

Anthony's UCLA Survival Guide

Program for Excellence
in Education &
Research in the
Sciences : **PEERS**

2121 Life Sciences

(310) 206-2182

peers@lifesci.ucla.edu

www.ugresearchsci.ucla.edu/
progpeers.htm

Inside the guide:

Counseling

PEERS Website

Tutoring

Neat study places

Financial resources

Taking care of
mind and body

Need to study but your roommate has friends over? Try these places around campus:

Central Campus:

Kerckhoff Hall student
lounges, patio and
coffee house;
Ackerman Union
(floors 1 and 3);
Powell Library (not
just for naps!);
Meyerhoff Park
(grassy area near
Janss Steps);

North Campus:

Young
Research Library
(YRL) has a renewed
library and pods,
Lu Valle Commons,
Northern Lights, the
Sculpture Garden,
and Arts Library in
Public Policy

South Campus:

Biomedical Library,
Botanical Garden,
Court of Sciences

True BRUIN TALK: How to navigate UCLA and Survive!



I have been a BRUIN for going on four years now as a doctoral student in the Department of Education. I was born in LA and raised in Pasadena. I have several things to share which I hope can help you navigate and survive UCLA life. Take my advice as a big brother/mentor who has been around for quite a while.

There is no *one size fits all* solution for success at UCLA. You are all different. Some of you work or commute. Others are introverted and have trouble meeting people. And some of you have no problem at all and find yourselves over-extended with students groups, community service and your new friends.

Over the years, I've worked with lots of students and I can share what has worked for them. Overall, the most important thing is that you **know where to get your questions answered**. Who you know isn't just important in the business world, it's also important at UCLA.

What do you need to know?

First, you need to **be aware** of the main sources of help for students. These people are usually your counselors. They know about rules and regulations. If they don't know something, they'll point you in the right direction.

Second, find **someone you trust** and build from there. It can be your RA, peer counselor, staff from PEERS, or a fellow student.



Five Ways PEERS Can Help

- 1. Community:** get to know your fellow PEERS students. He/she can help you out with that tough problem or with notes for the class you missed.
- 2. Counseling:** meet with Jinann Bitar, your PEERS counselor, as well as your departmental counselor to cover your bases.
- 3. Academics:** the workshops are designed to help increase comprehension.
- 4. Research opportunities:** as you advance in your major Dr. Barber and Dr. Hasson will be able to help you apply to research programs that offer scholarships.
- 5. *ANYTHING RELATED* to PEERS go to the WEBSITE!** www.ugresearchsci.ucla.edu/progpeers.htm

The Best People to Answer Your Questions?

The PEERS counselors are great and departmental counselors are great, but what if you need to get a petition approved or if you want to talk to a counselor about something besides academics?

AAP Counseling (1209 Campbell Hall)

As AAP students, you should go here first. Professional counselors can process petitions and make sure you're following regulations. They also offer peer counseling.

College Academic Counseling (A-316 Murphy Hall)

Full-time counselors and counseling assistants can help with program planning and meet with students in academic difficulty.

Honors Programs (A-311 Murphy Hall)

Counseling for Honors students and others in special programs (e.g., Alumni and Regents Scholars) on program planning, finding honors courses, and pre- and post-grad plans. Same day counseling appointments available.

Student Retention Center (105 Student Activities Center)

The SRC features 5 programs focused on culturally relevant peer counseling & mentorship. The SRC follows a "holistic" approach to peer counseling that doesn't just address academics.



Tutoring

We all strive for a 4.0, but how are you going to get there? One way is to use the academic resources available to you, such as tutoring. You can get help with papers, your calculus course, or that random GE that's tougher than you expected.

AAP Peer Learning (1214 Campbell)

AAP offers tutoring for many of your GE courses. Sign up for weekly tutoring at the beginning of the quarter.

LS Core Peer Learning (LSlab.LScore.ucla.edu/PLF)

This service offers support for students taking Life Sciences 1, 2, 3 or 4 with the aim of developing academic skills, critical thinking, and independent learning.

Writing Success Program (105 Student Activities Center)

The WSP offers drop-in and by appointment advising on your papers. WSP counselors help students brainstorm and organize their thoughts to facilitate the writing process.

Student Math Center (3974 Math Sciences)

Drop-in group study and tutorials for several lower division math classes. Open 9-3 pm Monday-Thursday.



Little Known Perks

There's so much going on at UCLA, there's no way you can know everything.

Central Ticket Office: buy discounted tickets for movies, amusement parks and more.

Kerckhoff Coffee House: after 9 pm during finals week, you can pick up free coffee.

Student Retention Center: hosts study hall in the basement of Student Activities Center Mondays through Thursday. Rides are available for students living in the dorms and anywhere else within a 10-mile radius. The SRC also has a computer lab with free printing.

Time to Unwind, Relax and Give Back

UCLA is known for having a vibrant student life, great student-run events and numerous student groups. Find a general events calendar at happenings.ucla.edu

Films, concerts and speakers

Campus Events Commission (319 Kerckhoff campuseventsblog.com)

Community Service There are dozens of opportunities to give back to the local community with the Community Service Commission (405 Kerckhoff Hall) and Community Programs Office (106 Student Activities Center).

Student Groups There are over 800 registered student groups. Check out www.studentgroups.ucla.edu to find the group (s) for your interests.

Taking Care of your Mind and Body

Without a doubt, you'll be most productive when you're feeling your best both physically and mentally. I find myself in Yoga classes, at gym working out, or running the lap around campus.

Ashe Student Health & Wellness Center (www.studenthealth.ucla.edu)

Did your roommate pass her cold on to you? Need a flu shot? Make an appointment at Ashe through the easy to use online system. You can also schedule same day appointments for emergencies.

Counseling & Psychological Services (221 Wooden Center West, 310-825-0768, www.counseling.ucla.edu)

CAPS offers individual therapy and psychiatric care to promote mental health, emotional resilience and wellness. In addition, there are therapy and support groups for students based on specific problems or characteristics. The Wellness Skills Development groups focus on methods for managing stress related to academic performance.

Bruin Resource Center (Suite B44, Student Activities Center, www.brc.ucla.edu)

Provides specialized services and programs to address the concerns of transfer students, veterans, former foster youth, parenting students and AB 540 students. Also offers academic courses, programs, volunteer opportunities and paid internships to help students develop practical life skills and develop their full potential.

LGBT Resource Center (Suite B36, Student Activities Center, www.lgbt.ucla.edu)

Range of education, information and advocacy services and works to create and maintain an open, safe and inclusive environment for lesbian, gay, bisexual and transgender students, faculty, staff, their families and the campus community at large.

UCLA Recreation & John Wooden Center (www.recreation.ucla.edu)

Sign up for fitness classes, work out at the gym, join IM or club sports, or check out some off-campus recreation options such as sailing at the Marina. Recreation has several facilities, see website for more info.

Office of Students with Disabilities (<http://www.osd.ucla.edu>)

OSD services are designed to meet the unique educational needs of students with documented permanent and temporary disabilities. This includes arranging academic accommodations for students with learning disabilities.



Money, Money, Money!

Find ways to pay for your education.

Financial Aid Office (A-129 Murphy Hall; www.fao.ucla.edu) Financial Aid provides counseling and assistance in completing the financial aid application, evaluation and determination of need. Counselors available by appointment.



Student Loan Services & Collections (A-227 Murphy, www.loans.ucla.edu) SLS handles loan disbursements, debt management sessions and administers the eLOAN program. These loans can be used to meet living expenses, serve as a financial aid advance, or help with other emergencies.

Work-Study Office (A-128 Murphy Hall, http://www.fao.ucla.edu/workstudy/student_home.htm) Stop by the work study office for information on how to get a work-study job and keep updated on relevant deadlines.

Undocumented student Program at UCLA (220 Westwood Plaza Suite B44) offers caring and personalized support to undergraduate and graduate undocumented students.

Scholarship Resource Center (233 Covel Commons; <http://scholarshipcenter.ucla.edu/sandbox/home/index.html>) In addition to help searching for scholarship, SRC also offers writing assistance.

Undergraduate Research Center-Sciences (2121 Life Sciences; <http://www.ugresearchsci.ucla.edu/>) URC-Sciences administers dozens of scholarship programs for students involved in research.

Trouble With a Capital T

You're good kids, but things happen.

Dean of Students (1104 Murphy Hall, www.deanofstudents.ucla.edu) Responsible for holding students to the Student Code of Conduct which covers things such as plagiarism, cheating and illegal downloading.

Office of Ombuds Services (105 Strathmore Bldg; www.ombuds.ucla.edu) Visit for assistance in resolving conflicts, disputes or complaints on an informal basis. Services are neutral and confidential.

Student Legal Services (A239 Murphy Hall, www.studentlegal.ucla.edu) Student Legal Services can help with problems such as accidents and injuries or assist with problems you may have with a UCLA department. There is a nominal fee for personal services.

UC Police Department (601 Westwood Plaza; www.ucpd.ucla.edu) Aside from doing the normal police duties, UCPD also offers an escort service from dusk to 1 am (call 310-794-WALK).