Hello Aggie Parents and Families,

We wish you health and wellness as we head into a holiday season. As parents, we know the worries that come with college life whether your student is at home or on campus. The COVID-19 pandemic can be overwhelming for parents and students especially when it comes to schooling and working at home. We hope to make your lives a little easier through helping you stay updated and informed with all things UC Davis that parents need to know.

About Us

The UC Davis Parent and Family Council is a group of parent and family member volunteers who are committed to improving the quality of the university experience for the entire UC Davis community. Each month a member of the council writes a column for you in For Parents by Parents.

For Parents by Parents: Aggies at Home with the Arts

By: Mary Jane Dellafiora

Did you know you and your student can still access the vibrant arts scene at UC Davis? Your APFC Communications Chair, Mary Jan Dellafiora, gives us a rundown of all of the great virtual lectures, exhibits and performances at UC Davis!

Become a member TODAY!

Your Aggie Parent and Family Association (APFA) is here with fun filled events and member exclusive perks to keep you connected! Membership comes with our exclusive biker themed “UC Davis Parent” t-shirts. Make sure to use promo code HOL for a special gift in your member kit.

Check out our Student Alumni Association to see what opportunities your student has access to.

Bundle your membership so you and your student get the best!
Registration Updates

It’s time for your student to register for winter quarter. As a reminder, many winter quarter classes will be taking place remotely. Remote and in-person course offerings are viewable to your student on Schedule Builder.

At UC Davis, registration takes place during two intervals called “Passes.” Undergraduate students are assigned an appointment time during each of the two passes. The winter quarter pass times are:

Pass Time 1: 11/21/20-11/22/20
Pass Time 2: 12/5/20-12/14/20

For more information on pass times please visit: https://registrar.ucdavis.edu/registration/register.

Encourage your student to reach out to their advisor for questions regarding their winter quarter schedule.

Tutoring

Midterms and finals are coming up! If your student is struggling on their schoolwork, UC Davis provides great tutoring services through our Academic Assistance and Tutoring Centers (AATC). Your student can schedule virtual tutoring appointments, book an appointment with a writing specialist, submit their writing for feedback, and join virtual drop-in tutoring.

Not sure where to start? Ask the AATC Virtual Front Desk

Staff are available by live Zoom Mon.-Fri. 10 a.m. - 4 p.m. and Sundays 3 - 7 p.m. to assist the campus community. They can help you find the AATC services you need, contact Specialists, and navigate our online platforms to access services.

You can also email questions any time using AATC’s contact us form.

Mental Health Resources for Students

Mental Health Appointments are available via secure video conferencing or telephone. Schedule an appointment online at hem.ucdavis.edu or call 530-752-0871.

For more Information: https://ucdavis.app.box.com/s/4bhf6r7r06ikz505c8b030chtdfni6ce

Tips for Managing Socio-Political Stress:

- Acknowledge your feelings. Allow yourself time to feel what you feel and know that your feelings are valid.
- Reach out to people you trust. Talk to people who support you, respect you and listen to
Encourage them to join the Cal Aggie Alumni Association throughout the month of January for a discussion of life after college during “Alumni 101”. Each week we’ll be focusing each session on the things we wish we knew about post-grad life: making friends, accepting a job offer, managing imposter syndrome, and going to graduate school.

Alumni 101 sessions will include:

- Making Friends and Building Community
- Careers: Accepting Job Offers, Negotiating, Understanding Benefits
- Financial Literacy
- Gap Year Before Grad School

Learn more about Alumni 101 at: https://alumni.ucdavis.edu/events/alumni-101

**On-Campus Residence Halls will be Closed for Winter Break**

The Student Housing and Dining Services residence halls will be closed for the winter break. (Halls close at noon on December 19 and reopen at noon on January 2.) Residence Hall residents will need to vacate the buildings and card access will be disabled. Alternative housing options will be available on campus on a limited basis. The campus will be closed and most services will be limited. If a resident has a housing need for the winter break, contact studenthousing@ucdavis.edu by November 25 for first consideration and priority.

Additional details and information can be found on the housing website and will be e-mailed to all current residents.

**Is your student graduating?**

Encourage them to join the Cal Aggie Alumni Association throughout the month of January for a discussion of life after college during “Alumni 101”. Each week we’ll be focusing each session on the things we wish we knew about post-grad life: making friends, accepting a job offer, managing imposter syndrome, and going to graduate school.

Alumni 101 sessions will include:

- Making Friends and Building Community
- Careers: Accepting Job Offers, Negotiating, Understanding Benefits
- Financial Literacy
- Gap Year Before Grad School

Learn more about Alumni 101 at: https://alumni.ucdavis.edu/events/alumni-101

**Careers**

**Internship & Career Center**

**ICC is Ready to Help!**

**By: Marcie Kirk Holland**

The UC Davis Internship and Career Center (ICC) is ready to help your student get their next job or internship! Winter break is the perfect opportunity to focus on career preparation without the worries of classes, papers, or exams. Read more to learn about the ICC’s services from Executive Director Marcie Kirk Holland.

**Around Campus**
Students to Help Students Find Stable Housing
By: Cari DuBois-Wright

Housing insecurity and homelessness are a growing problem on college campuses nationwide. Click "read more" to learn about Aggie House, a UC Davis student-led transitional shelter which will work to address housing insecurity. Cari DuBois-Wright, Associate Director of Development in Parent Giving, brings us this story and shares how philanthropy plays a crucial role in this initiative.

The Electrification of ASUCD Unitrans

ASUCD Unitrans is five buses closer to its goal of funding 14 quieter, cleaner battery electric buses — a major milestone on the way to planned full electrification of its fleet by the early 2030s and major step in reducing greenhouse gas emissions.

COVID-19 Campus Updates

Bookmark these important links:
Please bookmark the Students and Families page and Student FAQ on the Campus Ready website, as these are the two main COVID-19 related information resources for students.

You should pay particular attention to the sections about:
- Daily Symptom Survey - required to access campus facilities.
- Gatherings, Events and Meeting Guidance for Campus - this will be updated as guidance evolves from state and county public health directives.
- COVID-19 Testing Program - groups eligible to access testing are listed and described on this page.
- Information about Quarantine and Isolation and Contact Tracing Efforts
- Interim Public Health Policy and Reporting Violations
- Flu Shot - all members of the campus community and their families are strongly encouraged to get the flu vaccination.

Students: Get tested before and after Thanksgiving travel
For all of fall quarter, campus has discouraged non-essential travel to help reduce any potential spread of the virus. Considering the current nationwide increase in cases and the expectation that this will continue throughout the winter months, our campus is taking steps
Remote Winter Quarter

Instruction/Academics for winter quarter will be remote:
While there are more in-person offerings than fall quarter, most classes will be held remotely, including all lectures and the majority of discussion sections for undergraduate students and graduate students.

Traveling to Davis for winter quarter:
Students who are moving to Davis for the first time or traveling back to Davis from winter break will be expected to be tested at the campus testing kiosk within seven days of their return and no later than Sunday, January 10.

Travel and Stay:
Students who choose to leave Davis and travel to their home destination or to a different household or households for Thanksgiving will be expected to be tested at the campus testing kiosk in the week prior to leaving Davis. Please visit the COVID-19 Testing Program page for information on how to make a testing appointment.

Travel and Return to Davis:
Students returning to Davis from their home destination or from a different household or households for Thanksgiving will be expected to be tested at the campus testing kiosk in the week prior to leaving Davis and again within seven days of their return (but no later than Sunday, December 6). Please visit the COVID-19 Testing Program page for information on how to make a testing appointment. Students with residential meal plans will be able to get meals to-go from their assigned dining commons.

Housing for Winter Quarter:
If your student is looking to move to Davis for the winter quarter, they may need housing. The application for winter quarter on-campus housing is due on December 1st. The last day to cancel on-campus Winter Quarter housing without a penalty is December 10th.

• There are a variety of housing resources for students living off campus. Housing resources for students living off campus include an Off-Campus Private Lease Help Desk offered by the Aggie Compass Basic Needs Center and the COVID-19 housing information page provided by ASUCD Student Legal Services. Importantly, options are available for students to live on campus and off campus with short-term leases.

• The winter quarter on campus housing application as well as additional information and deadlines can be found at the housing website.

Aggie Public Health Ambassadors to Educate and Assist on Campus
Campus has hired around 250 undergraduate students to serve as Aggie Public Health Ambassadors this quarter. These student employees will model healthy behavior, educate about campus protocols and encourage everyone to make healthy choices that reduce the transmission of COVID-19. In collaboration with the Division of Student Affairs, faculty leaders from the Department of Public Health Sciences at the School of Medicine oversaw training and supervision for the program.

Online resources for your student:
Although campus has reduced its current in person operations, many resources are still available in remote formats to support your student:
• Global Affairs and Services for International Students and Scholars
• Student Affairs - Virtual UC Davis
• Undergraduate Education - see Remote Programs and find Student Resources on Keep Teaching website

Virtual UC Davis

COVID TESTING

For More Information

Important Dates

FASFA is Now Open!
Open Application: 10/1/2020
Closed Application: 3/2/2020

Wave UC SHIP by Dec 1
If you already have your own insurance, do not forget to waive your UC SHIP. Deadline to submit the waiver is December 1st.
For the waiver application please click below.
Thanksgiving Break
Thanksgiving break for students will be from November 26-27, 2020.

Winter Break
Students will not be in classes from December 21, 2020 - January 4, 2021

Upcoming Events

You could win $100 Aggie shopping spree!

It's no secret: Aggies outdo themselves. This November, Alumni and Affiliate Relations is challenging you - Alumni, parents, and students - to go above and beyond for your community through volunteering or service.

Give back in the month of November and tell us what you did to be entered to win a UC Davis branded facemask or our grand prize: A $100 shopping spree at the UC Davis Bookstore!

Don't know where to start? Click read more for volunteering ideas, links to volunteer opportunities, and to view the volunteer form. But remember, all forms of service make a difference, both big and small. So, when you see a need, take the lead! It's as simple as that.

Date: Ongoing throughout November

READ MORE

Push-ups for the Mind: Strengthening our Effectiveness and Well-being with Mindfulness Meditation

Mindfulness meditation involves paying attention to our present moment experience without elaboration or reactivity. A growing body of research finds that training individuals to practice this form of meditation boosts psychological health and well-being. In this presentation, Dr. Jha will discuss her research offering mindfulness training to high performance/high stress groups such as students, business and medical professionals, first responders and military service members, as well as elite athletes. If you are interested in this topic but unable to join us during the webinar,
Register so you can receive a recording of the session afterwards. This event is part of the Campus Community Book Project.

Date: Thursday, Dec 3
Time: 5:30pm Pacific

Better banking.

plus a $100 UC Davis Stores Gift Card!

With a branch close to campus, an on-campus ATM and affordable Computer Loans, plus convenient Digital Banking and thousands of surcharge-free ATMs and shared branches, USE Credit Union is THE financial institution for UC Davis students and alumni. Right now, if you join USECU and open a student checking account, you can get a $100 UC Davis Stores Gift Card! Just go online and use the promo code #GoAgs! Call 530.757.9466 to learn more.

Learn More

Free Webinar...

Personal Finance for College Students

December 1st 5pm-6pm

Free financial wellness webinar
Your student is on their way to earning a degree. But are they learning how to make smart money decisions too? You and your student are invited to attend USE Credit Union’s free Personal Finance for College Students webinar to learn how to create a budget, track spending, use credit wisely, repay student loans, and more. This event is sponsored by the Student Alumni Association. Register today!

Learn More & Register

Game Nights
Thursdays @ 6pm

Trivia Night - show us what you know!

Alumni and Affiliate Relations is inviting the whole Aggie family (Alumni, Parents, Retirees, Emeriti Faculty, and Students) to monthly game nights. Join us this November to show us what you know in a game of general knowledge trivia!

Prizes will be awarded to the top contenders.

Date: Thursday, December 17
Time: 6:00pm - 7:00pm Pacific

One Aggie Network. Many CONNECTIONS.