

# UC SANTA BARBARA

## How to Navigate Through Graduate School

SY 2021-2022 Orientation



September 2021 Edition

This Resource Partnership Project is brought to you by

The Graduate Division, the Graduate Student Association and the Graduate Student Resource Center

## About this Resource Packet

Making the transition to graduate school can be an exciting but also anxious time. The UC Santa Barbara Graduate Division, Graduate Student Association, and Graduate Student Resource Center partner with many offices across campus to coordinate services that students need to be academically successful and to experience optimal well-being.

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# ACADEMIC SUPPORT

## GRADUATE DIVISION ACADEMIC COUNSELOR

Graduate Division Academic Counselor [Ryan Sims](#) is available to support students throughout their academic journey. Please call Ryan at (805) 893-2068 or email to set up an appointment. You can also drop by our Graduate Division office on the third floor of Cheadle Hall.

[graddiv.ucsb.edu/academic](http://graddiv.ucsb.edu/academic)

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## GRADUATE DIVISION DIVERSITY PROGRAMS RESOURCE HANDOUT

Our Graduate Division Diversity Programs team has put together a printable resource poster.

[Download the Graduate Division's Diversity Programs' "How to Manage Conflict and Adversity in Graduate School" poster.](#)

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## DISABLED STUDENTS PROGRAM (DSP)

The DSP provides academic accommodations to students with disabilities. Students with disabilities are responsible for ensuring that DSP is aware of their disabilities and for providing DSP with appropriate documentation. DSP is located at 2120 Student Resource Building and serves as the campus liaison regarding issues and regulations related to students with disabilities. The DSP staff works in an advisory capacity with a variety of campus departments to ensure that equal access is provided to all disabled students. As Graduate Student, you have access to:

### Extended time to degree plans

DSP in coordination with the Graduate Division as well as providers and/or treatment team may work to create an extended time to degree plan that allows graduate students to maintain good academic standing while taking fewer courses per quarter or taking a longer time to complete program milestones.

### Comprehensive exam accommodations

DSP may work with departments and faculty to address barriers introduced by some formats of comprehensive exams. DSP will coordinate with the student and department to address inclusivity of format and recommend accessible modifications which may include extended time, modified exam format, etc.

[dsp.sa.ucsb.edu/contact-us](http://dsp.sa.ucsb.edu/contact-us)

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## CAMPUS LEARNING ASSISTANCE SERVICES (CLAS)

CLAS helps students understand course concepts, engage students in the learning process, guide students toward discovering solutions to problems, and encourage students to become independent thinkers and lifelong learners. While many CLAS services are geared toward undergraduates, many of their academic skills and language development workshops are also open to graduate students.

[clas.sa.ucsb.edu/enrollment-schedules-overview/workshop-schedule](http://clas.sa.ucsb.edu/enrollment-schedules-overview/workshop-schedule)

# ACADEMIC SUPPORT

## ENGLISH FOR MULTILINGUAL STUDENTS (EMS)

The English for Multilingual Students Program offers courses for undergraduate and international graduate students for whom English is not the first language. These courses help students develop English proficiency for academic and professional contexts.

[ems.ucsb.edu](https://ems.ucsb.edu)

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## INSTRUCTIONAL DEVELOPMENT

Instructional Development is devoted to ensuring excellence in both undergraduate and graduate instruction at UCSB. Instructional Development addresses the needs of faculty and teaching assistants over a tremendous range of subject matter, teaching philosophies, methods, styles, and technologies through instructional consulting and evaluation; technical media production support; and technical media display support.

[id.ucsb.edu](https://id.ucsb.edu)

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## GRADUATE WRITERS' ROOM

Whether you are working on your first seminar paper, putting the finishing touches on your dissertation, or just trying to catch up on some grading, the Graduate Writers' Room is here for you. Come work alongside your fellow graduate students, all while enjoying snacks and the best free coffee on campus!

[gradpost.ucsb.edu/writers-room](https://gradpost.ucsb.edu/writers-room)

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## OMBUDS OFFICE

The Office of the Ombuds is a safe place to come and discuss workplace issues, interpersonal conflict, academic concerns, bureaucratic runarounds, and many other problems. They serve faculty, staff, students, parents, and anyone else with a campus-related concern. All discussions are kept confidential. You can get in touch with them as a first step, as a last resort, or at any point along the way.

[ombuds.ucsb.edu](https://ombuds.ucsb.edu)

## STUDENT HEALTH

Student Health provides exceptional, inclusive, compassionate, comprehensive, and integrated healthcare services to promote health and well-being in order to empower students to thrive throughout their university experience. They offer a variety of medical services including dental care, vision care, and urgent care, as well as laboratory testing and pharmacy services.

[studenthealth.sa.ucsb.edu](http://studenthealth.sa.ucsb.edu)

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## COUNSELING & PSYCHOLOGICAL SERVICES

CAPS' mission is to assist Student Affairs and the University in helping the student body achieve academically, socially, and personally through culturally responsive mental health services. CAPS is committed to providing a safe, inclusive, and affirming environment to ensure that all students remain psychologically healthy in pursuit of their goals. All registered students are eligible for services at CAPS. When help is needed in sorting out a personal concern, CAPS is a resource for learning new skills in building self-confidence, relating to others, reducing stress, solving problems, and identifying options.

### CAPS Support Groups

CAPS hosts multiple discussion groups specifically for graduate students to share their experiences, voice their concerns, and find a greater community: "Graduate Student Process Group" and "Creating Community: A Support Space for Graduate Students of African Heritage".

[caps.sa.ucsb.edu](http://caps.sa.ucsb.edu)

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## MENTAL HEALTH PEER SERVICES

The MHPS helps students navigate the college experience more effectively. The MHPS provides:

- Drop-In Peer Counseling: the peers are trained to help students better manage some of the daily stressors from school & relationships. Stop by to talk and learn new tools to manage your current challenges.
- Massage & Egg Chair: Feeling stressed by life? Just want to practice good self care? Stop in to try out one of the 4 massage chairs or the egg chair to hit the reset button on your day and make everything feel a little bit better.
- Workshops: Learn how to better understand and manage your stressors, cope with academic anxiety, and become a master at relaxation by attending one of our workshops held throughout the quarter.
- School Anxiety Program: it includes three 1-hour long one-on-one sessions with a peer who will help you to learn important time management, coping, and relaxation skills to reduce your anxiety.

[ucsbmhp.com](http://ucsbmhp.com)

### HOSFORD COUNSELING & PSYCHOLOGICAL SERVICES CLINIC

The Hosford Clinic is a university-based community clinic that is designed to provide culturally sensitive, low-cost individual, couple, family, and group psychological treatment to the entire Santa Barbara community. We serve the general public as well as students, faculty, and staff from our local universities/colleges. The Hosford Clinic serves as a training site for students in the Department of Counseling, Clinical, and School Psychology (CCSP) of the University of California, Santa Barbara and as a clinical-research facility for the faculty and students of the CCSP Department.

[education.ucsb.edu/hosford](http://education.ucsb.edu/hosford)

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### STUDENT MENTAL HEALTH COORDINATION SERVICES

The SMHCS office is the single point of contact for the campus community to report concerns about a student in distress or a student distressing others. If you are worried about a fellow Gaucho, please refer to the Distressed Students Protocol for assistance determining an appropriate referral.

#### Distressed Students

The guide [Responding to Distressed Students](#) is an online excellent resource for providing information that may help in recognizing and responding to students in distress and making appropriate referrals.

[sa.ucsb.edu/responding-to-distressed-students/welcome](http://sa.ucsb.edu/responding-to-distressed-students/welcome)

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### PSYCHIATRIC SERVICES

Student Health has psychiatrists and social workers who are available by referral from either Counseling and Psychological Services or primary care clinicians within Student Health. The psychiatrists provide evaluations and, if indicated, medication and short-term supportive psychotherapy. Students with UC Student Health Insurance Plan (UC SHIP) are not charged for these visits; students covered by other insurance will be billed through BARC.

[studenthealth.sa.ucsb.edu/behavioral-health-at-shs/psychiatry](http://studenthealth.sa.ucsb.edu/behavioral-health-at-shs/psychiatry)

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### TELEMEDICINE CARE

Students enrolled in UC SHIP (UC's student health insurance program) can connect with a licensed medical professional or behavioral health professional virtually via smartphone, tablet, or computer using the LiveHealth Online service. No referral is needed, no co-pays, and LiveHealth directly bills SHIP Anthem Blue Cross (CA) for the telemedicine appointment.

[Click here to access LiveHealth Online details](#)

## SOCIAL WORK SERVICES

Student Health provides social services specializing in complex needs counseling, community referrals, academic adjustments around leaves of absence, ADHD screening, insurance consultation, and medical advocacy.

[studenthealth.sa.ucsb.edu/behavioral-health-at-shs/social-work](http://studenthealth.sa.ucsb.edu/behavioral-health-at-shs/social-work)

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## ALCOHOL AND DRUG PROGRAM

The UCSB Alcohol & Drug Program (ADP), a part of UCSB Student Health, strives to create a safe, healthy, and learning-conducive environment through the promotion of healthy choices concerning the use of alcohol, tobacco, and other drugs. The program emphasizes the elimination of harmful use, high-risk behavior, and related violence, and offers free, confidential counseling to all UCSB students.

Individual appointments can be made by calling (805) 893-5013, at the Student Health lobby appointment desk, or online through the [Gateway link](#) on the home page.

[adp.sa.ucsb.edu](http://adp.sa.ucsb.edu)

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## EATING DISORDER SUPPORT

Eating Disorders are complex and require several treatment modalities. UCSB Student Health has support to help students well enough to be in school, including:

- medical monitoring
- psychiatric evaluation
- nutrition support

[studenthealth.sa.ucsb.edu/behavioral-health-at-shs/eating-disorders](http://studenthealth.sa.ucsb.edu/behavioral-health-at-shs/eating-disorders)

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## GRADUATE STUDENT WELLNESS

The Graduate Student Wellness Program at UC Santa Barbara is a free program that provides wellness opportunities for all graduate students. Check out the Health & Wellness website for a full list of programming available to all students and quarterly offerings just for grads.

[wellness.sa.ucsb.edu/calendar](http://wellness.sa.ucsb.edu/calendar)

## GRADUATE STUDENT ASSOCIATION (GSA)

University Center Room 6052

The GSA is the elected representative government for UCSB graduate students and offers activities, grants, and opportunities to get involved on campus.

[gsa.ucsb.edu](http://gsa.ucsb.edu)

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## THE GRADUATE SCHOLARS PROGRAM

The Graduate Division's Graduate Scholars Program aims to provide a welcoming, collaborative, interdisciplinary research environment that thrives on the wide-ranging perspectives and experiences of a diverse population of students, a place where students can grow, excel and develop professionally, and one which will prepare them for careers of substance and impact. Click the link below to find out more about related resources.

[www.gradiv.ucsb.edu/GSP](http://www.gradiv.ucsb.edu/GSP)

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## MULTICULTURAL CENTER (MCC)

University Center Room 1504

Through the medium of high-powered educational programming, the MCC has been an agent for change on campus and in the greater Santa Barbara area. By partnering with academic departments, departments within the division of Student Affairs, and student groups, the Center conceptualizes and presents scholarly programs, performances, art shows, and facilitated discussions that enhance our awareness and inclusivity of all people.

[mcc.sa.ucsb.edu](http://mcc.sa.ucsb.edu)

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## RESOURCE CENTER FOR GENDER AND SEXUAL DIVERSITY (RCSGD)

Student Resource Building 3rd Floor

The RCSGD works with students, staff and faculty to ensure that LGBTQ identities, experiences and concerns are represented and addressed at UCSB. The center aims to create a vibrant and engaging environment through social and educational programming, volunteer and leadership opportunities, a comfortable and welcoming social and study space and professional and student staff members for support and advocacy. The RCSGD hopes that all LGBTQ students can thrive at UCSB, feeling safe, affirmed and valued on campus.

The RCSGD has worked with students and campus staff to create more safe and accessible restrooms for transgender and gender queer students, staff, faculty, alumni, and UCSB visitors.

[Download the map of all-gender restrooms on our campus.](#)

[rcsgd.sa.ucsb.edu](http://rcsgd.sa.ucsb.edu)

## LUNCH & LEARN

Lunch & Learn is a monthly informal seminar series that provides grad students with two important things: free lunch and a chance to socialize with and learn from their peers from across the campus. Each event features 15-minute talks by two graduate students – one from a STEM discipline (Science, Technology, Engineering, and Mathematics) and one from a SHEF discipline (Social Science, Humanities, Education, and Fine Arts).

[gradpost.ucsb.edu/lunch-and-learn](http://gradpost.ucsb.edu/lunch-and-learn)

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## OFFICE OF INTERNATIONAL STUDENTS & SCHOLARS (OISS)

Student Resource Building 3rd Floor

OISS serves UCSB's international students and scholars. OISS issues immigration documents for incoming students and hosts CALI Training, an online and in-person orientation program for international students. All incoming international students will need to complete CALI Training. OISS provides ongoing advising and support for international students, and hosts cultural programs throughout the year to help international students thrive at UCSB.

[Check out their welcome guide for international students.](#)

[oiss.sa.ucsb.edu](http://oiss.sa.ucsb.edu)

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## UNDOCUMENTED STUDENTS SERVICES (USS)

Student Resource Building 2nd Floor

USS practices a solution-focused, intercultural, intersectional, and social justice approach that provides personalized support, programs, services, and resources. USS strives to develop a strong sense of awareness and understanding of the experiences of undocumented students and immigrant communities by providing resources and tools for UCSB campus community to support undocumented students and their communities.

[sa.ucsb.edu/dreamscholars/home](http://sa.ucsb.edu/dreamscholars/home)

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## WOMEN'S CENTER

Student Resource Building 1st Floor

The Women's Center is the primary organization on campus dedicated to providing education on women's issues, feminism, healthy masculinities, and gender and social equity. In addition, they serve as a conduit for many other women's and social justice organizations, and a site for mentorship and external educational programs. Their space and programs are available to all individuals of all genders interested in understanding how gender shapes our social world, and how we can work to eliminate all forms of gender-based oppression. Students, faculty, staff, and community members are encouraged to participate in the Women's Center in various ways, for example, by attending an event, studying in the Center library, or gathering with friends for lunch.

[wgse.sa.ucsb.edu](http://wgse.sa.ucsb.edu)

## **WOMEN IN SCIENCE AND ENGINEERING (WISE)**

WiSE is a nonprofit campus organization that promotes equal opportunity for women and girls in science and engineering in order to improve their scientific and career advancement. WiSE encourages the participation of all science/engineering undergraduates, graduates, researchers, faculty, and professionals in the Santa Barbara area.

[www.wise.ucsb.edu](http://www.wise.ucsb.edu)

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## **SOCIETY FOR ADVANCEMENT OF CHICANOS AND NATIVE AMERICANS IN SCIENCE (SACNAS)**

SACNAS serves as a support group for students in STEM (Science, Technology, Engineering, and Mathematics). The society strives to promote both minority students and diversity in the STEM fields through professional development events, guest speakers, community service events, and high school outreach programs. SACNAS encourages Chicano, Hispanic, and Native American students, along with students of other ethnic backgrounds, to pursue higher education and assists them in obtaining the advanced degrees necessary for scientific research, industry, leadership, and teaching careers at all levels.

[ucsbacnas.org](http://ucsbacnas.org)

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## **QUEER AND TRANS GRADUATE STUDENT UNION**

The Queer and Trans Graduate Student Union (QT GSU) at the University of California, Santa Barbara provides a safe space for LGBTQIA+ identified UCSB students to socialize, organize, and seek support. The QT GSU advocates for the rights and well-being of LGBTQIA+ identified students on campus and works to foster ties with the greater Santa Barbara community.

[qtgsuucsb.wordpress.com](http://qtgsuucsb.wordpress.com)

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## **BLACK GRADUATE STUDENT ASSOCIATION (BGSA)**

The Black Graduate Student Association (BGSA) provides academic support and social resources to meet the needs of Black graduate students. BGSA is committed to mentorship, research, and service while also striving to create an inclusive environment where all students at UCSB can thrive. BGSA has partnered with organizations including the MCC, RCSGD, and GSA and welcomes collaboration with other like-minded individuals and organizations.

[UCSB Black Graduate Student Association Facebook Page](#)

## AMERICAN INDIAN GRADUATE STUDENT ALLIANCE

Members of the American Indian Graduate Student Alliance work to connect self-identified American Indian and Indigenous graduate students within and beyond the UCSB community, provide professional development opportunities, and develop interdisciplinary and relational approaches to American Indian and Indigenous (AI) studies.

[www.sa.ucsb.edu/communities/american-indian](http://www.sa.ucsb.edu/communities/american-indian)

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## THE ASIAN PACIFIC ISLANDER GRADUATE STUDENT ALLIANCE (APIGSA)

The UCSB APIGSA is an organization that strives to create and maintain spaces of support for graduate students of Asian panethnicity, while advocating for a more critically accurate representation of Asian American students. We welcome opportunities to critically engage notions of community in our development as students, individuals, and community members.

[apigsa-ucsb.wixsite.com/apigsa](http://apigsa-ucsb.wixsite.com/apigsa)

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## THE GRADPOST

The GradPost is a go-to website for news, funding, professional development, events, advice, and more related to graduate student life at UCSB.

[gradpost.ucsb.edu](http://gradpost.ucsb.edu)

## MONEY MATTERS STUDENT FINANCIAL GUIDE

This guide is not a comprehensive list of all existing resources, but intends to provide you with helpful information. Please be sure to read the [Money Management Basics](#) and [Financial Aid 101](#) sections of this guide, which include tips on how to develop good financial habits and make the best of available aid, as well as problem-solving steps to take when you're experiencing financial hardship. In particular, the [If You're Struggling Financially](#) section will help you come up with a step-by-step strategy on how to use the resources below.

[sa.ucsb.edu/resources/student-financial-guide](https://sa.ucsb.edu/resources/student-financial-guide)

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## GRADUATE DIVISION FINANCIAL SUPPORT

The Financial Support unit administers fellowship programs and certifies student eligibility for fellowship funding and graduate student academic appointments. The Fellowship staff is responsible for administering University fellowships; department block grants; government and federally funded fellowships; and private, foundation, and corporate awards. [Access guidelines on how to access tax information here.](#)

[graddiv.ucsb.edu/financial](https://graddiv.ucsb.edu/financial)

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## GRADUATE STUDENT RESOURCE CENTER (GSRC)

The GSRC offers a number of resources on finding funding for your research as well as personal finance matters such as loans, credit, insurance, and taxes. Take advantage of their ongoing workshops, one-on-one advising, and extensive online resources.

[gradpost.ucsb.edu/funding-resources](https://gradpost.ucsb.edu/funding-resources)

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## GSA EMERGENCY RELIEF GRANT

The GSA Emergency Relief Grant was approved by the UCSB graduate student body in 2011 and is designed to help graduate students who are experiencing sudden financial distress due to unforeseen circumstances. The amount of an award ranges between \$100 and \$1000 depending upon individual circumstances.

[gsa.ucsb.edu/emergency-relief-grant](https://gsa.ucsb.edu/emergency-relief-grant)

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## ALUMNI ASSOCIATION LOANS

The Alumni Association provides \$250 in emergency loan monies, with varying repayment terms to Graduate students only (undocumented AB540 students are eligible) who are experiencing a financial emergency. The student must submit an application form with valid photo ID. Visit the UCSB Alumni Association office in the Mosher Alumni House, located off of Mesa Road and near Campbell Hall. Applications not submitted in person will not be considered.

To verify availability of funding or to schedule an appointment, call (805) 893-3767.

## FINANCIAL CRISIS RESPONSE TEAM

The UCSB Financial Crisis Response Team exists to assist students who are facing a financial crisis or urgent financial need. This effort aims to assist undergraduate and graduate students who are facing significant financial difficulties that jeopardize their path to graduation. The team works closely to evaluate, respond, and support students in crisis in a streamlined and timely manner. If you are experiencing a crisis, email the Financial Crisis Response Team the details and they will work with you to develop a plan of action. Depending on the situation, you will either be asked to answer a few questions about the situation in an on-line form or be asked to meet in person with an advisor in the Office of Financial Aid and Scholarships, or both. An advisor will help guide you through the process. This effort was put in place to help undergraduate students as well as graduate students. Additionally, an emergency loan program has been established to assist international students in need.

[food.ucsb.edu/about/committees/financial-crisis-response-team](http://food.ucsb.edu/about/committees/financial-crisis-response-team)

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## STUDENT MEDICAL EMERGENCY RELIEF FUND

SMERF was designed to assist UCSB students experiencing medical emergencies and students who have graduated will be eligible up to one quarter after their graduation date if they incurred a medical emergency during a quarter in which they were enrolled. Moreover, a student is eligible if they are unable to pay existing, anticipated or outstanding medical expenses.

Any inquiries can be directed to the SMERF Account Manager by [email](#) or at (805) 893-3253.

[sa.ucsb.edu/smerf/welcome](http://sa.ucsb.edu/smerf/welcome)

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## CAMPUS, ADVOCACY, RESOURCES, AND EDUCATION EMERGENCY FUND

CARE Program assists survivors of interpersonal violence by providing advocacy and accompaniment services. Professional advocates with CARE specialize in helping individuals heal after an experience with sexual assault, dating/domestic violence, stalking, or sexual harassment by connecting them to other campus and community resources and helping them navigate different medical, legal, and campus processes. To apply, contact CARE at (805) 893-4613 to schedule an appointment. If you have general questions about this fund, you can call the Women's Center office manager at (805) 893-3779.

[wgse.sa.ucsb.edu/care/home](http://wgse.sa.ucsb.edu/care/home)

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## WOMEN'S CENTER BRIDGE OVER TROUBLED WATERS FUND

The Women's Center provides small emergency grants to women who are single student parents. Grant amounts vary and are determined on a case-by-case basis.

To apply, first contact WGSE Director Betsy Kaminski by [email](#) or at (805) 893-3858 to schedule an appointment. Students can receive this grant a maximum of one time per year. The turnaround time is approximately 1-2 weeks.

[wgse.sa.ucsb.edu/WomensCenter/home](http://wgse.sa.ucsb.edu/WomensCenter/home)

## GUARDIAN SCHOLARS FUNDS

Emergency grants of varying amounts are available for Guardian Scholars (former Foster Youth) experiencing serious financial difficulties. Requests are reviewed by a committee in consultation with Financial Aid. To apply, contact [Lisa Przekop](#) in the Office of Admissions.

[sa.ucsb.edu/guardianscholars/home](http://sa.ucsb.edu/guardianscholars/home)

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## ORION MEDICAL FUND

The Orion Fund provides grants up to \$5,000 toward uncovered medical costs, medical technology, educational costs, and living expenses to college students in California who are living with serious, non congenital illness and injury so they may continue working toward their educational goals. Grants are applied to cover the costs of medical crises that occurred within the previous year.

To apply, an application form, personal statement, letters from medical/other advisors, unofficial transcript, copies of medical or other bills are required.

[theorionfund.org/grants.php](http://theorionfund.org/grants.php)

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## DANNY RILEY MEDICAL FUND

The Danny Riley Fund was created to assist students who are suffering from cancer and other serious, chronic illnesses, and to help them remain actively engaged in their educational careers and achieve their full potential. Grants of varying amounts are used to support these students and their families, thereby easing their financial burdens while attending to their medical needs.

To apply, contact the Disabled Students Program director at (805) 893-2182 or (805) 893-2668.

[sa.ucsb.edu/resources/student-financial-guide/resources/medical-care](http://sa.ucsb.edu/resources/student-financial-guide/resources/medical-care)

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## UNDOCUMENTED STUDENTS SERVICES' DREAM SCHOLAR FUND SCHOLARSHIP

Every year, USS has the opportunity to award a few scholarships for current UCSB students. They will announce them through [www.sa.ucsb.edu/financial-aid/financial\\_resources](http://www.sa.ucsb.edu/financial-aid/financial_resources) and through email as they become available throughout the year.

Scholarships will most likely become available winter and spring quarters. Each will have varying amounts and will be based on different criteria to ensure every student is eligible.

[www.sa.ucsb.edu/financial-aid/financial\\_resources](http://www.sa.ucsb.edu/financial-aid/financial_resources)

## ASSOCIATED STUDENTS FOOD BANK

Located on the third floor of the UCEN, the ASFB provides students with free food resources and toiletries. To be eligible, users must (1) be registered UCSB undergraduate or graduate students and (2) making less than \$14,484 per year.

[foodbank.as.ucsb.edu](http://foodbank.as.ucsb.edu)

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## MIRAMAR PANTRY

Located in the Sierra Madre Villages, Miramar provides students with free food resources and toiletries. To be eligible, users must (1) be registered UCSB undergraduate or graduate students and (2) making less than \$14,484 per year.

[housing.ucsb.edu/dining/food-pantry](http://housing.ucsb.edu/dining/food-pantry)

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## ISLA VISTA ELEMENTARY FOOD PANTRY

Pop-up food distribution service that supplies students and families with fresh produce and food staples. Occurs once a month at IV Elementary. Participants are encouraged to bring their own reusable bags.

[foodbanksbc.org/programs/feed-the-future/healthy-school-pantry](http://foodbanksbc.org/programs/feed-the-future/healthy-school-pantry)

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## CALFRESH

A federally funded nutritional assistance program, Calfresh gives students purchasing power when shopping for groceries. Qualifying students can receive up to \$192 in monthly benefits.

Supplemental Nutrition Assistance Program funds //Calfresh// is back in the courts and waiting for a ruling. International Students and Scholars are advised to not pursue SNAP funds until the court ruling comes through.

[food.ucsb.edu/calfresh](http://food.ucsb.edu/calfresh)

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## FOOD, NUTRITION AND BASIC SKILLS

Free workshops that give students the opportunity to taste delicious and easy meals, practice their hands-on cooking skills, and learn how to stretch their dollar while grocery shopping.

[wellness.sa.ucsb.edu/fnbs](http://wellness.sa.ucsb.edu/fnbs)

## FOOD

### FOOD NOT BOMBS

Both a social movement and community potluck, this all-volunteer organization prepares free vegan and vegetarian dinners for the IV community every Sunday.

[facebook.com/fnbiv](https://facebook.com/fnbiv)

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### OLIO

OLIO connects neighbors with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. For your convenience, OLIO can also be used for non-food household items too. OLIO is super easy! To make an item available, simply open the app, add a photo, description, and when and where the item is available for pick-up.

[olioex.com](https://olioex.com)



# HOUSING

## UCSB OWNED HOUSING

UCSB Housing and Residential Services offers a wealth of housing selections to match graduate students' individual or family needs.

[housing.ucsb.edu](https://housing.ucsb.edu)

### University Graduate Student Housing: San Clemente Villages

San Clemente Villages apartments are conveniently located between the main campus, Isla Vista, and shopping centers, and are accessible by bus, bike, or on foot.

[housing.ucsb.edu/residences/san-clemente-villages](https://housing.ucsb.edu/residences/san-clemente-villages)

### Family Student Housing

Family Student Housing provides a limited number of one and two-bedroom, single-family units for full-time UCSB students. The apartments are located in two separate complexes approximately 1 mile from the main campus. Non-traditional and extended families are welcome. Families with children are given priority. Applicants and students are advised to sign the waiting list as early as possible.

[housing.ucsb.edu/family-student-housing-general-information](https://housing.ucsb.edu/family-student-housing-general-information)

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## OFF-CAMPUS HOUSING

With the exception of Isla Vista, most off-campus housing options do not need to be secured months in advance. Landlords usually post open listings when they are available and will want tenants who can move in right away. Plan to start looking for housing about a month before you plan to move in.

### 2018-2019 Typical Rental Costs

- Private room in a shared apartment or house: \$934/month (Goleta), \$1693/month (Santa Barbara)
- Studio: \$1298/month (Goleta), \$1693/month (Santa Barbara), size and amenities can vary widely
- 1-bedroom apartment: \$1525/month (Isla Vista), \$1733/month (Goleta), \$1842/month (Santa Barbara)
- 2-bedroom apartment: \$2640 (Isla Vista), \$2254/month (Goleta), \$2758/month (Santa Barbara)
- 3-bedroom apartment: \$3773/month (Isla Vista), \$3297/month (Goleta), \$3881/month (Santa Barbara)

[housing.ucsb.edu/community-housing-services-general-information](https://housing.ucsb.edu/community-housing-services-general-information)

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## UCSB GRADUATE STUDENT ROOMMATE SEARCH

Join the [Facebook group](#) if you are looking for fellow graduate student roommates.

# HOUSING

## RENTAL LISTINGS

- [Craigslist](#)
  - [PadMapper](#) puts Craigslist apartment listings on a map, making it easy to compare different rentals in a neighborhood. You can also sign up for a free account that lets you save listings with notes.
  - [UCSB Community Housing Office Rental Listings](#) requires [UCSB NetID \(activate your netID\)](#)
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## COMMUNITY HOUSING OFFICE

The CHO empowers renters with accurate and constructive knowledge of their rights and responsibilities. Services include housing placement, dispute resolution, and educational workshops.

[housing.ucsb.edu/community-housing-services-general-information](https://housing.ucsb.edu/community-housing-services-general-information)

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## SANTA BARBARA STUDENT HOUSING COOPERATIVE

The Santa Barbara Student Housing Cooperative (SBSHC) provides low-rent cooperative housing for students, staff, and faculty of UC Santa Barbara, Santa Barbara City College, and other post-secondary educational institutions in Santa Barbara County.

SBSHC welcomes members regardless of gender, race, social, political or religious affiliation, thereby working to eliminate prejudice and discrimination in our communities. We strive to engage in continuous educational programs that further the principles of cooperative through mutual, self-help living at a minimal cost.

[sbcoop.org](https://sbcoop.org)

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## AS LEGAL RESOURCE CENTER

Provides free legal consultations, education, and referrals to registered UCSB students. An attorney can offer support on a variety of topics, including credit and debt problems, landlord tenant disputes, and employment problems. Housed at the Pardall Center in IV.

[legal.as.ucsb.edu](https://legal.as.ucsb.edu)

# CAREER SUPPORT

## CAREER SERVICES

Career Services is a key resource and trusted ally to UCSB graduate students. As career development is our area of expertise, we work closely with PhD and Masters students in successfully navigating and achieving their career aspirations. We assist graduate students in three main areas that we've found to be pivotal to short- and long-term success: honing career focus and goals, acting strategically, and developing relationships and networking. We also understand the unique challenges that graduate students often face in regards to utilizing career services, including limited time, inconvenience, and potential conflicts of interest with advisor/department, and we support these needs through a partnership with Career Services and the Graduate Division.

[career.ucsb.edu/grad-students](https://career.ucsb.edu/grad-students)

### Additional Resources:

[Ph.D. and Masters Career Timeline](#)

[Tips for New Masters Students](#)

[Tips for New Ph.D. Students](#)

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## GRADUATE STUDENT RESOURCE CENTER (GSRC)

Located on the first floor of the Student Resource Building (Room 1215), the GSRC is the primary resource for graduate students at UCSB for career and professional development support. The GSRC offers a variety of workshops and events, individual advising, and referrals to other campus resources that serve graduate students. The GSRC also publishes the GradPost, which is a go-to website for news, funding, professional development, events, advice, and more related to graduate student life at UCSB.

[gradpost.ucsb.edu](https://gradpost.ucsb.edu)

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## BEYOND ACADEMIA

The Beyond Academia conference at UC Santa Barbara is an annual event aimed at preparing graduate students and postdoctoral researchers in all stages and disciplines to pursue a wide range of career options after graduate school. Whether you are on the job market or just starting to explore career options, Beyond Academia will help you create an action plan for your future.

[beyondacademia.ucsb.edu](https://beyondacademia.ucsb.edu)

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## CENTER FOR SCIENCE AND ENGINEERING PARTNERSHIPS (CSEP)

CSEP together with multiple groups, departments, faculty and staff at UCSB offers an intensive Professional Development Series that focuses on the knowledge and practical experience essential for the success of graduate students and postdoctoral scholars and their future varied careers in science, engineering and mathematics. Workshop and seminars are usually offered bi-weekly, are approximately 1-2 hours in duration, and are led by professionals in the field or faculty from various STEM departments.

[csep.cnsi.ucsb.edu/programs/professional-development-series](https://csep.cnsi.ucsb.edu/programs/professional-development-series)

# LIBRARY SERVICES

## LIBRARY REOPENING FAQ

Up-to-date information can be found at:

[library.ucsb.edu/news/building-reopening-faqs](https://library.ucsb.edu/news/building-reopening-faqs)

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## PICKUP AND MAIL DELIVERY SERVICE

UCSB Library has a service for pickup and delivery of physical collections while the building is shut down during the COVID-19 pandemic.

[library.ucsb.edu/news/pickup-and-mailing](https://library.ucsb.edu/news/pickup-and-mailing)

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## COURSE RESERVES

Many instructors place material on reserve so that all students in the course have access to it. As of the start of fall 2020, Course Reserves are limited to electronic reserves. The library can either scan from library collections or accept your electronic files for Course Reserves.

[library.ucsb.edu/course-reserves](https://library.ucsb.edu/course-reserves)

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## INTERLIBRARY LOAN (ILL)

You can borrow electronic journal articles and book chapters from other libraries free of charge (and books, once most libraries reopen following the COVID-19 pandemic). When placing requests through our online forms, enter your library account number found at the bottom of your Access Card (21205 followed by your PERM # and two zeros).

[library.ucsb.edu/interlibrary-loan](https://library.ucsb.edu/interlibrary-loan)

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## OFF-CAMPUS ACCESS TO ONLINE RESOURCES

The library provides online access to thousands of research sources, including article databases, electronic journals, and electronic books. During the COVID-19 pandemic, you also have temporary access to millions of digitized books through the HathiTrust Digital Library.

[Article Indexes and Research Databases](#)

[Electronic Journals](#)

[HathiTrust Digital Library Emergency Temporary Access Service](#)

# LIBRARY SERVICES

## SCHOLARLY COMMUNICATION

Librarians offer consultations and presentations on author rights, open access policies & publishing, data management plans, eScholarship (UC's open access repository and publishing platform), and more. The library also administers an Open Access Publishing Fund for authors who want to make their research free to readers immediately upon publication.

[library.ucsb.edu/scholarly-communication](https://library.ucsb.edu/scholarly-communication)

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## SERVICES FOR UCSB LIBRARY USERS WITH DISABILITIES

The UCSB Library has specialized services and equipment for users with disabilities.

[library.ucsb.edu/disability-services](https://library.ucsb.edu/disability-services)

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## SUBJECT LIBRARIANS

Subject librarians are here to help you with your research and are happy to meet with you by appointment on Zoom. We also encourage you to contact your subject librarian with recommendations for materials for the Library's collections.

[library.ucsb.edu/subject-librarians](https://library.ucsb.edu/subject-librarians)



# PARKING AND TRANSPORTATION

## UCSB PARKING AND TRANSPORTATION SERVICES

If you plan to drive to campus [learn more about parking permits](#). Check out the [free Graduate Night & Weekend Pass](#). The free pass allows parking on campus for graduate students Monday through Friday from 5 p.m. until 7:30 a.m. the next morning, and all day Saturday and Sunday.

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## COMMUTING ALTERNATIVES

The [Transportation Alternatives Program \(TAP\)](#) serves those who commute to UCSB by foot, skateboard, bicycle, bus, carpool, vanpool or train. TAP provides up to 6 days of complimentary parking per quarter, along with many other benefits.

- [Vanpool Program](#)
- [Train Commuting](#)
- [Clean Air Express](#)

### Biking

Biking is the main mode of transportation for UCSB students. If you live within two miles of campus, you cannot get a day parking permit (unless you work more than 45% time), so bring a bike with you or look for a used one on [Craigslis](#).

[tps.ucsb.edu/commuter-options](https://tps.ucsb.edu/commuter-options)

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## PUBLIC TRANSPORTATION

All public transportation is easily accessible by [MTD bus lines](#).

- [City Buses \(MTD\)](#): Registered UCSB students may ride the bus for free with valid student ID.
  - [Greyhound Bus](#): located in the Train Depot next to the Amtrak station downtown.
  - [Amtrak](#): there are two local stations, one in Goleta and another downtown on lower State Street.
  - [Airlines](#): the Santa Barbara Airport is adjacent to the UCSB campus.
  - [Santa Barbara Airbus](#): local transportation to LAX and Burbank Airports. Charters, play & concert connections, and much more.
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## OTHER TRANSPORTATION OPTIONS

[Zipcar](#): offers access to cars parked right on campus by the hour or by the day.

[www.gradpost.ucsb.edu/new-students/transportation](http://www.gradpost.ucsb.edu/new-students/transportation)

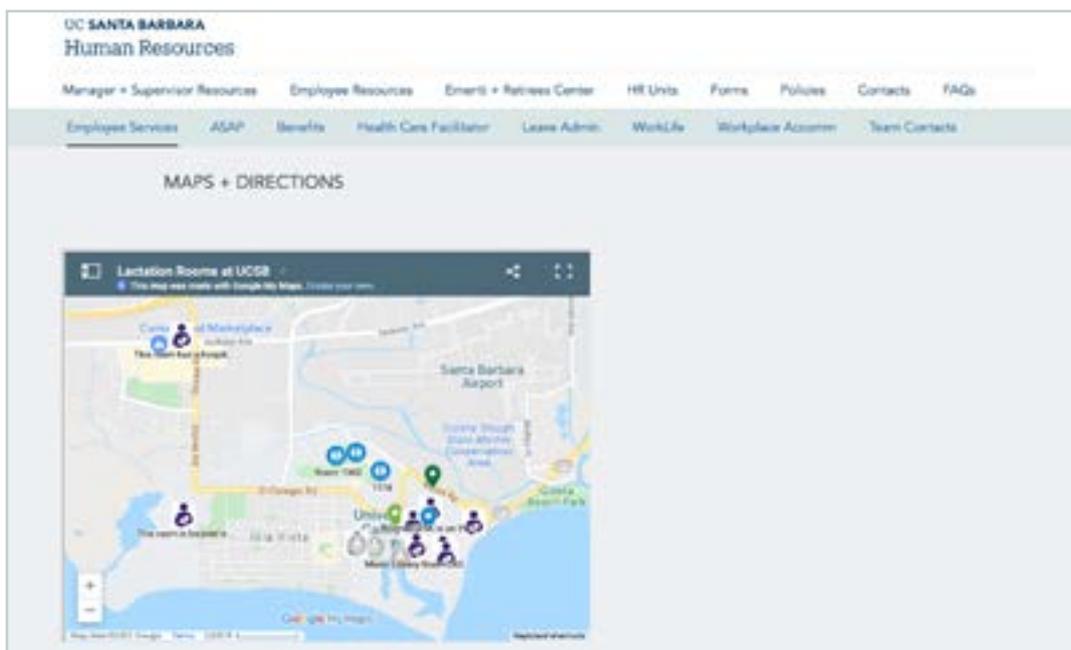
# GRADUATE STUDENT PARENTS

Success in graduate school is more than just reading, writing, and researching. For graduate student parents, it is crucial to find adequate support and resources for your family in order to thrive as a scholar. Whether you already have children or are thinking about starting a family while in graduate school, UCSB has resources, support, and benefits to help you thrive.

[Access the GradPost resource page for graduate student parents.](#)

## Lactation Support Program

The University of California recognizes the importance and benefits of breastfeeding for both mothers and their infants. UCSB is committed to providing the information and support needed if you choose to breastfeed or express milk.



### For more information and work-life resources:

Contact Shira Miner, Work-Life Resource Coordinator

Phone: (805) 893-6063

Email [Shira.Minerd@hr.ucsb.edu](mailto:Shira.Minerd@hr.ucsb.edu)

[Access a map of lactation accommodation spaces on campus.](#)

### Registration, Information and Workplace Accommodations

[www.hr.ucsb.edu/hr-units/employee-services/lactation-support-program](http://www.hr.ucsb.edu/hr-units/employee-services/lactation-support-program)

## ADDITIONAL RESOURCES

### OFFICE OF STUDENT CONDUCT

The Office of Student Conduct adjudicates academic and behavioral violations of the Student Conduct Code. We demand the highest academic and behavioral integrity and ensure community by repairing violations of trust through restorative practices and administrative resolution. Above all, we value humanity and honor identity throughout all of our processes.

The UCSB Student Conduct Code exists to support the standards of social and academic behavior to uphold an environment conducive to student learning. As Student Affairs professionals, we strive to embody the UC Santa Barbara Campus Regulations and the Student Affairs mission in what we promote to our students.

Please contact us directly by phone at (805) 893-5016 or by **email**, or **submitting an online report**.

[studentconduct.sa.ucsb.edu](http://studentconduct.sa.ucsb.edu)

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### TITLE IX & SEXUAL HARASSMENT POLICY COMPLIANCE OFFICE

The Office of Equal Opportunity & Sexual Harassment / Title IX Compliance (OEOSH/TC) is composed of two departments that are responsible for the University's compliance with federal and state laws and University policies and procedures regarding issues of discrimination, retaliation, sexual harassment and sexual violence involving students, staff, and faculty.

[oeosh.ucsb.edu](http://oeosh.ucsb.edu)

#### Resources

- [Guide and resources for impacted students](#)
  - [TA Guide for responding to student sexual violence and sexual harassment](#)
  - [Guide for TA's, Supporting LGBTQ students in the classroom](#)
  - [Policy description for graduate TA's](#)
  - [Information for student responders](#)
  - [SVSH resources and information](#)
  - [What is sexual harassment?](#)
  - [Overview of violation procedure flowchart](#)
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### INTERDISCIPLINARY HUMANITIES CENTER

The IHC supports interdisciplinary research and public programs that advance knowledge about human experience in social, historical, and cultural contexts. Its collaborative programs in community engagement demonstrate the ways in which the humanities provide tools that reinforce the values of a democratic society.

[ihc.ucsb.edu](http://ihc.ucsb.edu)

## OFFICE OF STUDENT LIFE (OSL)

The home to registered campus organizations and student leadership development programs, OSL hosts a variety of special initiatives including After Dark Late Night Social Programs, CommUnity Grants, and Student-Initiated Outreach Programs.

[osl.sa.ucsb.edu](http://osl.sa.ucsb.edu)

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## US PASSPORTS

Need a new passport? The Rec Cen Customer Service Center is an authorized US Government Passport Acceptance Facility. You can avoid the hassles and long lines at the Post Office by making an appointment with us!

[recreation.sa.ucsb.edu/facilities/passports](http://recreation.sa.ucsb.edu/facilities/passports)

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## RECREATION CENTER (REC CEN)

The Department of Recreation's facility known as "Rec Cen" offers a variety of fitness and activity spaces such as a cardio and strength equipment, Climbing Wall, Multi-Activity Court, two swimming pools, racquetball and squash courts, soccer fields, pottery studio and more!

**Check out their group fitness and cycling classes taught by certified instructors.** Challenge yourself in classes such as Cardio Kickboxing, H.I.T.T., Pump + Abs, Cycle Circuit, Endurance Ride and more! Purchase a Group Fitness Pass to participate in any classes on the Fitness schedule or enroll in a Group Cycling class.

[recreation.sa.ucsb.edu/home](http://recreation.sa.ucsb.edu/home)

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## SPORTS

### Intramural Sports

UCSB Intramural Sports offers sports and leagues through the Department of Recreation each quarter. Complete against fellow students for an Intramural Championship. Beginner and advanced participants are welcome to play!

[recreation.sa.ucsb.edu/intramural-sports](http://recreation.sa.ucsb.edu/intramural-sports)

### Sports Clubs

UCSB Sport Clubs are offered through the Department of Recreation and are comprised of student organizations that focus on a particular sport. Clubs compete against other universities both locally and nationally. These clubs have a set game schedule and practice regularly, and include Ice Hockey, Lacrosse, Rowing, Rugby, Sailing, Soccer, Tennis, Ultimate Frisbee, Volleyball, Water Polo, and many more!

[recreation.sa.ucsb.edu/sport-clubs](http://recreation.sa.ucsb.edu/sport-clubs)

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## ADVENTURE PROGRAMS

The UCSB Adventure Programs offered through the Department of Recreation provides educational and recreational experiences through wilderness trips, outdoor recreation classes, ropes courses, and climbing programs.

[recreation.sa.ucsb.edu/adventure-programs](http://recreation.sa.ucsb.edu/adventure-programs)

## FAQs

### NEW GRADUATE STUDENT FREQUENTLY ASKED QUESTIONS

Here is a collection of the frequently asked questions from new graduate students. You can submit your own question using [this form](#).

Click on a link below to jump to a particular section:

- [Funding](#)
- [On Campus](#)
- [Student Life](#)
- [Academics](#)
- [Career](#)
- [Wellness](#)
- [Around Town](#)

Find the FAQs online  
[gradpost.ucsb.edu/new-students/faqs](http://gradpost.ucsb.edu/new-students/faqs)



**UC SANTA BARBARA**