

## UNDERGRADUATE ADVISING NEWS (Fall 2012, 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 FALL QUARTER: Friday, October 26

Congratulations to all of the Fall 2012 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://registrar.ucsc.edu/graduation/undergraduate-students/apply.html>. If you miss the deadline and apply AFTER Friday October 26, you will be assessed a \$40 late fee.

### DEADLINE TO DECLARE YOUR MAJOR FOR FALL QUARTER: Friday, October 26

This is the deadline to declare or change a major or minor for the Fall 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 declare a minor, you must also have a declared major. Visit the following website for additional information on major/minor declaration: <http://advising.ucsc.edu/student/declaration/index.html>.

### DEADLINE TO APPLY FOR UNIVERSITY OF CALIFORNIA WASHINGTON CENTER PROGRAM (UCDC): FRIDAY, NOVEMBER 2

Thinking about applying to the UCDC program? Have questions? Check out the UCDC website (<http://politics.ucsc.edu/undergraduate/ucdc/index.html>). Or contact Marianna Santana, UCDC Program Staff Coordinator, for information ([marianna@ucsc.edu](mailto:marianna@ucsc.edu); Merrill College Academic Building, Room 10). UCDC is a program of internship and study in Washington, D.C. Students spend a quarter attending classes and conducting an internship in the nation's capital, while registered as UCSC students and earning academic credit. The application deadline for Spring 2013 is Friday, November 2, 2012, by 4:00 p.m. Applications are available in Merrill College Academic Building, Room 10 or 27, or on line.

### PRACTICAL ACTIVISM CONFERENCE: Saturday, October 20

Own your education and put it to work this Saturday by conferencing with others from 10:30am to 5pm. Professor Angela Davis will be the keynote speaker at this important daylong, student-led conference which features ten workshops, various on and off campus organizations, speakers and hands-on activism sessions. The conference is planned by a group of dedicated College Nine, College Ten, and Oakes College students, and will take place at College Nine & Ten Multipurpose Room. For information about the schedule of events, visit [activism.ucsc.edu](http://activism.ucsc.edu).

### 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:

1. **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!
2. **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.
3. **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.

4. **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.
5. **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](tel:8314592500) to schedule a same day appointment. Check here more information on making appointments: <http://healthcenter.ucsc.edu/information/make-an-appointment.shtml>.

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.

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

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