Greetings Triton Families!

It’s the end of the fall quarter and students are gearing up for finals week, December 13-20. This can be a very stressful time for all students, and particularly for first-year students and new transfer students. In this edition, read about tips helpful to your student during this time of the year – Closing the Gap - information for shuttle service to the airport, and tips for you while your student is home for the holidays.

Mark your calendar for Siblings Weekend, January 24, 2015. This is a great opportunity for your UC San Diego student to invite their sibling for a day of fun on campus. Registration is open until January 16, 2015 http://bit.ly/TritonSW15

Triton Parent and Family Ambassador Program wants you to be a part of a group dedicated to helping UC San Diego by volunteering your time, talents and treasures. Join our current 50 ambassadors at http://parents.ucsd.edu/get-involved/parentambassadors.html

Want to know what’s going on at UC San Diego? “Friend” us at www.facebook.com/TritonParents and follow us at @UCSDParents.

From us to you, we wish you and your family a happy and joyous holiday. See you in 2015!

Karina M. Viaud, Ed.D.
Director, Parent & Family Programs

Closing the Gap

As the fall quarter winds down, your student may experience a true reality about their academics which may affect them. If your student is new to UC San Diego, there is an adjustment period where their grades may suffer. This is normal! Remind them that college is supposed to be more difficult, but they will adjust in time. Be sure to let them know you are proud of them, you recognize their hard work and you love them.

Understand students may need some additional space and time as they buckle down for exams while other students may reach out to you more often during this stressful time. Send a care package with enough treats for your student to share with roommates and friends. Offer support by phoning, text messaging, or sending emails. However, avoid putting another demand on his or her time unless absolutely necessary.

Take this time to make sure your student is prepared for the upcoming finals and ensure proper resources are available.
**Important Dates**

Final Exams: **12/13-12/20**
Residence Halls close: **12/21**
(Must vacate premises by **12pm**)  
Dining Contract Ends: **12/20**  
Last day of Fall Quarter: **12/20**
Winter Quarter begins: **01/5/15**

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**First Year Experience**

In Fall 2014, UC San Diego’s six undergraduate colleges launched a new First Year Experience (FYE) course to help incoming freshmen optimize their college experience. The course - through weekly lecture and discussion sections - addresses such topics as academic expectations, research literacy, diversity and inclusion, classroom communications skills, how to choose and commit to a major, and campus and community involvement.

Lectures are led by the college provosts and other faculty and smaller discussion sections by undergraduate discussion leaders.

FYE is designed to help new students maximize their educational experience at UC San Diego, facilitate academic success at a research university by helping students understand and embrace academic and curricular expectations, engage and map co-curricular opportunities, and strengthen critical thinking, organizational, interpersonal, and wellness skills. FYE offers practical advice about student life and educational strategies for success (both in and out of the classroom).

Students will reflect on the lessons learned and incorporate this new knowledge into their plan for the year ahead. We encourage parents to check in with their daughter/son to see how they are adapting. If s/he is not enrolled in FYE, ask if they have had other opportunities to discuss these topics. Though the course is currently only available in the fall quarter, the FYE program will continue in winter and spring quarters in the form of webinars, workshops, and several other programs and events. In addition, we will soon launch an FYE website with further information and resources. All of these programs and resources will be available to the entire freshmen student population.

Learn about FYE from some of our UC San Diego students [here](#).

If you have any questions, please email us at fye@ucsd.edu.

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Volunteers, staff and Triton Parent Leaders (TPL) at Family Weekend 2014
MUIR FINALS SURVIVAL KIT

Show your student some love as Finals Week approaches. The Middle of Muir is proud to present Finals Survival Kits: Healthy Snacks as fuel to study, Stress Relief Toys as a needed break, Test Supplies as preparation, Sweet Treats as a deserved reward, and their own LARGE Muir Mug with a voucher for their first coffee/tea fill at Muir Woods Coffee House. In addition to these tangible essentials, the Finals Survival Kit also includes a personalized message to motivate your student to finish the fall quarter strong. Purchasing a Final Survival Kit means the student receives a care package delivered to their Muir residence just in time for the start of Finals. Your student will feel supported and aware that you are thinking of them regardless of the distance. These fall 2014 Finals Survival Kits (delivery incl.) are just $25. Submit your order by December 5! Visit http://mom.ucsd.edu

Get your Triton Transition Calendar

Have you seen the 2014-2015 Calendar? They are still available for purchase. To order your calendar visit -

http://parents.ucsd.edu/news-pubs/calendar/

Join today! As a Triton Parent and Family Ambassador, you’ll gain a sense of connection to the campus, become a greater resource to your student, and meet other parents and families!

http://parents.ucsd.edu/get-involved/parentambassadors.html

January 24, 2015
Participants $35 & UCSD Students $20
Deadline to register - January 16, 2015
For more information visit: http://bit.ly/TritonSW15

Questions? Contact parents@ucsd.edu or (858) 534-7273.
Tips for Avoiding the Winter Break Blues

In the weeks ahead, the fall quarter will be coming to an end and some students will be heading home for the winter break. While family traditions and gatherings are important, families must also remember that compromise may be inevitable during an extended stay at home. As students head home, parents may feel abandoned all over again as students want to sleep late and often choose to spend time with friends than with family. Issues like important dinners, religious activities, household chores, use of the car, being respectful to others, and money management—if not handled properly—may cause conflict and undue stress for the entire family.

Here are a few ideas and strategies to help make this transition home a little merrier!

Be flexible and realistic -

Communicate holiday plans in advance so students aren’t caught off guard.

For those with extended and/or blended families, it is important to realize students may wish to spend part of his/her break with the “other” family. Avoid putting them in an impossible situation by making unreasonable demands of their time.

Compromise is a two-way street -

Keep in mind college students are no longer children that can be shuttled here and there. Students are emerging into adulthood. For the past several months, students have been following their own schedules and making their own decisions. Embrace this opportunity to have an adult conversation; listening to their perspectives, feelings; and needs. Don’t try to guilt them into doing what you want.

Most students have been living independently for a few months and may not be ready to follow your schedule. Additionally, most have just gone through a stressful period of studying and test-taking. They will probably want to “chill out.” Patience will be key.

Start the “negotiations” early—starting the conversation sooner can prevent conflict later. It can be done early in the break or even before—don’t try to have this talk during exam time—students are usually feeling stressed enough.

It is okay to have some expectations -

Respect is never outdated. Are they responsible for their old chores? Will there be a curfew?

Be prepared for changes in your son or daughter -

As we know, many college students alter their appearance, perhaps getting a tattoo, piercing, or changing their hair color. It is important to support your student at family gatherings. Be open to those changes as they may become a learning moment.

Many students will want to reconnect with high school friends; however, they may find that these friendships may not be the same as they were only a few months earlier. People change; have different interests, and find they do not have as much in common. Be prepared to listen if your student struggles with this loss.

Don't make major changes -

Talking to your student before making any major room changes would be the best. If you have already turned their room into something new, maybe now would be the time to bring back a few of their things. Students love the independence they enjoy on campus, but almost all of them want to feel they are an important part of their family.

Money management -

Will your student have to work during break to save money for back-to-school needs such as books and supplies or even tuition?

This is a good time for students to reevaluate their spending habits.

What classes do you plan to take for winter quarter?

Advising and registration for winter quarter courses began in November. Find out which courses your student is enrolled in, learn about their new course schedule, and let them know their advisor is a great resource to discuss anything related to academics.

AIRPORT SHUTTLE INFORMATION

For those flying home for the break, UC San Diego provides a free airport shuttle service from campus to the San Diego International Airport.

More information can be found here.
Financial Aid News

Winter Quarter 2015 registration fee payment deadline: **Wednesday, December 17, 2014.**

Winter Quarter remainder funds for direct deposit will be available **beginning Monday, January 5, 2015.** If your student did not sign up for **direct deposit,** remainder checks will be mailed beginning Monday, January 5.

To make sure your student’s financial aid is available in time to pay his/her fees, your student should:

- Regularly check the **Financial Aid Checklist** to view and/or complete requested items or actions.
- Frequently review the **UCSD e-mail account** for messages from the Financial Aid Office.
- For accepted loans, make sure all the required paperwork and the TritonLink loan counseling session have been completed. Questions about Perkins Loan or University Loan required paperwork can be directed to Student Business Services at studentbusiness@ucsd.edu
- See **additional disbursement requirements** to make sure these have been met.
- Student’s UCSD account will be credited once your student has enrolled in Winter quarter classes. (Wait-listed classes do NOT count as enrolled units.)
- **Review the Winter quarter billing statement** beginning December 3 to make sure financial aid has been applied to his/her UCSD account. Please note that Direct Loan funds will not credit to student accounts until December 27 due to Federal regulations. However, pending Direct Loan payments will be calculated into the current online balance on TritonLink.

**Billing Statement Tip:** Access the “Current Account Activity” view on TritonLink bill for up-to-date account activity.
- **Sign up for direct deposit** by Friday, December 5 for your student’s Winter quarter remainder funds to credit his/her bank account at the beginning of Winter quarter, starting January 5.

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The Zone Can Help Your Student De-Stress During Finals

**Therapy Fluffies Extravaganza**

December 16, 10am – 2pm @ Library Walk

The popular pups are back! The Zone will be bringing nearly two dozen certified therapy dogs to campus to help your students de-stress during finals! Studies show that animal therapy has many health benefits, including stress reduction. Encourage your students to come play, relax and de-stress with nearly two dozen fun-loving canines during finals week!

Visit [zone.ucsd.edu](http://zone.ucsd.edu) for more info, or contact The Zone at zone@ucsd.edu or 858.534.5553

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**Finals Study Zone**

Finals Week: 12/15 – 12/19, times vary @ The Zone
Located in Price Center Plaza, next to Jamba Juice

Does your student need a quiet place to study? How about a comfy place for a quick nap break? Tell them to step into The Zone during finals week for a stress-free study lounge. Fully equipped with all the tea, water, ear plugs and snacks to get them through their most stressful finals! Check The Zone schedule for study lounge times at [zone.ucsd.edu](http://zone.ucsd.edu).
If your student is staying in La Jolla for the holidays, why not send them something?

Students report they really do appreciate care packages from home. Sometimes getting that package from home makes all the difference. Just remember – if you are sending something for your student, you might want to send extra for their roommates! Not sure what to send? Try the Secret Cookie Service, a package from the Triton Bookstore or a gift basket from M.O.M.

The BEST way to show your student some love from far away! Order now for finals week! www.from-mom.com/ucsd

UCSD Parents and Supporters - Student Health 101 is a monthly health and wellness magazine just for UCSD students and their families. You can read the December issue online at http://readsh101.com/ucsd-pp.html.

The December issue has some great articles including:

- Capture your calm: 8 small steps to stress less
- The job prob: Making the most of your major
- Calling all night owls: Making your sleep habits work for you
- Find your drive to exercise
- Like a pro: Seven tips for powerful public speaking
- Season’s eatings: Healthy twists on holiday dishes

And if you missed it – be sure to check out the November issue, with group fitness–why it works, understanding depression, how to budget better, and much more at http://readsh101.com/1114/ucsd.html.

Student Health & Well-being
UC San Diego
zone@ucsd.edu  http://zone.ucsd.edu
December is Jewish American Heritage Month

Chanukah begins at Sundown, Tuesday, 12/16

We have your student covered! We’ll be celebrating the holiday early with our annual Chanukah Party on Wednesday, December 10 from 5:30-8:30 in the Dolores Huerta/Philip Vera Cruz room in the Old Student Center! Latkes, jelly doughnuts, crafts, music, dreidels, and more will kick off the holiday spirit!

Menorah lighting will happen Tuesday-Friday, December 16-19 in Price Center Plaza.

For more information, check out our website: http://www.ucsdhillel.org or contact Felicia at 858-550-1795 or fpalmer@hillelsd.org

3rd Annual Jewish American Heritage Month

Celebrate our cultural heritage and Jewish American experience during the month of January!

Cultural events, including our quarterly Schmooze with the Jews and weekly Shabbats, will kick off the month as well as our Weekly Wednesday Schmearacle, Birthright reunion party, and more. The month will culminate with our Community Shabbat on January 30. For more information, please contact Felicia at 858-550-1795 or fpalmer@hillelsd.org and check out http://www.ucsdhillel.org.

Visiting San Diego?
Make Hotel Reservations at Bartell Hotels!

UC San Diego Parent & Family Programs 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 the 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.
First Year Experience Course, Job Fairs Help Students Maximize Their Potential

ew York Times columnist Frank Bruni urged students to seek out the unfamiliar during a public lecture held at UC San Diego last month. At a time when the amount of information available is limitless thanks to personal technology, too often people stay within their intellectual comfort zones, he warned.

“I bet if you all look hard and honestly at your own lives, you’ll see that the greatest satisfactions and joys came because you pushed yourselves outside of your comfort zones,” he said. “I know that’s been the case for me.”

Among the audience members were hundreds of freshmen students participating in UC San Diego’s new First Year Experience course. Supported by the Parents Fund, the two-unit course is offered by all six colleges and features a series of on-campus events and lectures designed to help new students maximize their educational experience. Topics include enhancing communication skills in the classroom, choosing and committing to a major, finding research opportunities, engaging with faculty members and much more.

A unique feature of the First Year Experience course is that upper-class undergraduates serve as teaching assistants and discussion leaders. New students have the opportunity to learn from, and connect with, a diverse group of older students who can share their experiences and lessons learned.

“We’re looking at not only what the students do in the classroom, but enhancing their co-curriculum experience as well,” said Marshall College Provost Allan Havis. Referring to Bruni’s lecture, he added, “We’ve been reading Frank Bruni’s columns, and here we had the opportunity to actually see and hear him speak in person. That makes for a much more vital, relevant experience.”

While new students received advice to maximize their UC San Diego experience, juniors and seniors took advantage of new and expanded career services events last month. For the first time, the UC San Diego fall quarter job and internship fair was extended into a two-day event. The first day focused on science and technology fields, with recruiters from Google, Apple, General Atomics and some 150 other companies participating. The second day was designed specifically for Arts and Humanities and Social Sciences majors, with recruiters from Wells Fargo, Visa, Union Bank and others on campus to talk with students about positions in business, finance and marketing. Overall, the number of employers on campus this fall increased 60 percent compared with the same time last year.

“This growth is a direct result of the new model of career services at UC San Diego,” said Brandon Buzbee, senior director of outreach and employer relations. In 2013, the Career Services Center integrated with Alumni and Community Engagement, enabling the center to increase outreach to employers, as well as alumni advocates. Buzbee estimates that upwards of 400 students may get jobs from attending the career fairs this fall.

The First Year Experience course and enhanced career fairs are just two examples of how UC San Diego is continually working to improve and expand the resources available to help students be successful. Parents and family members are a vital partner in that work. The First Year Experience course, for one, would not be possible without the families who contributed to the Parents Fund.

As the 2014 year comes to a close, now is a great opportunity to make a year-end gift to the Parents Fund. In addition to supporting programs that will give our students an outstanding educational experience, gifts received before December 31, 2014, can be deducted from your 2014 federal income taxes. For more information, visit parentfamilygiving.ucsd.edu, call (858) 822-3867 or email parentfamilygiving@ucsd.edu.
Check out these other opportunities for your student to get involved!

PASSPORT to CULTURE
Join the weekly conversation to hear current students talk about life in their home country or state while enjoying a traditional local food.
THURSDAYS 3:00 - 4:00pm
i-House Lounges Cuzco or Kathmandu
Oct 9 - Argentina Oct 16 - Sweden Oct 23 - Massachusetts Nov 6 - Australia
Nov 13 - Netherlands Nov 20 - Canada Dec 4 - Taiwan Dec 11 - TBD

COFFEE WITH A PROF
A casual conversation and a fresh, free cup of coffee.
STEP ONE: Arrange a date and time with your professor or graduate TA.
STEP TWO: Sign up at your college’s Student Affairs Office and get a FREE beverage voucher.
STEP THREE: Enjoy your coffee break on us!

Affordable Housing Option for Winter Break!

December 2014 • Triton Family Connection • (858) 534-7273, parents@ucsd.edu • www.facebook.com/TritonParents • @UCSDParents
La Jolla Playhouse

The Second City
NUT-CRACKING
HOLIDAY REVUE

NOVEMBER 28 – DECEMBER 21

TAKE A BREAK FROM EXAMS WITH HOLIDAY MAYHEM

$10 UCSD STUDENT TICKETS
USE PROMO CODE: TRITON
Good for all performances, excluding Friday & Saturday nights. Subject to availability.

LaJollaPlayhouse.org