

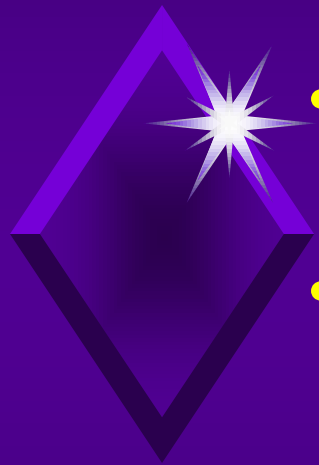


Why
am
I
Here?

Who
is
this
guy?



Why Are You Here?

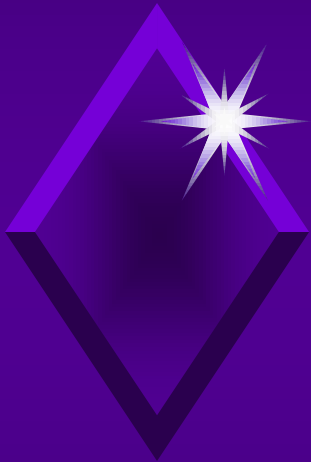


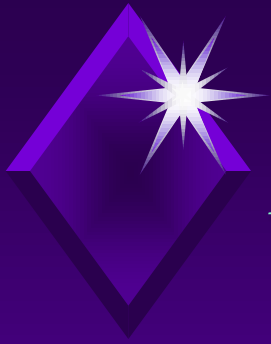
- Orientations programs introduce people to new environments.
- Lecture courses and college in general are novel for incoming students.
- Orientation thus invited me to let you know what to expect in classes here, and offer practical tips for academic success at UCSB.
- Student participation during this talk is voluntary “raise your hands if...” is an invitation, not a command

Hal S. Kopeikin, Ph.D.

- ◉UCSB Graduate, Doctorate in Clinical Psychology from UCLA
- ◉25 years at UCSB / IV (student, staff, lecturer, project scientist)
- ◉Clinical Psychologist in Private Practice

For more info, and this presentation, see www.DrHal.com





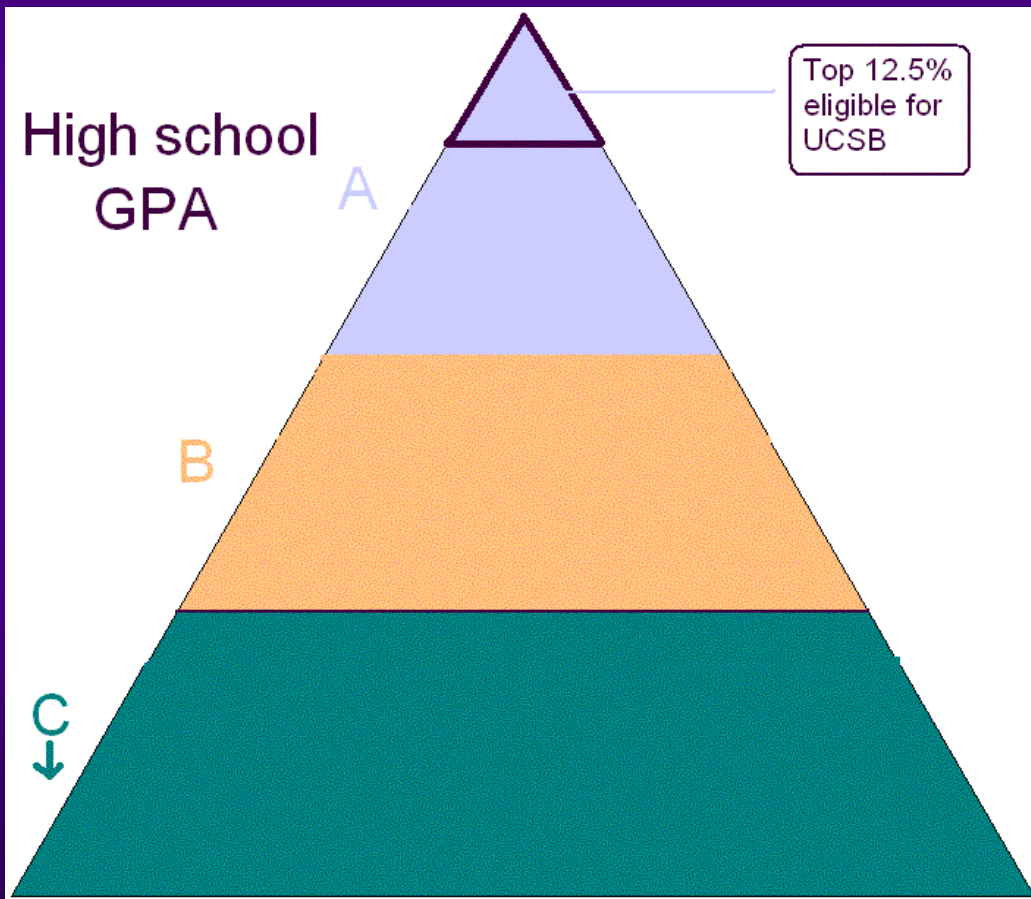
Realize “you’re not in Kansas anymore”

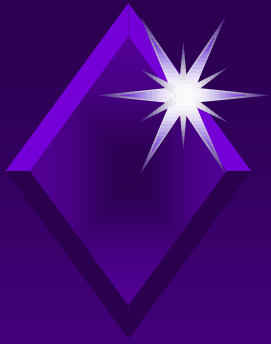
- ⊙ College is *not* high school
 - ⊙ It’s *not* a lot harder, just different
 - ⊙ As students sense the discrepancies, they often feel uncertain and anxious; it’s not just you.
 - ⊙ Inevitably, it will become familiar → comfortable.



How is college different?

UCSB students are exceptional





How is college different?

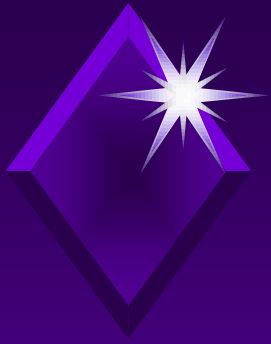
UCSB students are exceptional

Everyone is intelligent & hard working.

That has many ramifications, including

1. With the average grade of B- in UCSB classes, it's obvious the academic standards for success are higher than high school (e.g., don't hand in first drafts of papers).
2. Being smart isn't enough at UCSB; you'll have to try, too.
3. If you do, you'll succeed (not always, but ultimately).

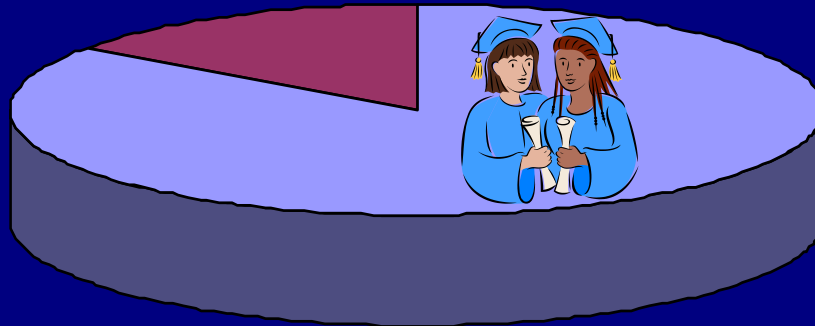


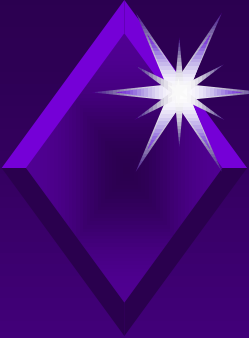


Will you succeed at UCSB?

Percent of Freshman who eventually Graduate from UCSB

■ 85% of Freshman here graduate ■ 15% of Freshman don't





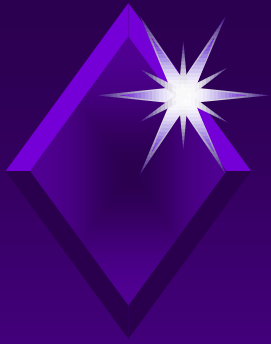
*Most of the 15% leave voluntarily;
not all.*





“Why don’t you treat me like an adult?”

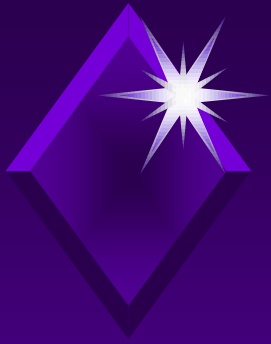




“Why don’t you treat me like an adult?”

UCSB does.

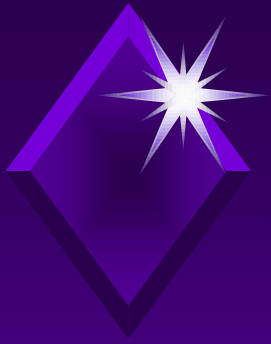
- ⊙ You are free here, and responsible for yourself
few vestiges of in loco parentis
- ⊙ Faculty & staff aren’t your parents, and know it
 - ⊙ College teachers do our job, students do theirs
 - ⊙ For example, most classes never take attendance
 - ⊙ Students come to learn and succeed
 - ⊙ UCSB generally won’t check up on you.
Instead, we help when asked by students.
 - ⊙ If you need help, it’s your job to seek it



Getting Help From Teachers

Teachers hold weekly *office hours* (at least 2 hrs./week)

- ◉ That is the time faculty reserve for speaking with students.
 - ◉ Don't be afraid to ask questions about the course, college, careers, etc.
 - ◉ Professors often have research opportunities for students who ask.
 - ◉ Plan ahead to use them effectively.
 - ◉ Faculty are typically busy at other times; teaching is only 33%.
- ◉ Teaching Assistants (TAs) are Ph.D. students aiding faculty in teaching large courses (esp. lectures); they often lead discussion sections. They hold office hours, too.
- ◉ Email and phone calls are convenient but no substitute



Seek Help When It's Needed

In addition to instructors, there are hundreds of staff members & services here to assist:

- ◉ Student Health Service (SHS) (you can get birth control there)
- ◉ Academic & Career Counselors (L & S, Depts., C&CS)
- ◉ Center for Academic Skills Enhancement (CASE)
- ◉ EAP & EOP Programs
- ◉ Disabled Students Program (DSP)
- ◉ Women's Center
- ◉ Financial Aids office
- ◉ Premed Advisor
- ◉ Need other help? Search <http://www.advising.ltsc.ucsb.edu/assistance/>
<http://www.kiosk.ucsb.edu/> , www.UCSB.edu , or ask us



Some expectations about classes

- ◎ The syllabus
 - ◎ A course outline, usually distributed in the initial class meeting
 - ◎ Contains vital info about the class, including
 - ◎ Reading assignments, lecture topics, tests, assignments, online resources, instructor & TA office hours, grading policies
 - ◎ For a sample, check out www.DrHal.com
 - ◎ Read it *carefully* and keep it handy
 - ◎ Use it to plan ahead, transferring assignments dates into an overall calendar, to prevent getting swamped with unanticipated work
- ◎ Stay with or ahead of the assigned schedule.
 - ◎ Don't get behind! Quarters are only 10 weeks long, so catching up can be awfully difficult.
- ◎ **Prepare for lectures, come to every class and take notes; study; adequately research, revise and polish papers.**



Academic Workloads & Units

- Fulltime students take at least 12 units
 - On the average, *one Unit represents 3 hours of work per week*
 - This is just an average, and varies across classes & by student
 - Expect to spend more as Freshmen
 - Most UCSB classes are 4 units, thus requiring 12 hours/week
 - Typically that involves 3 hours of classes, and 9 hours of study
 - Hence, expect to *spend 3 hours studying for every hour in class!*
- How many units should you take?
 - To graduate you'll need 180 units (or 184 in some cases)
 - **15 units/Quarter** to graduate in 4 yrs without summer session
 - Since most classes are 4 units, you'll probably average 16 units a quarter after becoming familiar with college and more efficient
 - Of course, there's always Summer Sessions where you can make up units, and graduating in exactly 4 years isn't required
 - If you're taking over 12 units, you can drop the excess if it seems too much
 - Beware of the drop deadline, and course sequences
 - Minimum Cumulative Progress (MCP) rules set quarterly progress requirement; for details see <http://www.advising.ltsc.ucsb.edu/mcp.php>



Which Classes?

- ⊙ Huge selection at UCSB
 - ⊙ Schedule of Class published quarterly
 - ⊙ Each Academic Department has an annual plan
- ⊙ Orientation will guide you this round
- ⊙ In general, students take about a third of their classes (i.e., 60 units, ~ 15 courses) in each of the following:
 1. Electives (almost anything)
 2. General Education Requirements (select from menu)
 3. Courses for academic Major
- ⊙ Finding the best courses for you (ask & read)



About Majors

- ⊙ A Major is an *emphasis* in your education (~1/3 of your classes)
 - ⊙ Therefore, pick one that interests you
- ⊙ Pick one now (or soon)
 - ⊙ It's OK to be “undeclared,” but usually unwise
 - ⊙ Some classes are *open only to students in a particular major*, and students in a major often have enrollment priority for classes in that Dept.
 - ⊙ Changing a major simply involves filing out a form, and you can change again and again without penalty.
 - ⊙ Find out which classes to take for your Major, and when they're offered, by speaking with the Department's undergraduate advisor, and their website.
- ⊙ Many different Majors are fine as preparation for a particular career
 - ⊙ Ask for guidance if you want more info about this
 - ⊙ For more info, see <http://www.advising.ltsc.ucsb.edu/undeclared/http://career.ucsb.edu/students/pdfs/MajorsMyth.pdf> <http://www.admissions.ucsb.edu/allmajors.asp>



Maintaining a Balanced Life

There's a lot of "work" to do other than school

- ◉ Re-establishing a social network
 - ◉ Much of your learning will come from talking with classmates & participating in college life
- ◉ Role exploration takes time
 - ◉ student government, music/drama/art, write for the school newspaper or yearbook, hundreds of interest clubs, surfing, scuba diving, biking, intramural sports, etc.
- ◉ Read the Daily Nexus for info about our community (dailynexus.com)
- ◉ Happy, healthy students are best prepared to excel







Maintaining a Balanced Life

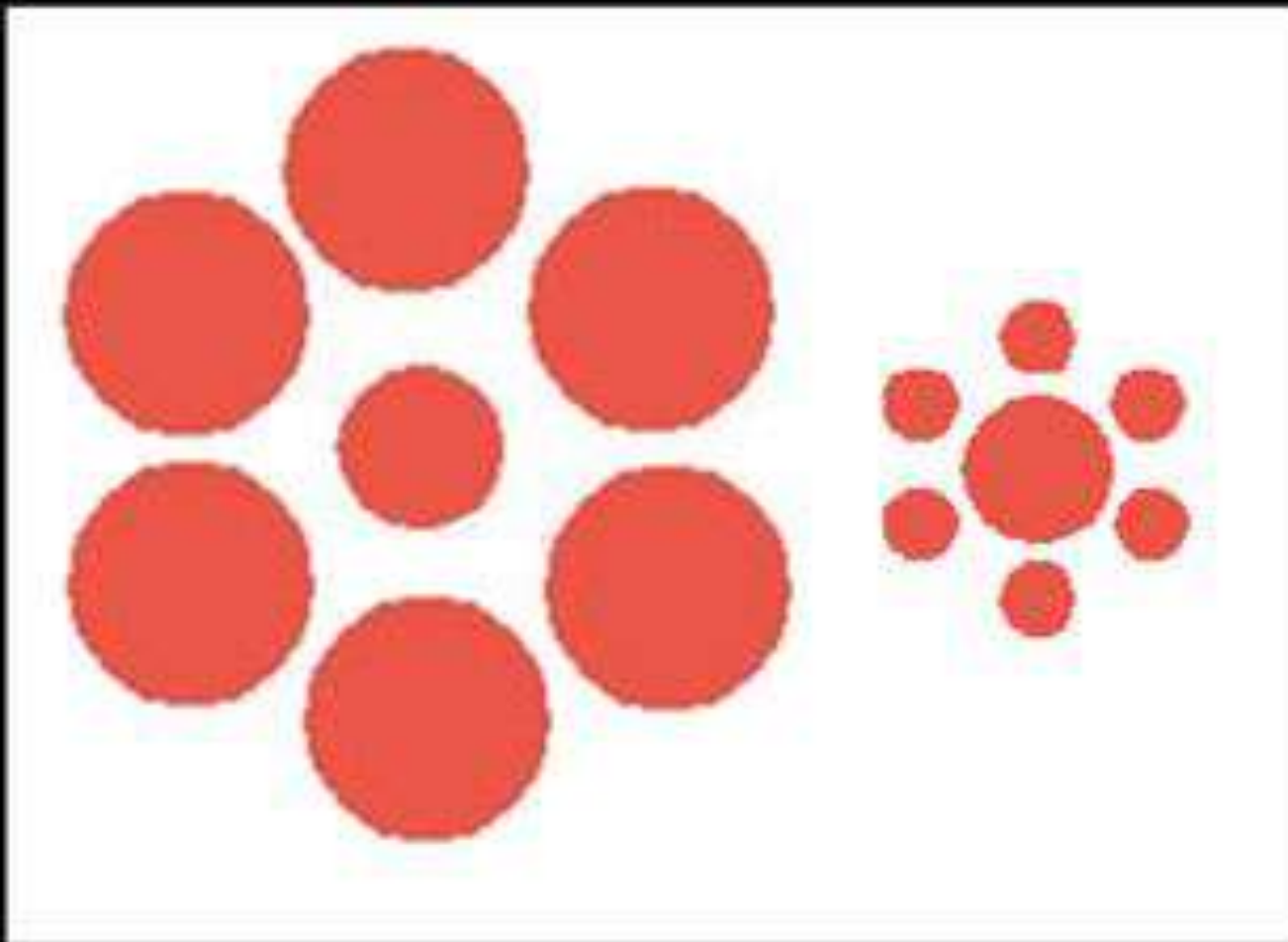
Is UCSB a “party school?”

- ⊙ Yes, we have great parties here
- ◆ No, UCSB students don't *just* party
 - ◆ They work very hard; it's just not always obvious

Compare the circles in the center

A

B



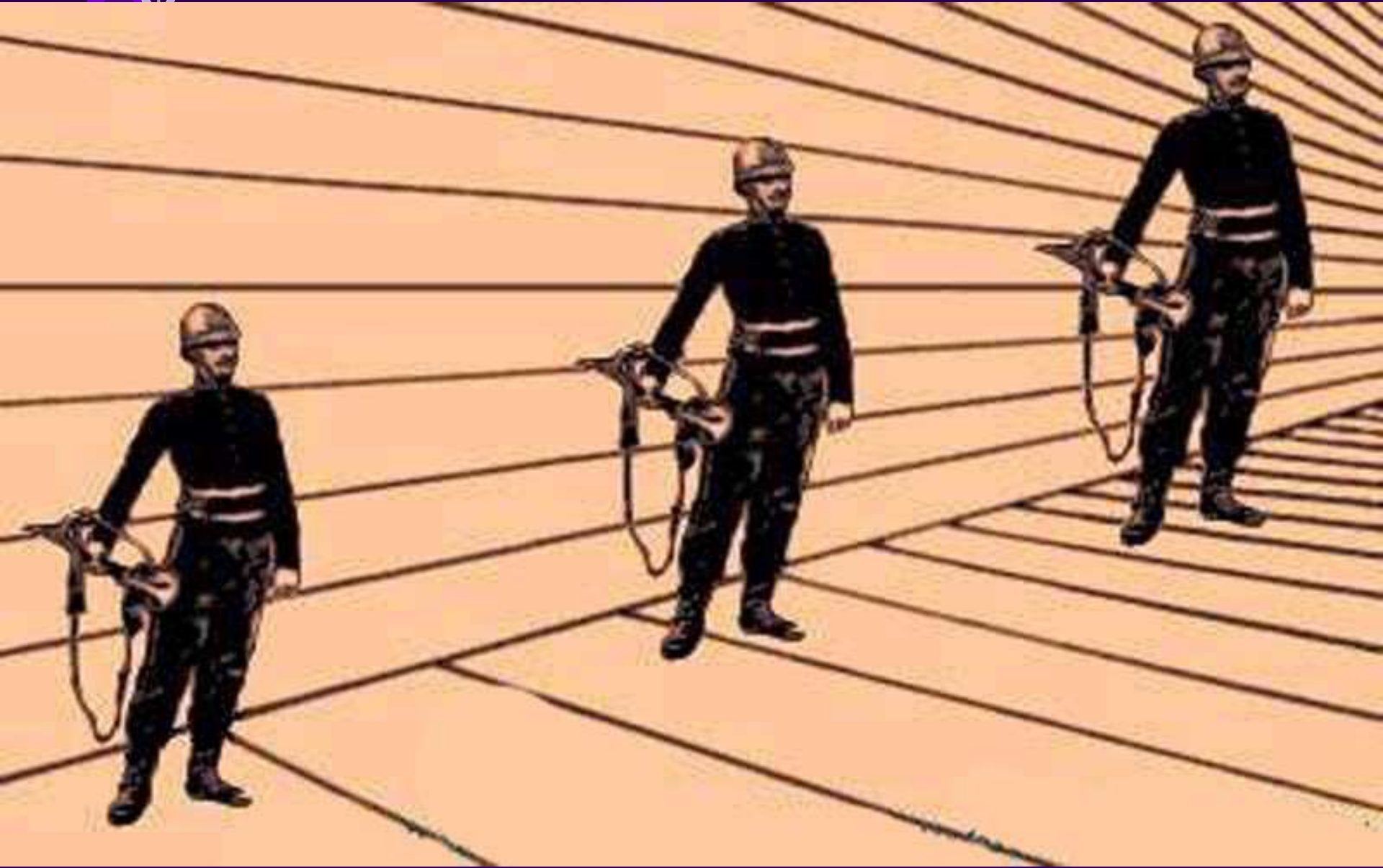
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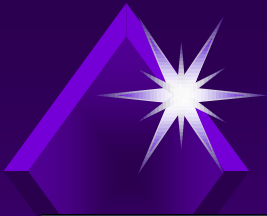




Maintaining a Balanced Life

Is UCSB a “party school?”

- ◎ Yes, we have great parties here
 - ◆ No, UCSB students don't *just* party
 - ◆ They work very hard; it's just not always obvious
 - ◆ College students spend most of their education studying outside class, so their schedules are varied and flexible
 - ◆ Don't be confused by 2,000 students out having fun
 - ◆ The other 18,000 are probably studying at that very moment
 - ◆ The rest were earlier, or will be soon.
- The exceptions are the small fraction of students who fail here.



Bon Voyage!



