Conversational Corner

Designed to facilitate meaningful conversations about timely student issues, the “Conversational Corner” provides suggested conversations parents and families may want to have with their student.

How are you feeling about final exams?
Stress and final exams go hand-in-hand. Most students feel a lot of pressure at the end of the quarter and this may lead to anxiety. Counseling & Psychological Services (CAPS) has a wonderful website just for parents and families with lots of resources. [Click here](link) to learn more. Remind your students to also check out stress-free events at [The Zone](link).

What are your plans for winter break?
Ahhh – home for the holidays. You are most likely very excited to have your student home for an extended period. It’s a great time to reconnect and have extra hands to help around the house. On the contrary, your student may be thinking that winter break is a good time to catch up on sleep, eat home-cooked meals three times a day, and maintain his/her freedom to come and go as he/she pleases. Discussing each other’s hopes and goals for the break may help avoid conflicting interests and make for a more peaceful holiday.

Finals, Friends and Family

As the end of the quarter winds down, you will probably find that this is a very stressful time for your student. Students are feeling the pressure of final exams while finalizing plans for winter break. This is a good time to make sure your student is getting proper sleep, eating right, and taking small breaks from studying from time to time can help.

Here are a few tips:

- Let your student know you are proud of them, you recognize their hard work and that you love them.

UC San Diego All-Campus Thanksgiving - a Delicious Success!

Last month some UC San Diego students were unable to be with their families for Thanksgiving, but the University was thankful that 250+ students were able to enjoy the second annual All-Campus Thanksgiving Feast. Students baked pies, made Thanksgiving crafts and posed for the Thanksgiving themed photo booth. Their energy and excitement made the event a huge success! It was a terrific Triton Thanksgiving!
In celebration of the 10th Anniversary Season, ArtPower! is committed to growing the Student Engagement Program. On campus, ArtPower! has enabled hundreds of student artists to receive personal instruction from world-class dancers and performers in several Master Classes each year. The program has also helped to bring the experience of chamber music listening back to its roots, with intimate performances for students inside UC San Diego residence halls, dynamic hands-on workshops and demonstrations with musicians and performers from around the globe in all genres.

Your gifts to ArtPower! in support of Student Engagement create stability and sustainability for these experiences, and help us maintain our high standards for performances and program development. And now through December 31, 2013, your gift to the Student Engagement Program has double the impact, thanks to a matching gift challenge from Rita and Richard Atkinson!

To make a gift before the end of the year and double your impact, please give online at: www.artpower.ucsd.edu or call (858) 534-7424.

A few reminders from Student Health Services

For students who have not yet waived SHIP (Student Health Insurance Plan) for the 2013-2014 academic year - it’s not too late to request a waiver for Winter 2014 and Spring 2014. The Health Fee Waiver deadline for winter quarter 2014 is Wednesday, December 18th, 2013. For more information about the waiver please visit: http://studenthealth.ucsd.edu/ucshipwaiver.shtml

Did you miss RAFT enrollment for fall quarter? Enroll in RAFT for winter and spring quarter now! Enrollment closes 1/9/2014. Visit our website for more info: http://studenthealth.ucsd.edu/raft.shtml

Student Health Hours (Winter Break Schedule):

Student Health will be open 8:00 a.m. -12:00 pm and 1:00 p.m. - 4:00 p.m. Monday – Friday beginning Mon., Dec. 23th through Fri., Jan. 3rd. Student Health returns to regular hours on January 6, 2014.

- Student Health will be closed on 12/24, 12/25, 12/31 and 1/1.

- Anytime SHS is closed the Advice Nurse is available by phone for consultation by calling (858) 534-3300.

- A SHS referral is required prior to ALL non-emergency medical care - even during winter break.

As a reminder, a written referral from Student Health Services is required prior to all non-emergency medical care, including services obtained during the holiday break. Please call the SHS Insurance Office at 858-534-2124 with any questions regarding how to access medical care during the break.
Career Connections: Alumni Help Prepare Students for Life after College

Learning about alumni experiences and taking advantage of their corporate contacts landed 2012 mathematics-economics graduate Janelle Becker a job at Amazon as a financial analyst. While still a UC San Diego student, she had an informational interview with alumnus David McLean, ’88, who referred her resume to his colleagues in Amazon’s finance internship program in Seattle.

“David’s referral helped me get an interview, and I was hired for a six-month finance internship,” said Becker. “After finishing my internship, I was given an offer to return to Amazon after finishing my bachelor’s degree. I now have been working full time for Amazon Web Services for a year and a half.”

Leveraging the power of 151,000 UC San Diego alumni to help students find jobs, identify internship opportunities and make career connections is exactly what the campus is doing by integrating the Career Services Center with Alumni and Community Engagement. As part of UC San Diego’s strategic planning process, leadership is forming collaboration to fulfill its mission as a student-centered, research-focused, service-oriented public university.

Alan Houston, interim vice chancellor for Student Affairs, explained, “The partnership between career services and alumni relations will enhance the ability of undergraduates and graduate students to develop the skills, experiences, contacts and opportunities needed to define and achieve their career goals. This strategic integration is a new model for higher education.”

Programs currently offered by the Career Services Center will be enhanced and expanded, with additional innovative initiatives that feature a high level of student and alumni engagement. One of the first new programs to emerge from this partnership is the Alumni Advisor Network, a powerful new online platform launched last month to connect UC San Diego current students with alumni for career mentoring conversations.

Powered by Evisors.com, the Alumni Advisor Network allows students to search alumni by industry, employer, geographical location, degree and years of experience. Once students find the perfect match, they can connect one-on-one via online session or phone, all coordinated through the Alumni Advisor Network. During these career conversation sessions, alumni may share industry knowledge and expertise, offer feedback on a student’s resume from a hiring manager’s point of view, or engage students in a ‘mock interview’—all in preparation for the job search and establishing a career path.

In addition to the Alumni Advisor Network, new and enhanced professional development programs include:

- Alumni Entrepreneur Careers Seminar – “From Idea to IPO” will be taught by prominent venture capital alumni professionals.
- Triton Externship Program – This job shadowing program will engage interested alumni professionals as site sponsors.
- Career Discovery Week – A career exploration initiative that will feature more than 100 alumni professionals participating in a weeklong series of panels and events offering career insights to more than 1,000 students.
- Expanded Corporate Connections and Job Development – This collaboration with Alumni and Community Engagement regional engagement managers will create more job, internship and volunteer opportunities for students and alumni.

The integration of the Career Services Center with Alumni and Community Engagement is expected to be seamless for
(continued from page 3)

students; the center will remain at its current campus location near Library Walk behind the Chancellor’s Complex.

Parents and families, too, can help enhance the professional and career development opportunities available to UC San Diego students by making a philanthropic contribution. Private support enables the campus to go above and beyond for our students, building resources and services to enrich their academic experience and ensure a well-rounded college education. For more information and to make a gift to the Parents Innovation Fund, visit parentfamilygiving.ucsd.edu or contact Paulyne Becerra, senior director of development and community engagement, at (858) 534-7424 or pbecerra@ucsd.edu.

Happy Holidays!

The Secret Cookie Service
Call/Text 727-487-2782
TheSecretCookieService.com

UCSD’s late night cookie delivery! Send a cookie gift order to help them get through finals!

Your mission if you choose to accept it is to...
- Text “gift order” to 7274872782 and your student’s name, cell phone, and a message to send them
- Wait for an agent to call/text you for more info

As featured on:

Huffington Post
San Diego
Fox 5 San Diego

Like us on Facebook for 2 extra free cookies with your first order!

STUDENT LEADERSHIP OPPORTUNITIES

Is your student looking for leadership experience, avenues for personal and professional growth, and the opportunity to make a positive impact in their community? If so, they should apply to be a College Orientation Leader or a Resident Assistant/House Advisor for 2014-2015!

Click on the links below to learn more:

- Marshall College – Resident Assistant or Marshall Orientation Leader (available in winter quarter)
- Muir College – House Advisor or Muir Orientation Leader
- Revelle College – Resident Assistant or Revelle Orientation Leader
- Roosevelt College – Resident Advisor or Roosevelt Orientation Leader
- Sixth College – Resident Assistant or Sixth Orientation Leader
- Warren College – Resident Assistant or Warren Orientation Leader (available in spring quarter)
- The Village - Resident Assistant

HAVEN’T YOU HEARD?

THERAPY FLUFFIES HELP STUDENTS FEEL GOOD

Every quarter on the Tuesday of Finals Week, The Zone brings nearly two dozen certified therapy dogs to campus to help student de-stress during one of the toughest times of the year. Studies show that animal therapy has many health benefits, including stress reduction. Encourage your student to come out before, after, or during your finals for some much needed healthy stress relief!
Need a place to stay in San Diego?

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.

Take advantage of special rates and make a reservation for your family by calling (800) 345-9995 or visit tritonfamilydestinations.com.

UCSD BOOKSTORE

WINTER BREAK HOURS

The UCSD Bookstore will be closed from December 22 – January 1st and will resume normal operating hours on January 2, 2014.
Affordable Housing Option for Winter Break!

UCSD Winter Break Housing:
December 15 - January 4, 2014

Call (619) 297-8800 or (800) 227-4743
or reserve online at the link below to get the UCSD Winter Break special rate!


A credit card guarantee is required when making a reservation. Rate does not include taxes. Reservation

$69/night

Book with friends to cut costs!

Rate is valid until December 10, 2013

543 Hotel Circle South San Diego, CA 92108
Courtney Mahoney, Director of Sales—(619) 220-5102 or cmahoney@dayshotelhc.com