Get Your Spirit On!

Check out Our Campus Highlights...You're going to Love it Here! Throw on a kilt, catch a Nooner and don't miss the Block Party during Highlander Week!

www.rside.ucr.edu

Fire up a marshmallow, bond with your buds and get your Spirit On!

www.homecoming.ucr.edu

Start off Spring Splash with the Battle of the Bands, Freak'n Dance off, Fashion, Freebies and Art! www.springsplash.ucr.edu

NOT to be missed. HEAT! This is UCR's most talked about event! We're not talking cover bands. We're talking N*E*R*D, She Wants Revenge, Mos Def, Moby, 311, Circa Survive, Clipse, The Crystal Method, Taking Back Sunday and MORE! www.heat.ucr.edu

UCR RIVERSIDE

Student Resource Guide
# Academic Calendar

## Five-Year Academic Calendar (2009-10 thru 2013-14)

### FALL 2009-2010
- **Quarter begins**: M Sep 21, M Jul 20, M Jul 19, M Jul 24, M Jul 23
- **Instruction begins**: R Sep 24, R Jul 23, R Jul 22, R Jul 27, R Jul 26
- **Veterans Day**: W Nov 11
- **Thanksgiving**: Nov 26-27
- **Instruction ends**: F Dec 2, F Dec 7, F Dec 6, F Dec 7, F Dec 6
- **Finals begin**: S Dec 3, S Dec 3, S Dec 3, S Dec 3, S Dec 3
- **Finals end/quarter ends**: F Dec 14, F Dec 13, F Dec 13, F Dec 13, F Dec 13

### Days of instruction
- **49**

### WINTER 2009-2010
- **Quarter begins**: M Jan 4, M Jan 3, W Jan 4, W Jan 2, R Jan 2
- **Instruction begins**: M Jan 4, M Jan 3, M Jan 9, M Jan 7, M Jan 6
- **Presidents Day**: M Feb 15
- **Instruction ends**: F Mar 12, F Mar 11, F Mar 16, F Mar 15, F Mar 14
- **Finals begin**: S Mar 13, S Mar 12, S Mar 17, S Mar 16, S Mar 15
- **Finals end/quarter ends**: F Mar 20, F Mar 20, F Mar 20, F Mar 20, F Mar 20

### Days of instruction
- **48**

### SPRING 2009-2010
- **Quarter begins**: M Mar 29, M Mar 28, W Mar 28, W Mar 27, W Mar 26
- **César Chávez Day**: F Mar 26
- **Instruction begins**: M Mar 29, M Mar 28, M Apr 2, M Apr 1, M Mar 31
- **Memorial Day**: M May 31
- **Instruction ends**: F June 4, F June 3, F June 8, F June 7, F June 6
- **Finals begin**: S June 5, S June 4, S June 9, S June 8, S June 7
- **Finals end/quarter ends**: F June 11, F June 10, F June 15, F June 14, F June 13
- **Commencement**: June 11-14, June 10-13, June 15-18, June 14-17, June 13-16

### Days of instruction
- **49**

### Total Days of Instruction
- **146**

**Notes**
- **The last day of the quarter is the degree conferral date.**

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## Athletics
- **Department of Intercollegiate Athletics**: 16
- **"R" Day Wednesdays**: 16

## Academic Calendars

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<thead>
<tr>
<th>Year</th>
<th>Fall Semester</th>
<th>Winter Semester</th>
<th>Spring Semester</th>
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<tr>
<td>2009-2010</td>
<td>M Sep 21</td>
<td>M Jan 4</td>
<td>M Mar 29</td>
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<td>2010-2011</td>
<td>R Sep 24</td>
<td>M Jan 3</td>
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<td>2011-2012</td>
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<td>M Jan 9</td>
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<td>2012-2013</td>
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<td>M May 31</td>
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<tr>
<td>2013-2014</td>
<td></td>
<td>M May 27</td>
<td>M June 4</td>
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</tbody>
</table>

**Note:** The last day of each quarter is the degree conferral date.
Welcome to the UCR family.

This Resource Guide contains some of the services available to make your stay with us run as smoothly as possible. Whether you need help getting classes, financial aid or extra tutoring, you’ll find the right place here. If you want a place to live, work, or have fun, these pages will help you to get started. Make good use of this wealth of information; gain maximum profit from your time with us. We’re proud to welcome you into our midst.

Timothy P. White
Chancellor
African Student Programs
(951) 827-4576  asp.ucr.edu  133 Costo Hall

African Student Programs (ASP) coordinates and oversees student activities and programs that honor African traditions. Programs and activities are designed to enhance academic excellence, leadership development and cultural awareness while fostering an appreciation of an ethnic diverse campus, community and world. ASP’s objective is to promote academic excellence by providing opportunities for students in their development as role models, leaders, professionals and scholars. Students are encouraged to assist faculty members in their research and network with fellow students to become involved in campus and community organizations. ASP assists students in seeking internships and fellowship programs as well as volunteer opportunities specifically designed to enhance their career goals.

Asian Pacific Student Programs
(951) 827-7272  apsp.ucr.edu  244 Costo Hall

Asian Pacific Student Programs coordinates all projects and services designed to meet the needs of students of Asian Pacific descent (i.e., Asian Indian, Cambodian, Chinese, Filipino, Japanese, Korean, Laotian, Samoan, Vietnamese, etc.). Various social and cultural activities such as the Asian Pacific Heritage Festival, Asian Pacific Film and Lecture Series, leadership training, and Alumni/Student Night are designed to assist students in their personal, academic, cultural and social development. We also provide individual counseling (with referral to other student services) and advising to all the Asian Pacific organizations on campus.

Chicano Student Programs
(951) 827-3821  cspraza.ucr.edu  145 Costo Hall

Chicano Student Programs is designed to meet the educational needs of all Chicano/Latino students at UCR. The program is geared toward enhancing academic, cultural and personal development. Its major purpose is to strengthen cultural awareness on and off campus. Annual activities include Chicano Senior Dinner, Chicano Orientation, Cinco de Mayo/Semana de la Raza, Noche de Folklorico, and Semana de la Mujer.

Getting to Know UCR
Use our services and get involved!

There are a variety of student services offices that you will get to know very well during Orientation, and even more you get to take advantage of during the rest of your time at UCR. These six offices are the student program offices that bring you programs such as: Building our Common Ground (during Bear Facts Orientation), Unity in “R” Community, and much more!
Lesbian Gay Bisexual Transgender Resource Center
(951) 827-2267 | lgbtrc.ucr.edu | 245 Costo Hall

The Lesbian Gay Bisexual Transgender Resource Center (LGBTRC) provides support, education, and advocacy services for the LGBT campus community and anyone dealing with sexual orientation or gender identity issues. Educational programs and cultural events provide education for the entire campus. The LGBTRC offers web resources, free pamphlets, magazines, and a lending library of books and videos for academic research or personal growth. The LGBTRC also provides “drop-in” support and referrals, and runs after-hour support groups. The ALLIES program, an LGBTRC project inviting heterosexual as well as LGBT involvement, is a network of students, faculty, and staff who support the lesbian, gay, bi, and trans campus community. Anyone may become an ALLY by attending a seminar and signing a contract to provide a “safe space” on campus.

Native American Student Programs
(951) 827-4143 | nasp.ucr.edu | 229 Costo Hall

Native American Student Programs (NASP) office provides educational, cultural and social support for American Indian students. This office coordinates a variety of activities designed to expand educational awareness for American Indian students as well as the campus community. NASP encourages the development and enhancement of leadership and interpersonal communication skills through active participation. It is through student participation that it is possible to plan and implement innovative programs, which promote and educate the campus and community of the uniqueness of American Indians.

Women’s Resource Center
(951) 827-3337 | wrc.ucr.edu | 260 Costo Hall

The Women’s Resource Center (WRC) at the University of California, Riverside offers programs and services which provide awareness and proactive response on female and male students’ issues and concerns, connecting theory, research, experiential learning, co-curricular development, and practical application. The WRC promotes retention, safety, equal opportunity, and knowledge and skill development. The Center enhances quality of life through advocacy, educational programs, counseling, enrichment activities, support groups, and referrals.

Get caught in R’Web!

Now that you’re an official UC Riverside student, you have access to the student portal R’Web!

R’Web (rweb.ucr.edu) will be the center of your UCR universe!

Make R’Web.ucr.edu your permanent homepage and use it every day to access the most important websites you’ll use as a student here—like R’Mail (your UCR personal mail account), Growl (where you go to get your grades, check your financial aid, or make a payment), and iLearn. R’Web’s Shout Outs and Alerts will deliver important information relevant to you.

Here’s the BEST part... you can also connect directly to Facebook from R’Web and vice versa!

Log in to rweb.ucr.edu and start customizing your homepage (use your NetID and password to log in. You can find them under your MyUCR ID’s tab). Click on “add homepage features” and add News, Weather, Traffic reports, trolley schedules and Movie Times to your homepage.

R’Web. It’s your digital HUB!
The Associated Students of UC Riverside (ASUCR)
(951) 827-3621  www.asucr.ucr.edu
202 Highlander Union Building
The Associated Students of UC Riverside (ASUCR) is the undergraduate student government. All undergraduate students are represented by the ASUCR Student Senate, a 20-member, student-elected body that acts as the official voice of the undergraduates on the Riverside campus. ASUCR’s goal is to enhance the quality of your life as a student by acting on and voicing your concerns and needs to the UCR administration and to the UC Regents. In addition to serving in the form of advocacy, representation and participation in current and vital student issues, ASUCR also funds many on-campus clubs, coordinates and assigns students to campus committees, provides various free workshops, implements student senate elections, organizes special events and operates a student-owned business, the Exchange. (Also see the Exchange)

The Exchange, a part of ASUCR
(951) 827-2689,
www.asucr.ucr.edu/exchange.html
105 Highlander Union Building
The Exchange is an exciting and progressive student-owned store with some of the lowest prices on campus. The Exchange has discounted tickets to several major theater chains in the area, as well as discounted tickets to Disneyland/California Adventure Park, Magic Mountain, Sea World, Universal Studios, San Diego Zoo and Wild Animal Park, Legoland, and Knott’s Berry Farm. They also carry seasonal tickets to Knott’s Scary Farm, Bear Mountain, Mountain High, and Mammoth Ski Resorts, as well as Raging Waters. Digital photo machines process pictures from your digital camera or cell phone, 24-hour photo processing, shipping via UPS, FedEx, and U.S. Postal Service, balloon bouquets are available for every occasion, greeting cards for are always 10% off, and the lowest prices on class rings, graduation announcements and diploma frames can be gotten here. (Also see Associated Students of UCR)

Associated Students Program Board (ASPB)
(951) 827-ASPB  www.aspb.ucr.edu
111 Highlander Union Building
The Associated Students Program Board’s objective is to provide a diverse series of quality entertainment throughout the academic school year. ASPB brings quality entertainment to the students by students. Some of the events include: Spring Splash, World Fest, April Comedy Series, cultural celebrations, and monthly movies.
Concerts, cultural events, films, special events, and marketing make up the underlying structure of ASPB. In total, ASPB has 13 official board positions, selected each Winter Quarter for the following year, and is supported by numerous Volunteers in programming (VIP) members. The VIP member positions are open to anyone interested planning campus entertainment. This provides a great way to get involved with the campus and increase your college experience. Give ASPB a call to find out more about being a part of the team.

**Campus Health Center**  
(951) 827-3031 [www.campushealth.ucr.edu](http://www.campushealth.ucr.edu)  
**Veitch Student Center**  
The Campus Health Center provides health care services to students including outpatient medical care, wellness clinic, nutrition/fitness evaluations, women’s health clinic, pharmacy services, dental exams and cleaning, physical examinations, eye exams and prescriptions for classes/contacts, health education, lab/x-ray services, allergy injections, routine exams and diagnostic tests, prescriptions and over-the-counter medications and more. You can make appointments by calling, (951) 827-3031 from of 8:00 a.m. to 4:30 p.m. Monday through Friday.

**Career Center**  
(951) 827-3631 [www.careers.ucr.edu](http://www.careers.ucr.edu)  
**Veitch Student Center**  
The Career Center offers career counseling for major and profession choice, vocational testing, career exploration workshops and career fairs. The center’s website makes it easy for students to find part/full time jobs as well as summer jobs, both on and off-campus. Services offered include internship placement, resume reviews, interview skills development and a reference letter filing service. These programs are free while you are a student and benefit first years and seniors alike.

**Child Development Center**  
(951) 827-3854 [www.childrenservices.ucr.edu](http://www.childrenservices.ucr.edu)  
3333 Watkins Drive  
The Child Development Center offers early education programs for children between the ages of 4 months through 6 years. The programs have been carefully planned to meet the goals, expectations, and policies of the University of California, the California Department of Education-Child Development Division, the National Academy of Early Childhood Programs, and the Center's staff and parents. The Center is open to children of enrolled students, faculty and staff of UCR, with grants that subsidize fees available for students who meet the income eligibility guidelines established by the California Department of Education. All families are encouraged to apply well in advance of the need for services.

**Counseling Center**  
(951) 827-5531 [www.counseling.ucr.edu](http://www.counseling.ucr.edu)  
**Veitch Student Center, North Wing**  
The Counseling Center provides psychological counseling designed to support the educational process and to assist you in your academic, personal and social development. You can seek help for a range of concerns such as stress, anxiety, depression, relationship issues, grief, and life transitions. You may be seen individually, as part of a couple or family, or as a member of a group. Services at the Counseling Center are free and are confidential. The Counseling Center also offers biofeedback training, and a variety of workshops and presentations related to academic and personal issues.

Networking at one of our career fairs.
Cultural Events
(951) 827-4629  www.culturalevents.ucr.edu
353 Highlander Union Building

Cultural Events presents an annual series featuring extraordinary achievement in the performing arts. Cultural Events supports all variations of creative expression in dance, theatre and music. Tickets are always affordably priced to encourage interest in the performing arts and to provide exposure to innovative artists from around the world.

Dean of Students
(951) 827-6095  www.deanofstudents.ucr.edu
381 Highlander Union Building

The Dean of Students is a member of the senior management team of the Division of Student Affairs and works with the Vice Chancellor and Assistant Vice Chancellors in advancing the university’s educational mission by providing leadership for co-curricular programs, services, and activities that enhance the quality of campus life and promote student engagement and development. The Dean of Students: provides advocacy and support, assists with whatever questions or needs you may have, works with faculty and administrative colleagues to create a climate which promotes your personal and intellectual development by offering both support and challenge, promotes a campus climate which encourages full and free participation of all; promotes community, serves as a point person for communication with parents, and provides a starting point for people who have a student-related issues.

Financial Aid Office
(951) 827-3878  www.finaid.ucr.edu
2106 Student Services Building

The Financial Aid Office is open 9 am to 5 pm, Monday through Friday. The office provides financial aid applications, and awards aid in the form of grants, loans, work-study, and scholarships. Both need-based and non-need-based aid is available. Financial Aid Counselors are available to assist you with financial concerns and questions. General aid information, including scholarship information, is available at our front counter and via our website. In addition, you can check the status of your financial aid application and award online through Growl. Short-term Emergency Loans are offered during the school year.

For more information about financial aid, contact the office at (951) 827-3878, or e-mail at finaid@ucr.edu. Be sure to include your name and Student ID number when writing to the office.

Highlander One-Stop Shop (HOSS)
(951) 827-3204
1st Floor of the Student Services Building

Designed to help students access a variety of administrative and business services all in one stop, the Highlander One-Stop Shop (HOSS) is located on the ground floor of the brand new Student Services Building. The HOSS features many of the offices that students visit most frequently, including the offices of Undergraduate Recruitment, Undergraduate Admissions, the Registrar, Financial Aid, and Student Business Services. The center helps students cut down on time spent in long lines or wandering from office to office to resolve a single issue.
Highlander Union Building (HUB)
(951) 827-5050 www.hub.ucr.edu
353 Highlander Union Building

The UCR Highlander Union Building (HUB) is the ideal place to meet with friends, study, eat, play or relax. Here you’ll find the most current video games, tournament size pool tables, a wireless network and a variety of dining options in a comfortable and fun atmosphere. Throughout the academic year the HUB and the new Latitude 55 have various activities that range from visual art competitions, Texas Hold’em and pool tournaments to hip-hop events and poetry slams. The front desk provides many services for students including check cashing, board game checkout, scheduling of rooms for events and meetings. The new Highlander Union Building has more student lounges and conference rooms and will utilize outdoor spaces for events or work spaces for student organizations while using advanced technology. The Highlander Union Building is the “HUB” of campus life here at UCR.

Housing Services
(951) 827-6350 www.housing.ucr.edu
3595 Canyon Crest Drive

UCR’s Residence Halls is made up of three coeducational communities that support over 3,000 students in triple and double rooms. The Residence Halls are the recommended and preferred home for over 80% of UCR’s Freshman class and a number of continuing and transfer students. The residence halls offer an unparalleled environment for academic support, social maturation, personal growth, and the transition to self-reliance. On-campus apartments allow continuing students to transition into enhanced privacy without losing proximity to campus, contact with student peers, and co-curricular programming. Family Housing provides an exclusive, economical community designed to make the educational journey pleasant for the entire family. Security, parking, amenities, social and educational programming, educational support services, student job opportunities, fun, and lifetime friendships make living on campus the experience of a lifetime.

International Education Center
(951) 827-4113; www.internationalcenter.ucr.edu
Statistics 1669

Get help in meeting new people who are interested in sharing world cultures and travel at the International Education Center. Programs offered include the weekly Wednesday meeting of International Women’s Exchange, Friendship Dinners and the Language Clubs. Serve as an International Peer Advisor, help with the annual Study Abroad fair, or join excursions. The Center also provides special assistance with arrival-departure needs, immigration regulations, personal matters and cross-cultural issues. The Education Abroad Program (EAP) provides an opportunity for you to study and live at one of 150 universities in one of 35 countries while earning University credit. Most standard University financial aid is available to EAP participants as well as special scholarships. The Travel Library and Resource Center has information on passports, visas, health care abroad, travel insurance, general overseas travel outside the USA, references on financial aid for international opportunities, and application information on non-UC study programs. Items for sale include the international student ID card, Hostelling International Pass and handbooks.
KUCR (88.3 FM)
(951) 827-5827 [www.kucr.org]  Linden Drive
KUCR is the campus radio station of UCR, serving the UCR campus and surrounding communities, and provides news, music and information on 88.3 FM.

Learning Center
(951) 827-3721 [www.learningcenter.ucr.edu]
Surge Building first floor (outside entrance)
The Learning Center can help you succeed and excel at UCR. Programs and services include: A state of the art computer lab; group “drop-in” tutoring in most introductory math, science and business courses; individual tutoring in most subjects; reading, writing and study skills workshops; study groups; peer mentoring; workshops in time management and test preparation; support programs for students-of-color and students who are the first in their families to attend college; and can assist if you have academic difficulty.

Student Conduct & Academic Integrity Programs
(951) 827-4208 [www.conduct.ucr.edu]
104 Costo Hall
Student Conduct & Academic Integrity Programs is responsible for addressing alleged student academic and social misconduct incidents through separate educational processes. Through consistent enforcement of student conduct policies, we commit to ensuring a safe, secure, and supportive environment for your success.

Student Life
(951) 827-7344 [www.studentlife.ucr.edu]
229 Highlander Union Building
Student Life houses over 300 student organizations, clubs, fraternities and sororities. Students can contact the office or go to the website to find ways to get involved on campus and find resources available to support and assist student organizations. Student Life coordinates programs to assist students with their personal and academic success: Bear Facts Highlander Student Orientation, the First Year Success Series, leadership workshops and resources, and commuter programs. Student Life provides a variety of campus activities and events for the campus community such as Block Party, Homecoming, and Welcome Week. Visit the Student Life Website for more information about services and resources provided by the office.
Student Recreation Center (SRC)
(951) 827-5731 [www.recreation.ucr.edu]
Student Recreation Center

The Student Recreation Center offers all students, faculty, and staff opportunities to engage in healthful recreational activities at their own pleasure through a wide variety of program offerings. This state of the art 80,000 square foot facility includes a 9,000 square foot Fitness Center (including free weights, weight machines and cardiovascular training equipment such as treadmills and exercise cycles) overlooking one squash and four racquetball courts. Also available are three large multi-purpose rooms used for aerobics and fitness classes, martial arts, dance, and individual and group student use. The SRC also offers four full-sized multi-use courts (badminton, volleyball and basketball). The SRC Outdoor Complex contains ten regulation tennis courts, 2 basketball and 2 sand volleyball courts, one roller hockey rink, a large grassy recreational use area and a 1/3-mile jogging track. The Intramural Sports programs offers Men’s, Women’s, and Co-Rec leagues in a variety of sports such as badminton, volleyball, golf, bowling, flag football, soccer, racquetball, tennis, roller hockey, basketball, softball, and more. The Sports Club program includes many activities and sports clubs such Ski and Snowboard, Cycling, Badminton, and others.

Outdoor Excursions
[www.excursions.ucr.edu]

Our Outdoor Excursion programs include surfing, kayaking, snowboarding, rafting, backpacking, rock climbing, hiking, Scuba, horseback riding and more. Whether it’s kayaking in Baja, snowshoeing in Yosemite or rock climbing in Joshua Tree, Outdoor Excursions has something for everyone. Team Excursions and Leader Development Programs provide programs that are designed to meet your group’s team building goals in a fun and interactive way. The Challenge Course includes high climbing challenges and activities. Also featured is the Rock Wall open every Tuesday and Thursday of each quarter. Some of these programs are FREE to you. The Rental Shop rents backpacking, camping, rock climbing, kayaking, surfing, snowboarding, snowshoeing, mountaineering and snorkeling gear. Information can be found on the Outdoor Excursions website.
Student Special Services
(951) 827-3861, (951) 827-4538 (VOICE/TTY)
www.specialservices.ucr.edu 125 Costo Hall

Student Special Services houses several separate and distinct programs including: Services for Students with Disabilities, which provides services for UCR students with permanent and temporary disabilities; and Veterans Affairs, which assists students who are eligible for educational benefits due to their own military service or the service-connected death or disability of a parent or spouse. The office also provides Voter Registration, ROTC Referral, and Selective Service Information.

Transfer Resource Center
(951) 827-5307 www.trc.ucr.edu
1228 Student Services Building

The Transfer Resource Center (TRC) provides services for students who have transferred to UCR from either a community college or another four year university. Featuring computer workstations, advisors and a multitude of workshops throughout the year, the TRC is a transfer student’s home away from home.

Transportation and Parking Services (TAPS)
(951) 827-8277 www.parking.ucr.edu
683 Linden Street

Need to buy a parking permit? Want to find out about local transit or alternative transportation to campus? TAPS is the office you’ll want to talk to. Give them a call or stop by to get the latest details on getting to campus and getting parking while you’re here.

UCR Card Office
(951) UCR-CARD (827-2273)
www.ucrcard.ucr.edu
249 Highlander Union Building

You are required to carry and show a UCR card, a permanent photo card for identification and for most official transactions, to check out books from the libraries and for entrance into the Student Recreation Center and various facilities on campus. The UCR Card is also a meal card if you’re living in the residence halls. Your UCR card Bear Bucks Account may be used for purchases at the UCR Bookstore as well as for discounted purchases at Campus Dining Services. The Card is accepted in vending machines, copiers at all libraries and laundry facilities at all campus-housing locations. It can also be used at selected “off-campus” merchants. To add money to your Bear Bucks Account with your Debit or Credit Card go to ucrcard.ucr.edu. Get your ID card at the UCR Card Office located on the second floor of the Highlander Union Building. Photos are taken from 9 a.m. to 4 p.m., Monday through Friday. The Card is $25 and will be billed to your student account. A photo I.D. must be shown for verification.

UCR Pep Band during the Homecoming Game.
When you join the Band at UCR you become part of a long tradition of excellence. The Bands’ activities include regular performances at the University Theatre, campus ceremonies and at sports events. There are three Bands at UCR: Pep Band, Jazz Ensemble, and the Wind Ensemble. The Pep Band is an all-volunteer group that performs at home basketball games. The Jazz Ensemble includes some of the finest musicians at UCR. You must pass an audition to become a member and you can enroll for credit through the Music Department. The Jazz Ensemble has traveled all over the world to participate in Jazz festivals including a trip to the Montreux Jazz Festival. The Wind Ensemble or “Concert Band” is made up of outstanding musicians. This fine ensemble performs each quarter in the University Theatre and is also a class offered through the Music Department.

UCR offers a variety of wellness-related programs that are designed to support holistic student health and well-being. The WELL is a coordinated center for UCR’s wellness programs. The WELL serves to create a safe, supportive, and connected campus environment through the promotion of healthy minds, bodies and communities. The WELL provides accessible, robust resources and support for students in the areas of physical, social, emotional, cultural and spiritual wellness through a network of peer educators, mentors and professionals. The WELL is part of the campus and UC system-wide Mental Health/Healthier Campus Climate Initiative and aims to bring the support and services of Student Affairs peer programs, Health Education, Campus Health, Counseling and Recreation to students!

Student Health 101 is a monthly on-line magazine that addresses various topics related to mental and physical health for students at UCR. Featuring stories and issues specific to the UCR experience, its readers can learn about the campus resources and having a healthy experience on campus. Monthly topics have ranged from food and nutrition, exercise and fitness, stress management, tips for commuting to campus, and more. Hear firsthand what UCR students have to say about certain topics each month, in order to maximize your experience and utilize your resources. Please feel free to add the magazine, by sharing your experiences for other students as well, by visiting HUB 248.

http://readsh101.com/ucr.html
Commuter Programs

In an effort to meet the unique needs of commuter students, the office of Student Life implements various initiatives:

UCR Commuter Pit-Stops
The Commuter Pit-Stop is targeted at the UCR students who drive significant distances to come to campus. The program basically functions like a meet and greet information portal to commuter students. At the Pit-Stop, students can access information and services that they might not have known they had as commuter students. Information presented at the Pit-Stop booths are unique commuter based services that directly affect the UCR Commuter. It is generally the first Wednesday and Thursday of every month.

Commuter Connections
Twice a quarter, Student Life puts on events targeted towards commuters, called Commuter Connections. These events may be social or informative in nature, but the main goal is to help connect off-campus students with either other commuters or resources on-campus that might be beneficial to them.

To find out about more upcoming Commuter events, email Adam Daniels at adam.daniels@ucr.edu.
Other Campus Resources

Here are a number of other campus resources you will want to take advantage of during your time at UCR.

UCR Libraries

www.library.ucr.edu

The UCR Libraries serve as an information and intellectual center within the University by making available information resources in all formats (print, digital, multimedia) in support of instruction and research. Comprised of the Tomás Rivera Library, Raymond L. Orbach Science Library, Music Library, and Media Library, the collections include more than 2,368,843 volumes, 317 electronic databases, 22,151 serial subscriptions, 14,017 electronic journals, 1,300,000 government documents, 33,000 electronic books, and 2,565 linear feet of archival resources. The Libraries are state-of-the-art facilities providing 2,316 user spaces (seats); over 200 public computer stations, and 83 group and individual study rooms. The Libraries are open 91 hours per week and include extended hours during all exam periods. The Libraries online catalogs and most of the libraries online resources are available 24 hours a day, 7 days a week to student residences at home via the campus network. A description of the holdings and services of each library is indicated below.

Tomás Rivera Library

(951) 827-3229

The largest of the UCR libraries, the Tomás Rivera Library supports the social sciences, business, education, humanities and fine arts.

Raymond L. Orbach Science Library

(951) 827-2821

The Raymond L. Orbach Science Library supports the University with emphasis on the College of Natural and Agricultural Sciences, The Bourns College of Engineering, and the Biomedical Sciences Division. The Map Collection offers state-of-the-art computerized cartographic resources as well as the extensive collection of maps and atlases. Microcomputer instruction rooms are available for students to learn about library resources. Twenty-five group study rooms and more than 1,000 reader stations offer enhanced study facilities. More than 100 computers are available for students to access various campus resources.
Music Library  
(951) 827-3137; 054 Fine Arts

The Music Library is a favorite place for students to listen to music. Its holdings of some 2,200 compact discs and 9,000 long-playing records include classical music of every period, genre, and style as well as an outstanding collection of jazz. In addition to sound recordings, almost 30,000 scores are available, including outstanding holdings of collected sets of composers’ works and historical editions of music. Current issues of selected music periodicals, reserve books for music classes, and a small collection of music reference books are also available for use.

Media Library  
(951) 827-5606; 2117 Interdisciplinary Studies South

The Media Library houses films, audio and video-cassettes, laser discs, DVDs, and other media formats. VHS, Beta, DVD, videodisk and audiocassette equipment, and both Macintosh and IBM-compatible PCs are available for use with Media Library materials.

Student Computing Services (SCS)  
www.scs.ucr.edu

Student Computing Services manage several public computer labs (Watkins 2101, 2111, and 2117; Sproul Hall 2225; Humanities 1003; Anderson Hall 014; and Statistics Bldg. 2680) featuring 200 computers, with open hours of approximately 285 hours per week and are available to you. Whether you prefer to work on a PC or a Mac, just need to type a Word document or need to edit a film project in Final Cut Pro, the student computer labs are here to support you. Go to scs.ucr.edu/labs for more information and a schedule. There is a kiosk in each computer lab, where you can:

- Lookup your username and e-mail address
- Change/Reset your password

- Reset your iLearn password
- Add an iLearn class
- Sign up for an Extension or Alumni account
- Extend your print quota
- Resolve miscellaneous account problems

Every UCR student is automatically given a student NetID which provides a number of services to assist in their academic career. These services include:

- Your own UCR R’Mail Account (e-mail) webmail.ucr.edu
- Access to campus computer labs
- iLearn, online course websites (Blackboard) ilearn.ucr.edu
- UCR’s Wireless Data Network allows you to access all of the same UCR network resources that you can access via computers connected to the wired network from your own laptop. Strategically placed “hot spots” create a series of wireless access zones designed to provide the greatest bandwidth to the largest number of faculty and students. For more information please visit wireless.ucr.edu.

Sweeney Art Gallery  
(951) 827-3755 www.sweeney.ucr.edu 3834 Main Street

The Sweeney Art Gallery is an artistic laboratory that engages diverse audiences with exhibitions and programs that are committed to experimentation, innovation, and the exploration of art in our time. The Sweeney places a special emphasis on inspiring projects that explore new ideas and materials and re-envision the relationship between art and life. Established on the University of California, Riverside’s campus in 1963, the Sweeney moved to UCR ARTS Block in April of 2006 and plays a special role in contributing to the artistic spirit of the campus and the community at large. At the center of the Gallery’s mission is an appreciation for the role of artists developing the intellectual and cultural life of societies.
UCR/California Museum of Photography
(951) 784-FOTO www.cmp.ucr.edu
3824 Main Street

UCR/California Museum of Photography is a facility of UCR’s College of Humanities, Arts and Social Sciences. Located in downtown Riverside’s historic district, and part of ARTS Block, it offers year-round exhibitions and programs that promote understanding of photography and related visual technologies. Permanent collections include the Bingham Collection of cameras and viewing devices, the Keystone-Mast Collection of stereographs and the University Print Collection of fine art and vernacular prints. The museum’s Permanent Collections Gallery and the Digital Studio offers training in digital photography and video editing. The museum’s quarterly publication, Foto/Text offers insightful commentary on exhibitions. You are encouraged to make appointments to do research in the museum’s Collections Room.

Voting – 4 Simple Steps

Step 1: Register to Vote
Pick up a voter registration card at Student Special Services, 125 Costa Hall, or off-campus at the library, post office, DMV or other public place or visit www.ss.ca.gov. If you are pretty sure you won’t be in town or able to vote in person on Election Day at your polling site, you can contact your local elections officials to request an absentee ballot in order to vote by mail, however, you must already be registered to vote.

Step 2: Find out where to vote.
You’ll receive your polling place information in the mail after you register. Polling places can change at the last minute, so be sure to double-check it right before Election Day. Or you can request an absentee ballot from your local elections officials and vote from the comfort of home.

Step 3: Become an educated voter.
Check out www.declareyourself.com or http://www.calvoter.org/voter/faq.html or http://www.smartvoter.org/ to learn more about the candidates and issues that are important to you.

Step 4: Mark your calendars for election day and VOTE!
For more information please visit the Student Special Services website at: http://specialservices.ucr.edu/Voter+Registration/
UC Riverside Highlanders Continue to Improve at Division I.

UCR students have been participating in intercollegiate athletics for over 50 years, and for the past eight years we have competed at the Division I level—the highest level of intercollegiate athletics competition in the nation.

The UC Riverside Highlanders are a member of the Big West Conference of NCAA Division I.

The Big West Conference is rated the strongest non-football conference in the NCAAs.

Members of the Big West Conference, the Highlanders have won league championships in basketball, baseball, cross country, golf and soccer.

More than 300 of your fellow students represent UC Riverside in the athletics arena from August through June.

The Highlanders compete in 17 intercollegiate sports. They are:

- Baseball & Softball
- Basketball (Men’s and Women’s)
- Cross Country (Men’s and Women’s)
- Golf (Men’s and Women’s)
- Soccer (Men’s and Women’s)
- Tennis (Men’s and Women’s)
- Indoor and Outdoor Track and Field (Men’s and Women’s)
- Women’s Volleyball

Get All Your Highlander Information Online

Get all the information you need on UC Riverside Athletics by going to www.gohighlanders.com which launched in February 2009. Get features, stories, notes, photos, statistics and schedules. Bookmark it today! The new site makes it easier than ever to follow UC Riverside athletics with text message alerts and a weekly newsletter. Become a fan of UC Riverside Athletics on Facebook.

Get a job in Athletics!

Interested in working in the field of Intercollegiate Athletics? Check out our available positions in game management, support staff, statistics and media relations, marketing and development. For information on schedules or tickets, or to become a student-employee or volunteer, please come by the Department of Intercollegiate Athletics.

“R” Day Wednesdays

Show your Highlander spirit every Wednesday on “R” Day! Wear UCR gear or a Highlander Button. There’s prizes and campus recognition for you if you do!

Go to a Game!

If you have valid Student ID card, you can attend any home sporting event for FREE! Bring your UCR ID card to the ticket booth and get yourself a great seat.

When students and student-athletes graduate from UCR, they stay connected to the university’s athletics programs through the Highlander Athletics Association. The Highlander Athletics Association raises funds for athletics scholarships, facilities enhancement and operational needs.
Academics

University of California, Riverside
Statement of Academic Values

Your success at the University of California, Riverside is dependent on making academics your first priority. Participating as an active partner with your faculty in the learning process is expected.

Make a commitment to becoming a scholar and earning your degree.

College Mandatory Dean’s Orientation
Dates for Fall 2010

As a new student, you are required to attend one of the mandatory orientation sessions for your college. Please contact your college for more information.
The Mandatory Dean’s orientation is different from Bear Facts Orientation, so you must attend both.

College of Humanities, Arts, and Social Sciences (CHASS)
www.chass.ucr.edu

Contact the College of Humanities, Arts, and Social Sciences for more information.
(951) 827-3683

All sessions will be held at University Lecture Hall 1000 (UNLH).

Pre- Business Students: Mon., Sept. 20 9:00 - 10:30 a.m.
Undeclared Students: Tues., Sept. 21 9:00 - 10:30 a.m.
Humanities/Arts Majors: Wed., Sept. 22 1:00 - 2:30 p.m.
Social Science Majors: Wed., Sept. 22 2:45 - 4:15 p.m.

College of Natural and Agricultural Sciences (CNAS)
www.cnasstudent.ucr.edu

Contact the College of Natural and Agricultural Sciences for information on times and locations.
(951) 827-7294

Bourns College of Engineering (BCOE)
www.engr.ucr.edu

Contact the Bourns College of Engineering for location and more information.
(951) 827-5190

Session Date and Time: Tues., Sept. 21 9:00 a.m.

General Advising

General Catalog
www.catalog.ucr.edu

Requirements for all Majors/Minors and Course Descriptions

Schedule of Classes
www.classes.ucr.edu

- Open Classes
- Courses Currently Offered
- Deadline Dates
- Placement Exam Information

On the stairs of the Engineering Unit 2 Building
Student Orientation Map

While attending your Orientation, be sure to check out our beautiful 1,200 acre park-like campus.

To see a complete map of the UC Riverside campus and surrounding areas, go to campusmap.ucr.edu
Tips and tricks for academic success

You’re in college now and it’s different (and better) than high school.

- Set realistic academic goals and schedules for yourself. Take job and family responsibilities into consideration and don’t schedule more than you can handle.
- Understand and follow academic integrity guidelines.
- Buy books BEFORE classes start.
- Read the syllabus and assigned class material before the lecture.
- Summarize the material in your own words and understand central ideas.
- If you have questions, write them down and ask them when appropriate—during class, discussion session, or office hours.
- Look for new vocabulary related to the subject matter and look up definitions when the vocabulary is unfamiliar.
- Check the course website for changing assignments, answer your instructor’s e-mails, and keep the flow of communication open.
- Use your study time wisely and get help when you need it—from your instructor, from the Learning Center, from Research Librarians or from any other resource on this campus.
- Respect your instructors.
- Participate in class, take notes, and learn when it’s OK to ask questions.
  If you prefer to talk with your professor or teaching assistant in a less intimidating atmosphere, meet with them during office hours.
- Make a habit of studying course material after each class, review notes and re-read the overlapping material between the lecture and class notes.
- Avoid “cramming.” Do not postpone working on assignments.

- Test yourself by answering the questions at the end of the chapters or in your lab notebooks. Don’t just memorize the material, learn and understand it.
- Introduce yourself to your professors/teaching assistants.
  Professors/teaching assistants have a number of students throughout each quarter, so you may need to re-introduce yourself each time you meet with them until you are comfortable that they know your name. This helps build a relationship with your professors/teaching assistants and helps when it comes time to ask for positions in their lab or for letters of recommendation.

Talking with faculty outside of class

Step I: Make an appointment or visit during scheduled office hours

Step II: Establish a relationship
  Be on time, be pleasant, introduce yourself. Always refer to the professor/teaching assistant with the appropriate title (i.e. Dr., Ms., Mr.).

Step III: Present your questions/concerns in a focused manner.

Step IV: Provide background information.
  Explain the study strategies you used to understand the material.

Step V: Ask for clarification. If you don’t understand, talk it through so the professor/teaching assistant can help you understand more clearly.

Step VI: Summarize resolution of the problem to be sure you understand the material.

Step VII: Thank the professor/teaching assistant.

What you learn in one lecture or course, will probably be applied in future lectures and courses. If you miss a lecture or don’t pay attention you may miss some critical information that could affect your long term success. Participate in objective and constructive evaluations of the instructor and of the course (this helps to clarify problems and strengths that will help the instructor to improve the course in subsequent semesters).
Classroom Etiquette
• Be in class and ready to start when the professor/teaching assistant arrives. Stay for the whole lecture/discussion and pay attention to speakers and to classmate’s questions.
• Turn off all cell phones and iPods.
• Don’t bring food or drinks to the classroom. It’s distracting to instructors and classmates.
• Complete your assignments on time.
• Make an appointment to meet with your Professor and Teaching Assistant during office hours to discuss your progress. Don’t just drop in unannounced.

Adapted from:
• Blue Ridge Community College, “What Faculty Expect of Students”
• Hyman, Bradley C., “Keys to High Achievement in Biology 5A”, University of California, Riverside
• Santa Monica College, “Faculty Expectations”
• Washington University in St. Louis, “Teaching and Learning at Washington University: A Statement of Best Practices”

University Honors Program
(951) 827-5323 www.honors.ucr.edu
2316 Olmsted Hall

The University Honors Program is one of many learning communities on campus, which provides a smaller learning environment within the larger University. The Honors Program consists of three components: Lower Division (for incoming first year students), Sophomore Component (for sophomores), and Upper Division (for juniors and seniors).

Students in Lower Division are admitted to Honors the summer prior to attending UCR. Students not admitted as first years may apply in spring quarter of their first year for the Sophomore Component. To be eligible for Sophomore Honors, students must have a cumulative UCR GPA of 3.5 or above.

The Upper Division program culminates in a senior thesis, portfolio or performance. This is a major intellectual or artistic accomplishment, which is guided carefully by faculty mentor(s). To be eligible for Upper Division Honors, students must have a cumulative UCR GPA of 3.5 or above.

Benefits of Honors include: small class sizes (limited to 15-20 students), priority registration, interdisciplinary courses, personal interaction with faculty, opportunities for research, individual counseling and advising, and transcript notation and recognition at graduation.

For more information, contact the University Honors Program.
Your First Lecture (Best Facts)  Summer 2010  Dr. Geoff Cohen.  

Lecture Time During the first day of your scheduled Orientation Session  Office: 1608 HMNSS (CHASS F1ST office).  951-827-7881 Geoff.Cohen@ucr.edu  Office Hours: MF 10:10 – 11:00 a.m., Tu 10:00 – 12:00; and by appointment.  

Course Objectives:  
Students will further develop their analysis, research, and synthesis skills.  
Students will further develop their critical reading and writing skills.  
Students will understand the value of literature in everyday life.  
Students will "transfigure "The Things They Carried" to a text reflective of their "circumstances." (see Mangual quote below).  

Required Text:  


"If, in reading, there was no such thing as "the last word," then no authority could impose a "correct" reading on us. With time we realized that some readings were better than others - more informed, more vivid, more challenging, more satisfactory, more disturbing." (98)."  
"Faced with a text, the reader can transform the words into a message that determines for him or her a question historically unrelated to the text itself or in its original author. This transmutation of meaning can emphasize or impoverish the text itself; invariably it rends the text with the circumstances of the reader. Through ignorance, through faith, through intelligence, through triviality and cunning, through illumination, the reader rewrites the text with the same 'words of the original' but under another heading, re-creating it, as it were, in the very act of bringing it into being (98)."  

The Assignments for the course are designed to introduce students to a college syllabus, college level critical thinking, and faculty expectations.  

Requirements: Specific requirements for each assignment are in the course assignment folder on iLearn.  

- The Readings, Attendance, and Participation are expected. You must have your copy of the O'Brien short story in lecture. Much of the course will be built on our discussion. Each student should try to participate. 
Learning comes from taking risks and challenging yourself. Being in class and participating in class are two ways to do this and challenge yourself. Cold Calling: To facilitate your ability to think quickly on your feet, I will cold call students during lecture or discussion begins to lag. You will be asked to discuss a sentence, a passage on an idea which was in the day's reading. I want to know what you are thinking about at that moment. You will be providing a response, not an answer.  

- On-line Reading Quiz. Worth 75 points (75% of grade). The Quiz must be taken before 8:00 a.m. on the first day of your Bear Facts Orientation.  
All Assignments are due on the first day of your Orientation sessions. I will accept late assignments, of my discretion, and graded accordingly.  

Plagiarism Derived from the MLA Handbook for Writers of Research Papers [7th ed., 2008; print]. "To plagiarize means "to commit literary theft" and to "present as new and original an idea or product derived from an existing source." (Merrisa-Wheeler's College Dictionary [11th ed., 2008; print]). Plagiarism involves two kinds of wrongs. Using another person's ideas, information, or expressions as your own without acknowledging that person's work constitutes intellectual theft. Passing off another person's ideas, information, or expressions as your own to get a better grade or gain some other advantage constitutes fraud. (52). If you plagiarize in this course, you will be required to meet with UCR's Student Conduct and Academic Integrity Programs. I reserve the right to fail any assignment that was plagiarized. If you have questions see me, or visit http://www.english.ucr.edu.  

Complete your reading & assignments before coming to Bear Facts Orientation.  

- Take on-line quiz found in the Blackboard/iLearn Assignments folder before 8:00 a.m.  
- Read "The Things They Carried" available in Course Materials Folder of Blackboard/iLearn.
This is what a typical student's blackboard page will look like. To the right you have your tools which you can use to navigate the blackboard site with ease. You can look at grades for a class, your address book of contacts as well as your personal information. In the center you can check announcements posted from professors and Teaching Assistants for your classes. Below that is your calendar of events which you can set to remind you of important tasks, papers, and special events. To your left will be your listed courses that you are taking each quarter as well as any tasks you have set for yourself.

This is one way you can also customize your iLearn page. By selecting what you would like, you can have anything from announcements to course items that need attention placed on the main page of your iLearn page to provide easy access.
If you ever need to search for courses just click on the tab labeled courses under the UC Riverside logo and next to MY UCR. This will take you to the page shown above. Similar to the UCR course catalogue book you can not only view your current classes but you may view potential classes, their professors and course descriptions.
This is a homepage for one of your courses. As shown above you can access your announcements, tasks, calendar, to do list and alerts right on the page. To access categories not located on the page just click on any of the tabs on the tool bar to the left.

Homepage: The course homepage. Each course has one.
Student tools: This tab provides a variety of tools for your use. With this tab you can send emails to instructors and classmates, create blogs, announcements, look up content in the dictionary, use the glossary to find meanings, and view the user manual to name a few.
Health, Wellness, and Safety

Health

Undergraduate Student Health Insurance Plan (USHIP) Mandatory Medical Insurance

The University of California Board of Regents requires that all undergraduate students have mandatory major medical health insurance as a non-academic condition of enrollment. If you are already covered by adequate health insurance you can waive the requirement by filling out a waiver form at www.students.ucr.edu/healthcenter.

Note: USHIP will cover the medical care provided by the Campus Health Center. Access to off-campus benefits requires a CHC referral except in cases of emergency care or out of local area. Visit campushealth.ucr.edu for more information or to review your terms of coverage. Or call the Health Center, at (951) 827-3031.

The WELL

UCR offers a variety of wellness-related programs that are designed to support your health and well-being during your time as a student. We have brought them all together into a coordinated center for wellness programs, named The Well. The Well serves to create a safe, supportive, and connected campus environment through the promotion of healthy minds, bodies and communities. It also provides accessible, robust resources and support for students in the areas of physical, social, emotional and spiritual wellness through a network of peer educators and mentors and professionals. The Well is part of the campus and systemwide Mental Health/Healthier Campus Climate Initiative and aims to bring the support and services of Student Affairs Peer Programs, Health Education, Campus Health, Counseling and Recreation to you! For more information, refer to www.well.ucr.edu.

Safety

Campus Safety Escort Service

(951) 827-3772 escortservice.ucr.edu

260 Costo Hall

The Campus Safety Escort Service provides a safe walk to and from your car or any destination on University property and is available Sunday through Thursday from dusk to midnight, by calling 827-3772 or by using a red direct-dial telephone located in most campus buildings. Their station can also be found at the inside the entrance of Rivera Library. This program is a student organization of volunteers using the buddy system as their foundation. Volunteer positions are available so do your part for campus safety, participate in a community service, and meet new people. To volunteer, fill out an application for an interview at the Women’s Resource Center, 260 Costo Hall.

Emergency Communication

Dial 9-1-1 from any campus phone, pay phone or cell phone.

• Use Emergency Call Boxes, campus emergency phones or elevator emergency phones/intercoms.
• If necessary, the campus fire alarm pull-boxes can be used to summon an emergency response from UCPD.
• Students can sign up Emergency Notifications (texts and calls) through the Campus Wide Emergency Notification System via their GROWL account under “Addresses.”

Note: There is no charge for calling 9-1-1 from a pay phone.

Note: Dialing 9-1-1 from a cell phone will contact the nearest California Highway Patrol Dispatcher Center (there maybe a delay in answering your call) and they will transfer your call to UCPD. Please do not hesitate to identify yourself as a UCR student.
**First Year 101**

**Residence Hall Checklist**
You are provided with an extra-long twin bed (38” x 80” maximum size), desk, chair, dresser, closet, bookshelf, bulletin board, and an Ethernet connection. Rooms come with towel bars, blinds, lighted mirrors, ceiling lights, telephone jacks, cable connection, smoke detectors, and a MicroFridge (microwave oven, freezer, and refrigerator combination). Lothian and Aberdeen-Inverness have a lounge for every hall. Rooms in Pentland Hills are grouped in suites and each suite has a living room with a refrigerator and microwave oven. You provide your own bedding, towels, desk lamp, wastebasket, alarm clock, telephone, and personal belongings.

Use the check list below so you’ll remember to pack everything you need!

<table>
<thead>
<tr>
<th>Put it all together – preferable in a collapsible, easy-to-store suitcase! You can even ship some items to simplify your move.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What to bring:</strong></td>
</tr>
<tr>
<td><strong>Clothing</strong></td>
</tr>
<tr>
<td>- Underwear, bring plenty!</td>
</tr>
<tr>
<td>- Coat, hat, jacket, gloves, umbrella</td>
</tr>
<tr>
<td>- Slacks, jeans, shirt, skirt, dresses, blouses, sweaters, hoodies</td>
</tr>
<tr>
<td>- Shoes, boots, sandals and sneakers</td>
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<tr>
<td>- Something “dressy” – be prepared for special events!</td>
</tr>
<tr>
<td><strong>Bath</strong></td>
</tr>
<tr>
<td>- Towels/Wash Cloths</td>
</tr>
<tr>
<td>- Shower Shoes</td>
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<tr>
<td>- Padlock for Bathroom Locker if Desired</td>
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<tr>
<td>- Shower Tote</td>
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<tr>
<td>- Shaving/Travel kit</td>
</tr>
<tr>
<td>- Toiletries (Shampoo, soap, toothpaste, deodorant, vitamins, medicine)</td>
</tr>
<tr>
<td>- Hair Dryer</td>
</tr>
<tr>
<td>- Toothbrush and Holder</td>
</tr>
<tr>
<td><strong>Bed</strong></td>
</tr>
<tr>
<td>- Two sets of sheets</td>
</tr>
<tr>
<td>- Pillows</td>
</tr>
<tr>
<td>- Egg crate Foam Pad</td>
</tr>
<tr>
<td>- Blanket/Comforter</td>
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<tr>
<td>- Throw Blanket</td>
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<tr>
<td><strong>Closet</strong></td>
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<tr>
<td>- Shoe Storage</td>
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<tr>
<td>- Storage Drawers</td>
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<tr>
<td>- Hangers</td>
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<tr>
<td><strong>Desk</strong></td>
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<tr>
<td>- Book Bag</td>
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<tr>
<td>- Drawer Dividers</td>
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<tr>
<td>- Bookends</td>
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<tr>
<td>- Address Book</td>
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<tr>
<td><strong>Office Supplies (Scissors, Tape, Paper Clips, Pens, Pencils, Paper, Ruler, Calculator, etc.)</strong></td>
</tr>
<tr>
<td><strong>Post-it Notes, Push-Pins, Pencil Holder</strong></td>
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<tr>
<td><strong>Fan</strong></td>
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<tr>
<td><strong>Disk Holders, CDs, DVDs and cases, USB memory stick</strong></td>
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<tr>
<td><strong>Write-on Calendar</strong></td>
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<tr>
<td><strong>Dictionary/Thesaurus</strong></td>
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<tr>
<td><strong>Laundry</strong></td>
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<tr>
<td>- Laundry Basket</td>
</tr>
<tr>
<td>- Iron</td>
</tr>
<tr>
<td>- Ironing Board</td>
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<tr>
<td>- Laundry detergent and/or fabric softener</td>
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<tr>
<td><strong>Walls and Doors</strong></td>
</tr>
<tr>
<td>- Posters and Pictures</td>
</tr>
<tr>
<td>- Message Board for Front of Door</td>
</tr>
<tr>
<td><strong>Necessities</strong></td>
</tr>
<tr>
<td>- Trash Can</td>
</tr>
<tr>
<td>- Desk Lamp</td>
</tr>
<tr>
<td>- Alarm Clock</td>
</tr>
<tr>
<td>- Simple Snacks</td>
</tr>
<tr>
<td>- Water, Soda</td>
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<tr>
<td>- Cold/Cough Medicine</td>
</tr>
<tr>
<td>- Cough Drops</td>
</tr>
<tr>
<td>- Tissues (Kleenex)</td>
</tr>
<tr>
<td>- Decorations &amp; Posters</td>
</tr>
<tr>
<td>- Games, Leisure Reading Books</td>
</tr>
<tr>
<td>- MP3 Player</td>
</tr>
<tr>
<td><strong>Not Necessary But Can Be Brought</strong></td>
</tr>
<tr>
<td>- Television</td>
</tr>
<tr>
<td>- Stereo</td>
</tr>
<tr>
<td>- Personal Computer</td>
</tr>
<tr>
<td><strong>What not to bring</strong></td>
</tr>
<tr>
<td>- Refrigerator, Microwave or Toaster</td>
</tr>
<tr>
<td>- Personal Bed</td>
</tr>
<tr>
<td>- Pets and valuables</td>
</tr>
<tr>
<td>- Halogen Lights</td>
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</tbody>
</table>
First Year Resource Guide

You Can Survive Your First Year!

First year: The first step toward a college degree. For thousands of students, it means:
Saying goodbye to friends, family and familiar surroundings.
Moving forward in life. Whether college means moving out of state or commuting across town, it’s a time to:
• Gain independence
• Meet new people
• Consider future goals
It’s time for intellectual and personal growth!
It’s a real challenge to survive the first year in college!

The adjustment affects you:
Personally: You’ll face lots of decisions and new responsibilities.
Emotionally: It’s normal to experience loneliness, doubt, highs and lows.
Socially: Meeting and adjusting to new people — including ones from a variety of cultural and ethnic backgrounds — takes time.

One of the keys to survival is preparation.

Roommate 101 Your first college assignment — living with a total stranger!
Smart tips:
• As soon as you find out who your roommate is, contact them so you don’t wind up with two TVs in your room.
  Discuss important issues up front. Cover everything from sleep habits to views about sex, and alcohol and other drugs.
• Consider a contract — some people find it easier to stick to “formal” agreements.
• Negotiate and compromise. Practice the art of “give and take” when making agreements about guests, cleaning up, etc.
• Try mediation if you can’t resolve a problem. A third party may help you clarify issues and reach a solution.

Do:
• Share responsibilities
• Communicate concerns
• Show respect
Don’t:
• Lend money
• Borrow (clothes, cars, etc.)
• Leave issues unresolved.

Life in a Residence Hall — In your new “home” you’ll find:

Resident advisors (R.A.)
They can help resolve:
• Questions about campus policy and procedure
• Academic, social and personal concerns

Rules and regulations may cover:
• Visitors
• Security
• Study hours
• Personal hours
• Personal safety
• Use of alcohol or other drugs

Other first-year students!
• Get to know them.
• Help build a sense of togetherness.

For commuter students
Take full advantage of your college experience by getting involved on campus.
• Participate in extra-curricular activities (Join an organization or play intramural sports.)
• Find a student organization that meets during the day.

Check out the Commuter Pit Stops and Commuter Connections programs offered by Student Life.
• Attend campus events (check bulletin boards and the campus newspaper.)
• Get to know other students at the HUB, student lounges and recreation rooms. Consider getting on a meal plan.
• Study at the library.
• Contact other commuters to share rides, information and friendship.
• Connect with UCR Transportation and Parking Services (TAPS) to find out more information on commuting alternatives.
Money Matters
A college education often includes learning to handle your own finances.

Create a budget
List income, including scholarships, loans, part-time work, summer savings and family support.
- Then, list expenses, such as tuition, room and board, books, supplies, food, laundry, clothes, entertainment, etc.
- Your income must equal or exceed your expenses!

Think twice about a car.
- Registration fees, gas, maintenance costs, insurance, parking restrictions, etc., can strain your budget…and patience!
- Spend wisely.
- Buy used books.
- Use student discounts.
- Shop at home when visiting.
- Attend events that offer free food! (there are tons of events with free food!)
- Limit or avoid credit card use.

Open a checking account
- For convenience, open one in your college community.

For commuter students
- Visit the Student Life website and download the resource guide under commuter programming for tips on how to save money and the environment. www.studentlife.ucr.edu

Making new friends can be easier when you:
Take the first step
- Introduce yourself—at the dining hall, or in line at the registrar’s office.

Attend campus events:
- Concerts
- Films
- Plays
- Sports events
- Lectures

Get involved!
Participate in:
- Clubs and organizations
- Campus committees
- Athletics
- Fraternities and sororities

Assert yourself
Communicate what you want: your actions should reflect your personal decisions on what to do.

A credit card is a great financial tool. [however] rather than building a positive credit history, irresponsible credit card use can result in a negative credit score, which will be a long-term financial liability as your graduate and embark on your adult life. Please take the necessary time to acquaint yourself with the information [provided].

Taken from the Center for Student Credit Card Education http://www.cscce.com/index.html

For more information on budget management, including tips and sample budget worksheets, check out Springboard Non-Profit Consumer Credit Management, go to www.credit.org
Online Communities
Social networking sites like Facebook, MySpace and Twitter are great ways to meet new people and keep in touch with friends/family/classmates.

However, ask yourself if your profile is private or public? Are you sure you want everyone in the world to possibly know what you’re doing and when you’re doing it? You can always adjust your privacy settings to edit who has access to what information.

Be aware that once you post something on the Internet and take it down a minute later, someone could copy/paste it or save it without you knowing and then you can never get rid of it. Some community policies state that they co-own anything their users put on their website.

Potential employers and certain universities have been known to check out their applicants on the Internet to see what their character is like and what kind of person they are. Would you want your boss to see your profile?

If you’re having trouble deciding whether something is appropriate for your profile or not, ask yourself if you’d be comfortable having your grandparents see it or if you’d be comfortable posting that information or picture on the front door of your house. If you answered no, that probably means you it doesn’t belong on your profile.

Online communities are an excellent way to find other students in your classes and join groups of people that have similar interests. It’s also a great way to keep in contact with friends from high school and other classes. It is important to realize that, for the most part, Facebook, Myspace and other online communities are simply a new medium for communicating with others, but should not be the only way you communicate with people. Check out the cool campus-related Facebook groups, such as “You’ve Gotta Love Your First Year at UCR.”

Other First Year Tips
Go slowly
Meaningful friendships take time to develop. Keep a healthy balance between social and academic pursuits!

It’s academic! For a while, going to class may be the most familiar thing you do. Still, some things aren’t at all like high school like:

Your academic advisor – This is usually a staff member who provides help, information and advice on academic matters.

Course selection – Consider your interests in addition to degree requirements and possible career goals.

Registration – This is the official process of choosing-then finalizing-your class schedule each quarter.

Your choice of major – If you like your major, great, if not, feel free to change it. Just talk to your advisor (and maybe the one for a new major too) to help make up your mind. Careers are not strictly determined by your major – so don’t worry!

Exploring helps you grow – try not to cling to the familiar!

Explore all your options like taking a Satisfactory/No Credit (S/NC) class. That way you can take some courses without worrying about grades or their impact on your grade.

You’re in charge! Here are some things to keep in mind.

It’s your responsibility to prepare for (and attend!) class, hand in assignments on time, keep up with readings and study for exams.

Help yourself by taking advantage of special programs:
• First Year Success Series
• Library orientation
• Computer and word processing workshops
• Speed reading and comprehension courses
• Workshops on time management, test taking and note-taking skills
Keeping in touch with Family and Friends

- Remember family and friends want to hear from you.
- Keep in touch by email, phone, letters home. You may even get a box of goodies from your family if you ask.
- A quick note or postcard sent home every few weeks will be appreciated!
- Make visits and holidays special.
- Use the time to catch up with loved ones.
- Talk about feelings.
- Most freshmen get homesick at some point. Remember, adjustments take time. Share your feelings with other students or a counselor.

Accept change – Be open to new people and experiences.

Don’t remain so firmly planted in the past–with old friends, high school sweethearts, that you miss out on new and valuable relationships. We don’t mean replace your old friends with new ones, but invest some time building a network of friends here….nobody ever complains about having an extra circle of friends.

Use available resources!

It’s normal to feel a little shy or even afraid at first. But, don’t let these feelings keep you from getting help when you need it.

Deans, instructors and faculty advisors are experts on:

- Course scheduling
- Academic requirements
- Special projects, etc.
- Their research interests

You will survive! – notice the healthy supply of sophomores!

- Understand the challenges first year students face.
- Be prepared for campus life and independent living.
- Get involved with new people and ideas.
- Take advantage of available resources.
- Relax and take college one step at a time.
Fight song

Brave Scots, one and all we stand together,
the tartan clan of UCR!

Brave Scots looking always to the highlands,
our alma mater near or far.

Go Brave Scots!

Scots gather now your teams are fighting.
our men and women true and bold!

U-C, U-C-R all hail the brave,
the blue and gold. (and repeat)

Alma Mater

UCR-fair alma mater, Jewel of old UC

“Fiat Lux”—a shining vision, Light to set minds free

Seeking ever-yielding never,
Old Scots near and far

Waft our love back to the highlands. Hail fair UCR

Orange trees blooming
In the Highlands

Seeking ever-yielding never Old Scots near and far

Waft our love back to the highlands. Hail fair UCR

Tony Nix

Donna McCullough

Scotty the Bear with his fans.
In 2005, the Regents of the University of California issued their “Statement of Ethical Values,” which included four core values that all UC students should embody. Based on these values, UC Riverside has created the Tartan Soul campaign which challenges all students to live with these values in mind.

**Integrity**
“I vow to conduct myself with integrity; with my peers, with my faculty, with the university, and with the community.”

**Accountability**
“I vow to act with ethical conduct and to hold myself accountable as a member of this community and as an individual.”

**Excellence**
“I vow to always strive for excellence, be it in the field of academics or in my personal life, while a member of this community.”

**Respect**
“I vow to respect the rights and dignity of others at all times.”
Involvement rounds out the academic experience by presenting opportunities for new skill development, growth, recognition and achievement.

Benefits can also include:
- Exploring career options
- Working with individuals and groups
- Interpersonal skills (communication, conflict management, listening, etc.)
- Making a difference on campus
- Learning and practicing new leadership skills
- Networking with different departments/offices
- Be part of the greater good (charity work, volunteering, etc.)
- Making new friends outside the classroom

How to Get Involved:
The Office of Student Life is the place to get all the information you ever wanted on how to get involved and develop yourself, UCR and the community. **Student Life has over 350 registered organizations that fall under these categories:**
- Academic/Professional
- Arts & Expression
- Action/Political
- Cultural
- Fraternity/Sorority
- Graduate Student Association
- Honors Organizations
- Recreation/Leisure
- Service
- Spiritual/Religious/Atheist

To see a complete list of all clubs/organizations on campus, please visit our Student Organization Leadership Advising and Resource (S.O.L.A.R.) System located at:
- www.studentlife.ucr.edu
- under “Most Popular Links,” click S.O.L.A.R.
- Log In under the “current students” link
- Use the same information to log in as your email

**Student Life Website**

**Having fun at Bonfire!**