

A Student Affairs Newsletter for Parents

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Facebook: Popular Social Networking Web site

Facebook has different meanings according to Wikipedia, the free encyclopedia:

- A facebook is a reference book made up of individuals' photographs and names. Universities often distribute a printed freshman facebook at the start of the academic year.
- Facebook.com is a popular college social networking website. When used as a verb (e.g., "Facebook him."), to facebook refers to looking up a profile on the site.

The national news has carried a number of recent stories about the immense popularity of social networking occurring on the Web. If the names Friendster, Facebook, and MySpace are familiar to you, then you may have a grasp of the significance of the Web-networking movement. Friendster and MySpace sites are open to anyone, but Facebook is designed for college students and open only to those with a college e-mail address. However, high school students can also be invited to join the site by college students. As parents, some of you may even be participating in this modern equivalent of a telephone party-line.

As a way to share interests, learn about clubs, keep current with friends, and stay updated on campus life, MySpace and Facebook are useful tools. However, a growing number of university administrators around the country have concerns about how



the services are used, and are encouraging students to exercise caution and common sense. To this end, we offer the following advice and information and encourage you to pass it along to your son or daughter.

1. Digital pictures posted on Web-based social networks are being stored on servers and are likely to endure for twenty or more years. The same is true of writings and group affiliations. If a student posts a picture of him or herself doing something illegal or irresponsible, s/he can count on it showing up at an inopportune time in the future.
2. Students should never list an exact, physical address on MySpace or Facebook (e.g., their residence hall room number or local address and apartment number). It is better to leave this field blank or just write, "Santa Barbara."

3. Students should assume that potential employers have access to their Web profiles. Gripes about a current boss, revealing photos, or expression of "not-ready-for-the-professional world" ideas on a student's profile might result in not being chosen for a great internship, job, or career position.
4. It is common for students hunting for new roommates to routinely check these sites to learn about the musical preferences and politics of potential roommates.
5. Students can benefit from joining career-focused groups that are available, most often, on Facebook. Some UCSB departments are finding that their messages to Facebook groups are a great way to reach students about important workshops, internships, and other campus events.

In this era of reality television it seems that constant self-disclosure has become the norm. We think our students need an occasional reminder that the world is not entirely safe; and that it is important to understand both the benefits and risks of new technologies. By thinking about the long-term ramifications of what they are putting on-line today, and being cautious about the disclosure of personal information, students can ensure that their on-line interactions help to further their personal, career, and academic goals rather than undermine them.



SPOTLIGHT ON STUDENT SERVICES *Career Services Enhance Resources for Students*

Career Services has an incredible array of services—from helping students choose a major, to finding an internship or part-time job, to getting into graduate school or getting employment after graduation. In a typical year about 8,000-11,000 students use Career Services. To ensure that all students have the help they need, and know what we have to offer, we are in the process of hiring a marketing coordinator/artist to help us get the word out to students. UCSB students can look

forward in the near future to hearing much more from us about all the resources at their disposal.

With the recent addition of a job developer position at Career Services, more companies have been added to the fall job fairs and the Campus Interview Program. In addition, the number of internships, part-time, and full-time jobs listed on GauchoLink, our on-line job listing service, have increased. The job developer is doing a remarkable job of promoting UCSB to local, state and

national employers, increasing the opportunities that employers are offering to your students.

It is our desire to work more closely not only with your student, but with you. We see parents and family as the keystone to students' confidence and related success as they enter into careers in business, industry, education, technology, social service and government. To keep updated on what we are doing, please visit our Web page at www.career.ucsb.edu/.

Learning to Lead *Through Student Affairs' Innovative Leadership Programs*

Students who attend four-year research universities are primed to become the leaders and innovators of the 21st century. At UCSB, students develop the skills and gain the real-world experience to become such leaders. The Division of Student Affairs' co-curricular and academic programs help students to become effectual and competent leaders at UCSB and beyond.

Korriane Tom, the 2005-2006 Capps leadership intern, is one such example. A senior speech pathology major, Korriane helped coordinate the Annual Student Leadership Retreat and the Leadership Exchange and Access Program, a program that pairs students with faculty and staff mentors. She is a member of *Kapatirang Pilipino* and she coordinates the hip hop dance team, Urban. "Being a student leader has been a life-changing experience," says Korriane, "I know what's happening on campus and how to communicate with others and tap into my resources. Leadership benefits all students."

UCSB students begin their leadership experiences in diverse environments—from joining Hall Council in the residence halls to participating in one of UCSB's 250 student organizations. From there, students pursue numerous activities designed to cultivate their leadership skills. For example:

- At the Annual Student Leader Retreat, held in the beautiful Santa Ynez Mountains, students learn leadership skills, engage in hands-on activities, and network with one another. Many groups form coalitions around shared values and work together throughout the year on projects and events.

Profile on Scholarship, Leadership and Citizenship

Moving from Inglewood, California, to attend UCSB over three years ago created a major void in Gilberto (Tito) Soltero's life—he missed his family. *Hermanos Unidos* (HU) helped fill the vacancy prompted by his move. When translated, *Hermanos Unidos* means United Brothers. Tito is now co-chair of HU and describes his involvement this way: "It provides me essential life-sustaining nutrients that enable me to function effectively at UCSB." Like his predecessors, Tito hopes to create a welcoming and supportive atmosphere for freshmen that will connect them to a broader community.

Asked to describe his leadership style, Tito relates, "I lead by example. I try to maximize each of my volunteer experiences. I approach my volunteer experiences with passion and dedication to excellence. Leadership for me is developing relationships with others and trying to lay the groundwork to establish life-long relationships. Every event has a purpose of helping our community. I want to be there as a resource for others."

Tito is a fourth-year senior double majoring in business economics and Spanish who plans to graduate in June. When asked to describe *Hermanos Unidos*, Tito enthusiastically replies, "HU is a

- Through the Annual Student Leadership Expo conference, hundreds of college and high school students join together for workshops that focus on how to manage conflict in organizations, motivate and inspire others, and delegate effectively.
- Via the Annual Activities Faire, students showcase their many clubs and organizations while recruiting new students to their ranks.
- With internship and employment opportunities in offices such as Student Life, the MultiCultural Center, and Associated Students, students receive a depth and breadth of exceptionally valuable leadership opportunities.

Student Affairs also offers academic classes and programs that train and educate student leaders. Education 173 teaches students theories of leadership development and group organization. The Leadership Certificate Program provides a co-curricular program that enhances students' academic experiences without impeding their progress towards a degree. Open to all majors, the certificate program supplements students' coursework with practical and marketable leadership skills that can be used well beyond graduation.

Student involvement in leadership provides a wide array of benefits: networking with other student leaders, interacting closely with UCSB staff, enacting positive changes in the campus community, and forming close friendships. Student leaders also develop a keen understanding of the global and diverse community in which they will live and work, and they become better informed of societal challenges and how best to meet them. The leader-

ship opportunities available to students truly enrich their UCSB experiences.

To learn more about leadership at UCSB, visit <http://www.sa.ucsb.edu/osl/LeadershipDevelopment> or contact Britt Andreatta, director of first-year programs and leadership education, at (805) 893-8290. To support UCSB's leadership programs, please contact Laura Lambert, director of development for student affairs, at (805) 893-8542.

This article was written by Chris Miner who graduated from UCSB in 2005 with honors in sociology and religious studies. While a student, Chris completed UCSB's Leadership Certificate Program, served as an Orientation staff member, and was general manager of UCSB's KCSB-FM student-run radio station. Chris is now the development assistant for the student affairs' grants and development unit.



Over 600 students attended the 10th Annual Student Leadership Expo!

Chicano/ Latino support group that provides a comfort zone and a safe space for four years." According to Tito, when he initially enrolled at UCSB, he was an independent person living in Francisco Torres and here only for academics. HU expanded his concept of education; he now embraces HU's three pillars: academic excellence, community service, and social interaction. Among these, academic excellence is the most important and is consistently encouraged among its members. "When I do my calendar, my academic life is always my first priority; HU is second. The most challenging thing about my leadership position is how to best manage my time, prioritize programs, provide guidance to members, develop emerging leaders, and delegate assignments."

Tito's motivation to succeed comes from within, and his dad is a major influence in his life. "Dad is a hard worker and has sacrificed greatly to enable me to be where I am now. My dad is my role model." When Tito is going through hard times, he takes comfort in the idea that his dad's teaching will get him through. Tito hopes his legacy as a leader is the passionate, focused, and hard working HU members that will succeed him.

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.

Editor: Candace Stevenson
Copy Editor: Debbie Fleming
Contributors: Richard Jenkins, Micael Kemp, Don Lubach, Chris Miner, Bill Shelor, Ryan Walkow, Melanie Yuen
Design: Brenda Bernu Reheem

Office of the Vice Chancellor — Student Affairs
University of California
Santa Barbara, CA 93106-2036

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

FAQs: FINANCIAL AID INFORMATION

If my son or daughter has not yet applied for financial aid for the 2006-2007 academic year, is it too late?

No. Although the Free Application for Federal Student Aid (FAFSA) priority filing deadline for 2006-2007 financial aid was March 2, 2006, your son or daughter can still apply for financial aid for the 2006-2007 academic year to be considered for the Pell Grant, Direct Loans (subsidized and unsubsidized), and the Parent Loan for Undergraduate Students (PLUS). The FAFSA application is available on the Internet at www.fafsa.ed.gov. UCSB's school code number is 001320.

If my son or daughter has already applied for financial aid for 2006-2007, when will he/she receive an offer of financial aid?

If additional documentation is required to verify the accuracy of the FAFSA information, your son or daughter will be sent an e-mail in April or May directing him/her to check the "Aid Status" on the Financial Aid Office Web site (www.finaid.ucsb.edu). When all documents requested are received, the financial aid package is reviewed and financial aid eligibility is determined. Your son or daughter will be sent another e-mail directing him/her to view the Financial Aid Award Letter (FAAL) on the Web site.

How does my son or daughter receive his/her financial aid?

Aid is disbursed quarterly and credited to students' BARC (Billing, Accounts//Receivable, Collections) accounts with the UCSB Billing Office if the student is enrolled in at least six quarter units. The aid that is credited to BARC accounts will be applied to existing charges such as quarterly fees and university housing (if applicable). If the aid credited to the student's BARC account is insufficient to pay all "now due" charges, the student is expected to pay the difference by the fall quarter fee deadline of September 15,

Got Sleep?

It is common for college students to deprive themselves of sleep—an essential that would otherwise keep them functioning during the day. An accumulation of relentless nights with very little sleep will have consequences. If your son or daughter is dozing off in class, having trouble concentrating, or experiencing constant headaches, he or she may well be sleep deprived. Experiencing repeated instances of unexpectedly falling asleep during the day is another strong indication of being sleep deprived.

Other symptoms include:

- trouble waking up in the morning
- inability to concentrate
- moodiness, irritability, anxiety, and depression

Sleep is a vital factor in keeping healthy. It is during deep sleep that the body goes through restoration and repair. Being sleep deprived can cause impairment in both cognitive and physical abilities lead to psychological problems like depression and may even trigger bipolar disorder in susceptible individuals.

2006. If the aid credited exceeds the charges, the UCSB Billing Office will issue a refund. NOTE: Effective Fall 2006, the Billing Office will require "direct deposit" for refunds resulting from aid credited to a student's BARC account. If a student does not live in UCSB-owned residential housing but instead lives in facilities such as Tropicana Gardens, Fontainebleu, or in the local community, he/she will need to use the proceeds of his/her refund check to pay for non-university housing.

What is the PLUS Loan?

The PLUS Loan is the Parent Loan for Undergraduate Students. Because it is not a need-based loan, parents may take out a PLUS loan on behalf of their dependent undergraduate student to help fund educational expenses. A PLUS Loan may be a component of a student's financial aid award package. In most cases, parents use a PLUS loan to cover the "parent contribution" portion of their student's financial aid eligibility. The interest rate is currently 6.1%. Effective July 1, 2006, the interest rate will be fixed at 7.9%. Each PLUS applicant must pass a credit check to have his/her PLUS loan approved.

Is financial aid available for summer quarter 2006?

Summer Sessions financial aid (grants and loans) will be available to eligible continuing UCSB undergraduate students who are academically in good standing, have a complete 2005-2006 FAFSA on file with the UCSB Financial Aid Office, and submit a Summer Session 2006 Financial Aid Application. These applications will be available on the Financial Aid Office Web site (www.finaid.ucsb.edu) in mid-April. The priority filing deadline for the Summer Session 2006 Financial Aid Application is May 31, 2006.

Here is some advice to share with your son or daughter to help prevent sleep deprivation:

- Wise management of time and careful planning can help students prevent the procrastination that often leads to "pulling an all-nighter." Remind your son or daughter to look ahead for assignments, papers, and tests that may be coming up one or two weeks down the line.
- Encourage your student to keep a regular schedule which can help prevent disruption of the body's internal clock.
- Advise your son or daughter to avoid caffeine and nicotine during the late afternoon; recommend drinking tea instead to stay alert.
- If your son or daughter is having trouble falling asleep at night, recommend getting up to do something relaxing, like reading or listening to soft music.
- If your son or daughter experiences difficulty sleeping on an ongoing basis, encourage him or her to make an appointment to see a doctor at Student Health.

UCSBriefs

UCSB is pleased to announce that local property managers have joined in efforts to reduce high-risk drinking in Isla Vista. Rental companies have begun rewarding tenants who participate in a training course known as **Event Host Training**, which teaches students how to recognize the difference between safe and unsafe parties. Students who take the class will receive priority consideration of their rental applications with Ron Wolfe and Associates, BDC Management Company, and Sierra Management. The course is being coordinated by the Safer Isla Vista project, a group promoting cultural change through environmental strategies that have proven effective for reducing high-risk drinking at other universities. According to project coordinator Ryan Walkow participants will be encouraged to think about ways to make parties fun, legal and responsible, with or without alcohol. "We realize that students enjoy getting together and having a good time, and our training emphasizes that high-risk drinking is not a prerequisite for either." For more information, parents and students can contact Event Host Training at (805) 968-7010.

Parents' and Family Weekend will be held November 3-5, 2006. Plan now to join hundreds of students' families to explore the campus and get a firsthand look at what life is like at UCSB. You will have the opportunity to attend classes, participate in faculty presentations, take part in campus area tours and activities, as well as meet a variety of UCSB faculty and administrators, including Chancellor Henry T. Yang and his wife Dilling Yang. A schedule of events will be posted at www.ia.ucsb.edu/pfw/ in July 2006. For questions, send an e-mail to parent@ia.ucsb.edu or call the Office of Public Events at (805) 893-7382.

Summer Sessions offers your student several unique advantages. Thousands of UCSB students choose to attend the summer quarter to:

- Save money – unit fees for UC undergraduates are capped at eight units and there are no out-of-state fees.
- Graduate sooner – make up a missed class or finish some general education requirements.
- Enjoy learning – focus on a few subjects at a time while attending less crowded classes.

For detailed Summer Sessions information including a copy of the current catalog, contact Summer Sessions at:

UCSB Summer Sessions, 2214 SAASB
Santa Barbara, CA 93106-2010
Phone: (805) 893-2047 FAX: (805) 893-7306
Email: info.questions@summersessions.ucsb.edu
Web: www.summer.ucsb.edu

Commencement Planning Begins Now

Schedule of Ceremonies:

- Sunday, June 10, 2006 – 11:00 a.m. College of Creative Studies Campbell Hall

All Saturday (June 17) and Sunday (June 18) ceremonies take place on the Faculty Club Green

- Saturday, June 17 – 9:00 a.m. Science and Mathematics
- Saturday, June 17 – 1:00 p.m. Engineering and Science
- Saturday, June 17 – 4:00 p.m. Social Sciences I
- Sunday, June 18 – 9:00 a.m. Social Sciences II
- Sunday, June 18 – 1:00 p.m. Arts and Humanities
- Sunday, June 18 – 4:00 p.m. Graduate Division

Students must make a commencement reservation for an open and available ceremony in order to participate in commencement. **Special note:** Parents, please remind your student that declaring candidacy for an official degree and making a commencement reservation are **two separate actions** on the GOLD system.

Please keep in mind that thousands of graduating seniors will be inviting family and friends to the commencement ceremonies. Students should limit their number of guests to a maximum of six to help maintain a high level of comfort and decorum.

For more information, call the Commencement Hotline at (805) 893-8289, send an e-mail to commencement@sa.ucsb.edu, or visit the Web site at www.instdv.ucsb.edu/commencement. For accommodations information visit www.santabarbara.com. Book hotel rooms soon; space is limited!

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 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 Public Affairs: <http://www.ia.ucsb.edu/ucsbnews> or call 805-893-2191
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

Grad Faire

A grad faire will be held April 26-27 from 9:00 a.m. – 4:00 p.m. in the University Center lobby. Various campus department representatives and vendors will be available to answer commencement questions. Check out the Graduate Center on the Bookstore Web site at www.bookstore.ucsb.edu/graduation/graduation.html.

Grad Gift: Gaucho for Life

Need a special graduation gift idea for your son or daughter? Consider giving the gift that will last a lifetime—a life membership in the UCSB Alumni Association. Benefits include career connections, job postings, networking, *Coastlines* publication, travel tours, alumni directory, and locator service. More information can be found on the Alumni Web site at www.ucsbalum.com.

