

# Triton Family Connection

November 2014



Three Generations of the Schickling Family at Family Weekend

## CONVERSATION CORNER

*Designed to facilitate meaningful conversations about timely student issues, the "Conversation Corner" provides suggested conversations parents and families may want to have with their student.*

**You're never alone while pedaling up hills**

Your student is now settled in, made a few friends, discovered their favorite classes and is traveling around campus and the community at night and on weekends. During your regular phone calls with your student – somewhere in between the discussions of course work, dating, and money – you should also carve time to discuss their general health. This is more than just how they are feeling or if they are sick. A healthy lifestyle is one that encompasses mental and physical health, too. This can include alcohol use, getting enough sleep, exercise, nutrition, and overall general wellness. At UC San Diego, there are ample ways to sustain a healthy lifestyle. From healthy dining choices to on-campus counseling services, healthy lifestyles are a priority at UC San Diego and are needed to be successful.

## Greetings Triton Parents and Families!

It's week five at UC San Diego and we are half way through the quarter!

Highlights in this month's e-newsletter include information about flu-shot, ordering care packages for your student, involvement opportunities for your student, and the groundbreaking of the ballpark at UC San Diego. If your student is unable to travel for the Thanksgiving Holiday, learn about optional lodging near the campus. Students traveling home for the holiday needing more information about shuttles to the airport, can visit <https://students.ucsd.edu/campus-services/parking-and-transportation/commuting/holiday-airport-shuttle.html>

All my best,

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

## Family Weekend Was a Blast!

Thank you to the nearly 2,000 parents, families, and students who attended the 7<sup>th</sup> Annual Family Weekend, Oct 24-26. Highlights include an almost sold out Comedy Nite with Justin Willman and Andy Hayes, Dinner and Night Time at the San Diego Zoo, and College Connections. Some pictures will be featured at [www.facebook.com/TritonParents](http://www.facebook.com/TritonParents). A survey will arrive in your email inbox early November to tell us about your experience. The weekend was a huge success and we hope you had a Triton terrific time!

## Siblings Weekend, January 24, 2015 Save the Date!

Join us for the 3<sup>rd</sup> Annual Siblings Weekend, inviting UC San Diego students' siblings ages 7-16 for a day of college-related activities and fun. If you missed Family Weekend, this is another opportunity to have some family fun right here on campus. For more information, visit <http://parents.ucsd.edu/events/siblings-weekend/index.html>

**PASSION  
TRANSFORMATION  
FOUNDERS  
CELEBRATION**

Nov. 13-15, 2014

Join us as UC San Diego celebrates the **curiosity** and **passion** that have allowed our campus to **transform** the world.

Follow us on Twitter:  
#ucsdfounders

Like prizes?  
Click here!

SCHEDULE

**FOUNDERS SYMPOSIUM**

Short talks from extraordinary minds  
Thursday, Nov. 13  
Price: Ceasar

**FOUNDERS DAY**

Entertainment, games, tasty treats and more  
Friday, Nov. 14  
Price: Ceasar (program)  
and Town Square (festival)

**HULLABALOO**

Live performances, rides and food  
Friday, Nov. 14  
Town Square and Matthews Quad

Founder's Celebration is November 13-15, 2014! Join us as UC San Diego celebrates the **curiosity** and **passion** that have allowed our campus to **transform** the world. The annual Founders Celebration commemorates the day UC San Diego was officially founded in November 1960. Faculty, staff, students, alumni and friends join together for entertainment and enlightenment at a series of events in honor of Triton achievements worldwide. Follow us on Twitter: [#ucsdfounders](#)

Learn more here:

<http://founders.ucsd.edu/>



**Outreach Trivia Nights**  
Tuesdays ✨ 7PM ✨ Home Plate  
Food, Facts, Friends, & Fun!  
Free Entry ✨ Teams of 4 ✨ Top Prizes

UCSD, POP CULTURE, ACADEMICS, STUDENT ORGS, 50 STATES, MUSIC, COUNTRIES, SAN DIEGO

[nonresidentinfo@ucsd.edu](mailto:nonresidentinfo@ucsd.edu) Sponsored by



UCSD senior Matt Michalko (photo by Erik Jepsen)

**Huge Crowd Sees Big Water polo Win**

More than 1,700 fans crammed into Canyonview Pool on Wednesday of Zero Week to witness the now No. 6 UC San Diego Men's Water Polo team defeat conference rival Loyola Marymount, 7-2. UC San Diego is shooting for an unprecedented 17th Western Water Polo Association title which would earn the Tritons a berth in the NCAA Championships, scheduled to be hosted at UC San Diego, Dec. 6-7. For more information on UC San Diego Water Polo and the NCAA Championships, go to <http://ucsdtritons.com/>



UC SAN DIEGO  
**TRITON**  
PARENT  
&  
FAMILY  
AMBASSADOR

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>

# STUDENT health101

Flu clinics for students will be held at the Zone, Price Center Plaza, Nov 14 & 17 | 11:30 a.m. - 3:45 p.m.

## Cost of Vaccine in Flu Clinics

*Students with SHIP:*

Injectable and Intranasal: FREE

*Students waived SHIP or with RAFT:*

Injectable: \$15.00; Intranasal \$25.00

Students can also get the flu vaccination on a walk-in basis at the Student Health Nurses Clinic. See this link for more details:

<http://studenthealth.ucsd.edu/flu.shtml>



## Alternative Breaks at UC San Diego

Alternative Breaks are national and international service learning trips that engage college students in a social justice service-related issue. Each trip partners with a local nonprofit organization familiar with the local community to inform social injustice issues in that area to ensure a continuous growth process. By working with a local nonprofit, Alternative Breaks ensures the service has a positive impact that transcends involvement in the local community. After the trip, members are expected to use acquired knowledge and life experiences to continue making a positive impact in their own community, thereby becoming Active Citizens. For more information please visit:

<http://www.abatucsd.org/>



## Your Student Has Lots of Textbook Choices

Buy. Rent. eBooks. New. Used. Save. From inside the UC San Diego Bookstore, first floor, textbook department and online too. eBooks purchased from the UC San Diego Bookstore website have the same content as print books, include page numbers for following assignments, have search functions to easily locate topics, includes highlight, note taking and printing tools, works on PC, Mac, iPad, iPhone and Android devices, and is available online and offline. eBooks are subscription-based. Access expires at the end of the subscription period. Inside the UC San Diego Bookstore we accept all forms of payment including UC San Diego student account and financial aid. For more information, call (858) 534-4557.



## Muir's MOM & POP Shop

Offers a special opportunity to show your favorite student you are thinking of them. Throughout the year, a variety of specialty baskets (or care packages) can be delivered directly to the door of any Muir College Resident. The selections may vary, but the thoughtful message remains the same. Check out <http://mom.ucsd.edu> to see current baskets; check back as new offerings become available throughout the quarter.

Questions: [muircollegecenter@ucsd.edu](mailto:muircollegecenter@ucsd.edu).



### Financial Aid Office Update

Unexpected expenses can occur despite careful planning of your student's academic year budget. If your student incurs additional educational costs above the expenses shown on UCSD's estimated budgets and costs of attendance <https://students.ucsd.edu/finances/financial-aid/budgeting/index.html> the Financial Aid Office may be able to add them to your student's budget and cover them with student loans, based on availability of funds. On occasion, other types of funding may be available, including some grants.

Families who experience unexpected and significant loss of income during the academic year can also request a review by the Financial Aid Office. See how to file a "special circumstance" appeal for Loss of Income <https://students.ucsd.edu/finances/financial-aid/applying/appeals/appeal.html>

Short Term Emergency Loans for students are also available through the Financial Aid Office to help your student who may be in need of immediate funds for emergency situations such as car repairs, specialized course equipment, etc. A processing fee of \$20 is charged and the loan repayment is typically 30 days after receipt of the funds.

**Winter Break Housing Options! Discounted UCSD Rate!**  
 Winter break at UCSD is 2 weeks (Dec. 20 – Jan. 5). The Residence Halls close at noon on Dec. 21 and re-open at noon on Jan. 3. This is a great time to spend time with family, but if your student is unable to travel home, plan ahead for winter break now! Marriott La Jolla Hotel is offering UCSD students a special winter break rate! Reserve a room for \$79/night, 20% off on hotel food outlets, coin laundry, and a shuttle to/from UCSD, Target, and a grocery store! Students can reserve the room on their own or share a room with other students to save money!  
 Click the link for online room reservation for UCSD winter break special rate: <http://tinyurl.com/qej5evt>



Stay informed, Follow us @UCSDParents and "Like" us at [www.facebook.com/TritonParents](http://www.facebook.com/TritonParents)



Last quarter, "Coffee With a Prof" (CWAP) program launched and it was an overwhelming success!! We are very happy with student/faculty participation and will continue CWAP for Fall Quarter 2014.

Students can stop by any college Student Affairs Office to pick up a voucher. All students are welcome to participate. All colleges are included. Students should take advantage of this great opportunity to get to know their faculty member by meeting over a free cup of coffee! We encourage students to participate and enjoy the opportunity!

Program Process:

We provide each student with a beverage voucher to be turned in to any participating coffee vendor at the time of their visit. Each student may participate twice per quarter. Students must have verification that their invitation is accepted by their professor or Teaching Assistant (T.A.), along with the date arranged to meet for coffee BEFORE requesting a voucher.

Participating Vendors:

- Art of Espresso Café
- Cups Outdoor Café
- Fairbanks
- Perks
- Muir Woods Coffee House



Every year during Welcome Week, the six colleges compete at the UnOlympics on RIMAC Field and the winning college takes home the fabled Golden Shoe for one year. The theme for performances this year, "A World of Muir Imagination," inspired by Roald Dahl's Charlie and the Chocolate Factory, was the golden ticket to Muir College's victory! **Muir took first-place and proudly carried off the shoe for the first time in sixteen years! Congratulations Muir!**



Visiting San Diego, CA ?! Bartell Hotels provides a variety of locations and options.

<http://tritonfamilydestinations.com/>



## UC San Diego Breaks Ground on Triton Ballpark

The University of California, San Diego broke ground this fall on the new Triton Ballpark. The ceremonial groundbreaking—with engraved baseball bats—represents the next step in the transformation of the existing baseball field into a state-of-the-art facility for UC San Diego's intercollegiate baseball team. Triton Ballpark is made possible with the support of lead donors including Bill Scripps, Gary Jacobs, '79, John Moores, Malin Burnham and Richard Atkinson, UC San Diego's fifth Chancellor.

"We are creating our own 'field of dreams' for our students, the campus and our community," said Chancellor Pradeep K. Khosla. "Triton Ballpark exemplifies our mission of being a student-centered university, and we are grateful to the generous donors who have helped make this project possible." Highlights of Triton Ballpark will include sunken team dugouts, a press box, an area for food trucks, permanent spectator seating and restroom facilities. Triton Ballpark will also feature the Marye Anne Fox Clubhouse, named in honor of UC San Diego's seventh Chancellor. During her tenure as Chancellor from 2004 to 2012, Marye Anne Fox was an advocate for athletics and championed updates to the baseball field. The 4,000 square foot clubhouse will include a locker room, team showers, coaches' offices, laundry, storage area for athletic equipment, and multipurpose room and hall of fame area. The UC San Diego baseball program is one of the most successful in NCAA Division II. The Tritons reached the national final in 2010, and in 2004 won a record sixth California Collegiate Athletic Association (CCAA) Tournament championship. Yet, the players currently practice and compete on a field without the basic amenities that many of their competitors take for granted—from showers to permanent restroom facilities. "Having a facility to match the excellence of our talented student-athletes will contribute greatly to our team spirit and Triton pride," said UC San Diego Athletics Director Earl W. Edwards. Athletics and other student life activities rely on private support from community members, alumni, parents and families to maintain and enhance the opportunities provided to students. Whether your student plays a team sport or intramurals, participates in community service or cultural events seeks out advice from the Writing Center or Career Services Center, he or she is benefitting from the generosity of others who have invested in the Triton student experience. A simple way to make a difference is with a contribution to the Parents Fund. Gifts of all sizes—especially when pooled together with support from fellow Triton families—make possible the programs and opportunities outside of the classroom that add up to an outstanding college experience. To learn more, or to make a gift, visit <http://giving.ucsd.edu/parentandfamilygiving/> or contact Sumner Paterson, associate director of Parent and Family Giving, at (858) 822-3867 or [sumner@ucsd.edu](mailto:sumner@ucsd.edu). To learn more about supporting Triton athletics, visit <http://giving.ucsd.edu/where/athletics/>



## HALL OF FAME

On Sunday, October 12 seven former Triton greats were officially inducted into the UC San Diego Athletics Hall. The seven were Julia Cuder (Women's Soccer, UCSD 2002), Jamie Dailey (Women's Water Polo, '92), Carol Lipson (Women's Volleyball, '88), Bob Natal (Baseball, '87), Shannon Quigley (Track & Field/Women's Volleyball, '89), Chris Romey (Men's Soccer/Volleyball, '93) and Paul Trainer (Men's Basketball, '75). The event was the culmination of

Homecoming Weekend which saw more than 800 ex-UCSD athletic standouts return to campus for a variety of festivities.

The Hall of Famers also had commemorative banners unveiled in RIMAC Arena prior to Saturday night's Women's Volleyball match against Cal State East Bay. For more information on the UC San Diego Athletic Hall of Fame, go to <http://ucsdtritons.com/>