

STARSCAPE

what's on the horizon at STARS



Services for Transfer and Re-Entry Students

University of California, Santa Cruz

Winter, 2003

AT A GLANCE

- ★ Learn to write an effective resume.
- ★ Prepare yourself for your next exam.
- ★ Explore a UCSC scientist's lab.
- ★ Find funds for projects outside the classroom.
- ★ Have dinner with Natural Sciences faculty.

All this and more...inside.

CONTACT US

STARS Center
216 Academic Resources Center
831.459.2552

STARS at Kresge
on the piazza
831.459.5899

ADA ACCOMODATIONS

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

Jason's Journey to the STARS

by Sally Lester

"I don't know how many second chances a person may receive in a lifetime and I am not willing to find out." Jason Haynes' boyish good looks belie the struggle he's had on his path to UCSC. "There's something good about struggle," he says. "It's the opportunity to get to know yourself and the character of other people by working hard and sharing the struggle."

Jason's struggle started young. Several members of his family battled with drugs and alcohol, and he started using drugs at age nine. His parents had divorced when he was an infant, and Jason spent his early years in San Jose with his mom and older sister. Mom worked hard at two jobs to support them, and she tried to instill in them values consistent with a religious upbringing. But her own struggle with alcohol made her parenting inconsistent.

Jason spent some time with his dad, although he hadn't lived with him and didn't know him well. At age 12, he moved in with his father, stepmother, and her children. He quickly realized that the child-rearing philosophies and family values at his dad's were different than his early experiences with his mom. He felt that he didn't get much attention in his father's household and he became a difficult teenager. His early drug use started to escalate as he entered high school, and at 15 he was in love with his girlfriend, partying, cutting class, and forging excuses.

His difficulties reached a crisis when Jason saw his girlfriend flirting with another fellow and he drove his fist through a window. After stitches in the emergency room, the doctor recommended he be held for a 72 hour psychiatric evaluation. Upon release from the evaluation, his dad decided he'd had enough of Jason's behavior. Jason's sister volunteered to take him in and told him about a part-

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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 EOP at x94333.*

Study Skills in the Natural Sciences. 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. For time and location, call STARS at 459-2552.

Critical Reading in the Social Sciences and Humanities with *Isabel Velez*, Graduate Student in History of Consciousness. This session is designed to assist you in effective and efficient reading strategies for studying. Come to this workshop and learn to identify the important points quickly, understand difficult material better, and recall more of the information longer. Tuesday, January 21, 6-7:30 pm. Academic Resources Center, 2nd floor.

Effective Note-Taking Skills with *Patrick McKercher*, Writing Lecturer. Learning to determine what is important can be difficult. Many of us take too many notes, others too few, and some take no notes at all! What is the optimal balance? This workshop will improve your ability to take notes from lectures, textbooks, and in discussion sections. Tuesday, January 28th, 4:15-5:45 pm. Academic Resources Center, 2nd floor.

Senior Thesis Writing with *Isabel Velez*, Graduate Student in History of Consciousness. Are you writing your senior thesis but confused about how to write an effective thesis? This workshop will get you started, and we'll provide followup assistance from a writing tutor. Bring your calendar to sign up for tutorial assistance. Wednesday, January 29, 5-6:30 pm. Academic Resources Center, 2nd floor.

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! Thursday February 6, 4:30- 6 pm. Academic Resources Center, 2nd floor.

Test Anxiety with *MaryJan Murphy* and *Tom Murray*, Counseling & Psychological Services. Do you panic before, during or after exams? This workshop will help you develop stress reduction techniques that can improve your preparation and test taking abilities. Wednesday, February 5, 3:30-5 pm. Academic Resources Center, 2nd floor.

Writing the Research Paper with *Ellen Newberry*, Writing Lecturer 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 11, 2-3:30 pm. McHenry Library, Room 167.

Exam Preparation with *Sally Lester*, STARS Program Coordinator. Did you cram for that last exam and wish you'd studied? What's the most effective way to academically and personally prepare yourself for exams? What should you do when you are in the exam? What about afterwards? Learn strategies for successful test taking in this workshop. Thursday, February 13, 12-1:30. Academic Resources Center, 2nd floor.





STAR DATES

These lunchtime talks are held on Wednesdays at 12:15 in the Academic Resources Center (ARCenter), Room 216, 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 22 Finding the Funds for Projects Outside the Classroom Do you have a special project, independent study or senior thesis involving work outside the classroom but don't know how to pay for it? Come learn about funding sources that can help pay for expenses incurred in doing a special project or independent study.

January 28 Behind the Scenes Lab Tour: Explore Another Universe! Ever wonder what scientists actually do in their laboratories? And what role graduate and undergraduate students have in performing research? Visit Marine Biologist *Dr. Mary Silver's* lab to get answers to these and other questions and find out how scientists unlock the mysteries of the universe. We'll meet outside Room A-120 Earth and Marine Science Building (near the Department of Ocean Sciences). **NOTE:** this is a Tuesday workshop!!

February 5 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 12 Chi Kung: De-Stress for Success Sway to the soothing, slow, and rhythmical movement of chi kung, a traditional Chinese moving meditation and a direct predecessor to tai chi. STARS' *Mark Neenan* teaches simple and easy-to-remember movements to relieve stress and restore well-being.

February 19 **Four STAR Crepes** ENCORE! ENCORE! Crepes are a delicious, inexpensive, and surprisingly easy to make snack or meal. Back by popular demand, STARS' *Amy Hamel* will show you how to prepare this versatile treat from Brittany, France... then we'll eat. Bon Appetit! **NOTE:** this workshop meets in Kresge Seminar Room 159.

Astronomical Events

Friday, January 24 Dessert Extravaganza A sweet deal to start winter quarter and 2003! Bring a guest (adults only please), and join the STARS staff as we indulge in luscious desserts while enjoying one another's company. At the ARCenter, from 7-9 pm. RSVP to 459-2552 is appreciated.

Thursday, February 13 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 STARS at Kresge at 459-5899.

February 10-14 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 STARS at the ARCenter and STARS at Kresge.

COMING ATTRACTION! 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 wonderful 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 STARS at Kresge and drive to the reserve together. Space is limited for this event and reservations are required. RSVP 459-5899.



Jason, cont'd

time job with a start-up company in Mountain View. The part-time job/full-time school arrangement quickly shifted to a full-time job when Jason quit high school. He stayed on that job for five years until they finally fired him for many unexcused absences brought about by his drug use.

For the next two years he jumped from job to job. Finally, in a short period he lost his job, home, and his family's respect. This was one of the worst times of Jason's life; for two months he slept where he could—with friends, parks, churches—and continued to use drugs to dull the pain. Describing this time Jason says, "I was killing my soul."

He had used up his chances with numerous family members, who were no longer willing to take him in. Except Mom. Jason's mom, who had come clean through her own earlier struggles with alcohol, was willing to give him a chance—if HE was willing to work on sobriety. He was willing to try, and he entered a detox center in Fresno near his mom. He completed the three days of detox, but during the exit interview he was high on drugs smuggled into the center. Knowing he needed more help, he asked to be transitioned into a 90 day rehabilitation program. Because of his clean record they sent him into a 30 day program instead.

In the 30 day program he made contacts with others who had overcome their addictive behaviors, learned coping tools, and took a long hard look at his life. The counselors told him to dream. Jason's dream was to finish college, but he still wasn't ready for sobriety. Living with Mom, he met a new girlfriend and tried going to the community college. He continued using drugs for another year.

What shocked Jason into sobriety was when he found himself starting to hurt others. He realized, "I have no idea what's going to happen when I'm using." He'd heard this message from one of his counselors in the rehab program but it didn't sink in until now.

He started using the tools he'd learned in rehab—regularly attending AA, sleeping enough, eating well, and exercising. He spent one year just focusing on his sobriety. He stayed busy working at a heating and air conditioning company, and made a tentative step by taking one class at the local

community college. The next term he attended school full time and became a speaker for an organization helping young people struggling with drug addiction. He felt he was ready for a bigger change, so he moved back to San Jose. Sharing housing with a cousin, he enrolled in West Valley Community College full time. As a student, he organized and facilitated study groups. He also found a full time security job, which allowed him to study at work. He soon became responsible for training and mentoring all new hires.

While attending West Valley, Jason started exploring four year universities. He was considering Berkeley and Davis as well as UCSC, but here he was "blown away" by the beauty of the campus and the positive attitudes of the students he met. Since coming to UCSC in Fall of 2001, he feels this is where he belongs. He says he's getting a great undergraduate education and lots of support. He meets with faculty, takes advantage of office hours, and uses services through STARS. He was selected to receive a Karl S. Pister Leadership Opportunity Award which gives students \$10,000 per year for two years of study. This special scholarship is awarded to 13 community college transfer students who have overcome profound obstacles to their education, have exhibited leadership in their community, and have achieved excellence in their academic work.

Jason's been sober for 6 years, and his past is like "looking at a movie of someone else," he says. He plans to graduate in June 2004, and his dream will become reality. Jason is completing a degree in Computer Science and will be seeking a job that combines his software expertise with computer networking. Although he may work in San Jose, he wants to continue to live in Santa Cruz. Jason's uncle, the only family member to complete a college degree, graduated from UCSC. He died recently. Jason keeps his uncle's diploma hanging in his bedroom as a motivation to keep going. As Jason looks forward to completing his degree, he says, "a degree is much like sobriety—no one can take it away from you. It must be earned and everyone who has one is proud to have it because it wasn't an easy accomplishment."

Making the Most of Your Time Here





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.

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 Program
 - ★ College Offices, both STARS offices, or EOP
 - ★ 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 provosts, deans and some student governments. Come to the STARDATE **Finding the Funds for Projects Outside the Classroom** on January 22 from 12:15 pm-1:30 pm in the Room 216 at the ARCenter.*




Declare Your Major

Declaring your major allows you to enroll in certain classes within your department, and gives you priority for Spring classes. If you transferred as a junior in the fall, you must declare your major by **January 28**. If you just transferred this quarter and know what you want to major in, you should declare as soon as possible. When you declare your major, you'll 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 there. You'll 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).

Faculty Connections

Transfer students often find themselves in awe of their professors, and may feel unsure about forging connections beyond the classroom. Yet developing mentoring relationships with faculty can not only enhance your learning experience now, it can also be very useful as you continue your academic or career path after graduation. Many faculty also took a circuitous path to get where they are and you may have a lot more in common with them than you expect.

 *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.*

Meet Teresa

It seems like yesterday when I walked up to the sign-in table for the transfer and re-entry orientation and the STARS staff handed me a packet with a great welcoming smile. I remember clearly the anticipation and the fear of the unknown I was feeling. Especially because that morning a friend had called to tell me to turn on the TV. It was September 11.

As I sat there listening to Corinne Miller's welcome to UCSC, I wondered what kind of world we were all entering given the terror that inundated the country that morning. Part of me had the urge to call the local TV stations and offer my services as a reporter. Having been a reporter for almost fifteen years, the news "bug" never left me. Yet I knew that this was the place I needed to be, a place where I could finally "claim my education," as Adrienne Rich rightly states it. As I listened to Corinne's gentle tone describing the wonderful challenges ahead, I took a deep breath and began to take notes.

That year was a rough one for me, especially the first quarter. The biggest challenges were the amount of reading and writing as well as the expectations placed on students at UCSC to turn in university level papers. I thought I was a good writer when I transferred here from Cabrillo College, having had one of the best English instructors there, the late and much beloved Linda Kitz. Once here, I wasn't so sure I'd measure up.

I felt overwhelmed at UCSC! It seemed one paper was due every week. Aside from school I had a job and a family—a husband and a teenager at home, and the other kids finding their way through school as well. Luckily for me, my husband took over most of the home responsibilities, on top of his own job, to allow me the time to study and write. By the end of the first quarter I was feeling more confident thanks to wonderful lecturer Ellen Newberry. Ellen taught Intensive Writing and Research to transfer and re-entry women. This course was the difference for me between swimming and sinking in academia at UCSC. It not only offered intensive lectures and research exercises,

but it provided me and the other women with a peer group and a community on campus.

I remember feeling out of place, the panic and frantic runs from one place to another, getting on the wrong bus, finding myself in the wrong classroom or feeling exhausted, hungry, and cold at the end of an evening's lecture. (It gets cold here in winter and fall!) My favorite spot to sit and unravel my frustrations was either at the counseling office with Dr. Corona or at the little bench that looks over the the bay across from the athletics buildings. I learned early on in the year that I needed to put aside my pride and ask for help. I got it and it made the difference.

Of course not everything was frustration or panic last year. I had some of the best instructors I could have asked for, many of them extremely demanding and wonderfully encouraging. Amelie Hastie has proven to be one of the toughest professors I've had. She pushed me beyond what I thought was possible in critical thinking and film theory. I remember spending almost an hour at the library staring at a blank page trying to define "nostalgia" as it applied to China's political and cultural history. As I stared at my blank screen I remembered my own nostalgia born of leaving Mexico as a teenager. I began to write and didn't stop until I felt I could write about China's nostalgia with the same passion.

Moments like that, when I felt I reached that mountain top and felt satisfaction, gave me the fuel to continue, and to do more and better. This year, as a senior, I walk with confidence and get a great deal of pleasure answering questions for new students lost in the middle of the campus woods. I feel so grown up intellectually! Aside from taking courses needed to graduate in June 2003, I am a Chancellor's Undergraduate Intern. The Chancellor's Undergraduate Internship Program (CUIP) provides on-campus internships in campus administrative departments. Interns work with mentors to develop personal and professional skills, and take a lead role in producing a product or result in their one year internship. I work with Services for Transfer and Re-Entry Students (STARS), and I plan to launch a peer writing mentor pilot project for STARS in winter quarter. The program's name is "WRITE—Writing & Research Intensive for Transfer Excellence." I invite transfer students who need extra assistance in writing and research to contact me and request a mentor.

As graduation approaches, I look back at last year's accomplishments and I get nostalgic, because even though it has been wonderfully challenging, I feel sad to know that the end of my time here is quickly approaching. But what I'll remember most is the warm hand on my back from the STARS staff cheering me on in happy or in difficult times. I'll never forget the warm cup of soup that was offered to me by Amy Hamel, a most exquisite meal on a difficult day.

I know there is more ahead in my academic career. Between now and June I want to do well and breathe in the serenity and beauty of my campus. I love this campus and all that it represents to me and my family. In June I will make history in the Morales' clan by being the first among my thirteen brothers and sisters to graduate with a bachelors degree!

Study Abroad!

Have you ever thought about studying for a time in another country? UC has study centers in many countries around the world, and knowing a foreign language is not always a requirement for participation. Many transfer students enrich their education by taking advantage of UC's Education Abroad Program. You may think your study plan doesn't allow enough time for you to study abroad, but as an EAP participant you can continue your studies in a foreign country while remaining a UC student. You can even get financial aid to help cover costs!

Advising and application distribution deadlines for programs in many European and some Asian and African countries is January 14 with application deadlines on January 28. Contact the EAP office at 459-2858 or stop by the Classroom Unit building for more information.



STARS' Brunch for the Over 39 Bunch

Meet other 'over 39' students while you share a delicious morning repast...

Friday, February 21, 2003

10-11:30 am

**Academic Resources Center
Room 216**

Please RSVP by Friday,
February 14 to 459-2552.



Need Academic Help?



Having difficulty understanding a new concept in calculus? Or maybe you need help writing a research paper? There are a variety of tutoring and learning support services available on campus.

STARS offers free tutoring for transfer and re-entry students in many lower division and some upper division math, biology, chemistry, physics, CS, CE,

marine science, psychology, economics and writing classes. Visit the STARS Center at the ARC for a tutoring authorization which includes the tutor's name and contact information. You and the tutor decide when and where to meet and how to organize your tutoring sessions. A free drop-in writing tutor is available to review your work on Monday, Wednesday, and Fridays from 11 am-1 pm at STARS at Kresge, across the piazza from the college office.

STARS students are also eligible to use free tutoring through EOP. EOP tutors make themselves available for given times during the quarter, and students

sign up to meet regularly with the tutor during the established times. We ask students to use either a STARS tutor or an EOP tutor for a class--please don't use tutors from both STARS AND EOP. Go to <https://eop-apps.ucsc.edu/tutorsignup> to sign up for an EOP tutor.

For all students, Modified Supplemental Instruction (MSI) is available for a wide variety of classes. MSI is a form of small group tutoring. The class has a learning assistant, an undergraduate student who has successfully completed the course and will be part of the teaching team. The learning assistant attends class and leads an MSI group, limited to 10 students, for that class. Classes may have more than one MSI group meeting. For a list of classes with MSI sections, go to <http://www2.ucsc.edu/eop/lc/lc1.html>.

The Math Department offers drop in math tutoring Monday through Thursday evenings. See <http://www.math.ucsc.edu/Undergraduate/Dropintutors.html> for the schedule of tutoring times and locations.

Other departments, divisions, and colleges, offer different tutoring services. For a list of learning support resources across campus, go to http://www2.ucsc.edu/eop/learning_support/.

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



You and a guest
are invited to
STARS' 19th annual

DESSERT EXTRAVAGANZA

Friday, January 24, 2003
7-9 pm
Academic Resources Center
(between McHenry Library and the Music Center)

Please join us for our first dessert party at the ARC!
RSVP to 459-2552 by Tuesday January 21 is appreciated. Adults only please.