Greetings Triton Families!

It’s the end of fall quarter and we hope that you and your student have had a successful first quarter of the academic year. Finals begin this weekend until next Saturday. Students are studying, meeting in groups, and trying to manage their time. Check-in when you can and wish them well before they make it home for the holidays. There are resources to help them manage time and destress, like the Zone at UCSD.

As your student prepares to head home, a few things should be considered: (1) your student will not need to move everything out of their room, but must vacate their room by December 13. (2) your student can make arrangements for transportation to and from the airport. Go to page 9 for a direct link. (3) your student is coming home for several weeks which will affect the family dynamic just a little bit. Discuss expectations of one another, how to manage spending time together and with friends, and their need or desire to want to catch up on sleep.

Early in the spring, your student will receive information about room selection for the academic year 2016-2017. Each of the colleges will communicate directly with students about the entire process for room selection. It is very important that students living on campus pay attention to requirements and instructions. The beginning of winter quarter also presents opportunities for many student leadership positions – paid positions – that students can apply for. Refer to page 7 for a list of a few positions available at the colleges. Remember the Office of Parent & Family Programs is here to answer your questions.

From us to you, the very best holiday season.

Karina M. Viaud, EdD.
Director, Parent & Family Programs

Siblings Day January 23, 2016

Make sure to mark your calendars for January 23, 2016 for the 4th Annual Siblings Day. Siblings Day is an event-filled day created to bring younger siblings, cousins, nieces, nephews, or other family members to connect with their UCSD student and the campus. By attending this event, your student will be able to share a little bit of their college experience with their younger sibling. Register for this year’s exciting Siblings Day that will feature a Scavenger Hunt, exciting activities, and the chance to experience the UCSD campus and community.

Information about registration and the schedule of events can be found at parents.ucsd.edu.
Financial Aid

Winter Quarter 2016 registration fee payment deadline: **Wednesday, December 16, 2015**

Winter Quarter remainder funds for direct deposit will be available beginning **Monday, January 4, 2016**. If your student did not sign up for direct deposit, remained checks will be mailed beginning **Monday, January 4**.

**To make sure your student’s financial aid is available to pay his/her fees, your student should:**

- Regularly check the Financial Aid Checklist to view and/or request items or actions.
- Frequently review UCSD e-mail account for messages from the Financial Aid Office.
- For accepted loans, make sure all the required paperwork and the TritonLink loan counseling session has been completed. Questions about Perkins Loan or University Loan required paperwork can be directed to Student Business Services at studentbusiness@ucsd.edu.
- See additional disbursement requirements to make sure these have been met.
- Student’s UCSD account will be credited once your student has enrolled in Winter classes (wait-listed classes do NOT count as enrolled units).
- **Review the Winter Quarter billing statement** beginning December 2 to make sure financial aid has been applied to your student’s UCSD account. Please note that Direct Loan funds will not be credited to the student account until December 27 due to Federal regulations. However, pending Direct Loan payments will be calculated into the current online balance on TritonLink. Billing Statement Tip: access the “Current Account Activity” view on TritonLink bill for up-to-date account activity.
- **Sign up for direct deposit** by Friday, December 4 for your student’s remaining Winter funds to credit his/her bank account at the beginning of Winter Quarter, starting January 4.

Tips from Housing, Dining, & Hospitality

Dining

All Housing, Dining & Hospitality (HDH) dining and markets will be closed over winter break. Please refer to the link for detailed information on when each individual location will open back up.

http://hdh.ucsd.edu/DiningMenus/

Winter Break

During winter break all residential halls will close for the entire break from 12/13/15 through 1/2/16. Students will not be allowed to stay in the residential halls during this period. Students do not have to take their belongings home, however they must vacate for the entirety of the break. If for some reason there is an issue, please contact the Residence Life Office. Please click on the link for contact information for all the Residence Life Offices.

http://hdh.ucsd.edu/housing/incomingfreshmen/pages/ContactUs.html

United We Dream

United We Dream, a national immigrant youth-led organization, recognizes November 12, 2015 as Educators Coming Out Day. This is a day for educators to come out in support of students who are undocumented and their families. The UC San Diego Undocumented Student Services Center is participating by sharing photos of staff and faculty holding a positive message of support for our students. The message reads, "I am an unafraid educator who works with and supports undocumented students and families."

A few weeks ago, they asked UCSD educators to help reach their pledge of 50 photos. Because of the enthusiastic support of our students, we doubled that. Thank you to the 101 UC San Diego educators, many of whom are our Student Affairs colleagues, who participated by having their photos taken for this project. They hope you will take a moment to view their photo album.
Student Health 101 is a monthly health and wellness magazine just for UCSD students and their families. You can reach the December issue online at http://readsh101.com/ucsd-pp.html.

The December issue has some great articles including:

- How to be happy: Science of happiness and stress management
- What’s your sleep problem? Sleep disorders and treatment plans
- Find your drive to exercise
- BetterU: Mindfully managing procrastination
- Season’s eating’s: Healthy twists on holiday dishes
- And much more…

And if you missed it – be sure to check out the November issue, with how to get better sleep, four keys to college courses, understanding spirituality and much more at http://readsh101.com/1115/ucsd-pp.html.

Thanks for taking the time to read Student Health 101!

UC San Diego Student Health & Well-being
zone@ucsd.edu | http://zone.ucsd.edu

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Therapy Fluffies Extravaganza

December 8th | 10 AM– 2 PM @ PC West Ballroom A

The popular pups are back! The Zone will be bringing nearly two dozen certified therapy dogs to campus to help students de-stress during finals! Studies show that animal therapy has many health benefits, including stress reduction. Encourage your student to come play, relax and de-stress with nearly two dozen fun-loving canines during finals week!

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

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Finals Study Zone

Finals Week: 12/7-12/11, 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
News from Student Health & Health Promotion Services

Extended Hours at SHS: Student health will be open late some weekdays & Saturday mornings during the academic quarters. [http://studenthealth.ucsd.edu]

Flu Clinics at Student Health and The Zone (Price Center Plaza). Free for students with UCSHIP, $20 with RAFT or UCSHIP waivers. Info at [http://studenthealth.ucsd.edu]

Tritons in Motion: A new FREE program to help your student be more physically active while meeting new friends. Get matched with other UCSD students with similar activity interests. Sign up at [http://bit.ly/tritonsinmotion]

R&R Squad at Geisel Library on Mondays, 5-6 PM. Trained peer health educators provide hands-on low intensity stress reduction & relaxation (chair massage)!

INSURANCE NEWS

- New Mobile App for UCSHIP: Download the new Student health Insurance app to obtain your Anthem Blue Cross Medical/Vision ID Card and have easy access to medical, pharmacy, and dental information on the go. Download it from the Apple App Store or Google Play.

UPCOMING EVENTS

- December 8th: Therapy Fluffies Extravaganza, 10 AM-2 PM @ Price Center West Ballroom A
- All fall quarter: Flu Clinics @ Student Health & The Zone [http://studenthealth.ucsd.edu]
- All fall quarter: Smoking Cessation Workshops [http://studenthealth.ucsd.edu]

UC San Diego Recreation: #GetRecd

With the increasing pressure of academics, many stressed-out students forget the importance of recreation for physical and psychological well-being. UC San Diego has one of the largest Recreation programs in the nation. Find out all the ways your student can get involved in these 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 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 current 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 winter 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!
Parent and Family Giving

Parents Fund Empowers Students, Enhances Opportunities

Your student has embarked on an amazing journey: they are in a new environment, learning from experts and peers, creating memories with new friends, exploring new activities, and engaging new ideas. At UC San Diego, we aim to provide your student with an encompassing college experience, while also preparing all of our students for a bright future creating positive change on a global scale.

UC San Diego is one of the top 10 public universities in the nation. It is a place where students learn from Nobel laureates, MacArthur Fellows and Pulitzer Prize winners while gaining the skills and knowledge they need — inside and outside the classroom — to pursue their dreams.

You are an important part of the Triton family. You not only provide a strong foundation of family support, but gifts from parents and families of our students enhance programs and events across campus that help students grow and make their experience more rewarding.

The Parents Fund helps provide academic support programs to bolster success, from tutors and mentors who can help galvanize knowledge and explore professional interests to the writing center that assists students with class assignments, resumes and application essays for graduate or professional school. The fund also sponsors social, cultural and wellness programs that enrich student life and inspire creative ideas. Gifts to the Parents Fund also support important leadership development and experiential education opportunities that foster responsible global citizenship and build practical skills, like undergraduate research opportunities.

When you make a gift to UC San Diego, you help build and maintain resources that make a difference for your student as well as for all of our students now and in the future. These resources transform a good college experience into one that is outstanding. To learn more about how the Parents Fund affects your student’s education and to make a gift, visit parentfamilygiving.ucsd.edu, call (858) 534-7424 or email parentfamilygiving@ucsd.edu.

Parent and Family Giving Profiles

In recognition of our wonderful Triton family, we are proud to begin a series highlighting some of our parent and family supporters.

Meet the Pan-Chen Family

You wouldn’t be surprised to hear of parents who want their children to benefit from a great education. But would you be surprised if your child’s perfect university was more than 6,000 miles from home? UC San Diego’s reputation for academic excellence was an important factor for Yuntao Pan and Qingyi Chen in supporting their son’s decision to attend despite the distance from their home in Beijing, China.

Ms. Pan initially attended a small event in Beijing to learn more about the university her son chose to attend, including resources available to international students like the Career Services Center. She and Mr. Chen soon decided to become more involved with the university by making a gift. Their son, Yunbo Chen ’18, has been enjoying campus life, and his parents’ gift augments the resources available to him and his classmates. The family has long understood the transformative power of education, which made supporting UC San Diego an easy decision. They chose to contribute to the Parents Fund, which helps build and maintain campus resources that make the difference between a good college experience and an outstanding one. They are pleased that their gifts enhance programs and resources that support student safety, wellness, retention and graduation.

Recognized as Chancellor’s Associates for their gift, this family enjoys regular communication from UC San Diego through e-newsletters. Both the Parent and Family Program office and Chancellor’s Associates, the university’s premier giving society, update donors about campus news and events. Ms. Pan noted that she reads the e-newsletters and often encourages her son to participate in or attend events and activities highlighted that she believes he would enjoy. As Chancellor’s Associates, the family also has a personal campus liaison to assist with inquiries.

With the high quality of education and overall experience that UC San Diego provides, as well as the opportunities for parent involvement in China, Ms. Pan and Mr. Chen remain pleased both with their investment and with their son’s choice of school. Convenient ways to give to the Parents Fund helped ensure an easy to donate; an international wire transfer. Most importantly, they have found it a pleasure to be involved with a university that fosters their son’s academic and personal growth, and they appreciate the impact they have made through their investment in UC San Diego to offer the best possible college experience for their son and his classmates.
1.25 Million Legacy Gift Boosts UC San Diego’s Department of Theatre and Dance

By Cynthia Dillon

Teachers often inspire students, but students can move teachers, too. Such was the case during a recent visit to UC San Diego’s Department of Theatre and Dance by long-time educator and arts supporter Lois Chant. Her $1.25 million legacy gift will boost the department’s efforts to continue its top-ranked theater training program. With an even distribution to occur between the Lois Chant Endowed Scholarship Fund in support of undergraduate scholarships and graduate fellowships in Theatre and Dance and the Theatre & Dance Student Productions Endowment, the return on the gift will help continue the valuable training experience theater students need, including funding actual productions and associated program expenses.

“I was most touched by the students; they were so enthusiastic about the program at the university,” noted Chant, whose vision for the significant planned gift is to bring stronger students into the arts.

One such student is Jenny Grober, a senior theater major in acting and directing, who had lunch with Chant during her visit to campus.

“She was lovely,” said Grober. “I told her that the faculty at UC San Diego and the experiences you get to create are really incomparable. It has been one of the most powerful experiences of my life.”

Tim Barnett (left) and Jenny Grober (far right) were students who met Lois Chant during her visit to campus. Here, along with another theater student, they perform, “Doctored & Devised,” (2013). Photo: Jim Carmody.

A retired elementary school teacher, who along with her late husband taught in the Los Angeles city schools, Chant attended UCLA and Occidental College where she gained a liberal arts education to become a teacher.

“I think it is a great mistake to turn away from the liberal arts,” noted Chant. “Students need to excel in some area, but not all will excel in science.”

She said that she knew UC San Diego had a strong science and technology background, so she thought she would give theater “a boost.”

“You can enjoy theater your whole life, if you’re exposed to it,” explained Chant, who identified theater as a source of enjoyment for herself and so many others. “I am interested in theater—it’s a necessary part of our culture, and I don’t want it to fail.”

Chant encouraged others to open their hearts and eyes to the need for excellence in the arts because, as she puts it, “It is what makes us human.”

Dean of the Division of Arts and Humanities, Cristina Della Coletta said, “Lois’s gift to the Department of Theatre and Dance is a welcome and timely reminder that we are here to serve our students by being models of all that is extraordinary in our shared humanity: creativity, passion and the love for the common good. As a teacher herself, Lois understands this deeply and we are so grateful to her vision and generosity.”

For more information about the Department of Theatre and Dance and the Theatre & Dance Student Productions Endowment visit the website.
Six Colleges are Looking for Student Leaders!

Is your student looking for a challenging and exciting leadership opportunity? The six colleges and the Village are seeking applicants for Resident Assistant/House Advisor and Orientation Leader (OL) positions. Students will gain valuable leadership and work experience while making new friends and having fun. Below is information on the specific deadlines for and locations of Resident Assistant/House Advisor and Orientation Leader applications.

Revelle
- **Resident Assistant**: Applications available beginning of December. Apply by Tuesday, January 12 by 1 pm
- **Orientation Leaders**: Applications available mid-November and returning OL deadline to apply is January 11 and new OL application– deadline to apply is January 29.

Roosevelt
- **Resident Assistant**: Applications available beginning of December. Apply by Tuesday, January 12 by 1 pm.
- **Orientation Leader**: Applications available mid-November. Applications due Wednesday, January 27 by 4:30 pm.
- **Transfer Orientation Leader**: Applications available during Winter Quarter.

Muir
- **House Advisor**: Applications available beginning of December. Apply by Tuesday, January 12 by 1pm.
- **Orientation Leader**: Applications available beginning of December. Applications due Friday, January 22.
- **Transfer Orientation Leader**: Applications available end of January. Applications due Tuesday, February 16.

Marshall
- **Resident Assistant**: Applications available beginning of December. Apply by Tuesday, January 12 by 1pm.
- **Orientation Leader**: Applications available during Winter Quarter.

Sixth
- **Resident Assistant**: Applications available beginning of December. Apply by Tuesday, January 12 by 1 pm.
- **Orientation Leader**: Applications available during Winter Quarter.

Warren
- **Resident Assistant**: Applications available beginning of December. Apply by Tuesday, January 12 by 1 pm.
- **Freshman and Transfer Orientation Leader**: Applications available beginning of January. Applications due Friday, February 5. Check the Warren Events Email for info session dates.

The Village
- **Resident Assistant**: Applications available beginning of December. Apply by Tuesday, January 12 by 1 pm.

All application available on porttriton.ucsd.edu.

Dine-With-A-Prof

UCSD’s Dine-With-A-Prof allows undergraduate students to dine with one of their esteemed faculty members for free! Sponsored by the Office of the Vice Chancellor for Student Affairs and College Student Affairs Offices, this program fosters informal, out-of-classroom interactions between students and faculty members.

Students may visit their College Student Affairs Office for more information!
The Latest with the Campus Community Resource Centers

LGBT Resource Center
Is your student interested in applying for the LGBT Undergraduate Scholarship program? Check here for information on available scholarships, requirements, and deadlines: [http://lgbt.ucsd.edu/resources/scholarships.html](http://lgbt.ucsd.edu/resources/scholarships.html)

Cross-Cultural Center
Applications are now open for intern positions. For more information on descriptions, available positions, roles, and deadlines, visit [https://ccc.ucsd.edu/get-involved/become-an-intern.html](https://ccc.ucsd.edu/get-involved/become-an-intern.html)

Black Resource Center
If your student is looking to get involved on campus, The Black Resource Center is a great place to start! The BRC has available information on internships within their department. To submit and application, visit [http://brc.ucsd.edu/apply/form-apply.html](http://brc.ucsd.edu/apply/form-apply.html)

Raza Resource Centro
It is never too early to have your student start to think about work after graduation. Career Services is available to provide information on job interviews, resume readings, and job application. This occurs in the center every Thursday 2:30-3:30 pm.

Women’s Center
Workshops and trainings on gender and social justice issues are available for reservation online at [http://women.ucsd.edu/training/index.html](http://women.ucsd.edu/training/index.html). Select from one of the three, which include “Be A Man, Act Like A Lady,” “Feminism 101”, and “The Body is Not an Apology,” or students can Build a Workshop.

Student Veterans Resource Center
Stop by the Student Veteran’s Resource Center for weekly sessions presented from Career Services, the Office for Student Disabilities, and Courage to Call. A current schedule is available at [https://students.ucsd.edu/sponsor/veterans/index.html](https://students.ucsd.edu/sponsor/veterans/index.html)
MOM & POP Birthday Baskets (Muir College)

The Middle of Muir Purveyor of Products (MOM&POP Shop) offers a special opportunity to show your favorite student that you are thinking of them. Throughout the year, a variety of specialty baskets (birthday boxes, Finals Survival Kits, Take Care Packages) can be delivered directly to the door of any resident of Muir College. The selections vary seasonally but the thoughtful message remains the same. Check out http://mom.ucsd.edu to see current baskets; check back as new offerings become available throughout the year. Questions? Email muircollegecenter@ucsd.edu.

ArtPower at UC San Diego Presents

Kendrick Scott Oracle
Friday, December 4, at 8 pm | The Loft
Tickets: $18–$28; $12 students
Highly regarded as one of the premier drummers of his generations, Kendrick Scott and his band will showcase his incredible subtlety and intensity and highlight his strengths as a drummer, composer, and leader.

Winter Break Shuttle Schedule

UCSD Campus/Rupetus Lane to San Diego Airport

- Winter Break 2015-2016 (Thursday December 10, Friday December 11 & Saturday December 12)
  - Departure times (tentative): 6, 7:30, 9, & 10:30 am, & 12, 1:30, 3, 4:30, 6 & 7:30 pm
San Diego Airport to UCSD Campus/Rupetus Lane

- Winter break 2015-2016 (Sunday January 3)
  - 10 & 11:30 am, 1, 2:30, 4, 5:30, 7, 8:30 & 10 pm
Visit the website for more information

Order a Calendar Today

The limited 2015-2016 calendar is available at http://parents.ucsd.edu/news-pubs/calendar/
Triton Family Connection

Parents/Families: Helpful Tips

DECEMBER CONVERSATION TIPS
- December marks the end of the fall quarter. Stress-free events are available to help students better prepare for finals. Visit the Zone at thezone.ucsd.edu. SPACES, OASIS, Women's Center, Raza Resource Centro, LGBT Resource Center, Cross Cultural Center and Black Resource Center are a few on-campus spaces for students to study.
- Does your student need a ride to the airport or train station to go home for the holidays? For a list of transportation needs, visit http://transportation.ucsd.edu/shuttles/airport.html.

JANUARY CONVERSATION TIPS
- How did your student do this fall quarter? If your student needs help, talk with your student about how to improve their academic and social campus lives. To be mentally and physically healthy, students can use the Writing Center, work out at RIMAC, or join an intramural team.
- Families, it’s time to get involved! Sign up to be a Triton Parent & Family Ambassador at parents.ucsd.edu/get-involved/parentambassadors.html.

Parents/Families: Helpful Tips

February 2016
- Sunday, February 14: Valentine’s Day—Send a care package to your Muir student
- Monday, February 15: Presidents’ Day Office Closed

Parents/Families: Helpful Tips

FEBRUARY CONVERSATION TIPS
- With daylight being shorter, students are encouraged to use resources to ensure safety on-campus. Call Campus Service Officers at (858) 534-WALK.
- This is the time to apply for numerous student leadership positions. Students can inquire within their college for these opportunities and within the Office of Parent & Family Programs. We hire student leaders too!
- It’s almost finals week and the end of spring quarter. Time flies! Encourage your student to meet with their academic advisor, form study groups, and visit OASIS for academic support.

Parents/Families: Helpful Tips

Important Dates & Tips

December 2015
- Friday, December 3: Fall Instruction Ends
- Saturday, December 5 - Saturday December 12: Final Exams
- Saturday, December 12: Fall Quarter Ends
- Sunday, December 13: Residence Halls closed. Residents must vacate by 12 pm
- Sunday, December 13 – Sunday, January 3: Winter Break
- Wednesday, December 16: Winter 2016 Billing/Tuition Due

January 2016
- Saturday, January 2: Residence housing facilities open at 12 pm. Dining contract begins with dinner.
- Monday, January 4: Winter Quarter and Instructions Begin
- Friday, January 15: Deadline to register for Siblings Day http://parents.ucsd.edu
- Monday, January 18: Martin Luther King Jr. Holiday Offices Closed
- Saturday, January 23: Siblings Day http://parents.ucsd.edu
More Opportunities for You and Your Student to get Involved on Campus!

The new 2015-2016 calendar is available now, order your calendar at http://parents.ucsd.edu/news-pubs/calendar/

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

Order my calendar
Get involved as an ambassador!
Check important dates
Get excited for Winter quarter