to be addressed. Dr. Stanford, as UCSB's Counseling Services director, will play a key role in implementing the recommendations at UCSB, named "the Healthy Campus Initiative." Her many years as a staff psychologist both here and at UCLA, together with two years as acting director at UCSB, position her well to provide the leadership necessary to help move this effort forward. She has shown herself to be enthusiastic, collaborative, and willing to promote change, and we are pleased to welcome her to her new permanent role with UCSB's Counseling Services.



**Jerry Roberts**, former executive editor of the *Santa Barbara News-Press*, has been selected to fill the position of publications director for the *Daily Nexus* and *La Cumbre Yearbook*. Roberts has over thirty years of journalistic experience with such publications as the *San Francisco Chronicle* where he served as the vice president and managing editor, *Pacific News Service*, and the *San Francisco Bay Guardian*.



Roberts, well-known for his journalistic integrity, recently received the prestigious P.E.N. Society's 2007 First Amendment Award given in recognition of those who risk personal consequences to protect freedom of expression. He has also received other journalism ethics honors, including the National Ethics in Journalism Award.

## Student Affairs and Parents: Working Together for Student Success

WE INVITE YOU to visit our new student affairs giving Web site at [www.sa.ucsb.edu/giving](http://www.sa.ucsb.edu/giving). The Web site is part of our effort to connect with parents such as you, to reconnect with alumni, and to cast as broad a net as possible in order to increase financial support for important student services. At the Web site you'll learn more about our wide range of services aimed at encouraging and supporting students' academic, personal, and social development. You'll also see how your dollars can make a difference to those services. From tutoring offered through CLAS, to wellness programming coordinated by the Student Health Service and Recreation, to job hunting assistance and career development at Career Services, our programs are among the most innovative and effective in the country. Help us to maintain our cutting edge and grow these services so that together we can ensure student success. Thank you!

## Important Dates for Financial Aid Recipients

**December 2007:** Paper version of 2008-2009 FAFSA available nationally at financial aid offices.

**January 1, 2008:** Renewal FAFSA e-mail is sent to 2007-2008 FAFSA filers in January 2008. Students can file the FAFSA (new or renewal) electronically at <http://www.fafsa.ed.gov>.

**January 25, 2008:** Winter quarter census date. Eligibility for some aid programs is partially based on census date units. This measurement is taken the 15th class day of each quarter. Pell Grant, Cal Grant B Access Grant, Academic Competitive Grant and Smart Grant may be reduced or cancelled if a student is not enrolled in full-time (12 units) on the 15th day of class.

**March 2, 2008:** FAFSA priority filing period for 2008-2009 ends (to be considered for UC aid & Cal Grant).

**April 2008:** If additional information is required to complete a student's financial aid file at UCSB, the Financial Aid Office will send an e-mail directing him or her to Tab 3 of the Financial Aid Web site. Listed on that tab will be the request for additional documents (e.g., 2007 federal tax return), which is a process that occurs throughout the year.

**April 14, 2008:** Summer 2008 financial aid online application available.

## Campus Connection

*Campus Connection* is published by the University of California, Santa Barbara, Office of the Vice Chancellor for Student Affairs, to provide news and resources to the parents and families of UCSB undergraduates.

The University of California, Santa Barbara and the Division of Student Affairs recognize the diversity of our society and the many important people who have become "parents" to our students; these include stepmoms, stepdads, uncles, aunts, grandparents, siblings, friends and others who play a significant and supportive role in the lives and successes of UCSB undergraduates.

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If you need this document in an alternative format, please call (805) 893-4521.  
[www.sa.ucsb.edu/parentnewsletter](http://www.sa.ucsb.edu/parentnewsletter)

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# UCSB Launches New On-Line Alcohol Education Requirement

THIS FALL UCSB significantly expanded its alcohol and drug prevention education efforts by requiring all newly enrolled, first-year and transfer students to complete an online alcohol education course. With completion required by the fifth week of fall quarter, the online course takes about one and a half hours and can be done in more than one sitting. The Web site is provided by MyStudentBody.com, part of a research-based initiative that is supported by the National Institutes of Health (NIH). The alcohol component of MyStudentBody.com is a confidential online resource that promotes responsible alcohol use on many college campuses across the country.

UCSB's Alcohol and Drug Program selected MyStudentBody.com because the Web site features a flexible interactive design developed to meet the needs of diverse college student populations, including non-drinkers. The online course helps students examine personal beliefs, risk behaviors and consequences, while delivering prevention education through engaging interactive tools, flash animation peer stories, and student-friendly informational pieces.

The First Year Course that new students are asked to take provides detailed information such as how alcohol is processed by the body; how to cope with peer pressure; how to moderate drinking; and signs and symptoms of alcohol poisoning.

While UCSB has for many years provided a comprehensive approach to educating students about alcohol and drugs, the required online alcohol course is the first time that mandatory education has been implemented for all new students. Population-based alcohol education, founded on public health principles, is being used at many colleges around the country, includ-

ing several other UC campuses. The new requirement, intended to make the UCSB experience a safer and healthier one, will affect approximately 6,000 new students each fall.

New students were informed of the requirement in a variety of ways including announcements at Summer Orientation, advertisements in the student newspaper, and detailed information sent to each student by e-mail. The deadline for the fall quarter requirement was November 1, 2007, with entry into a prize drawing offered as incentive for students to complete the requirement by October 15. Students who did not complete the requirement were issued reminders and will be provided with additional warnings and another chance to complete the requirement before a block is placed on their course registration for spring quarter 2008.

Although alcohol use does not present a problem for all students, alcohol abuse and experimentation are issues that affect the entire UCSB community. The goal of UCSB's new alcohol education requirement is to ensure that all incoming students have the basic information they need to make safer choices with regard to alcohol use. Ready to back up this new requirement will be ongoing UCSB prevention efforts including educational presentations and workshops, confidential counseling, support for students in recovery, and a mandatory five-week course for students who violate residence hall alcohol and drug policies.

If you have any questions about the new requirement or other alcohol and drug prevention activities, please visit the Alcohol and Drug Program Web site at <http://alcohol.sa.ucsb.edu>, or contact Associate Dean of Students Debbie Fleming in the Office of Student Life at (805) 893-4094 or [debbie.fleming@sa.ucsb.edu](mailto:debbie.fleming@sa.ucsb.edu).

## Tips for Communicating with Your College Student About Alcohol

WINTER BREAK presents a perfect opportunity to initiate a conversation with your son or daughter about alcohol and drug use in college. Research consistently indicates that parental involvement is an important factor in preventing alcohol and drug abuse among students. If your son or daughter is a new student at UCSB, ask him or her about the online alcohol education requirement (for example, what was new information and was it helpful?). Here are some tips for staying informed and keeping the lines of communication open between you and your son or daughter:

- Stay tuned in to your son or daughter. This includes staying in touch with popular youth culture such as music, media, and apparel, as well as your student's particular interests and opinions.
- Ask your student his or her opinion regarding current news items related to alcohol. Be prepared to accept whatever that opinion might be.
- Become informed. Know the alcohol policies at UCSB and learn about the alcohol regulations, penalties, and interventions (you can find details at <http://alcohol.sa.ucsb.edu>).
- Set clear and realistic expectations regarding academic performance and discuss the impacts of college alcohol use on academics.
- Support your student in standing up for his or her right to a safe academic environment.
- Discuss with your son or daughter strategies for how to intervene with a friend or roommate who has problems with alcohol.
- Be clear about your own values around alcohol. If you drink, present a positive role model for alcohol use in moderation.

# Healthy Campus Initiative Progress Report

EARLY IN 2006 a twelve-member special committee appointed by UC President Dynes began to meet and evaluate student mental health needs and service levels across the University of California system. The committee examined trends and best practices in student mental health, both nationally and at the system-wide level, and reported its findings, along with a three-tiered set of recommendations, to the UC regents at their September 2006 meeting. UCSB built on the student mental health committee's recommendations by creating the Healthy Campus Initiative to provide a more comprehensive and responsive framework of services, support structures, programs, and activities that promote a safe, integrated, and healthy living/learning community for UCSB students. The full UC report and recommendations can be viewed at <http://www.universityofcalifornia.edu/regents/regmeet/sept06/303attach.pdf>.

## Implementation of Tier-One Services and Support Structures for UCSB Students

Tier-one recommendations target critical mental health and crisis response services, while tier two addresses

strategic interventions for vulnerable groups and tier three aims to broadly promote healthier learning environments. UC campuses have been asked to use the initial allocation of funding from the regents to address tier-one student mental health services.

In response to the initial allocation of funds, UCSB is in the process of expanding the number of mental health service providers by adding a psychiatrist, two psychologists, a second medical social worker, and a mental health disability specialist to the staffs at Student Health Service, Counseling Services, and Disabled Students Program. Additionally, combining Healthy Campus Initiative funding and a donor contribution, we have created a new assistant dean of students position to coordinate student mental health service responses. Angela Andrade, who was hired in August to fill this position, works closely with a student mental health crisis response team to provide individualized, solution-focused case management for referred students experiencing

serious psychological distress. Another of Ms. Andrade's duties is to work with students to develop a peer program that will educate students on how to recognize signs of psychological distress and how to access mental health resources on campus. The program will also seek to eliminate the stigma that often surrounds mental illness and psychological distress and encourage students to seek help for themselves and for their friends.

## New After-Hours Service

The Division of Student Affairs has recently contracted with a company that provides after-hours psychological counseling support to students. This service is accessible via telephone to all students for personal counseling, consultation, and referrals evenings and nights, weekends, and holidays and coordinates daily with on-campus mental health service providers. After-hours counseling is available by calling Counseling Services at (805) 893-4411.

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## UCSBriefs

- The seventh annual **New Student Convocation** welcoming the entering class of 2007 was held on September 24, 2007. Chancellor Henry T. Yang and sixty faculty members and administrators in full academic regalia participated in the formal ceremony designed to transmit campus values of scholarship, leadership, and citizenship to over 5,000 new students in attendance. The keynote address was given by author, poet, and filmmaker Sherman Alexie who was recently named a recipient of the National Book Award. Following the ceremony, students had the opportunity to attend one of fifty small-group discussions or receptions with faculty and staff held in on- and off-campus residence halls.
- **Commencement 2008** dates have been set for Saturday, June 8, 2008 (College of Creative Studies) and Saturday, June 14 and Sunday, June 15, 2008. Information regarding the ceremonies is available on the UCSB Commencement Web site at [www.ia.ucsb.edu/commencement](http://www.ia.ucsb.edu/commencement). Parents are advised to make hotel and restaurant reservations early since accommodations fill up quickly in the Santa Barbara area during this time of year. 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.
- On April 25, the first issue of the **Rec Sports Newsletter** was released and it became an instant success. In it were highlighted various teams and players who reflect the positive values and team spirit of the recreational sports program at UCSB. Please go to the Web site and enjoy the newsletter in its entirety: <http://www.essr.ucsb.edu/recsports>.
- A **voter registration drive** sponsored by the UCSB Voter Registration Volunteer Coalition and Associated Students was conducted during fall quarter. Billed as a “2-fer” (register once, vote twice), registered students are enabled to vote in both the

February 5 California presidential primary election and the statewide direct primary/local district supervisorial election on June 3. Led by senior Christine Byon, the Coalition registered over 3,000 students in classrooms, residence halls, highly trafficked areas of campus, at various student activities and campus events and by canvassing door-to-door in the student community of Isla Vista. Facing a January 22 voter registration deadline, efforts will continue in full swing when the students return to campus in winter quarter. It is necessary to re-register if students have moved, had a name change or wish to change political affiliation. Detailed information is available on the UCSB Voter Registration Web site at <http://www.sa.ucsb.edu/voterreg>.

- The **UCSB Reads** program has selected *The Travels of a T-shirt in the Global Economy: An Economist Examines the Markets, Power, and Politics of World Trade* by Pietra Rivoli for winter 2008. Beginning

January 15, 2008, two thousand books will be given away to UCSB students in the lobby of Davidson Library. Among the program’s stated goals are to encourage reading and discussion of important issues across campus; to increase awareness of the issues of globalization; to highlight our academic strengths in economics, political science, sociology, and global and international studies; and to create a sense of fun and camaraderie on campus while addressing an important issue. We hope your son or daughter will be part of this exciting event, and we encourage you to read this book along with us and share in our common intellectual experience. More information is available on the program Web site at <http://UCSBReads.library.ucsb.edu>.

- In January, the **Community Housing Office** will host workshops in the residence halls to assist students in finding rental housing for the next school year and learn about rental responsibilities and rights. Call (805) 893-4371 for more information.

### 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](mailto: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 Services: <http://counseling.sa.ucsb.edu/> or call 4411  
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) 893-4569  
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 Crime Statistics: <http://www.sa.ucsb.edu/policies/CleryActCampusSecurityReport.htm>  
or call (805) 893-7884  
UCSB Bookstore: <http://www.bookstore.edu/> or call (805) 893-3271