

### WELCOME!

Welcome to the *High Note* newsletter! Your Student Affairs Team is here to provide you with academic updates and share various student opportunities to all Music students. It is our goal to provide you all with a more comprehensive tool for important information and resources.

This newsletter will be distributed to your UCSD email on a bi-weekly basis.

If you would like to share with us any particular topics you would like covered in this student affairs-related newsletter, please reach out to us at mus-studentasst@cloud.ucsd.edu.

# **REMINDERS**

**Academic Advising** 

- Walk-In Advising & Virtual Appointments resume Week 3
- The Virtual Advising Center (VAC) is open for virtual question submissions

**Academic Deadlines** 

- Automatic wait lists officially ends: Thursday, April 11th
- Deadline to add courses: Friday, April 12th

# STUDENT OPPORTUNITIES



Student Stage Sessions are an opportunity for student performers to rehearse and practice together with other members of their student organization at the Epstein Family Amphitheater. The intention of Student Stage Sessions is to offer rehearsal space for dance, musical, and performing arts student organizations at no cost. On evenings when the Amphitheater is not actively programmed, student organizations may reserve the stage for rehearsals through amphitheater.ucsd.edu.

# **WE ARE**



The Cluster Assistant, under the direction of the COSMOS cluster lead faculty, is expected to assist the lead instructor in the support of academic course content to be implemented during the COSMOS summer 2024 program; assist with lab experiences and provide support to lead faculty. Works with COSMOS Program representatives regarding course details for the assigned cluster course. Refer to <a href="http://www.jacobsschool.ucsd.edu/cosmos/clusters">http://www.jacobsschool.ucsd.edu/cosmos/clusters</a> for cluster (course) descriptions.

- Caualifications:
   Knowledgeable in science, technology, engineering and/or mathematics topics.
   General knowledge of computer software applications to support learning in science, technology, engineering and/or mathematics, basic web design and MS office applications.
   Experience working as a classroom or laboratory assistant in an academic course preferred.

### More Information:

**\$58-822-4361** 

@ cosmos@ucsd.edu

- Orientation:

   Mondy, June 1, 12pm 1pm
- Mondy, June 1, 12pm via Zoom
  Program dates:
  Sunday, July 7, 2024 Friday, August 2, 2024

### Handshake Job #s & Salary:

- Undergraduate Cluster Assistant
- Assistant

  Handshake: 8734317

  Salary: \$20/hr

  Graduate Cluster Assistant
- Handshake: <u>8733937</u>
  Salary: \$22/hr
  Graduate Co-Instructor

  - Handshake: 8734588Salary: \$25/hr



# **WRITING CONTESTS**

# hosted by THE DEPARTMENT OF LITERATURE

Open to all undergraduate students! You may submit up to 5 poems for the Stewart Prize and one piece of fiction (15 pages max) for the Saier Award. More detailed information is included on the contest pages of the Literature website:

**Stewart Prize** in Poetry:



Dr. Milton H. Saier, Sr. Memorial **Award in Fiction:** 



DEADLINE FOR SUBMISSION IS NOON ON TUESDAY, APRIL 30TH. For questions, please contact the Literature advisors at litug@ucsd.edu

## **RESOURCES**









### **Community Forums** Spring 2024

Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all the registered UC San Diego students. These meetings are not professional counseling. If you would like professio call the CAPS central office at 858-534-3755 to arrange an appointment.

AUHI Support
Fridays 2:30 - 3:30pm, Week 1 (4/5) - Week 8 (5/24)
Looking for ADHD support? Join to connect over
shared struggles, and to swap tips for inattention and
procrastination. Each week we cover topics of your choice,
so drop in as needed! Please email Dr. AJ Pollard to get
weekly reminders!

https://uchealth.zoom.us/j/89043482861 Contact(s): AJ Pollard, Ph.D.; aepollard@health.ucsd.edu

# Athlete Injury Drop-in Support Forum

Wednesdays 2 - 3pm, Week 1 (4/3) – Week 10 (6/5) This is a drop-in support group to help Division I and Club scholar-athletes build a community in order to assist one another working through the challenges of injury and the rehabilitation process. Group leaders will also teach skills and resources that can help with these obstacles. No RSVP needed, Please contact Dr. Mariel Rius't Stasiuk or Dr. Shane Saner for any questions

Location: RIMAC Conference Room
Contact(s): Mariel Ruiz Stasiuk, Psy.D.
mruizstasiuk@health.ucsd.edu

Shane Saenz, Psy.D., CMPC; smsaenz@health.ucsd.edu

Black Connections
Odd Wednesdays 12–1pm (4/3, 4/17, 5/1, 5/15, 5/29)
Black Connections is a safe space to connect and heal with
community. Discussion topics are determined by forum
participants and can include social justice issues, racial
trauma, stress, anniety, family-cluttural pressures, and
adjusting to UC San Diego. The goal is to uplift and support
one another with collective problem solving and discussion.
Danielle is dedicated to creating a culturally responsive and
inclusive space for the UC San Diego Black Community. This
forum is co-sponsored by the Black Resource Center (BRC)
and open to Black-identified students. Black Connections
will be in-person at the BRC, Please check the BRC website
or contact Danielle Simien, LCSVV for details. Light snacks
and wellness activities will be provided.
Location: BRC

Contact(s): Danielle Simien, LCSW; dsimien@health.ucsd.edu

Cafecito Hour
Wednesdays 12–1pm, Week 1 (4/10) – Week 10 (6/5)
Cafectot Hour is a forum for the Latinx/Chicanx community.
We will discuss topics impacting Latinx/Chican health,
well-being and academic success on campus and within our
community. This is a space to be in community and uplit
one another with collective problem solving, discussion and
support. Coffee and light snacks will be provided. Arrive
knowing you are welcome exactly as you are. Bilingual
dialogue (or even a few words en Españo Ihere and there) is
welcome if it supports your well-being and empowerment.
Location: Pepper Carnyn Hall Room 264
Contact(s): Kimberly Knight-Ortiz, LC5W;
kknightortz@health.ucsd.edu

coming Out Group

Lived by 1-2-2, m. Week 22 (4/9) – Week 10 (6/4)

The Coming Out group is a place to meet and gain support.

The Coming Out group is a place to meet and gain support.

While discursing your sexual and/or gender Identities in a
confidential setting. This group is for lesbian gay, bisexuring
out, considering coming out or may already be out. Topics
are determined by group participants and can include stress
are analyst, bonchienes, family cultural issues, excitement
and celebration with regard to coming out. Coming out and
angoing process in life for the LOBTG+ community, all are
welcome to join.

Location: Cross Cultural Center, Price Center East, 2nd Floor
Contact(s): Taylor McCavanagh, PsyD, (they/them);
truccavings/bhealth.uscd adu
Mely Quinzz (he/they/the/lelle): mlquiroz@health.uscd.edu

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community of care on our campus.

To learn more please visit the Co-Curricular Record website. @ucsdshw | CAPS.UCSD.EDU

# Grief and Loss Support Forum for Undergraduate Students Mondays 3-4pm, Week 2 (4/8) – Week 10 (6/3),

Undergraduate Students
Mondays 3-6m, Weekz (2 (48) – Week 10 (6/3),
Except 17/5 8 2/19

This is a support forum for students who wish to work
through grief and loss. The journey is different for each
person, there is no single pattern for prief. Topics are
determined by group participants and can include sharing
giving and receiving support, common physical and
emotional reactions, self-compassion, and emotional
resilience. This is a drop-in forum and students are
welcome to join each week or as it fits their needs and
schedules. Please contact CAPs provider and forum
facilitator Gila Cohen, MSW, LCSW for more information.

Inttrustrus/cus/cus/cus/sil/8077 (2018)

nttps://ucsd.zoom.us/j/9257208180.

Contact(s): Gila Cohen, MSW, LCSW;
g2cohen@health.ucsd.edu

Military-Connected Student Support Forum
Wednesdays 12-1pm, Week 1 (4/3) - Week 10 (6/5)
A drop-in space for military-connected undergraduate
and graduate students who are interested in building
community and developing self-improvement tools in
a mutually supportive and collaborative environment.
Common themes include: adapting to change, transitioning
into university, navigating multiple roless/dentities, stress
management, communication/ravigating conflict, sleep,
time management, and others. Participants will benefit from
both peer widonf-support and information from facilitator
Dr. Mariel Ruiz Stasiuk.

Location: Student Veterans Resource C Contact(s): Mariel Ruiz Stasiuk, Psy.D. mruizstasiuk@health.ucsd.edu

Trans and Gender Diverse Group
Tuesdays 2-3pm, Week 2 (4/8) - Week 10 (6/4)
Are you questioning your gender? Do you need a space
to discuss your gender identity with others who may be
going through the same thing? This group allows students
to explore their thoughts and feelings related to their
gender identity, Join this group to build community, share
experiences, and get support while navigating the world
outside the gender binary. No matter where you are on the
gender spectrum, you are welcome here!

gender spectrum, you are welcome here! Location: Cross Cultural Center, Price Center East, 2nd Floor Contact(s): Taylor McCavanagh, Psy,D. (they/them); tmccavanagh@health.ucsd.edu Meyl Quiroz (hethey/él/elle); m1quiroz@health.ucsd.edu Tay Richardson (they/them/elle); 13rich@health.ucsd.edu

The Art of Belonging- A Community Support
Forum for International Students
Wednesdays 8:30-10am, (4/10, 5/8, 6/12)
The Art of Belonging- A Community Support Forum for
International Students is a collaboration between CAPS an
ISEO to provide a support space for international students.
ISEO to provide a support space for international students.
We're bringing CAPS to the monthly ISEO diobla Coffee
Houff Build community, Connect with Other International
Students, Prioritive your well-being and mental health,
Navigate challenges and strategize ways to thrive, and
Learn about Campur resources. Depending on the week,
we'll do mindfulness & meditation exercises, arts & crafts,
etc. Coffee & pastries will be provided by ISEO. Drop-ins
welcome; please Register in advance if possible (registratio
can be found on the lievents Calendar).
Locations Eucadvatus Grove beind the ISEO Office at the

Location: Eucalyptus Grove behind the ISEO Office at the Global Coffee Hour

Goobac Contect Hour Contact(s): Lori Weiner, LCSW; lweiner@health.ucsd.edu Amy Nannan, Psy.D.; a2nannan@health.ucsd.edu Lisa Swid; lswid@ucsd.edu



Unwind the Grind with APIMEDA Programs and Services and CAPS
Mondays 3-4pm, Week 2 (4/8) – Week 10 (6/3)
An informal, Grop-in group designed for Asian Pacific Islander Middle Eastern Desi American students to hang out and talk about the things they are experiencing in a supportive environment. For more information, please contact: Brian Crie, MA, Programs & Operations Coordinator, APIMEDA Programs and Services; Louie Limas, Ph.D. Staff Psychologist. CAPS: Amanda Tom, Psy.D. Staff Psychologist. CAPS: Contact(§): Brian Crie, MA, Exrie@ucsd.edu

Contact(s): Brian Crie, M.A.; bcrie@ucsd.edu Louie Limas, Ph.D. (CAPS); ellimas@ucsd.edu Amanda Tom, Psy.D. (CAPS); a2tom@health.ucsd.edu

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Grief and Loss Support Forum for Graduate and Professional Students
Wednesdays 4-5pm, Week 1 (4/3) – Week 11 (6/12)
This is a safe and supportive forum for graduate and professional students who wish to work through grief and loss related to death of a loved one, particularly in the context of college and campus life. This forum offers an opportunity to connect with other students experiencing loss. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional resilience. The journey is different for each person; there is no single pattern for grief. Comersations will be facilitated by Dr. Fengqin Lian, CAPS Psychologist and GAPSWell Associates. If interested, please contact Dr. Lian to obtain the forum zoom link.

Contact(s): Fengqin Lian, Ph.D.; 858-534-0252; flian@health.ucsd.edu

Except 5/27.
¿Es Diffel Ser Estudiante? (Is it difficult being a student?). Join Dr. Araceli Lope-Arenas and Dr. Roselee Ledesma as we build community and discuss experiences related to being a Latinetz agualate and professional student. Topics are determined by forum participants and can include imposter syndrome, self-compassion, thesis/dissertation writing, post-graduation plans, stress, anxiety, acculturation, family/cultural issues, factors that impact productivity, social justice, and strengths that contribute to "ganas", persistence, and resilience. As grad/ professional students, it's challenging to find time for our well-being, so let's come together, have a bite to eat (light snacks will be provided), and corn as you are for as little or as much as you are able to! Contact Dr. Aracel for more information or to be added to the email reminder list!

Contact(s): Araceli López-Arenas, Ph.D., MPH; lopezara@health.ucsd.edu



LGBTQ Community Forum for Graduate and Professional Students
Wednesdays 4–5:15pm, Week 1 (4/3) – Week 11 (6/12)
This in-person forum for persons who identify as LGBTQ-exists to create space for community development and to foster a sense of belonging. The content is guided by community members and often focuses on LGBTQ and/or graduate and professional student issues. Examples include personal and professional relationships, queer topics in the academia and media, intersectionality, minority stress, feeling connected during strange times, and coping with imposter syndrome. Conversations will be facilitated by Dr. David Karsey. To see if this forum is a good fit for you, please contact David Karsey, Students are welcome to walk-in to a meeting as well.

Contact(s): David Kersey, MD; 858-534-3050; dkersey@health.ucsd.edu

### sis/Dissertation Forum for Graduate and

Thesis/Dissertation Forum for Graduate and Professional Students Tuesdays 4–5pm, Week 1 (4/2) – Week 10 (6/4) Completing a dissertation or thesis project can be stressful and overwhelming, Join the Thesis/Dissertation Forum for GAPS to have a supportive space to process topics related to your project, such as porcrastitation, anxiety, goal-setting, issues of perceived competence, and other struggles that can occur during the course of completing your research. The aim of this forum is to help alleviate the stress of your thesis/dissertation work, and to have a space to connect with people going through a similar process. For more information and access to the Zoom link please email Dr. Cassandra Jawson.

### WISE: Graduate Women in Science and Engineering

Wednesdays 1–2pm, Week 1 (4/3) – Week 10 (6/5) A support forum for women in STEM fields where women are underrepresented. Come experience a sense of community, support in goal attainment and encouragement in personal and professional life. To see if the forum is a good fit for you please contact. Judy Goodman Fermin, Ph.D.; Contact(s). Judy Goodman Fermin, Ph.D.; 858-534-9799; jfgoodman@health.ucsd.edu

@ucsdshw | CAPS.UCSD.EDU

















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