Greetings Triton Families!

Spring is in the air! The sun is out and the air is fresh. Soon the weather will get warmer, and students will spend more time outdoors, soak up the sun, and dip their feet in the La Jolla Shores. There’s only a few weeks left before the end of Winter quarter; the last day of class is March 13, finals week is March 14 – 20; Spring Break is March 23 – 27, and the first day of Spring classes is March 30. View the Academic Calendar for a listing of important dates. With Spring quarter just around the corner, please keep the following in mind. (1) Spring forward is March 8. (2) May 3 is Sun God Festival, a tradition at UC San Diego with thousands of our students in attendance to enjoy a day of music and fun. On page 2, please read the Sun God article with safety tips you can share with your student. (3) Parents and families of graduating seniors should get familiar with their student’s commencement ceremonies and grad fest information—see pages 1 & 7. Stay in close communication with your student to prepare for this important family event. (4) This past week, we interviewed students for the Triton Community Programming Leader position. Over 20 applied for just 6 spots! However, students said this in their application when asked about family support: “My parents continue to inspire my hard work and determination in achieving my dreams (S.L., ’16).” “My parents play a great motivating factor towards my future as they are always supportive (M.P., ’18).” Parents are certainly their student’s #1 fan. I encourage you to join the Triton Parent & Family Ambassador Program to further support your student and utilize opportunities within the program to share your experience.

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

Congratulations Class of 2015!

Information about Commencement Ceremonies have been released, and with that, we would like to extend our sincerest congratulations to all graduating students. We recognize the effort and determination it takes to reach this milestone and we hope parents and families can celebrate with their student. Parents, please know that your words of encouragement and years of support were the foundation to your student’s success. Plan accordingly to make this moment memorable. Give yourself enough time to park, walk and get settled at commencement.

Class of 2015 Ceremonies
All undergraduate ceremonies are held at RIMAC Field.

**Sunday, June 14**
- Marshall College - 8 a.m.
- Warren College - 1 p.m.
- Sixth College - 5 p.m.

**Saturday, June 13**
- Roosevelt College - 8 a.m.
- Revelle College - 1 p.m.
- Muir College - 5 p.m.
SVRC (Student Veterans Resource Center) is committed to ensuring that military affiliated students successfully make the transition from the military environment to campus life, are assisted in their progress toward completing their academic degree, and are aware of resources on campus and in San Diego to aid in their transition from service member to veteran.

SVRC also provides peer-to-peer support, mentoring and social networking. SVRC partners with campus and community resources such as Career Services, Office for Students with Disabilities (OSD), and Courage to Call. Participants include students who are active duty, veterans, spouses and dependents of service members and veterans. Find us at the Original Student Center, Room 217 | src@ucsd.edu | (858) 534-5085
The Triton Food Pantry

By Erika Johnson and Sherilyn Reus

Some students may choose to skip a meal occasionally to save money. But when it becomes a necessity, not an option, students at UC San Diego can stop by the Triton Food Pantry to get a free box of cereal, or package of pasta—whatever they need to continue to be successful students. A new service for all undergraduate and graduate students at UC San Diego, the Triton Food Pantry was launched by Associated Students Feb. 5 to provide discreet relief for students.

“Establishing a food pantry on campus will provide needed relief to some students who may not have nutritious and varied food options on a daily basis. It will help ensure the academic success of students of all backgrounds,” said Sharon Van Bruggen, Director of University Centers.

No student should ever have to go hungry on campus. The Triton Food Pantry joins a network of resources on campus in place—including need-based aid and emergency loans—for students who may be faced with unforeseen financial circumstances. All registered students with a valid UC San Diego identification card can confidentially pick up a free meal whenever necessary.

The Triton Food Pantry is made possible by University Centers, Associated Students, Council of Deans of Student Affairs, Financial Aid Office, Office of the Vice Chancellor of Student Affairs and the Center for Student Involvement. For more information and to learn how you can help support the project, contact foodpantry@ucsd.edu. Read more about the Food Pantry at UC San Diego.

March is Women's History Month

International Women's Day 2015

All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality. Make It Happen is the 2015 theme for International Women's Day global hub, encouraging effective action for advancing and recognizing women.

Join the campaign Make it Happen!
Friday, March 6, 2015 | 1:30 - 3:00 p.m. | Price Center West, Ballroom A
Doors Open at 1:15 p.m.
Program Begins at 1:30 p.m.
Featured Speakers: "Social and Economic Empowerment to Improve Sexual and Reproductive Health among High-Risk Women and Girls" by Dr. Lianne Urada and Dr. Elizabeth Reed
• Information on the Equal Rights Amendment
• A performance by the UC San Diego Finesse Dance Company
• Open Room Forum including tabling by: Women's Center; Combatting Human Trafficking Org @UCSD; Wishing Tree hosted by the Triton International Leaders
For more info: http://iwd.ucsd.edu/
Money Matters: Financial Aid Disbursement Information

Spring Quarter 2015 Financial Aid Disbursement Information

Spring Quarter 2015 Financial Aid Disbursements credited to student accounts begins:

Thursday, February 26 (Non Direct Loan awards)
Saturday, March 21 (Direct Loans)

Registration fee payment deadline Friday, March 20, 2015.

Spring Quarter remainder funds for direct deposit will be available beginning Monday, March 30. If students did not sign up for direct deposit, remainder checks will be mailed beginning Monday, March 30.

To make sure your student’s financial aid is available in time to pay fees:

- Your student should regularly check Financial Aid Checklist to view and/or complete requested items or actions.
- Your student should frequently review their UCSD e-mail account for messages from the Financial Aid Office.

If your student has loans, make sure they complete all the required paperwork and the TritonLink loan counseling session. Questions about Perkins Loan or University Loan required paperwork can be directed to Student Business Services at studentbusiness@ucsd.edu.

See additional disbursement requirements and make sure your student complied with them.

Students’ account will be credited once enrolled in Spring classes. Wait-listed classes do NOT count as enrolled units.

Review Spring Quarter billing statement beginning March 3 to make sure your financial aid has been applied to your student account. Please note that Direct Loan funds will not credit your student’s account until March 21 due to Federal regulations. However, pending Direct Loan payments will be calculated into their current online balance on TritonLink.

Billing Statement Tip: Access the "Current Account Activity" view on your student’s TritonLink bill for up-to-date account activity.

Sign up for direct deposit by Friday, March 6 for your Spring remainder funds to credit your student’s bank account at the beginning of Spring Quarter, starting March 30.

Student Health Services Presents Tritons in Motion

Tritons in Motion (TIM) is a new FREE program for UC San Diego registered students sponsored by Health Promotion Services and the Student Health Advocates (SHA). Your student can join our program to help them be more physically active while meeting new friends. Whether it's participating in a Recreation program together or walking the hiking trails at Torrey Pines State Park, Tritons in Motion will match your student with other UC San Diego students who share the same activity interests. How to join Tritons in Motion:

1. Read and sign the waiver form
2. Complete the application
3. Submit both forms to: tritonsinmotion@ucsd.edu

Once we find a match, an SHA will meet with your student and their new TIM buddy/ies. They will receive TIM swag and get ideas of fun activities to do on campus and around San Diego. Participants will also receive a 10% off coupon for Fitlife classes, while supplies last. After the first meeting, it will be up to your student and their TIM buddy/ies to continue meeting to work out together and try new activities. All fitness levels are welcome!

Join our Facebook group for fitness tips and ideas: Tritons in Motion

Attention! Student Health Services has extended hours: Open until 6 p.m. Tuesdays and Wednesdays, and 9 a.m.-12 p.m. Saturdays
Parent and Family Giving

Triton Parents Join in Discussion with University California President Janet Napolitano

UC San Diego parents Jayne Nilles and Mark Maxson recently joined parent representatives from all nine UC undergraduate campuses for a discussion with President Janet Napolitano. The meeting was held Jan. 20 at the UC Office of the President in Oakland, Calif. with the goal of involving parents in a conversation about UC’s budget and goals going forward.

For the 18 parents in the room, the meeting offered an opportunity to share with Napolitano their views about UC’s objectives, including access for California’s students, issues of affordability, and how families and students are currently faring. Napolitano provided insights on the state budget and asked for feedback on the goals and messages. She explained that there is a current shortfall of a half billion dollars and outlined what UC has already done to cut costs, to the point that there is little left to cut without compromising the quality of the UC system.

“After hearing President Napolitano explain the University of California budget, I was disappointed to learn that the system operates on such lean resources,” said Nilles, whose daughter, Christina, will graduate this June. “The UC system is a vital economic benefit to our state, and I’m glad that President Napolitano and Governor Brown will be meeting over the next several months with the goal of finding a solution.”

The group also talked about how to better involve parents in advocacy—that is, communicating with state legislators the importance of funding the UC. Maxson, whose son, Jack, has been an athlete on Varsity Men’s Rowing, suggested utilizing athletics as an opportunity for parents to get involved with the university. “Athletics is a vital link between students, parents and alumni,” he said. “It presents an opportunity for parents to meet, discuss and generate action.”

Parents from all campuses agreed to encourage other families to reach out to their state representatives about investing in California’s public higher education system. For those interested in supporting the University of California through advocacy, more information can be found at ue4ca.org. If you’d like to become more involved on the UC San Diego campus, please consider joining the Triton Parent & Family Ambassador Program or Chancellor’s Associates. Your leadership, volunteer efforts and philanthropic support can make a world of difference for our students today, and future generations of Tritons. To learn more, visit parentfamilygiving.ucsd.edu | (858) 534-7424 | parentfamilygiving@ucsd.edu.

TRiO Upward Bound Is Hiring!

Is your student looking for an on-campus summer job?! UC San Diego TRiO Upward Bound is hiring!

UC San Diego Upward Bound and Upward Bound Math Science are looking for Tutors and Resident Assistants (RAs) to work this summer. UC San Diego undergraduate and graduate students, can log into Port Triton and look for job # 798669 or #798670. Applications are due Friday April 3 by 4 p.m. RAs must be willing to live on campus in the residence halls for both programs: June 20th – July 24th.

Tutors must be willing to drive to the school sites for 3 weeks of the summer program hours and work a total of 40 hours per week, Monday – Friday 8 a.m. – 4 p.m.

Questions: Contact Carri Fierro at cfierro@ucsd.edu | 858-729-4887
Does Your Student Live at The Village?

The Village at Torrey Pines, UC San Diego’s premier transfer Housing community, is instituting a new and more selective application process for the 2015-16 school year! For students currently living at The Village, they’ve learned that to go to UC San Diego, you have to LIVE UC San Diego. And this is when that knowledge pays off!

Current Village Resident (Housing guarantee for 2015) – if students currently live at the Village and have a Housing guarantee (meaning they were a new incoming freshman for Fall 2012 or Fall 2013), they are able to apply now and reserve their space early at The Village. If not, students will be able to participate in Room Selection 2015 with the inventory available at that time which may or may not include The Village (details to be available in late February). Click here for more information!

Current Village Resident (no Housing guarantee for 2015) – if students currently live at the Village and do not have a Housing guarantee, students are eligible to apply. Please note that this is your student’s ONLY opportunity to apply for the Village. Students are not eligible for Room Selection 2015. If students want to live in on-campus Housing at The Village, this is their only chance to do so.

Marshall College’s 37th Annual Cultural Celebration

Oh, the Places You’ll Go!

On Saturday, April 4, Thurgood Marshall College, in conjunction with UC San Diego Triton Day, is hosting its 37th Annual Cultural Celebration from 10 a.m. - 4 p.m. on the Thurgood Marshall College campus! Come spend a beautiful day in San Diego tasting delicious international cuisines and touring artisan crafts from local vendors. Enjoy free live entertainment featuring a diverse range of performers, and have fun with the whole family playing games at the Children’s Village. Experience one of the largest and longest standing traditions at UC San Diego, and explore the many places you can go, all around the world!

Parking and entrance to the event are free. Open to everyone and fun for all ages! Volunteer opportunities are also available. For more information, click here or call (858) 534-4390.

UC San Diego Recreation: #GetRec’d

#GetRec’d and Reduce Stress!

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! Spring registration is now available online and in person at any of our facilities.
The Zone: De-Stress Activities

Therapy Fluffies Extravaganza
March 17 | 10 a.m. – 2 p.m. @ Library Walk
The popular pups are back! The Zone will bring nearly two dozen certified therapy dogs to campus to help your students de-stress during finals! Studies show that animal therapy has many health benefits, including stress reduction. Encourage your students to play, relax and de-stress with fun-loving canines during finals week!

Finals Study Zone
Finals Week: 03/16 – 03/20, times vary @ The Zone (Price Center Plaza, next to Jamba Juice)
Does your student need a quiet place to study? How about a comfy place for a quick nap break? Tell them to step into The Zone during finals week for a stress-free study lounge. Fully equipped with all the tea, water, ear plugs and snacks to get them through their most stressful finals. Check The Zone schedule for study lounge times at zone.ucsd.edu.

The Zone: Student Health 101
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 March issue online at http://readsh101.com/ucsd-pp.html
March Magazine includes:
- Grocery store hacks: How to shop like a boss
- Cherish your sleep: How to take back the night
- Everyone’s issue: How we can all help prevent sexual assault
- Thrifty threads: How students dress well and spend less
- Get your academic act together: mind tricks for meeting deadlines
- And more…

Important Dates for Graduating Seniors
UC San Diego Grad Central:
open now
UCSD Triton Grad Packs: On sale March 27
UCSD Grad Nite Party ’15: April 21
UCSD Grad Fair: April 22 - 23
UCSD Commencement Grad Shop @ RIMAC field: June 13 - 14
The Latest with the 5 Campus Community Resource Centers

(Click on the flyers for more details)

**LGBT Resource Center: PFLAG 2015 Scholarships**
Application deadline is March 16, 2015 PFLAG San Diego and its collaborators are pleased to offer these scholarships in 2015. Minimum scholarship amounts are $1,000, and more than one scholarship may be awarded in a given category. Applicants are encouraged to address the additional award factors considered for these named scholarships when they submit their essays. For more information visit [here](#)! LGBT RC will also host a 24 hour Study Jam March 15 at 6 p.m., and March 16 at 9 p.m.

**Raza Resource Centro: Cesar E. Chavez Undergraduate Student Essay Contest**
The César E. Chávez Planning Committee at the UC San Diego established a UC San Diego Undergraduate Student Essay Contest Award in honor of César E. Chávez. The award will recognize students who have demonstrated commitment to the advancement of César’s core values at UC San Diego and abroad. Winners will receive monetary prizes and recognition in UC San Diego media publications. Prize Recipients will also receive a special invitation to attend the César E. Chávez Celebration Kickoff Luncheon on Wednesday April, 1st in the Price Center Ballroom. For more info, email: chanintern@ucsd.edu.

**Black Resource Center: Admissions Phone-a-thon**
Encourage your student to participate in the early calling campaign where they will call admitted students and share information about Triton Day and the BSU Overnight Program. Early Calling Campaign, facilitated by the Admissions Office, starts March 9 through March 13 on the 4th floor of the Student Services Center. Students can sign up to participate at [http://spaces.ucsd.edu/?page_id=2355](http://spaces.ucsd.edu/?page_id=2355)

**Cross-Cultural Center: Showcase Your Art!**
Art is a powerful tool for social change. We can change the world through murals, comics, paintings, music, dance, poetry, stories, sculpture, photography, and other forms of creative expression. The ArtSpace at the CCC is a place for sharing and dialoguing about social issues through art. CCC is also hosting a 24 Hour Stress-Less Study Jam March 16 at 9 a.m to March 17 at 9 p.m.

**Women’s Center: Celebrating Women’s History Month**
Celebrate Women’s History Month! Included this month are Women’s Conference and Vendor Fair, and Gender: Let’s Talk About Sex Spoken Word Night. Learn about these events [here](#). The center also host a Finals Study Jam during finals week, and Introverts United every Thursdays at 4:30 p.m.
UC San Diego students, faculty and friends will join together April 24 for the third annual Community Shabbat Celebration. The yearly Friday night celebration pulls together all corners of Jewish life on the La Jolla campus and is open to all students and community members and parents who pre-register for the event. Community members who attend will have countless opportunities to mingle with students and learn about various projects and campaigns going on in the Jewish Community.

In the past, the event has seen VIP attendees including UC San Diego’s Chancellor Khosla. Interested in attending this year’s event? Contact Felicia Palmer at fpalmer@hillelsd.org; (858) 550-1795 for more information or visit www.ucsdhillel.org.

Muir Musical Ensemble Presents:

In town soon!? Buy your ticket to this year’s Muir Musical. General tickets are $15 and free to UC San Diego students. Tickets available at the UC San Diego Box Office. Visit https://ucsdboxoffice.com/Online/default.asp
Did you know?
Do you know when Spring Break is?
March 23-27.
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!

Get your ticket for
Legally Blond

Read about
Sun God Festival

Sign up to be an ambassador

* Check in with
  * my student about
  * his or academics