

## NAVIGATING UC:

# A roadmap for parents of UC undergraduates

### CAMPUS RESOURCES FOR PARENTS

<p><b>Berkeley</b></p> <p><b>Cal Parents</b></p> <p>101 Sproul Hall Berkeley, CA 94720 (510) 642-7147 calparents@berkeley.edu</p> <p>Parent and family resource guide Newsletter Facebook</p>	<p><b>Davis</b></p> <p><b>Aggie Parent and Family Association</b></p> <p>Buehler Alumni and Visitors Center One Shields Avenue Davis, CA 95616 parentprograms@ucdavis.edu</p> <p>Parent and family resources Newsletter Facebook</p>	<p><b>Irvine</b></p> <p><b>UCI Parent Engagement</b></p> <p>Office of the Vice Chancellor, Student Affairs 405 Aldrich Hall Irvine, CA 92697 (949) 824-4804 parents@uci.edu</p> <p>Parent and family resource guide Newsletter Facebook</p>
<p><b>Los Angeles</b></p> <p><b>UCLA Parent and Family Programs</b></p> <p>Office of Parent and Family Programs 325 Westwood Plaza Los Angeles, CA 90095-1397 (310) 794-6737 mybruinis@ucla.edu</p> <p>Parent and family resource guide Newsletter Instagram Facebook Twitter</p>	<p><b>Merced</b></p> <p><b>UC Merced Bobcat Family</b></p> <p>5200 N. Lake Road Merced, CA 95343 (209) 228-7178 admissions@ucmerced.edu</p> <p>Parent and family resource guide Newsletter Facebook</p>	<p><b>Riverside</b></p> <p><b>UCR Parents Association</b></p> <p>2203 Alumni and Visitors Center Riverside, CA 92521 (951) 827-2586 ucrparents@ucr.edu</p> <p>Parent and family resource guide Facebook</p>
<p><b>San Diego</b></p> <p><b>Parent and Family Programs</b></p> <p>9500 Gilman Drive #0075 La Jolla, CA 92093 (858) 534-7273 parents@ucsd.edu</p> <p>Parent and family resource guide Newsletter Instagram Facebook Twitter</p>	<p><b>Santa Barbara</b></p> <p><b>Gauchos Parents</b></p> <p>2145 Student Resource Building Santa Barbara, CA 93106-5020 (805) 893-3443 sa-ucsbparents@ucsb.edu</p> <p>Online parent and family module Newsletter Facebook</p>	<p><b>Santa Cruz</b></p> <p><b>Slug Families</b></p> <p>1156 High Street Santa Cruz, CA 95064 (831) 459-4930 orientation@ucsc.edu</p> <p>Family online orientation Family alumni network Facebook</p>

### KEEP CALM AND PARENT ON: Ways you can help your student navigate their undergraduate experience

#### ACADEMIC

- Discuss and practice time management at home.
- Encourage a major they enjoy (and that likes them back).
- Set realistic expectations and tell them you are proud of them.
- Have students register with Disabled Students Program and send documentation, if applicable.

#### FINANCIAL

- Apply annually to institutional and private funding sources.
- Encourage working fewer than 20 hours per week.
- Discuss work/school balance.
- Help create a budget.

#### INDEPENDENT LIVING

- Create opportunities to develop independence and life skills.
- Try to empower versus problem-solve.
- Encourage them to use First Year programs and courses.

#### HOMESICKNESS AND LIVING WITH OTHERS

- Listen and be supportive.
- Strongly encourage them to stay on campus over the weekends.
- Encourage communication with roommates — don't assume they are at fault if issues arise.
- Realize mistakes are part of the process.

#### FITTING IN AND FINDING FRIENDS

- Remind student that relationships take time and effort.
- Communicate that being different is okay.
- Discuss long-term consequences for online postings/social media choices.
- Remember that most students don't stray from their values.

(From UCSB's *Online Parent and Family Module*)

## SYSTEMWIDE SUPPORTS FOR STUDENTS

UC offers a robust array of programs and services designed to help every student have a fulfilling college experience.

### Non-traditional students

UC welcomes older students (generally aged 25 and above) who may be transferring to UC after an absence or who are pursuing higher education later in life. Every campus has dedicated advisers who help non-traditional students — often called re-entry students — apply for admission and adapt to campus life once they have enrolled.

### Students with disabilities

UC provides special assistance and services for students with disabilities, so that they can participate fully in campus programs and activities. Each campus maintains an office that coordinates a variety of services to support students with permanent and temporary disabilities.

### Veterans and military-affiliated students

All UC campuses offer an array of special events and services — from veteran-specific orientations and receptions to personalized academic counseling and tutoring — to support veterans in the transition to UC. Every campus has a designated veterans' services coordinator to connect students with supporters and advocates in health services, career centers and student veterans groups across campus. Additionally, campus financial aid offices can work with veteran students to maximize their aid and minimize the need to work and borrow while in school.

### First-generation students

UC is made up of college trailblazers: on every campus, there are multiple programs and services to empower first-generation students to get the most out of their education. This includes helping them build networks and social connections; providing academic, housing and financial services; and connecting them with opportunities — from community service to study abroad.

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Davis

San Diego

Irvine

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Los Angeles

Santa Cruz

Merced

#### Helpful videos

[Navigating your first year as a first-generation college student](#)

### Traditionally underrepresented students

Each campus provides assistance through mentorship, academic programs, financial assistance, counseling/advising and other campus support services to those who are first-generation college students and/or from low-income and educationally disadvantaged backgrounds.

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### Current and former foster youth

UC is committed to helping current and former foster youth successfully transition to any of the university's nine campuses. An array of campus programs offers guidance and counseling, academic advising, housing assistance, financial aid and other support services. In addition, UC will waive the application fee for up to four campuses for low-income students.

### Undocumented students

Undocumented students of all ethnicities and nationalities will find a safe environment and a supportive community at the University of California. UC campuses offer a range of support services for students — from academic and personal counseling to financial aid and legal advising — to help them balance being a full-time student while handling other day-to-day challenges they may face. Every campus has designated staff or faculty members who work with students to find the right support on campus and answer their questions. For those who seek to connect with students like themselves, each campus has a student group, club or organization where they will find an encouraging peer network.

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### Transfer students

Once your student arrives on campus, they will have access to a variety of transfer-specific programs and resources to start them off on the right track.

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