Welcome! ......................................................... 2
UC San Diego College System ................................. 3
About Revelle College and Roger Revelle .................. 4
Welcome from the Provost .................................. 5
Principles of Community ...................................... 6
Academic Information ......................................... 9
Study Abroad Opportunities ................................. 10
2017–18 Academic Calendar ............................... 12
Welcome Week .................................................. 13
Money Matters .................................................... 14
Student Health and Well-Being ............................. 16
Speaking with Students about Alcohol .................... 18
Campus Services ............................................... 19
Students Away from Home .................................. 22
Commuter Students ........................................... 23
Office of Parent and Family Programs ................. 25
Resources for Parents and Families ....................... 26
2017 Orientation Leaders .................................... 28
Revelle Contacts ............................................... 30
UC San Diego Student Services Contacts ............. 31
Welcome!

Dear Family Member,

We are very delighted to have you join us for the 2017 Revelle College Parent and Family Orientation Program. These next two days will be your opportunity to learn more about your student’s new environment and what it has to offer, as well as have all of your questions answered. We are here to assist you and your student during this time of transition.

On behalf of Revelle College and the University of California San Diego, we would like to thank you for participating in your student’s college experience. These next few years at UC San Diego will be full of rewarding and challenging experiences that we hope will allow you and your student to grow and learn.

This Parent and Family Handbook has been created to provide you with some useful information about Revelle College and UC San Diego. If you need any additional information or have any questions or concerns, please let us know.

We look forward to our time together and hope that this will be an informative and enjoyable orientation experience.

Best regards,
Revelle College Staff

The UC San Diego College System

Undergraduates at UC San Diego enjoy the benefits of a great university combined with the advantages of a small liberal arts college. The master plan conceived by the university’s founders borrowed from Oxford and Cambridge Universities’ concept to provide a family of colleges, each with its own special academic and social flavor. UC San Diego’s students gain a sense of belonging through affiliation with one of the campus’s semiautonomous colleges.

There are six colleges: Revelle, John Muir, Thurgood Marshall, Earl Warren, Eleanor Roosevelt, and Sixth College. Each is independent and yet interrelated to the others: All university academic and support facilities are available to every student, regardless of his or her college affiliation. Each college has its own educational philosophies and traditions, its own set of general-education requirements, and its own administrative and advising staff.

Revelle College
Founded 1964
Emphasizes a well-rounded, structured, and rigorous curriculum emphasizing four main skills: to write effectively, to use the languages of science and mathematics, to appreciate our culture, and to ask insightful questions.

John Muir College
Founded 1967
Stresses the spirit of individual choice and responsibility within the framework of a strong, supportive community. Promotes awareness of environmental issues and involvement in environmental preservation and sustainability.

Earl Warren College
Founded 1974
Committed to helping its students gain the intellectual, social, and decision-making skills necessary to assume responsible global citizenship.

Eleanor Roosevelt College
Founded 1988
Seeks to continue Eleanor Roosevelt’s global vision by emphasizing the development of world citizens through scholarship, leadership, and service.

Sixth College
Founded 2002
Dedicated to helping students acquire the interpersonal skills, technical know-how, self-knowledge, and cultural awareness needed to thrive and be effective global citizens who engage creatively and ethically with the complex issues facing the world in the twenty-first century.

Thurgood Marshall College
Founded 1970
Committed to revitalizing a humanitarian idea of higher education and the principle that a university must take as its first duty the education of citizens for public involvement and community responsibility.
About Revelle College and Roger Revelle

Once described by the New York Times as one of the world’s most articulate voices for science, Roger Revelle was a giant in American science who accomplished enough during his eighty-two years to distinguish several lifetimes.

Born in Seattle, Washington, on March 7, 1909, Revelle was raised in Pasadena, California, and began his long association with the University of California as a graduate student at UC Berkeley. In 1931, he became a graduate student at the Scripps Institution of Oceanography the same year he married his wife, Ellen, who was a native of La Jolla, California.

By 1936, Scripps had made Revelle into an oceanographer. Then, as a faculty member, and later, as director of the institution, Revelle made oceanography into big science. He led Scripps into a new age of exploration, during which a series of major expeditions revolutionized knowledge of the sea and its floor, and he initiated many cooperative international scientific programs. He kept the institution in the forefront of marine science and recruited faculty from around the world to share his dream of a UC campus in San Diego. The dream is now a reality that reflects Revelle’s philosophy of how great universities are created and sustained: Recruit the finest scholars and students; use the world as your laboratory; and, above all, do what is important. Through his extraordinary vision and leadership, Revelle was the main force in founding the University of California San Diego in 1960.

Revelle College’s birth is indebted not only to Professor Revelle, but also to an extraordinary group of faculty and staff who shared the same vision of what the college was to become. This group includes Keith Harvey (literature), Richard Popkin (philosophy), Paul Saltman (biology), Harold Urey (chemistry), Ted Forbes (dean of students), Tom Bond (provost), and Ed Goldberg (provost).

Revelle College has rapidly achieved national and international reputation for the breadth and depth of its curriculum. A higher percentage of its graduates go on to earn a PhD or an MD than any other public institution in the country. The college was honored by the California Assembly on the occasion of its twenty-fifth anniversary as “unmatched in the University of California system and equaled by few prestigious private colleges.”

Roger Revelle’s legacy and pioneering vision continue on through the work of many, but most notably through his best-known protégé, Al Gore. Former Vice President Gore was awarded the first Roger Revelle Prize for his work on climate change in March 2009, marking the one hundredth birthday of Roger Revelle.

“The goal of Revelle College should be to learn how to learn.”
—Roger Revelle

Welcome from Provost Paul Yu

At Revelle College, we are very proud of the students. It is well beyond their academic accomplishment—they represent a fascinating variety of talents, leadership, and backgrounds, and we are committed to fostering such diversity in an environment of mutual respect.

Revelle College was UC San Diego’s first college, named in honor of Roger Revelle, the chief architect of the university in its early years and a recipient of the President’s Medal for Science for his contributions to climate science.

In the early 1960s, when Professor Revelle and other founding members of the UC San Diego faculty began to think about an undergraduate component to the new university, they were committed to the principle of a broad liberal arts education that would provide a solid foundation for major disciplines of the sciences, engineering, humanities, arts, and social sciences. Revelle College, through the support of the faculty, embraces this fundamental principle in its curriculum planning.

We welcome you and your student to the Revelle College community.

Paul K. L. Yu, PhD
Provost
William S. C. Chang Endowed Chair and Distinguished Professor of Electrical and Computer Engineering

Academic Heritage

Revelle College, the first college at UC San Diego, was founded in the early 1960s when the Great Books Programs, piloted by the University of Chicago and Columbia University, influenced humanities curricula, and a post-Sputnik resurgence of science and mathematics shaped universities’ technical programs. The original Revelle College faculty believed that the educated American should be acquainted with the specific and fundamental disciplines: All graduates should know some of the literature, art, science, and social issues that define our culture.

As the first college, Revelle College has a dedicated cadre of senior faculty loyal to the college’s classical education. For example, the college’s core course, the humanities sequence, has the highest percentage of senior faculty instructors of all the university’s core courses, and the Revelle faculty has included Nobel Prize recipients such as Harold Urey and Francis Crick.
The University of California San Diego is dedicated to learning, teaching, and serving society through education, research, and public service. Our international reputation for excellence is in large part because of the cooperative and entrepreneurial nature of the UC San Diego community. UC San Diego faculty, staff, and students are encouraged to be creative and are rewarded for individual and collaborative achievements.

To foster the best possible working and learning environment, UC San Diego strives to maintain a climate of fairness, cooperation, and professionalism. These principles of community are vital to the success of the university and the well-being of its constituents. UC San Diego faculty, staff, and students are expected to practice these basic principles as individuals and in groups.

- We value each member of the UC San Diego community for his or her individual and unique talents and applaud all efforts to enhance the quality of campus life. We recognize that each individual’s effort is vital to achieving the goals of the university.
- We affirm each individual’s right to dignity and strive to maintain a climate of justice marked by mutual respect for each other.
- We value the cultural diversity of UC San Diego because it enriches our lives and the university. We celebrate this diversity and support respect for all cultures, by both individuals and the university as a whole.
- We are a university that adapts responsibly to cultural differences among the faculty, staff, students, and community.
- We acknowledge that our society carries historical and divisive biases based on race, ethnicity, sex, gender identity, age, disability, sexual orientation, religion, and political beliefs. Therefore, we seek to foster understanding and tolerance among individuals and groups, and we promote awareness through education and constructive strategies for resolving conflict.
- We reject acts of discrimination based on race, ethnicity, sex, gender identity, age, disability, sexual orientation, religion, and political beliefs, and we will confront and appropriately respond to such acts.
- We affirm the right to freedom of expression at UC San Diego. We promote open expression of our individuality and our diversity within the bounds of courtesy, sensitivity, confidentiality, and respect.
- We are committed to the highest standards of civility and decency toward all. We are committed to promoting and supporting a community where all people can work and learn together in an atmosphere free of abusive or demeaning treatment.
- We are committed to the enforcement of policies that promote the fulfillment of these principles.

We represent diverse races, creeds, cultures, and social affiliations coming together for the good of the university and those communities we serve. By working together as members of the UC San Diego community, we can enhance the excellence of our institution.

Revelle College Statement of Community
Revelle College believes in the inherent dignity and value of all its members. With this foundation, Revelle College encourages personal and collective growth in a diverse, respectful, and supportive environment. Here we can express ourselves and exercise collaborative decision-making skills, emphasizing ethics and integrity. In addition, we encourage academic excellence and social interaction beyond academic pursuits, and we strive to become well-rounded individuals working toward common goals. Our community encompasses students living on and off campus, in the residence halls and apartments; those registered as Revelle students and those registered within other colleges, yet who live in Revelle and participate in Revelle events; our leaders, mentors, and advisers; and all who are concerned about the well-being of the Revelle community.

Family Educational Rights and Privacy Act (FERPA)
Notice to Students of Their Privacy Rights
In accordance with the Federal Family Educational Rights and Privacy Act (FERPA) of 1974 and campus procedures implementing the University of California Policies Applying to the Disclosure of Information from Student Records, students at the San Diego campus of the university have the right:

1. To inspect and review records pertaining to themselves in their capacity as students
2. To have withheld from disclosure, absent their prior consent for release, personally identifiable information from their student records, with exceptions as noted in Section 10.70 of the university’s policies (see also Directory or Public Information on the right)
3. To inspect records maintained by the campus of disclosure of personally identifiable information from their student records
4. To seek correction of their student records through a request to amend the records or a request for a hearing
5. To file complaints with the Department of Education regarding alleged violations of the rights accorded to them

Directory of Public Information
The Federal Family Educational Rights and Privacy Act of 1974 (revised June 1976) permits the university to release or publish, without the student’s consent, items in the category of “public information,” which are name, address (campus and permanent), telephone number, campus e-mail address, date of birth, sex, major fields of study, dates of attendance, degrees and honors received, the most recent previous educational institutions attended, participation in officially recognized activities, including intercollegiate athletics, and the name, weight, and height of participants on intercollegiate university athletic teams. Students may request in writing, by the last day of registration each quarter, that any or all personally identifiable information from their records not be regarded as public information. Forms for this purpose are available in the Registrar’s Office.
Revelle College Academic Advising

The Revelle College Academic Advising Office is responsible for advising all new and continuing students from orientation to graduation. Academic advisers are available to:

- Answer questions about the Revelle curriculum and graduation requirements
- Advise students on the availability of academic programs
- Clarify academic policies and procedures
- Inform students of prerequisites to majors
- Assist with decision-making strategies
- Help students with undecided majors think through their options
- Work with students experiencing academic difficulty
- Explain degree audits, available on TritonLink, that show requirements for college, major, minor, and university
- Provide a Virtual Advising Center for students to view counselor contacts and ask academic questions twenty-four hours a day, seven days a week. Responses to questions and concerns are generally sent within seventy-two business hours
- Offer an online format to file for graduation

Websites with Academic Information

Revelle College
http://revelle.ucsd.edu/

Graduation Requirements
http://revelle.ucsd.edu/academics/general-education/index.html

Four-Year Plans
http://revelle.ucsd.edu/academics/four-year-plans/index.html

UC San Diego General Catalog
http://www.ucsd.edu/catalog/

General-education courses may overlap with prerequisites to the major (e.g., mathematics courses can count for both major and Revelle general-education requirements).
Study Abroad Opportunities

UC San Diego offers students many avenues for studying abroad through programs that vary in length from a five-week summer Global Seminar to a year abroad in another country. If you would like to study abroad, you will need to watch a First Steps video and then consider your study abroad goals by going through the steps on the website studyabroad.ucsd.edu. You can then schedule an appointment with a study abroad adviser and work with your college and major advisers to develop your study abroad plan. Study Abroad UC San Diego has many resources for transfer students and for those who need financial assistance.

Global Seminar Program
The Global Seminar program offers students the opportunity to take two UC San Diego courses with a leading professor during a five-week summer study abroad program. Students will experience the actual places and cultures that they learn about in the classroom. For more information on summer programs, please consult the Global Seminar website at http://globalseminar.ucsd.edu.

Revelle in Rome Global Seminar
Rome—the “Eternal City” and mythological caput mundi (“head of the world”)—is the most ancient of modern cities and the most modern of ancient cities. Take advantage of a unique opportunity to study and explore this amazing city. Revelle College, Study Abroad UC San Diego, and the Department of Humanities present two courses, including Humanities 4 and an upper-division history course (eight units total).

UCEAP and Opportunities Abroad Program
UC San Diego students have the opportunity to study abroad through one of many program partners around the world. UCEAP, the University of California Education Abroad Program, offers more than four hundred programs in forty-one countries. These vary by length, language, and discipline. Students can also study abroad on non-UCEAP programs in many additional locations through Study Abroad’s Opportunities Abroad partners. Students are encouraged to plan early. Please visit studyabroad.ucsd.edu to get started on your journey.

Revelle Humanities in Edinburgh Global Seminar
Often referred to as “the Athens of the North” because of its rich intellectual tradition in the arts, humanities, and sciences, Edinburgh is the second-most-visited city in the United Kingdom after London. Take advantage of a unique opportunity to study and explore this amazing city. Revelle College, Study Abroad UC San Diego, and the Department of Humanities present two courses, including Humanities 4 and an upper-division history course (eight units total), taught in Edinburgh, Scotland by UC San Diego Department of History professor Michael Parrish.

Prestigious Faculty

Nobel Prize
George E. Palade, 1974, physiology/medicine; Renato Dulbecco, 1975, physiology/medicine; Harry Markowitz, 1990, economics; Paul Crutzen, 1995, chemistry; Mario J. Molina, 1995, chemistry; Sydney Brenner, 2002, medicine; Clive W. J. Granger and Robert F. Engle, 2003, economics; Roger Tsien, 2008, chemistry

Enrico Fermi Award
Herbert F. York, 2000, physics

Fields Medal
Michael Freedman, 1986, mathematics; Efim Zelmanov, 1994, mathematics

Balzan Prize
Freeman Gilbert, 1990, Scripps Institution of Oceanography; Wolfgang Berger, 1993, Scripps Institution of Oceanography

National Medal of Science
Margaret Burbidge, 1983, astrophysics; Walter Munk, 1983, geophysics; Michael Freedman, 1987, mathematics; Yuan-Chen Fung, 2000, bioengineering; Andrew Viterbi, 2008, electrical and computer engineering; Craig Venter, 2009, pharmacology; Marye Anne Fox, 2010, chemistry; Shu Chien, 2011, bioengineering

MacArthur Foundation Award
Guillermo Alzaga, anthropology; Nancy D. Cartwright, philosophy; Patricia Churchland, philosophy; Michael Freedman, mathematics; Ramon Gutiérrez, history and ethnic studies; Edwin Hutchins, cognitive science; Russell Lande, biology; Michael Schudson, communication; Carol Padden, communication

National Humanities Medal
Ramon Eduardo Ruiz, 1998, Latin American history

Kyoto Prize
Walter Munk, 1999, geophysics

Tony Award
Judith Dolan, 1997, theatre and dance

Academy Award
Henrik Wann Jensen, 2004, computer science and engineering

Pulitzer Prize
Roger Reynolds, 1989, music; Rae Armantrout, 2010, poetry

National Humanities Medal
Ramon Eduardo Ruiz, 1998, Latin American history

Academy Award
Henrik Wann Jensen, 2004, computer science and engineering
Welcome Week Activities

Welcome Week runs from move-in weekend through Thursday, when classes begin. Welcome Week activities are designed to help new students get acquainted with other UC San Diego students and to begin building university spirit and unity while also learning about the many university programs and services available to them. Activities include the following and much more:

**UC San Diego Convocation**
This campuswide ceremony serves as a bookend to graduation. Convocation is the formal entry for students into UC San Diego academic community, and by attending, their membership will be conferred. Rites of passage are an important part of academic life, so we don’t want students to miss this event!

**E-mail and Computing Resources**
Information Technology Services will teach students the key points about getting started with their free e-mail accounts, searching the web, and other related topics.

**RIMAC Open House for Recreation and Intercollegiate Athletics**
Learn about the intercollegiate athletics and recreation programs and see the beautiful athletic complex.

**Library Orientation**
An introduction to the UC San Diego Library and an overview of how students can get the most out of it.

**Study Abroad UC San Diego**
Students tour the Study Abroad UC San Diego office and International Center. Students can find out how adding an international experience can round out their college careers.

**Revelle Student Organization Fair**
Students will meet committee chairs and learn how to get involved at Revelle College.

**All Campus Annual Un-Olympics**
In an attempt to win “the golden shoe” for their college, students from all six colleges participate in a series of relays and an all-college dance off.

**Revelle Day and Evening Events**
Students will participate in a variety of activities and enjoy great entertainment.

**All Campus Dance**
The first dance of the year that also serves as an opportunity for students to meet others from all six colleges.

For more information about Welcome Week, visit [http://studentevents.ucsd.edu](http://studentevents.ucsd.edu).
Money Matters

UC San Diego 2017–18 Payment Due Dates

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<td>Registration Fee</td>
<td>9/2/17</td>
<td>12/13/17</td>
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<td>Monthly Bills</td>
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Discuss ElectronicBilling and Payment Options

Electronic Billing and Parent Access
You and your student can receive e-mail notification when billing statements are ready to be viewed and paid online through TritonLink. Students must first sign up their parent(s)/payer on TritonLink as Authorized Parent/Payers. Authorized Parent/Payers receive e-mail notices when the bills are available online and are able to discuss and monitor any student financial activity.

TRIP: Triton Registration Installment Plan
TRIP is an optional service payment plan that allows you to pay the mandatory registration fees in three monthly installments. Students and Authorized Parent/Payers sign up on TritonLink. There is a $30 nonrefundable service fee per quarter for residents and a $45 fee for nonresidents.

Electronic Payments with E-Check
Authorized Parent/Payers can submit E-Check payments on TritonLink. It is safe, secure, and posts to the student’s account immediately. The service does not require a personal US checking account, and there is a $0.50 service fee for each transaction.

International Student Payments
UC San Diego has contracted with Western Union Business Solutions, a specialist in global business payments, to provide you with a simple and low-cost method of paying fees to UC San Diego in your own currency. This is a wire service, and you will need to follow the directions provided by Western Union. By using the international student payment portal, you will receive an exchange rate quote that is valid for seventy-two hours. This will allow you to always know the amount you’re going to pay in local currency at the time you send your payment. This process can take up to ten business days, and we do not credit the student’s account until the funds are received by UC San Diego.

Credits, Refunds, and Direct Deposit
Student Business Services disburses refunds through direct deposit, including financial aid, housing, and other credits. These include “remainder amounts” and other forms of financial aid, such as outside scholarships and direct loans for students. A “remainder amount” is the financial aid money owed to you after all of your university charges are paid. Your enrollment units will be verified at the time of disbursement.

By enrolling in direct deposit, any refunds from financial aid or cash/check overpayments are deposited directly into your bank account. If you hold a joint account, the student’s name must appear first on the account. Sign up at https://students.ucsd.edu. To ensure that you receive your refund in a timely manner, you must keep your bank account and current mailing address information up to date. Addresses must be updated by the end of each quarter on TritonLink. Failure to do so will result in delays in receiving your refund.

Ways for Students to Save Money at UC San Diego

Not feeling well?
Use Student Health Services to take advantage of convenient and low-cost over-the-counter products. https://wellness.ucsd.edu/studenthealth/services/pharmacy/Pages/default.aspx

Are you going to be living on-campus?
Why live alone? Get a double or triple! Save $1,600. http://hal.ucsd.edu/housing/

Have you considered living off-campus?
Save $1,000–$3,533 (includes food and other services). http://offcampushousing.ucsd.edu/

No need for a parking permit.
Shuttle or take the bus and save $732. http://blink.ucsd.edu/facilities/transportation/commuting/index.html

Don’t buy your textbooks.
Rent them or check them out from the library! Save $1,456. http://libraries.ucsd.edu or http://www.worldcat.org/

Use discounts available through your ID card and Triton Cash!
Save 10 percent to 15 percent per purchase. For discounts, see http://tritongash.ucsd.edu

Save on entertainment!
Go see a movie for $3 at the Price Center Theater and save $7 a ticket! http://universitycenters.ucsd.edu

Go thrift store hunting.
Reuse, repurpose, and resell. Save $1,000. http://center.ucsd.edu/friends/what-we-do/resale-shop.html

Need money?
Consider working on campus. Departments are flexible with students’ schedules, and it’s great experience. http://career.ucsd.edu/pt-portal-info.html

Important Offices

Billing Services
(858) 822-4727
Administers periodic billing statements and related issues. Statements are produced monthly for accounts that have financial aid activity or balances greater than zero.

Campus Card Office
(858) 534-6606
Maintains official campus identification card. It serves as your student’s key to campus for meals, dorm access, laundry, the library, and much more.

Central Cashier’s Office
(858) 534-3725
Receives all payments for the university. The Central Cashier’s Office accepts cash, checks, money orders, or cashier checks for payment of accounts. Please make checks payable to “UC Regents.” Credit cards are not accepted.

Financial Aid and Scholarships Office
(858) 534-4480
Provides financial aid advising and information, including scholarship applications.

Student Account Disbursements
(858) 534-4080
Maintains student loan records, processes and issues student money, and provides campus cards.
Student Health and Well-Being

Student Health and Well-Being encourages students to flourish through healthy living and by cultivating a well-balanced life at UC San Diego that includes all areas of life—emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. Departments include Student Health Services (SHS), Counseling and Psychological Services (CAPS), and Health Promotion Services, which includes The Zone—our lounge for student well-being. To learn more, visit [http://wellness.ucsd.edu](http://wellness.ucsd.edu).

Student Health Services (SHS)

Student Health Services (SHS) is a full-service primary care clinic located in the center of campus across from Price Center Plaza on Library Walk. We are proud to be accredited by the American Association for Ambulatory Health Care since 1995. Our clinicians are specialists in family medicine, internal medicine, psychiatry, gynecology, and sports medicine.

All students paying registration fees have access to the Student Health Services Clinic. Primary health care is provided through advance, same day, and urgent/walk-in appointments. Additional services include first aid, pharmacy, laboratory, X-ray, optometry, men’s/women’s clinic, travel clinic, immunizations, nutrition counseling, HIV testing, and health education. Please visit [http://studenthealth.ucsd.edu](http://studenthealth.ucsd.edu).

Health Promotion Services (HPS)

Health Promotion Services (HPS) promotes student retention and success by supporting students in establishing and maintaining behaviors that contribute to their health now and in the future. HPS staff and the student health advocates (trained student-peer educators) identify and establish policies and collaborate on activities that contribute to the personal health of students and the collective health of the campus community. Please visit [http://healthpromotion.ucsd.edu](http://healthpromotion.ucsd.edu).

University of California Student Health Insurance Plan (UCSHIP)

UCSHIP is a comprehensive health plan that provides a full range of medical services, including inpatient and outpatient services, hospitalization, specialty, emergency, and mental health care, as well as pharmacy, vision, and dental coverage. All medical care must start at SHS except for emergency situations.

Health insurance is a mandatory nonacademic condition for enrollment at UC San Diego. All students paying full registration fees to UC San Diego are automatically enrolled into the Student Health Insurance Plan (SHIP). The fee for SHIP will be charged to the student’s account each quarter, along with other mandatory registration fees. Students already covered by waiver-qualifying health insurance may apply for a Health Fee Waiver to receive a credit for the health insurance fee.

Students who are enrolled in SHIP receive all primary care via Student Health Services (SHS) and are required to obtain a written referral from an SHS provider prior to receiving any covered nonemergency services.

Please refer to the Student Health Services website for complete information regarding UCSHIP and the Health Fee Waiver.

(858) 534-2124
ship3@ucsd.edu
[http://studenthealth.ucsd.edu](http://studenthealth.ucsd.edu)

UC San Diego Emergency Operations Plan

UC San Diego’s Emergency Operations Plan outlines the campus community’s plans to address various human-caused and natural emergency situations including fires, hazardous spills, earthquakes, flooding, explosion, and civil disorders.

Emergency Communications

In case of an emergency, information will be communicated to the campus in the following ways:

- [Triton Alert: Emergency Notification System](http://blink.ucsd.edu/go/emergencyphonereg)
- Call this number for a recorded message reporting the status of UC San Diego. A remote phone center in Arizona is kept up to date for members of the campus who are away from the region.

UC San Diego emergency status phone number

Consult this number for a recorded message reporting the status of UC San Diego. A remote phone center in Arizona is kept up to date for members of the campus who are away from the region.

[888-308-8273 (308-UCSD)](http://emergency.ucsd.edu)

UC San Diego websites

Emergency messages will be posted on the home page ([http://www.ucsd.edu](http://www.ucsd.edu)) and on the UC San Diego Emergency Status website. The UC San Diego emergency status page will be updated with information on major emergencies affecting campus. [http://emergency.ucsd.edu](http://emergency.ucsd.edu)

External media

External media sources, such as local TV and radio stations, are used, as appropriate, to broadcast emergency information for San Diego County.

UC San Diego Emergency Status

[http://emergency.ucsd.edu](http://emergency.ucsd.edu)

888-308-8273 (308-UCSD)

THE ZONE: a lounge for student well-being

The Zone provides innovative programming for students that promotes skill development for healthy living, introduces well-being resources, and serves as a space for relaxation, social connections, and personal development. The Zone offers numerous free programs for student wellness and is also a space to relax, hang out, connect, study, de-stress with a cup of tea, or take a nap!

[http://zone.ucsd.edu](http://zone.ucsd.edu)

Contacts

- Daniel Gough
  Director, Environment, Health and Safety
dbgough@ucsd.edu

- Dismas Abelman
  Emergency Manager
dabelman@ucsd.edu

- Barbara Haynor
  Emergency Management Analyst
bhaynor@ucsd.edu

- Matthew Hussmann
  Emergency Management Analyst
mhussmann@ucsd.edu

Add a voice-mail and text message number to your profile. UC San Diego e-mail accounts are automatically signed up. Update your profile at [http://blink.ucsd.edu/go/emergencyphonereg](http://blink.ucsd.edu/go/emergencyphonereg).
Speaking with Students about Alcohol

College Parents of America (CPA) encourages parents to regularly speak with their students about alcohol and offers the following eight talking points:

**Set clear and realistic expectations regarding academic performance.**

Studies conducted nationally have demonstrated that partying may contribute as much to students’ decline in grades as the difficulty of their academic work. If students know their parents expect sound academic work, they are likely to be more devoted to their studies and have less time to get in trouble with alcohol.

**Stress to students that alcohol is toxic and excessive consumption can fatally poison.**

This is not a scare tactic. The fact is students die every year from alcohol poisoning. Discourage participation in drinking games, fraternity hazing, or in any other way that may cause dangerous drinking.

**Tell students to intervene when classmates are in trouble with alcohol.**

Nothing is more tragic than an unconscious student being left to die while others either fail to recognize that the student is in jeopardy or fail to call for help due to fear of getting the student in trouble.

**Tell students to stand up for their right to a safe academic environment.**

Students who do not drink can be affected by the behavior of those who do, ranging from interrupted study time to assault or unwanted sexual advances. Students can confront these problems directly by discussing them with the offender. If that fails, they should notify the resident dean or other residence hall staff.

**Know the alcohol scene on campus and talk to students about it.**

Students grossly exaggerate the use of alcohol and other drugs by their peers. A recent survey found that University of Oregon students believed 96 percent of their peers drink alcohol at least once a week, when the actual rate was 52 percent. Students are highly influenced by peers and tend to drink up to what they perceive to be the norm. Confronting misperceptions about alcohol use is vital.

**Avoid tales of drinking exploits from your own college years.**

Entertaining students with stories of drinking back in “the good old days” normalizes what, even then, was abnormal behavior. It also appears to give parental approval to dangerous alcohol consumption.

**Encourage your student to volunteer in community work.**

In addition to structuring free time, volunteerism provides students with opportunities to develop job-related skills and to gain valuable experience. Helping others also gives students a broader outlook and a deeper appreciation for the opportunities they enjoy. Volunteer work on campus helps students further connect with their school, increasing the likelihood of staying in college.

**Make it clear—underage alcohol consumption and driving after drinking are against the law.**

Parents should make it clear that they do not condone breaking the law. Parents of college students should openly and clearly express disapproval of underage drinking and dangerous alcohol consumption. And, if parents themselves drink, they should present a positive role model in the responsible use of alcohol.

Talk with your student about alcohol. While parents may not be able to actively monitor students away from home, they can be available to talk and listen, and that is just as important. It can do more than help shape lives; it can save lives.

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Office for the Prevention of Harassment and Discrimination (OPHD)

The Office for the Prevention of Harassment and Discrimination (OPHD) provides assistance to students, faculty, and staff regarding reports of bias, harassment, and discrimination. Our mission is to educate the entire UC San Diego community about these issues and to assist with the prevention and resolution of these issues in a fair and responsible manner. In collaboration with other UC San Diego resources, OPHD promotes an environment in which all members of the UC San Diego community can work, learn, and live in an atmosphere free from all forms of bias, harassment, and discrimination.

OPHD provides harassment prevention education to all incoming students. We also serve as the Title IX office. Title IX of the Education Amendments of 1972 is the federal law that prohibits sex discrimination in any educational institution that receives federal funding.

We serve UC San Diego students, faculty, and staff by providing advice and consultation, education and training programs, and formal and informal complaint resolution. OPHD oversees the UC San Diego online bias reporting system and any member of the UC San Diego community may report bias-motivated incidents or other acts of intolerance to: http://reportbias.ucsd.edu or ophd@ucsd.edu.

Campus Advocacy, Resources, and Education at the Sexual Assault Resource Center (CARE at SARC)

Since our creation in 1988, CARE at SARC has been dedicated to creating a safe and respectful community that does not tolerate sexual assault, relationship violence, and stalking. Through policy development and campus wide collaborations, we are committed to providing education and support services that empower students, staff, and faculty. For students, staff, and faculty impacted by sexual assault, relationship violence, and stalking, the CARE at SARC office provides:

- Crisis intervention and safety planning
- Individual counseling and support groups
- On-campus advocacy for academic, housing, and employment concerns
- Assistance in reviewing police, administrative, and noninvestigative reporting options
- Accompaniment to police interviews, medical evidentiary exams, and court dates

The CARE at SARC office is a free and confidential counseling and advocacy resource. Staff are on-call twenty-four hours a day and on weekends throughout the year. To reach staff after hours and on weekends, please call (858) 534-HELP.

carc.ucsd.edu

BOOK SMARTS: Tips for Buying Textbooks

1. Visit the UC San Diego Bookstore textbook department: Visit the store and view the books before you purchase them. The friendly staff, many of them students just like you, will help with all of your course material needs.

2. Order or rent your books using UC San Diego’s manual course builder: You pick ‘em, the UC San Diego Bookstore packs ‘em. Select your courses and your books and purchase using your credit card or student account. Choose to have them shipped or pick them up at the bookstore.

http://ucsandiegobookstore.com/courselistbuilder.aspx

3. Save trees and try eBook textbooks: Buying an eBook is easy! eBooks have the same content as print books; include page numbers for following assignments; have search functions to easily locate topics; include highlight, note taking, and printing tools; work on PC, Mac, iPad, iPhone, and Android devices; and are available online and offline.

http://ucsandiegobookstore.com/t2-ebooks.aspx

4. Get money for your old textbooks: During Week 1 and Finals Week, you can sell back your textbooks to us. The buy-back tent is in the Price Center West Plaza. Check out the buy-back dates and times here:

http://ucsandiegobookstore.com/t-buyback.aspx

5. Comparison shop for your textbooks on the web: Buy your course materials for the lowest price using the UC San Diego Bookstore’s comparison website. Enter your course information to compare the bookstore prices to several other web sources.

http://ucsd.verbacompare.com

Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) promotes the personal, social, and emotional growth of students. We provide services and programs that will both enhance the college experience and help students develop effective coping skills. These services include individual, couples, and family counseling; consultation and outreach; peer education; and groups, workshops, and forums. Examples of group offerings include ADHD Support Group, ADVANCE Academic Peak Performance Workshop; Building Social Confidence; Mindfulness for Daily Living; Stress Management; and the Coming Out Support Group.

The CAPS website provides resources for students, parents, faculty, staff, and professionals. Learn about our staff, find a full listing of current groups and educational workshops, visit our self-help library, and get connected to other campus resources at http://caps.ucsd.edu.

Students can call the CAPS office weekdays, 8:00 a.m.–4:30 p.m., at (858) 534-3755 to schedule an appointment. Our services are free and confidential.

Undocumented Student Services Center

The Undocumented Student Services Center is committed to serving our documented students and students from mixed-status families through a holistic approach that encompasses professional guidance, academic support, legal services, counseling and psychological services, and other forms of individualized support.

The programs and services we provide are designed to help students overcome their legal and financial obstacles as well as achieve professional and academic excellence. Additionally, we advocate generating a sense of community for all students, regardless of their immigration status.

Some of the perks you get when visiting the Undoc Center include printing, snacks, school supplies, work stations, laptops, and calculators.
**Things to Keep in Mind**

- Allow your student to use the tools you’ve taught them
- Keep them updated with news from home
- Ask them a variety of questions instead of concentrating on grades
- Although students may act distant, they still need you
- Encourage them to become involved in cocurricular activities

**Things to Bring**

- Medical insurance information (for students who waived the Student Health Insurance Plan)
- Triton Cash Account (for laundry and other goods and services)
- Pillows, blankets, bedspreads, and sheets (twin extra long)
- Toiletries, first aid supplies, and cold medications
- Hangers and laundry basket
- Umbrella
- Room decorations
- Address book with important dates and phone numbers
- Bulletin board/dry erase board
- Bike, skateboard
- Basic tools (hammer, screwdriver, nails, etc.)
- Desk lamp
- Small microwave (fewer than 750 watts)*
- Small refrigerator (5 cubic feet or smaller)*
- Clock radio/alarm clock
- Telephone or cell phone
- Computer
- Power strip for electronics (two are recommended)
- Flashlight and batteries

*Before arriving, students should communicate with his/her roommate(s) as to avoid unnecessary appliances.

**Things to Leave at Home**

- Pets (except fish in aquariums no larger than 10 gallons)
- Electric hot plates and other cooking appliances with exposed heating elements
- Furniture—space is limited (folding chairs can be stored under their bed)
- Fireworks, firearms, and martial arts equipment
- Amplifiers
- Candles, incense, and other items with exposed flames
- Hoverboards

**Commuter Students**

A commuter student’s life is much different from that of a student who lives on campus. The total immersion necessary to enjoy the full college experience may be more difficult for commuter students to achieve. Students learn as much about themselves during the off hours as they learn while in their classes. Unfortunately, commuters often miss out on these out-of-class learning experiences simply because they are not around. For this reason, commuters have to make an extra effort to become integrated into the campus community. All it takes is a little added initiative and courage.

“Separation is not isolation from others, but instead a bridge that helps us cross from dependence to interdependence.”

—Karen Coburn and Madge Treeger

UC San Diego also offers carpool services between campus and designated carpool locations around the county. For more information on this or other commuter topics, such as parking permits, parking locations, or bus lines to and from campus, visit UC San Diego’s Parking and Transportation Services Office. Information can also be found online at http://transportation.ucsd.edu or by calling (858) 534-4223. The Commuter Lounge (located on the ground floor of Blake Hall) is open twenty-four hours a day during the week and is a place for commuters to relax and take a break from a busy day. The Commuter Concourse in the Price Center offers a computer lab, kitchenette, and group study rooms. Information and resources for commuter students is available at http://tinyurl.com/ozsxxk4.
Join the Triton Parent and Family Ambassador Program

An opportunity for parents and families to get involved at UC San Diego

As parents and families of undergraduate students and alumni, the Triton Parent and Family Ambassador Program is an opportunity to serve as ambassadors for UC San Diego by reaching out to local and regional prospective and current families and their students. The vision is for you to enhance the overall UC San Diego student experience by sharing your knowledge and offering support. For this reason, the Office of Parent and Family Programs encourages you to join the Triton Parent and Family Ambassador Program.

Triton Parent and Family Ambassadors:

- Represent the university and talk to prospective UC San Diego parents, share your and your student’s experience at UC San Diego, campus resources, and ways to be involved with Parent and Family Programs
- Host regional events in or near your home to prospective and current families
- Volunteer at large-scale events on the UC San Diego campus (i.e., Family Weekend, Triton Family SK Run/Walk, Summer Send-Offs, Commencement, Triton Days)
- Assist with outreach events, such as high school and community college visits in the San Diego area and in your region
- Participate on local and regional parent-related panels

Remember, you do not have to live in San Diego to serve as ambassador. We highly encourage families of any student to serve as an ambassador no matter where your hometown may be.

Sign up today! [http://parents.ucsd.edu/get-involved](http://parents.ucsd.edu/get-involved)

When parents are informed, students benefit.

The Office of Parent and Family Programs seeks to build positive relationships with parents of UC San Diego students because we view the relationship we have with our students’ parents and families as a partnership—a partnership created to help students be successful. We help you navigate UC San Diego to assist you in supporting your student. There are many opportunities to engage with our community so that you can be an important part of your student’s journey and the Triton family.

Parent and Family Giving

Welcome to UC San Diego! We are proud you chose to join our Triton Family!

Your undergraduates will receive incredible opportunities here. In the classroom, they learn from award-winning faculty who are experts in their fields. Outside of the classroom, students develop leadership skills through a variety of organizations, campus initiatives, and community engagement—inclusive of more than six hundred student organizations on campus, as well as many student organizations in Revelle College. Students have access to career development workshops, cultural activities, public speakers, and a large variety of campuswide events.

Many of these opportunities are made possible through the support of parents and families like you. Our goal is to ensure all students can enhance their experiences and prepare for their futures during their time at UC San Diego.

We invite you to deepen your commitment to the university through your philanthropy. Your support ensures all students have access to the transformational resources they need to be successful, fostering a balance of academics, personal development, and well-being, and cocurricular activities.

Annual giving encourages parents and families to give across campus in support of your passion. Whether you give to the Parents Fund, the Revelle College Innovation Fund, an academic unit, athletics, or campus resource of your choice, every gift is meaningful and every gift will impact the student experience.

Invest in the student experience. Please visit our website at [parentfamilygiving.ucsd.edu](http://parentfamilygiving.ucsd.edu).

Office of Parent and Family Programs

UC San Diego Parent and Family Programs
Parents’ Helpline (858) 543-7273
E-mail parents@ucsd.edu
Website [http://parents.ucsd.edu](http://parents.ucsd.edu)

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Resources for Parents and Families

Transition to College: Advice for Parents and Families

College is a time of transition for both you and your student, which means changes will occur, and they should occur. Transition involves learning a new environment, meeting new people, and—for the first time—learning about oneself away from home. Students will undergo an emotional roller coaster as they get to know the college environment. This is normal! We recommend you read *Culture Shock and the First-Year Experience* (Zeller and Mosier, 1993), which uses the W-Curve to explain five stages students will experience and hopefully arrive at a place where they feel accepted and integrated into the college environment.

Transfer students will also undergo changes. It should not be assumed that just because your transfer student has “done the college thing” that this experience will be the same or that there will be few to no changes. Transfer students are more likely to experience a campus culture much different from their previous campus. Your student is encouraged to seek out resources right away to manage the fast-paced academic quarters and explore the campus to get involved with organizations for transfer students.

In this age of technology, families and students are more connected than they have ever been. Your student may even reach out to you first before talking with someone on campus. For this reason, we encourage you to do the following to support your student:

- Be patient with those “nothing is going right, I hate this place” phone calls, e-mails or text messages.
- Listen to them! Often, they are venting and don’t necessarily need you to fix anything.
- Ask if they want you to come for a visit. A visit gives you and your student a chance to get off campus and reconnected.
- Participate in Family Weekend and Sibling Day, two events the Office of Parent and Family Programs sponsors during the year.
- Stay connected to what’s happening on campus by reading the Triton Connection Family e-newsletter, visiting our website, subscribing to Facebook.com/TritonParents and Twitter.com/UCSDParents, and joining the Triton Parent and Ambassador Program.
- Send your student a care package from home with some home-baked cookies, favorite items from the neighborhood store, a handwritten card, or pictures of their siblings. A care package is a nice reminder of home.
- Call us if you need guidance with how to approach a particular challenge your student is facing or to help answer your questions.

On behalf of the Office of Parent and Family Programs and as a member of the university, we recognize that you have done your best to prepare your students for college and are a key resource in their success. During this time of transition, please utilize us so we can be a support to you.

Reference Books for Family Members

I’ll Miss You Too: An Off-to-College Guide for Parents and Students, Margo E. Woodacre and Steffany Bane, 2015, Sourcebooks, Inc.


Don’t Tell Me What to Do, Just Send Money, Helen E. Johnson and Christine Schellhas-Miller, 2011, St. Martin’s Press.


HELPFUL WEBSITES:

http://www.aboutourkids.org/articles/transition.html
http://www.parentsoup.com/experts/college

HELPFUL ARTICLES:

Self-Care for Parents

Helping Your Student Through Homesickness
http://www.universityparent.com/topics/health-safety/helping-your-student-through-homesickness/

Helping to Support Your Student During Midterms
http://www.universityparent.com/topics/academics/how-to-support-your-student-during-midterms/
2017 Orientation Leaders

Your 2017 Revelle College orientation leaders: Jennifer Dutton (Tucson, AZ), Paolo Esguerra (Santa Clarita, CA), Hector Godinez (Chatsworth, CA), Crystal Hammond (Bakersfield, CA), Bassel Hatoum (Beirut, Lebanon), Amanda Jiao (Calgary, Canada), J.J. Kadifa (Palo Alto, CA), Alexandre Keamy (Coronado, CA), Ryan Lee (Stockton, CA), Isabel Lopez (San Diego, CA), Kara Lu (Hong Kong, China), Ashley Manlapaz-Pineda (Redding, CA), Janani Natarajan (Cupertino, CA), Stephanie Pineda (Escondido, CA), Arthur Porter (Long Beach, CA), Karina Ramirez (Santa Monica, CA), Madeleine Russell (La Canada, CA), Cheryl Wang (San Jose, CA), Ashley Yamvij (Monterey Park, CA), and Mason Zhu (Riverside, CA).

Ten Tips for Parents and Families

1. Keep in contact. Let them know that you are there to support them. It is going to be harder to know everything that is going on with them since you don’t live with them anymore! A friendly call or something sent in the mail can make a big difference in their day.

2. Don’t pressure your student to do too much. Going to college can be a big adjustment in each aspect of students' lives. Everything from academics to social and co-curricular life is about to change, so make sure you support them and let them know that it is all right to not do everything in their freshman year.

3. Allow students to have new experiences. They will have a lot of opportunities in everything from student government, volunteering, organizations, and jobs. Encourage them to try new things and find out if they like them or not.

4. Help is available. If your student has a problem, encourage him or her to utilize the services UC San Diego has to offer.

5. Give students space. If students go home for the holidays, set a time allocated to the family, but remember that they need time to catch up with old friends. But after dorm food, there is nothing like a home-cooked meal!

6. Share. Try to share your own experiences of challenges. Sometimes it’s comforting to know that everyone (even a parent) has faced similar challenges.

7. Winter quarter is the hardest. Even though students go through a big transition during the fall, they are given a constant stream of activities designed to welcome them to the university and they are occupied with making new friends. In the winter, however, students really feel like they are on their own and the reality of the next four years suddenly rests its weight on their shoulders. This is the quarter when they will need and want their parents the most.

8. Start a Triton Cash account. Triton Cash is a great way to give students some limited spending power on campus. They can get a meal at Price Center (where dining dollars are not accepted), pay for laundry, or buy a last-minute blue book when they don’t have cash. Triton Cash gives students to take responsibility for their spending.

9. Suggest they use the bus, since parking on campus will be tight and gas prices are high. It’s best to eliminate stress by leaving the car at home. Plus, every UC San Diego student gets a free bus sticker to go anywhere within fifteen miles of UC San Diego!

10. Most important, don’t worry! Rest assured that you have done everything in your power to raise your students well. They will not forget you or what you have taught them. Trust can be the most powerful motivator for good behavior. If you let them know that you trust them to make the right decisions, they will be more likely to make you proud. Mature independence is best acquired through freedom, not instruction. Let your students grow from making their own mistakes.
## UC San Diego Student Services Contacts, Continued

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<thead>
<tr>
<th>Office Name</th>
<th>E-mail</th>
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<tbody>
<tr>
<td>Office for Students with Disabilities (OSD)</td>
<td>disabilities.ucsd.edu</td>
<td><a href="mailto:osd@ucsd.edu">osd@ucsd.edu</a></td>
</tr>
<tr>
<td>Office for the Prevention of Harassment and Discrimination (OPHD)</td>
<td>ophd.ucsd.edu</td>
<td></td>
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<tr>
<td>Office of Academic Support and Instructional Services (OASIS)</td>
<td>oasis.ucsd.edu</td>
<td><a href="mailto:oasis@ucsd.edu">oasis@ucsd.edu</a></td>
</tr>
<tr>
<td>Office of the Registrar</td>
<td>registrar.ucsd.edu</td>
<td><a href="mailto:registrar@ucsd.edu">registrar@ucsd.edu</a></td>
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<tr>
<td>Recreation</td>
<td>recreation.ucsd.edu</td>
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<td>Campus Advocacy, Resources, and Education at the Sexual Assault Resource Center (CARE)</td>
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<td>sbs.ucsd.edu</td>
<td><a href="mailto:studentbusiness@ucsd.edu">studentbusiness@ucsd.edu</a></td>
</tr>
<tr>
<td>Student Health Services (SHS)</td>
<td>studenthealth.ucsd.edu</td>
<td><a href="mailto:studenthealth@ucsd.edu">studenthealth@ucsd.edu</a></td>
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<tr>
<td>SHS Front Desk</td>
<td></td>
<td><a href="mailto:ship3@ucsd.edu">ship3@ucsd.edu</a></td>
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<tr>
<td>UCSHIP Insurance Office</td>
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<tr>
<td>Student Legal Services</td>
<td>sls.ucsd.edu</td>
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<tr>
<td>Study Abroad UC San Diego</td>
<td><a href="mailto:abroad@ucsd.edu">abroad@ucsd.edu</a></td>
<td>(858) 534-7123</td>
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<tr>
<td>Transportation and Parking Services</td>
<td></td>
<td>(858) 534-5524</td>
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<tr>
<td>UC San Diego Administrative Offices</td>
<td></td>
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<tr>
<td>Office of the Chancellor</td>
<td><a href="mailto:chancellor@ucsd.edu">chancellor@ucsd.edu</a></td>
<td>(858) 534-3135</td>
</tr>
<tr>
<td>Office of the Vice Chancellor for Student Affairs</td>
<td><a href="mailto:vesai@ucsd.edu">vesai@ucsd.edu</a></td>
<td>(858) 534-4370</td>
</tr>
<tr>
<td>Parents’ Helpline (parents.ucsd.edu)</td>
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