Is it already November?

Greetings Triton Families!

Where did the last two months go? It seems like yesterday that families were helping their students move to campus and now we are talking about them coming home for the breaks.

In this edition you will find helpful information for your family for the weeks ahead; from airport shuttle information, to sending final exam care packages. For those students who cannot travel home for the holidays, the University is planning a Thanksgiving dinner, and will provide other suggestions for other opportunities on campus.

Thank you again to those who joined us for Family Weekend in October! It was AMAZING! I personally loved all the smiles from students and their families as they got to spend some quality time together throughout the weekend. To read more the weekend and to view pictures, click here.

Have a question? Call our Parents’ Helpline at (858) 534-7273 or email us at parents@ucsd.edu.

With Triton Pride,

Laci Weeden
Director, Parent & Family Programs

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.

How are you feeling academically?

Finals are approaching, and your student is most likely feeling high levels of stress. A family’s love, support, and motivation are most important. Assure your student that they are not alone and that seeking support early is always the right way to proceed. Additionally, you can also remind your student that UC San Diego offers many support services. We have anything from academic support services to wellness programs and student health support. See below:

- Academic Success Campus Resources
- The Zone (A Lounge For Student Well Being)
- Counseling & Psychological Services (CAPS)

Have there been any campus activities or volunteer opportunities you have pursued or are interested in pursuing??

We understand that academics always comes first! However, employers are looking for well-rounded individuals who can be effective communicators, great team players, and ethical decision makers. Students can gain these transferrable leadership skills through getting involved at UC San Diego!

Washington Monthly has ranked Tritons as #1 in the country for public service four years in a row because service is an activity that many of our students engage in when they are not in the classroom. Students can also strengthen their academic interests through activities that bring real world experiences to their field or even discover new interests! Academic, cultural, and social student organizations all help students find their social niche and sense of belonging on campus!

It is also important to acknowledge how much time your student is spending with co-curricular activities. Too much or too little involvement will have an impact on student success!
UC San Diego
2013 Family of the Year

A big thank you to all of our families who participated in our 6th Annual Family Weekend, Friday, October 18 – Sunday, October 20th! Over 2,200 Tritons were represented from SEVEN countries and 31 states! Some signature events included:

✓ Birch Aquarium: Families enjoyed UC San Diego’s amazing aquarium, “the best macaroni and cheese ever” and a live performance by UC San Diego music department students. Interim Vice Chancellor of Student Affairs, Alan Houston also congratulated Muir College senior, Needhe Solanki and her family as winners of the 2013 Family of the Year Essay Contest.
✓ Family Fest: We had food, music, a life-sized King Triton balloon, the first ever family flash mob, & even Chancellor Khosla visited!
✓ San Diego Zoo Excursion & Dinner: Our families visited the animals and also listened to one of our very distinguished faculty members (and trustee for the San Diego Zoo), Professor David Woodruff.
✓ Tree Planting & Roger’s Community Garden: Lastly, Family Weekend is not complete without giving back. Tritons love service so much we had to hold two projects. Our families planted 22 trees along Ridge Walk, and also installed artificial bee hives in our student-run community garden.

Did our families have as much fun as we did? We want to know. If you haven’t already, please complete the evaluation so that we can make next year’s even better! It can be accessed here: http://bit.ly/UCSDFW13Eval. For those who missed the weekend this year, look out for Family Weekend 2014! Registration will open August 2014. More details will be available via our website, social media, and future newsletters.
Founder’s Celebration is November 15, 2013 from 11:00 a.m. – 2:30 p.m.! Join us on campus to celebrate UC San Diego accomplishments over the past five decades! Town Square (between the Student Services Center & Price Center) will be open to the public with tasty treats, entertainment and activities from academic departments across campus showcasing our accomplishments, discoveries and innovations.

The Veteran Student Center (VSRC) is located on the 2nd Floor of the Student Center. Come take a tour the next time you are on campus!
Crowdfunding for Scholarships with ‘Promise for Education’

You’ve probably heard stories of startups and aspiring filmmakers using “crowdfunding” to launch their projects. Now, the University of California is putting a new twist on the concept with its Promise for Education campaign. The fundraising effort—which launched Sept. 18—taps into the power of social networks to generate support for undergraduate scholarships.

The model is simple and anyone can get involved. People make a personal promise—run a marathon, volunteer, throw a pizza party—and set a fundraising goal ($50, $100, $1,000 or more), which they can choose to direct to the UC system, or toward a campus of their choice. Then, they share their promise through Facebook, email and other social media channels.

Their friends and followers are directed to PromiseforEducation.org, where donations can be made to see the promise fulfilled. All funds go directly to scholarship recipients with financial need.

UC San Diego graduate Brittaney Khong, ’13 is one of many University of California supporters—ranging from actor Jamie Foxx to Gov. Jerry Brown—who have already joined the effort and made a promise.

Khong’s promise is to climb a mountain if she meets her goal of raising $1,000. A scholarship recipient herself, Khong knows firsthand how financial support can transform a student’s life.

“Without scholarships, I would not have been able to graduate from UC San Diego—or even attend,” she said. “My parents are Vietnam War refugees and our family has faced a number of challenges, namely financial.”

Toward the end of her junior year at UC San Diego, Khong was faced with another challenge: She was diagnosed with a tumor in her knee and underwent surgery to have it removed. “I didn’t know how I was going to pay my medical bills and cover the cost of my last year of college,” she said. “Then I learned I was chosen for the Tom Tucker Leadership Scholarship.”

Khong was able to complete her UC San Diego degree and is now applying to medical school.

From faculty, staff and students to families, alumni and elected officials, Promise for Education encourages anyone who cares about UC and its students to get involved at whatever capacity they can.

In addition to Brown and Foxx, other celebrities and notables have already joined the effort, including actors David Spade, Wilmer Valderrama, Gabrielle Union and Sasha Alexander; filmmaker Catherine Hardwicke; NBA player Matt Barnes; and rapper and spoken word poet Watsky, among others. Several members of the UC Board of Regents have also joined.

“The University of California is one of the world’s premier public university systems, and we have a responsibility to ensure that it is accessible to all eligible Californians,” said Chancellor Pradeep K. Khosla, who has promised to throw a pre-finals pizza and ice cream social for UC San Diego students if he meets his $10,000 crowdfunding goal. “I encourage all UC San Diego community members to make a promise, or contribute to a promise, and show support for undergraduate scholarships.”

To date, Promise for Education has pledges of more than $1 million. To learn more and see the promises that others are making, visit www.PromiseforEducation.org or follow the campaign on Facebook at facebook.com/PromiseforEducation.

Promises to Date:

**Pradeep Khosla**
“I promise to host a pizza and ice cream social for our students prior to Fall quarter finals week.”

**Aimee Turpin**
“I promise to complete the San Diego Triple Crown by running the Carlsbad, La Jolla and AFC half-marathons in 2014.”

**Armin Afsahi**
“I promise to wash 100 UCSD students’ cars!”

**Brittaney Khong**
“I promise to climb a mountain!”

**Christopher Gian**
“I promise to teach Excel to whoever contributes.”

**Adam Daniels**
“I promise to be a vegetarian for an entire year.”

**Charles Robinson**
“I promise to donate 40 hours of tutoring to an Oakland public school and wear a penguin costume to a meeting of the Cabinet of the UC President.”

[Insert your promise here!]
It's hard to believe that Fall Quarter is more than half over!

We want parents to know that the Health Education Department of Student Health and Well-being works closely with our campus partners to encourage students to make safer, smarter choices about alcohol use.

We also know that participation by parents in this effort is key, especially with new college students experiencing many distractions and temptations—from hanging out with friends to binge drinking and more. So if you haven’t had the chance to talk with your student yet, don’t fret. Maintain an ongoing conversation and keep the dialog open and supportive throughout their time here at UC San Diego.

A great way to start the conversation is to ask:

- How are you doing? What do you do to relieve stress? Do you have friends that use alcohol to de-stress? (share your viewpoint about alcohol both positive and negative and the expectations you have and the consequences of not meeting those expectations).

- Been to any parties lately? Do you know who to contact if you are ever in an unsafe situation? (listen to what they have to say, ask about the resources listed below).

- Many students choose not to drink or to drink in low risk ways. Do you know ways you and your friends can drink responsibly? (for example, avoid drinking games, hard liquor shots, chugging, leaving your drinks unattended, etc.)

- I hear there’s a great event called Hullabaloo on November 15th. Are you going? http://hullabaloo.ucsd.edu/ (ask and talk about all the alcohol free events that take place on campus and how much fun it is not to have to worry about friends drinking too much while at an event).

As parents you continue to be the biggest influence in your student’s lives and they will listen. Don’t forget to talk about family beliefs and values regarding alcohol, how to refuse a drink, and that you are there to listen and help in any way you can.

Here are some campus and community resources available to your students.

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<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
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<tr>
<td>Student Health Services</td>
<td>(858) 534-3300</td>
<td>studenthealth.ucsd.edu</td>
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<tr>
<td>Counseling &amp; Psych. Services</td>
<td>(858) 534-3755</td>
<td>caps.ucsd.edu</td>
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<tr>
<td>Sexual Assault Resource Ctr</td>
<td>(858) 534-5793</td>
<td>sarc.ucsd.edu</td>
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<tr>
<td>Triton Recovery Group</td>
<td></td>
<td><a href="mailto:TRG@ucsd.edu">TRG@ucsd.edu</a></td>
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<tr>
<td>A.S. Safe Ride</td>
<td>(858) 822-3553</td>
<td><a href="http://as.ucsd.edu/saferides">http://as.ucsd.edu/saferides</a></td>
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<tr>
<td>Smart Recovery</td>
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<td>smartrecovery.org</td>
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<td>Alcoholics Anonymous</td>
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For questions, concerns or more information contact: Lupe Samaniego-Kraus, MPH, by e-mail: lsamaniego@ucsd.edu or phone: (858) 534-3874.
Tips for Avoiding the Winter Break Blues

In the weeks ahead, the fall quarter will be coming to an end and some students will be heading home for Thanksgiving and winter breaks. While family traditions and gatherings are important, families must also remember that compromise may be inevitable during an extended stay at home. As students descend upon the home front, parents may feel abandoned all over again as students want to sleep late and often choose to spend more time with friends than family. Issues like important dinners, religious activities, household chores, use of the car, being respectful to others (who need their sleep), and money management—if not handled properly—may cause conflict and undue stress for the entire family.

Here are a few ideas and strategies to help make this transition home a little merrier!

**Be flexible and realistic** -
Communicate holiday plans in advance so students aren’t caught off guard.

For those with extended and/or blended families, it is important to realize that students may wish to spend part of his/her break with the “other” family. Avoid putting them in an impossible situation by making unreasonable demands of their time.

**Compromise is a two-way street** -
Keep in mind that college students are no longer children that we can shuttle here and there. Students are emerging into adulthood. For the past several months, students have been following their own schedules and making their own decisions. Embrace this opportunity to have an adult conversation; listening to their perspectives, feelings; and needs. Don’t try to guilt them into doing what you want.

Most students have been living independently for a few months and may not be ready to follow your schedule. Additionally, most have just gone through a stressful period of studying and test-taking. They will probably need to “chill out.” Patience will come in handy here.

Start the “negotiations” early—starting the conversation sooner can prevent conflict later. It can be done early in the break or even before—don’t try to have this talk during exam time—students are usually feeling stressed enough.

**It is okay to have some expectations** -
Respect is never outdated.
Do they take on their old chores?
Will there be a curfew?

**Be prepared for changes in your son or daughter** -
As we know, many college students alter their appearance, perhaps getting a tattoo, piercing, or changing their hair color. If extended family members judge them too harshly, it can lead to hurt feelings. It is important to support your student at family gatherings. You don’t have to always agree, but you have to try to respect their choices.

Many students will want to reconnect with high school friends; however, they may find that these friendships may not be the same as they were only a few months earlier. People change; have different interests, and find they do not have as much in common. Be prepared to listen if your students struggle with this loss.

**Don’t make major changes** -
Talking to your student before making any major room changes would be the best. If you have already turned their room into something new, maybe now would be the time to bring back a few of their things. Students love the independence they enjoy on campus, but almost all of them want to feel they are an important part of their family.

**Money management** -
Will your student have to work during break to save money for back-to-school needs such as books and supplies or even tuition?

This is a good time for students to reevaluate their meal plans and to review spending habits.

**What classes do you plan to take for winter quarter?**

Advising and registration for winter quarter courses begins in November. It’s important for your student to schedule an appointment as soon as possible with his or her adviser to review options for winter’s class schedule. To see the calendar for registration dates for 2013-2014, [click here](#).

**AIRPORT SHUTTLE INFORMATION**

For those flying home for the breaks, UC San Diego provides a free airport shuttle service from campus to the San Diego International Airport.

More information can be found [here](#).
Do you have a student staying on campus for Thanksgiving?

Your student is not alone. Each year, we have a number of students who stay on campus for a variety of reasons.

Will your student be staying on campus over the Thanksgiving Holiday and are wondering where to eat? Aside from encouraging them to participate in the campus wide Thanksgiving Meal on November 28 at Café Ventanas, tell them to pick up a Thanksgiving Voucher from his or her College Residence Life Office which allows them to pick up a Thanksgiving Grocery Bag with over $20 worth of food for only 10 dining dollars. Vouchers are accepted at John’s, Earl’s, and the Village Market.

Help Your Student De-stress During Exams

Midterm season is in full swing and finals are not far away. Students on campus are really starting to feel the pressure! Support your student by reminding them to take some time out for themselves and de-stress and relax. Encourage your student to stop by The Zone, UCSD’s lounge for student well-being, for some much needed stress relief! At The Zone your student can enjoy free fitness classes, chair massage, therapy fluffies, meditation, healthy cooking demos, giant comfy bean bags, free tea, earplugs and more! Students can find The Zone in Price Center Plaza, next to Jamba Juice.

Support your student during this stressful time of the year by reminding them of these tips:

1. Take their study breaks! 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.

2. Don’t skip out on sleep! Anxiety and stress are often associated with lack of sleep. Pass along these tips to help your student sleep, and encourage them to stop by The Zone to catch a relaxing nap in between classes on our giant bean bags.

3. Cope with stress in healthy ways! Reducing caffeine and alcohol intake, eating a balanced diet, and exercising regularly can do wonders to help manage one’s stress. Encourage your student to stop by The Zone for free stress relieving programs every day of the week including free chair massage, fitness programs, and therapy dog de-stress events. Also, pass along these tips to help your student manage their stress.

Make sure your student takes advantage of all the amazing productions at the La Jolla Playhouse, conveniently located on campus, for only $10!
If your student is staying in La Jolla for the holidays, why not send them something?

Students report that they really do appreciate care packages from home. Sometimes getting that package with things filled from home makes all the difference. Just remember – if you are sending something for your student, you might want to send extra for their roommates! Not sure what to send? Some suggestions:

- The Secret Cookie Service
  - Call/Text 727-487-2782
  - TheSecretCookieService.com
  - UC San Diego’s Top Secret late night gourmet cookie delivery!
  - Your mission if you choose to accept it is to...
  - Pick which cookies to send on our Facebook page
  - Text “gift order” to 727-487-2782 and your student’s name, number, and drop point
  - Provide credit/debit info when an agent calls

The BEST way to show your student some love from far away! Order now for finals week!

www.from-mom.com/ucsd

Have you seen the 2013-2014 Triton Transitions calendar? Calendars are still available for purchase. To order your calendar visit - http://parents.ucsd.edu/news-pubs/calendar/
Visiting San Diego

Make Hotel Reservations Today!
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.

Who is on the other side of the Parents’ Helpline?
(858) 534-7273

- Laci Weeden, Director of Parent & Family Programs
- Belinda Zamacona, Student Affairs Community & Special Programs Coordinator
- Nancy Nguyen, Graduate Assistant 2013-2014
- Triton Parent Leaders (TPLs) & other UC San Diego Undergraduate Students!
  - Alvin
  - Andrew
  - Brittany
  - Carla
  - Denali
  - Jeanie
  - Jehoan
  - Kyle
  - Maile
  - Melissa
  - Reina
  - Will
  - Wing Yang
  - Yeraz

On Social Media? Follow us on Twitter @UCSDParents!
“Like” us on Facebook.com/TritonParents