WELCOME TO

Health, Wellness, and You!

An immersive experience where students can partake in health awareness while engaging in personal reflection and hearing other people's stories

EIGHT DIMENSIONS OF WELLNESS

- Emotional Wellness
- Occupational Wellness
- Environmental Wellness
- Physical Wellness
- Financial Wellness
- Social Wellness
- Intellectual Wellness
- Spiritual Wellness

Learning Outcomes

By the end of this exhibition, students will be able to identify the eight dimensions of wellness. Participants will have an opportunity to learn about different dimensions through reading informational content, interacting with material, seeing stories shared by students, and learning about on-campus resources offered at UC Davis.

There will be time for a debrief after Orientation Leaders have led their group through this space. Students should be able to apply what they have learned upon reflecting on how wellness affects their academic and personal wellbeing.

Reminders in this Space

- Be respectful of other people and the materials on display
- Phones are only allowed for taking pictures of the statistics for your own reference
- Please refrain from photographing other participants
- Remember that this is meant to be a quiet and reflective space
- There will be a QR code with references to links at the end of the exhibit

Land Acknowledgements

UC Davis pays homage to the indigenous people and land on which the Davis campus is located. Following consultation with members of the Patwin native community, the campus is pleased to provide the following "Land Acknowledgement Statement" that can be used in oral or written form at events as deemed appropriate. The campus encourages those who are interested to use the following language, without edit:

We should take a moment to acknowledge the land on which we are gathered.

For thousands of years, this land has been the home of Patwin people. Today, there are three federally recognized Patwin tribes: Cachil DeHe Band of Wintun Indians of the Colusa Indian Community, Kletsel Dehe Wintun Nation, and Yocha Dehe Wintun Nation.

The Patwin people have remained committed to the stewardship of this land over many centuries. It has been cherished and protected, as elders have instructed the young through generations. We are honored and grateful to be here today on their traditional lands.

Principles of Community

We affirm the dignity inherent in all of us, and we strive to maintain a climate of equity and justice demonstrated by respect for one another. We acknowledge that our society carries within it historical and deep-rooted injustices and biases. Therefore, we endeavor to foster mutual understanding and respect among the many parts of our whole.

We affirm the right of freedom of expression within our community. We affirm our commitment to non-violent exchange and the highest standards of conduct and decency toward all. Within this context we reject violence in all forms. We promote open expression of our individuality and our diversity within the bounds of courtesy, sensitivity and respect. We further recognize the right of every individual to think, speak, express and debate any idea limited only by university regulations governing time, place and manner.

We confront and reject all manifestations of discrimination, including those based on race, ethnicity, gender and gender expression, age, visible and non-visible disability, nationality, sexual orientation, citizenship status, veteran status, religious/non-religious, spiritual, or political beliefs, socio-economic class, status within or outside the university, or any of the other differences among people which have been excuses for misunderstanding, dissension or hatred.

We recognize that each of us has an obligation to the UC Davis community of which we have chosen to be a part. We will strive to build and maintain a culture and climate based on mutual respect and caring.

Social Wellness

DEFINE What does this type of wellness encompass?

Social wellness focuses on building and nurturing meaningful and supportive relationships with individuals, groups and communities. It enables you to create opportunities that encourage communication, trust and conflict management. Social wellness also includes showing respect for others, oneself and other cultures.

TOP TEN REASONS TO GET INVOLVED

1. It's **fun!** A good balance between work and other pursuits will help you to **relax, reduce stress, stay healthy and keep up academically.**

2. It provides **a small group to call home** on a large campus, as well as **interaction with people from different backgrounds** and exposure to **new ideas and cultures.**

3. It often provides **direct academic support** and preparation for graduate and professional school.

4. Involvement give you **"hands-on" opportunities** to experience what you learn in class and **apply classroom knowledge to real life situations**.

5. It helps you **build supportive relationships** outside of class with students, faculty, staff and community leaders.

6. It provides valuable **experience that may lead to a career choice**.

7. It can help you learn to **structure your time** to be a better manager of your schedule and competing responsibilities.

8. It gives you opportunities to **carry on campus traditions and join student efforts** to address global issues, serve the community, educate the campus and pursue artistic or recreational interests.

9. It demonstrates the **importance of teamwork and communication** in problem-solving and conflict resolution, and help you **develop leadership, organization and life skills**.

10. Involvement contributes to **a sense of belonging**, community and confidence.

A SENSE OF Belonging

One major life transition is coming to college! This can be a scary time for students because they might be leaving home and their support networks for the first time.

Remember that...

1. It is normal to struggle with fitting in socially in college.
2. It is normal to struggle academically in college.
3. Struggles are normal, everyone feels them, and that's okay. The important thing is to remember that you have the ability to overcome those struggles by taking initiative. For example, going to professor office hours for course help or pushing your boundaries to try to social activities

RESEARCH TO BACK OUR FINDINGS

A sense of belonging in students has been linked with positive outcomes such as lower depression and anxiety, higher self-esteem, and an increase in grades

Freeman et al., 2007

Individuals from marginalized backgrounds —low-income, first-generation, and ethnic minority students —may be especially susceptible to low feelings of belonging

Ribera & Dumford, 2017

Students from these backgrounds may feel that they are different from everyone else, and feel nervous or vulnerable about entering college. They may worry about not fitting in or that people are expecting them to reaffirm group stereotypes

Walton & Cohen, 2007

When challenges, struggles, and major life transitions happen, individuals report a lower sense of belonging

Anderman, 2002; Hatcher & Stubbersfield, 2013

Physical Wellness

DEFINE What does this type of wellness encompass?

Physical wellness is the ability to maintain a quality of life that allows you to get the most out of your daily activities or recreational activities without undue fatigue or physical stress. It recognizes that our daily habits and behaviors impact our overall health, well-being and quality of life.

> ***Incorporating small changes throughout your daily routine still makes an impact***

MOVEMENT

A guide to safely and effectively increasing your physical activity recommendations

Physical wellness promotes proper care of our bodies for optimal health and functioning.

Cardiovascular

150 minutes of moderate-intensity exercise per week

Finding time to move your body. Try to move your body in a way that increases your heart rate every day for at least 30 minutes, or break up your activity into three 10-minute bouts!

- Try exercises such as elliptical, walking, running, cycling, dancing, etc. Identify modalities that suit your needs and interests.

Helmet Hair Don't Care! Protect yourself while biking

Did you know there are four 1-mile walking loops on campus?

If you are looking to increase your physical activity, try activities that help you train in...

Strength

2-3 days per week

resistance bands, machines dumbbells & barbells

Flexibility

2-3 days per week

practice different stretches, hold each for 10-30 seconds

Neuromotor

2-3 days per week

yoga, tai-chi, etc.

Tips to add more movement throughout your day

Stand or stretch every hour during a long study session. Set alarms on your phone to remind you take movement breaks.

- Use breaks in between and during classes to take walks
- Take your coffee and go for a walk with a friend instead of sitting at a cafe
- Take the stairs instead of an elevator, if you're able
- Bike or walk to class
- Do a quick YouTube workout video while you wait for dinner to cook

NUTRITION

Keep fruits and vegetables in sight!
You are more likely to consume them if you can see them.

Try new recipes or take a free cooking class at the Student Health and Wellness Center for hands-on experience preparing fruits and vegetables along with other budget-friendly foods.

Add fruits and vegetables to whatever you are eating, or include it with your meal!

- If you are ordering a sandwich at the Coffee House (CoHo), you can ask for extra vegetables on the sandwich and choose an apple or orange as your side.

HYDRATION

Did you know that regularly drinking water supports healthy digestion, improves brain function, helps prevent headaches, and increases energy?

Hydration is often forgotten about. It is important to keep yourself properly hydrated even before signs of dehydration begin to appear.

Carrying a **reusable water bottle** and refilling it often is an easy way to stay hydrated.

Here are five hacks to make staying hydrated fun and tasty

FREEZE IT

Blend or juice hydrating foods like watermelon, lemons, blueberries and raspberries. Fill a solo cup and freeze for about an hour. You can even add coconut water for a boost of electrolytes and honey for sweetness!

INFUSE IT

Slice your favorite fruits, vegetables or herbs of choice, add it to a jug of water, let it sit overnight, and it's ready to go!

BREW IT

Brew yourself a cup tea. Good options include chamomile, peppermint or green tea. You can serve it hot or iced!

BLEND IT

Make a smoothie with high water content fruits and vegetables including strawberries, oranges, peaches, pineapples, plums, spinach, and zucchini. Try adding just water or coconut water instead of milk.

EAT IT

Satisfy your thirst by snacking on water-packed fruits and vegetables throughout the day.

- Try fruit and oatmeal for breakfast, or adding a side salad made with spinach, cucumbers and tomatoes for lunch or dinner!

What is Sexcess?

Making choices about sexual activity that are centered on consent, healthy relationships and sexual well-being.

Sexual Rights and Responsibilities

It is your right

to choose how – and whether or not – to express your sexuality. You have control over your own body. It is your choice whether you want to be sexually active, when, with whom and in what manner.

It is also your right to change your mind and stop at any time during any sexual activity for any reason.

It is your responsibility

to respect the rights of others. Only participate in sexual activity with a partner who is consenting to the activity. Consent is required by criminal law and by the University of California systemwide Policy on Sexual Violence and Sexual Harassment. Sexual activity without consent, or after consent has been revoked, is sexual assault.

Consent is...

informed.

Consent is an affirmative, unambiguous, conscious agreement by each person to engage in sexual activity.

voluntary.

Consent involves positive cooperation and must be freely given. It cannot be given if there is force, threats, or where a person's free will has been compromised.

revocable.

Sexual activity may begin as consensual. But, once someone says "no", says they are uncomfortable, pulls away, or any other indication that they want the sexual activity to stop, consent has been revoked.

Consent is not possible when someone is...

unconscious.

If someone is passed out, asleep, or otherwise unconscious, consent cannot be given.

underage.

The legal age of consent in California is 18 years old. Even if someone under the age of the 18 agrees to engage in sexual activity, they are legally unable to give consent

incapacitated.

This means that a person is unable to care for themselves, which could be due to drugs or alcohol. Just to be clear, having drunk sex is not a crime. However, when someone's ability to take care of themselves has been severely impacted, they are unable to give consent. If someone is incapacitated due to drugs or alcohol, they may be in and out of consciousness, unable to stand or walk, vomiting, slurring their words, or unable to communicate properly.

Healthy Relationships

Every relationship is different, but all healthy relationships have: Safety, respect, communication, trust, honesty, support, comfort, independence, boundaries

#GYTUCDavis

Get Yourself Tested! Practice safer sex and getting yourself tested for STIs, including HIV, at least annually if you are sexually active.

Love Lab

a mobile cart stocked with internal and external condoms, dental dams, water-based lubricant and silicone-based lubricant available to UC Davis students at no charge

Alcohol, Tobacco, and Other Drugs

What to do when someone is very intoxicated

Stay with the person.

Try to keep the person sitting up if they are vomiting.
If they must lie down, keep the person on their side.

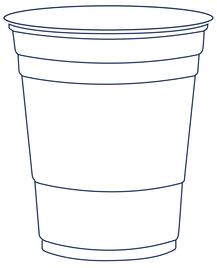
Cut them off from alcohol and other drugs. Make sure their friends at the party and anyone serving alcohol knows.

If the person is not in need of medical attention and is going to "sleep it off," be sure to lay them on their side and wake them up frequently to check for signs of alcohol poisoning. Even though the person is sleeping, alcohol levels may continue to rise, causing the person to become unconscious, rather than asleep. If at any time you cannot wake the person up, CALL 9-1-1.

Aggies Act! Remember that calling can save someone's life. If you're calling for your friend who may be experiencing an overdose, the incident will not go on yours or their conduct record.

Alcohol Poisoning

If someone has any of these symptoms, call 911 and specify that it's a medical emergency so the dispatcher sends an ambulance.



C Cold, clammy, pale, or bluish skin

U Unconscious or unable to be roused

P Puking repeatedly or uncontrollably

S Slow or irregular breathing

Transportation

Free Options

Call a Friend

Use a pre-determined designated driver.

Request a ride from Tipsy Taxi from Thursday to Saturday nights, 10 p.m. to 2 a.m. Visit the Tipsy Taxi website or call 530-752-6666.

UC Davis Police Department Safe Rides 24/7

Walk, if you are able to and feel safe doing so.

Stay over at a friend's house if you feel safe and if it is okay with them.

Other Options

Use a ride-sharing service (such as Lyft or Uber) or call a taxi!

LET'S TALK ABOUT

SLEEP

TIPS FOR GETTING **Ready for Bed**

Stop studying and avoid any stimulating discussions or activities a half hour or hour before bed

Try a gentle stretching routine before bed, or practice relaxation techniques, like reading

Get into your favorite sleeping position so you don't end up tossing and turning

Try a light snack before bed: warm milk and foods high in amino acid tryptophan like bananas

Keep a pad and pencil handy. If you think of something you want to remember, jot it down, then let the thought go

SETTING UP YOUR **Sleeping Environment**

Sleep in a cool room (60 degrees or so)

Don't use your bed as an office

Use comfortable bedding. Pile on another blanket or add one under the mattress pad

Some sleep better if there is white noise — like a fan running — in the background. For others, noise can interrupt sleep

BEST PRACTICES **For Good Rest**

Try to get 7-9 hours of sleep each night! It's helpful to have a set bedtime and wake up time

If you decide to take a nap, try to limit it to 20-30 minutes

Avoid caffeine in the late afternoon onwards, as it can cause hyperactivity and wakefulness

Cut down on alcohol, as it can cause shallow and disturbed sleep, abnormal dream periods, and frequent early morning awakening

☆ GETTING A GOOD NIGHT'S SLEEP IS NOT ALWAYS EASY

Sleep is not a natural process for everyone. Some have a harder time falling asleep when facing struggles related to...

Physical Factors
such as sleep apnea, heartburn, and menstuation

Mental Health
like stress, anxiety, and depression

These habits can help with understanding what works best for each individual's needs in order to get a good night's rest.

Spiritual Wellness

DEFINE What does this type of wellness encompass?

Spiritual wellness allows us to be in tune with our inner selves. Spiritual wellness is described differently by each person, but the concept generally relates to one's sense of purpose, life's meaning, our relationship to other people and a self-awareness to these things.

The challenges of spirituality can be hard to see for some people because of the secularization of some spiritual and religious practices, such as meditation, yoga, and worship.

Spiritual
TERMS AND DEFINITIONS

Equanimity

measures ability to find meaning or feel at peace in times of hardship, and how this affects the future

Ethic of Caring

sense of caring and concern about the welfare of others and the world around us; wanting to help those who are troubled and alleviate suffering

Charitable Involvement

activities such as participating in community service, donating money to charity, and helping friends with personal problems

Spiritual Quest

degree of actively searching for meaning and purpose in life, to become self-aware, and to find answers to life's "big questions"

Ecumenical Worldview

global worldview that seeks to understand different religions and cultures, acceptance of others, and the interconnectedness of it all

Some people exercise spirituality through religion

Religious Commitment
INTERNAL

degree of following religious teachings in everyday life, finds religion to be personally helpful, and gains personal strength by trusting in their beliefs

Religious Engagement
EXTERNAL

behaviors such as attending religious services, praying, religious singing/chanting, and reading sacred texts

Religious or Social Conservatism

degree of opposition to such things as abortion, casual sex, and atheism

Religious Skepticism

reflects beliefs such as "the universe arose by chance" and "science will be able to explain everything" and disbelief in the notion of life after death

Religious Struggle

extent of feeling unsettled about religious matters, disagreeing with family about religious matters, feeling distant from religion, having questioned religious beliefs, or feels disillusioned with religious upbringing

We acknowledge that the University is on a Judeo Christian calendar and some need to seek accommodations for their spiritual holidays. Please don't hesitate to celebrate your spiritual holidays and observations. Asking your faculty, employer, etc. to celebrate these observations.

The OSSJA Student Support form can be filled out by students themselves or staff for the student to provide religious accommodations

To learn more about religious organizations on campus, check out Aggie Life, run by CSI for organization involvement

Reflection Rooms

For folks looking for a quiet space to pray, meditate, or reflect, there are reflection rooms located across campus

Student Community Center

Located on the first floor, in the hallway next to the building kitchen (ask front desk staff)

International Center

Services for International Students and Scholars in Global Affairs has a meditation space located in the International Center building on the first floor

Tercero Residence Halls

Ask the Area Service Desk, located on the first floor

Women's Resource & Research Center

Located in North Hall

Cross Cultural Center

Located in the Student Community Center

Occupational Wellness

DEFINE What does this type of wellness encompass?

Occupational wellness allows you to explore various career options and encourages you to pursue the opportunities you enjoy the most. This dimension of well-being recognizes the importance of satisfaction, enrichment and meaning through work.

Transfer Students

As a transfer student, you have likely selected a major and may be further along in your career development. Since you will likely spend 2-3 years on campus, seek out information and opportunities early.

Your first year at UC Davis is a great time to explore how your selected major might prepare and lead you to a possible career. Test your options by completing an internship, finding a part-time job, or participating in other experiential education opportunities.

What is an internship?

Internships provide real-world experience and enable you to put what you've learned into action.

- Some internships are paid while others are not, but they are both a great way to develop your skills without being considered an employee.
- Many employers are looking for passionate and interested applicants whom they feel confident investing resources into. The first step to getting an internship is applying!

ICC Internship and Career Center

Internship and Career Center: Regardless of where you are in your career development process, the ICC can provide valuable professional and career-related information and opportunities.

The ICC is committed to providing all students with professional and career development services and resources. The ICC welcomes veteran students, students with disabilities, undocumented/AB540 students to meet and discuss choosing a career, making professional contacts, and marketing unique skills and experience. There is a number of opportunities available during and after graduation from UC Davis, including internships, graduate school, and various forms of employment.

the six step model

This six-step model is designed to help you make career decisions not only as you begin your career search but also throughout your lifelong career path.

Freshman Year

Self Discovery

Spend some time this year thinking about what is important to you and what you value, both personally and professionally. Become familiar with the career, academic and extracurricular resources available at UC Davis. Take time to explore your options for how to get involved on campus.

Sophomore Year

Expand your career horizons

Begin pursuing experiential education opportunities, such as internships or applying to do research. Getting some hands-on experience will help with figuring out what path you want to pursue. Take this time to also take classes you are interested in before heading into upper-division courses.

Junior Year

Test Options

Start clarifying your career goals and your plans for after graduation. Try to find internships and summer jobs that align with your career goals to continue building your resume. Consider meeting with an ICC advisor.

Senior Year

A time to make decisions

Start looking for a career position as soon as you start your senior year. Many employers primarily recruit during the fall quarter. ICC staff are available to assist you throughout the job search and application process. Be sure to connect with an ICC advisor early during this year.

Intellectual Wellness

DEFINE What does this type of wellness encompass?

Intellectual wellness encourages us to engage in creative and mentally-stimulating activities, and it requires lifelong learning and curiosity.

Intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies that expand your knowledge and skills while allowing you to share your knowledge and skills with others.

UNDERGRADUATE RESEARCH CENTER

Research allows students the opportunity to be mentored by professional faculty and get a hands-on experience.

Undergraduate research can be done...

- With a professor on a new or existing project
- At the UC Davis Medical Center
- Through internships through ICC or Handshake

INTERNSHIP AND CAREER CENTER

Internships are a great way for students to learn what it's like to work in a professional setting and get to know the careers they are interested in.

The ICC offers workshops on resumé building and interview practice to help students land an internship.

CRAFT CENTER

The craft center offers many opportunities such as ceramics, flameworking, and screenprinting.

Students can explore different crafts through the...

- maker space
- arts and crafts studio
- glass studio
- jewelry studio
- photography studio
- textiles studio
- welding studio
- woodworking studio

Find your passion by signing up to volunteer at the craft center! Students who volunteer have more chances to take impacted classes offered by the craft center.

CENTER FOR STUDENT INVOLVEMENT

Registered Student Organizations are available for students to explore different clubs and communities at UC Davis.

ACADEMIC ASSISTANCE AND TUTORING CENTERS

AATC provides an inclusive and interactive environment where students participate in reinforcing and retaining knowledge in writing, math, and science through academic services provided by professional staff and peer tutors.

DID YOU KNOW...

- During the 2019-20 year, AATC served more than 6800 undergraduate students at UC Davis
- Students use AATC services across all their time at UC Davis; about 46% of those served are in their 3rd or 4th year
- AATC employs about 340 undergraduate students as tutors each year

STUDY ABROAD

Study abroad supports 1,300+ students each year in studying across 30+ countries, exploring the world, and gaining valuable skills and competencies abroad.

Learn more about these resources!

Make sure to scan the QR code at the end of this exhibit to discover more about each of these opportunities!

Financial Wellness

DEFINE What does this type of wellness encompass?

Financial Wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives, and it can impact our health as well as academic performance.

Note that students come into college life with varying levels of financial responsibility and obligations. Low-income students, especially BIPOC often bear the financial brunt of historic and structural racism and oppression. They have financial needs that other students may not enter with.

Basic needs includes more robust elements including transportation, health care, sanitation, dependent child care, insurance, etc.

WHAT TYPE OF AID DO I HAVE

Loans	financial aid awards that must be repaid with interest after graduation
Grants	primarily awarded based on a student's financial need and don't have to be repaid
Work Study	awards allow eligible students to earn money through employment
Scholarships	awarded to students based on financial need or exceptional merit

UC Task Force Report

UC DAVIS

44%

indicated being food insecure

Collected in May 2018; published in the Food Security Task Force Report.

18%

of UC Davis students experienced some form of housing insecurity.

Collected in May 2018; published in the Housing Security Task Force Report.

UNIVERSITY OF CALIFORNIA

44%

of undergraduate students and 26% of graduate students experienced some level of food insecurity

5%

of undergraduate and graduate students experienced houselessness

Collected in Winter/Spring 2016; published in the Global Food Initiative: Food and Housing Security in the University of California report

More About Loans

IF YOU NEED OTHER RESOURCES, THIS IS WHAT IS AVAILABLE

Types of Loans You are Borrowing

There are several different types of student loans. Make sure to know the different types, important dates, and highlights of each loan.

Types of Loans Available

MyAwards will show the types of loans a student is being offered. Think carefully about future loan indebtedness before accepting loans. A student is not obligated to accept any loan offered to them, and they can accept less or decline the aid offered.

Subsidized vs. Unsubsidized

The interest on Direct Subsidized loans is paid by the U.S. Department of Education while you're in school at least half-time in a degree-seeking program. The student is responsible for the interest on Unsubsidized loans.

Terms of Your Grace Period

The grace period is the amount of time you have after you graduate, withdraw, or drop below half-time, before you are required to begin repaying your loan. The grace period depends on the loan you are borrowing.

Loan Fees

You will be charged a loan fee when you borrow Federal Direct Loans. The loan fee is deducted proportionately from each scheduled disbursement of your loan.

Financial Skill-Building

BEFORE students are in trouble

Aggie Blue to Gold
Financial Wellness

This program offers financial wellness webinars and virtual peer advising to students looking to gain a better understanding of how to manage their finances.

TOOLS AND RESOURCES

CashCourse

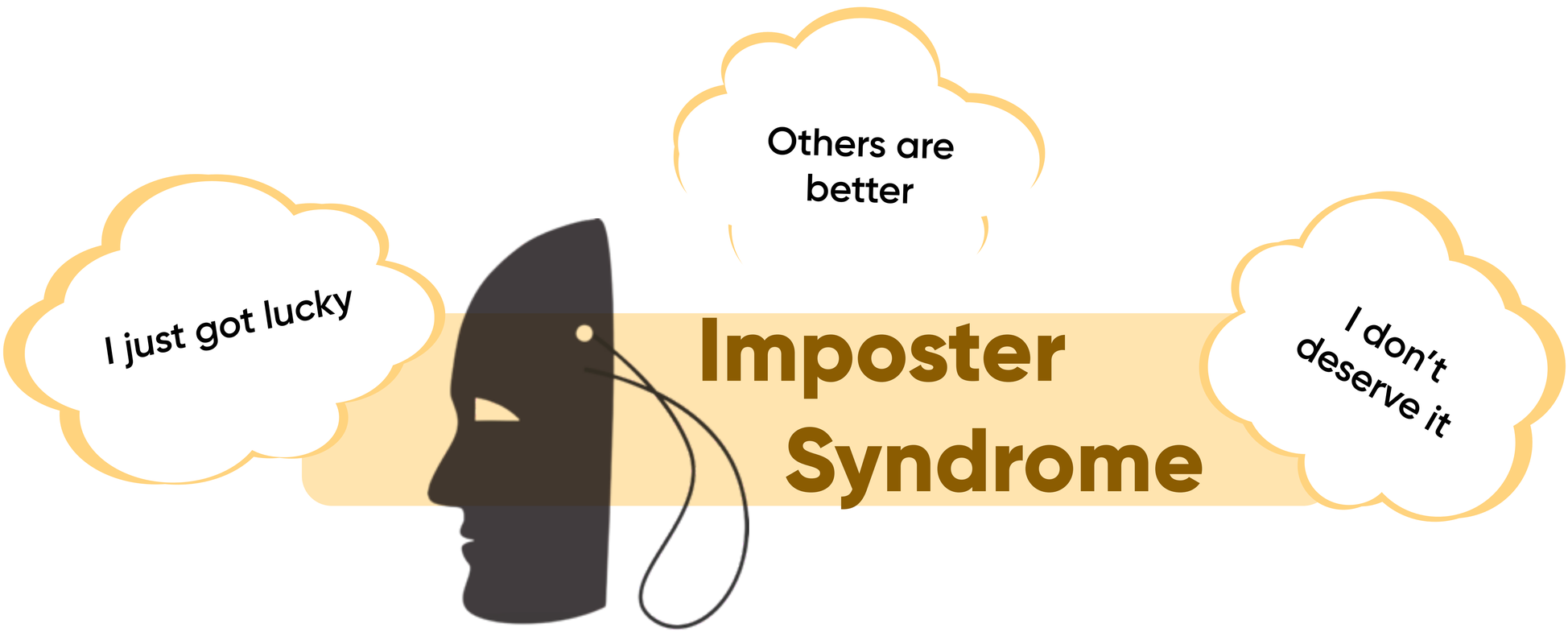
Offers many tools and resources including quizzes, courses, calculators, and more

Blog and Resources

Follow the Aggie Blue to Gold blog or check out the resources on Budgeting, Student Loans, and Debt Management on the website

Sign up to receive newsletters and updates from Aggie Blue to Gold

- ☑ **Sign up for the Scholarships Listserv**
- ☑ **Apply for scholarships and work-study**

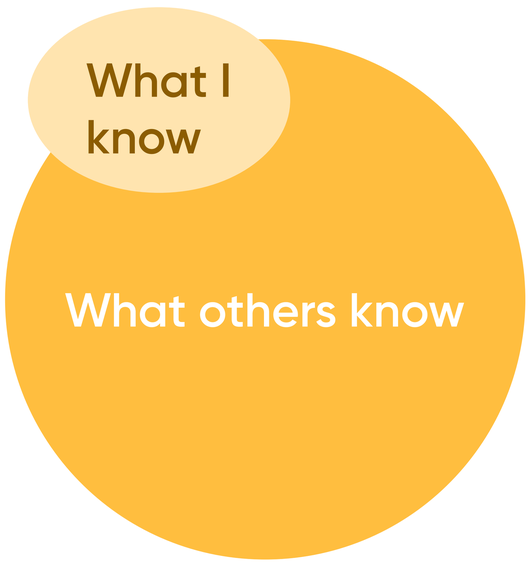


DEFINE What is Imposter Syndrome?

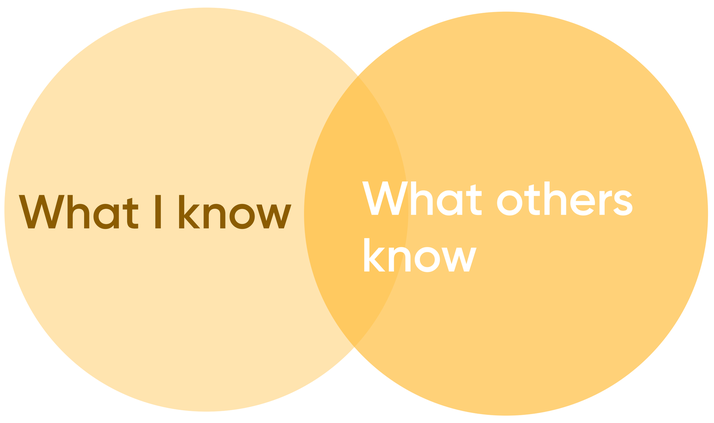
Imposter Syndrome is the inability to see one's own success as others see it. It refers to chronic feelings of self-doubt, fraudulence and inadequacy despite objective achievements. A person with Imposter Syndrome may also have a fear of being discovered that they are a fraud.

Imposter Syndrome can affect anyone, but is especially common around high-achieving individuals.

Assumptions



Reality



Coping with Imposter Syndrome:

Validating Achievements

Be proud of your accomplishments! Try to not compare your successes to your peers'. Everyone is on their own journey and will acheive things in their own time.

Asking Questions

University is a place to learn without judgement. Having the courage to ask questions can help yourself and your peers, who likely have similar questions.

Accepting Failure

College is a process where everyone makes mistakes, so don't be hard on yourself. Take the opportunity to learn from them and don't be afraid to change paths.

Student Stories:

" I arrived at Davis with terrible imposter syndrome. Throughout the entire year, I always felt like I didn't belong and had self-doubt. My first quarter, when I didn't know any of the teachers, students, or buildings, the imposter syndrome felt unbearable. I felt like the lone sheep in a pack of wolves. But as the year went on, the imposter feeling began to disappear. It takes time, but things will improve. If you don't already have friends, I urge you to meet people and create a life outside of the classroom. "

Read more student stories here

Community College VS University

Size of Campus

Navigating a 5,300 acre campus with 30,000 students can feel overwhelming. Take your time exploring and try to find your classes ahead of time by biking or walking around campus.

Davis is known for its friendly people, so don't hesitate to ask for directions. Google maps is a great resource too!

Getting Involved

There are many more opportunities to get involved at a university with hundreds of student organization, research opportunities, and on-campus jobs.

Take a closer look at the programs offered by the Activities and Recreation Center as well as the Center for Student Involvement website.

Class Workloads

Being on the quarter system, coursework at UC Davis can build up quickly with exams and essays in the first couple weeks of class.

It's essential to have good time management skills. Try using a scheduling app or keeping a planner to not miss any deadlines. Professors are here to help you stay on track too!

Finances

University tuition is generally much more expensive than community college. Be sure to explore the financial aid website to see what grants and scholarships you can apply for.

Try making a budget plan for your daily expenses and take advantage of resources like The Pantry for free food items and toiletries.

Commuting

85% Of UC Davis students commute daily

Whether you are traveling by bike, car, or train, commuting to a large campus takes time and preparation to travel efficiently and safely.
TIP: Plan an extra 10 minutes onto your travel in case you encounter traffic or parking issues.

PARKING ON CAMPUS:

Download the ParkMobile app to pay for parking on campus. It costs $3 per day and students can park in any "C Lot". Remember to pay on the app everyday to avoid a $55 ticket!

If you recieve a ticket, you can appeal it with Transportation and Parking Services (TAPS)

Source: Grewal, Gurtaj. "6 Differences Between Community College and University." Admissions Blog, UC Davis, 19 May 2022.

Transfer and Reentry Center

Our Mission:

Located in 1210 Dutton Hall between Financial Aid and the Cashiers Office, the Transfer and Reentry Center (TRC) assists all transfer students (junior college or community college to UC Davis, UC to UC Davis, out of state to UC Davis) and reentry students. At the TRC we address the needs and concerns of the whole student. Whether your questions focus on academics, adjusting to UC Davis, or finding a referral to address specific issues and concerns, make the TRC your first stop and consider it your home while at UC Davis

Did you know?

Over **1/4** of UC Davis students are transfers.

Our Services:

Peer Advisors

Connect with other transfer students who can help **answer questions** about life and academics at UC Davis as well as refer you to **campus resources**

Academic Support

Get aquainted with the **Academic Assistance and Tutoring Centers** (AATC) and services through the **Office of Educational Opportunity and Enrichment Services**

Student Parent Resources

Learn about Student Parent programs including **Priority Registration**, **CCAMPIS Student Parent Scholars**, and the **Babysitter Directory**

Social Events

The TRC hosts **trivia**, **board game**, and **movie nights**, as well as special **holiday events,**

CONTACT:

EMAIL: tarc@ucdavisedu
PHONE: 530-752-2200
HOURS: M-F 9 a.m - 4 p.m
LOCATION:1210 Dutton Hall

UCDAVIS
Transfer and Reentry Center

Environmental Wellness

DEFINE What does this type of wellness encompass?

Environmental wellness refers to leading a lifestyle that values the relationship between ourselves, our community and the environment. The core principle of environmental wellness is respect—respect for all nature and all species living in it.

UC Davis Rankings

Our university has been recognized for the following categories, and we are continuing to improve how we strive to maintain sustainable practices on campus.

Ranked 1st in nation in
Agriculture

Ranked 1st in nation in
Veterinary Medicine

Ranked 1st in nation in
Campus Sustainability

82% of students are utilizing
Alternative Commuting Methods
like Biking, Unitrans, and Electric vehicles

> **A healthy environment supports healthy people**

Extreme rainfall and rising temperatures from climate change can impact indoor air quality, including the growth of mold indoors

Climate change can lead to higher concentrations of pollen and longer pollen seasons, triggering more allergic reactions particularly in those with respiratory illnesses like asthma

Combined ozone and particulate matter concentrations in the air, if left unregulated, are estimated to cause 1,000 to 4,300 additional deaths each year by 2050

Ways you can take action

- Vote, if able, and work to influence policy and legislation
- Repurpose and reuse before buying new, when possible
- Save water by reporting leaks on campus and turning off water when not in use
- Save energy by using energy efficient equipment and settings, turning off lights, and unplugging equipment when not in use

Food Matters

Avoid food waste by **taking only what you plan to eat**, and **donate or compost** any food waste you generate

Consider your options and **choose sustainably produced food**

Bring your **reusable beverage containers** to water refill stations in residence halls, around campus, or the Dining Commons to fill with a drink

"Just Ask" the server to customize any meal to your liking in the Dining Commons

OR "Try a Taste" of a meal before committing to an entire plate

CAMPUS RESOURCES

UC Davis Sustainability

Student Housing and Dining Services Sustainability

Check out the inventory for classes and seminars

Sign up for newsletters!

- SHDS Sustainability & Nutrition newsletter
- Sustainability news beyond the residence halls

Emotional Wellness

DEFINE What does this type of wellness encompass?

Emotional wellness involves developing an awareness of your feelings and your response to everyday interactions. This awareness allows you to better understand why you are feeling that way and can actively respond to your feelings. Emotional wellbeing is a component of the overarching picture of mental health.

Finding balance is key! Learning and exercising good coping skills to help navigate life transitions, academic and personal obligations can make a positive impact

EACH AGGIE MATTERS

SELF CARE

A Guide for the Busy College Student

1. **Any intentional activity that we do to care of our mental, emotional, and physical well-being.**
2. **Actions we take to reduce stress, prevent burnout and promote well-being.**
3. **Self-care isn't selfish, it's a vital component to your academic success and lifelong well-being.**

Appreciate yourself

You are here today and have accomplished so much. Be proud of who you are and how far you've come.

Take a deep breath

Sit down and take a deep breath. Slowly inhale through your nose, let your abdomen expand fully and then exhale through your mouth.

Move your body

Move for at least 30 minutes a day to fuel your mind and boost your mood! What ways do you enjoy moving your body?

Practice gratitude

A simple way to practice gratitude is to reflect daily and list three things you are grateful for.

Make time for fun

If you didn't have classes right now, how would you spend your time? Find some time in your daily schedule to do things that bring you joy!

gratitude is good medicine

the act of feeling thankful can enhance mental and emotional wellbeing through positively boosting mood and outlook

Gratitude is related to 23 percent lower levels of Cortisol, or stress hormones.

According to Robert Emmons, a professor of psychology at UC Davis and a leading scientific expert on the science of gratitude, **"[Practicing gratitude] can lower blood pressure, improve immune function and facilitate more efficient sleep..."**

Student Health & Counseling Services

Students can sign up for video or in-person counseling appointments through online portal.

- Individual Counseling
- Each Aggie Matters
- Group Therapy
- Couples Counseling
- Case Management
- Career Counseling
- Outreach to Campus Community
- Skills Groups

Crisis Text Line is free, 24/7 immediate and confidential texting services for those in crisis

Text RELATE to 741741 from anywhere in the US to text with a trained Crisis Counselor

Counseling Services Number (530) 752-0871

When worried about yourself or others, or when in doubt, consult a professional staff at Counseling Services for assistance!

TOP REASONS WHY

STUDENTS SEEK COUNSELING

stress
anxiety
depression
relationship issues
academic concern

Student Health and Counseling Services Powerpoint, 2020

17% of UCD students utilized mental health services in 2019

ARE YOU READY TO PARTY

A guide on how to party safely

BEFORE THE PARTY

- Eat a full meal and drink water.
- Decide how much you want to drink and set yourself a limit.
- Make a plan for a safe ride home.
- Consider bringing your own drink to the party (in a re-usable bottle) to avoid pressures of drinking more; you can politely say you already have a drink.

AT THE PARTY

- Pace yourself and alternate drinks with water.
- Stick with one type of alcohol if possible
- Avoid drinking from large containers of mixed drinks; it's hard to gauge how much you've had or what's in the drink.
- Keep an eye on your friends and your drink. Open pre-sealed drinks yourself.
- Always respect someone's choice not to drink.

AFTER THE PARTY

- Ensure you have safe transportation home.
- Leave with the friends you came with.
- Drink water if you want to reduce the chances of a hangover.

NOT DRINKING?

- Great! About 30% of UC Davis students choose not to drink.
- Check out our Upstander page for being a great sober buddy.
- Bring your own non-alcoholic drink in a water bottle to the party, or fill up a red cup with something non-alcoholic. Nobody needs to know you're not drinking alcohol.