

THIS WEEK AT THE LGBT RC

WEEK 8, MAY 19 – MAY 23

MON, 5/19

11:00 AM – 7:00 PM	Anonymous HIV Testing	Heritage Room
1:30 PM – 3:00 PM	Center Directors Meeting	Conference Room
6:00 PM – 8:00 PM	Career Paths of Queer Black Women	Conference Room
7:00 PM – 9:00 PM	LGBTQIA	Family Room

TUES, 5/20

2:00 PM – 3:00 PM	LGBT RC Operations Meeting	Heritage Room
5:00 PM – 6:00 PM	TRANS UCSD	Heritage Room
5:00 PM – 6:30 PM	Pride Parade Info Session	Conference Room
6:30 PM – 8:00 PM	LGBT All 12 Step Meeting	Heritage Room
8:00 PM – 9:00 PM	LGBTQIA Women's Collective	Conference Room

WEDS, 5/21

11:00 AM – 12:00 P	LGBT RC Operations Meeting	Heritage Room
3:00 – 4:00 PM	LGBT RC Staff Meeting	Conference Room
7:00 PM – 9:00 PM	Men's Group	Heritage Room

THURS, 5/22

5:00 PM – 6:00 PM	Fluid Sexuality Group	Conference Room
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FRI, 5/23

11:00 PM – 12:00 P	LGBT RC Operations Meeting	Heritage Room
12:30 PM – 1:30 PM	OH w/ Cristina Visperas	Heritage Room
3:00 PM – 4:00 PM	LGBT RC Staff Development	Conference Room



UC SAN DIEGO ASIAN AND PACIFIC ISLANDER LIFE



WELCOME TO UCSD

Hello and Congratulations on your admission to UC San Diego! We are excited for you to join the Triton community and strongly encourage you to take advantage of our resources.

Speaking of resources, you may already know UC San Diego is a world-class institution that can do wonderful things for you. You are among the best and brightest students around and that's good, because you're going to be challenged. Our hope is that this book will lead you to spaces that support you in those challenges.

We recognize the value you bring as a person, scholar, and a community member. We appreciate your presence and want your voice to be heard. We want you to feel at home and to receive the educational experience you have earned. In view of these matters, we strive to cultivate spaces and organizations on campus for students like you to actively engage with community, feel welcomed, and supported socially, scholastically, and professionally.

We hope you'll explore this resource guide and familiarize yourself with additional resources from the Cross-Cultural Center available online at:
<http://ccc.ucsd.edu>

THE SIX COLLEGES

ROGER REVELLE COLLEGE



ESTABLISHED IN 1964

JOHN MUIR COLLEGE



ESTABLISHED IN 1967

THURGOOD MARSHALL COLLEGE



ESTABLISHED IN 1970

EARL WARREN COLLEGE



ESTABLISHED IN 1974

ELEANOR ROOSEVELT COLLEGE



ESTABLISHED IN 1988

SIXTH COLLEGE



ESTABLISHED IN 2001

MAJORS & MINORS @ UCSD

Critical Gender Studies

Critical Gender Studies is an interdisciplinary program offering students the opportunity to study gender, race, class, sexuality, and nationalism as intersecting categories of analysis and experience. The program's curriculum is designed to move students beyond popularized accounts of gender to consider its complex constructions over time and in a variety of cultural, scholarly, and global arenas.
cgs@ucsd.edu, cgs.ucsd.edu

Ethnic Studies

Ethnic Studies is a field that focuses on fundamental theoretical and political questions regarding the social construction of categories of race, ethnicity, gender, sexuality, class, and nation. The department's approach represents a commitment to transnational, relational, and intersectional methods for producing critical knowledge about power and inequality, including systems of knowledge that have emerged from racialized and indigenous communities in global contexts.
ethnicstudies@ucsd.edu, ethnicstudies.ucsd.edu

Chicano/a~Latino/a Arts and Humanities Program

The CLAH Program provides a broad introduction to the histories and cultural artifacts produced by Spanish-speaking communities in the United States. Through a coordinated course of study drawing upon course offerings in Theatre, Ethnic Studies, Communication, History, Literature, and other departments, students will gain an

understanding of this important segment of the U.S. population.
hcervantes@ucsd.edu, <http://literature.ucsd.edu/affiliated-programs/clah/index.html>

African American Studies Minor

The AASM at the University of California San Diego is an interdisciplinary field of study in the arts, humanities and social sciences. AASM is a scholarly examination of African American life, history and culture as it has taken shape within the U.S. and helped to transform the nation.
<http://af-amstudies.ucsd.edu>, rrobinson@ucsd.edu

Public Service Minor

Thurgood Marshall College sponsors the Public Service Minor at UCSD, which encourages students to understand the history and practices of public service and to work towards the development of civic skills. The course work for the minor emphasizes the history and emergence of the non-profit sector as a national institution distinct from the private and public spheres.
publicsvminor@ucsd.edu, <https://marshall.ucsd.edu/programs/public-services-minor.html>

Education Studies

Minor

Education Studies offers three minor programs of study: Minor in Education Studies, Minor in Mathematics Education and Minor in Science Education. The courses in the minor programs, and the hands-on experiences students gain in local schools will provide them with important preparation to become an intern teacher if they enroll in a credential program after they complete their bachelor's degrees.
edsinfo@ucsd.edu, <http://eds.ucsd.edu/>

ACADEMIC PROGRAMS

These dynamic, multi-disciplinary programs are open to all UC San Diego students.

The Academic Internship Program

(AIP) encourages students to apply their academic knowledge and analytical skills in diverse professional settings while earning academic credit. Students grow into Citizen Scholars, integrate academic theory and "real world" practice, engage in research that explores the relationship between the two, and gain professional skills needed for career success.

The Community Law Project

provides opportunities for education and training, personal and professional development, and community outreach and service.

The only International Migration Studies

Minor in the U.S. is right here at UC San Diego, exploring the social, economic, and political influences surrounding the voluntary and forced flow of people across international borders.

The Law and Society Program

offers courses, speakers and events that emphasize the interrelationship and complexity of legal, social and ethical issues in their historical context.

The Partners-at-Learning Program

provides academic credit through courses that train and place students as tutors and mentors in local inner-city elementary schools and high schools.

UCSD offers formal exchange programs that allow students to live and study at important institutions of higher learning on the opposite side of the country.

Experience Morehouse College or Spelman College

in Atlanta, GA, or Dartmouth College in Hanover, NH.

In the UCDC program,

students intern in the nation's capital while continuing their coursework. They live at the University of California Washington Center in the heart of Washington, D.C.

The Dine-with-a-Prof Program

is hosted through each individual college and allows undergraduate students to dine with one of their esteemed faculty members for free. It fosters informal, out-of-classroom interactions between students and professors.

The Human Rights

Minor explores human rights origins and trajectory, the passions it arouses, and the range of its influences and effects.

The Faculty Mentor Program

offers invaluable research experience to all junior or seniors with a Grade Point Average of 2.7 or higher who have the desire to prepare for graduate or professional school. Students will assist a faculty member on their research project for two quarters. This program allows students to gain a close relationship with a faculty member, research skills, and Independent Study credit. The research skills students acquire, including the writing and presenting of a scholarly paper, will prove invaluable to students after they graduate from UCSD, whether they continue on in a graduate program or begin their career.

The McNair Program

allows students to work closely with a faculty mentor in their discipline. The opportunity to work one-on-one with a professor will give them a unique insight into the world of academia, and help students explore the possibility of pursuing a Ph.D or a career in research or university teaching. The objective of the McNair Program is to provide low-income, first-generation college students, and students from groups underrepresented graduate education, with effective preparation for doctoral study.

For more undergraduate research opportunities, visit <http://urp.ucsd.edu>

FACULTY & STAFF SPOTLIGHT



James Lin | Math Professor

I was one of the original founders of the Cross Cultural Center. I also taught one of the first Asian American Studies courses at UCSD in 1986 and helped to create the Ethnic Studies Department. I served as Grad Vice Chair of the Math Department where I was able to increase the numbers of women and underrepresented students who obtain their PhD in mathematics. During my term as Grad Vice Chair I lowered the time to PhD degree to 4.5 years when the national average is about 6 years.

I was Acting Provost of Muir College in 2010 and created a Teaching Diversity Conference. I was Acting Provost of Sixth College in 2011 and created an Experiential Learning Conference. I am especially interested in helping students from underrepresented backgrounds succeed here at UCSD.



Nancy Kwak | History Professor

I research the intersection of US housing policy and development aid after World War II. When I began this project, I actually started with a completely different topic: I thought I was going to look at the relationship between racial segregation and educational inequalities. What I found was that housing policy mattered just as much as school budgets or busing programs. Then, to my surprise, I found the story was much larger than the US. That's how I ended up with this project. Research is often this way; you don't know where you will end up, but you just keep chasing the most interesting questions.

Windi Sasaki | Housing Dining Hospitality

My specific role within Housing Dining Hospitality (HDH) is to work with students who have a special need in housing or dining on-campus. If you have a medically-based need to a specific modification to the housing facility, for an allergen-free diet, or any other request because of a medical diagnosis you have, I am the person you contact for help. I also work to identify housing for students who identify as transgender and have questions about how to fit in to on-campus housing, with students emancipated from the Foster Youth program, and many other housing needs. I also advise the Inter College Residents' Association, which works to provide community building activities and advocacy across campus for residents in Single Undergraduate Housing. Because I work with so many different parts of the department and am a UCSD alumna, I can also help students navigate the department and determine who they can contact if I cannot help them.



Christy Quiogue | Career Services

What are some ways that students can get involved with your office/department?

Visit us and speak with our friendly advisors and career peer advisors on any of your career questions: from getting feedback on your resume to networking with employers for a job, we offer advising and activities to help meet your career goals! Come in during a walk-in Monday-Thursday from 1:30 - 3:30pm (no appointment needed)

How can your office/department best help students?

We offer career advising, resources and programs to help students determine and fulfill their career-related goals and professional aspirations.

What are some hobbies you enjoy in San Diego?

I enjoy going to Mission Bay and flying kites with my son



Koko Nishi | Counseling & Psychological Services

How can your office/department best help students?

Counseling and Psychological Services (CAPS) is committed to promoting student mental health and well-being for UCSD students. Our staff bring a wealth of clinical experience and expertise in working with diverse student populations and we strive to support students towards their academic success and personal development and well-being while at UC San Diego.

How can students best use your department as a resource?

The Counseling and Psychological Services (CAPS) staff members offer presentations and workshops throughout the year to UCSD students in a variety of settings (e.g., residence life, student organizations, academic departments, and classroom lectures). CAPS staff present on a variety of topics to provide education, skills, and experiences to promote student wellness and the prevention of psychological distress.



ALUMNI



SPOTLIGHT

1. Joseph Ruanto-Ramirez, M.A. Class of 2008

Current occupation: Cross Cultural Center

Being part of APSA & KP (as well as SAAC), I was able to understand the intersectional and the community identities of different marginalized communities. This helped in addressing issues APIA students are facing on campus and how many campuses do not have a process in addressing anti-Asian (American) racism. My activism in SAAC, SIORC (now SPACES), and the Campus Community Centers (CCC, LGBTRC, WC) continues in my work today advising the SAAC organizations and working for the Cross-Cultural Center.

3. Jennifer Ganata, J.D. Class of 2003

Current occupation: Attorney

Going to UCSD gave me my first glimpse of the importance of social movements. It was through organizing and being an Ethnic Studies student at UCSD I got involved in social justice issues.

What were some of your involvements as an undergraduate?
OASIS, Cross Cultural Center, SAAC, Students for Economic Justice, Kamalayan Kollektive, Ethnic Studies Honors Thesis Program, Get Out the Vote School Coordinator 2000

4. Alexis S. Montevirgen, Ed.D. Class of 2001

Current occupation: Vice President of Student Services at College of Alameda

What is one thing you wish you did less of and two things you did more of in UCSD? I hope this is not too "philosophical" of a response, but one of the things I now realize as someone who is about 15 years removed from my undergraduate college experience is that I should have focused less on what I wanted to be 2, 5, or 10 years from college, and instead focused and did more to live in the moment and simply open myself up to all of the important life lessons that I was inherently and unintentionally learning outside of the classroom through my involvement in campus organizations and resources such as APSA, KP, and the Cross-

2. Benji Chang, Ph.D. Class of 1999

Current occupation: Professor

In my earlier years, I was involved with most of the Asian American student orgs, as well as the radio and TV station doing hip-hop programming. In my later years, I was heavily involved as Chair of APSA and thus SAAC, the CCC, and PAC, and Asian American coalition work across the state. My specific experiences with UCSD spaces like APSA also taught me how to better connect with people and have fun while doing social justice work. Those are both really key in being able to sustain that work over the years.

5. Lorelei Bingamon Class of 2005

Current Occupation: Expressive Arts Practitioner/ First Year Masters in Occupational Therapy Student

It was at UCSD where I first tapped into using art as a source of healing in my life. Having been exposed to so many new ideas and ideologies about society and identity, I needed a way to sort out all my feelings and process what I was learning. Constructing art pieces, whether it was a collage or painting or poem, helped me to reconstruct myself- my identity, my belief system, my understanding of society- in a healthy and cathartic way. My plan is to enter the field of occupational therapy and innovate expressive arts and yoga therapy programs which will be available to underserved

CROSS CULTURAL CENTER (CCC)

858-534-9689 | ccc.ucsd.edu | ccc@ucsd.edu

The Cross-Cultural Center offers art, social, and educational programs and workshops, student internships, and creative venues for enhancing social consciousness and equity. Most importantly, we are a campus home for many students, staff, and faculty. The Cross-Cultural Center is committed to supporting the needs of UCSD's campus communities by creating a welcoming and holistic learning environment for everyone. Our vision at the Cross-Cultural Center is to empower UCSD to recognize, challenge, and take proactive approaches to diversity for campus as a whole.

Highlighted Events and Services

Art showcases and gallery exhibitions in the ArtSpace

Beyond La Jolla: off-campus trips that explore the intersections between culture, social justice, and art

SPACES

(858)534-7330 | spaces.ucsd.edu | spaces@ucsd.edu

The work done at the Student Promoted Access Center for Education and Service (SPACES) is student-initiated, student-run, and student-led. Our mission is to empower students to work for greater educational equity. This encompasses equal access to higher education, undergraduate retention and graduation, and matriculation to graduate and professional schools. SPACES provides an environment for students to develop leadership skills, to collaborate and grow unity across communities, and to realize the power of student activism.

There are many different leadership opportunities for UCSD students at SPACES. Some of them are more than 30 paid positions and many volunteer gigs, such as giving tours, tutoring, visiting high schools, and writing for The Collective Voice, our progressive newspaper. SPACES also hosts the annual SIAPS Overnight Program for admitted high school seniors, SIAPS College Tour for high school students, and SPACES Graduate School Tour for college students. The center also offers the quarterly ASP Booklending service, where textbooks are lent to students for free.

CAMPUS COMMUNITY CENTERS

LGBT RESOURCE CENTER

858-822-3493 | lgbt.ucsd.edu | rainbow@ucsd.edu

The Lesbian, Gay, Bisexual, Transgender Resource Center is a proud home for the entire LGBT community. We provide a visible presence on campus and enhance a sense of connection and community among LGBT faculty, staff, students, and our allies at UCSD. We encourage you to get involved by becoming one of our interns or student staff, participating in one of the student groups, helping our peer support groups, joining the Umbrella Group (staff/faculty group), or volunteering at the center. Discover your family at the LGBT Resource Center.

Highlighted Events and Services

Q Camp: orientation to the UCSD LGBT community for incoming students

Speakers Bureau: diverse panel dedicated to dispelling stereotypes, creating open, frank dialogue, and providing education about the LGBT community.

WOMEN'S CENTER

858-822-0074 | women.ucsd.edu | women@ucsd.edu

The Women's Center strives to increase awareness of issues affecting women and men while creating a sense of community at UCSD. Relax in our cozy living room, study in our library, attend a program, or join one of the many student, staff, and faculty groups. We provide education and support on gender issues as well as information and referrals on a wide variety of topics. Whether you stop by to use the computer, ask for information, engage in one of our discussions, or just say hello, we want you to feel at home at the Women's Center.

Highlighted Events and Services

Gender buffet: a space every Friday that is open to everyone and includes food and dialogue on important gender issues.

F-Word Film Screening: quarterly film screenings that include critical dialogues about how gender is approached in the films

AT UC SAN DIEGO

OASIS

(858) 534-3760 | oasis.ucsd.edu

The Office of Academic Support & Instructional Services (OASIS) is a learning center that provides most of the free tutoring on campus in a collaborative, supportive environment. All UC San Diego students are eligible to receive OASIS services. Each year, OASIS serves 3,000 students in language, math, science, study skills, and writing as well as peer counseling and peer mentoring. We believe in one very important educational principle: learning is a social process and students grow and develop the most when they are challenged, supported, and when learning is shared collaboratively. This principle is supported by extensive research.

RAZA RESOURCE CENTER

858-822-0072 | raza.ucsd.edu | raza@ucsd.edu

The Raza Resource Centro is one of the newest Campus Community Centers under the new Vice Chancellor of Equity, Diversity, and Inclusion at UC San Diego. The Centro came out of a history of struggle, and student and community movements that called for resources and support for UCSD Chicano/as- Latino/as. As a new Campus Community Center with administrative staff and student interns we hope to offer activities, events and resources to connect, students, staff, faculty, and alumni. The RRC is open to everyone but we strive to emphasize and foster the access, retention, and graduation of Chicano/a-Latino/a students as well as create strong connections with our surrounding community.

BLACK RESOURCE CENTER

858-534-0471 | brc.ucsd.edu | brc@ucsd.edu

The Black Resource Center is one of the newest Campus Community Center which serves the entire population of UC San Diego while emphasizing the Black experience. Birthed through strong advocacy of students, alumni and other supporters, the BRC seeks to provide support services and foster community for current undergraduate and graduate students. Services include but are not limited to: academic support services, mentoring/leadership development, co- and extra-curricular programming, and non-academic counseling. In addition to the student services, the center is positioned as a resource for alumni, faculty, staff and the community at-large.

INTER-TRIBAL RESOURCE CENTER

nativestudents.com

The Inter-Tribal Resource Center (ITRC) is a new center on campus created by Native students for Native students and Native Communities. The ITRC was opened Spring 2011 in alignment with the Native American Student Alliance's (NASA) purpose of fostering and creating community at UCSD for Native communities. NASA has worked to create and institutionalize a variety of resources and support to ensure our purpose as a student organization is not only accomplished but also sustained.

Education Abroad Program (EAP)

Partners with top-ranked universities, institutes, and faculty around the globe
Integrates courses taken abroad into degree requirements, allowing students to graduate on time

Incorporates UC financial aid and scholarships to provide access for all UC students
<http://eap.ucop.edu/>

Opportunities Abroad Program (OAP)

Study abroad through another university or organization's program and earn transfer credit at UC San Diego. Work, intern, or volunteer abroad with a growing number of options to get meaningful work and service learning experience abroad.

<http://icenter.ucsd.edu/pao/index.html>

Global Seminars

UCSD Global Seminars are five-week long summer study abroad experiences led by a UCSD professor. Students enroll in a package of two courses for a total of eight UCSD quarter units. Class sizes are between 15-25 students, so there are excellent opportunities for one-on-one interaction with some of the best faculty at UCSD. All courses are taught in English.

<http://icenter.ucsd.edu/pao/start-your-journey/program-options/global-seminars/>

Alternative Breaks

Alternative Breaks @ UCSD are national or international service and learning trips that cultivate lifelong socially active and globally conscious leaders through direct service, education, diversity, reflection, investigation of social justice issues, and reorientation.

https://students.ucsd.edu/student-life/_organizations/student-involvement/events/alternative-breaks/index.html

Global Health Brigades

The Global Brigades is an organization that strives to be the largest student-led movement for global health and development globally. Global Brigades expanded over the years to include a wide breadth of disciplines in Business, Law, Medical, Water, Environmental, Dental, Architecture, Public Health, Microfinance, and Professional Brigades.

<http://globalhealth.ucsd.edu/>

STUDY ABROAD

STUDENT SPOTLIGHT



Lilianne Chang Tang

Political Science & Sociology | Muir | 4th Year

I am really proud to be part of the Asian and Pacific-Islander Student Alliance at UCSD. There are many Asian American organizations on this campus but I think that APSA stands out in so many different ways from the rest because of all the different things that we do. APSA is a space that has allowed me to learn more about my identity as an Asian American woman and it is through this organization that I've been able to learn about the social, cultural, and political issues that Asian Americans face. Basically, I'm really proud of being part of APSA because we are unique and we do a lot of community-based work that is often times put on by students themselves, such as our high school conferences, our talent shows, our



Chelsea Boceta

Undeclared | Marshall | 1st Year

What is one thing you wish you did less of and two things you did more of?

Less worrying, more smiling and taking risks.

What are some hobbies you enjoy in San Diego?

Painting, yoga/meditation, eating good food, going to the beach.

How has your college experience shaped your life goals and aspirations?

Good grades should not be the ultimate goal. College/life is about experiences and discovering yourself. Follow your passions.

Zarah Rubio

Ethnic Studies & Sociology | Revelle | 2nd Year

I came into college determined to major in Physiology/ Neuroscience but when I took my first Ethnic Studies class through the DEI requirement, my mind was opened to the way the world is structured to oppress people. I made an 180 degree turn and decided to double major in the social sciences as I embraced a commitment to pursue social justice for the rest of my life. While I'm open to what this will look like, I'm currently looking into public policy and activism.

What are some hobbies you enjoy in San Diego?

I love rock climbing at Vertical Hold in Miramar! It's a great way for me to stay in shape, challenge myself, and relieve stress. I'm also a little bit of an adrenaline junkie. :)



Eunice Shih-Yu Ho

Ethnic Studies & Sociology | Revelle | 2nd Year

I came into college determined to major in Physiology/ Neuroscience but when I took my first Ethnic Studies class through the DEI requirement, my mind was opened to the way the world is structured to oppress people. I made an 180 degree turn and decided to double major in the social sciences as I embraced a commitment to pursue social justice for the rest of my life. While I'm open to what this will look like, I'm currently looking into public policy and activism.

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Irving Ling

General Biology & Ethnic Studies | Muir | 5th Year

Any words of wisdom?

Don't treat college like a hotel you check into just to check out later. Take all the opportunities you can to enrich your college experience. Don't just do community service just for the hours or for the resume, but do it because you can grow so much from the work. Knowledge isn't just found in the classroom or in the textbooks, and sometimes you learn the most about yourself and others from the experiences that you have outside of academics. On that note, grades are still important, and if you feel like you need help don't feel alone. Community has your back and there are so many different resources for you at UCSD. Remember, even when you leave UCSD, UCSD never leaves you.



ASIAN & PACIFIC ISLANDER STUDENT ALLIANCE (APSA)

Mission Statement

We the students of University of California at San Diego, come together to provide a forum to deal with the problems and concerns of all UCSD Asian & Pacific-Islander (API) students especially those deemed "underrepresented" by the Student Affirmative Action Committee (SAAC); to create an environment where political, educational, cultural, and social issues can be address; to increase awareness about our API history and heritage within the University and the community; to unite as a community to represent a common voice thereby empowering ourselves; and to serve as a basis for building bonds and addressing differences between students.

Events

High School Conference

APSA's annual high school conference strives to promote educational equity and access to higher education to those coming from under-served and under-represented communities, especially students that are Asian or Pacific Islander. We hold an all-day conference for high school students in the San Diego area to learn about higher education, UCSD, and to start the process of becoming critical about their identities in high school.

Benefit Talent Show

Benefit Talent Show is an annual event that celebrates Asian & Pacific Islander talent, to challenge the ways that the media portrays APIs. We have not only hosted amazing student talent from our campus, but also upcoming artists. Benefit Talent Show celebrates not just singing and dancing, but all different forms of art and talent, including film, art, and fashion. All the proceeds from the show go to a local non-profit every year.

Grad Banquet

Grad Banquet is a formal end-of-the-year celebration to celebrate the seniors that have been in APSA, especially those who have dedicated a large portion of their college careers towards shaping APSA to the organization that it is now. It is also a celebration for the entire school year for APSA and all its members.



KAIBIGANG PILIPIN@ (KP)

Mission Statement

Kaibigang Pilipin@, is a non-profit student organization of University of California, San Diego (UCSD). This student organization exists to educate the UCSD and San Diego communities about the many aspects of Pilipin@ culture, as well as to preserve and promote positive images of Pilipin@s. KP also exists to support Pilipin@ students, to strive for equality for all Pilipin@ people, for underrepresented and underserved communities, and to serve as a social gathering for students.

Events

Friendship Games

Friendship Games is an annual event held by Cal State Fullerton. It brings together FilAm orgs from all over CA, NV and AR to celebrate SPUF (spirit, pride, unity, friendship). We play a variety of games throughout the day, forming bonds with other schools in a friendly yet competitive space.

Magkasama

Magkasama is an annual event hosted by KP celebrating Pilipin@ art, history, culture and community. Literally translating to "coming together", Magkasama provides a space for people of all ages and cultural backgrounds to come together and enjoy an evening of entertainment and community ranging from local musicians, dance groups, poets and spoken word, vendors, community organizations to bigger name talents and up and coming artists. While the structure of Magkasama has varied from year to year (historically being an outdoor festival-like event and more recently evolving into talent shows and benefit showcases), the underlying theme of art, history, culture and community have always been the heart and root of Magkasama.

J-FAV

JFAV stands for Justice for Filipino American Veterans. It is a campaign to raise awareness about the rescission of military benefits for Filipino troops who served in World War II. There is an annual march in Southern California to demand for justice for the veterans who courageously served for the United States and fought for the liberation of the Philippines under Japanese occupation.



get involved with
student organizations

UCSD PAN-ASIAN STAFF ASSOCIATION

UCSD Pan-Asian Staff Association, known as PASA, strongly believes in providing educational and social activities to promote professional and personal relationships on campus and in creating a conducive environment for learning, networking, and critical dialogue. We create programs especially for Asian and Pacific Islander American communities and its interconnections with diverse groups.

PASA regularly collaborates with diverse staff, members of surrounding communities, and students. In fact, a good portion of our members are UCSD alumni.

Join us in our efforts to facilitate professional and personal development by participating in our joint programs! Discover the PASAilities!

Nancy Magpusao, PASA Co-Chair

MORE OPPORTUNITIES TO GET INVOLVED

For a full list of student organizations and involvement opportunities, please visit getinvolved.ucsd.edu

The Student Affirmative Action Committee works to build community, raise awareness to social justice issues, and empower underrepresented people. SAAC members: Asian & Pacific-Islander Student Alliance, Black Student Union, Kaibigang Pilipin@, Movimiento Estudiantil Chican@ de Atzlán, Muslim Student Association, Native American Student Alliance, Queer People of Color, and Students with Disabilities Coalition. Please contact respective organizations.

The Hmong Student Association of San Diego (HmSASD) is a dynamic group of Hmong students who mediate the multiple intersections of identities within the Hmong community. We are a space rooted in community, support and love. We are committed to creating an environment of social, political, academic and cultural awareness so that we as Hmong students can begin to enhance our entire self-being and holistic well-being. We advocate for the increase access and retention rates of Hmong students into higher education.

The Coalition for Critical Asian American Studies (CCAAS) is a student-run collective that advocates for a critical Asian American studies at the University of California at San Diego. We understand that "Asian American" is not a racial identity but a political one--one that marks us not by how we look but how we believe. We seek to raise awareness of Asian American history, culture, and identity from an intersectional and cross-cultural perspective; to interrogate and deconstruct social constructions of race and Asian American political identity; and to empower all students through community learning projects. apiminorucsd@gmail.com

The Associate Students (AS) is UCSD's the governing body for undergraduate students. The AS board includes elected executive and representative senate positions, appointed positions, and student intern positions. AS offers space for students to develop their leadership potential. The offices of AS include the Office of the President (includes Academic Affairs), Office of Student Life (includes Concerts + Events), Office of Finance and Resources (includes funding for Student Organizations), and Office of External Affairs (includes statewide student advocacy), as.ucsd.edu

ASIAN/ PACIFIC ISLANDER PROGRAMS

The Asian & Pacific Islander American (APIA) Heritage Celebration

was created as an intern project of the Cross-Cultural Center in 2007 with the support of the Asian & Pacific Islander Student Alliance (APSA) and the Pan-Asian Staff Association (PASA) and celebrated every May. This was to address the lack of positive and empowering images of APIA on campus, in the community, and to address social issues and history of APIA in the United States. Past events included addressing Asian American Student Affairs issues, Pacific Islanders in higher education, HIV/AIDS awareness, Queer & Asian talking circles, Asian American Womyn Mixer, Islamophobia on campus, and other social justice issues.

The San Diego Asian Film Festival (SDAFF) is an annual event organized by the Pacific Arts Movement, a nonprofit foundation. It is one of the largest event of its kind, and screens more than 140 independent films from around the world. The festival works with more than 100 community, business, and student groups to co-present a diverse range of films that celebrate the art of storytelling. Along with films, attendees get to meet filmmakers, actors and industry guests to enhance their festival experience. During the festival, there are usually receptions each night, along with special events such as our star-studded Gala Awards dinner, and workshops/panels. Read the latest film festival news. Events such as SDAFF allow for the exploration of the complexities of Asian American identity, issues, culture, and representation. The UCSD Campus Community Centers and student organizations such as APSA and KP sponsor screenings of films at the festival annually. Please contact respective entities for more information or to get involved.

LOOK OUT FOR THESE EVENTS

Fall Quarter

On Campus

Cross-Cultural Center Block Party
APSA & KP Student Organization Orientations
APSA High School Conference
KP Magkasama

In San Diego

San Diego Asian Film Festival

Winter Quarter

On Campus

KP High School Conference
APSA Benefit Talent Show

In San Diego

San Diego Lunar New Year Tet Festival

Spring Quarter

On Campus

Asian & Pacific-Islander Heritage Celebration (May)
Pilipin@ Awareness Week
Pilipin@ Cultural Celebration
Pilipin@ Graduation

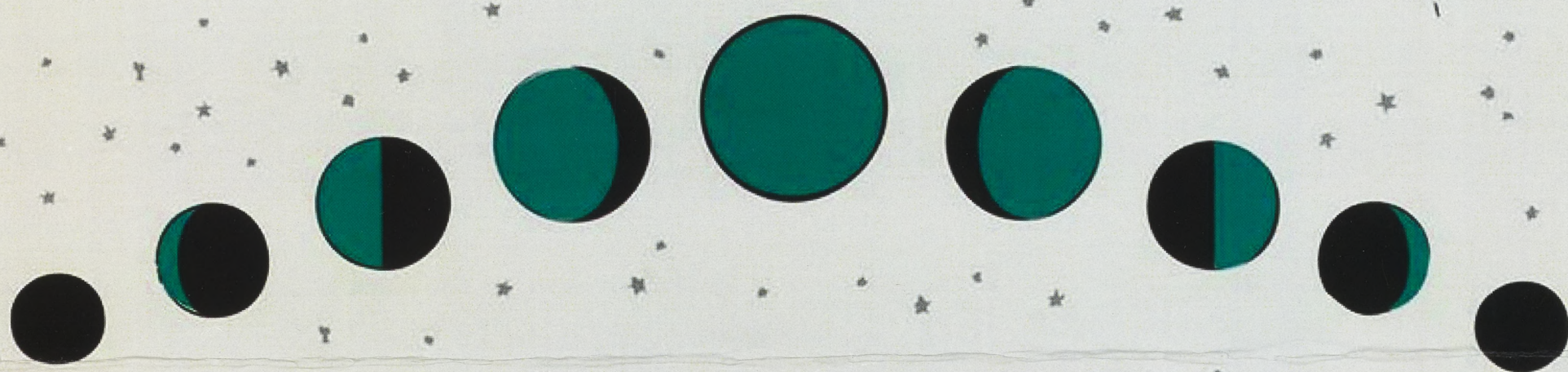
In San Diego

San Diego Lao New Year
Pacific Arts Movement - Spring Showcase



YOU'RE INVITED TO

Lunation



Friday, May 23rd
at 5pm to 7pm

AT THE INSTITUTE OF THE AMERICAS
(MALAMUD ROOM AND PLAZA LOCATED IN ERC)

THIS WEEK AT THE LGBT RC

WEEK 9, MAY 27 - 30

TUES, 5/27

2:00 PM – 3:00 PM	LGBT RC Operations Meeting	Heritage Room
2:00 PM – 5:00 PM	Volunteer End-of-the-Year Celebration	Conference Room
5:00 PM – 6:00 PM	TRANS UCSD	Heritage Room
6:30 PM – 8:00 PM	LGBT All 12 Step Meeting	Heritage Room
8:00 PM – 9:00 PM	LGBTQIA Women's Collective	Conference Room

WEDS, 5/28

11:00 AM – 12:00 P	LGBT RC Operations Meeting	Heritage Room
12:00 – 1:00 PM	Staff & Faculty Association Mtg	Conference Room
1:00 – 4:00 PM	Rainbow Book Fair	LGBT RC
3:00 – 4:00 PM	LGBT RC Staff Meeting	Conference Room
7:00 PM – 9:00 PM	Men's Group	Heritage Room

THURS, 5/29

5:00 PM – 6:00 PM	Fluid Sexuality Group	Conference Room
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FRI, 5/30

11:00 PM – 12:00 P	LGBT RC Operations Meeting	Heritage Room
12:30 PM – 1:30 PM	OH w/ Cristina Visperas	Heritage Room
3:00 PM – 4:00 PM	LGBT RC Staff Development	Conference Room

theatre & dance
UNIVERSITY OF CALIFORNIA, SAN DIEGO

SEASON **13**
14



NEW DIRECTIONS

directed by
LIAM CLANCY

choreography by
**UNDERGRADUATE
STUDENTS**

June 4 - 7 Mandell Weiss Theatre

NEW DIRECTIONS

New Directions features an exciting mix of dance, theater and interdisciplinary collaborations. A diverse evening of performance that highlights our undergraduate choreographers as they re-imagine the boundaries of what dance and theater can be.

Director Liam Clancy
Choreographers Brian Bose, Andromeda Bradley,
Noel Cindass, Serina Contreras,
Hannah Cook, Stephen Fung,
Angeline Jeng, Leslie Ji,
Brennan Louie, Kristianne Salcines
& Claudia Varela

Lighting Designers Anthony Jannuzzi
& Gwikyoung Ko
Production Stage Manager Rachael Albert

MANDELL WEISS THEATRE

June 4-7 7:30 pm \$20 General Admission
\$15 UCSD Affiliate/Senior
\$10 Student

858.534.4574 • THEATRE.UCSD.EDU/SEASON

Image created by: Natalie Kluen Photo credits: Jim Carmody

University of California, San Diego
Department of Theatre and Dance
9500 Gilman Drive - Dept 0344
La Jolla, CA 92093-0344

SEASON
13
14

theatre & dance
UNIVERSITY OF CALIFORNIA, SAN DIEGO

Critical Gender Studies Summer Session 2014



Summer Session 1

CGS 102: Women's Comics, 1980s-Present

CGS 112: Sexuality & Nation

Summer Session 2

CGS 105: Queer Theory

CGS 111: Gender & the Body

Questions? Email us at cgs@ucsd.edu.



from flirtationship
to relationship...

A GUIDE TO
HEALTHY RELATIONSHIPS
AT UC SAN DIEGO

WHAT IS THIS NIFTY LITTLE BOOKLET?

Whether you're exclusive, just "talking", friends with benefits, or in the friendszone, it's important to know & respect what each person wants. This guidebook offers helpful information to consider when in a relationship. So let's get started!

TABLE OF CONTENTS

what is this?	1
you & dating	2
stages of love	3
expressing love	4
consent & communication	5
getting tested	6
safer sex comebacks	7
relationships & technology	8
cute or creepy?	9
breaking up healthy	10
sh&w resources	11

What song best describes your love life?

- Crazy in Love - Beyonce feat. Jay-Z
- I Will Wait - Mumford and Sons
- I Do Not Hook Up - Kelly Clarkson
- We Are Never Ever Getting Back Together - Taylor Swift
- Thinkin' Bout You - Frank Ocean
- Young, Wild & Free- Snoop Dogg feat. Wiz Khalifa

Whatever song you picked, this booklet is for you.

Healthy relationships at UC San Diego are important. So all the wonderful people at Student Health & Well-being decided to put this together for you. You should feel very special. We care about you. 😊



"I JUST CAME TO SAY HELLO" *you & dating*

Before you get started, know what you want.

And even though you may not be completely sure, ask yourself what you're looking for and what fits into your life now.

What am I looking for in a relationship?



[suggested attributes]

- *intelligence
- *similar interests
- *future ambitions
- *parental approval
- *physical appearance
- *sense of humor
- *spiritual beliefs
- *insert your own here

3 DATE IDEAS for UCSD STUDENTS

(aka ballin' on a budget!)

- I-CAFE.** Start off with a casual lunch (\$5) at the International Center on Fridays. Your date will be impressed with how cultured you are.
- THE LOFT.** Check out a comedy show, music concert, or trivia night right in the Price Center (most events are FREE for students).
- THE CLIFFS (above Black's Beach).** Grab some food from your local market and watch the sun go down in San Diego. Sooo romantic.

When you find someone you're interested in, make an effort to get to know them.

preferably in person AKA dating, hanging out (whatever you call it)

"WHAT IS LOVE?" *the three stages of love*

Did you know there are different stages of romantic love? Helen Fisher, an expert on the biology of love, divides love into three stages: lust, attraction, and attachment. Answer the questions below and find out what stage your relationship might be in.

Is this a crush?



LUST

Symptoms

passionate feelings,
sexual desire

Causes

testosterone & estrogen

Average Duration

a few weeks - months

Am I (falling) in love?



ATTRACTION

Symptoms

romantic desire, decreased
need for sleep, loss of
appetite, "falling in love"

Causes

↑ serotonin

↓ dopamine/norepinephrine

Average Duration

1.5 - 3 years

Do I feel a deep bond
with this person?



ATTACHMENT

Symptoms

a committed long term
relationship, friendship,
shared interests

Causes

higher levels of oxytocin
(the "cuddle" hormone)

Average Duration

years - decades

3

"I LOVE YOU LIKE XO" *communicating & expressing love*

Your "Love Language" is the way that you prefer to speak and understand emotional love. According to Gary Chapman, there are five love languages in which we choose to express love and appreciation in our relationships with our partners, friends, and family members.

Match the Love language on the left with the example on the right.

1. Words of Affirmation

(verbal compliments & words of
appreciation/encouragement)

2. Physical Touch

3. Quality Time

(giving your undivided attention)

4. Giving/Receiving Gifts

5. Acts of Service

(doing things you know your
partner would like you to do)

A. Going for a 20 minute walk with your
friend and catching up

B. Your parents make you soup when
you get sick

C. Telling your friend, "I read your story...
You're an excellent writer! You should
get this published."

D. Your partner surprises you by bringing
you your favorite ice cream

E. Putting your arm around your partner's
shoulders while you watch a movie

Answers: 1.C 2.E 3.A 4.D 5.B

Circle your primary love language, then star the language your loved one prefers. Make an effort to show you care by speaking through their preferred love language. Understanding that people prefer different languages can help improve communication & understanding.

4

"SEXY, CAN I?" consent & communication

Have a conversation about likes, dealbreakers, & activities that interest you both.

	sexual activity
	kiss/make out
	touch sexually below the waist
	receive oral sex
	give oral sex
	send explicit selfies (sexting)
	have sexual intercourse

CONSENT IS FUN/FOREPLAY/NECESSARY.

- Commitment \neq an all access pass. Make sure everyone doing it wants to be doing it AKA [verbal & physical] consent every time.
- If you're the initiator, you're the consent requestor... and **a yes one time doesn't mean a yes all the time.**
 - ~ expert tip: ask in a whisper!
- Drunk sex sucks... for multiple reasons but also because it's not consensual (even if you're in a relationship).
 - ~ Sex w/o consent = sexual assault

Know that this list changes over time (for you and your partner), making consent even more important. Practice asking because we know better communication = better sex!

When in doubt, have a time out! Check in with your partner.

5

"G.Y.T." (GET YOURSELF TESTED) how to have "the talk"

• Be informed and know the facts

- ~ 1 in 2 people under 25 have a sexually transmitted infection (aka STI/STDs)
- ~ check out Sexual Health Info Sessions at SHS

• Pick a good time to talk

- ~ find a quiet, private space
- ~ have the talk before things get hot & heavy

~ use a conversation starter!

- ~ make this a must-have convo before sex!

• Listen to your partner's point of view

• Remember: it's normal to be nervous

- ~ you might be pleasantly surprised to find out how supportive your partner is... maybe they wanted to ask you, too!
- ~ having the talk about getting tested can bring you closer together (aww...)

"I'm kind of nervous to say this but I think it's important that we go get tested together."

"I heard Student Health does walk-in STI testing, wanna go get tested together before class?"

"We've talked about having sex and I think I'm ready. I don't think I'll be able to relax and enjoy it until we both get tested. What do you think?"

6

"LET'S TALK ABOUT SEX, BABY." *safer sex comebacks*

Health Promotion always recommends using a barrier method like a condom or dental dam when having (vaginal, anal, or oral) sex. But your partner might not be into it. If this is the case, try a persuasive comeback to convince your partner to practice safer sex.

SO MANY FEELS

PARTNER
"It doesn't feel good."

YOU
"Well, I would feel better if you used protection."

PINKY PROMISES

PARTNER
"You won't catch anything, I promise."

YOU
"I know I won't because either we use protection or we don't have sex."

SPOILER ALERT

PARTNER
"It spoils the mood."

YOU
"Not if I help..."

ONE IN A MILLION

PARTNER
"Just this once won't matter."

YOU
"It only takes once."

7

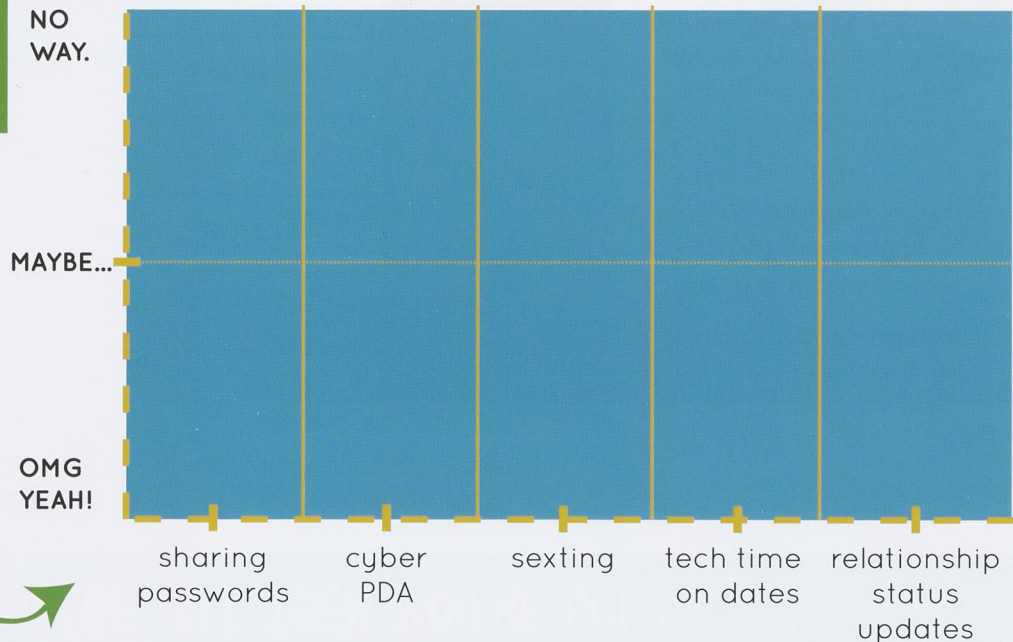
"KISS ME THRU THE PHONE" *relationships & technology*

Technology constantly changes how we interact in romantic relationships. Take a cue from @OllieHoo and remember to talk about online boundaries.

**Technology...
the silent third wheel
in your relationship.**

Sometimes it's fun to have around, and sometimes... it's just awkward.















Have you talked about technology with your partner? Here are some things to consider:



8

"CAUSE YOU'RE HOT THEN YOU'RE COLD..." *cute or creepy?*

Asking yourself what's cute and what's creepy can help you recognize red flags of verbal or emotional abuse in an unhealthy relationship.

my partner...	circle one
listens and respects my opinion	 
swears or calls me names when we fight	 
asks who's texting/calling me	 
pressures me to do things I don't want to do	 
encourages me to do things I enjoy	 
gets jealous when we go out with friends	 
wants to spend every moment together	 

Respect, honesty, and trust are necessary for a healthy relationship.

Know the L.I.N.E.

- Laughter
- Individuality
- Negotiation
- Equality

& make sure CUTE not creepy is at the core of your relationships.

If you're concerned your relationship (or a friend's) is more on the CREEPY side, talk to SARC staff.

"SOMEBODY THAT I USED TO KNOW..." *breaking up healthy*

Breakups happen so it's up to us to keep them healthy and respectful. Keep these tips in mind if you're considering ending a relationship.

QUESTIONS TO ASK YOURSELF

- Does my partner respect me?
- Do I respect my partner?
- Does this relationship enhance my personal growth?
- Does this relationship fit in with my current plans/goals?
- Do I want to work with my partner to make things better?
- Does my partner want to work with me to make things better?

1. **Do it {privately} in person** - not via text, email, or changing your relationship status on Facebook
2. **Be honest** - using I statements, express how you feel and why you're ending things
3. **Move forward** - like giving them back their stuff (ex. keys, books, nude/explicit photos, too!)

THREE MAJOR NO-NO's:

- If your partner threatens to hurt you, someone you know, or themselves to prevent you from ending it
- If your partner won't leave you alone/shows up unexpectedly/harasses you (AKA stalking)
- If your partner posts nude pictures of you online (AKA revenge porn) ← it's also illegal in CA.

STUDENT HEALTH & WELL-BEING RESOURCES



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

- for info on workshops and individual, couples, and family therapy
- caps.ucsd.edu / (858) 534-3755

SEXUAL ASSAULT & VIOLENCE PREVENTION RESOURCE CENTER (SARC)

- for info on consent, unhealthy relationships, counseling & reporting options
- sarc.ucsd.edu / (858) 534-5793

STUDENT HEALTH SERVICES (SHS)

- for STI testing, pregnancy testing, contraception, and other health concerns
- studenthealth.ucsd.edu / (858) 534-3300

HEALTH PROMOTION

- for information on birth control options, STIs, safer sex, and more
- eokamura@ucsd.edu / (858) 534-1824
- also check out **The Zone**: a lounge for student well-being (zone.ucsd.edu)

UNIVERSITY OF CALIFORNIA UNDERGRADUATE EXPERIENCE SURVEY



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how **UC** it

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life at UC San Diego and
Win Prizes.

Take the UC Undergraduate Experience Survey,
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Tell us how you see it!
Look for your official email, or go directly to:
<http://ucues.ucsd.edu>

It's easy.
It takes only 20-25 minutes!

Participate and win.
The site will list prizes for which you will
be eligible.



SURVEY

**UC UNDERGRADUATE EXPERIENCE SURVEY
UCSD OFFICE OF STUDENT RESEARCH & INFORMATION**