



Packing, Prepping and Parting

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 transition to the University will assist both you and your student prepare for what is to come in the fall and thereafter.

AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.				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						FINAL DAY TO WAIVE UC-SHIP HEALTH INSURANCE WITHOUT FEE See http://studenthealth.sa.ucsb.edu

PACKING AND PREPPING FOR 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.

WHAT TO EXPECT ON MOVE-IN DAY

- Campus will be busy!
- Move-in day can be stressful and emotions tend to run high.
- Be prepared to meet your student's roommate(s) and families.
- 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.

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!

WHEN THEY COME HOME ...

- It may be a bittersweet time.
- 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.
- Talk about house rules before they come home.

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!



WELCOME TO UCSB!

The first year at a top-tier university is an important time. Most Gauchos report a great experience and feel that our campus community accepts them immediately. Because this is one of the largest transitions in adult life, first-year students encounter a range of challenges as they meet academic demands and develop new social and personal management skills.

First-Year & Graduate Student Initiatives coordinates 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 dessert 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 everything I wanted it to be and more. Somehow I found my home in a place that was nearly 2,000 miles away from my house. The transition, while at times a bit difficult, was ultimately a smooth one due to the immense kindness from everyone around me."
- 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 Studies

"My first year was 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!"
- Junior, Physics

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 the 500 registered campus organizations, including fraternities and sororities. Students can learn about all of these opportunities through the campus newspaper, fliers posted around campus or by visiting <http://events.sa.ucsb.edu>.

SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.</i>	2 <i>Labor Day</i>	3	4	5	6	7
8	9	10	11	12	13	14
15 DEADLINE TO PAY FALL FEES See https://mybarc.ucsb.edu for more information	16	17	18	19	20 FINAL DAY TO WAIVE UC-SHIP HEALTH INSURANCE W/\$50 FEE See studenthealth.sa.ucsb.edu	21 RESIDENCE HALL MOVE-IN WEEKEND for university-owned halls. www.housing.ucsb.edu
22 RESIDENCE HALL MOVE-IN	23 NEW STUDENT CONVOCATION PRE-INSTRUCTIONAL ACTIVITIES — SEPT. 23-25 New students are invited to attend numerous activities throughout campus. Visit www.sa.ucsb.edu/welcome	24	25	26 FIRST DAY OF FALL INSTRUCTION	27	28
29	30 <i>Rosh Hashana begins</i>					

UNIVERSITY SUCCESS COURSES

First-Year Initiatives offers two popular courses in collaboration with the Girvetz Graduate School of Education. The classes focus on how to be successful at our research university. Education 118, for transfer students, will be offered in the fall and winter. Education 20, for freshmen, 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) unit or 2 (20 hours/quarter) units and graded passed/not passed.

First-year seminars are listed as:

- INT94AA-ZZ (1 unit - Exploration)
- INT89AA-ZZ (2 units- Discovery/Linked)

Transfer seminars are listed as:

- 186AA-ZZ (1 unit - Exploration)
- 187AA-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 Guido at aguido@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 in student government, campus clubs and organizations, undergraduate research, and diverse internship opportunities.

OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<i>All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.</i>		1 FAFSA/ DREAM ACT APPLICATION OPENS FOR 2019–2020 Visit https://fafsa.gov	2	3	4	5
6	7	8	9 <i>Yom Kippur</i>	10	11	12
13	14 <i>Indigenous People's Day</i>	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 <i>Halloween</i>		

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 500 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 hosts and supports events which focus on volunteering to help the environment, youth, animals, elderly, houseless and more. Care-mail is the weekly newsletter that includes volunteer opportunities, events and internships in the community. For more information, visit <https://cab.as.ucsb.edu>.

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 (used 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 teams 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.

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://www.rhaucsb.com/>.

THEATER & DANCE

The Department of Theater and Dance provides a thriving forum for the study of dance, theater and other types of performance. In a typical year, the department produces five main stage drama productions and two modern dance concerts. The productions represent the various periods and styles taught in the academic program ranging from the classics to contemporary dramas to comedies to original works. For more information, please visit www.theaterdance.ucsb.edu or email Sean O'Shea, the Undergraduate Advisor, at sposh@ucsb.edu.

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 lively 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 potlucks.



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.

NOVEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<i>All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.</i>					1	2
					PARENTS & FAMILY WEEKEND NOVEMBER 1–2 See www.ucsb.edu/parentsfamilyweekend for more information.	
3	4	5	6	7	8	9
<i>Daylight Savings Time Ends</i>						
10	11 UNIVERSITY HOLIDAY Campus offices closed <i>Veteran's Day (observed date)</i>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 UNIVERSITY HOLIDAYS Campus offices closed <i>Thanksgiving Day</i>	29	30

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 is 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? If so, 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?
- Do you want to visit home? How can we help?
- 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 your 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 academic and social environment and discuss ways that your student can get assistance from residence hall and/or other UCSB staff.

STUDENT PERSPECTIVE

"I'll FaceTime my parents and siblings weekly while I'm at school. My mom joked about 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 having to see my family every waking second has been good. I appreciate that my family realizes this and knows to give me my space. We communicate at least once a week, depending on my workload, and we text about every two days."
- Sophomore, Economics



Healthcare

One frequently asked parent question is, “When my student gets sick, who will take care of them?” The answer is easy — Student Health. 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, dermatologists, optometrists, dentists, dietitians, physical therapists, pharmacists, lab technicians, x-ray technicians 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.

DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.</i>	2	3	4	5 Students interested in living in university-owned housing in 2020–2021 should visit www.housing.ucsb.edu for information.	6 LAST DAY OF INSTRUCTION	7 FINAL EXAMINATIONS Dec. 7–13
8	9 FINAL EXAMINATIONS DECEMBER 7–13			12	13 WINTER BREAK Dec. 14–Jan. 5 Some university-owned residence halls may close for winter break.	14
15	16 DEADLINE TO PAY FOR WINTER FEES See https://mybarc.ucsb.edu for more information.	17	18	19	20	21
22	23	24 UNIVERSITY HOLIDAYS Campus offices closed <i>Christmas Eve</i>		25 <i>Christmas Day</i>	26 <i>Kwanzaa begins</i>	27
29	30	31 UNIVERSITY HOLIDAY Campus offices closed				

WHERE TO GO WHEN STUDENTS GET SICK

Student Health is located on the west end of campus next to Isla Vista. Many services are available including same day appointments, women’s health, psychiatry, physical therapy, dental and eye care.

Call (805) 893-5361 for information, visit our website at <http://studenthealth.sa.ucsb.edu>, or log into UCSB SHS Gateway to schedule a medical appointment on-line: https://studenthealthoc.sa.ucsb.edu/login_dualauthentication.aspx

All registered students are able to utilize services as follows:

- Weekdays: 8 a.m.–4:30 p.m. (with late opening Wednesdays at 9 a.m.)
 - Thursdays: 5 p.m.–7 p.m. by appointment only
- For emergencies, local Urgent Care Centers and the Goleta Valley Cottage Hospital are close by, and our After-Hours Nurseline is always open at 877-351-3457.

HEALTH INSURANCE

The University of California requires all students to have health insurance covering injuries and illnesses meeting specific minimum criteria as dictated by the Office of the President. UCSB sponsors a health insurance plan called Student Health Insurance Plan (SHIP), and each student is automatically enrolled in the plan, which is billed to students quarterly (fall, winter and spring). SHIP covers students year round, including the summer months, and while travelling. SHIP covers most services at Student Health without any additional fees. Depending on your financial need, you may be eligible to have your SHIP premium fully or partially covered by a SHIP grant. For more information, please review the Office of Financial Aid and Scholarship’s Policy Information page at <https://www.finaid.ucsb.edu/policies-and-disclosures>.

Students who wish to waive out of SHIP and remove the SHIP premium must submit a health insurance waiver application through the Student Health website with a deadline of September 20, 2019. Waivers submitted between September 1-20 will be assessed a \$50 late fee. Students must proactively waive SHIP in order for the premium costs to be removed from their billing statement. To waive SHIP, student must enter in their health insurance information and upload a copy of their insurance card into the following portal site: https://studenthealthoc.sa.ucsb.edu/login_dualauthentication.aspx. The student will receive a confirmation email from Student Health if their waiver was accepted. Students with approved waivers can enroll in the pre-paid access plan called Gaucho Access Plan (GAP). Visit <http://studenthealth.sa.ucsb.edu/insurance/gap> for details.

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 UCSB and in our global community. Visit www.wellness.ucsb.edu or call (805) 893-2630.

IMMUNIZATION REQUIREMENTS

All incoming students are required to document vaccinations and tuberculosis 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 serogroup A, C, W & Y, AND the new Men B vaccines, either Bexsero® (2 doses) or Trumenba® (2 doses).



STUDENT MENTAL HEALTH COORDINATION SERVICES

The coordinators of Student Mental Health Coordination Services can be reached at (805) 893-3030. This office is a readily accessible single point of contact for parents, faculty, staff and students concerned about a student in distress. The coordinators will consult about a student, provide referrals to campus departments and resources, develop action plans and follow up with callers as appropriate.

- Call the coordinators if you are concerned about a student in distress and:
- Do not know where to refer them for assistance
 - Would like to consult about possible responses to a student's behavior
 - Notice a student's behavior is making others feel uncomfortable
 - Believe there may be safety concerns in the future
 - Have called 911 because of a safety concern

The coordinators are available for consultation and appointments during business hours, Monday through Friday. In an emergency situation, you should always call 911.

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 (ADHD) 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.

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>.

SOCIAL WORK SERVICES

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

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 by calling (805) 893-3087. Free and confidential counseling is available from licensed psychologists at Counseling & Psychological Services 24 hours a day/7 days a week by calling (805) 893-4411.

JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.			1 UNIVERSITY HOLIDAY Campus offices closed <i>New Year Day</i>	2	3	4
				WINTER BREAK DECEMBER 14–JANUARY 5		
5 University-owned residence halls re-open if closed for holiday.	6 FIRST DAY OF WINTER INSTRUCTION	7	8	9	10	11
12	13	14	15	16	17	18
19	20 UNIVERSITY HOLIDAY Campus offices closed <i>Martin Luther King, Jr. Day</i>	21	22	23	24	25
26	27	28	29	30	31	<i>Lunar New Year</i>



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.

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.						1
2	3	4	5	6	7	8
Groundhog Day						
9	10	11	12	13	14	15
					Valentine's Day	
16	17 UNIVERSITY HOLIDAY Campus offices closed Presidents' Day	18	19	20	21	22
23	24	25	26	27	28	29

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 600 students with families. Approximately 9,000 students live in privately-owned rental housing adjacent to campus in the community of Isla Vista.

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/uchs
Email: housinginfo@housing.ucsb.edu
Phone: (805) 893-4371

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.

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 delicious, nutritious meals at the dining commons with an off-campus meal plan. With every meal, we try to surpass our customers' expectations, both during the academic year and summer conference season. For more information, visit www.housing.ucsb.edu and click on "Dining Services".

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.rhaucsb.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



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

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.</i>	2 FAFSA/ DREAM ACT APPLICATION DEADLINE See www.finaid.ucsb.edu for more information	3	4	5	6	7
8	9	10	11	12	13 LAST DAY OF INSTRUCTION	14 FINAL EXAMINATIONS March 14-20
15	16 DEADLINE TO PAY FOR SPRING FEES See https://mybarc.ucsb.edu for more	17-18 FINAL EXAMINATIONS MARCH 14-20 <i>St. Patrick's Day</i>		19	20	21 SPRING BREAK March 21-March 29 Some university-owned residence halls may close for spring break
22	23	24-26 SPRING BREAK MARCH 21-MARCH 29		27 UNIVERSITY HOLIDAY Campus offices closed <i>César Chávez Day (observed date)</i>	28	
29 University-owned residence halls re-open March 29	30 FIRST DAY OF SPRING INSTRUCTION	31				

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.

Gauche E-Bill — The billing process at UCSB is electronic. Billing statements are not mailed to students nor 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 e-Bill Notification. Once added by the student, parent/other users receive the same Gauche 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.bfs.ucsb.edu/files/docs/barc/How_to_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>.

Acceptable Forms of Payment — Payments may be made by Gauche E-Check (Electronic Checks), conventional paper check, money order, credit card (online only; a 2.75% convenience fee is charged), International wire transfer via Flywire, wire transfer or cash. Cash will only be accepted in person during Billing Cashier Office business hours. Payments from 529 education savings accounts are usually made directly from your 529 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. Please be sure to allow for sufficient mailing 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.bfs.ucsb.edu/barc/payment-plans.

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 hosts important information and lists tasks that students need to complete.

Please also reach out if your financial circumstances are complicated or have changed. You might need an appeal or loans and we can help with both. In addition, our office leads the Financial Crisis Response Team, a campus-wide group that is dedicated to making sure that students experiencing acute financial hardships are receiving the campus support resources they need. Students can email financialcrisis@sa.ucsb.edu to get connected.

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 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-time processing fee of \$30 (cash or check only). Visit the ACCESS Photo Center at the UCen. For more information, visit <http://ucsbaccesscard.com> or call (805) 893-2464; Monday–Friday, 10 a.m.–4 p.m.



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 Gaucho FYI, a 105-minute workshop facilitated by professional staff and peer educators, within the first six weeks of fall quarter. Gaucho 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's 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 buildings 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).

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 online at <http://studenthealth.sa.ucsb.edu/> (Behavioral Health services).

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>.

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

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 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.

APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<i>All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.</i>			1	2	3	4
5	6 <i>Passover begins</i>	7	8	9	10	11
12 <i>Easter Sunday</i>	13	14 <i>Passover ends</i>	15	16	17	18
19	20	21	22	23	24 <i>Ramadan begins</i>	25
26	27	28	29	30		



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
All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.					1	2
3	4	5	6	7	8	9
10 <i>Mother's Day</i>	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 UNIVERSITY HOLIDAY Campus offices closed	26	27	28	29	30 <i>Ramadan ends</i>
31 <i>Memorial Day</i>						

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 Dennis 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 Greider, 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."

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
<http://www.duels.ucsb.edu/research/urca>
Jacob LaViolet, Undergrad. Programs Coordinator
urca@lsc.ucsb.edu
- College of Creative Studies
<https://ccs.ucsb.edu/>
Sara Sterphone, Senior Student Affairs Officer
sara.sterphone@ccs.ucsb.edu
- Materials Research Laboratory
<https://www.mrl.ucsb.edu/education/undergraduate-opportunities>
Julie Standish, Research Intern Coordinator
standish@mrl.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



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 education and outreach programs, employment opportunities and a community donations program.

JUNE 2020

SUN	MON	TUE	WED	THU	FRI	SAT
All dates in this calendar are subject to change — visit www.ucsb.edu for updates and more information.	1	2	3	4	5 LAST DAY OF INSTRUCTION	6 FINAL EXAMINATIONS June 6-12
7 Move out for university-owned residence halls begins. Students should check with RAs for details.	8	9 FINAL EXAMINATIONS JUNE 6-12 <i>Ramadan ends</i>	10	11	12	13 COMMENCEMENT FOR CLASS OF 2020 university-owned residence halls close
14 COMMENCEMENT FOR CLASS OF 2020	15	16	17	18	19	20
21 <i>Father's Day</i>	22	23	24	25	26	27
28	29	30				

ISLA VISTA LIVING

Students who choose to live in IV enjoy the proximity of their friends and classmates, the ocean views, beach access, a lively environment and the convenience of being able to walk, bike or skateboard to class. Students can give back to the community by getting involved with local agencies — mentoring youth at the YMCA Youth Center, tutoring students at IV Elementary School, participating in game nights at the local senior living center Friendship Manor or serving on the IV Recreation and Parks District board. They learn valuable life skills through renting property, sharing space with roommates, participating in local government and managing their own time, money and health. Furthermore, IV offers an arts and culture scene, sorority and fraternity life, employment opportunities, recreation and a beautiful location.

Commonly thought of as a lively “college” town, in reality, IV is a diverse, multi-generational community, populated by families with children, senior citizens and a number of residents who have called Isla Vista home for many decades. Because of housing density, Isla Vista has some issues more commonly seen in urban areas such as noise, crowding and lack of parking. While some of UCSB’s policies do extend to students living in IV, the influence of UCSB over IV is limited. UCSB has no jurisdiction over visitors or non-students living in the community. Law enforcement in IV is under the jurisdiction of the Isla Vista Foot Patrol (IVFP), staffed by Santa Barbara County Sheriff’s officers, the California Highway Patrol and a significant number of officers supplied by the UCSB Police Department. Officers from the three agencies respond to community safety concerns on foot, bicycle and by car, making them flexible, responsive and approachable. Parents are urged to remind their students to be good citizens and good neighbors in Isla Vista. Isla Vista safety tips are provided on page 29, and, as in any community, students should use caution and common sense.

The most frequent crime in IV is property theft — typically the result of students leaving doors unlocked or property unsecured. More serious crimes do occur, including sexual assaults.

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 Gaucho 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



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 in 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 ED118, 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 students, 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

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 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) 893-8290 or visit our website at www.sa.ucsb.edu/osl/fye.

TRANSFER STUDENT CENTER IN THE UCSB LIBRARY

The Transfer Student Center is a space for UCSB's transfer students to make connections with each other, to campus resources and with pathways to academic and career success. The Center is home to academic advisors, peer mentors and departmental partners who are able to help transfer students transition successfully to the four-year research university setting by providing specialized programming and opportunities that add value to their undergraduate education. Visit www.transfercenter.ucsb.edu for more information.

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 restraints
- 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, employee) 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, be supportive, and remind student that they will get a great education at UCSB (even if the transition is a bit frustrating)
- Encourage student to seek help from an academic advisor at UCSB and to visit the Transfer Student Center
- Encourage student to send ALL transcripts ASAP (and IGETC certification, if applicable) to the Admissions Office
- Encourage student to work on other requirements while waiting to find out about transfer work (university, major, GE or 60 upper-division units)
- If unhappy with New Student Profile, encourage student to petition (include syllabus, catalog description, sample papers, etc.)
- Encourage meeting with the advisor in their major each quarter
- Remind students of Campus Learning Assistance Services (CLAS)
- Help student/family set realistic expectations for university-level work

... AND HOW FAMILY AND SUPPORTERS CAN HELP

- Listen and be supportive
- Encourage student to not make assumptions about how others view them
- If a situation arises, encourage student to confront with communication and education
- Encourage student to connect with many activities and support services designed specifically for non-traditional students
- Try to set realistic expectations (doing everything well may not be achievable)
- Communicate ways that family can help
- Refer and encourage use of services
- Help student and family set priorities; what needs to be done now versus what can wait

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 Students 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



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, withdrawing from other people
- Losing interest in hobbies and activities that were previously considered pleasurable
- 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 abuse, 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
(805) 893-4411 — available 24/7
<http://caps.sa.ucsb.edu>
- Health & Wellness Programs
(805) 893-2630
<http://wellness.sa.ucsb.edu>
- Office of the Dean of Students
(805) 893-4568
<http://osl.sa.ucsb.edu>
- Social Work Services
(805) 893-3087
<http://studenthealth.sa.ucsb.edu/services/mental-health/social-work>
- Student Mental Health Coordination Services
(805) 893-3030
www.sa.ucsb.edu/responding-to-distressed-students
- Student Health Service
(805) 893-3371
<https://studenthealth.sa.ucsb.edu>
- UC Police Department
Non-emergency number: (805) 893-3446
www.police.ucsb.edu

Undergraduate Education Requirements

THE COLLEGES AT UCSB

UCSB is one of the 10 campuses that form the University of California system. The Santa Barbara campus is made up of three undergraduate colleges, a Graduate Division, the Gevirtz Graduate School of Education and the Bren School of Environmental Science and Management. Of the three undergraduate colleges, the largest is the College of Letters and Science — a liberal arts college that offers opportunities in nearly 80 majors and 40 minors. Depending on the major, students in the College of Letters and Science will earn one of four degrees: Bachelor of Arts, Bachelor of Fine Arts, Bachelor of Science or Bachelor of Music. The College of Engineering offers Bachelor of Science degrees in computer science and chemical, computer, electrical and mechanical engineering. The College of Creative Studies is a selective college that enrolls highly self-motivated, self-directed students who have demonstrated a talent for independent work in the arts, mathematics or sciences. College of Creative Studies Bachelor of Arts degrees are offered in art (painting, sculpture or book arts), music composition and biology. Both B.A. and B.S. degrees are offered in chemistry, mathematics and physics. The Bachelor of Science degree is also offered in computing.

THE REQUIREMENTS

There are four types of requirements that all students must satisfy in order to receive a Bachelor's degree from UCSB: Unit, University, General Education and Major requirements. Students should refer to the *UCSB General Catalog* for specific requirements in each of these areas (<https://my.sa.ucsb.edu/catalog>).

I. UNIT REQUIREMENT

College of Letters and Science

- College of Letters and Science advisors recommend that new students take 12-14 units their first quarter.
- For the Bachelor of Arts degree: approximately 1/3 of all units go toward the major, 1/3 toward General Education and 1/3 toward free electives, a second major or a minor.

- 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, 1/6 toward General Education and 1/6 toward electives.

- 180 or 184 minimum units are needed to graduate (depending on how a student 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 1/5 toward General Education and electives.
- College of Engineering students are required to complete specific courses each quarter. For major specific unit information, see the General Engineering Academic Requirements (GEAR) at <https://engineering.ucsb.edu/undergraduate/academic-advising/gear-publications>.
- 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.

II. UNIVERSITY REQUIREMENTS

The following four requirements were created by UC faculty and are common to all UC campuses.

- Entry Level Writing Requirement: English Composition (ELWR)
- American History and Institutions (AH&I)
- Grade Point Average (GPA)
- Academic Residence

III. GENERAL EDUCATION REQUIREMENTS

General Education courses or "GEs" 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.



Academic Support Services

ACADEMIC ADVISING

Each of the three colleges has slightly different policies on academic advising consistent with the needs of its students. In the College of Letters and Science and the College of Engineering, students are responsible for seeking assistance if they are unsure of how to satisfy requirements. College of Creative Studies students are required to meet with their faculty advisor at least once per quarter regarding their course of study. Students can also consult professional staff advisors and faculty in their major and minor academic departments. In many departments, peer advisors (well-trained students) supplement the services of the professional staff. In a few departments, students are assigned personal faculty advisors. Regardless of how advising is structured, students must take the initiative to obtain assistance. It is the student's responsibility to comply with the regulations and requirements published in the General Catalog (<http://my.sa.ucsb.edu/Catalog/Current/Index.aspx>) and other college publications.

Help is available to students who seek it, and each college maintains a website to help students understand the requirements and options. These sites are:

- Letters and Science: www.duels.ucsb.edu
- Engineering: www.engineering.ucsb.edu/undergraduate
- Creative Studies: www.ccs.ucsb.edu/handbook

HONORS PROGRAMS

Through the College Honors Programs in the College of Letters and Science and the College of Engineering, students can intensify their educational experience, pursue individual excellence and participate in a small community atmosphere within the larger university setting throughout their years of undergraduate study. College Honors Program participants benefit from increased contact with both faculty and peers in small discussion sections and research opportunities. Advantages include graduate-level library privileges and priority enrollment. Honors Program students enroll in Honors discussion sections within courses and in Honors Seminars that provide intensive interaction with UCSB faculty. Honors Program students also have access to special advising services and may join an active email list with information about academic opportunities, scholarships, internships, service activities and campus events. In addition to the College Honors Programs, the "distinction in the major" programs in many academic departments provide opportunities for research and independent study in the major field.

For more information:

- Letters and Science Honors Program: www.duels.ucsb.edu/honors or email honorsmail@ltsc.ucsb.edu
- Engineering Honors Program: <https://engineering.ucsb.edu/undergraduate/college-engineering-honors-program> or email honors@enr.ucsb.edu

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 and Slam, held annually in May.

www.duels.ucsb.edu/research

UC CENTER SACRAMENTO (UCCS)

UCCS provides a unique experiential learning opportunity for UCSB students. Participating students not only engage in stimulating internships and coursework but also have the opportunity to observe public policy processes firsthand in our state's capital. Admission to UCCS is open to upperclassmen and advanced sophomores from all majors.

www.duels.ucsb.edu/academics/uccs

WASHINGTON CENTER PROGRAM (UCDC)

The UC Washington Program (UCDC) 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 UCDC Program is open to upperclassmen from all majors.

www.duels.ucsb.edu/academics/ucdc

UCSB GRADUATION & RETENTION RATES

- 92% of freshmen and 91% of transfer students are retained after the 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. 69% 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.
- Comparatively, 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/institutional.research/campus.profiles/campus.profiles.2018.19.pdf>.

ACADEMIC ASSISTANCE/TUTORING (CLAS)

3210 Student Resource Building

Campus Learning Assistance Services (CLAS) helps students adjust to the quarter system, the academic rigor of the university and increase their mastery of course material. CLAS tutoring services are available to registered UCSB students at no extra cost. Instructional groups are offered primarily for lower-division core math, engineering, science and economics courses. Drop-in services are offered for economics, engineering, foreign language, math, science and writing. Academic skills workshops are available in a variety of relevant study areas. Individual appointments are offered for ESL, academic skills and writing. To enroll in groups or workshops, schedule an appointment or for more information about CLAS, visit our website or stop by our office.

<http://clas.sa.ucsb.edu>

EDUCATION ABROAD PROGRAM (EAP)

2431 South Hall

EAP is an outstanding UC-sponsored academic study abroad program with program options in 40+ countries. With planning, EAP students can fulfill major, minor and/or GE requirements abroad, receive UC units and still graduate on time. Students can supplement their studies abroad by obtaining an internship, research or volunteer opportunity. Financial aid applies and scholarships are available. More than 5,000 UC students go abroad with UCEAP each year, including approximately 1,000 from UCSB. Take advantage of this once in a lifetime opportunity!

<https://eap.ucsb.edu>

SUMMER SESSIONS

2214 Student Affairs Administrative Services Building

Each year, June through mid-September, Summer Sessions enrolls approximately 10,000 students into more than 650 academic courses across all disciplines. With online courses and seven sessions to choose from, students have the opportunity to make progress toward their degree, access courses that may be impacted during other quarters and explore a wide variety of electives. Visit our website for more details on courses, special programs and summer financial aid.

<http://www.summer.ucsb.edu>

NATIONAL SCHOLARSHIP COMPETITIONS

The Scholarship Coordinator in the College of Letters and Science Division of Undergraduate Education facilitates the application process for UCSB undergraduates from any college who are pursuing state, national and international scholarships that require campus nomination or endorsement. Campus application deadlines vary each year, but most occur in mid-summer and late fall quarters.

www.duels.ucsb.edu/academics/scholarships

Student Support Services

ARTS & LECTURES

(805) 893-3535
Box Office located in the Campbell Hall lobby
Arts & Lectures is the largest and most influential arts and lectures presenter between Los Angeles and San Francisco. The program enriches your student's education by presenting more than 100 events each year, including critically-acclaimed concerts, theater and dance performances by world-renowned artists, talks by authors, journalists and world leaders and select film screenings both on campus at Campbell Hall and in Santa Barbara community venues. With a mission to "educate, entertain and inspire," A&L's education outreach program brings visiting artists and speakers into classrooms and the community for master classes, open rehearsals and discussions that enrich and enliven the academic experience.
www.artsandlectures.ucsb.edu

AS LEGAL RESOURCE CENTER

(805) 893-4246
6550 Pardall Road, Isla Vista
The Associated Students' Legal Resource Center provides free legal consultation and education to all UCSB undergraduate and graduate students. Services include assistance with arrests, citations, tickets, leases, landlord issues, roommate problems, harassment, small claims, credit problems, accidents, consumer problems, employment, family law and other issues. The office is staffed by an attorney and is open Monday through Wednesday and Friday from 10 a.m.–5 p.m.
<https://legal.as.ucsb.edu>

CAREER SERVICES

(805) 893-4412
Building 599 (painted pink), located near Storke Tower. Many students and parents are surprised to learn that most UCSB majors do not lead to specific careers, so the staff at Career Services invites students to visit us early during their first year for help in clarifying what they want in a future career and how to get there. Our counselors and resources assist students to understand their unique qualities and how they might contribute to various types of work. Career Services also helps students to connect with employers for internships and jobs in order to gain professional experience to increase their employability upon graduation.
<http://career.ucsb.edu>

DEAN OF STUDENTS OFFICE

(805) 893-4568
Student Resource Building, in the Office of Student Life
The Dean of Students Office collaborates with various departments to coordinate and promote student well-being efforts. The office focuses on the health and safety of the campus community and fosters positive interaction among UCSB students, the university and the local area. The Dean of Students Office also offers assistance to parents and students in medical or other emergency situations. This includes making referrals to campus resources and providing assistance with administrative processes. For this type of emergency support, contact D'Anna Sandor at danna.sandor@sa.ucsb.edu or (805) 893-4521. For other questions related to the Dean of Students services, please call (805) 893-4568.

DISABLED STUDENTS PROGRAM (DSP)

(805) 893-2668
Student Resource Building, Second Floor
DSP supports students with permanent and temporary conditions that rise to the level of a disability. Students submit current information that documents the impact of their condition and then participate in an interactive process with their disability specialist to determine reasonable accommodations. Accommodations include note takers, exam accommodations, use of adaptive technology and advocacy advising.
<http://dsp.sa.ucsb.edu>

EDUCATIONAL OPPORTUNITY PROGRAM (EOP)

(805) 893-4758
Student Resource Building, Room 2210
The Educational Opportunity Program (EOP) at UC Santa Barbara is committed to providing student support services focused towards income-eligible, first-generation college students. EOP provides students with academic, financial, personal and career advising through a holistic counseling approach as well as social and cultural programming through the Cultural Resource Centers located in the Student Resource Building.
<http://eop.sa.ucsb.edu>

TRANSPORTATION & PARKING SERVICES (TPS)

(805) 893-2346
Parking Services provides parking accommodations for commuter students who travel to campus by offering 'C' permits for purchase. A valid, appropriate UCSB parking permit is required at all times for any vehicle parked on campus. Students can familiarize themselves with our parking map for parking areas to avoid being issued a citation (www.aw.id.ucsb.edu/maps). Due to limited parking resources and the cost of parking on campus, TPS strongly encourages students to not bring vehicles to UCSB. Visit the Transportation Alternatives Program website (<http://www.tps.ucsb.edu/commuter-options>) for more carpool, vanpool, MTD busline and transit information. www.tps.ucsb.edu

LGBTQ STUDENT SERVICES

(805) 893-5847
Student Resource Building, Third Floor
The Resource Center for Sexual & Gender Diversity (RCSGD) offers a safe and supportive environment for lesbian, gay, bisexual, transgender, queer, questioning, intersex and nonbinary students and their allies. We welcome everyone to utilize our lounge and computer lab, talk with student and professional staff, borrow media on LGBTQ+ topics, discuss advocacy needed on personal or community concerns and find involvement and belonging in our student organizations, weekly social and educational events. Volunteer and mentorship programs are available to get students connected to opportunities both on-campus and in the community. We encourage all people to get involved as we make UCSB a more welcoming and inclusive environment for all people.
<http://rcsgd.sa.ucsb.edu>

LIBRARY

(805) 893-2478
The UCSB Library, the intellectual, cultural and physical center of campus, contains more than 3.1 million books, 78,000 print and online journals and over 700 article and research databases. The first two floors of the building are open to UCSB students for late night study in a secure environment. Online personalized research support and access to the Library's digital resources are available 24/7 online. The beautiful, light-filled UCSB Library offers individual and group study spaces, computing and printing services, a café, research classes, exhibitions, lectures, a high-tech Interdisciplinary Research Collaboratory and one-on-one research consultations.
www.library.ucsb.edu

UNDOCUMENTED STUDENT SERVICES (USS)

(805) 893-5609
Student Resource Building, Second Floor
Undocumented Student Services (USS) provides resources, referrals, programming and training for undocumented students, students with undocumented families and allies. USS collaborates with the Dream Scholar Resource Team, a network of on-campus partners, to serve the undocumented community in order to ensure that undocumented students receive the holistic support they need to thrive at UCSB.
www.sa.ucsb.edu/dreamscholars/home

OFFICE OF STUDENT LIFE (OSL)

(805) 893-4569
Student Resource Building, Second Floor
OSL promotes undergraduate and graduate student engagement and development through co-curricular programs and services, including Campus Organizations, Fraternities and Sororities and Leadership Development. We champion student perspectives, initiatives, organizations and events. We seek to encourage widespread student involvement in campus life because student activities play an integral role in student retention and success and provide opportunities for human development. Furthermore, we promote a set of community standards that affirms both the right of freedom of expression within our community and the campus commitment to the highest standards of civility and decency towards all. <http://osl.sa.ucsb.edu>

OFFICE OF THE OMBUDS

(805) 893-3285
1205K Girvetz Hall
The Office of the Ombuds offers assistance to the UCSB community with the informal resolution of any university-related complaint or conflict. We serve students, staff, faculty and parents — essentially anyone with a campus-related concern. We offer a safe and confidential place to discuss interpersonal conflict, academic concerns, bureaucratic runarounds and many other problems. Community members can speak freely with us because we are not part of any formal university process and maintain confidentiality.
<https://ombuds.ucsb.edu>

MULTICULTURAL CENTER (MCC)

(805) 893-8411
Located in the University Center, near Corwin Pavilion
The MultiCultural Center (MCC) plays a critical role at UCSB in a number of ways impacting the intellectual and social growth of many students. It provides dynamic educational programs that enhance learning about different communities while cultivating deeper understanding. While engaged in proactive educational activities aimed at breaking down stereotypes, explaining the historical context of inequity and increasing knowledge of the marginalized, the MCC also provides a powerful psychological and physical "safe space" for students with diverse backgrounds. The MCC presents an average of 20–25 programs each quarter ranging from lectures and panel discussions to music and dance performances.
<http://mcc.sa.ucsb.edu>

RECREATION

(805) 893-3738
Recreation Center Building
Find your fit! Recreation offers programs, services and facilities that contribute to an active and balanced lifestyle. Thousands of Gauchos work out in the award-winning Recreation Center each day, which offers Fitness Centers, basketball courts, an aquatic complex and a Climbing Center. Students can compete in a variety of Intramural Sports leagues against their friends as well as over 70 Sport Clubs, which practice regularly and compete nationally. Students and non-students can also participate in programs such as Gaucho REC (Recreational and Exercise Classes), which features class categories in: Dance, Mind & Body, Martial Arts, Food & Drink, Sports, Certifications, Arts & Crafts and more. Several special events hosted by Recreation also take place each quarter such as Gaucho Cup, Mindful Monday, Hallowheels and the very popular Fun & Fitness Festival. As one of the largest student employers on campus with over 680 student positions, Recreation is also a great place to work!
<http://recreation.sa.ucsb.edu>

PARDALL CENTER

(805) 770-3145
6550 Pardall Road, Isla Vista
The Associated Students Pardall Center serves the UCSB and Isla Vista community. The first floor hosts individual study spaces, group work areas, computer and basic printing facilities along with meeting spaces for those needing a space to congregate. The Pardall Center is in the heart of Isla Vista and is home to the Self Help Legal Center, AS Legal Resource Center and Isla Vista Tenants Union. For more information and an IV resource guide, please visit our website.
<https://pardallcenter.as.ucsb.edu>

OFFICE OF STUDENT CONDUCT

(805) 893-4569
Student Resource Building, Second Floor
The mission of the Office of Student Conduct is to maintain the integrity of the academic and co-curricular experience for all students, ensuring campus safety and security through the investigation and adjudication of University alleged policy violations.
<http://judicialaffairs.sa.ucsb.edu>

WOMEN, GENDER, & SEXUAL EQUITY (WGSE)

(805) 893-3778
Student Resource Building, First Floor
The Women, Gender, & Sexual Equity (WGSE) department is dedicated to exploring gender-based issues and seeks to empower the campus community through education, advocacy and resources. By engaging students, staff, faculty and community members in an exploration of the role and impact of sex and gender in our society, the WGSE helps to foster an inclusive, equitable and non-violent campus community. Programs and services are open to all gender identities. The WGSE is made up of three service areas: Women's Center Programming, Non-Traditional Student Services and Campus Advocacy, Resources and Education. There are three spaces in the Student Resource Building under the WGSE: The Women's Center, CARE and the Non-Traditional Student Resource Center.
<http://wgse.sa.ucsb.edu>

UNIVERSITY CENTER (UCen)

(805) 893-4463
Located across from Storke Tower
The University Center (UCen) is UCSB's student union. The UCen houses the UCSB Campus Store, restaurants, a Starbucks, convenience store, lounges, meeting rooms, computer lab, study rooms, a U.S. Post Office and a copy shop. It is also home to many offices and resources such as the Associated Students' main office, Graduate Students Association, MultiCultural Center, Community Housing Office, A.S. Food Bank, Environmental Affairs Board and CALPIRG. Corwin Pavilion and the Hub host many larger gatherings such as lectures, concerts and dances throughout the year.
www.ucen.ucsb.edu

VETERANS AND MILITARY SERVICES

805-893-4758 or VeteransMilitaryServices@sa.ucsb.edu
Building 434, Rms. 123 and 125
Veterans and Military Services (VMS) provides comprehensive support to UCSB's military-related student community, including student veterans, active, Reserve and National Guard members as well as military dependents. As the military community's first-stop and strongest advocate, VMS promotes a positive educational experience for military-related students, supports their transition to and through the academic community and provides access to training, services and resources to facilitate degree completion and student success.
<http://www.sa.ucsb.edu/veterans/home>

**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/fp/2018-HEOA-UCSB.pdf. The Fire Safety program comprises education, training, practices and policies designed to protect a campus community from injuries, deaths, 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 Fire Safety Annual Report or the Fire Safety Program 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. When choosing a lock 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 bicycle registration year-round. For more information, contact CSO at (805) 893-5293.

ENVIRONMENTAL HEALTH & SAFETY

Environmental Health & Safety (EH&S) provides guidance and services to the campus community to promote the integration of health, safety and environmental stewardship into all university activities. EH&S programs include: Biological Safety, Dive Safety, Emergency Planning, Environmental Compliance, Environmental Health, Ergonomics, Fire Safety, General Safety, Hazardous Waste, Laboratory Safety, Occupational Health, Risk Management 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 community engagement in ending interpersonal violence 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 campus and in the 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 on CARE programs and services, visit <http://wgse.sa.ucsb.edu/care>.

Local Law Enforcement

LOCAL LAWS AND COUNTY ORDINANCES

UCSB Campus Police and the Isla Vista Foot Patrol strictly enforce the law on campus and in Isla Vista. Students may be cited or arrested if they are found to be breaking the law or unable to care for their own safety or the safety of others. UCSB students should be familiar with local and state laws and county ordinances. A list of these laws and ordinances as well as penalties and fines can be found on the Isla Vista Foot Patrol website at www.sbsheriff.org/lawsays.html. The following is a partial list of illegal activities that carry stiff fines and/or suspension of a driver's license; some violations will result in arrest and booking into jail:

- Minor in possession of alcohol or furnishing alcohol to a minor
- Driving/biking under the influence
- Public consumption of alcohol
- Display of an open container of alcohol
- Possession of alcohol in Isla Vista parks or beaches
- Public intoxication
- Possession of marijuana
- Possession of drug paraphernalia
- Possession of false identification
- Urinating in public
- Nighttime noise violation (amplified noise Sunday through Thursday after 10 p.m.; Friday/Saturday after midnight)
- Disturbing the peace
- Social Host Liability Ordinance (a civil citation that holds individuals responsible for hosting or knowingly providing a place for underage drinking to occur)

ISLA VISTA FOOT PATROL

The Isla Vista Foot Patrol was established in 1970 as one of the first community policing stations in California and has operated successfully under that concept ever since. The goal is to create a partnership between the public and law enforcement and to work together to help keep Isla Vista safe. The Isla Vista Foot Patrol, located at 6504 Trigo Road, is staffed by deputies from the Santa Barbara Sheriff's Office and officers from the University Police Department. The Santa Barbara County Sheriff's Office has primary jurisdiction in Isla Vista. Currently, Sheriff's Lieutenant Juan Camarena oversees the station and the deputies and officers work cooperatively to make a positive difference in the Isla Vista community.

In Isla Vista, some common violations of law include the following: fighting in public or other acts of violence, burglary (keep your doors locked!), minor in possession of alcohol, public intoxication, open alcohol containers in public, DUI/BUI (biking under the influence) and violating the noise ordinance (in effect after 10 p.m. on Sunday through Thursday and after midnight on Friday and Saturday nights).

Regular services of the Isla Vista Foot Patrol include answering calls related to crime (including burglary, robbery, sexual assault and other violent crimes), complaints, injury, illness, fire and custody and disposal of lost and found property. IV Foot Patrol staff are available to advise students on how to prevent them from being a victim. For more information, call (805) 681-4179. For emergency response in IV, students should dial 911.

POLICE DEPARTMENT

The UCSB Police Department 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 headquarters are located on the northwest side of campus, at the intersection of Stadium and Mesa Roads; next to 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, bicycle/skateboard safety class and manage the campus lost & found. UCSB Police Officers, Santa Barbara Sheriff's Office Deputies and California Highway Patrol Officers work collaboratively to serve the Isla Vista community.

ISLA VISTA SAFETY TIPS FOR STUDENTS

- Be careful near the cliffs along Del Playa Drive, where there are unfenced areas in some locations and unstable areas due to significant cliff erosion. Stay away from cliffs and off of balcony railings if you are under the influence and keep your friends away if they are impaired.
- Lock doors and windows. Don't leave valuables in vehicles and always secure bicycles.
- Walk in pairs or groups, especially at night and/or utilize the UCSB Community Service Organization (CSO) escort service (on campus and throughout Isla Vista) by calling (805) 893-2000.
- Don't allow people you don't know into your home.
- Know and obey the law and local ordinances, including traffic and bike laws.
- Be aware of your surroundings and call the Isla Vista Foot Patrol to report suspicious, dangerous or criminal behavior (911 or 805-681-4179).
- Never hesitate to call 911 if you believe someone has had too much to drink or may be overdosing on drugs. First responders will always prioritize getting someone the help they need over getting students in trouble.
- Obey the law and local ordinances, including traffic laws, and be aware of ordinances that may be unique to Isla Vista such as the ordinance that prohibits open containers of alcohol in public places.
- If you choose to consume alcohol at a party, do not leave your drink unattended or accept a drink from someone you don't know.
- Be an active bystander and check in with others or intervene if you see something that doesn't look right.

Local Emergency Contact Information:

- Emergencies or immediate response: 911
- Campus non-emergencies: (805) 893-3446
- Isla Vista non-emergencies: (805) 681-4179
- Community Service Organization (CSO) Safety Escorts: (805) 893-2000
- All red phones on campus are emergency phones and are connected directly to the UCSB Police Department.

Staying Informed

Clery Act Annual Security Report

The University is committed to providing a safe and secure campus environment. In accordance with the "Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act" (Clery Act), UCSB publishes an Annual Security Report to provide information regarding campus safety and security policies, crime statistics and resources to current and prospective students and employees.

This report includes statistics for the previous three years concerning crimes reported to Campus Security Authorities (CSAs) that occurred on campus, in certain off-campus UCSB-affiliated properties and on public property adjacent to and accessible from campus. The report also includes campus policies concerning crime prevention, crime reporting, alcohol and drug use, sexual and interpersonal violence, student discipline and other matters. To access the Annual Security Report, visit www.police.ucsb.edu/asr. A hard copy of this report may also be requested 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: Timely Warnings and Emergency Notifications. Timely Warnings are sent for Clery-reportable crimes that are determined to be a continuous threat to the campus community. Emergency Notifications have a wider focus than Timely Warnings and are issued for any significant emergency or dangerous situation involving an immediate threat to the health or safety of the campus community. Students, staff and faculty can register and update contact information for these alerts at alert.ucsb.edu. Everyone is encouraged to register their cell phone numbers, so that they can receive text message alerts in addition to emails.

Campus safety is a collaborative effort that involves the entire community. The University encourages victims, witnesses and community members who are made aware of crimes to report all incidents to the UCSB Police Department at (805) 893-3446. To learn more about the Clery Act, please visit www.police.ucsb.edu/clery-act.

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 emergency situations. In the event of a serious incident which poses an immediate threat to members of the UC Santa Barbara community, the university has various systems in place for communicating emergency information. Some or all of the following methods of communication may be activated in the event of an immediate threat to the UCSB campus community:

- UCSB Alert allows university officials to quickly distribute critical information to registered UCSB account holders wherever they are during an emergency.
- UCSB Alert sends emails to school, work and home accounts and text messages to cell phones, smartphones and other handheld devices.
- Students' university email accounts are automatically registered with UCSB Alert, however it is recommended that students register their cell phone numbers and personal email accounts to also receive alerts. Accounts for parents are not created, however students are encouraged to add parent email and/or cell phone numbers to their student account. For additional information, visit <https://alert.ucsb.edu/#/faq>.
- The university posts updates during a critical incident on the UCSB homepage (www.ucsb.edu).
- Recorded informational updates may be provided on UCSB's Emergency Information Line at (888) 488-UCSB. Live updates may also be provided on the campus radio station, KCSB 91.9FM.

As you prepare to send your student to UCSB, we recommend that you create a personal emergency kit. The emergency kit should include items such as a week's supply of required medications, spare eyeglasses or contact lenses, close-toed shoes and any other items essential to enabling your student to be prepared for an extended emergency. Please consult the Federal Emergency Management Agency (FEMA) website for more preparedness resources: www.ready.gov/make-a-plan.

Important Campus Policies

ACADEMIC MISCONDUCT

The core of a university's integrity is its scholastic honesty. Academic dishonesty weakens UCSB's educational role and defrauds all who comprise its community. It is expected that students understand and subscribe to the idea of academic integrity and be willing to bear individual responsibility for their work. Materials (written or otherwise) submitted to fulfill academic requirements must represent a student's own efforts. Any act of academic dishonesty, such as cheating or plagiarism, is unacceptable and will be met with swift disciplinary action. For more information on UCSB's academic conduct policies, refer to the General Catalog (<http://my.sa.ucsb.edu/Catalog>) or to the Judicial Affairs website (<http://judicialaffairs.sa.ucsb.edu>).

CAMPUS REGULATIONS

Campus Regulations applying to campus activities, organizations and students address the rights and responsibilities of members of the university and provide campus-wide standards of conduct. UCSB students are expected to conduct themselves in a manner compatible with UCSB's function as an educational institution. Students and registered campus organizations are subject to university discipline for conduct that interferes with university teaching, research or administrative activities and for conduct that adversely affects either themselves or other members of the academic community. Students are expected to comply with all local, state and federal laws. The complete text of Campus Regulations can be found at www.sa.ucsb.edu/regulations. The website contains information on academic and non-academic student conduct, campus organizations, campus activities, university facilities, student government, student elections, disciplinary bodies and procedures, violations and sanctions, student rights and student grievance procedures. Some campus regulations also apply to UCSB students off-campus or anywhere they commit the following offenses: sexual assault, sexual harassment, stalking, hazing, violence, threats of violence and conduct that threatens the health or safety of any persons, including arson.

CAMPUS ORGANIZATION, FRATERNITY & SORORITY POLICIES

Parents, families, and friends: you play an essential role in helping us maintain a safe atmosphere in campus activities! All registered campus organizations, including fraternities and sororities, are subject to University regulations regarding organization conduct. Among other things, these policies help to ensure effective administration, access and comprehensive risk management. All organizations at UCSB are prohibited from hazing (i.e. treatment of new members that causes, or is likely to cause, embarrassment or injury). All organizations at UCSB are expected to follow campus policies and local, state and federal laws (including those regarding alcohol and controlled substances). Specific policies pertaining to campus organizations are available from the Office of Student Life (OSL).

If you have concerns about any UCSB-recognized organization's conduct, please speak with an advisor in OSL (805-893-4569) or file a conduct complaint form at <http://osl.sa.ucsb.edu/report>. Violations of the University regulations are referred to the Registered Campus Organizations Conduct Board for adjudication and response. Response ranges from educational requirements to rescission of University recognition. In order to encourage use of 911 during emergency situations, under the Responsible Action Protocol, reports that result from calling for medical emergency services will generally only result in educational requirements.

SEXUAL ASSAULT, DATING/DOMESTIC VIOLENCE AND STALKING POLICY

Sexual assault, dating/domestic violence and stalking are prohibited by UCSB policies and state laws. The UC Policy on Sexual Harassment and Sexual Violence, which prohibits those behaviors, can be found at <http://sexualviolence.ucsb.edu/policies>. UCSB's Campus Advocacy, Resources & Education (CARE) Office is the confidential campus service provider for sexual violence and works to provide crisis intervention, support resources and accommodations. In addition to advocacy services, CARE provides extensive educational programming and is dedicated to community education focused on social change and creating a UCSB culture that does not support violence. CARE is located inside the Women's Center in the Student Resource Building and in Isla Vista at the Gaucho Support Center. CARE advocates are available 24 hours a day, 7 days a week by calling the direct advocacy line at (805) 893-4613. For more information about CARE programs and services, visit <http://wgse.sa.ucsb.edu/care>.

SMOKING POLICY

As of January 2014, the entire University of California system has been smoke-free and tobacco-free. Smoking, the use of smokeless tobacco products, e-cigarettes and unregulated products is not allowed on UC-owned or leased properties.

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 separate institution, where institutional choice is allowed under FERPA. Information provided in this section summarizes 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's record is disclosed to a third party. The written consent must be signed and dated by the student and specify:

- The educational records to be disclosed
- The purpose of the disclosure
- The party or class of parties to whom the disclosure may be made

Complete information regarding FERPA is available at <https://studentprivacy.ed.gov/>. Parents are encouraged to read more information at <https://registrar.sa.ucsb.edu/Student-Records/student-records-privacy/ferpa-for-parents>.



Alcohol and Other Drug Policies

UCSB CAMPUS ALCOHOL AND DRUG POLICIES AND PROGRAMS

UC and UCSB 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 the misuse of legal substances in a manner that impairs scholarly activities, job performance or student life. These policies are available at www.sa.ucsb.edu/policies. In addition, students living in university-owned housing are subject to substance use policies outlined in the Residence Hall Policies document (www.housing.ucsb.edu). Students who violate policies, rules and regulations are subject to disciplinary action by UCSB 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 free/confidential 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 learning and living 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 document that can be found on the housing website (www.housing.ucsb.edu). All alcohol and drug violations will be reviewed and sanctioned according to the seriousness of the violation. Sanctions range from requiring a resident to be evaluated and to attend an educational course offered through the UCSB Alcohol and Drug Program, up to contract cancellation and/or loss of student status. Disciplinary actions are outlined in the UCSB Campus Regulations that are found on the Student Affairs website at www.sa.ucsb.edu.

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/regulations) 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://www.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 this 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 (805) 893-4568.

NOTICE OF NON-DISCRIMINATION

The University of California, in accordance with applicable federal and state law and university policy, 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 admission, access and treatment in university programs and activities.

Notes

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.



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!

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.

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

www.sa.ucsb.edu/parents