

Live Well, Be Well

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Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Renee Dell'Acqua and I'm a Health Educator in Health Promotion Services here at UC San Diego. Today I've invited a special guest Dan Perez, Program Coordinator from UCSD's Parent and Family Programs!

On this episode of Live Well Be Well, we'll be discussing some of the common challenges families and students may face in this era of remote work and learning, and how to overcome them.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

R: Dan, thank you so much for coming on the show today! For those who may not be familiar with your office, would you mind giving us a quick overview of what Parent and Family Programs is all about and what are some of the services or events you all offer?

D: Thanks so much for having me on the show Renee, I'm excited to be here. The Office of Parent and Family Programs is the central resource for all parents and family members of undergraduate students at UC San Diego. On campus, we might mostly be known for events we host throughout the year such as Homecoming Family Weekend, International Parent and Family Orientation, and Siblings Day, to name a few. But a lot of our work comes from providing resources and information to parents and families to help them support their student. We publish quarterly newsletters, a yearly Triton Transitions Calendar with important dates and tailored monthly tips, our website is designed to be the best resource for parents and families to find information they need, and we also have a parent helpline and email where we help to guide, resolve and/or answer inquiries families may have. And we also encourage parents and families to get involved with UC San Diego s through our Triton Parent and Family Ambassador program. Overall, our programs, resources, and services that I just mentioned is done in collaboration with the many campus partners like Alumni, Student Health Services,

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International Students and Programs Officer, Career Center, the Seven Colleges, to name a few.

R: So we are continuing to embark in this era of remote learning and working given this global pandemic. The reality is that many families and their students may not be used to working and attending school in a shared space. Dan, can you share some of the common challenges that families and students may face during this time?

D: Yeah Renee, well it's interesting to use the word "common" because the pandemic is forcing us to work and live in ways so unfamiliar to us all. With so many students learning from home this fall quarter, families and students will enter some uncharted territories. Some things families and students may need to come up with is a plan, for ventures from sufficient work space, which includes not just for attending class but school projects and studying. This can be compounded, too, if there are multiple students at home, or if family members are working from home; it can get crowded. Internet bandwidth may be an issue - it can be tough to have everyone online at the same time. Scheduling too can be tough, trying to figure when to work around home class and work schedules with home responsibilities, chores, helping around the house, there's a lot to consider.

R: Given these various challenges that you've mentioned, what strategies or recommendations do you have for families and students to find common ground and to work alongside one another as harmoniously as possible?

D: With students at learning from home, families will be exposed to their student's daily school experience, which may bring the questions of "Is my student doing well? Is my student on track? Are they succeeding?" These questions are all normal that we see throughout the year, but the concern behind these questions may be more amplified because families and parents will have some exposure to their students' daily school lives. Asked your student which classes they really like and which they don't like as much and why. These two questions will help your student share how they are progressing in classes. We also suggest talking with their student, asking what their class schedule, projects, and studying may look like. Talk about what space may be needed for students to work effectively from home. Talk about how to create a "work" space so

that students can separate themselves from after school and class is over, - we all need that separation when family, school, personal lives are all happening from the same place.

R: These are some great suggestions for overcoming the common challenges that families and students may face during this time. It sounds like the key here will be open lines of communication, and being open and willing to ask those difficult questions and to receive honest responses and feedback from both sides.

Earlier you mentioned Homecoming. Can you provide more information on this event like when and where this is taking place? And also, what can families and students expect this year?

D: Of course! Homecoming @Home is taking place from Oct. 19th-Oct. 25th and it will be all virtual, with events for alumni, staff, faculty, students and family members! We work closely with athletics and alumni to execute the program. It's a weeklong event for all Tritons. Homecoming signature events include the Triton Tailgate and the Global Triton 5k and a few more. It's going to be a week of programming that no Triton will want to miss. Specifically, the office of parent and family programs will host our family weekend schedule of programming, like we do every year in person, but online! We have some great programs planned from Cheers to the Last Year, and More session for families of graduating seniors on what to expect from their student's last year at UC San Diego - and that session will actually be a series of webinars we plan to host this year. We are hosting 3 separate Parent Confidential roundtable discussions with our Triton Parent and Family Ambassadors in 3 separate languages, English, Spanish, and Mandarin. Our Family of the Year Award Celebration, the Colleges will host Fireside Chats with insight and engagement of the college communities, and you Renee, plus some of our other partners, will be exploring some of what we talked about today but going way more in depth, providing strategies for students and families on how best to work not just from home, but together to be successful this fall quarter in our Homebase session. Registration is currently open at homecoming.ucsd.edu, and you can find all of the family-focused session information, frequently asked questions, and more at our website, parents.ucsd.edu.

R: Wow, it sounds like you all have put a ton of work into Homecoming@Home and I know it going to be an amazing event! Listeners, be sure to check out this awesome event that they've put together for you all!

Before we wrap up this episode, Dan, would you like to share some final words of wisdom to families and students as they begin this new academic year together?

D: This very strange times but we are all in this together. This fall is going to be a new experience for all of us. The Office of Parent and Family Programs in partnership with many of our campus friends will work to provide the best services, events and resources from a distance. We know that it'll take teamwork to have a successful fall quarter, and we encourage all students and families to start by having conversations about how their student is doing, what they may need, and how to be on the same page. When in doubt, if parents and families have any questions or concerns, please feel free to reach out to us at our email parents@ucsd.edu. Follow us on social media for updates. I also

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suggest to keep an eye out on the campus' website in return to learn which is returntolearn.ucsd.edu. The campus informs everyone our approach to the fall quarter. Thanks so much for having me on Renee, I've had a great time!

R: Dan, thank you so much for coming on the show today and providing us with a wealth of knowledge to help families and students get through this new academic year! Best of luck to you all!

Closing

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come! Be sure to check out our website healthpromotionservices.ucsd.edu, and follow us on Instagram and Facebook under @UCSDHPS. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.