

Triton Family Connection

October 2014



Office of Parent and Family Programs
Professional Staff and Triton Parent Leaders

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.

Tips for Student Success:

Get involved on campus!

Students involved in at least one student organization are more likely to feel connected to their peers, get higher grades, have fewer problems with alcohol and other drugs, and are better prepared for life after graduation. A tremendous amount of learning, personal growth, and skill development takes place outside of the classroom. Students who get involved early in their college career are more satisfied with their college experience. With so many great opportunities to get involved, students are sure to find a club or organization of interest, providing an opportunity to meet new people, pursue new interests, and give them a sense of belonging. Encourage your student to use the "dabble, then commit" strategy. Freshman and sophomore years are times to figure out and decide what they want to be involved in, while junior and senior years are for developing leadership in the organization.

Greetings Triton Parents and Families!



It is my pleasure to serve as the new Director of Parent and Family Programs at UC San Diego. Since my

inception, I have been meeting new colleagues and learning about the programs and events created for you, UC San Diego parents and families.

We have a new staff ready to help you! Join me in welcoming our team, Brittany Oka '14, Parent and Family Programs Assistant; Cristina Arelis, Graduate Assistant; and the student

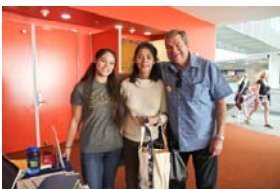
Triton Parent Leaders (picture above). Together we serve as a resource to you and we will be at Family Weekend eager to help you navigate the campus. We look forward to working with many of you and to getting you involved with the UC San Diego community. Learn about the Triton Parent and Family Ambassador Program – <http://parents.ucsd.edu> - a great way to connect with UC San Diego. All my best!

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

Get Ready for Family Weekend, October 24-26



Family Weekend is around the corner and we're excited to welcome you back to the UC San Diego campus! Family Weekend is designed for you and your student to reconnect and experience UC San Diego together. Get excited for a fun-filled weekend including sitting in on a class, outdoor adventures, comedy night, College Connections, a trip to the San Diego Zoo, a variety of Triton Ed Classes, community service at two San Diego K-5 elementary schools, and more. A full schedule of Family Weekend events is available at <http://parents.ucsd.edu>





We are excited to welcome Sumner Paterson as the Associate Director of Parent & Family Giving! In her new role, Sumner will be a resource to all parents and will help connect you with opportunities to support and enrich your student's experience. We have some wonderful upcoming programming, such as the Triton Parent & Family Ambassadors Program (<http://parents.ucsd.edu>) and the Parent & Family Giving Council (<http://giving.ucsd.edu/parentandfamilygiving>) Sumner looks forward to sharing these updates and hopes to meet you during Family Weekend, October 24-26!

Contact Sumner Paterson at sumner@ucsd.edu or call (858) 822-3867 for more information about getting involved with Parent and Family Giving.

Commonly Used Contact Information

Colleges:

- [Roosevelt College](#) : (858) 534-2237
- [Revelle College](#): (858)-534-3493
- [Warren College](#): (858) 534-8444
- [Marshall College](#): (858) 534-4390
- [Muir College](#): (858) 534-3587
- [Sixth College](#): (858) 534-1481

Health Services: (858) 534-3300

Housing: (858) 534-4010

Financial Aid: (858) 534-4480

Bookstore: (858)534-7323

Campus Emergency Info: (888) 308-8273

Parent and Family Helpline: (858) 534-7273



HPS
Health Promotion Services
UC SAN DIEGO

We've changed our name!
SHS Health Education Department is now Health Promotion Services!

Find us at: <http://studenthealth.ucsd.edu.aspx>

Flu Clinics will be offered at Student Health and the Zone (Price Center Plaza) throughout Fall quarter. Free for students with UCSHIP, \$15 with RAFT or UCSHIP waived. Dates and more info at: <http://studenthealth.ucsd.edu>

Workshops on many different subjects (sexual health, stress, nutrition, healthy back, etc) are offered free of charge. Browse and request a workshop at: <http://sha.ucsd.edu>

Walk-in STI testing can be done at Student Health. Go directly to the SHS lab and fill out the forms. Times are listed at: <http://studenthealth.ucsd.edu/stitest.shtml>

Bulletin Boards

Health Promotion Services staff at Student Health Services (SHS) is part of the campus wide effort to provide students with information and messaging for a healthy, safe and fun Academic Year! We have several bulletin boards now available through the SHS website to provide easy access to resources for accurate and consistent messaging:

<http://studenthealth.ucsd.edu/bulletinboards.shtml>. Check back often for new materials! If you have any questions please feel free to contact us:

- Lupe Samaniego-Kraus, lsmanie@ucsd.edu or (858) 534-3874 (Alcohol & Drug Topics)
- Maria Fish, mnfish@ucsd.edu (858) 822-5382 (General Health Topics)
- Erica Okamura, eokamura@ucsd.edu (858) 534-1824 (Sexual Health Topics)



STUDENT health101

As a service to our families at UCSD, we are providing an online subscription to Student Health 101 for both your student and yourself. Student Health 101 is a monthly health and wellness magazine just for UCSD students and their families. Each issue contains **valuable information that will help your student make better decisions** and can **help you gain a better understanding of the health and wellness challenges that face today's students.**

Each month, you'll receive an e-mail with the latest issue of the family-only The Student Advocate, along with the Student Health 101 issue that your student will receive. Please take a few minutes to read the issues each month, as we believe that they can be a valuable resource for you and your family.

You can read the October issue of the Student Advocate online at <http://readsh101.com/ucsd->

**Affordable
Housing Option
for Winter Break!**



Winter Break Housing Options! - Discounted UCSD Rate!

Winter break at UCSD is 2 weeks this year (December 20 - January 5). The Residence Halls will be closed at noon on December 21 and re-open again at noon on January 3. This is a great time to spend time with family, but if you're 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 per night, 20% off on hotel food outlets, coin laundry, and a shuttle to/from UCSD, Target, and a grocery store! Reserve the room on your own or share a room with other students to save money! Reserve your rooms online to get the UCSD winter break special rate:

<http://tinyurl.com/qej5evt>



Join the Out-Of-State Student Organization (OSSO)!

Are you an out-of-state or international student? OSSO is UCSD's organization for out-of-state students! This student organization holds bi-weekly meetings and socials throughout the year! Join in the Fall to meet other non-resident students, gain leadership skills planning events, and help build a non-resident community on campus!

Facebook Page:

<https://www.facebook.com/pages/UCSD-Out-of-State-Student-Organization/353599788080730?fref=ts>

Outreach Coordinators Present Weekly "Passport to Culture" Events

PASSPORT to CULTURE

Join the weekly conversation to hear current students talk about life in their home country or state while enjoying a traditional food!

THURSDAYS → 3:00 - 4:00pm
i-House Lounges Cuzco or Kathmandu

Oct 9 - Argentina	Nov 13 - Netherlands
Oct 16 - Sweden	Nov 20 - Canada
Oct 23 - Massachusetts	Dec 4 - Taiwan
Oct 30 - Scotland	Dec 11 - TBD
Nov 6 - Australia	

858.534.1123 programs abroad office pa@ucsd.edu

The Programs Abroad Office

There are exciting opportunities to study, work, volunteer and intern at destinations all around the world, no matter your major. If you are looking to go on that next adventure, internationalize your resume, improve language and cross-cultural skills, and gain an amazing highlight to your college experience, then you need to check out UCSD's largest Study Abroad Expo!

Programs Abroad Office presents:

Study Abroad EXPO
 October 27, 11 am - 3 pm
 Price Center Ballroom West

Don't miss it!



Make Hotel Reservations Today for Family Weekend at Bartell Hotels!

If you are attending Family Weekend on October 24-26 you and your family are encouraged to make travel plans, hotel arrangements, and car rental reservations early.

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 <http://tritonfamilydestinations.com/>



“Coffee With a Prof” is back!!!

Last quarter, “Coffee With a Prof” program was launched and it was an overwhelming success!!

We are very happy with the student/faculty participation and will continue CWAP for the Fall Quarter 2014.

Please stop by any college Student Affairs Office to pick up your voucher. All students are welcome to participate. All colleges are included. Please take advantage of this great opportunity to get to know your faculty member by visiting over a free cup of coffee!

This program is for you!!! We encourage you to participate and enjoy the opportunity!

Program Process:

We provide each student with a beverage voucher to be turned into any participating coffee vendor at the time of their visit. Each student may participate twice per quarter. Student must have verification that their invitation was 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



UC San Diego Earns High Marks for World-Class Research, Sustainability and Public Service

As we start a new school year at UC San Diego, our Triton family has many reasons to be proud. This summer, our campus was ranked first in the nation by Washington Monthly—for the fifth consecutive year—for contributing to the public good. Sierra Magazine included UC San Diego in the top 20 on its “Coolest Schools” list for encouraging environmental responsibility and addressing climate issues. To top it off, the campus was named the 14th best university in the world in the 2014 Academic Ranking of World Universities (ARWU), released by the Center for World-Class Universities at Shanghai Jiao Tong University.

“It is an honor for UC San Diego to once again be recognized as one of the world’s premier universities,” said Chancellor Pradeep K. Khosla upon the announcement of the ARWU ranking. “Our extraordinary faculty, bright students and talented staff all contribute to UC San Diego’s excellence in education, research and patient care.”

These accolades are a testament to the caliber of a UC San Diego education. Yet, it’s philanthropic support from parents and families that makes the difference between a good college experience, and an outstanding one. The Parents Fund invests in student life programs within each college, as well as campus-wide resources, to support our students’ wellbeing and enrich their educational experience. Special guest lectures, cultural and performing arts events, leadership training programs and professional development resources complement classroom instruction for a well-rounded education.

A few of the campus-wide events and programs that students can look forward to this year include:

First-Year Experience Course.

Incoming freshmen will participate in a new, college-wide course developed by the provosts to equip new students with the skills and resources to be successful at UC San Diego.

Classes and workshops at [The Zone](#).

The Zone is a student wellness lounge that features free programs such as yoga, meditation, Zumba, therapy dogs and cooking demonstrations.

A full-scale Broadway production by [Muir Musical](#). A student organization open to undergraduates from all six colleges, the Muir Musical invites students of all majors to help put on this annual production of musical theater. Students can join the cast, crew, orchestra or production staff.

Service-learning trips across the country and abroad with [Alternative Breaks](#).

Students have the opportunity to participate in volunteer service while learning about social justice issues.

UC San Diego is well-known for academic excellence, and you can be sure that your student will receive a top education this year. Yet it’s the programs and opportunities outside of the classroom that make this campus special and add to an outstanding college experience. That layer wouldn’t be possible without philanthropic support from parents and families.

To learn more about how you can make a difference, and to make a gift, visit parentfamilygiving.ucsd.edu or contact Sumner Paterson, Associate Director of Parent and Family Giving, at (858) 822-3867 or sumner@ucsd.edu.