

UCSD

2019–2020 Edition

Graduate Students Welcome Packet



WELCOME

Congratulations incoming graduate students! You have passed the GRE exams and filled out those applications, now is the time to enjoy and make the best of your time at UCSD!



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**TUE
10
SEP**

9-10: Breakfast, registration
10-12: Plenary session speakers
12-1: Lunch
1-4: GSA-EDI Workshops
4-5: GSA Ice Cream Social and
Grad Pals Launch

New Student Orientation

9-10: Breakfast, registration
10-12: Plenary session speakers
12-1: Lunch
1-3: Resources Fair
3-5: Coffee and GSA Orientation
5-8: GSA Social

**WED
11
SEP**

@UCSD PRICE CENTER

FIRST THINGS FIRST

PICK UP YOUR CAMPUS CARD



Students Services asks graduate students to contact their coordinator first to learn how their ID card will be distributed: students will either be receiving their cards from their coordinators directly or pick it up from the Campus Card Office in the Student Services Center (SSC).

DOWNLOAD YOUR FREE BUS PASS

1. Download the Compass Cloud app on your smartphone or mobile device. (Only one device can be activated.)
2. Create account with your @ucsd.edu email address only. Do not use alias emails, such as @eng.ucsd.edu or @rady.ucsd.edu.
3. Check "My Tickets" in the app (available within 2 hours), select "UCSD U-Pass" and "Use Ticket." Remember, no purchase is required; U-Pass is included with student fees.



EXPLORING

take a break every once in a while and remember to have fun!

SAN DIEGO

SUNSET ON THE BEACH

Take the South Campus Shuttle down to Scripps or take a walk to the Glider Port from campus to take a break and enjoy the California sunset

HAVE TACOS IN PACIFIC BEACH

Take bus 30 to Downtown and get off at Mission Bl & Diamond St, buy some tacos and enjoy them on the beach.

TAKE A HIKE IN TORREY PINES

Take bus 101 to Ocean Side from campus and get off at N Torrey Pines & State Beach or if you have a car, you can find free parking just past the entrance (the Torrey Pines Parking lot charges 15\$). Hike up the road and then you'll find numerous hikes of all levels with breath taking views.

Finding Housing

Finding a good place to live in San Diego can be daunting, but as rooms are constantly opening up you can always find something. The following guidelines will help you find your perfect place.

STAY IN A HOSTEL WHILE FINDING A PLACE

You can also stay in an AirBnB or with a friend, but being in San Diego while looking for housing will definitely give you an advantage. Rooms open up and are filled almost instantly so being around to visit the place in person and sign a contract on the spot will help you a lot.

CHECK OUT THE FOLLOWING WEBSITES

- 1.If you are looking for a house, Craigslist can be very useful.
- 2.UCSD Off-Campus housing has both long/short term housing
- 3.UCSD campus housing sometimes offers sublets.
- 4.Check on Facebook for numerous sublet/housing groups.

DO NOT SETTLE

Finding the perfect place can be difficult but don't let it discourage you. If a place doesn't suit your needs look into subleasing or ending your lease. Having a good place to live will make your graduate experience more enjoyable so take the time to find the perfect place.



GRAD SCHOOL RESOURCES

CAREERS SERVICES CENTER

Discover alternative careers, conduct a self-assessment, research industries and jobs. Attend regular workshops around CVs, LinkedIn Profiles and networking.

THE COMMONS @ GEISEL LIBRARY

The Writing Hub supports all writers on campus—every writer, any project—and promotes writing as a tool for learning. They work with UC San Diego student writers through workshops, one-on-one tutoring, and writing-related events. They also work with educators (faculty, instructors, TAs) interested in investigating writing as a tool for deep, engaged learning.

THE ZONE

A lounge for students well-being designed to promote active, balanced living to UCSD students. Take fitness classes, learn about stress management and healthy lifestyle choices.

UCSD EXTENSIONS

Some quarters grad division will offer free UCSD extensions vouchers for graduate students to take classes through the extension program, these classes can range from arts classes to professional certificates.

THE OFFICE OF STUDENTS WITH DISABILITIES

OSD helps students providing them with necessary accommodations to make the best of their graduate studies. Check out their website for more information.

Accommodations Provided Directly by the OSD

- **Adaptive Technology**
- **Alternative Formats**
- **Captioning and Sign Language Interpreting Service**
- **Note-taking**

Academic Plan Modification: Reduced Course Load

Accommodations Provided by Academic Departments

- **Classroom and Lab Accommodations**
- **Exam/Quiz Accommodations**

Campus Living: Housing, Dining, & Transportation

Self Care Tips

Make sure you take care of yourself every once in a while!

GET ACTIVE: REC PASS @



With the Recreation Activity Pass, you get many flexible options for an amazing price of just \$25 a quarter! Drop in on your choice of over 70 Fitness & Yoga classes a week, register for up to four Rec Activity Pass trips including kayaking, hiking, snorkeling or register for Rec Activity Pass instructional recreation classes like intro to aerial silks and archery.

SUPPORT: GROUPS/WORKSHOPS @CAPS



CAPS, Counseling and Psychological Services offers over 20 unique groups, workshops, and forums each quarter. Groups range from traditional psychotherapy groups, to psychoeducational workshops, and drop-in forums. Visit caps.ucsd.edu for detailed information.

LISTEN TO MUSIC @



Art Power presents performing and media arts that engage, energize, and transform the diverse cultural life of the University and San Diego. Tickets are just \$9* for UC San Diego students—even further discounted during Week One of every quarter, at just \$5*! It's just another benefit of being part of this great university.

*Excludes special events.

#selfCARE STRATEGIES

distraction

absorb your mind in something else



things to consider

- for short term relief
- break from heart & mind
- gets you through crisis
- doesn't address underlying issues
- unsustainable strategy for long periods of time

grounding

get out of your head and tap into your physical senses



things to consider

- reduces physicality of anxiety and strong emotions
- slows dissociation (feeling numb, floaty, disconnected)
- sometimes it is best to stay a bit dissociated

emotional release

give yourself space to let it all out



things to consider

- best for anger & fear
- releases pressure and overwhelming emotion
- difficult to do for every life situation
- not sustainable for long periods of time

self-love

become your own best friend



things to consider

- build an inner support system
- self-compassion leads to an increased resilience and decreased stress
- very difficult to achieve
- may at times feel superficial

thought challenge

take some time to think about it



things to consider

- may help shift long-term negative thinking habits
- thinking logically can help reduce extreme emotion
- this is harder to do when facing stronger emotions
- difficult to practice when addressing guilt and/or shame

life purpose

tap into what nurtures your soul



things to consider

- reminder that everyone is valuable
- life purpose can be found in many different ways
- may get stuck on focusing on saving everyone else
- never lose sight of your own importance

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For more information on resources, programs, and support services, contact the CARE at the Sexual Assault Resource Center:
Student Services Center, 5th Floor, Suite 500
careinfo@ucsd.edu | (858) 534-5793 | care.ucsd.edu



STUDENT HEALTH SERVICES UC SHIP INFORMATION

1. You should have received an email with information about who your Primary Care Provider is, save their number!
2. Hours Nurse Advice Line: Any time Student Health Services is closed, you can call their main telephone number 858-534-3300 and select the option "after hours advice" to speak with a registered nurse who will assist you in obtaining the appropriate care.
3. Download the UC SHIP insurance app!

The StudentHealth app through Anthem Blue Cross gives you instant access to your UC SHIP benefits, ID card, claims and more using your mobile device.

Take a few minutes to register for access to:

- Your member ID card.
- Student Health Services (SHS) information.
- A description of your UC SHIP plan benefits.
- Delta Dental for dental coverage and plan benefits.
- OptumRx to view plan benefits and manage your prescriptions.
- Health tips that are tailored to you.
- Medical claims and much more!

Questions?

UC SHIP Customer Service: 1-866-940-8306



You must be enrolled in UC SHIP to download the StudentHealth app.

From your mobile device or tablet:

Go to App Store® or Google Play™ and download the **StudentHealth app**. Tap **Register Now** and follow these easy steps:

1. Enter your first name, last name, your UC student ID number and your date of birth (mm/dd/yyyy).

Note: If you are unable to register, reenter what you typed into the "first name" field by trying one of these options: First name [space] middle name (ex. Joseph Jayden); first name [space] middle initial (ex. Joseph J.); first name [space] middle initial with a period (ex. Joseph J.).

2. On the **Credentials** screen, select a username (typically firstname.lastname) or use the assigned one.
3. Create a password and login.

From your computer:

1. Go to <https://mobilehealthconsumer.com/studenthealth>

Note: Be sure to include the "s" in: <https://>

2. Choose **Register Now**.
3. Then follow steps #1 through #3 as listed above.

To view your claims using the app:

1. Click on **Your Benefits** page
2. Click **Check Claim Status**

Note: If you have not yet linked your Anthem online account to your MHC account, you will need to enter your anthem.com/ca username and password to activate the single sign-on process.

FIND OUT WHO YOUR SUBJECT LIBRARIAN IS



UC San Diego librarians are available to help with
your research needs—whatever they may be!

BASIC NEEDS RESOURCES



CalFresh food benefits are funds available to grad students to help supplement their food budget. Fill out the [form](#) for info!



The [Hub's](#) goal is to serve students with respect, offer referrals to on and off campus resources based on their Basic Needs, to increase accessibility to food, housing, and financial resources.



The Triton Food Pantry aims to ensure that every student has enough energy to get through the day and that no student should give up a single meal for any reason. [Click for opening hours.](#)

UPCOMING

EVENTS

SEPTEMBER

09/20 - Welcome Back Event

at Rough Draft at Mesa Nueva from 5 to 8pm

09/25 - HDH and GSA Rooftop Lounge

at the Mesa Nueva Parking structure from 6:30 to 9pm

09/26 LGBTQIA+ Community Fall Welcome

at the LGBT Resource Center from 5 to 7pm

OCTOBER

10/02 - Fall Career Fair

at RIMAC Arena, UC San Diego

Science & Technology from 9 to 1 pm

All Majors from 5 to 9 pm

10/25 - Winter Free for All

at Price Center Ballroom from 5 to 8pm