Greetings!

As we enter into the last few weeks of the winter quarter, students are thinking ahead to final exams and making their finals arrangements for Spring Break.

We are busy in the office preparing to welcome prospective Triton families and the community at Triton Day on Saturday, April 5th. The University is expecting over 20,000 people to visit campus!

Don’t forget to check in with your student to see how they are doing with classes and see how you can best support them during these last few weeks. A phone call from home, a care package, or receiving a letter in their mailbox goes a long way during this time.

Are you interested in being a volunteer and assisting with events like Triton Day? Make sure to read about the Triton Parent & Family Ambassador opportunity on page 3.

Happy Reading!

Laci Weeden
Director, Parent & Family Programs

Spring Break Residence Hall Closure Information

UC San Diego Residence Halls are CLOSED during Spring Break. All residents in the residence halls only (not the apartments) must vacate their rooms no later than 12 noon on Sunday March 23rd and may return to their rooms as early as 12 noon on Saturday March 29th. All resident belongings may stay in their rooms. If you have a concern please have your student contact his/her Residence Life Office for assistance. For more information, please contact Housing Dining Hospitality at (858) 822-6274.
Plan Graduation Weekend in San Diego
Families are encouraged to make travel plans, hotel arrangements, and car rental reservations early. Approximately 4,000 undergraduate students graduate from UC San Diego each year, and therefore hotels in the area reach occupancy quickly.

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.

To take advantage of these special rates and make a reservation for your family, call (800) 345-9995 or visit tritonfamilydestinations.com.

New Medication Education Program for Students

The UC Student Health Insurance Plan (UC SHIP) in partnership with UC San Diego Skaggs School of Pharmacy recently launched its Medication Education Program for students, including a new website that prompts students to be informed consumers of prescription medications and over-the-counter products.

“I didn’t know that herbal supplements interacted negatively with drugs since natural substances are thought of as harmless.” – Sophia Lai, UCSD Biochemistry Major, Alumni.

Students have many questions about medications that are often left unanswered or answered incorrectly by peers or internet sources. UC launched a web-solution in early February – www.MedEdUCSHIP.org.

MedEdUCSHIP stands for “Medication Education Program of the University of California Student Health Insurance Plan.” The website was developed by pharmacy professionals at the UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences in collaboration with the UC Student Health Insurance Plan (UC SHIP).

“UC SHIP provides excellent pharmacy benefits for our students, but we believe educating our students on important topics, such as medication safety, will impact students’ lives well beyond their college years.”—Heather Pineda, UC SHIP Director

The goal is to provide students with accurate information about medication usage. The website highlights brief messages and provides links to additional information for topics such as safe usage of prescription, over-the-counter and herbal medications, possible drug and food interactions, and prescription drug abuse.

“It’s a good compilation of useful medical data with multiple outsourced references to great, reputable sites for guidance on medication therapy.” -- Jermaine Moen, UCSD Pharmacological Chemistry Major, Senior.

To complement the website information, posters, bookmarks, handouts, bulletin board announcements in student areas including dining halls, dorms and the student health center all support the Medication Education Program on campus and point students to the website for more information.

MedEdUCSHIP.org is continually updated with new medication information based on students’ feedback and requests from healthcare providers at UC student health centers.

Learn more about UC SHIP at www.ucop.edu/ucship.
BECOME A TRITON PARENT & FAMILY AMBASSADOR!

The Offices of Parent & Family Programs, Undergraduate Admissions, and UCSD Alumni are partnering to create a new program to help with recruitment, yield, involvement, retention, and philanthropic support. The newly created program, Triton Parent & Family Ambassadors, is housed under Parent & Family Programs. We are currently recruiting parents and family members to join this unique opportunity to help prospective and current UC San Diego families from around the world. Ambassadors are supporters of the University of California, San Diego. As a Triton Parent & Family Ambassador, you will:

- Assist in building the UC San Diego Triton Family both locally and regionally
- Engage with prospective students and families
- Connect with current students and families
- Serve as an informed agent of the university
- Assist with publicizing and supporting events

To learn more about the Triton Parent & Family Ambassador Program and to sign-up, click here.

Visit the UC San Diego Bookstore

With commencement and Triton Day around the corner, our bookstore has plenty of offerings, savings, and opportunities for you and your student to cherish the moments and gather some keepsakes. Visit the Grad Central page on the UC San Diego Bookstore website for information on Triton Pride Packs and Triton Day specials.

Financial Aid Deadlines & Important Information

The priority deadline to complete the FAFSA or California Dream Act Application was on March 2nd.

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.
Check out The Zone’s Winter 2014 edition of **The Good Life Magazine** - a publication designed to help define your student’s good life!

The Good Life Magazine is UC San Diego’s online publication created upon the collaborative efforts of the Student Health & Well-Being Cluster to promote the health and well-being of UC San Diego students.

**Included in this issue:**
- Food Arena: Healthy alternatives for guilty pleasures!
- Benefits of Tea
- The Art of Mindfulness
- Sleep Happy
- Protein Powerhouses
- Fast Facts: E-Cigarettes
- Benefits of Running
- Superseed Trifecta
- And more!

For more information about UCSD health and well-being resources, visit [zone.ucsd.edu](http://zone.ucsd.edu)

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**A family experience you’ll remember for a lifetime**

More than a vacation, Triton Summer Experience is an opportunity to explore UC San Diego at a deeper level. Revisit your college years while experiencing the promise of your student’s future.

**Perfect for family reunions and get-togethers**

Enjoy the UC San Diego campus in a thoroughly unique way—rediscover the beauty of La Jolla while engaging in intellectual conversations, art, technology, and hands-on adventures.

**Experience UC San Diego like never before.**

Some of your activities might include:
- Playing the role of underwater researcher with the Scripps Institution of Oceanography
- Engaging in theater and art with the La Jolla Playhouse and Stuart Collection
- Simulating a futuristic surgery with robotics, or visualize art and science in 3D at Calit2
- Hitting the trails at Torrey Pines, taking a surf lesson, or pampering yourself with a relaxing spa session

We can’t wait to see you! Call 858.534.4220 or visit [hdh.ucsd.edu/tse](http://hdh.ucsd.edu/tse).
Career Discovery Quarter Helps Students Identify Post-College Pathways

Finding the right career path is not always simple. Whether your student is a biology major or history buff, learning how their academic training can be applied in the workforce is an important part of the college experience. To help students with their career exploration and decision making, the UC San Diego Career Services Center recently hosted “Career Discovery Quarter.” The series included more than 20 events designed to assist students with everything from choosing a major to exploring career interests and determining the necessary steps to land their dream job.

Career Discovery Quarter began as “Career Discovery Week” in 2010 and was so popular that it was expanded to a full quarter of activities in 2012. This year, nearly 1,000 students and alumni participated in the series, which took place Jan. 16 through March 6. Among the events offered were panel presentations and workshops, as well as coffee chats and mixers with alumni and industry professionals.

“Our goal is to reach the students who are undecided about what career, or even major, to pursue,” said Craig Schmidt, senior director of career services and professional development.

One of the first events, “Finding the Right Career for You,” guided students through an in-depth analysis of their interests, personality and work preferences in order to identify potential career fits. Led by an expert career advisor, the seminar was held in a supportive, small group setting. At the end, students received the results of their personal assessment and a recommended list of occupational paths.

For undeclared students, as well as those thinking about changing their major, academic advisors from across the six colleges hosted a workshop on choosing a major. Advisors addressed steps for researching majors as well as important planning considerations and common myths. In addition, students were led through a self-assessment to identify their values, skills and interests in relation to potential majors.

A key element of Career Discovery Quarter is the opportunity to network with alumni in a variety of fields—from nanoengineering to finance and human resources—through panel discussions and more casually, through organized coffee chats.

“These are great events because we have so many successful alumni who are eager to come back to campus and share their experiences to help current students,” said Schmidt.

Career Discovery Quarter also included a nonprofit networking night for students to learn about opportunities with organizations which may not participate in a traditional job fair. Professionals and recruiters representing a variety of nonprofit-focused careers were on hand to talk with students about the nonprofit sector, including opportunities for full-time positions, part-time jobs and internships.

In addition to career exploration, the Career Services Center offers a multitude of resources and programs to help students at each stage of the job search process—from preparing a resume and cover letter to practicing for interviews.

As UC San Diego continues to expand and enhance the career services available to students, support from parents and families will play an important role. Your contributions will strengthen existing programs as well as help us to build new services to ensure that students have a smooth transition from college to career. To learn more about how parents and families can make a difference, and to make your gift, visit parentfamilygiving.ucsd.edu or contact Paulyne Becerra, senior director of development and community engagement, at (858) 534-7424 or pbecerra@ucsd.edu.
The Muir Musical was founded in 1991 by Muir sophomore Orren Webber, who envisioned the production to be an outlet for students interested in musical theatre who were not necessarily theatre majors. A favorite tradition for many UC San Diego students, the annual Muir Musical performance is completely student run from acting, directing, sound design, costumes and sets, and even the marketing and financial management. It’s a labor of love that brings together undergraduates from across all six colleges and various majors to showcase the creativity and talent of UC San Diego’s students. The end result is a full-scale Broadway production that showcases the creativity and talent of our students.

UC San Diego’s annual Muir Musical Ensemble returns this year with a production of Gypsy: A Musical Fable. Based in the 1930’s and preceding the rise of burlesque, Gypsy is a big, brawling, boisterous musical that follows the dreams and aspirations of Rose with her two daughters that she raises with the hope to perform onstage. It’s a revealing look at the showbiz life and Rose pays the brutal price of her determinism. Referred to as the greatest American musical by numerous famed critics and writers (such as Ben Brantley and Frank Rich), Gypsy is sure to be a musical that will leave you speechless. With lyrics by Stephen Sondheim, music by Jule Styne, and book by Arthur Laurents, this is one musical you do not want to miss.

The Muir Musical is made possible thanks to support from various campus organizations and groups—including parents and families who give to the UC San Diego Parents Fund. The Parents Fund strengthens academic enrichment and Student Affairs programming by providing a flexible pool of dollars to each of the six colleges, as well as funding for campus-wide academic enrichment initiatives.

Performances are in the Mandeville Auditorium on April 10, 11 & 12 at 8:00p.m. Tickets are available through the UC San Diego Box Office. Visit https://ucsdboxoffice.com