

Supporting Healthy Learning

Alma Sifuentes, M.A.

Associate Vice Chancellor / Dean of Students

Family Orientation Program

University of California

A large, faint watermark of the University of California seal is visible in the background on the right side of the slide. The seal features a central figure holding a book and a torch, surrounded by the text 'UNIVERSITY OF CALIFORNIA' and '1868'.

Office of Campus Life

The following departments/services are supervised by the Associate Vice Chancellor

- Office of Physical Education, Recreation and Sports (OPERS)
- Student Health Services
- Student Organizations Advising Resources (SOAR)
- Student Academic Support Services
- Career Center
- Resource Centers

The Office of Campus Life and Dean of Students strives to complement the academic experience with programs that promote wellness, identity development, leadership development, academic success, career development, volunteerism and cultural competency.

Dean of Students

- Advocate for students
- Be a resource to students, to help overcome challenges
- Actively engage with student activists
- Provide educational opportunities for students around a myriad of topics

Whether students are looking for a student job, interested in intramural sports, need to make an appointment at the health center, or are looking for a tutor – the Office of Campus Life and Dean of Students provides students with the services and resources that they need.

“The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.”

-Greg Anderson

Components of Wellness



University of California

Mental Health

Mental Health Services

- Counseling and Psychological Services
- Psychiatry
- Medical Clinic
- Disability Resource Center

CPS provides the UCSC community with a wide range of mental health services, including short-term individual and couples counseling, group counseling, crisis assessment and intervention, and referral services. CPS is staffed by professional mental health workers, pre-doctoral interns, and post-doctoral fellows. CPS also provides preventative outreach and consultation services.

The mission of OPERS is to provide a variety of programs and physical activities that promote and enhance community, learning, leadership, lifelong wellness, and academic success. The philosophy of OPERS is to promote physical education and wellness as an essential part of the total educational experience.

Physical Wellness

Office of Physical Education, Recreation and Sports:

- Physical Education classes
- Wellness Center
- Recreational Workshops
- Intra-mural and Club Sports
- NCAA Athletics – Division III

The primary mission at UCSC Student Health Services is to provide quality health care focused on the particular needs of students. We strive to create a caring and supportive environment to assist students in maintaining their physical and emotional well being as students work toward the achievement of their academic goals.

Physical Health

Student Health Center

- Medical Clinic
- Pharmacy
- Insurance Services
- Radiology
- Medical Records
- Nutritionist
- After Hours Services (referral services)

Preventative Education

Counseling & Psychological Services

- Group workshops for topics such as body image, communication, depression, eating awareness, stress management, multi-cultural issues, test anxiety, time management

Student Health Outreach Promotion (SHOP)

- Educational services include: Alcohol, drug and tobacco education; sexual health; HIV; general health.

Other Partnerships

- Women's Center
- Gay Lesbian Bi-Sexual Transgender Intersex Resource Center
- Ethnic Resource Centers
- Nutritionist

Experiential Learning and Engagement

Students have the opportunity to learn outside the classroom through experiences such as:

- Volunteerism
- Leadership Opportunities
- Student Organizations
- Internships
- Co-curricular opportunities
- Peer Advising
- Student Employment
- Social Networking



Letting Go

“After 18 years of parenting and, it can be hard to let go. Here are some thoughts about the challenges of the transition ahead and advice to prepare right now.”

-Karen Coburn

- Recognize this is a time of ambivalence for all parents
- Recognize your student's conflicting emotions
- Take comfort in the knowledge that part of you is going with your student.
- Enjoy this time of celebration
- Continue to support your student

Being Away From Home for the First Time

“You have been teaching your student step-by-step from the earliest days--from learning to share toys to keeping track of homework assignments to managing allowance.

This is just one more step--though a big one on the journey to independence.”

-Madge Treeger

- Talk to your student about how you'll keep in touch
- Make a financial plan and discuss expectations with your student
- Continue to set expectations and goals; may have to try a new approach
- Be a coach rather than trying to solve your student's problems yourself
- Send care packages
- Be an anchor
- Expect change

Thank You

For more information, please visit:
campuslife.ucsc.edu

Alma Sifuentes

**Associate Vice Chancellor/Dean of
Students**

831-459-3755 or 831-459-4446

alma@ucsc.edu

University of California

A large, faint watermark of the University of California seal is visible in the background on the right side of the slide. The seal features a central figure holding a book and a torch, surrounded by the text 'UNIVERSITY OF CALIFORNIA' and '1868'.