Greetings!

As we enter into the last few weeks of the winter quarter, the weather is finally starting to get warmer and the students are thinking ahead to final exams and making their finals arrangements for Spring Break.

We are busy in the office gathering Commencement information for families who have students graduating in June and also preparing to welcome our newest Triton families on Triton Day on April 6th.

Don’t forget to check in with your student to see how they are doing with classes and see how you can best support them during these last few weeks. As I always say, care packages are always a hit with goodies from home!

Are you interested in being a volunteer and assisting with events like Triton Day? Contact us at parents@ucsd.edu.

Happy Reading!

Laci Weeden
Director, Parent & Family Programs

Is Your Student Ready for Spring Quarter?

Do you know that we love you no matter what?

We consistently recommend to parents that they express to their student their unconditional love and support throughout the year, but this may be even more important a week or two before final exams. This is the time when students begin to realize what their grades may be at the end of the quarter. It is a good idea to ask students if they have any concerns about their upcoming grades. This is also a time in which students realize that they are about to go home for Spring Break. For many students, this may create anxiety. They do not want to disappoint you, and this can lead to depression for some.

If there are indications of academic problems at this point, support may be the appropriate first response. A second response would be to encourage your student to talk to his or her advisor and come up with a “game plan” for the spring quarter. Counseling and Psychological Services (CAPS) focuses on assisting students with the typical developmental problems students face which short-term counseling can address. For more information or further assistance, refer to the Counseling & Psychological Services (CAPS) website http://caps.ucsd.edu/index.html or call (858) 534-3755.

Spring Break Residence Hall Closure Information

UC San Diego Residence Halls are CLOSED during Spring Break. All residents in the residence halls only (not the apartments) must vacate their rooms no later than 12 noon on Sunday March 24th and may return to their rooms as early as 12 noon on Sunday March 30. All resident belongings may stay in their rooms. If you have a concern please have your student contact his/her Residence Life Office for assistance. For a list of Residence Hall facilities, please see http://hdh.ucsd.edu/maintenance/#residences

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Plan Graduation Weekend in San Diego

Families are encouraged to make travel plans, hotel arrangements, and car rental reservations early. Approximately 4,000 undergraduate students graduate from UC San Diego each year, and therefore hotels in the area reach occupancy quickly.

UC San Diego Parent & Family Programs has partnered with Bartell Hotels to offer parents, students, families, alumni, and friends reduced hotel rates at some of the finest properties in San Diego. Every time you stay at one of the Bartell Hotels' seven distinguished properties, they will donate a percentage of that total room cost to support student scholarships at UC San Diego and promote university events.

To take advantage of these special rates and make a reservation for your family, call (800) 345-9995 or visit tritonfamilydestinations.com.

Visit the UC San Diego Bookstore

With Commencement ceremonies and Triton Day around the corner, our Bookstore has plenty of offerings, savings, and opportunities for you and your student to cherish the moments and gather some keepsakes. Visit the Grad Central page at the UC San Diego Bookstore for information on Triton Pride Packs and Triton Day specials.

UC San Diego Bookstore

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UC San Diego Parents: join the Triton Family of alumni and friends at this specially-designed program. Learn more about the cutting-edge research conducted at UCSD and interact with faculty and senior administrators.

UC San Diego

Inspiring MINDS

EXPLORING THE TITANIC AND BEYOND

WEDNESDAY, MARCH 13, 2013

Join Dr. Jaffe for an engaging evening filled with technological advances and amazing underwater imagery. Dr. Jaffe will discuss his lab's advances in ocean technology, including his early work on optimizing the imaging system that found the Titanic to his present work in building 'rovers' of underwater vehicles to measure ocean currents in 3D.

Jules Jaffe, Ph.D.  
Research Oceanographer  
Scripps Institution of Oceanography

6 p.m. Reception  
7 p.m. Program  
(dates, beer, wine and hors d'oeuvres)

Scripps Sassafras Forum,  
Scripps Institution of Oceanography  
8610 Kennel Way  
(formerly Discovery Way)  
La Jolla, CA 92037

$15 per person  
(sponsors/guests welcome)

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and Chancellor's Associates

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alumni.ucsd.edu

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Where is Your Student Living Next Year?

If your student is returning to campus – see the information below about room selection with Housing.

Room Selection 2013

For students currently residing in on-campus housing or those eligible to participate, the process for applying and selecting space for the 2013-14 academic year takes place in April. Information will be available on the Room Selection website at hdh.ucsd.edu/roomselection in mid-March.

If your student is thinking of living off campus, here are some tips and reminders about living on campus from Student Legal Services.

1. Read before signing! A lease is a legally binding obligation. Your student should take time to read and understand the lease before signing it. Failure to read or understand the rental agreement will not release your student from its obligations and is not a defense if a dispute arises. Encourage your student to make a free, confidential appointment with the attorneys at Student Legal Services to review the lease before signing it.

2. Co-signing a lease? Know what you are agreeing to! Many rental properties require that tenants include a cosigner (frequently a parent) to sign the lease agreement, and will not rent to tenants who do not have a cosigner. If you agree to co-sign a lease, you may be held personally liable for any financial obligations, losses, or damages relating to the rental property. In fact, you may be held financially liable for not only your student but also her or his roommates as well! (This is known as “joint and several liability.”)

3. Get covered! If you own a home, find out if your home insurance policy covers your student for any loss or damage while she or he is living away for school. If it doesn’t, you may want to add coverage for him or her should any problems arise. If you do not own a home, or if adding your student to the policy is not an option, you should encourage your student to get renters insurance.

4. Make a list! Advise your student to do an initial walkthrough of the residence with the landlord before moving in, and to document any issues with the property on an inventory checklist. (There is a link on the Student Legal Services website to a sample checklist.) Creating a checklist is an extremely important step to make sure that your student gets her or his security deposit back at the end of the lease. Even if defects appear minor, they should be noted and be sure that our student keeps a copy of the checklist.

5. Take pictures! Your student should take detailed photographs of the residence both before moving in and when moving out. The rental property must be left in the same condition (excluding “normal wear and tear”) at the end of the lease as it was at the beginning. The best way to prove the condition of the place is to take photographs. Photos are great evidence to have if a dispute arises regarding the condition of the residence or the return of the security deposit. Advise your student to check out the “Don’t Get Nailed” video on the Student Legal Services website for more about what steps to take to protect the security deposit.

6. Write it down! Make sure that your student documents any interactions that he or she has with his or her landlord during the tenancy, particularly in relation to any needed repairs.

If your student has any questions or issues regarding these or any other legal matters, encourage her or him to make an appointment with Student Legal Services! We can be reached by phone at (858) 534-4374 or email at sls@ucsd.edu.

Follow Parent & Family Programs on Facebook at UCSD Parent & Family Programs and on Twitter @UCSDParents.
The Muir Musical was founded in 1991 by Muir sophomore Orren Webber, who envisioned the production to be an outlet for students interested in musical theatre who were not necessarily theatre majors. A favorite tradition for many UC San Diego students, the annual Muir Musical performance is completely student run from acting, directing, sound system, costumes and sets, and even the marketing and financial management. It’s a labor of love that brings together undergraduates from across all six colleges and various majors to showcase the creativity and talent of UC San Diego’s students. The end result is a full-scale Broadway production that showcases the creativity and talent of our students.

UC San Diego’s annual Muir Musical Ensemble returns this year with a production of “Sweeney Todd: The Demon Barber of Fleet Street.” The 1979 Broadway musical tells the story of Benjamin Barker, alias Sweeney Todd, who returns to London after fifteen years spent in a prison camp on trumped-up charges. When he learns of the horrible fate his wife suffered at the hands of the wicked Judge who sent him away, he vows revenge on the judge, and ultimately, the whole world. He teams up with Mrs. Lovett, a pie maker down on her luck and opens a barber shop in which he slits the throats of customers and has them baked into meat pies. With its dark sense of humor, twisted plot-line, and brilliant orchestrations by famed songwriter Stephen Sondheim, “Sweeney Todd” is a show one will not soon forget.

The Muir Musical is made possible thanks to support from various campus organizations and groups—including parents and families who give to the UC San Diego Parents Fund. The Parents Fund strengthens academic enrichment and Student Affairs programming by providing a flexible pool of dollars to each of the six colleges, as well as funding for campus-wide academic enrichment initiatives.

Performances are in the Mandeville Auditorium on April 11, 12 & 13 at 8:00p.m. Tickets are available through the UC San Diego Box Office. Visit https://ucsdboxoffice.com

So how about it, why not visit your good friend, Sweeney? He’s waiting....

The Winter Edition of The Good Life Magazine has arrived! This issue features:

- The Food Arena: Making Wiser Food Choices
- Workout 101
- Distance Makes the Heart Grow Fonder: Strengthening Emotional Wellness
- And more!

The Good Life is UCSD’s newest online publication created upon the collaborative efforts of the Health, Recreation, and Well-Being Cluster to promote the health and well-being of UCSD students.

This is a great opportunity for students to showcase their work, express their interest in well-being, and get published! Encourage your student to submit stories, articles, poems, recipes, photos, or artwork for the next issue of The Good Life! Contact zone@ucsd.edu for more details.
Students Get a Lesson in Healthy and Budget-friendly Cooking

Promoting health and wellness is part of the “whole package” educational experience that UC San Diego strives to provide. While students are busy balancing classes, study groups, internships, clubs, and other activities, the campus seeks to make integrating health and wellness into their schedules as simple and convenient as possible.

At John Muir College, a new demonstration kitchen recently opened in the Half-Dome Lounge, thanks in part to gifts from parents and families. Designed to be contemporary in style, functional as a demonstration space, and easy to clean, the kitchen will be used to offer classes in healthy and budget-friendly cooking as well as international cuisines. It will also provide a space for students to share their family food traditions and pursue their own culinary projects. Muir students have already formed a new cooking club!

“All of us at Muir are grateful to everyone who contributed to the Parent’s Fund and helped make possible this wonderful new addition to the college,” said Susan Smith, provost of John Muir College. “We’re also fortunate to have found a designer who was a wonder at finding ways to minimize costs and find materials that look great but aren’t expensive.”

At the kitchen’s grand opening, Executive Chef for UC San Diego Dining Services Vaughn Vargus presented a valentine-themed demonstration. Students learned to prepare chocolate-dipped strawberries and no-bake strawberry cheesecake treats—two items that are easy to prepare with basic cooking equipment and ingredients available on campus. As part of his presentation, Chef Vargus encouraged students to learn to cook from scratch, emphasizing the pleasures of cooking and eating as a way of connecting with friends.

Muir College’s demonstration kitchen is just the latest addition to a variety of wellness resources available on campus. Students can also learn about nutrition and healthy eating habits by participating in the following activities:

- **Tasty Tuesdays at The Zone**—A hub for student well-being located in the heart of campus, The Zone offers weekly cooking demonstrations that allow students to discover new recipes, learn about nutrition, and enjoy free samples. Each week features different local, organic, and vegetarian ingredients.

- **Student Health Services**—From fitness and nutrition to stress management and getting enough sleep, Student Health Services provides comprehensive wellness resources to help students maintain a balanced and healthy lifestyle.

- **International Café**—The International Center at UC San Diego hosts a popular program for students, the Friday International Café. For just $5, students who participate can experience a new cuisine while meeting international students and scholars.

Support from parents and families help make it possible for UC San Diego to provide a wide variety of resources outside of the classroom. From wellness offerings, tutoring and mentoring services, leadership development programs, and special guest speakers, private support helps to create opportunities that broaden our students’ education and marketability after graduation.

We hope you will consider making a gift to the Parent’s Innovation Fund, which supports a broad range of student life and academic enrichment programs, or to whichever area of campus inspires you most. To learn more and make a secure online contribution, visit parentfamilygiving.ucsd.edu. For questions, contact Suzanne McClain, director of Parent and Family Giving, at (858) 822-2867 or summclain@ucsd.edu.