As we enter into Week Five, halfway through the winter quarter, students are busy with midterms, making plans for Spring Break, applying for campus leadership positions for next year, or beginning their job searches for life after UC San Diego.

We, too, are in planning mode for spring quarter with welcoming our newest Tritons on Triton Day (April 5th) and saying goodbye to our seniors with Commencement on June 14th & 15th. We also have started planning for our 7th Annual Family Weekend which will occur on October 24-26th, 2014.

Help Your Student De-Stress During Midterms

Midterm season is in full swing and the stress is beginning to pile on! Encourage your student to visit The Zone, UCSD’s lounge for student well-being, to de-stress with healthy programs, relax on comfy bean bags, enjoy a hot cup of tea, or study in a quiet space on campus!

Help your student stress less with these tips:

1. Remind them that it’s OK to take a study break! Occasional breaks can help students refocus and come back to their work with a clearer mind. Running or walking through campus, exercising at RIMAC, crafting a DIY project, or just relaxing on the beach are all examples of healthy ways to take a break. (Continued on page 2).

Our motto in Parent & Family Programs is "when parents are informed, students benefit," so we encourage you to contact our Parents’ Helpline at 858-534-7273 or email us at parents@ucsd.edu with any questions.

Happy Reading!

Laci

Laci Weeden
Director, Parent & Family Programs
In case you missed the images in our January edition, click here to view pictures from our 2nd Annual Siblings Weekend at UC San Diego.

IMPORTANT 2014-2015 Financial Aid Deadline: March 2nd

The priority deadline to complete the FAFSA or California Dream Act Application for 2014-15 is March 2nd. File only ONE application, UCSD School Code: 001317

Students should submit the FAFSA online at fafsa.gov
Students who are not eligible to submit a FAFSA but who are AB540 eligible, can submit the California Dream Act Application at www.CalDreamAct.org

Estimate your 2013 income tax return amounts
Use estimated amounts when filing your application if you have not yet filed your tax returns.

- FAFSA filers can update the income tax figures using the IRS Data Retrieval tool via FAFSA on the web once your tax returns are filed.


Department of Education PIN for FAFSA filers
Obtain both a student and a parent Department of Education Personal Identification Number (PIN). Use it as an electronic signature for online FAFSA filing and corrections, and later for Federal Direct Loan promissory notes. Go to pin.ed.gov and select “apply for a PIN.”

By May 21, 2014 if the student is selected for verification:
Submit any requested financial aid documents or complete any required actions which may include using the IRS Data Retrieval Tool to verify 2013 IRS Tax information or provide IRS Tax Transcripts.

NEED HELP? Contact the UC San Diego Financial Aid Office if you have any questions at (858) 534-4480 or email finaid@ucsd.edu.

**Help Your Student De-Stress...(Continued from page 1)**

2. **Recharge with a FREE chair massage** at The Zone! Students can visit the R&R Squad three times a week for a stress relieving 5-10 minute chair massage. What better way to recharge and refocus during midterms?!

3. **De-stress with therapy dogs** at The Zone! Does your student miss the family dog? Tell them to stop by The Zone every Thursday where they can relax and de-stress with cute and cuddly certified Therapy Fluffies!

4. **Aim for 6-8 hours of sleep every night**. Anxiety and stress are often associated with lack of sleep. Encourage your student to get enough sleep every night to help manage their stress. The Zone offers free earplugs to help students sleep peacefully!

Tell your student to visit us and see how we can help them enjoy a healthy and stress free year! Visit www.zone.ucsd.edu for more information.

The Zone
A lounge for student well-being

Send a Valentine’s Day gift!

The Secret Cookie Service
UCSD’s late night cookie delivery!

Your mission if you choose to accept it is to...
- Go to thesecretcookiesservice.com
- Click on Order Now!
- Click on Order a Gift Dropoff by Text
- Follow the secret instructions!

**The Finer Details**
we encourage you to order ASAP before Feb 14th but we do take same-night orders any night that we’re open. We deliver 8 pm-1 am everyday the week of V-Day and 6 pm-2 am on V-Day. Daytime orders must be placed 24 hrs ahead. Students prefer nighttime deliveries. Dropoff times are first-come, first-serve and subject to availability. Min. gift orders are $30 of cookies/milk. Before 8 pm, we may not respond until opening.

Check out our latest TV news interview under "Media" on our website!

Like us on Facebook for 2 extra free cookies with your first order!
Bringing World-Class Arts to UC San Diego Students

This February, UC San Diego students will have the opportunity to hear an award-winning string quartet, experience a performance from one of the most in-demand choreographers in contemporary dance and see an artistic foreign documentary that follows mussel season in the Dutch province of Zeeland—all without leaving campus.

For 10 years now, ArtPower! at UC San Diego has brought internationally renowned chamber quartets, global musicians, jazz artists, dance companies, contemporary music ensembles and film directors to the UC San Diego campus for intimate performances to engage students with the arts.

“ArtPower! plays an important role in creating a vibrant and engaging educational experience at UC San Diego,” said Interim Vice Chancellor of Student Affairs Alan Houston at the launch of the 2013-14 season. “Its programs give students, as well as members of the community, the opportunity to see, hear and even participate in some of the finest contemporary performing arts.”

Making the arts accessible to all students—from science majors to aspiring filmmakers—is central to ArtPower!’s mission. The program offers reduced price student tickets as well as a variety of engaging arts activities, such as performances in the residence halls and casual conversations with the artists.

More than 3,000 UC San Diego students have already taken advantage of the 2013-14 season activities, which kicked off in September. Most recently, over 1,000 attended a student matinee with dance ensemble Compagnie Käfig, featuring works inspired by the stories of young dancers in the favelas of Brazil. The matinee was sponsored by Western States Arts Federation (WESTAF), the National Endowment for the Arts and the California Arts Council. In addition, a group of 100 UC San Diego students participated in an exclusive Dance Master Class taught by the choreographer for Compagnie Käfig.

ArtPower!’s engagement activities are offered throughout the academic year, and include:

- **ArtTalks!** – Moderated chats with an artist or filmmaker give audiences the chance to learn the unexpected stories behind a work’s creation.
- **Dance Master Classes** – UC San Diego students learn from professional dancers and choreographers. Taught by some the best artists in the field, master classes provide that spark of inspiration to continue on the path to artistic excellence.
- **Sound Labs** – A series of dynamic hands-on workshops and demonstrations with musicians and performers from around the globe. These “lab” engagements provide UC San Diego students the opportunity to engage with new ways of music making and music sharing.
- **Film Practicum** – In the spirit of hands-on teaching and learning, film practicum connects undergraduate mentors with film production students at San Diego’s High Tech High Media Arts.
- **Filmatic Festival** – A special event for film fanatics, this event offers UC San Diego undergraduate and graduate students the chance to screen their films and network with industry professionals.

At UC San Diego, we believe that a well-rounded education includes learning that takes place outside of the classroom. ArtPower! is one example of the campus programs that enable our students to broaden their education, learn about fields outside of their chosen major and challenge themselves with new ideas and ways of thinking about the world.
ArtPower!’s student engagement opportunities—including the reduced price student tickets—would not be possible without contributions from generous donors. Private support is essential to maintaining the robust season of performances and student offerings that this campus program provides. We invite you to learn more about ArtPower! at UC San Diego and how you can make a difference by visiting artpwr.com/support.

To learn more about how parents and families can get involved and make an impact on their students’ UC San Diego experience—from special guest lectures to health and well-being resources—visit parentfamilygiving.ucsd.edu or contact Paulyne Becerra, senior director of development and community engagement, at (858) 534-7424 or pbecerra@ucsd.edu.

Encourage your students to work with Parent & Family Programs office next year as a Triton Parent Leader. We are now accepting applications for the 2014-2015 academic year. For more information visit parents.ucsd.edu.

Follow us on Twitter @UCSDParents
“Like” us on Facebook.com/TritonParents

From Mom.com
Send your student a special surprise for Valentine’s Day! Click here to order. Make sure to order by 2/7!

Campus and community health resources information, anonymous HIV testing will be available.
Where? LGBT Resource Center | When? Wednesday, February 26th from 1:00-3:00 pm