Greetings Triton Families!

Though the quarter is coming to an end, there are so many events still going on. This Saturday, we open our campus to admitted transfer students for Triton Transfer Day, Saturday May 9.

Your student can continue to find valuable information and opportunities from their college, Career Services Center, community service, movies, recreation, performing arts, and more.

This month’s newsletter includes information about Triton 5K, which raises funds for student scholarships (see below), open student positions, financial aid and student health insurance, and more.

As parents and families, I encourage you to get involved with the university through the Triton Parent & Family Ambassador Program. It is your direct access, through a variety of events and programs, to gain valuable information about UCSD and increasing your understanding of what your student is experiencing at the university.

Triton 5K: Support Student Scholarships

Triton 5K, June 6, 2015!

The Triton 5K is a 3.1 mile course through the heart of UC San Diego past iconic campus landmarks. All proceeds from this event go toward scholarships for students in need. Join the office team, Triton Families Will Run 4-Students:

- Go to: [https://act.ucsd.edu/five-k/](https://act.ucsd.edu/five-k/)
- Fill in the appropriate ‘Run Category’ and ‘Name’ information.

Don’t forget to join in our Facebook.com/TritonParents, and follow us on Twitter.com/UCSDParents; other great ways to be connected.

Until the next e-newsletter!

Karina M. Viaud, EdD. Director, Parent & Family Programs

CONVERSATION CORNER

With summer quickly approaching, it is not uncommon for students to start visiting the beach more often and exploring sunny San Diego. With so many things to do both on- and off-campus, your student will hopefully never call to say “There is nothing happening on campus, I’m bored.”

- Discuss strategies for time management and/or the balance of time devoted to school, work, and recreation.
- Encourage your student to check out The Zone, a student lounge for snack-sized wellness programs designed to introduce resources and build skills for students to flourish.
Chancellor’s Associates Scholars Program is Hiring!

SUMMER INTERNS & LEAD INTERN – TO LEAD CASP 101 SUMMER TRANSITION PROGRAM

Contract Commitment: July 24th-August 1st
Application Deadline: May 18th
Compensation: Summer Intern (paid on-campus housing during program & meals + $55/day = $550 stipend). Lead Intern (paid on-campus housing during program & meals + $75/day = $750 stipend).
Requirement for Lead Intern: Must have formerly served as a TCLI Peer Mentor or CASP Summer Transition Program Peer Mentor.

CASP PEER LEADERS – TO SERVE AS STUDENT STAFF FOR CASP 2015 COHORT

Contract Commitment: 2015-2016 academic year
Application Deadline: May 22nd
Compensation: $375 per quarter, $1,500 per academic year.

SENIOR CASP PEER LEADERS – TO SERVE AS LEAD STUDENT FOR CASP PEER LEADERS

Contract Commitment: 2015-2016 academic year (incl. late summer)
Application Deadline: May 22nd
Compensation: $500 per quarter, $2,000 per academic year.
Requirement: Must have previously served as a CASP Peer Mentor.

CASP STUDENT OFFICE COORDINATOR

Contract Commitment: Open (desired start date: Summer 2015 preferred, but not required). Job description is available on Port Triton Job ID #802393.

Students can email application and resume for any of the positions, ask questions, or get more information by emailing casp@ucsd.edu.

Be A Triton Parent & Family Ambassador

Triton Parent & Family Ambassador Program is your connection to UC San Diego. Here are the top 5 reasons for becoming an ambassador for UC San Diego.

- Meet families experiencing UC San Diego with you.
- Be in the know to further support your student.
- Choose how you want to contribute your time.
- Get a one of kind Triton Parent & Family Ambassador pin.
- Have fun while being an ambassador.

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

What’s Next for Triton Parent & Family Ambassadors!? Join us in the 5K Walk/Run to raise money for student scholarships.

Register with Team: Triton Families Will Run 4-Studios

Click on the logo

Questions: parents@ucsd.edu

1,000 Fans & Followers!

Can we do it!? Social media is the most frequently used method to stay connected. Join in the media community and connect! 635 Facebook fans & 225 followers and counting.

Join the Office of Parent & Family Programs in reaching 1,000 Facebook fans and followers by June 1, 2015.

CALL TO ACTION

Facebook.com/TritonParents
Twitter.com/UCSDParents

Questions: parents@ucsd.edu
LGBT Resource Center Celebrates 15 years!

Since opening its doors in 1999, Lesbian Gay Bisexual Transgender Resource Center has offered comfort, and community to thousands of students, faculty and staff.

In the early 1990s, concerned staff, faculty and student activists sought to establish a Lesbian Gay Bisexual Transgender Resource Center at the University of California, San Diego. In 1999, UC San Diego finally opened the LGBT Resource Office—the last campus to do so in the UC system. Fifteen years later, the Lesbian Gay Bisexual Transgender Resource Center at UC San Diego, one of the largest LGBT resource centers in the nation, celebrates a milestone anniversary—a visible presence that enhances a sense of connection and community among faculty, staff, students, alumni and the San Diego community.

Shaun Travers, campus diversity officer and director of the LGBT Resource Center, has been with the center for nearly 14 years. He was the first full-time staff professional, and is credited with growing the original two-room, 300-square-foot space into a facility that has tripled in size.

“This is my dream job,” Travers noted. “I am so proud of the center’s public spaces, internship program and continuous focus on policy change. The LGBT Resource Center, together with the campus community, has played a role in changing the culture at UC San Diego. There is an institutional commitment here, with a direct impact on the campus.”

To read the full article, visit: UC San Diego News Center.

Global Ambassadors Program: Your Student can be a GAP Mentor!

Does your student want to expand his/her leadership experience? Is he/she interested in helping international and out-of-state students? The Global Ambassadors Program (GAP) is a peer mentoring program designed to assist incoming undergraduate INTERNATIONAL and OUT-OF-STATE STUDENTS in acclimating to a new environment and making a smooth transition into university life. Encourage your student to apply to be a GAP Mentor for the next school year! Students can make new friends, learn about other cultures, give advice about UCSD, and have fun while gaining new skills!

All students welcome to apply—Especially needed are students from CA, Out-of-State, and international students looking to help other students.

More Details about the GAP Program and to Apply Online: http://nonresidentinfo.ucsd.edu/

The GAP Mentor applications will be available weeks 4-6 (week of April 19—May 3) on our website - http://nonresidentinfo.ucsd.edu/
Money Matters: Submit All Required Documents

2015-16 FINANCIAL AID DEADLINE
May 21, 2015
Please remind your student to check the TritonLink Financial Aid tool for additional documents or required actions needed to complete his/her application for 2015-16 financial aid. Documents must be submitted by the May 21st deadline to qualify for the best financial aid awards. Funding is limited and based on availability.

Additional documents/actions may include verification worksheets, using the IRS Data Retrieval Tool to update FAFSA information, tax return transcripts, and resolving FAFSA/Cal Dream Act application processing holds indicated on your student’s FAFSA Student Aid Report or Cal Dream Student Aid Report.

To be considered for the best financial aid package, your student must have filed his/her FAFSA or California Dream application by March 2 and submit all missing documents and/or clear all processing holds by the May 21st deadline. Applications completed after the deadline WILL NOT be considered for University grants, Work-Study, University or Perkins Loans.

Summer 2015 Financial Aid Available
Limited financial aid for attending summer session at UCSD or other UC campus is available. Your student can access the summer financial aid application on TritonLink.

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

UC SHIP: A Message About the UCSD’s Health Insurance

Parents of returning students:
If your son or daughter will be returning next year and you are planning to WAIVE out of SHIP (meaning, you have your own health coverage for your student), please first make sure that you have coverage for non-emergency medical care within 40 miles of UCSD. This is one of the waiver criteria and will ensure that your student has access to necessary medical care when they need it. Avoid delay of health care and possible unnecessary bills by looking into this now and transferring their coverage before they return in the Fall 2015.

For more information, visit: http://studenthealth.ucsd.edu/insurancetransfer.shtml

If you have questions, please contact our Social Worker, Rosalyn Allina MSW, by phone (858) 246-0469 or email at rallina@ucsd.edu

For more information about plan benefits, fees and the waiver procedure, please visit the SHS Insurance Page.

Read SHIP waiver information in Spanish.
Read SHIP waiver information in Chinese.
Campus Launches New Student Entrepreneurial Center

There’s a bustling new student hub on campus, and this gathering spot is all about ideas and innovation. The Basement, located in the lowest level of UC San Diego’s Mandeville Center, is the latest collaborative space for budding student entrepreneurs. Programs hosted in the center educate students in the startup business process, from evaluating an opportunity to founding a firm or joining a young company.

“We have a very specific aim: to build the environment, ecosystem and programs that will help our students to prosper, and that will foster their spirit of entrepreneurship and discovery,” said Armin Afsahi, associate vice chancellor and chief alumni officer for Alumni and Community Engagement. “The Basement is not just a UC San Diego initiative. It’s the vision of three of our graduates who, with their families, are excited about the idea of building a space where students can gather, create, and learn from alumni mentors and supporters.”

Alumnus Jeffrey Belk, ’83, whose daughter, Gillian, is studying biology at Sixth College, was one of the three who inspired The Basement. Belk is managing director of ICT 168 Capital, LLC and a longtime resident of San Diego. The idea sparked from a conversation with two fellow alumni about how to nurture UC San Diego students who have great ideas, help them see their concepts through, and ultimately create startups that can benefit the region.

Alumni Mark Suster, ’91, partner at UpFront Ventures; Aryeh B. Bourkoff, ’95, chief executive officer of Lion Tree LLC; and Belk worked with UC San Diego leadership to make The Basement a reality. In addition to lending their professional insights and guidance, the three have contributed philanthropic support for the launch and growth of the program.

“It’s very much a win-win proposition,” said Belk, who, with his wife, Kim, are giving to support The Basement. “Students will form teams and they may succeed… but in all cases they will be challenged, as building a business is tough work. They might try one, two or three times and through the process they will learn what makes business tick, and how to work as a team. And if they, by chance, end up on a ‘job’ track at some point, that hands-on, practical experience will make them more productive and more valuable employees and community members.”

Open to UC San Diego students from all majors, The Basement offers programs to equip and prepare student teams to create successful “go-to-market” strategies. These program tracks include:

Seekers, an exploratory program for students who have entrepreneurial aspirations. There is no application for this program and it is open to all UC San Diego students.

Incubator, providing student teams access to business development, financial planning, marketing, and more. Students must apply to the program, which makes them eligible for seed funding.

Accelerator, assisting student teams in raising capital to scale their businesses. Students must apply to the program, which makes them eligible for seed funding.

Other resources and events will support entrepreneurial student development, experiential learning, venture readiness, and exit strategy and preparation.

Since launching in February, the Basement has accepted 24 teams of students into the program. Alex Finch, a senior majoring in structural engineering, is one of them. Finch’s team is working to launch Tri-DD Dynamics, a startup that aims to produce 3D-printed rocket engines.

“A lot of students have really great ideas and want to do something, but don’t know where to get started,” said Finch, whose team initially received assistance through the Moxie Center, an innovation center at UC San Diego’s Jacobs School of Engineering. Through The Basement’s accelerator program, they hope to commercialize their idea and bring it to market.

“We believe in this NewSpace movement where companies like Space X and Virgin Galactic are trying to make space more accessible,” said Finch. “The biggest problem in doing that is that it just costs too much to send things into orbit. We’re trying to do our part by lowering the cost of the engine, which is one of the most complicated, if not one of the most expensive, parts of a rocket.”

The Basement will look to alumni, friends, and corporate partners to invest in the center to maintain an ongoing funding stream. To support The Basement, please give now to the Basement Accelerator Fund. For additional ways to support campus resources and programs that enhance our students’ educational experience, visit parentfamilygiving.ucsd.edu, call (858) 534-7424, or email parentfamilygiving@ucsd.edu.
UC San Diego Recreation: #GetRec'd

#GetRec'd and Reduce Stress!

With the increasing pressure of academics, many stressed-out students forget the importance of recreation for physical and psychological wellbeing. UC San Diego has one of the largest Recreation programs in the nation.

Find out all the ways your student can get involved in our great programs—whether it be toughing the wilderness with Outback Adventures, getting competitive and meeting new friends on a Sports Club or Intramural team, getting in shape with FitLife, or learning a new skill with Rec Classes...there is something for everyone!

Spring registration is now available online and in person at any of our facilities.

Also—students can check out the FREE Student Personal Wellness Program offered to current UCSD students. The duration is eight weeks and each week is a different topic/workout. A personalized workout is designed for each participant at the end of the class. Student Personal Wellness Programs start the first week of fall, winter and summer quarters. Students can register online.

MOM & POP Baskets: Muir Finals Survival Kits

Summer approaches, the beach calls, and students must focus that much harder to study for finals and finish the year well. Show your support and give them an extra nudge for the final sprint with the Middle of Muir (MOM) Spring 2015 Finals Survival Kits. Filled with study fuel, test supplies, a sweet reward and their own piece of Muir to remember the year. Each Kit also gives you a personalized message to help motivate and show your care. Available for residents of Muir College, MOM will personally deliver each package to your student’s door in time for the beginning of exams. Visit http://mom.ucsd.edu and submit your order before the end of May.

May is Mental Health Awareness Month!

May is designated as National Mental Health Awareness Month (MHAM). The theme is "Mind Your Health." Mental health is an issue that concerns all of us.

The goal of MHAM is to raise awareness of mental health issues and to build a community of hope for all those who are in need of support. MHAM also aims to draw attention to suicide prevention, while also reducing the stigma and discrimination against those affected by mental health disorders.

Some of the main events at UC San Diego during MHAM include:

May 1: Good Life Festival | 5 - 9 PM, Town Square & Matthew's Quad
May 9: Art with Impact | 5 - 8 PM | Price Center Theater
May 13: Mental Health Matters Day - 11 AM - 2 PM | Library Walk
May 14: Asian/Asian-American Psychology Panel 11:30 AM - 1 PM
Cross Cultural Resource Center

May 21: #RealTalk: The Truth about Black Women and Depression - 12 - 1:30 PM, Black Resource Center

May 21: Stress Less: Relaxation Workshop - 4:30 - 5:30 PM, Veterans Resource Center

For more information on May events, contact Dr. Jerry Phelps at jsphelps@ucsd.edu
Prescription Drug Abuse...it Happens on Campus

Most of us think about prescription medication as safe, and generally it is. When taken correctly, prescription medication can help relieve symptoms, fight certain infections and improve functioning and quality of life. But when they are misused, shared, or taken incorrectly the consequences can be serious. Prescription drugs are only safe to use at the dose prescribed and only for whom they are prescribed. If your student came to college with a prescription for a chronic condition, remind them that it is both dangerous and illegal for them to share their medication. Often we see students who are trying to “help out” their friend by sharing their medication. Prescriptions and dosages are based on many factors including medical history. By sharing with a friend, they may unknowingly put their friend’s health and life in danger. Also, because it is illegal to share, they are taking a chance and possibly jeopardizing their future.

Remind your student that their medications are their personal business and they do not need to share that information with friends. This will help them avoid any peer pressure to share, or “help someone out”. They should also keep their medication in a safe secure place. They should take only as prescribed, otherwise they are putting themselves at risk for negative consequences. The great majority of UC San Diego students do not abuse prescription drugs. But it is a good reminder for all students that prescription drugs are only safe when used as directed by the patient, and that prescription medication should never be mixed with alcohol or other substances. For more information, visit: http://studenthealth.ucsd.edu/aodrxabuse.shtml
http://www.mededucship.org/

Debbie Pino Saballett, MPH | studenthealth@ucsd.edu

The Zone: Student Health 101

Student Health 101 is a monthly health and wellness magazine just for UCSD students and their families, developed to help your student live healthfully and develop skills to succeed in school and beyond. View this month’s issue online at http://readsh101.com/ucsd-pp.html

May Magazine includes:
- The Parent Pop Quiz: Helpful, Hands-Off, or Helicopter?

Graduating Seniors’ Corner

The Buzz is UC San Diego Bookstore’s E-Newsletter
- Triton Grad Packs Hoodie on sale
- UCSD Grad Central is open
- Cap & Gown pick up June 1 - 14
- Graduation Day flowers

Find out about some great sales through the Buzz!

Stay connected with Commencement details for each of the colleges.

UCSD Commencement Grad Shop @ RIMAC field: June 12 - 14
The Latest with the Campus Community Resource Centers

**LGBT Rainbow Graduation | June 6 4-6 PM | UCSD Faculty Club**
Join the UC San Diego LGBT community as we come together to honor the students who are graduating and all who have impacted our community over the last year. The event serves as the formal induction of the graduates into the family of the UC San Diego LGBT Alumni. If your student is graduating, they must complete the form. Contact Shaun Travers, director, for more information or questions.

**Black Resource Center: More than a Game 3 on 3 Basketball Tournament | May 16th | 3 PM | Muir Courts**
The More than a Game 3 on 3 Basketball Tournament is an event where students get a chance to compete in a basketball tournament, de-stress, meet new people, and have fun time. Refreshments will be provided and prizes will be rewarded. Students can sign up for the tournament at http://tinyurl.com/BRCmorethanagame

**Raza Resource Centro: Provoking Knowledge**
Creative explorations of Latin@ sexualities at the Raza Resource Centro | April 16th—May 15th.
Art Exhibit featuring Professor Jillian Hernandez’s Latin@ Sexualities course and student artwork. The paintings, collages, and other works in the exhibition provoke complex understandings of Latina/o sexualities as complex processes in flux, not static objects to be observed.

**Women’s Center: Call for Grad Student Speaker | May 12th | 5-7 PM**
UCSD Women’s Center and Graduate Division invite female graduate students who would like to present their research topic (with current results and remaining questions to address) for 5-10 minutes. Contact Betty Ramirez, Graduate Climate Intern.

**Cross-Cultural Center: 20th Anniversary Banquet | May 23rd**
"(Re)Centering: 20 Years of Leadership, Empowerment, and Community Building” Join the Cross-Cultural Center for an evening of festivities, food, and performances celebrating the community and the space that students have called home for two decades.

**Student Veterans Resource Center: Courage to Call**
Courage to Call is dedicated to helping current and former service members. This dedication extends to military families and loved ones. Call to speak with a fellow veteran who knows what it means to serve and can connect you with the help you need. Stop by the SVRC to learn more about Courage to Call.
Parents and Families,

Please encourage your student to register for Black Graduation! The Black Graduation Ceremony is a pre-commencement celebration to honor African and African American students who have successfully completed an undergraduate or graduate degree from the University of California, San Diego. The event recognizes their accomplishments and provides an opportunity for graduates to honor significant people who have helped them achieve their goal. The ceremony reinforces the bonds of scholarship and extends the sense of community. The intimate ceremony is representative of African and African American cultures and culminates with a Kente Stole presentation.

For more information, contact the Black Resource Center | (858) 534-0471

Undocumented Student Services Presents:

Talking Circles is a group for Graduate and Undergraduate undocumented students looking for a community support. Talking Circles are safe spaces where undocumented students can gather and discuss their intersecting identities, stressors that stem from being undocumented, and finding healthy ways to cope.

This group meets weekly on Thursdays, starting April 16th to May 14th in the Undocumented Student Services Office. For more information, please contact Susana Martinez, PsyD (CAPS) at (858) 534-3456 or sem015@ucsd.edu

Find out what’s happening at your student’s college!
The new 2015-2016 calendar will be available in July. Beginning July 1, order your calendar at http://parents.ucsd.edu/news-pubs/calendar/

Visiting San Diego? Make Hotel Reservations at Bartell Hotels! tritonfamilydestinations.com call (800) 345-9995

More Opportunities for You and Your Student to get Involved on Campus!

Visiting San Diego?
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tritonfamilydestinations.com
call (800) 345-9995