

UNDERGRADUATE ADVISING NEWS (Spring 2014, Issue 6)

This newsletter is designed by your college advisers to keep you informed of important deadlines and alert you to programs and resources that may enhance your undergraduate academic experience.

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REMINDER: DEADLINE TO WITHDRAW FROM A COURSE: FRIDAY, MAY 9 **TOMORROW******

Regardless of the grading option you have chosen, you may formally withdraw from a class by filing a Petition to Withdraw from a Course at your college office. The completed petition must be filed by the end of the sixth week of instruction, which is the deadline date listed above. The grade notation of W will appear on your official transcript, but it will not be included in your GPA calculation.

REMINDER: DEADLINE TO WITHDRAW FROM THE UNIVERSITY: FRIDAY, MAY 9 **TOMORROW******

Due to unexpected circumstances, some students need to withdraw during a quarter. This date is the deadline to do so (except for medical or other emergency reasons). Before you initiate a withdrawal it is important to consider the possible implications. Here are a few to consider:

- Financial Aid, Campus Housing, and Parking Pass
- Coming back to the University: Readmission
- Academic Record
- Alternative options: Leave of Absence (if in good standing), Incomplete in a particular class OR withdrawing from an individual class.

Please see your college adviser for further clarification and assistance. If you do decide to withdraw from UCSC, you will need to file the [Petition for Withdrawal/Leave of Absence](#) at your college office. Your withdrawal or LOA does not become official until the petition is filed with your college.

REMINDER: DEADLINE TO ADD BY PETITION: FRIDAY, MAY 9 **TOMORROW******

This is your final opportunity to add a class to your spring quarter record. The petitions are available online at <http://registrar.ucsc.edu/forms/students/index.html> and require the signature of your instructor and the chair of the academic department offering the course. (You may also need the signature of your college adviser if adding the class brings your total credits to 20 or more and your GPA does not make you eligible for more than 19 credits.) There is a \$10 fee to file an Add by Petition form. It's a good idea to double-check your enrollments now on your MyUCSC account just in case a class you are attending is not on your record.

COMMUNITY STUDIES MAJOR INFO SESSION: FRIDAY, MAY 9

Interested in the Community Studies major? Want to find out more about it? Come to an information session on Friday, May 9, from 11am-noon, in the Oakes Mural Room. You'll learn about the major requirements, the full-time field study, and careers that Community Studies graduates pursue. We hope to see you on the 9th. For more information, please email peterston@ucsc.edu.

ADVISING WEEK: MONDAY, MAY 12 - FRIDAY, MAY 16

What is Advising Week? An opportunity for students to get assistance and guidance from their college (or major adviser) in order to prepare for Fall 2014 enrollment. This is a great time to meet with your college advisers to determine what GE's you might have left, and if you hope to graduate in the fall, what requirements you have left to meet. The fall *Schedule of Classes* will be available beginning tomorrow, May 9th.

UCSC UNDERGRADUATE EXPERIENCE SURVEY

Don't miss your opportunity to tell faculty and staff about your experience at UCSC! Take the UCUES survey today: <http://ucues.ucsc.edu/>.

Help improve the student experience and have a chance to win one of the three iPad Airs and/or a \$100 gift card to the campus bookstore!

SUMMER SESSION ENROLLMENT IS OPEN!

Enroll now for summer classes in your portal! UCSC [Summer Session](#) has 240+ classes, even 5 online! Most are 5 weeks, small class size, but intense and fast so plan to stay focused. Get caught up or get ahead in your progress toward graduation.

Check out special summer-only programs like service learning, [Shakespeare this Summer](#) (7 units, 2 gen eds) or [Dickens Universe](#) (1 week, 5 units, 1 gen ed).

Summer Aid and on-campus housing available. See [Summer Session](#) for fees, calendar, policies, and much more.

ADVISING TIP OF THE WEEK: HOW TO COMBAT SLEEP DEPRIVATION

Getting enough sleep is a constant battle for college students. College students are the most "sleep deprived" people in our country, with only 11% getting quality sleep according to a recent study. Further research indicates that students who go to sleep earlier and wake earlier perform better academically. In addition, there is a correlation between sleep deprivation and depression in college students. It is recommended that college students get 9 hours of sleep a night. Now that it is apparent sleep deprivation is an epidemic across college campuses, how do you combat it? Here are a few tips:

- **Bedtime:** Try to go to bed at the same time every night, and wake up around the same time as well. This will help keep your sleep cycle consistent.
- **Loud Roommates:** If a loud living space created by roommates is causing you to not get enough sleep at night, then have a chat with your roommate/s. If the situation still does not improve, buy a pair of earplugs and consider moving out. You could also consider using a fan to create white noise.
- **30 Minute rule:** If you find yourself lying awake, struggling to fall asleep, after 30 minutes get up and do something boring in dim light until you get sleepy. The longer you lie awake in bed the worse it will get.
- **Keep Your Bed for Sleeping:** This can be challenging with some living spaces as a college student, but do your best to not watch TV, study, use your lap top, etc. in bed as these activities will keep you stimulated and awake. Sleep therapists advise that it's harder for your body to relax if the space is associated with work.
- **Regular Exercise:** Exercise improves sleeping habits, so try to adopt at least 30 minutes each day to your routine. Don't exercise 4 to 5 hours before your bedtime.
- **Keep a Worry Journal:** If you are lying in bed thinking about everything you have to do the next day or worrying about your midterm tomorrow, then you will not get a good night's sleep. Consider keeping a journal by your bed where you can write down all the thoughts and worries that are racing around in your mind keeping you awake.
- **Keep a Realistic Schedule:** If you struggle getting up for that 8am class, then avoid 8am classes when it won't affect your academic progress. Try to structure your classes and study time around your sleep schedule and when you are most alert and productive.

This newsletter is produced by the UCSC Colleges Advising Support Team.
