

# STARSCAPE

*what's on the horizon at STARS*



Services for Transfer and Re-Entry Students

University of California, Santa Cruz

Winter, 2002

## AT A GLANCE

- ★Skills for life and loving
- ★Writing the research paper
- ★Oral presentation tips
- ★UCSC greenhouse tour

...see pages 2 and 3 for details

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## CONTACT US

STARS Offices  
101a, 103, 111 Classroom Unit Building  
459-2552

Re-Entry Study Center  
101 Classroom Unit Building  
459-2552

Transfer Center  
at the entrance to Kresge College  
459-5899

all open 9 am-5 pm

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## ADA ACCOMODATIONS

If you have disability related needs for any of our programs, please call the main STARS office at 459-2552 as soon as possible.

## From the Director

The beginning of the new year is a time for reflection about the quality of our lives and an opportunity to make life-enhancing changes. STARS, along with other campus units and the colleges, will be sponsoring a series of provocative discussions winter and spring quarters led by esteemed professor Frank Andrews. These Tuesday evenings will inspire us to explore a myriad of life's joys and challenges and find new perspectives that will enrich our intellectual, emotional and spiritual capacities. You will find details about the series on page two of this newsletter.

Reflecting on my own life, I feel privileged to work with re-entry and transfer students, and to share this work daily with dedicated and talented STARS colleagues Sally Lester, Claudia Parrish, Yvonne Rodriguez, and Amy Hamel. We ask you to help us welcome to STARS a new staff member, Mark Neenan. In addition to advising students, Mark will serve as the STARS Special Projects Coordinator.

Mark brings a wealth of knowledge and experience to STARS. His Masters of Education in Counseling and Personnel Services with an emphasis on college student services prepared him well for his first UCSC position as the undergraduate adviser for the Psychology Department, a position he held from 1981 to 1993. Part of this time, he and his wife Christine were residential preceptors at Stevenson College where, among other contributions to the campus, they formed a childcare co-op for re-entry students and other parents on campus.

Wanting to pursue a growing interest in meditation and movement for stress and pain management, Mark had his own transfer/re-entry experience in 1993 when he, Christine and their school age children moved to Devon, England for the year. Mark's new focus led him to study at Europe's first pain clinic and then to intern at the University of Massachusetts Medical Center's Stress Reduction Clinic.

After a four-year career as a stress reduction specialist for San Francisco Bay Area hospitals and universities, Mark's odyssey brought him back to UCSC. Combining his understanding of health/disability issues and academic advising, he took a services coordinator position at UCSC's Disability Resource Center where he served the past three years.

Please join us in extending a warm welcome to Mark. Drop by his new office next to the main STARS Office, 101A Classroom Unit Building, Monday through Friday, 9-5, or contact him at 459-1520 or [neenan@cats.ucsc.edu](mailto:neenan@cats.ucsc.edu). And remember to join us Tuesday evenings for Frank Andrews' special series.

*Corinne Miller*

# Life, Fun, Wellness and Growth: a Series offered by Frank Andrews, UCSC Professor

Monday evenings, 7-10 pm  
College Nine Community Room

Wow, it's free!  
Come to one workshop or  
attend all!

## Winter Quarter

Jan 14 Creating a Good Romantic Relationship  
Jan 28 Getting Along with Housemates  
/Dormmates/Friends  
Feb 11 Keeping Life Together When It's Falling Apart  
Feb 25 Feeling OK About My Body  
Mar 11 Getting the Work Done

## Spring Quarter

Apr 1 Feeling Good About Myself  
Apr 15 Confronting Graduation and the "Real World"  
Apr 29 Using a Job for Personal Empowerment  
May 13 Relating to Parents and Family

## You Will Gain

- ★Nuts-and-bolts ways of living more effectively and enjoyably.
- ★A bigger, more meaningful way to live.
- ★Greater appreciation and compassion for others and yourself.

## Please Bring with You

- ★The willingness to gain knowledge and wisdom from the workshop, rather than to judge and evaluate it or the other participants.
- ★The willingness to care about the quality of your own life and about the lives of others.
- ★The willingness to be open and honest, with yourself and others.
- ★Something to write on and something to write with.

## About the Professor

*Frank Andrews has been a professor UCSC since 1967. He and his wife spent their first five years here as Resident Preceptors at Crown, where he learned to love UCSC students. Since then, he has always taught courses on human nature, human values, pushing through psychological blocks, handling the problems of living, and teaching and learning. Frank's first three books were on chemistry, but his most recent book is "The Art and Practice of Loving." He is currently writing "Wisdom 101 — Choosing Your Way Through Life." In addition to chemistry courses, he regularly teaches Science and Human Values (Chem 80B) and Personal Empowerment (Merrill 120).*

*Frank has received the Distinguished Teaching Award of the UCSC Alumni Association, was three times chosen a UCSC Favorite Professor, and he received a national award for innovative science teaching. Last Spring, he received both a Re-Entry Teacher of the Year Award from Services for Transfer and Re-Entry Students and a UCSC Excellence in Teaching Award.*

*Sponsored by STARS, Counseling and Psychological Services, and the following colleges: Cowell, Crown, Eight, Kresge, Merrill, Nine, Oakes and Ten. For more information, call ext 92776.*



# STAR DATES

These lunchtime talks are held on Wednesdays in the Bay Tree Building 3rd Floor Conference Room A, from 12:15-1:30 unless otherwise noted. Feel free to bring your lunch and we'll provide the cookies. These talks are open to students, staff and faculty.

**January 23 Finding the Funds for Projects Outside the Classroom** Do you have a special project, independent study or senior thesis involving work outside of the classroom but don't know how to pay for it? Come learn about funding sources that can help pay for supplies, travel, registration fees, or other types of expenses incurred in doing a special project or independent study.

**January 30 Needlework with Mark** Join re-entry student, retired Air Force enlisted man, and computer engineering major *Mark Corman* for a workshop in needlework. Mark will demonstrate a simple project using basic crochet techniques.

**February 6 Writing a Sparkling Resume** Now is the time to start preparing your resume, whether you are applying for internships, on-campus jobs, or career positions. Join *Joan Walker*, Career Adviser, to learn how to write an effective resume.

**February 13 Natural Sciences Greenhouse Tour** FREE TRIP TO THE RAINFOREST! Did you know that there are orchids, carnivorous plants, and other lush exotic vegetation flourishing on top of Sinsheimer and Thimann Labs? Do you want to see how cinnamon, cacao, coffee and coconuts grow? Join *Linda Locatelli*, Greenhouse Manager, for a guided tour of the UCSC Greenhouses. We'll meet at 12:15 on the first floor of Sinsheimer Labs (near the coffee cart).

**February 20 Stellar Oral Presentations** Did you know some people fear public speaking more than death? If you are one of those people, or would just like to feel more comfortable presenting a class project, offering a social toast, or giving a speech, this STARDATE is for you. *Corinne Miller*, STARS Director, will offer concrete oral presentations skills and techniques, tips on how to organize your message, and an opportunity to increase your skills and comfort level related to public speaking.

## Astronomical Events

**Friday, January 18 Dessert Extravaganza** A sweet deal to start winter quarter and 2002! Join the STARS Staff and the Provost of Cowell College as we indulge in luscious desserts while enjoying one another's company. At the Cowell Provost's House, from 7-9 pm. RSVP to 459-2552 is appreciated.

**Thursday, January 31 Dinner with Faculty in the Natural Sciences and Engineering** Join us for an informal evening of conversation and dinner with faculty members from the Division of Natural Sciences and Baskin School of Engineering. If you're majoring in biochemistry, molecular biology, biology, chemistry, computer engineering, computer science, earth sciences, electrical engineering, marine biology, mathematics, molecular, cellular and developmental biology, physics, and psychobiology take this opportunity to meet faculty and talk to them about their work or get advice about careers in their fields. Look for an invitation by e-mail. **RSVP to the Transfer Center at 459-5899.**

**Saturday, February 9 Ano Nuevo: Elephant Seal Walk** Join us for a walk in the brisk winter air to visit the breeding ground of the California elephant seal at the Ano Nuevo State Reserve. These wondrous creatures, studied by UCSC marine biologists, come to Ano Nuevo during the winter months to have their babies and breed. They are a sight to behold. Bring warm clothes, sturdy shoes, camera, binoculars, and something to drink. We'll go rain or shine. We'll meet at the Transfer Student Resource Center and drive to the reserve together. Space is limited for this event and reservations are required. **RSVP 459-5899.**

**February 11-14 Make a Valentine** Design your own unique Valentine card creation for your loved one. We'll provide the paper, lace doilies, and sparkle. You--the inspiration! At the Transfer Center and the Re-Entry Study Center.

**Friday, February 22 Brunch for the Over 39 Bunch** If you're over age 39, this brunch is for you! While sharing coffee, tea, fruit, honeybuns and other goodies, you'll have an opportunity to meet other bright over 39ers and learn about one another's experiences at UCSC and beyond. Look for your personal invitation.



# Academic Success Workshops

*The Coalition for Student Academic Success (CSAS) offers the following workshops. All students are invited to attend. For disability-related accommodations, please call the EOP Oakes Learning Center at x94333.*

**Study Skills in the Natural Sciences** with *Ginger Trumbour*, ACE Honors Program. Basic skills covered in this workshop include reading comprehension/interpretation, organization (scheduling and studying), note-taking, quantitation, and graphical analysis—all techniques specifically designed for the natural sciences. Tuesday, January 22, 5:30-6:30 pm. Science Library, Room 215.

**Critical Reading in the Social Sciences and Humanities** with *Liddy Detar*, Graduate Student in Literature. This session is designed to assist you in effective and efficient reading strategies for studying at the university. Come to this workshop and learn to identify the important points quickly, understand difficult material better, and recall more information longer. Wednesday, January 23, 7-8:30 pm. Baytree Building, Conference Room A.

**Effective Note-Taking Skills** with *Richard Vasquez*, UC College Prep Initiative. Learning to determine what is important can be difficult. Many of us take too many notes, others too little, and some take no notes at all! What is your optimal balance? This workshop will improve your ability to take notes from lectures, textbooks, and in discussion sections. Tuesday, January 29, 3:30-5 pm. Baytree Building, Conference Room A.

**Writing the Research Paper** with *Holly Cordova*, Learning Center Coordinator and *Annette Marines*, Reference Librarian. This workshop is designed to provide support to students who need to prepare from 5-40 page research papers. Issues covered will include understanding the professor's expectations, identifying a topic and preparing a strategy that includes research, reading, preparing drafts, and writing a final paper. Wednesday, January 30, 2-3:30 pm. McHenry Library, Room 167.

**Time and Stress Management** with *Peggy Rose*, EOP Academic Counselor. Stressed out from juggling academics, job, family, and social responsibilities? Need new strategies to help you set priorities and get important work done? This workshop is for you! Wednesday, February 6, 5-6:30 pm. McHenry Library, Room 325.

**Test Anxiety** with *MaryJan Murphy*, Counseling Psychologist, and *Nicole Dubsik*, Counseling and Psychological Services Intern. Do you panic before, during or after exams? This workshop will help you develop stress reduction techniques focus on helping you improve your preparation and test taking abilities. Thursday, February 14, 12-1:30 pm. Baytree Building, Conference Room A.

**Writing the Research Paper** with *Patrick McKercher*, Lecturer in Writing and *Annette Marines*, Reference Librarian. This workshop is designed to provide support to students who need to prepare from 5-40 page research papers. Issues covered will include understanding the professor's expectations, identifying a topic and preparing a strategy that includes research, reading, preparing drafts, and writing a final paper. Tuesday, February 19, 5-6:30. McHenry Library Room 167.



# Weaving the Threads

**Cynthia Dowling entered UCSC as a re-entry student in 1999 and graduated in Spring of 2001. STARS learned that she had written a moving essay about her experiences for a Women's Studies class here. When we asked Cynthia if she would be willing to share the essay with others, this was her response.**

*It's funny, I was just thinking the other day how long two years seemed when I started at UCSC and looking back now, it seems the time just flew by! The two years here has been an incredible, sometimes overwhelming experience. I have met several women whom I know I will stay in touch with even after leaving here and returning to work. Even though I previously regret not finishing school when I was younger, I know that for me the wait was worth it. I gained so much and was so ready for this experience. It is difficult to put into words the feelings that have emerged in these last two years. Here's the essay.*

Within the university experience at Santa Cruz, a core group of women participate in a women's culture. We could best be described as mothers and older than the majority of students attending the University. We come from a variety of cultures, backgrounds and geographic areas. We encompass white, black, and Native American heritages; were raised either in poor, working class or middle class environments; and geographically we include native Californians, as well as women from the southwestern and east coast areas of the United States. In addition, we have declared different majors, such as

Women's Studies, American Literature, and American Studies.

Our coming together can be viewed as a coping strategy, survival skill—or, as Bettina Aptheker puts it—weaving 'corroborative threads, allowing each other the luxury of a self-consciously created women-centered community in which to sift through our ideas, tell our stories, read our poems, dance our songs, play out the fantasies of our imaginations.' We often share our stories of raising our children or experiences about our education at UCSC.

The differences in our lived experiences and our individual identities are not collapsed within our community of women, but serve to bring each of us an enrichment of experiences and expand our ways of knowing. Each of us contributes wit and wisdom that demonstrates a woman's standpoint as we cross boundaries to connect with each other. Perhaps because we are all in the 40-50 year old age bracket and have experienced motherhood, we are drawn to each other. All I know is that without this community of women nurturing and supporting each other, I would have had a very different university experience—one lacking in diversity and richness. We are like the plaits of the braid that Aptheker describes, and woven together we constitute our community in which difference gives us meaning and a clearer understanding of our connection to each other.



## STARS Tutoring

STARS has a team of tutors to assist re-entry and transfer students needing help in some upper division and many lower division math, biology, chemistry, physics, CS, CE, marine or earth science, psychology, economics and writing

courses. This tutoring service is free to transfer and re-entry students. If you need help in any of the above areas, call Sally at x92552 for a referral.

### Modified Supplemental Instruction (MSI)

Transfer and re-entry students are also eligible to participate in Modified Supplemental Instruction (MSI),

a form of group tutoring attached to many natural science classes, as well as some social science and humanities classes. You can join an MSI group at any time during the quarter. For more information, contact Jenny at x93461 or Sally at x92552.

### Drop In Writing Tutor Available

Do you need someone to look over your paper before you hand it in tomorrow? A drop-in writing tutor is available to look over your work on Monday, Wednesday and Friday from 2-5 pm at the Transfer Center at Kresge College. And if that wasn't great enough news - it's free!

# Making the Most of Your Time



## Survival Tips for Transfer Students

*This is the rainy season in Santa Cruz. Stay warm and dry. There are great coffee shops downtown, as well as film and music series happening all over campus. The forests take on a special beauty during the rainy season. Get a good pair of shoes and go for a walk. Watch for banana slugs.*

### Connecting with Faculty

Begin connecting with faculty. If you want to do research, look for someone whose work interests you. Start thinking about who you would like to write letters of recommendation for you.

*Contact with your professor is invaluable. Go to office hours prepared so your professor will know you're a serious student. If you plan to go to graduate or professional school you'll need at least three strong letters of recommendation. If your professor isn't familiar with you, he/she won't be able to write a very strong letter. This isn't kissing up – it's giving him/her something to write about.*

### Declare Your Major

Declare your major by January 30 for priority enrollment in spring classes. If you transferred as a junior in the fall, you must declare your major by January 30. If you just transferred this quarter, and know what you want to major in, you should declare as soon as possible. Declaring your major allows you enroll in certain classes within your department.

When you declare your major, you'll meet with college and department advisors and set down a study plan to follow until you graduate. Start by picking up a Declaration of Major petition at your college office, and meeting with an academic advisor. Then meet with department advisors who will confirm course and exit requirements for your major (i.e. take a comprehensive exam, write a thesis, or something else).

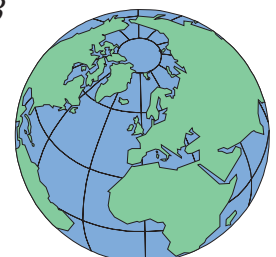
### Plan Now for Special Projects and Financial Aid

Begin planning this quarter for summer or fall internships, study abroad, special programs, awards, and financial aid.

- ☆ Some applications will be due by the middle or end of this quarter.
- ☆ Look for announcements and information on many of these programs at:
  - ★ Financial Aid:  
*FAFSA application deadline is **March 2***
  - ★ Department offices
  - ★ Career Center
  - ★ Education Abroad
  - ★ SOAR, EOP, the Transfer Center or STARS offices
  - ★ Deans' and Chancellor's offices

*The Career Center has a lot of information about internships, jobs, and grad school. They also have workshops and tons of information on how to apply for these programs. Make an appointment this quarter.*

*There is money available to do special projects through SOAR, provosts, deans and some student governments. Come to **Finding the Funds for Projects Outside the Classroom** on January 23 from 12:15 pm-1:30 pm in Conference Room A of the Baytree Building.*



# Get the Most from the Campus Computing System



Most transfer students already have internet access and an e-mail account when they arrive at UCSC, and don't see the need in signing up for a computer account with UCSC's Communications and Technology Services (CATS). Having a CATS account is as integral to your academic success as buying your course books. Much of the communication at UCSC between students and instructors or other people who support transfer students goes on via e-mail. Because of some behind-the-scenes computer programs, faculty and staff can automatically access your e-mail through your CATS address. As a UCSC student you pay mandatory fees for a CATS account and receive 10 hours of web access per week, e-mail and space on the main server to store documents. If you don't take full advantage of these services, you're wasting money.

Setting up a CATS account is very easy: from any computer with net access go to: <https://webmaint.ucsc.edu/cats/cgi-bin/register.pl> and follow the simple instructions.

Accessing the CATS account from your house off-campus is done easily with the help of an Internet Starter Kit (ISK), which can be purchased from the bookstore for just under \$15. The kit comes with the correct network connections to automatically configure your machine to connect to CATS. It also contains Netscape Communicator, Eudora Pro, Acrobat Reader, and File Transfer Program and a Virus Protection program. The \$15 is well worth it.

If you already use e-mail through a private provider like Yahoo or Hotmail, it's easy to forward your CATS e-mail to that account so you still only need to check one place for all your e-mail communication.

Instructions are available on line at: <http://ic.ucsc.edu/docs/howdoi/> or you can get help at either of the two STARS centers.

One of the least used but most convenient features of having a CATS account is the ability to up and download documents to and from the University server. The program you need to do this is called **FETCH** on the Mac and **WS\_FTP** on the PC, both available on the Internet Starter Kit and found on machines all over campus. Using this tool allows you, for instance, to write a draft of a paper at home, up-load it onto the CATS server, come to campus and down-load it onto any machine in any lab, work on it, or print it. This completely eliminates the need to carry disks around campus in search of printers or the same type of computer you created your original document on.

Instructions for how to use these tools are available on the ISK and at CATS Instructional Computing Labs, or come to the Transfer Center at Kresge or Re-Entry Study Center at the Classroom Unit Building and a staff member can assist you with any of these procedures.

We at STARS like to keep in touch with you, our transfer and re-entry students, to let you know about resources and opportunities that will support and enhance your educational experience more smooth and successful. Because there are almost 3,000 of you, we often use email or college mailboxes (for undergraduates) and department mailboxes (for graduates) as the vehicles for our messages.

So be sure to set up a CATS account and check your email, and your campus mailbox, regularly.



## **STARS Brunch for the Over 39 Bunch**

Friday, February 22  
10 - 11:30 am

Graduate Student Commons, Room 204

If you're over age 39, please  
join us for food and socializing.

Please RSVP to 459-2552  
by Friday, February 15.

*Services for Transfer and Re-Entry Students  
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*Check out our website at <http://www.ucsc.edu/stars>*



You're invited to STARS' 18th annual

# *Dessert Extravaganza*

Cowell Provost House

Friday, January 18, 2002

7-9 pm

RSVP to 459-2552 by Tuesday, January 15 is appreciated. Adults only please. Child care by reservation.