



## 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@ucsd.edu](mailto:mus-studentasst@ucsd.edu).

## REMINDERS



The Music Department Honors Track application period is now open to music majors who are planning to graduate next year. To be eligible to apply for the honors program, a student must meet the following criteria:

- Major GPA of 3.6
- Overall GPA of 3.0
- Must demonstrate excellence in chosen emphasis

If you meet these criteria and are interested in applying, please email [mus-ug@ucsd.edu](mailto:mus-ug@ucsd.edu) ASAP for more information and application details. The application deadline is Sunday, May 12 at 11:59pm. Please reach out to us via email with any further questions!

### Academic Deadlines

- Deadline to change units: Friday, May 10th
- Deadline to change grading option: Friday, May 10th
- Deadline to drop a course with a "W" grade on transcript: Friday, May 10th

## STUDENT OPPORTUNITIES



## My UC San Diego Graduation Story 2024

June is nearly here, and that means...Commencement! If you're an undergraduate or graduate student who's taking part in Commencement then we want to hear from you! Each year, University Communications shares stories of graduating students in feature articles and social media posts as well as through local media opportunities. **To be considered for our annual graduate coverage, please fill out this [form](#) by Friday, May 10.**



"Art Joy" the festival is a celebration of student creatives at UCSD and a space for community art!

CALLING ALL ARTISTS!! We are looking for you! Music performers, visual art, concert visuals, art installations, interactive art, sculpture, and other mediums more than welcome, let's talk! Click [here](#) to learn more!

DEADLINE: FRIDAY MAY 10th



Are you interested in free admission to performances of new and experimental creative works? If so, check out the Initiative for Digital Exploration of Arts and Sciences (IDEAS) at the UC San Diego [Qualcomm Institute \(QI\)](#)'s Atkinson Hall. The next upcoming show is "Hearing Extremes," a collection of creative works by students and UC San Diego scientists (Fri., 5/24 at 5 p.m.). Refreshments provided. For more information, visit the [IDEAS website](#).

## RESOURCES



Headspace for Tritons is here!

The popular mindfulness app and all its upgraded "Plus" features, is now FREE for registered UC San Diego students!



- ALL Headspace Plus features UNLOCKED for Tritons
- Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more.
- Find out what mindfulness can do for you in just 3 minutes a day. Use anywhere, anytime.
- Reduce stress and increase resilience. Start meditating today!

Sign up at:

<https://caps.ucsd.edu/iflourish>



Scan here to learn more!

The Headspace App includes:

- ✓ 1000+ hours of mindfulness and sleep meditations
- ✓ Mini exercises for busy schedules
- ✓ Content proven to reduce stress in just 10 days





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YOUR MIND  
IT'S ON  
TOGETHERALL

Anonymous online peer support community here to listen and give your mental wellbeing a boost, 24/7, 365.

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