Greetings Triton Families!

Can you believe that March is here! It seems as if we just celebrated the new year! With that said, your student may be telling you that there is so much still going on and very little time.

It’s week 9 and in just two weeks your student will be taking winter quarter finals. Be sure they utilize resources to destress, like the Zone, Therapy Fluffies, working out, get adequate sleep and eat well. After finals, is spring break – March 21-25. What is your student doing? Are they doing a UC San Diego service project? Are they going home or on a spring break trip? Nonetheless, we wish them a safe and enjoyable time off – much deserving, I’m sure. However, don’t let them forget about a few important things:

First, read about Room Selection for the upcoming academic year. Students with guaranteed housing will have to fill out an application and provide a deposit. Second, if your student is looking for an on-campus job for 2016-2017, tell them to explore Port Triton. Our office, Parent & Family Programs, is currently accepting applications for student leaders. Third, if your student is graduating this June, please make All-Commencement Ceremony a favorite page to visit regularly. Parts of the campus are going under construction which will affect traffic flow. Expect messages from our office to help you become informed. Your student is also another great resource to you. Lastly, expect a memo from our office about Sun God, April 30. The memo will help you to help your student to safely enjoy the event.

Don’t forget that you also have a chance to get involved with the university – sign up to be a Triton Parent & Family Ambassador. It’s time for you to share your story with other parents and families!

We’re here to answer your questions!

Kindly,

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

All-Campus Ceremony

UC San Diego is reviving a time-honored tradition to celebrate and unify all graduates together. For the first time in 16 years, a campus wide commencement featuring an internationally-renowned speaker will be held in tandem with the undergraduate and graduate school ceremonies. We invite all graduates, families and friends to attend both ceremonies to fully experience the joy and pride that marks one of the most memorable times in a student’s life. This two-part celebration will include Chancellor Pradeep K. Khosla to officially confer degrees by academic division upon graduates gathered as one student body on RIMAC Field. The six undergraduate colleges, Graduate Division and professional schools will also host personalized Graduation Ceremonies for their students, where graduates will be recognized by name as they walk across the stage. We can’t wait to celebrate with you June 11-12, 2016!

Welcome, James Engler!

James Engler joins us as Program Coordinator for the Office of Parent & Family Programs. James will work on our major events; Family Weekend and Siblings Day. And when you call or email us, James is the first point of contact. James has experience working with residence life, career services and freshmen summer programs, to name a few. He is very well verse in how the landscape of higher education works and is skilled in helping you understand the campus culture. We’re excited to have him join our team. You can read more about James Engler, here.
Make Time to Talk With Your Student About Sun God!

Another opportunity to talk with your student about alcohol and establishing healthy habits! The Sun God Festival is April 30, 2016. This valued tradition is a day when undergrads put down their books and enjoy an afternoon and early evening of festivities, music and entertainment.

- Remind your student of the importance of staying hydrated and eating well throughout the (most likely warm) day and evening of festivities.
- Make sure your student has their cell phone charged and wear something with pockets so it doesn’t get lost.
- Does your student anticipate drinking? Will they be with friends who are drinking?
- If your student does drink…limit the number of drinks, pace throughout the day, look out for each other, and do not give in to peer pressure to drink more.
- Stay away from hard liquor!
- If your student lives off-campus, have they made plans for getting home? (Shuttles, A.S. Safe Ride, Uber or Lift are available all evening)
- Underscore the importance of moderation and responsibility. Students who are intoxicated will be subject to disciplinary action.

Sun God Festival is a day of fun and community and it is up to all students to keep the event safe and memorable. As parents, you continue to be the biggest influence in your student’s lives and they will listen. Thank you for your support.

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<tr>
<th>UC San Diego Resources</th>
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<tbody>
<tr>
<td>Sun God Festival Website</td>
<td>sungodfestival.ucsd.edu</td>
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<tr>
<td>Student Health Services</td>
<td>(858) 534-3874</td>
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<td></td>
<td>studenthealth.ucsd.edu</td>
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<tr>
<td>Counseling &amp; Psych Services</td>
<td>(858) 534-3755</td>
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<td></td>
<td>caps.ucsd.edu</td>
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<tr>
<td>CARE @ SARC</td>
<td>(858) 534-5793</td>
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<td></td>
<td>sarc.ucsd.edu</td>
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<tr>
<td>Triton Recovery Group</td>
<td>tritonrecoverygroup.ucsd.edu</td>
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<tr>
<td>A.S. Safe Ride</td>
<td>(858) 822-3553</td>
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<td>as.ucsd.edu/ saferides</td>
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<th>Community Resources &amp; Transportation Options</th>
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<td>Uber Lift</td>
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<td>Lyft</td>
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<td>Smart Recovery</td>
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<td>Alcoholics Anonymous</td>
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Questions or concerns? Contact: Lupe Samaniego-Kraus, MPH (858) 534-3874 or lsamanie@ucsd.edu
Student Health 101 is a monthly health and wellness magazine just for UCSD students and their families. You can read the March Issue online at http://readsh101.com/ucsd-pp.html.

The March Issue has some great articles including:

- How to remember what you learn
- Your introvert advantage and how to use it
- Should I eat this? Your quick guide to food labels
- Implants & IUDs: Is long-term birth control for you?
- BetterU: Mind your mind – Avoiding the trap of your assumptions
- And much more…

Thanks for taking the time to read Student Health 101!

Therapy Fluffies Extravaganza

March 15th | 10 AM–2 PM | Price Center West Ballroom A

The popular pups are back! The Zone will be bringing 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 come play, relax and de-stress with nearly two dozen fun-loving canines during finals week!

Visit zone.ucsd.edu for more info or contact The Zone at zone@ucsd.edu or (858) 534-5553

 Finals Study Zone

Finals Week: 03/14-03/18 (times vary) | The Zone
Located in 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! View The Zone schedule for study lounge times at zone.ucsd.edu
Students can challenge themselves by learning how to achieve a more balanced and healthy life, develop professional skills and earn an award to enhance resume appeal. Students can sign up for the Well-Being Leadership Award and begin participating in programs to increase their overall well-being.

Well-Being Leadership Award

Students who complete the program requirements will receive:
- Certificate of Achievement
- UC San Diego Logo
- Personalized letter of congratulations from the Executive Director of Health and Well-Being
- Tips on how to make the most of this award

Visit zone.ucsd.edu/award TODAY!

UC San Diego Recreation: #GetRecd

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 at http://recreation.ucsd.edu/ and in person at any of the facilities.

Make sure to check out the FREE Student Personal Wellness Program offered to UCSD students. The duration is eight weeks and each week is a different topic/workout. A personalized workout is designed for each participant at the end of the class. Classes start the first week of spring quarter. There are several days and times available, but spots fill up quickly! Have your student register online today!

Follow us on Facebook to get news and updates on new classes, free events, workshops, registration deadlines and more!
**Summer Session**

Summer is coming! Each year, more than 10,000 students enroll in Summer Session courses to improve their time-to-degree for graduation. The 2016 Course Preview is available, visit the Summer Session website and help your student start planning now!

Classes are offered in two 5-week sessions and a special session:
- Session 1: June 27–July 30, 2016
- Session 2: August 1–September 3, 2016
- Special Session: Dates will vary by class from June 13 to September 16, 2016

Enrollment begins April 11th. Students can log on to MyTritonLink to confirm their enrollment appointment time.

Yes! Summer Financial Aid is available. Please contact the Financial Aid Office for details: finaid@ucsd.edu or (858) 534-4480

Yes! Summer Housing is available. Please contact Housing, Dining, & Hospitality for details: housinginfo@ucsd.edu or (858) 534-4010.

Questions about Summer? Contact us at summer@ucsd.edu or (858) 534-5258.

**Triton Parent & Family Ambassador Wants You!**

Your student’s journey at UC San Diego is the most important thing to you! Why not tell other parents and families about it?! Join the Triton Parent & Family Ambassador Program today! There are numerous ways to get involved and on your own time. Here’s why current parents and families are involved and how they feel they can contribute:

“Represent UCSD in social, community, education (K-20) and business networking events in Riverside County.”

“Participate in charity programs and development and special programs.”

“Help UCSD to receive, retain and increase/improve large donations from major donors in local communities.”

“I would like to help girls in Tech / Computer Science / Data Science or encourage to go into tech field by provide coaching and internship opportunities, such as Girls Can Code, since my daughter Alice will attend Computer Science program at UCSD engineering.”

**We’re Hiring Student Leaders!**

The Office of Parent & Family Programs is seeking student leaders to work for the office September 2016–June 2017. Refer your student to:

1. Our website to learn more about the position, and important application instructions; and/or

2. Come to our office for questions and timeline of the hiring process. We’re located in the Triton Center of the Student Services Center (right below Croutons, the restaurant).
All-Campus Commencement 2016: Call for Student Speakers

Students can apply for the All-Campus Commencement Student Speaker

All undergraduate and graduate students receiving a UC San Diego degree in June 2016 are invited to apply and audition for the role of student speaker at this year’s All-Campus Commencement.

A panel of campus leaders will choose one student to deliver an inspirational message (up to 5 minutes) to fellow graduates on the event’s theme, Service to the Community and the World.

- Complete and submit the All-Campus Commencement Student Speaker Application (PDF).
- Students are encouraged to include examples of service in their application.
- Feb. 1st through March 18th: Applications accepted; must be received by March 18th.
- First 2 weeks of April: Student-speaker candidates who have been selected to move forward in the process will audition by presenting the 5-minute speech they hope to deliver at the All-Campus Commencement. A campus-wide panel representing students, faculty, college and campus leadership will select the speaker.
- Mid-April: The student speaker will be announced.

Study Abroad

Study Abroad UC San Diego will host a webinar on Wednesday, April 27, 2016 from 5:00—6:00 PM for parents/families of students planning to study abroad in Summer or Fall 2016. The webinar will be called: Health, Safety and General Information for Parents and Families of Students Studying Abroad. Family members can ask their students to forward them the invitation when it comes out in late March. All students studying abroad will be asked to invite their parents/families to participate in this webinar.

Room Selection 2016

Room Selection 2016 is coming soon! All undergraduate students living in on-campus housing will be receiving eligibility emails and further instructions. We encourage all students to visit the Room Selection website for updated information and connect with their College Residential Life Office. The Room Selection Application will be available April 18 – April 21, 2016. Guaranteed students must apply, electronically sign the housing contract and submit the $450 prepayment in order to have an opportunity to live on-campus for the 2016-17 academic year. Questions about the contract and prepayment can be sent to housinginfo@ucsd.edu and questions related to the process and application can be emailed to roomselection@ucsd.edu.

For more information, visit roomselection.ucsd.edu
The Latest with the Campus Community Resource Centers

**LGBT Resource Center**
Make sure your student is checking the website for the upcoming Rainbow Graduation. This event is scheduled to take place in June and registration can be completed through the LGBT Resource Center website.

**Cross-Cultural Center**
Is your student an artists and interested in showcasing their art? The CCC has three exhibits spaces: Art Gallery, Conference Room, and Hallway. If they are interested in displaying art at the Cross-Cultural Center, check the website for information on processing the form.

**Black Resource Center**
Attention Parents and Families! The Black Resource Center encourages you and your student to participate in the 2016 Black Graduation. This annual event is scheduled to take place on Friday June 10, 2016. More information about event registration will be shared early spring quarter. Make sure your graduate is receiving the Black Resource Center’s e-newsletter to ensure they do not miss out on this event. Visit brc.ucsd.edu to learn more about the Black Resource Center and sign-up for the e-newsletter.

**Raza Resource Centro**
Is your student interested in being in a community of critical writers and finding support for their writing? The Writing Collective is designed to take the isolation away from academic and professional writing. Encourage your student to be part of a community of writers. They are going to make time for, support, and help each other throughout the writing process.

Stop by every Friday at 12 PM

**Women’s Center**
Encourage your student to stop by the Women’s Center where they have ongoing events available to students throughout the quarter.

Every Friday @ 12 PM: Gender Buffet
Event Thursday @ 5 PM: Black Women’s Collective

**Student Veterans Resource Center**
Every Monday, 2:30–3:30 PM, let your student know they can stop by the Student Veterans Resource Center for Career conversations with Roxanne. Students will have access to a career counselor.
Meet the Martin Family
When Noah Martin ’16 decided to leave Los Angeles for college, his parents, Dr. Robert and Rebecca Martin, knew that despite the short distance, their son was entering a new world. A world of new experiences and friends, of new ideas and opportunities.

The Martins were eager to become more involved with UC San Diego as their son settled into college life. “UC San Diego is one of America’s top universities, and we want to be a part of the growth and development of the institution,” said Dr. Martin. The family has contributed to the Parents Fund which helps build and maintain campus resources that make the difference between a good college experience and an outstanding one. In addition, they are recognized for their gifts as members of Chancellor’s Associates, the university’s premier giving society. The Martins have enjoyed hearing about the activities and developments going on at the university through the program’s newsletters and emails. With these gifts, the Martin family has an opportunity to not only stay in touch with campus news and events while supporting increased access to education, but also to boost programs and resources that support student safety, wellness, retention and graduation.

From exploring the campus to visiting Balboa Park, La Jolla Cove and everything in between, the Martins have enjoyed getting to know the UC San Diego community. They talk happily about their son’s experience on campus as well. From his academic career, including research opportunities with professors, to making a circle of friends, Noah has excelled at UC San Diego and has fun while doing so. As a third-year student, the computer engineering major was part of a team that earned the “Best iOS Hack” award at the HackSC conference in Los Angeles, CA.

As part of their involvement, the Martins hosted a parents’ reception at their Los Angeles home last spring. The couple greatly enjoyed the opportunity to meet other UC San Diego families. “All of the parents had different stories to tell,” said Dr. Martin. “Every child was thriving but in diverse areas. The event brought us the extent of diversity at UC San Diego.” That diversity is something the Martins appreciate about UC San Diego. It is emblematic of the kinds of networks they believe are needed both to raise children and to sustain a university. Although education is an immensely powerful tool that transforms dreams into reality, it requires support to thrive. That support—from family, friends and community — takes many forms. For the Martins, like many other UC San Diego families, support is a gift they are proud to give.

To learn more about giving to UC San Diego, visit Parent & Family Giving at http://giving.ucsd.edu/parentandfamilygiving/

Parent and Family Giving Profile

Welcome Jennifer Stanley!

Parent and Family Giving is pleased to welcome Jennifer Stanley as UC San Diego’s new assistant director of Parent and Family Giving. In this role, Jennifer will work closely with parents to nurture UC San Diego’s culture of philanthropy throughout our community of parents and family members. In doing so, she will help enhance programs and services that focus on the safety, wellness, retention and graduation of students by encouraging charitable giving from family members meaningful to the campus and to the families.

Jennifer is passionate about using philanthropic engagement to support students in developing the skills and knowledge to succeed inside and outside the classroom and to enjoy a fulfilling college experience. She looks forward to working closely with our Triton parents and families and meeting many families through upcoming events and volunteer opportunities.

Jennifer Stanley
Assistant Director, Parent & Family Giving
Marshall Cultural Celebration

Join us at Thurgood Marshall College on April 9, 2016 from 10:00 AM - 4:00 PM to experience one of the longest standing traditions at UC San Diego! This year's theme is "We're All in This Together!" Celebrate cultural diversity through food, dance, music, and art from around the world. Taste delicious cuisines and tour artisan crafts from local vendors. Enjoy free live entertainment showcasing various cultural groups from the UC San Diego campus and community, and have fun with the whole family at the Children's Village. See you there! For updates, refer to marshall.ucsd.edu

Warren Live!

Warren Live! is Warren College’s annual concert. The concert is free and open to Warren College students. Past concerts included Matt Nathanson, The Hush Sound, and Pepper. This year’s Warren Live! will take place on May 12th in the Price Center. Doors open at 7:00 PM.

Muir Musical

UC San Diego’s Muir Musical Ensemble presents “In The Heights”, set in New York City during the heat of summer. Infused with a Latin beat, revel in the story reflecting the joys of heartbreaks of a Latin American neighborhood grappling with profound changes. Performances this year will run April 2, 3, 7, 8, and 9 at the Mandeville Auditorium. Tickets are available through the UCSD Box Office or online at ucsdboxoffice.com

To learn more about the Muir Musical, visit muirmusical.wordpress.com.
Important Dates & Tips

March 2016

- Thursday, March 3rd: View Fall 2016 Billing/Tuition
- Friday, March 11th: Winter Instructions End
- Saturday, March 12th– Saturday March 19th: Final Exams
- Friday, March 18th: Spring 2016 Billing/Tuition Due
- Sunday, March 20th: Residence Halls close at 12 PM
- Monday, March 21st– Friday March 25th: Spring Break
- Saturday, March 26th: Residence Halls open at 12 PM
- Monday, March 28th: Spring Quarter and Instructions Begin

Parents/Families: Helpful Tips

MARCH CONVERSATION TIPS
- As winter quarter ends, students should be thinking about living options for next year, courses they will take the following fall, internships and research opportunities, and other forms of involvement with UC San Diego.
- It’s March Madness! Support your UC San Diego basketball teams! Get tickets at http://athletics.ucsd.edu/.

Parents/Families: Helpful Tips

APRIL CONVERSATION TIPS
- Grad Central is a resource for graduating seniors preparing for commencement. Stay informed about Commencement Ceremonies at http://commencement.ucsd.edu/ Talk to your student often!
- Don’t miss the Revellution Concert at Revelle College. Learn more at http://revelle.ucsd.edu.
- Explore international cuisines at the International Center’s ICafé, every Friday at 12 PM.

April 2016

- Every Friday: I-Café @ International Center 12-1:15 PM
- Wednesday, April 6th: Spring Career and Internship Fair 10:30 AM– 2:30 PM (Price Center Ballrooms)
- Monday April 18th–Thursday April 21st: 2016-2017 Room Selection Application with $450 deposit

Parents/Families: Helpful Tips

MAY CONVERSATION TIPS
- Remember there are many people on-campus serving as a support to your student; Residence Assistants/House advisors, Counseling and Psychological Services, professors, academic advisors, roommates, Greek sisters and brothers, and work supervisor, to name a few.
- The month of May marks the half point to spring quarter. With still so many on-campus opportunities, discuss strategies for time management—balancing school with co-curricular activities, career internships, working and participating in leadership positions.
- Sun God Festival is a traditional spring event at UC San Diego. Great music and over 15,000 people in attendance. Talk with your student about their plans for enjoying Sun God festival.

May 2016

- May 2nd-7th: UC San Diego Bookstore Accessory Sale
- May 5th: Cinco de Mayo
- Monday, May 30th: Memorial Day (Campus Closed) Dining hours will be limited
More Opportunities for You and Your Student to get Involved on Campus!

A new location has joined Bartell Hotels: Hilton San Diego Airport/Harbor Island

Making Hotel Reservations at Bartell Hotels:
tritonfamilydestinations.com
call (800) 345-9995

A casual conversation and a fresh, free cup of coffee.

Get involved as an ambassador!

Check important dates

Get excited for Spring quarter

Get ready for moving out my student out of the res. hall