Greetings Triton Families!

The Office of Parent & Family Programs just celebrated the Third Annual Siblings Weekend, a weekend that promotes college-going, exposes siblings to the college environment and brings families together for a fun-filled weekend. Lots of pictures were taken. So, if you’d like to take a look at them, “like” us on facebook.com/Triton Parents. You’ll see so many more news on our Facebook page, as well.

The quarter system moves fast! It’s already the middle of the quarter and your student is in mid-term mode. Check in with your student. Ask how they are getting ready for mid-terms and if they are taking care of themselves during this time of academic dis-stress; which are normal feelings, however learning to defuse them help to manage those feelings.

Spring Break is next month, March 23-27! What is your student’s plan for the week? Relax, travel, work, explore new on-campus opportunities? It’s also a great time for your student to rejuvenate and plan for spring quarter.

What are your plans for spring quarter? Triton Days are April 4th for freshmen admits and May 9th for transfer admits. Do you remember your Triton Day?! The campus and particularly, Parent & Family Programs will recruit volunteers and ambassadors to help with the campus wide event. If you’re interested in getting involved with the event, please sign up for the Triton Parent & Family Ambassador Program.

Have a great month!
Karina M. Viaud, Ed.D.
Director, Parent & Family Programs

Siblings Weekend 2015: Record Breaking Attendance!

Over 230 Tritons participated at the Third Annual Siblings Weekend! UC San Diego students, siblings, parents, and families gathered for an incredible day. The morning activities consisted of very talented balloon artists who twisted balloons and face painted some of our younger guests. The delicious breakfast and entertainment were followed by the Triton Experience sessions. The most popular of events was the Fallen Star tour, where families stared in admiration at the amazing “home” built on the ledge of the seventh floor of Jacobs School of Engineering. During lunch, Triton families caught some waves on the huge inflatable surf board. With enthusiasm, they participated in the Search for Experiment 626 followed by a community service project hosted by Project Linus. Next, families enjoyed dinner at the Ocean View Terrace (OVT) while others enjoyed the UC San Diego Women’s Basketball game. Families bid Siblings Weekend with Movie Night featuring Disney’s Lilo & Stitch. Want to see pictures from the weekend? “Like” us at facebook.com/Triton Parents.

If we missed you this year, plan to attend Siblings Weekend next year.
Visiting UC San Diego Campus Police

I continue to get to know the campus as the new Director of Parent & Family Programs at UC San Diego. A few weeks ago, I visited UC San Diego Campus Police. During my time, I met David Rose, Police Chief; Melissa Luth, Police Sergeant; and Patricia Lea’e, Police Officer. Together, we converse about the overall safety of the campus.

We discussed ways students can be and remain safe on campus. They include using the Community Service Officer and the Resident Security Officer, taking a self-defense class and keeping personal belongings safe. The Campus Police Department is “dedicated to maintaining a safe community for instruction, research, and public service. This mission is accomplished through the values of Integrity, Respect and Support” (Campus Police Department Website, 2015).

It may have been a while for many of you, parents and families, since you have been on-campus learning about safety at UC San Diego. I encourage you to become familiar with their website and share this information with your student to promote self-care at UC San Diego. During my time with the police staff, I learned “if you see something, say something”. Safety is everyone’s responsibility.

The Campus Police Department shares important information like biking and longboarding, smoking-free campus, personal belongings, and emergency call boxes.

Become familiar with the Campus Police Department, located on campus near the Warren College field. They patrol the campus and the surrounding area 24/7.

Campus Police Website
http://blink.ucsd.edu/sponsor/police/about.html
Campus Police Phone (858) 534-4357

Become A Triton Parent & Family Ambassador. It’s Easy!

The Triton Parent & Family Ambassador Program is a unique opportunity for parents and families of alumni and current students to serve as UC San Diego ambassadors and reach out to prospective and current students and families. The vision is for family ambassadors to enhance the overall UC San Diego student experience by sharing their knowledge and offering support in a variety of ways.

As a new program, currently there are approximately 60 parents serving as ambassadors. In the coming months, opportunities to help with calling newly admitted students, participating in Triton Day for first-year and transfer admits, assisting with commencement, and contributing to the Triton Connection e-newsletter will be available. Two of our Triton Parent & Family Ambassadors joined us to help with Siblings Weekend. It’s that simple!

Remember that you can be anywhere in the U.S. or abroad to serve as an ambassador. Although being local helps with participating with on-campus events, you need not feel you must be local in order to participate.

Join the already 60–plus ambassador group, learn more about UC San Diego and assist with your student’s journey at the university.

Learn about and sign up today to be an ambassador. It’s easy!

Sign up today!
Hiring Soon: Student Leaders!

Does your student need a campus job? The Office of Parent & Family Programs will be hiring Student Leaders for the 2015-2016 Academic Year soon!

Stay tuned for application dates

Student Leaders are a dynamic team of undergraduate students who are recruited, selected, and hired to work with the Office of Parent & Family Programs. Students Leaders receive opportunities to build on their leadership skills, work with other student leaders and professionals from across campus, learn more about themselves and develop professionally, all while getting some great perks that come along with this unique job.

The Office of Parent & Family Programs provides programs and services for families of undergraduate students. In our office, we view the relationship with our students' parents and families as a partnership - a partnership created to help students be successful. Our motto “when parents are informed, students benefit”.

We inform and share programs and services with parents and families in the following ways:

- Help families of newly admitted undergraduate students become acquainted with UC San Diego.
- Address questions students, parents and families may have during events such as Triton Day, Orientation, and Summer Send-Offs.
- Invite families to spend time on campus with their UC San Diego student, learn more about campus life and have fun with annual events, such as Family Weekend and Siblings Weekend.
- Communicate with families via the Parents’ Helpline and website.
- Publicize the annual Triton Talk newsletter, Triton Transition Calendar, Triton Family Connection e-Newsletter, monthly e-newsletters, and e-mail updates.

The Student Leaders assists with programs and enhance services for parents and families.

Encourage your student to apply!

February is Black History Month

An Opportunity to Make a Difference

February marks the beginning of Black History Month, a federally recognized, nationwide celebration that provides the opportunity for all Americans to reflect on the significant roles African Americans have played in the shaping of U.S. history.

UC San Diego honors the history and accomplishments of African-Americans for the university’s annual celebration of Black History Month.

The theme for 2015 is “100 Years of Black Life History & Culture.” Black History Month offers donors an opportunity to make a difference with these giving opportunities:

- UC San Diego UJIMA Network Black History Month Scholarship
- Gerard Allan Sasek Endowed Fellowship
- Diversity Award for Undergraduates Endowment
- Support Diversity at UC San Diego

There are a variety of events, plays, presentations scheduled during the month. You’re encouraged to read and learn about them and to share with your student.
Money Matters: Financial Aid Deadlines Approaching

Important 2015-16 Financial Aid Deadlines

MARCH 2nd: The priority deadline to complete the FAFSA or California Dream Act Application for 2015-16 Financial Aid is March 2nd.

File only ONE application. UCSD School Code: 001317

Students should submit the FAFSA online at fafsa.gov.

Students who are not eligible to submit a FAFSA but who are AB540 eligible, can submit the California Dream Act Application here.

Estimate your 2014 income tax return amounts:

Use estimated amounts when filing your application if you have not yet filed your tax returns.

FAFSA filers can update the income tax figures using the IRS Data Retrieval tool via FAFSA on the web once your tax returns are filed.


Department of Education PIN for FAFSA filers:

Obtain both a student and a parent Department of Education Personal Identification Number (PIN). Use it as an electronic signature for online FAFSA filing and corrections, and later for Federal Direct Loan promissory notes. Go to pin.ed.gov and select “Apply for a PIN.”

By May 21, 2015, if the student is selected for verification:

Submit any requested financial aid documents or complete any required actions which may include using the IRS Data Retrieval Tool to verify 2014 IRS Tax information or provide IRS Tax Transcripts.

Contact UC San Diego Financial Aid Office at (858) 534-4480 or finaid@ucsd.edu.

Is Your Student Getting Enough Fruits & Veggies?

A 2014 survey about UC San Diego students revealed only 16% of students have 5 or more servings of fruits and veggies daily. Although this is above the national average of 8.2% (NCHA Survey, 2013), there is room for improvement. The USDA recommends 2 cups of fruit and 2 ½ cups of veggies daily.

Your student can increase their intake of fruits and vegetables at UC San Diego. Our dining halls focus on providing fresh produce at every meal.

In addition, we have a popular Farmer’s Market every Tuesday in Towne Square, and there are Markets throughout campus where students can walk in or order food for delivery. Here are some suggestions for healthy eating:

Add fruits and vegetables to every meal in the dining halls.

• Carry dried fruit to class.
• Choose salads or steamed veggies when eating out.
• Pack apples, pears, and other fresh fruits and veggies in backpacks.
• Have a breakfast smoothie: blend low fat milk with frozen strawberries + one banana.
• Banana split: top sliced banana with low fat frozen yogurt + one tablespoon chopped nuts.

Helpful links include:
• Registered Dietitian appointments at Student Health: http://studenthealth.ucsd.edu/nutritioncounseling.shtml
• Housing & Dining information: http://hdh.ucsd.edu/diningservices/
• Fruits and Vegetables Matter from CDC: http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html
Re-envisioning how Student Affairs Supports today’s undergraduates

Reflecting on his own undergraduate career, Vice Chancellor for Student Affairs Juan González has noted that a number of college counselors, mentors and staff members helped him to be successful in a rigorous university setting.

“My career began as a student receiving an enormous amount of assistance,” he said. “Now, I’m invested in educating young men and women in the service of others.”

Since arriving on campus last fall, González has taken every opportunity to get to know UC San Diego students and better understand their needs. Some of the goals he has outlined for Student Affairs include creating partnerships and collaborations throughout the UC San Diego campus community on issues affecting the health and wellbeing of students as well as issues relating to retention and academic success of students.

“UC San Diego students are highly capable, driven individuals,” said González. “Our job is to ensure they have the support on campus to maximize their potential. Parents and families, too, are important partners in our efforts to prepare students to be engaged and constructive global citizens.”

The Writing Center, which launched in 2012, is one example of the kinds of outside-of-the-class resources that UC San Diego provides to students. Open to undergraduates of all majors, the center offers one-on-one tutorial assistance for writing assignments as well as group workshops on a variety of writing topics. Students can also get help on tasks such as application essays for graduate school, cover letters and more.

Another example is the Student Health Advocates program, a volunteer peer health education program that hosts a variety of events and workshops on campus. The advocates address a number of topics, from nutrition and fitness, to stress, sleep and healthy relationships, among other college health issues. In addition to fostering a healthy educational environment for their peers, the program offers volunteers the opportunity to develop lifelong communication and leadership skills.

To ensure UC San Diego offers the best opportunities for students to grow both academically and personally, González and his team are developing a strategic plan for Student Affairs that will guide how the campus supports students moving forward. The plan will focus on four priorities: retention, safety and wellness, assessment and teamwork.

When you make a contribution to the Parents Fund, you are investing in campus resources and programs that support these priorities. From helping undergraduates engage in programs that will supplement their learning in the classroom to developing behavior that will sustain a healthy and safe lifestyle, your gift will enhance the Triton experience and help prepare our students for success.

To learn more about the Parents Fund, visit parentfamilygiving.ucsd.edu, call (858) 534-7424 or email parentfamilygiving@ucsd.edu.

“Parents and families, too, are important partners in our efforts to prepare students to be engaged and constructive global citizens.”
“Sweet” Gifts from M.O.M. and Secret Cookie Service. Just in Time for Valentine’s Day!

It is “winter” in San Diego and with a little bit less sun and a little bit lower temperatures, your Muir students could surely use some sunshine from home.

Coming soon to the Middle of Muir Specialty Basket (http://mom.ucsd.edu) offerings will be the Not-So-Winter Winter Basket.

Featuring items to encourage Muirons to take a break from glowing computer screens and go outside to play or find a sunny spot to study.

And for those winter babies, Birthday Baskets are available as always.

The M.O.M. special service delivery to residents of Muir College included. See M.O.M.’s order form (http://mom.ucsd.edu) for other new care packages, particularly a special basket for Valentine’s Day, Saturday Feb. 14th.

Have You Heard of the Secret Cookie Service?

The Secret Cookie Service is San Diego's secretive late-night cookie delivery service!

Their suited up cookie agents deliver freshly baked, gourmet cookies to you or your student’s home, residence hall, office or hotel room within one hour during the late night shift. This Valentine’s day you can surprise your student with a special Valentine order of delicious, freshly baked sweets.

They also offer gift deliveries, corporate catering and gifting, birthday orders.

Commencement 2015

At UC San Diego we recognize the significant milestone graduation marks in a student's life. UC San Diego holds separate commencement ceremonies for each of the six undergraduate colleges and the various graduate programs. Please visit the commencement webpage for some details (including specific dates and times) or contact your student’s college or school for more information.

Undergraduate graduation ceremonies will be held on Saturday and Sunday, June 13 and 14. Graduate and professional school graduation ceremonies (including Education Studies) are usually held the same weekend, June 13–14.

Rady School of Management's commencement will be held in mid-June.

School of Medicine commencement will be held on Sunday, June 7.

Skaggs School of Pharmacy ceremonies will take place Saturday, May 16, 10 a.m. - noon (with a celebration scheduled for the Friday evening prior).

Scripps Day and Scripps Institution of Oceanography commencement will be held in mid-June.
Celebrating Martin Luther King Jr. Day

Nearly 200 UC San Diego volunteers gathered at Howard Pence Elementary School on Sunday, January 18, 2015 to revitalize the school’s ground. The service project, held as part of the campus’s annual Martin Luther King, Jr. Day of Service, was organized by Volunteer50 and the Center for Student Involvement to educate students about the impact they can make in the local community. Following the Day of Service, about 500 campus members represented UC San Diego in the annual Martin Luther King, Jr. Parade, celebrating “Freedom Through Education.”

“This event is a proud tradition for UC San Diego, one that reflects our commitment to public service, community engagement and educational excellence,” said Chancellor Pradeep K. Khosla. Read the full article.

Student Health Services

The Student Health Services shares an important message about health insurance for your student. Please take some time to learn what is required in order for your student to have health coverage during their time at UC San Diego. Read the message. Visit the links for student and parent/family online information.

Student Health Services | (858) 534-3300

The Zone: Cooking Demonstrations and Healthy Relationships

The Zone every Monday from 2 – 2:45 p.m. for a new healthy cooking demonstration. See what’s on the menu this February:

Monday, 2/9: Dragon Noodles
Monday, 2/23: Overnight Oats

All You Need Is Love

Wednesday, 2/11, 11 a.m. – 2 p.m.
Tell your student to stop by and participate in this interactive event that will help them develop and maintain healthy relationships!

Find out more at http://sha.ucsd.edu
Visit zone.ucsd.edu for more info, or contact The Zone at zone@ucsd.edu or (858) 534-5553.

Hungry for Healthy: Weekly Cooking Demo’s

Encourage your student to join us at

Student Health 101: February Magazine

Student Health 101 is a monthly health and wellness magazine just for UC San Diego students and their families developed to help your student live healthfully and develop skills to succeed in college and beyond. You can read the February issue online at http://readsh101.com/ucsd-pp.html.

February articles include:

- Don’t panic: How to get a hold of your anxiety
- The job prob: How (and why) to get that internship
- Your path to fitness: Which workout works today
- Thumbs doing all the talking? Six ways to manage your messaging
- Nutrition decoded: Answers to your dietary dilemmas

UC San Diego | zone@ucsd.edu
http://zone.ucsd.edu
The Latest with the 5 Campus Community Resource Centers

*(Click on the flyers for more details)*

**LGBT Resource Center: Q-Camp Library Premiere and Listening Party!** Has your student ever wished they could add more amazing LGBTQIA+ music artists to their playlists? Want some QT-friendly workout and party jams? Some amazing ballads that express all feelings in a musical fashion? Encourage your student to go to the premiere of QTunes Library!

Monday February 9 | 12 - 1 p.m. | LGBT Resource Center

**Raza Resource Centro: Raza Writing Collective** Is your student interested in being in a community of critical writers and finding support in their writing? The Raza Resource Centro is creating a Writing Collective designed to take the isolation away from academics and grant writing. The idea is to be part of a community of writers in solidarity with each other. We are going to make time, support, and help each other through out the writing process. Anyone is invited to be part of the collective regardless of status within the university. Fridays | 12 p.m. | Beginning January 23

**Black Resource Center: Black History Month’s Night with Athletics** Your student is invited to join us in the Green Room of RIMAC Arena for FOOD and FUN.

Friday February 20 | Reception: 5:00 - 7:00 p.m.

UC San Diego Men's and Women's Basketball Games: 5:30 - 9:30 p.m.

Let’s support our Women's and Men’s Basketball teams as they take on Cal State Dominguez Hills at RIMAC Arena.

**Cross-Cultural Center: Transfer Student Mixer** Is your student a Transfer Student? Invite them to join the UC San Diego Cross-Cultural Center for food and networking. A space where they can relax with other transfer students and de-stress from classes.

Thursday February 5 | 6-7:30 p.m. | Cross Cultural Center Communidad

**Women’s Center: Gender Buffet** Join us this week for a discussion of the potential and limits of online feminist activism! Many women have been galvanized by Tumblr feminism and Twitter hashtags. If you have something to say about how online activism has effected you, join us for dialogue and snacks!

Friday February 6 | 12-1 p.m. | Women’s Center
The Darcy and Robert Bingham
Endowed Undergraduate Scholarship Fund

The Darcy and Robert Bingham Endowed Scholarship Fund supports scholarships for undergraduate students employed at UC San Diego. The purpose of the Fund is to recognize the best undergraduate student employees at UC San Diego and to encourage a culture of giving among these students in the hope they will, in turn, support future students.

Scholarships, up to $2,100 each, will be awarded to undergraduate students in the 2015-2016 academic year. Among these include:

- **The Darcy Bingham Recreation Student Employee Scholarship**
  Awarded to an undergraduate student employed within UC San Diego Recreation.
- **The Bingham Student Affairs Student Employee Scholarships**
  Awarded to undergraduate students employed within UC San Diego Student Affairs.
- **The Bingham UC San Diego Student Employee Scholarships**
  Awarded to undergraduate students employed at UC San Diego.

For more information and eligibility requirements please [click here](#).

Accepting Nominations for Family of the Year

Parent & Family Programs at UC San Diego wants to honor a family with the Family of the Year Award. Recognizing a family with this award reminds the UC San Diego community that loving relationships and mutual support are important university values.

Your student has the chance to nominate their family with this special award. Simply have your UC San Diego student write an essay describing his/her family’s contribution toward their educational success.

The award will be presented during Family Weekend schedule for October 16-18, 2015. Encourage your student to participate!

For more information [click here](#).
Did you know?
Do you know when Spring Break is?
March 23-27.
Don’t miss out on important dates and campus deadlines!
Get your Triton Transitions Calendar today!
They are available for purchase.
To order your calendar visit
http://parents.ucsd.edu/news-pubs/calendar/

More Opportunities for Your Student to get Involved on Campus!

4TH ANNUAL
ZUMBAMA!
Friday, February 6, 7-9pm
FREE! 90 minute ZUMBA CLASS
Open to students, faculty, staff and Rec Card holders.
Together, dressed in RED, we dance.
Show your support and wear RED while you dance your booty off for a cause! Come out and join the fight against the nation’s leading cause of death in women – Heart Disease. Feel free to wear your “Heart on your sleeve” and bring your valentine.
Give-aways: Fitness + Raffle.