

UCSC ADVISING NEWS (Fall 2011, Issue 4)

This newsletter is designed by your college advisers to keep you informed of important deadlines and alert you to programs and resources that may enhance your undergraduate academic experience.

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DEADLINE TO APPLY FOR GRADUATION: FRI OCT 21ST

Congratulations to all of the Fall 2011 graduates!! If you are completing your degree this quarter and you haven't done so already, you need to apply to graduate on your student portal under "My Student Center". The following link will give you instructions on how to apply to graduate: <http://reg.ucsc.edu/students/announcerequest/announcerequest.cfm>. If you miss the deadline and apply AFTER Friday October 21st, then you will be assessed a \$40 late fee.

DEADLINE TO DECLARE YOUR MAJOR FOR FALL 2011 QUARTER: FRI OCT 21ST

This is the deadline to declare or change a major or minor for the Fall 2011 quarter. If you are uncertain about major requirements or declaration procedures for your prospective major, then meeting with a program adviser within that major would be a good idea. If you need to declare this quarter and are concerned about an enrollment hold, then see your college adviser for guidance. If you want to add a minor, then you must be declared in a major first in order to do so. Visit the following website for additional information on major/minor declaration: <http://advising.ucsc.edu/student/declaration/index.html>.

UNIVERSITY OF CA WASHINGTON CENTER PROGRAM (UCDC): APPLY NOW -- DEADLINE THURS OCT 27TH

Santa Cruz sends approximately 22 students to Washington, D.C. each Fall, Winter and Spring Quarter. The program offers an exciting opportunity to combine course work with field research and work experience in a variety of areas. Students divide their weekly schedules between classes and a part-time field placement position. They are registered as UCSC students and earn academic credit for the courses taken. All participants pay UCSC registration fees and remain eligible for financial aid if regular UCSC standards are met.

For more information and FAQs, see the UCDC web site

at http://politics.ucsc.edu/ucdc/program_info.php or contact Marianna Santana at the Merrill Academic Building, Room 5, e-mail at ucdc@ucsc.edu, or via phone (831) 459-2855. The website includes an extensive list of possible [internship placements](#) in media, public policy, government, Congressional & Senate offices and commissions, the arts, political action, environmental organizations, education, and more. Get a jump-start on your application today!

INTERCAMPUS VISITOR PROGRAM (ICV) APPLICATION DEADLINE: MON OCT 31

Monday October 31 is the filing deadline for the Winter 2012 ICV program. ICV allows students to study for a term at another UC campus to participate in special programs, take courses not offered at UCSC, or to study with distinguished faculty members. You must be in good academic standing and have completed at least three quarters at UCSC to qualify. Apply at the Office of the Registrar. For further information, contact Joan Noble, the Special Programs Assistant in the Office of the Registrar, 190 Hahn Student Services Building, (831) 459-3459, registrar@ucsc.edu. Click [here](#) for links to all ten UC campuses.

STUDENT SUCCESS TIP OF THE WEEK: STAY HEALTHY

Being a college student is both demanding and exciting. The academic workload, different living situations, and adjusting to the dining hall or cooking for yourself are some of the stresses students encounter. Sometimes these stressors can result in illness, which can affect your ability to attend classes, complete assignments and take full advantage of your time here at UCSC. So it is very important that you take your health SERIOUSLY! Here are a few tips that can help you dodge the illness bullet:

Get Sleep: for most college students this is a big challenge. Most people do best with 6-8 hours of sleep. Lack of sleep can directly lead to increased fatigue, stress, and illness. So try going to bed just a couple hours earlier than normal tonight and see how you feel!

Eat a Well Balanced Diet: with college comes the freedom to eat whatever you want. You don't have to be told to eat your veggies or to stop eating so much junk food. But now it is up to YOU to determine your diet. Try including a salad with your dinner and having fruit for desert. Limit your pizza or fast food to once or twice a week, and you will see an increased amount of energy. In addition, your immune system will be better able to fight off germs when you are feeding it nutritious food.

Don't Share: this is the opposite lesson you learned in grade school. But when germs are a plenty, it is important to not share things like water bottles, make-up, coffee cups, cigarettes or anything that would potentially spread germs from one person to the next.

Practice Good Hygiene: most importantly, you want to make sure you are washing your hands and/or using hand sanitizer especially before eating and after using the restroom. In addition, keeping yourself and your living space clean and neat will also help keep the spread of germs at bay.

Get Moving: getting regular exercise has been shown to boost your immune system as well as decrease stress and symptoms of depression. Regular exercise can also help you sleep better, which links back to tip #1! All it takes is at least 30 minutes a day of activity. You can simply walk around campus or take advantage of all that OPERS has to offer by way of workout facilities and classes.

STUDENT SERVICE/PROGRAM OF THE WEEK: HEALTH CENTER

The [Student Health Center](#) on campus provides students with a range of services to support you as you pursue your academic goals here at UCSC. Routine medical appointments are available throughout the year for care of acute and chronic illness, women's health care, and health clearances for sports or travel.

For acute illness and injury, you can receive care at the Same Day Clinic, which receives patients Monday through Friday between 8:30am-4:30pm, except Wednesdays when the clinic opens at 9:30am. You can also call (831) 459-2500 to schedule a same day appointment.

In addition, the health center offers an on-site pharmacy, laboratory and X-ray department, as well as a staff dietitian. Counseling and psychological services are also available on the East Wing of the 2nd floor in the Student Health Center.

[Student Health Outreach and Promotion \(SHOP\)](#) offers information, education, resources and support on issues such as alcohol and other drug use, sexual health and sexually transmitted infections, holistic health and stress management.

UCSC also sponsors a [Student Health Insurance Program](#) to meet the UCSC requirement that all students have health insurance coverage.

This newsletter is produced by the UCSC Colleges Advising Support Team.

preceptors mailing list

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<https://lists.ucsc.edu/mailman/listinfo/preceptors>