## School Packing List

### ELECTRONICS
- Alarm clock
- Chargers
- Headphones

### COMPUTER
- Flash drive or USB
- Heavy duty extension cord
- Laptop (optional)
- Metal surge protector

### SCHOOL SUPPLIES
- Backpack
- Calculator
- Day planner
- Highlighters
- Index cards
- Notebooks
- Paper clips
- Pens
- Pencils
- Post-It-Notes
- Push pins
- Ruler
- Scissors
- Stapler/staples
- Tape

### TOILETRIES
- Bath towel
- Brush
- Carrying case/caddy
- Cold medicine
- Cough medicine/cough drops
- Deodorant
- First aid kit, bandages
- Nail clippers
- Prescription and over the counter medications
- Razors/shaving equipment
- Soap
- Shampoo, conditioner
- Shower shoes
- Sun block
- Thermometer
- Tissues
- Toothbrush/toothpaste
- Towels, washcloths

### MISCELLANEOUS
- Batteries
- Beach towel
- Flashlight
- Hot beverage mug
- Gym bag/overnight bag
- Laundry detergent
- Laundry softener/stain remover
- Sewing kit
- Tools (screwdriver, pliers, etc.)
- Utensils
- Umbrella
- Reusable water bottle and water filter pitcher

### ROOM FURNISHINGS
- Bed light
- Decorations
- Desk lamp
- Desk organizer
- Dry erase board/cork board
- Fan (small)
- Hangers
- Laundry bag or basket
- Posters/pictures (family, friends)
- Small refrigerator (optional)
- Wall hooks (non-adhesive)
- Storage containers

### CLOTHING
- Standard wardrobe
- Rain jacket/rain boots
- Robe
- Sunglasses
- Winter coat/cap
- 1-2 nice outfits (including belt and dress socks)

### BEDDING
- Blankets
- Comforter
- Mattress pad (twin extra long)
- Pillow/pillow cases
- Sheets (twin extra long)

### PAPERWORK
- Access card (student ID)
- Bank info/checks
- Binder with all school documents
- Car registration information
- Copy of serial numbers of valuable items (electronics, bike, etc.)
- Debit/prepaid card
- Driver’s license
- Medical insurance card
- Proof of work eligibility (Social Security card or DACA)

### TRANSPORTATION
- Bike
- Bike light
- Bike lock (U-lock recommended)
- Proof of ownership/registration
- Skateboard
## Packing, Prepping, and Parting

Transitions 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 2022

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### 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 typically staggered 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, and Ethernet 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 their building assignment before purchasing a parking permit.
- Taking the bus, biking, walking, and skateboarding are common forms of student transportation. Students do not need a car. Santa Barbara Airport, a train station and bus stations 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.

### 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's 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; parents 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 SEVERAL 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 — the time will go by quickly!
New Student 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.

**SEPTMBER 2022**

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
</tbody>
</table>
|      |      |      |      | **DEADLINE TO PAY FALL FEES** See https://my.ucsb.edu for more information | **RESIDENCE HALL MOVE-IN WEEKEND** for university-owned halls. Visit shoreline.ucsb.edu for more information | **WELCOME TO UCSB!** | **STUDENT PERSPECTIVE:** 

"My first year has been everything I wanted it to be and more. Somewhere 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 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, Chicano Studies

"I came into UCSB as a transfer student from LA County, and I remember being so worried and scared that I wouldn’t make any connections. I had to push myself to become more involved in extracurricular activities like the Transfer Student Alliance (TSA) and even got to work for Orientation Programs and Parent Services. Although some days were harder than others, I wouldn’t ever change my decision to come to UCSB. I’ve met amazing people and a community that really cares for their students."  
- Senior, 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."  
- Sophomore, Sociology

"I came into UCSB as a transfer student from LA County, and I remember being so worried and scared that I wouldn’t make any connections. I had to push myself to become more involved in extracurricular activities like the Transfer Student Alliance (TSA) and even got to work for Orientation Programs and Parent Services. Although some days were harder than others, I wouldn’t ever change my decision to come to UCSB. I’ve met amazing people and a community that really cares for their students."  
- Senior, 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."  
- Sophomore, Sociology

"I came into UCSB as a transfer student from LA County, and I remember being so worried and scared that I wouldn’t make any connections. I had to push myself to become more involved in extracurricular activities like the Transfer Student Alliance (TSA) and even got to work for Orientation Programs and Parent Services. Although some days were harder than others, I wouldn’t ever change my decision to come to UCSB. I’ve met amazing people and a community that really cares for their students."
- Junior, Chicano Studies

**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:
- **INT186AA-ZZ (1 unit: Exploration)**  
- **INT187AA-ZZ (2 units: Discovery/Linked) Transfer seminars are listed as:**  
  - **INT188AA-ZZ (1 unit: Exploration)  
  - **INT189AA-ZZ (2 units: Discovery/Linked)**

Visit http://www.duells.ucsb.edu/academics/seminars/list to see a list of current and past seminars.

**UPCOMING EVENTS**

- **Rosh Hashanah begins**

- **Yom Kippur**

**UNIVERSITY SUCCESS COURSES**

The Dean of Students Office offers two popular courses in collaboration with the 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.
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.

<table>
<thead>
<tr>
<th>OCTOBER 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUN</strong></td>
</tr>
<tr>
<td>All dates in this calendar are subject to change — visit <a href="http://www.ucsb.edu">www.ucsb.edu</a> for updates and more information.</td>
</tr>
<tr>
<td>FAFSA/DREAM ACT APPLICATION OPENS FOR 2023-24</td>
</tr>
<tr>
<td>1 FINAL DAY TO WAIVE UC-SHIP HEALTH INSURANCE WITHOUT FEE</td>
</tr>
<tr>
<td>2</td>
</tr>
<tr>
<td>Yom Kippur begins</td>
</tr>
<tr>
<td>9</td>
</tr>
<tr>
<td>Indigenous People’s Day</td>
</tr>
<tr>
<td>15 FINAL DAY TO WAIVE UC-SHIP HEALTH INSURANCE W/ $50 FEE</td>
</tr>
<tr>
<td>16</td>
</tr>
<tr>
<td>23</td>
</tr>
<tr>
<td>30</td>
</tr>
<tr>
<td>Halloween</td>
</tr>
</tbody>
</table>

**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://cabin.ucsb.edu.

**LEADERSHIP DEVELOPMENT (SEAL)**

Student Engagement & Leadership (SEAL) 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 Student Life Resource Center (Student Resource Building, Room 110A) or our online engagement platform, Shoeline. Shoeline.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.

**OUTDOOR PROGRAMS**

Takin Gauchos on adventures since 1974, UCSB Adventure Programs in the Department of Recreation is proud to offer kayaking, climbing, canoeing, backpacking, surfing, stand-up paddle boarding, aerial skills, canyoneering, camping trips, equipment rentals, ropes courses, Adventure Climbing Center certifications in SCUBA and wilderness aid. New Gauchos can jump-start their UCSB experience by joining the popular First Year Outdoor Adventure (FYOA) offered just before UCSB move-in weekend. Ask us about working at the Adventure Climbing Center, Adventure Ropes Course or joining our Leadership Training Course to become an outdoor guide! For more information about all Adventure Programs, visit recreation.ucsb.edu.

**RESIDENCE HALL ASSOCIATION (RHA)**

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 in the fall. For more information about RHA, visit https://cab.as.ucsb.edu.

**THEATER & DANCE**

The Department of Theater and Dance provides a thrilling 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 https://cab.as.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 at 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 2022

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All dates in this calendar are subject to change — visit <a href="http://www.ucsb.edu">www.ucsb.edu</a> for updates and more information.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Daylight Savings Time Ends</td>
<td>Election Day</td>
<td>University Holiday Campus offices closed Veteran’s Day (observed date)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>University Holidays Campus offices closed Thanksgiving Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 you 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 NY?

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 their own experiences with alcohol, both positive and negative.

Do not, however, idealize any over-indulgences from your own youth. Your student may assume that your behavior was acceptable. Reinforce that UCSB has zero tolerance for alcohol and/or drug violations.

Encourage your students to assert their right to a safe and livable environment.

Help your student stand up for a right to a safe and academic social environment and discuss ways that your student can get assistance from residence hall and/or other UCSB resources.

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 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.

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 studenthealth.sa.ucsb.edu or for UC SHIP Gateway to schedule a medical appointment on-line. https://studenthealth.sa.ucsb.edu/login.

Student of the Month

All registered students are able to utilize services as follows:

- Weekdays: 8 a.m.–4:30 p.m.
- [Shift late opening Wednesdays at 9 a.m.]
- [Shift late opening Thursdays at 9 a.m.]
- For emergencies, local Urgent Care Centers and the Goleta Valley Cottage Hospital are close by and our After Hours Nurse is always open at (805) 999-3485.

HEALTH INSURANCE

University of California mandates that all students be covered by a health insurance plan. All registered undergraduate and graduate students are automatically enrolled in the University of California Student Health Insurance Plan (UC SHIP), unless they choose to submit a waiver request. UC SHIP is a comprehensive insurance plan which includes Medical, Vision, Dental, and Pharmacy coverage. The medical plan features year-round, worldwide coverage using the Anthem Blue Cross network, and includes prepaid access to care at the UCSB Student Health Center. The premium for UC SHIP is included in your total cost of attendance and you will be automatically charged each quarter. Depending on your financial need, you may be eligible to have your UC Student Health Insurance Plan (UC SHIP) premium fully or partially covered by a UC Health Insurance Grant from the Office of Financial Aid & Scholarships. Please note that your financial aid award will change if you waive out of UC SHIP.

To waive out UC SHIP coverage and remove the insurance premium charge, the student must upload evidence of qualifying health coverage into our secure waiver portal and confirm that their waiver was accepted. Email confirmation that the waiver was approved will be sent to the student’s UCSC email account. The on-time deadline to submit a waiver is October 1st, with late waivers accepted through October 15th ($10 late fee assessed). If you would like further information to help you decide to complete or waive UC SHIP, or stay enrolled, please contact the UCSC Student Health Insurance Office at (805) 893-2562, or by email to shswaivers@sa.ucsb.edu.

Students interested in exempting or enrolling in the Gauchos Access Plan (GAP) for prepaid access to most UCSB Student Health services, please visit http://studenthealth.ucsb.edu/insurance/gap for details.

IMMUNIZATION REQUIREMENTS

All incoming and re-admitted students are required to complete a tuberculosis (TB) screening and satisfy immunization requirements as mandated by the UC Office of the President. The recommended due date is before the start of your first quarter. Failure to comply with the requirements will result in a registration block for the following quarter. We strongly encourage you to start this process early, as you may be required to complete additional steps prior to arrival on campus. Exemptions are only granted for medical conditions assessed by a licensed medical physician, nurse practitioner, or physician assistant.

For further information and instructions for completing these requirements please visit http://studenthealth.sa.ucsb.edu/medical-services/immunization-information. Students can complete tuberculosis (TB) screening, enter required immunization data, and upload immunization records on the Student Health Service Patient Portal.

MENINGITIS AND THE MENINGITIS VACCINE

This disease is a particularly serious risk for college students, and all students are urged to ensure they receive the two vaccines currently available against meningococcal disease (both AACYW and the Men B vaccine series). Students should have a vaccine shot at age 11 or later for the older serogroups (Menactra®, Menveo® or Menomune®) that cover serogroups A, C, W, Y, and the new Men B vaccines, either Beextra® (2 doses) or Trumensal® B (dose).

Guidelines provided by the CDC, the Advisory Committee on Immunization Practices (ACIP), and the California Department of Public Health (CDPH) recommend that all men and women who are at increased risk for meningococcal disease should receive MenB vaccine. The following risk groups include: students living in a residence hall, students living in or attending a college fraternity, and students living in close proximity to one or more immunocompromised persons.

ACIP guideline for MenB vaccine in healthy young adults aged 19–23 years:

- For healthy young adults who are at increased risk (living in a residence hall, or living in or attending a college fraternity).
- For those who are not up to date with MenACWY vaccine (Menactra®, Menveo® or Menomune®) and wish to receive MenB vaccine.

For more information please visit: https://www.cdc.gov/vaccines/pubs/acip-recs/acip-men-b-vaccine-guidance.pdf

For more immunization information, please visit: https://www.cdc.gov/vaccines/

RECOMMENDED IMMUNIZATIONS

In the United States, meningococcal disease is the leading cause of bacterial meningitis. Meningococcal disease occurs when meningococcal bacteria infect the meninges, the membranes that cover the brain and spinal cord. The bacteria release toxins that cause inflammation and swelling of the meninges, leading to clinical disease. Meningococcal disease can be very severe and can be rapidly fatal.

The most common symptoms are fever, a stiff neck, headache, confusion, and a rash. In severe cases, the infection can cause lesions on the skin and severe shock, leading to organ failure. There is no specific treatment for meningococcal disease, and the bacteria are spread primarily through contact with respiratory secretions, such as saliva.

The most effective way to prevent meningococcal disease is through vaccination. The two most common vaccines are MenB vaccine and MenACWY vaccine. MenB vaccine is recommended for all persons aged 11 through 23 years and those who are at increased risk for meningococcal disease.

There are several meningococcal vaccines available, including MenB vaccine, MenACWY vaccine, and MenACWY-TR vaccine. MenB vaccine is a meningococcal vaccine that protects against serogroup B meningococcal disease.

MenACWY vaccine is a meningococcal vaccine that protects against serogroups A, C, W, and Y meningococcal disease.

MenACWY-TR vaccine is a meningococcal vaccine that protects against serogroups A, C, W, and Y meningococcal disease as well as serogroup B meningococcal disease.

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.
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.

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 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) 893-4411.
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 success at the University. University-owned undergraduate apartments are available for continuing and transfer students and are located in close proximity to campus.

FEBRUARY 2023

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
</tbody>
</table>

**STUDENT PERSPECTIVES: LIVING IN A TRIPLE**

“Living in a triple was honestly super fun. Not only do you save money, you get double the support. If you need a break from your roommate, don’t fret! The chances of all three of you not 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 2023

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

California FAFSA/Dream Act Application Deadline

Last Day of Instruction

Deadline to Pay for Spring Fees

Final Examinations

March 18-24

Ramadan begins

Spring Break

March 25–April 2

April 1

St. Patrick’s Day

Spring Break

March 25-29

May

Summer

Financial Aid

Paying for college can be challenging and the Office of Financial Aid & Scholarships is here to help. We advise all eligible students to apply for aid through the Free Application for Federal Student Aid (FAFSA) or the California Dream Act Application (CADAA). March 2nd is the priority deadline, but students who apply after this date can still receive some forms of aid. We also encourage all students to use our ScholarshipUniverse platform to search and apply for scholarships for which they are eligible. Please encourage students to call, email, or visit 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, My Aid Status, hosts important information and lists tasks that students need to complete before receiving aid. Please also reach out if your financial circumstances are complicated or have changed since filing your application. 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 for more information; Monday–Friday, 10 a.m.-4 p.m.

Access ID/Debit Card

The ACCESS Card is the UCSB student ID. Students can use their cards as debit cards by making a deposit. Deposits in the amount of the student’s quarterly charges are accepted at the UCSB Campus Store, UCan Post Office, Student Health, and all campus dining/hotel facilities as well as select off-campus vendors. The ACCESS card has a one-time processing fee of $30 (BARC only). Visit the ACCESS Center at the UCAN Post Office, or call 805-893-2464 for more information; Monday–Friday, 10 a.m.-4 p.m.
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 assessment and/or education. The University maintains limited juridiction 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. For more information, visit https://adp.sa.ucsb.edu or call (805) 893-5013 to schedule an appointment.

MYTH: All students at UCSB regularly consume alcohol and use recreational substances.

FACT: The 2019 National College Health Assessment (NCHA) demonstrates that, within the past 30 days, over 31% of UCSB students report no alcohol use, over 57% of UCSB students report no marijuana use, and over 85% 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 the 24/7 crisis line at (805) 893-5013 or visiting https://adp.sa.ucsb.edu/

SUBSTANCE-FREE PROGRAMMING

Providing a safe and fun social environment is a university-wide effort that unites 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, Student Engagement & Leadership (SEAL), and student-led organizations such as Life of the Party (LOP), Work and Play, and Second Chance, create, support and promote non-alcohol centered activities, events, and venues. Residence Hall staff, Student Engagement & Leadership (SEAL), and student-led organizations such as Life of the Party (LOP), Work and Play, and Second Chance, create, support and promote non-alcohol centered activities, events, and venues.

SOME WARNING SIGNS/RISKS OF ALCOHOL OR DRUG ISSUES

- Change in mood and/or behavior
- Attempts to self-medicate an existing or undiagnosed 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 choose 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.

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, sexual violence prevention, and mental health. The courses must be completed prior to the first day of classes. Additionally, all new students are required to attend Gaucho FYI, a workshop during 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 trainings must be completed by new undergraduate students or a registration block will be placed on the student’s account until the requirement is satisfied.

Student Well-Being

UCSB is deeply concerned about student and community safety. Your student will receive educational information about excessive and risky drinking as well as the use of controlled and recreational substances 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://adp.sa.ucsb.edu or call the Alcohol and Drug Program at (805) 893-5013.

APRIL 2023

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>University-owned residence halls re-open</td>
<td>FIRST DAY OF SPRING INSTRUCTION</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ramadan ends</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Research: An Opportunity No Student Should Miss!

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 2023

STUDENT RESEARCH RESOURCES
- Center for Science and Engineering Partnerships
  https://csep.cnsi.ucsb.edu/
- College of Letters and Science: URCA
  http://www.duels.ucsb.edu/research/urca
- College of Creative Studies
  https://ccs.ucsb.edu/
- Materials Research Laboratory
  https://www.mrl.ucsb.edu/education/undergraduate-opportunities
- McNair Scholars Program
  https://mcnair.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
- “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 Community Services District with five elected and two appointed members. 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 2023**

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Move out for university-owned residence halls begins. Students should check with RA’s for details.</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>LAST DAY OF INSTRUCTION</td>
<td>10</td>
<td>FINAL EXAMINATIONS June 10-16</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>COMMENCEMENT FOR CLASS OF 2023 University-owned residence halls close</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Commencement for Class of 2023</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Father’s Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>
The Transfer Experience

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 the Dean of Students 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, graduate school, 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 the course, contact Emma Parker at emmaparker@ucsb.edu.

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 networks.

The Transfer Experience at UCSB

There are a number of important considerations to keep in mind and we recommend using the following as a guide to help ensure your student’s success at UCSB.

- 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 the attending physician 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).
- We wish you and your student a successful year ahead.

Warmly,
Angela Andrade, PhD
Dean of Student Wellness
Sharleen O'Brien, PsyD
Associate Dean, Director of Health & Wellness
Amanda Flores, MSW
Assistant Dean, Director of Student Mental Health Coordination Services

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 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 presenting me with a world sapience. I wanted to establish 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 ED 118, 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 confidently say that the most of my time here at UCSB. As transfer student, 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.

— Julian, Political Science

Your Student’s Health

Dear Parents and Family Members,

As your Deans for Student Wellness at UC Santa Barbara, our primary focus is supporting the well-being of UCSB students, which is essential to their success. We encourage students to care for their personal needs, to seek out social, mental health, physical health, or basic needs emerges, this site can help ensure your student’s success at UCSB:

- 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 the attending physician 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).
- We wish you and your student a successful year ahead.

Warmly,
Angela Andrade, PhD
Dean of Student Wellness
Sharleen O’Brien, PsyD
Associate Dean, Director of Health & Wellness
Amanda Flores, MSW
Assistant Dean, Director of Student Mental Health Coordination Services

There are a number of important considerations to keep in mind and we recommend using the following as a guide to help ensure your student’s success at UCSB.

- 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 the attending physician 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).
- We wish you and your student a successful year ahead.

Warmly,
Angela Andrade, PhD
Dean of Student Wellness
Sharleen O’Brien, PsyD
Associate Dean, Director of Health & Wellness
Amanda Flores, MSW
Assistant Dean, Director of Student Mental Health Coordination Services

There are a number of important considerations to keep in mind and we recommend using the following as a guide to help ensure your student’s success at UCSB.

- 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 the attending physician 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).
- We wish you and your student a successful year ahead.

Warmly,
Angela Andrade, PhD
Dean of Student Wellness
Sharleen O’Brien, PsyD
Associate Dean, Director of Health & Wellness
Amanda Flores, MSW
Assistant Dean, Director of Student Mental Health Coordination Services

There are a number of important considerations to keep in mind and we recommend using the following as a guide to help ensure your student’s success at UCSB.

- 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 the attending physician 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).
- We wish you and your student a successful year ahead.

Warmly,
Angela Andrade, PhD
Dean of Student Wellness
Sharleen O’Brien, PsyD
Associate Dean, Director of Health & Wellness
Amanda Flores, MSW
Assistant Dean, Director of Student Mental Health Coordination Services

IDENFITYING 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
- Changes in eating or sleeping patterns
- Decline in functioning, (e.g., not attending class, not sleeping or sleeping too much)
- Change in personality or behavior, 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
- Emotions or anger out of proportion
- Others feel uncomfortable or worried about them
- Excessive 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: 805-893-3486 or http://caps.sa.ucsb.edu
- Health & Wellness Programs: 805-893-3477 or http://wellness.ucsb.edu
- Office of the Dean of Students: 805-893-3087 or https://students.ucsb.edu/departments/socialwork
- Social Work Services: 805-893-3087 or https://students.ucsb.edu/departments/socialwork
- Student Mental Health Coordination Services: 805-893-3087 or https://students.ucsb.edu/departments/socialwork
- UC Police Department: 805-893-3486 or https://police.ucsb.edu
- Student Health Service: 805-893-3486 or https://students.ucsb.edu/departments/studenthealth

- Location: Social Work Services
- Phone: 805-893-3087 or https://students.ucsb.edu/departments/socialwork
- Student Mental Health Coordination Services
- Phone: 805-893-3087 or https://students.ucsb.edu/departments/socialwork
- UC Police Department
- Phone: 805-893-3486 or https://police.ucsb.edu
- Student Health Service
- Phone: 805-893-3486 or https://students.ucsb.edu/departments/studenthealth

25
HONORS PROGRAMS
Through 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 and access research opportunities and advanced interactions with faculty and peers in small discussion sections. In addition to the College Honors Programs, the "distinction in the major" programs in many majors offer students additional opportunities to research and independent study in the major field.

For more information:
- Letters and Science Honors Program: www.duels.ucsb.edu/letters or email honors@letters.ucsb.edu
- Engineering Honors Program: https://engineering.ucsb.edu/undergraduate/academic-programs/engineering-honors-program or email honors@engineering.ucsb.edu

The College of Engineering offers Bachelor of Science degrees in computer science, electrical, and mechanical engineering. The College of Letters and Science offers a liberal arts 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 performance, and liberal arts—B.A. and B.B.S. degrees are offered in chemistry, mathematics, and physics. The Bachelor of Science degree is also offered in engineering.

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 Catalog for specific requirements in each of these areas (https://ucsb.catalog.ucsb.edu).
many and advocacy, and get involved with student orgs and departments. The Resource Center for Sexual & Gender Diversity (805) 893-4758    Student Resource Building, Second Floor provides free legal consultation and education to all UCSB undergraduate and graduate students. Services include assistance with traffic tickets, leases, landlord issues, roommate problems, harassment, small claims, immigration, domestic abuse, employment, family law, and other non-university related or student-versus-student issues. The office is staffed by volunteers and is available Monday through Friday from 9 a.m. – 5 p.m. - https://legal.as.ucsb.edu

CAREER SERVICES

- The Associated Students’ Career Center provides free career counseling and education to all UCSB undergraduate and graduate students. Services include assistance with internships and jobs, advising, assistance with resumes, letters, and cover letters, career fairs, career exploration, workshops, and networking events. - https://career.ucsb.edu

DEPARTMENT OF RECREATION

- Recreation Center Building 599 (Painted pink) Many students and parents are surprised to learn that most UCSB majors do not lead to specific careers, so the Career Services office invites students to visit us early in their college experience to help clarify what they want in a future career and how to get there. Our counselors and resources assist in helping students understand their values, interests, and how they might contribute to various types of work. Career Services offers resume critiques, interview preparation, cover letters, and advice for internships and jobs in order to gain professional experience to increase their employability upon graduation. https://career.ucsb.edu

DEAN OF STUDENTS OFFICE

- The Dean of Students Office collaborates with various departments on campus to promote student well-being and to provide a safe and healthy environment for students. The office focuses on the health and safety of students and is a great place to work and Find Your Fit! - https://students.ucsb.edu

DISABLED STUDENTS PROGRAM (DSP)

- Student Resource Building, Second Floor (805) 893-2000 Students can access services that help them address any conditions that rise to the level of a disability. Students submit current information that documents the impact and accommodations provided. Accommodations include notetakers, exam accommodations, use of adaptive technology, and advocacy advising. - https://students.ucsb.edu/disabled-students-program

EDUCATIONAL OPPORTUNITY PROGRAM (EOP)

- Student Resource Building, Second Floor (805) 893-4758 The Educational Opportunity Program (EOP) at UC Santa Barbara is committed to helping students succeed in college. EOP provides students with academic, cultural, and social enrichment activities and connects them with professional staff who can assist them in making the transition to college. EOP offers many counseling approaches as well as social and cultural programming. - https://eop.sa.ucsb.edu

LGBTQ STUDENT SERVICES

- Student Resource Building, Third Floor (805) 893-3841 The Queer Resource Center (QRC) is a support and educational resource for LGBTQ+ and allied students. The center provides a safe and inclusive environment where students can socialize, study, and receive support. - https://lgbtq.ucsb.edu

LIBRARY

- The UCSB Library, the intellectual, cultural, and physical center of campus, hosts more than 3.2 million books, 78,000 print and online journals, and over 100,000 audio and video recordings. The library offers a variety of services, including a large collection of books and journals, as well as access to the Library's digital resources available 24/7. The library also provides a powerful physical and online "safe space" for students with diverse backgrounds. The library offers a wide range of services, including individual and group research assistance, access to the Library's digital resources available 24/7, and one-on-one research consultations. - https://library.ucsb.edu

MULTICULTURAL CENTER (MCC)

- Student Resource Center, near Conven Pavilion The Multicultural Center (MCC) plays a critical role in impacting the intellectual and social growth of many UCSB 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, exploring the historical context of inequity, and increasing awareness of diversity, 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. We also have over 50 student Group members that are affiliated with the MCC, and we maintain a mutually supportive relationship as we work to build a community of support to all our students. - http://mcc.ucsb.edu

OFFICE OF STUDENT CONDUCT

- Student Resource Building, Second Floor (805) 893-5016 The Office of the Student Conduct adjudicates academic and behavioral violations of the Student Conduct Code. We demand the highest academic and behavioral integrity and ensure community by repairing violations of trust through restorative practices and administrative proceedings. The office also promotes a culture of civility and decency. - http://conduct.ucsb.edu

ONDAS STUDENT CENTER

- 1205K, Girvetz Hall The Ondas Student Center supports the transition and retention of first-generation and minoritized students at UCSB. Ondas provides an academic resource center by providing mentorship and academic support in a learning-centered space. Ondas connects students with faculty, staff, and peers to support student growth (personally and socially), and assist students in excelling academically. Ondas offers peer mentorship, peer-led workshops, academic support & resources, grade school mentorship, faculty mentorship programs, space to connect with other Ondas students, and physical and social space. - https://ondas.ucsb.edu

PARDALL CENTER

- 707-3145 6550 Pardall Road, Isla Vista The Associated Students' Pardall Center serves the UCSB and larger Isla Vista community through academic resource centers, group work areas, computer and basic study space, and free study spaces to those needing a space to be together. The Pardall Center is in the heart of Isla Vista and is home to the Self Help Legal Clinic run by the Isla Vista Tenants Union. For more information and an IV resource guide, please visit our website. - https://pardallcenter.as.ucsb.edu

RECREATION

- Student Resource Center. For more information, visit our website. - http://recreation.ucsb.edu

STUDENT ENGAGEMENT & LEADERSHIP (SEAL)

- Student Resource Building, Second Floor (805) 893-4569 Seal promotes undergraduate and graduate student engagement and development through co-curricular services and programs, including Registered Campus Activities and Counseling, Alumni & Leadership Development. We champion student development and leadership, and provide student success and leadership opportunities for human development. Furthermore, we promote a set of community standards that affirms both the right of freedom of expression and the importance of a respectful and diverse campus community and the campus commitment to the highest standards of civility and decency. - https://seal.ucsb.edu

TRANSPORTATION & PARKING SERVICES (TPS)

- Student Resource Building, Second Floor (805) 893-2346 or tps-sales@ucsb.edu TPS offers parking ePermits for commuters that reside outside of a two- to three-mile radius from campus and very limited ePermits for UCSB housing. Parking may be up to a mile away from housing locations. An ePermit is required at all times for vehicles parked on campus. Drivers can consult the parking map for regulations to avoid citations. - http://tp偿x.ucsb.edu/maps. Due to limited availability and the cost of ePermits, please encourage students not to bring vehicles to UCSB. Visit the Transportation Alternatives Program website for carpool, vanpool, bus and transit information. - tap.ucsb.edu

UNDOCUMENTED STUDENT SERVICES (USS)

- Student Resource Building, Second Floor (805) 893-5609 Student Resource Building, Second Floor (805) 893-5609 Students come to us when they are undocumemted students, students with undocumented immigrant family members and allies. USS partners with various departmental offices that serve all to the undocumented immigrant community including providing free legal immigration services. - https://undocumented.ucsb.edu

UNIVERSITY CENTER (UCEN)

- University Center, near Corwin Pavilion The University Center (UCen) is UCSB's student union. The UCen houses the UCSB Campus Store, restaurants, a Starbucks, lounges, meeting rooms, computer labs, study rooms, a U.S. Post Office, and a coffee shop. It is also home to many offices and resources such as the Associated Students, Career Services, Financial Aid, International Student Association, MultiCultural Center, Community Housing Office, Student Conduct, Environmental Affairs Board, and CALPIRG. The UCen also serves as a club concierge and larger gatherings such as lectures, concerts, and dances. - https://ucenter.ucsb.edu

VETERANS AND MILITARY SERVICES

- Student Resource Building, Second Floor (805) 893-4738 or VeteransMilitaryServices@sa.ucsb.edu 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

WOMEN, GENDER, & SEXUAL EQUITY (WGE)

- Student Resource Building, Second Floor (805) 893-3770 Women, Gender, & Sexual Equity (WGE) Department is dedicated to exploring gender-based issues and gender differences among diverse 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 WGE helps to foster an inclusive and non-violent campus community. WGE Programs and services are open to all gender identities. The WGE is made up of two resource centers that are both located in the Student Resource Building: the Women's Center Programming and the Non-Traditional Student Resource Center. - http://wge.sa.ucsb.edu

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.
ANNUAL FIRE SAFETY REPORT

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 avert or mitigate such perils so that faculty and staff are aware of and understand fire safety elements that help safeguard the community.

You may access the annual Fire Safety Report at: https://www.police.ucsb.edu/files/UCSB_Annual_Safety_and_Fire_Safety_Report_2021.pdf

For more information about our Fire Safety Program, please visit: www.police.ucsb.edu/FSR

BICYCLE SECURITY

Bike theft is a growing concern in the UCSB community, with hundreds of bikes reported stolen every 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 bikes are parked in bike racks and locked with a visible 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 bike 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 and Preparedness, Environmental Health, Ergonomics, Fire Safety, General Safety, Hazardous Waste, Laboratory & Research Safety, Occupational Health, Risk Management, and Student Environment. For more information, visit www.ehs.ucsb.edu

SEXUAL ASSAULT, RELATIONSHIP VIOLENCE, & STALKING

Sexual assault, stalking, and relationship violence are never acceptable. These acts are crimes that are determined to be a serious or continuing threat to the safety and security of the university community. UCSB, through the Campus Safety and Security Annual Report, also reports on acts that are not crimes, but have been reported to the university as criminal offenses. The university encourages 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 harming others. CARE is also a confidential advocacy service provider to students impacted by interpersonal violence, providing affirming and empowering support for survivors while allies advocate. All responders in CARE provide crisis intervention, assistance with legal and medical questions and academic accommodations, as well as referrals to counseling and resources both on and off campus and in the community. CARE is located on the second floor of the Student Resource Building (SRB), Suite 2145. For those who need or wish to seek support not in the SRB, we have a second location in Isla Vista in the Gaucho Support Center available upon request. CARE is fully operational via in-person, Zoom, and phone appointments.

Confidential 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, visit http://regis.sa.ucsb.edu/care.

CARE provides both survivor services and prevention on issues of sexual assault, relationship 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. For more information, visit the annual report at www.ehs.ucsb.edu/care

LOCAL LAWS AND COUNTY ORDINANCES

LOCAL LAW ENFORCEMENT

Campus Police

Campus Police must 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. Campus Police must enforce federal laws and campus local and state laws. A list of these laws and ordinances as well as regulations can be found on the Isla Vista Foot Patrol website at www.ishere.sb.edu/traffic.html.

ISLA VISTA FOOT PATROL

The Isla Vista Foot Patrol was established in 1971 as one of California’s first community policing stations and has successfully operated 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 is staffed by deputies from the Santa Barbara Sheriff’s Office and the UCSB Police Department officers. The Santa Barbara County Sheriff’s Office has primary jurisdiction over property crimes, and the Isla Vista police, which are staffed by UCSB Police Department officers, take responsibility for traffic control, over the streets, 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 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 and possession of open containers in public, and of course, speeding. DUID (driving under the influence) is a common 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 minor traffic, property damage, and other non-criminal incidents, complaints, injury, illness, fire, and custody disposal of lost pets. The Isla Vista Foot Patrol emphasizes the importance of providing advice on how to avoid becoming victimized. For more information, call (805) 681-4179. For emergency response in IV, students should dial 911.

POLICE DEPARTMENT

The UCSB Police Department (UCSB PD) takes great pride in providing and promoting a safe and secure environment for the students, faculty, staff, and visitors here at the University of California, Santa Barbara. UCSB PD works in partnership with all members of the University and surrounding communities in order to provide comprehensive, community-centered and professional police services, so that the diverse campus community can thrive.

UCSB Police Officers have statewide jurisdiction, are duly sworn under section 830.2 of the California Penal Code, and are trained under state guidelines and mandates. UCSB PD is a full service police organization on a 24-hour 7-days a week, 365 day a year basis. While UCSB PD is the primary law enforcement agency for campus and surrounding community UCSB Police Officers, Santa Barbara Sheriff’s Deputies, and California Highway Patrol Officers work collaboratively to serve the Isla Vista community. The UCSB Police Department values transparency in policing and we encourage you to contact our campus outreach team (community@police.ucsb.edu) if you have any questions related to the services provided by their 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 Cook Campus Center and Vine. In addition, there are several satellite offices we are strategically located throughout campus to provide additional outreach services to the campus community.

ISLA VISTA SAFETY TIPS FOR STUDENTS

- Be careful near the lights along Old Pines Drive, where there are unfenced areas in some locations and unsafe destinations away from campus. Stay away from cliffs and off of backcountry trails.
- 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) 893-4613.
- Do not allow people you don’t know inside your home.
- Know and obey local ordinances and laws, including traffic & bike laws. Be aware of ordinances that may be unique to Isla Vista such as the ordinance that prohibits open containers of alcohol in public places.
- Be aware of your surroundings and call the Isla Vista Foot Patrol to report a vehicle driving at high rates of speed, or criminal behavior. Care is always free.
- Never hesitate to call 911 if you believe someone has had too much to drink and may be on drugs or alcohol. First responders will always prioritize getting someone help over getting students in trouble.
- If you choose to consume alcohol at a party, do not leave your drink unattended and do not 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.
- If you have questions or concerns about safety, including how to contact camping authorities (CSAs) that occurred on or adjacent to and accessible from campus. This report includes statistics for the previous three years concerning crimes reported to Campus Security Authorities (CSA) that occurred on campus, in certain off-campus UC Santa Barbara-affiliated properties, and on public property adjacent to and accessible from campus. This report also includes data on personal crimes that are not criminal offenses. The report includes information regarding campus security policy and campus crime statistics (Clery Act, CA), UC Santa Barbara publishes an Annual Campus Safety & Fire Safety Report available online to view or download. Please visit the University’s Annual Security & Fire Safety Report, www.police.ucsb.edu/asf. A hard copy of this report may also be requested by contacting the UCSB Police Department at: (805) 962-3449 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 serious or continuing threat to the safety and security of the university community. Emergency Notifications have a wider focus than Timely Warnings and are issued for any significant emergency or threat to the health or safety of the campus community. Students, staff, and faculty can register to receive timely warnings and emergency 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 students, the university, and law enforcement. UCSB police encourage victims, witnesses, and community members who are made aware of crimes to report all incidents to the UCSB Police Department at (805) 893-4613. To learn more about the Clery Act, please visit www.police.ucsb.edu/clery-act.

EMERGENCY PLANNING AND UCSB ALERT

UC Santa Barbara takes a proactive approach to emergency preparedness, and we urge students and families to become familiar with the campus' response procedures and plans. UC Santa Barbara's emergency planning website (http://ready.ucsb.edu) provides resources to assist you in preparing for emergency situations. In the event of an emergency, such as a fire, a severe storm, or other dangerous situation on the UC Santa Barbara campus, the following communication methods can be used to deliver emergency messages to the campus community:

- UCSB Alert sends health and safety alerts for certain incidents to all students and employees. Every student is automatically registered with their UCSBnetID@ucsb.edu email address, and the cell phone number they provide when they first log into GOLD. Accounts for parents and families are not created, but students can add additional cell phone numbers and emails to their account by logging in to the UCSB Alert system: alert.ucsb.edu.
- The university posts updates during a critical incident on the main campus website: www.ucsb.edu.
- Recorded informational updates may be provided on the emergency notification Information Line at (888) 488-UCSB.
- Live updates may also be provided on the campus radio station, KCSB 91.1 FM.

As you prepare to send your son or daughter to UC Santa Barbara, we encourage you to create a personal emergency kit. The emergency kit should include items such as a week's supply of required medications, an extra set of keys, your backpack, a first aid kit, medications, spare eyeglasses or contact lenses, a flashlight, a radio, and a battery-powered or hand-cranked radio and batteries. To access the Annual Security & Fire Safety Report please visit: www.police.ucsb.edu/asf.

UC Santa Barbara 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), UC Santa Barbara publishes an Annual Campus Safety & Fire Safety Report available online to view or download. Please visit the University’s Annual Security & Fire Safety Report, www.police.ucsb.edu/asf.
Important Campus Policies

ACADEMIC MISCONDUCT
Each student shares the responsibility for community standards and assumes ALL responsibilities in the UCSB Student Conduct Code. The UCSB Student Conduct Code exists to support the highest standards of social and academic behavior and ensure an environment conducive to student learning.

The UCSB Student Conduct Code exists to support the highest standards of social and academic behavior and ensure an environment conducive to student learning. It is expected that students attending the University of California, Santa Barbara understand and subscribe to the ideals of academic integrity, and are willing to bear individual responsibility for their work. Any submission that fulfills an academic requirement must represent a student's original work. Any act of academic dishonesty will subject a person to University disciplinary action.

For more information refer to the General Catalog (http://www.sa.ucsb.edu/regulations) or to the Student Conduct website (http://studentconduct.sa.ucsb.edu/)

CAMPUS REGULATIONS
Campus Regulations address the rights and responsibilities of the campus community and provide campus-wide standards for implementing regulations as a means of sustaining this community. The student is expected to comply with all local, state, and federal laws.

In order to carry on its work of teaching, research, and public service, the University has an obligation to maintain conditions under which the work of the University can go forward freely, in accordance with the highest standards of quality, institutional integrity, and freedom of expression, with full recognition by all concerned of the rights and privileges, as well as the responsibilities, of those who compose the University community.

Jurisdiction of campus regulations can be extended off-campus to include: physical abuse, threats of violence, sex-related offenses, or any conduct that threatens the health or safety of any persons (including DJI), sexual harassment, stalking, or harassment.

The complete text of Campus Regulations can be found at www.sa.ucsb.edu/regulations.

REGISTERED CAMPUS ORGANIZATIONS, FRATERNITY & SORORITY POLICIES
Students, families, and friends: you play an essential role in helping us maintain a safe atmosphere in campus activities! All registered campus organizations (RCOs), including fraternities and sororities, are subject to University regulations regarding organizational conduct. Among other things, these policies help to ensure effective administration, access, and comprehensive risk management. All RCOs at UC Santa Barbara are prohibited from haz ing (i.e. treatment of new members that causes, or is likely to cause, embarrassment or injury regardless of a person’s willingness to participate). All RCOs at UC Santa Barbara are expected to follow campus 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.

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 significant impact on campus life. University 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 responsible 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

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT OF 1974 (FERPA)
The Family Educational Rights and Privacy Act (FERPA) protects access to a student’s 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 education 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 laws adopted by the Santa Barbara campus. Policies adopted by other UC campuses may differ but remain within federal guidelines. University advising and academic records are managed by separate offices and may maintain different release policies. Students are required to provide signed and dated consent before information from the student record is released to a third party. The written consent must be signed and dated by the student and specify:

• The educational records to be disclosed
• The party or class of persons to whom the disclosure may be made


STALKING POLICY
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.

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 significant impact on campus life. University 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 responsible 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

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, mental health condition, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or sex in the uniformed service. The university also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in university programs and activities.

Alcohol and Other Drug Policies
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 2022 “Top Public Schools” 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/about/pride.

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 get 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 Commencement.

... 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 they are 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.

37

Notes

UCSB’s 32nd annual Parents’ & Family Weekend
November 4-5th, 2022

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!

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

www.sa.ucsb.edu/parents