



# 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](mailto: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](http://amphitheater.ucsd.edu).

# WE ARE HIRING!

**Undergrad Cluster Assistants**  
**Graduate Cluster Assistants**



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 <http://www.jacobsschool.ucsd.edu/cosmos/clusters> for cluster (course) descriptions.

**Qualifications:**

- 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:**

858-822-4361  
[cosmos@ucsd.edu](mailto:cosmos@ucsd.edu)

**Important Dates:**

- **Orientation:**
  - Monday, June 1, 12pm - 1pm via Zoom
- **Program dates:**
  - Sunday, July 7, 2024 – Friday, August 2, 2024

**Handshake Job #s & Salary:**

- **Undergraduate Cluster Assistant**
  - Handshake: [8734317](#)
  - Salary: \$20/hr
- **Graduate Cluster Assistant**
  - Handshake: [8733937](#)
  - Salary: \$22/hr
- **Graduate Co-Instructor**
  - Handshake: [8734588](#)
  - Salary: \$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](mailto:litug@ucsd.edu)

# RESOURCES



## Tritons RISE Together Workshops Spring 2024: Weeks 1–10



**RISE for your daily dose of Well-Being!** Join us for our Tritons RISE Together innovative and experiential workshops. Based on research from peak performance psychology, mind/body sciences and the field of positive psychology, our RISE Workshops are here to promote you reaching your potential in all areas of your life: emotional, physical, and social. Be inspired, learn skills, and build our Triton community! You do not need to make an appointment unless the workshop indicates pre-registration – simply show up! Be sure to check out our RISE website for additional special events being planned throughout the quarter and any calendar updates: <https://caps.ucsd.edu/riase>

**SunRISE Yoga Session (Recreation and CAPS)**

**Mondays 10–11am, Week 2 (4/8) – Week 10 (6/3), Except (4/1, 5/27)**

Presenting a CAPS & Recreation partnership yoga class! Join in our SunRISE community for a well-being and movement-based session designed to both ground and inspire you! Start your week by creating a growth mindset and setting your intentions.

- Pre-register through [Recreation](#) to save your spot as this workshop fills up.
- Bring a yoga mat or towel and see you there Tritons!

**Location:** in-person @ RIMAC in Activity Room 1

**Performance Lab**

**Tuesdays 1–2pm, Week 1 (4/2) – Week 10 (6/4), with Erin Kelly Bartelma, Psy.D. and Specialized CAPS Speakers**

Join our interactive lab workshops to learn about the "science of success" and strategies to help you flourish in the classroom and in life! Each week we'll practice new strategies:

- Week 1: Building Your Foundation for Success
- Week 2: Goal Setting
- Week 3: Motivation
- Week 4: Procrastination Tools
- Week 5: Managing Performance/Test Anxiety
- Week 6: Confidence Boost
- Week 7: Creating Consistency
- Week 8: Well-Being & Performance
- Week 9: Focus & Concentration
- Week 10: Going into Finals Strong

**Zoom link:** <https://uchealth.zoom.us/j/84688908165>

**Mindfulness Studio (Recreation and CAPS)**

**Wednesdays 1–2pm, Week 1 (4/3) – Week 10 (6/5), with Haim Shemer, Psy.D. and Graduate Well-Being Associates Ali Punsalan and Lulu Arrigoni**

RISE Mindfulness Studio is a drop-in workshop where you can practice ways to:

- Connect more deeply with yourself and others
- Gain/regain inner peace and joy
- Engage in visualizations, breathwork & compassion-based meditations

Pre-register through [Recreation](#) and please bring a blanket or mat to class. We look forward to seeing you there!

**Location:** in-person @ RIMAC in Activity Room 2

**Co-Curricular Record Well-being Certificate**

As part of the Tritons Flourish Initiative, the RISE Well-being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students' well-being and build a community of care on our campus.

To learn more about CCR credit please visit the Co-Curricular Record website.



**Joyful Movement (Recreation and CAPS)**

**Wednesdays 3–4pm, Week 1 (4/3) – Week 10 (6/5), with Allie Wagner, Ph.D.; and Sarah Bromley, LCSW**

Experience what joyful movement can do for your body & mind! Come join us to explore what making peace with your body can mean through:

- Developing mindfulness skills and applying them during movement
- Learn about your body's inner wisdom
- Spark joy through experimenting with different types of movement.

Pre-register through [Recreation](#). We look forward to seeing you there!

**Location:** in-person @ RIMAC in Activity Room 3

**Stress Better: Skills for Managing Stress (The Zone and CAPS)**

**Thursdays 2–3pm, Week 2 (4/11) – Week 9 (5/30), with Melissa Hawthorne-Campos, LCSW, Except 4/25**

Are you feeling stressed or anxious? In this workshop we will:

- Discover effective techniques for dealing with stress or mild anxiety
- Learn two usable strategies each week!

Come join us at The Zone for easy and quick coping skills.

**Location:** in-person @ The Zone

**Sleep Reset**

**Fridays 1–2pm, Week 1 (4/5) – Week 10 (6/7), with Mike McGlenn, Psy.D.**

Sleep from A to Zzzzz! Get the best sleep YOU can – to rest, restore, and refuel. Join us to:

- Get the best quantity and quality of sleep
- Learn research based tips and techniques
- Discover sleep resources designed to fit your life

We start where you are at today to make all the gains possible for you and your needs. Find out what a sleep reset can do for mood, focus, concentration, energy and more!

**Zoom link:** <https://uchealth.zoom.us/j/84789763793>



*RISE workshops are open to all currently registered UC San Diego students. These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.*

**UC San Diego**  
STUDENT HEALTH AND WELL-BEING




[@ucsdshw](mailto:@ucsdshw)  
[CAPS.UCSD.EDU](https://CAPS.UCSD.EDU)








LOOKING FOR RESOURCES?  
NEED SOMEONE TO TALK TO?



LOOK NO  
FURTHER!





Introducing...

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TRITON2


IG: ucsd\_sagcm

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M-F  
10AM-4PM



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students (no  
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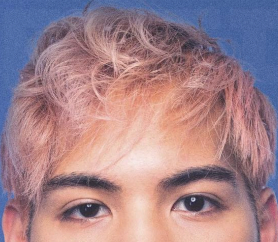
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togetherall

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YOUR MIND  
IT'S ON  
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