Happy New Year Triton Families!

I hope your student’s homecoming was a special time filled with great moments. For some of you, it was your student’s first holiday break as first-year students, and for others it was your student’s last homecoming as senior students. No matter your student’s class status, the new year brings a chance for new goals, new experiences, and a renewed self. Ask your student about their goals for the remainder of the year? Will they join a new club? Is your student exploring internship opportunities? Is your student contemplating life after UC San Diego? The offices of Center for Involvement, Career Services and UC San Diego Alumni are just a few places your student can visit to get their questions answered. Their college staff and administrators is also a great first step to inquire about these questions.

Keeping up with the theme “new”, please help me welcome the new Program Coordinator for Parent & Family Programs, Brittany Oka. Learn more about her continued contribution to Parent & Family Programs below in the “Welcome the New Program Coordinator.”

There is a new look to the newsletter to provide an easier way to read the content. I hope you enjoy!

Looking ahead— While the winter quarter just began, ask your student about plans for Spring Break. UC San Diego Recreation offers exciting trips, and registration is now open. For more information, visit https://recreation.ucsd.edu/

All the best in the coming year!

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

A Warm Welcome to the New Program Coordinator

Welcome Brittany Oka, Parent & Family Programs’ new Program Coordinator. Brittany graduated from UC San Diego, June 2014. As a student, she was involved with OASIS, served as an Orientation Leader, among other roles. She studied abroad to Buenos Aires and participated in Alternative Spring Break to Selma, Alabama. She also worked as a Lead Triton Parent Leader, and most recently as a Program Representative, a full-time position.

Her roots already run deep with Parent & Family Programs. We are thrilled to have her as a permanent team member of the Office of Parent & Family Programs.
Get to Know the 5 Campus Community Centers

As a new Director for Parent & Family Programs, I wanted to get to know the centers that support the diverse communities of UC San Diego. I visited each center, met and talked with the director, and received a tour of the center. Each center is equipped with the most essential needs for any student. There is a kitchen to store and cook food. There are comfortable couches, community desks, a library, and computers to use. Murals, photos, pamphlets provide a historical context to the center. Supporting messages support the educational and welcoming environment of each center. There is always someone at the front desk ready to receive and help any student. The centers are organizations that report to the Office of the Vice Chancellor for Equity, Diversity and Inclusion. “We believe that true excellence is achieved through productive relationships among people of diverse perspectives...our campus community is one of equal opportunity, where mutual respect and cross-cultural collaboration is fostered and open dialogue is encouraged.”

If your student needs specific support or wants to explore diverse perspectives, I strongly encourage your student visits the following centers listed below. Learn more about Equity, Diversity and Inclusion at UC San Diego at http://diversity.ucsd.edu/

**Black Resource Center**

The Black Resource Center (BRC) is a Campus Community Center which serves the entire population of UC San Diego while emphasizing the Black experience. Students can study, have lunch or attend one of their many programs and events. Allow the BRC to be a home away from home for your student. In everything, the BRC promotes SCHOLARSHIP, fosters LEADERSHIP and cultivates COMMUNITY.

The BRC is Hiring Interns for the 2015-2016 Academic Year!! Encourage your student to apply today!!

Applications are DUE January 16, 2015 at 4p.m. to the Black Resource Center.

Click [HERE](#) to view and download the application.

The BRC can provide your student with an opportunity to contribute to the growth of the BRC while gaining personal and professional development.

**Cross Cultural Center**

The Cross-Cultural Center is committed to supporting the needs of UC San Diego’s campus communities by creating a welcoming and holistic learning environment for everyone. Our vision at the Cross-Cultural Center is to empower UC San Diego to recognize, challenge, and take proactive approaches to diversity for campus as a whole. As part of the UC San Diego Campus Community Centers, we value differences and building relationships at all levels of the university and experience community and diversity through a broad lens.

Find out more information about Who We Are, What We Do, all the different Affiliate Organizations we collaborate with, and the many services and programs we provide through our center.

Monday - Thursday: 9:00a.m. - 6:30p.m.
Friday: 9:00a.m. - 4:00p.m.
P: 858.534.9689 Email: cccenter@ucsd.edu
https://ccc.ucsd.edu/

Location: 2nd Floor of Price Center East
Raza Resource Centro

After a few months of renovations, we celebrated our Grand Re-opening and dedication on April 23, 2014. We invite students to stop by today to visit, study or attend a workshop!

The Raza Resource Centro (RRC) is one of the newest Campus Community Centers under the new Vice Chancellor of Equity, Diversity, and Inclusion at UC San Diego. The Centro came out of a history of struggle, and student and community movements that called for resources and support for UCSD Chicano/as-Latino/a students as well as create strong connections with our surrounding community.

Monday - Thursday 8:30a.m. - 8:00p.m.  
Friday 8:30a.m. - 4:00p.m.  
P: 858.822.0072 Email: raza@ucsd.edu  
http://raza.ucsd.edu/  
Location: First floor of the Student Services Building

LGBT Resource Center

The LGBT Resource Center at UC San Diego is a diverse, open and public space for all members of the university community to explore issues relating to sexual and gender identities, and practices and politics. It develops student leadership, builds workplace equity, promotes academic research, and provides resources. The Center challenges existing definitions of variant genders and sexualities by engaging in community building on- and off-campus. The Center sustains and develops visibility, sense of community, and knowledge of diverse queer people.

The vision of the LGBT Resource Center is to be an essential part of creating community at UC San Diego. We will reflect the diversities of our communities, engage across differences, and

be well and whole through community solidarity.

Location: Original Student Center, 2nd Fl.

“...and knowledge of diverse queer people”.

Monday - Thursday 8:00a.m. - 9:00p.m.  
Fri: 8:00a.m. - 4:30p.m.  
P: (858) 822-3493  
Email: rainbow@ucsd.edu  
https://lgbt.ucsd.edu/

Women’s Center

The UCSD Women’s Center serves as a resource for the entire campus community while placing the experiences of women at the center through the resources we provide, the programming and learning opportunities that we facilitate, and the dynamic community space that we create.

The Women’s Center is hiring Student interns for the 2015-2016 academic year!

If your student would like to apply, they can find applications online here, and at the Women’s Center.

Applications are DUE Friday, January 16 by 4:00p.m. Information sessions passed, but students can inquire within

Center hours:  
Monday- Thursday 9:00a.m. - 7:00p.m.  
Friday 9:00a.m. - 3:00p.m.  
P: (858) 822-1479  
Email: women@ucsd.edu  
http://women.ucsd.edu/about/index.html
Money Matters: Undergraduate Summer Research Scholarship

Don’t Miss out!

Encourage your student to apply for UCSD Summer 2015 Research Scholarships and for 2015-2016 Continuing Student Scholarships.

**February 9, 2015** is the deadline to submit the online application for Undergraduate Scholarships for Summer 2015 Research Scholarships and 2015-2016 Continuing Student Scholarships. Application is available at: [https://students.ucsd.edu](https://students.ucsd.edu) (On TritonLink in toolbox section, under Finance Tools, selection Financial Aid to access the application).

**Undergraduate Summer 2015 Research Scholarship**

More than 45 research scholarships for $4,000 will be awarded for Summer 2015.

Questions: aep@ucsd.edu or call (858) 534-1774

Undergraduate Continuing/Current Student Scholarship

Application for 2015-2016

More than 300 scholarships of $1,000 to $5,000 will be awarded for 2015-2016 academic year.

Questions: scholarship@ucsd.edu or call (848) 534-1067

Student Health Services (SHS)

**Flu season is here!** Please talk to your son or daughter about flu prevention!

Early data suggests that the current 2014-2015 flu season could be severe. The Centers for Disease Control and Prevention (CDC) urges immediate vaccination for anyone still unvaccinated this season. Student Health Services offers the flu vaccine to all students. For more information about the flu and the flu vaccine, please visit: [http://studenthealth.ucsd.edu/flu.shtml](http://studenthealth.ucsd.edu/flu.shtml)

We want you to know we utilize a multi-pronged effort to fight the flu, and keep your student healthy:

**Vaccination:**

Prompt treatment for people at high risk of complications (students who are pregnant, immunocompromised, obese, have chronic lung, heart, kidney or liver disease or diabetes). These students should seek prompt medical care.

**Promotion of good hygiene:** Cough into elbow; sneeze into tissue; wash hands often; sanitize common surfaces (door knobs, handrails, tables, chairs).

Asking students to stay home when they are sick, to reduce flu spread. Unless your student is at risk for complications or is having difficulty breathing, chest pain, persistent vomiting, severe diarrhea or instability related to dehydration, it is best for them to stay home and rest in their residence.

Student Health Services urges all students to get vaccinated against influenza, and we provide flu clinics exclusively for students. There is no charge for students with UC SHIP; others who have RAFT or waived SHIP are charged $15.00. Upcoming clinics will be held on January 23 and January 30. Details are on our website, along with self care help. SHS also sells many over-the-counter items to reduce symptoms while sick, and offers “Get Well Kits” for just $5. These kits contain a thermometer, acetaminophen to reduce fever and aches, throat lozenges, tissues and cough syrup.

Please take time to encourage them to get a flu shot if they have not already done so, and remind them of general good health practices which can also reduce risk of influenza:

Avoid sharing eating/drinking utensils with others

Wash hands thoroughly and often:

---

“A Good Idea: Get your student a thermometer! One of the first questions a health care provider asks when a student presents with flu symptoms is whether they have been experiencing fever. Student Health has digital thermometers for sale at $4.00.”

- Stay hydrated
- Get enough sleep
- Eat a diet which includes plenty of fruits and vegetables
- Get at least 30 minutes of physical activity everyday

A Good Idea: Get your student a thermometer! One of the first questions a health care provider asks when a student presents with flu symptoms is whether they have been experiencing fever. Student Health has digital thermometers for sale at $4.00.

See the Zone article on page 7 about how to stay healthy and flu vaccination dates.
Students Learn Lifelong Skills through Volunteer Service

Happy New Year! This month brings one of UC San Diego’s favorite traditions, the Martin Luther King, Jr. Parade and Day of Service. On January 18, more than 150 students, staff, faculty and community members will volunteer at Howard Pence Elementary School to revitalize the school’s garden, paint murals on the playground and more. The service project aims to inspire the elementary school students, many of whom come from low-income or disadvantaged families, to get excited about education and start picturing college as a goal.

Public service is an important component of undergraduate education at UC San Diego. For five consecutive years, the campus has been ranked first in the nation by Washington Monthly for its commitment to service. Across campus, students are encouraged to give back to a cause they are passionate about, from education to the environment.

“I believe that it is much more fun to give than to receive,” said Clarissa Hoffman, a third-year student participating in the campus’s Volunteer50 initiative, which encourages campus community members to volunteer 50 hours or more during the academic year. “By volunteering, I hope that I can not only make a difference, but also get to know the community.”

Following are a few examples of the many ways UC San Diego students give back:

Monarch School – Monarch School is a K-12 school in San Diego that serves the educational needs of youth affected by homelessness. UC San Diego undergraduates provide academic tutoring and serve as college role models, while learning more about the needs of the local community. Monarch School is one of many San Diego schools where our students are lending a hand to a younger generation.

Corps – Open to students from all six colleges, this student organization participates in a variety of environmental service projects. Students help clean up local beaches and mountains, support recycling efforts on campus and more. The group is one of many student programs that focus on sustainability and environmental stewardship.

Alternative Breaks – A campus-wide student organization, Alternative Breaks coordinates national and international service-learning trips. Students can spend their spring or summer breaks participating in volunteer projects that range from teaching English to helping with disaster relief efforts. The group also leads weekend projects in San Diego County. Every trip has a strong educational component, in addition to the service goals.

Our campus is proud to have students committed to giving back. We also know these service-based activities teach students important life skills, such as teamwork, interpersonal communication, leadership, time-management and more. Those skills will serve students both in their UC San Diego career and beyond.

Support from parents and families plays an important role in creating opportunities for our students to engage in community outreach efforts. The Parents Fund provides flexible funding for both campus-wide programs and college-based activities that encourage undergraduates to pursue their passions beyond the classroom.

To learn more about supporting student enrichment activities, visit http://giving.ucsd.edu/parentandfamilygiving/ or call (858) 534-7424 or email parentfamilygiving@ucsd.edu
UCSD Campus Bookstore

Available inside the UCSD Bookstore, first floor, textbook department and online, too. eBooks purchased from the UCSD 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.

The UCSD Bookstore accepts all forms of payment including UCSD student account and financial aid.

Students Can Cash-In Used Textbooks
Turn old, used texts into cash!
Visit the tent in the Price Center plaza during the dates and times listed here.

If the book is being used next quarter on campus and if we need extra copies, your student will be offered up to 50% off the NEW book price.
Website: http://ucsandiegobookstore.com/

Alternative Breaks: Exploring Social Justice in the Community

Is your student interested in getting involved with social justice concerns in the local community of San Diego?

Alternative Weekend Trips may be just the thing! Weekend Trips inspire and connect the UCSD community to the San Diego surroundings through active awareness and education of a wide range of social justice topics.

Our Winter Weekend Trip will be on January 17-18. This is not an overnight event but food and a spiffy t-shirt will be included. Plus, it will be jam-packed with education about the topic as well as service and reflection on the following day.

Check out the website (http://www.abatucsd.org/weekend-trips.html) to get updates and what social issue we will be working on!

Hope to see your student there!

#GetRecd: Recreation

With the increasing pressure of academics, many stressed-out students forget the importance of recreation for physical and psychological wellbeing. UC San Diego has one of the largest Recreation programs in the nation. Find out all the ways your student can get involved in our great programs— whether it be toughing the wilderness with Outback Adventures, getting competitive and meeting new friends on a Sports Club or Intramural team, getting in shape with FitLife, or learning a new skill with Rec Classes…there is something for everyone! Winter registration is now available online and in person at any of our facilities.
First Year Experience

We’ve just concluded our first ever First Year Experience course. Students have shared they found the course useful and enjoyed learning about resources across campus. Students have also shared the course has helped them build relationships with their peers through the smaller discussion sections which has helped them feel more confident about getting involved and being a part of the UC San Diego community. We hope our students are welcoming 2015 feeling prepared and ready for the rest of their first year at UC San Diego.

We are also excited to announce the launch of our website! On the website are additional resources for all the topics that were discussed in our Fall Course and other campus resources that may be helpful to familiarize your daughter/son with what’s available on campus. We will be updating frequently with news, resources, programs, and opportunities across campus that we think will benefit our students. Please encourage your daughter/son to reach out to us if they’re looking for something and don’t know where to start. The First Year Experience Program is here to serve as a resource to get our students where they want to be at UCSD and beyond.

Visit our website and contact us at fye.ucsd.edu.

The Zone: Fitness Classes, Flu Vaccination, and Great Articles

Help your student kick off those New Year’s fitness resolutions right with a variety of FREE fitness classes held weekly at The Zone, at the Price Center Plaza next to Jamba Juice.

Tuesdays & Fridays: 11 – 11:45a.m.

Classes include: AB-solute Core, Animal Flow, Indoor Cycle, Pilates, Yoga, Massage for Stress Relief, and more! Visit zone.ucsd.edu | email zone@ucsd.edu | call 858.534.5553

Flu season is still here!

Remind your student about these upcoming Flu Vaccine Clinics at The Zone:

Friday, 01/16, 11:30a.m. - 3:45p.m.
Friday, 01/30, 11:30a.m. - 3:45p.m.

If your student can’t make it to the Flu Clinics, remind them to head to the Nurses Clinic for the flu immunization on a walk-in basis!

Cost of Flu Vaccine in Flu Clinics & Nurses Clinic:

Students with SHIP: Injectable and Intranasal are FREE
Students waived SHIP or with RAFT:
Injectable: $15.00, Intranasal $25.00

Student Health 101: January Magazine

UCSD Parents and Families,
Student Health 101 is a monthly health and wellness magazine just for UC San Diego students and their families, developed to help your student live healthfully and develop skills to succeed in school and beyond. You can read the January issue online at http://readsh101.com/ucsd-pp.html.

January Articles including: The science of happy: 8 ways to get into the habit | The job prob: An expert edits your resume | Small steps to big fitness: a little goes a long way | Breaking budget: 6 steps to smart spending | Cease the grease: a nutritionist revamps your lunch.

If you missed it – be sure to check out the December issue, with tips for powerful public speaking, 8 small steps to stress less, making the most of your major, and more at http://readsh101.com/1214/ucsd.html

Student Health & Well-being
UC San Diego | zone@ucsd.edu | http://zone.ucsd.edu
Martin Luther King Jr. Day of Service

Join UCSD students, staff, and faculty members for a day of community service at Howard Pence Elementary School in South Bay San Diego! Afterward, we will march together in the MLK Jr. Parade in downtown San Diego.

Making an ‘IMPACT’ on Childhood Obesity

“I like to get out here and sweat,” said Dalton, an elementary student at Toler Elementary, as he began a series of stretches and exercises led by UC San Diego student-athletes volunteering their time at his elementary school in Clairemont.

Dalton and his classmates are benefiting from a program called IMPACT (Increasing Movement and Physical Activity in Class Time) designed to keep local elementary students moving despite the lack of recess and physical education classes in some schools, particularly in underserved areas of San Diego.

IMPACT was established by the San Diego Unified School District in partnership with UC San Diego Athletics and the UC San Diego School of Medicine Center for Community Health to promote healthy activity and battle the growing national epidemic of obesity among children. According to the Centers for Disease Control and Prevention (2012) more than one third of children and adolescents in the U.S. were overweight or obese.

Each week as part of IMPACT, UC San Diego student-athletes set up a series of circuits, including jump ropes, hula-hoops, monkey bars, stretching and more. The student-athletes assist and cheer on the students as they rotate through the stations for approximately 20 minutes. Each of the activities are designed to be fun for the students, while getting them moving and raising their heart rates—a key intention of the program.

“The IMPACT program was created to help students reach fitness standards at schools that otherwise would not have funding to maintain.”

“The IMPACT program was an ideal match for Triton Athletes’ because of the group’s focus on making a positive impact on the community.

For more information and to read the complete article, please visit: http://ucsdnews.ucsd.edu/feature/making_an_impact_on_childhood_obesity
Triton Parent & Family Ambassador

The Triton Parent & Family Ambassador Program is a unique opportunity for parents and families of alumni and current students to serve as UC San Diego ambassadors and reach out to prospective and current students and families. The vision is for family ambassadors to enhance the overall UC San Diego student experience by sharing their knowledge and offering support in a variety of ways.

As a new program, currently there are approximately 60 parents serving as ambassadors. In the coming months, opportunities to help with calling newly admitted students, participating in Triton Day for first-year and transfer students, assisting with commencement, and contributing to the Triton Connection e-newsletter will be available.

Triton Parent & Family Ambassadors will receive emails from the director to stay abreast of what’s to come and materials to help you prepare for any events you’ll help with including fun UC San Diego gifts.

Remember that you can be anywhere in the U.S. or abroad to serve as an ambassador. Although being local helps with participating with on-campus events, you need not feel you must be local in order to participate.

Join the already 60-plus ambassador group, learn more about UC San Diego and assist with your student’s journey at the university.

Sign up today!

Accepting Nominations for Family of the Year

Parent & Family Programs at UC San Diego wants to honor a family with the Family of the Year Award. Recognizing a family with this award reminds the UC San Diego community that loving relationships and mutual support are important university values.

Your student has the chance to nominate their family with this special award. Simply have your UC San Diego student write an essay of no more than 800 words, describing his/her family’s contribution toward their educational success.

The award will be presented during

Solanki Family, Award Recipients 2013

Family Weekend schedule for October 16-18, 2015. Encourage your student to participate!

For more information click here!
Did you know?
UCSD campus will be closed on February 16 in observance of President’s Day!

Don’t miss out on important dates and campus deadlines!

Get your Triton Transitions Calendar today!

They are available for purchase. To order your calendar visit
http://parents.ucsd.edu/news-pubs/calendar/

Visiting San Diego?
Make Hotel Reservations at Bartell Hotels!

tritonfamilydestinations.com
call (800) 345-9995

More Opportunities for Your Student to get Involved on Campus!

Sign up to be an ambassador

Call my student!

Siblings Weekend, Jan 24, sign up by the Jan 16

Purchase a calendar.

No classes

Jan 19.