New Graduate Student Orientation

September 10 & 11, 2019
Agenda

- Introduction to the Graduate Division
  - Graduate Admissions
  - Academic Affairs
  - Financial Support
  - Student Affairs
- Website: grad.ucsd.edu
- Student Health Services
- Office for the Prevention of Harassment and Discrimination (OPHD)
- Counseling and Psychological Services (CAPS)
Graduate Admissions

- Reminder to Provisionally Admitted Students
  - Submit pending documents to the Graduate Admissions Office located in the Graduate Division on the 4th Floor of the Student Services Center.
Graduate Academic Affairs

- Graduate Coordinator, first point of contact
- Academic Records & Administrative Processes
  - Graduate Student Portal: https://gradforms.ucsd.edu/portal/student/
https://gradforms.ucsd.edu/portal/student/
Graduate Financial Support

- Financial Aid
- Fellowships and Traineeships
- Employment (TA’s and GSR’s)
- Taxes
- Fellowship Advising
Web Resources

Grad Life

- GradLife.ucsd.edu
- Employment & Funding tab

Topics Include:

- Tuition & Fees
- Direct Deposit
- Fellowship Opportunities
- Academic Employment
- Support for Student Parents
- Tax Information
- Financial Support FAQs
CONNECT WITH GRAD LIFE PROGRAMMING

Graduate student events happen all the time on and around campus to help you connect and build community.

VIEW EVENTS
Graduate Student Affairs

Grad Student Centered Programming

- Orientation and Commencement
- GradLife Intern - gradlife@ucsd.edu
  - Weekly Gradlife email
  - Wednesday Workshops on topics of interest to Grad Students
- Campus Climate Interns
  - LGBTRC, CCC, Women’s Center, BRC, RAZA Centro, Veterans Resource Center
Graduate Student Affairs

Outreach and Recruitment

- Opportunity to Give Back!
- STARS: Summer Undergraduate Research Experience.
- Be a Grad Advocate!
- Help out with outreach and recruitment events
Graduate Division Programming

- **GrAdvantage**
  - Graduate Student Professional Development opportunities offered throughout the year.

- **Grad SLAM**
  - UC Systemwide Competitive Speaking Event
  - Big Prizes!
  - Winter and Spring Quarter
Graduate Student Affairs

Conflict Resolution Resources

- Assistant Dean, April Bjornsen
- Office for the Prevention of Harassment and Discrimination (OPHD)
- OMBUDS office

TritonLink – Update your emergency contact information.
Location:
Across Library Walk from the bookstore

Services available:
• Primary Care, Urgent care, First Aid, X-ray, Laboratory, Pharmacy, Nutrition, Optometry & more
Access to SHS for ALL registered students
Fees based on status: SHIP, RAFT, or FFS (fee for service)
All charges are billed to student’s account if not paid at time of service.
SHS does not accept non-SHIP insurance
• SHS Hours (during the quarter):
  Monday & Tuesday: 8am-6pm
  Wednesday & Friday: 8am-4pm
  Thursday: 9am-4pm
  Saturday: 9am-12pm (Urgent Care & Pharmacy only)
  Hours vary during quarter breaks & summer

• After-hours Advice Nurse when clinic is closed: (858) 534-3300

• Appointments: (858) 534-8089
• Mystudentchart.ucsd.edu
All students are automatically enrolled in UCSHIP as part of the registration process.

- Automatically billed to student’s account each quarter
- Cost: $1,300 per quarter (fall, winter, and spring)
  *Supplemental fee for Early Start coverage
- Spring includes summer
- Most services at SHS are at no cost
- Includes medical, dental & pharmacy
- Worldwide coverage
NEW!!  StudentHealth App:
Use your smartphone or tablet
to quickly and easily access
UC SHIP, including:

• Your UC SHIP member ID card
• Student Health Services (SHS) information –
  location, hours and services
• A description of plan benefits
• Insurance plan websites

Registering is easy:
Name, Student ID# & Date of birth
Student Health Services serves as the student’s primary care provider

- Referral from SHS (or CAPS) is required prior to all non-emergency medical care
- Retroactive referrals are not provided
- Referral requirement applies
  - during all school breaks
  - regardless of distance
  - even if SHIP is secondary
- Includes non-emergency care after an emergency
HAVE OTHER INSURANCE?

How to waive:
• On-line via the TritonLink Health Fee Waiver Tool students.ucsd.edu

When to waive:
• Deadline: September 21st
• Late waiver: through September 27th, subject to $50 late waiver fee
• Waive the full academic year
• New waiver each new academic year
• Can cancel waiver if other coverage terminates

If you waive:
• All services at SHS are on a Fee For Service basis
Reduced Access Fee for Tritons: *prepaid access* to Student Health Services

**What does it include?**
- Scheduled office visits for illness/injury – no cost
- Access to SHS Urgent Care - $20
- In-house lab services – no cost
- X-ray services – $20 per x-ray

**What does RAFT cost?**
- $65 per quarter

**How do you enroll in RAFT?**
- Option to enroll is included at the end of the waiver application

- RAFT is NOT insurance.
- RAFT does NOT replace on-going care that should be obtained through your primary care provider.
- RAFT does NOT include: pharmacy, send-out labs, optometry, immunizations…refer to SHS website for details
QUESTIONS ???

Remember…it is the student’s responsibility to review and understand how to access their benefits.

More information:
- [http://studenthealth.ucsd.edu](http://studenthealth.ucsd.edu)
- [http://ucop.edu/ucship](http://ucop.edu/ucship)
- Call (858) 534-2124
- Email [studenthealth@ucsd.edu](mailto:studenthealth@ucsd.edu)
- Stop by the SHS Insurance Office
  (Across Library Walk from the Price Center/Bookstore)
Office for the Prevention of Harassment & Discrimination (OPHD)
OPHD is the Title IX office for UC San Diego
- Oversee all University non-discrimination policies
- Provide prevention education
- Resolve informal complaints
- Investigate formal complaints
- Respond to Report Bias complaints
- Assist students, staff, and faculty
University of California Nondiscrimination Policies

* UC Nondiscrimination Policy
  * Prohibits harassment and discrimination based on protected categories such as race, religion, gender, gender identity, sexual orientation, age, disability, etc.

* UC Policy on Sexual Violence and Sexual Harassment
  * Revised July 31, 2019
  * Prohibits sexual harassment and sexual assault, domestic violence, dating violence, stalking, and invasion of sexual privacy.

* UC San Diego Student Conduct Code
  * Note: Violations of the nondiscrimination policy or the SVSH policy could also violate the student conduct code.
Protected categories in California

- Age
- Ancestry
- Citizenship
- Color
- Disability (mental or physical)
- Gender
- Gender Expression
- Gender Identity
- Genetic Information
- Marital status
- Medical condition
- Military and veteran status
- National origin
- Pregnancy
- Race
- Religion
- Sex
- Sexual orientation
What is harassment?

- Physical, verbal, written, or visual conduct that
- Is sufficiently severe, persistent or pervasive and
- Objectively offensive or intimidating that it
- Substantially impairs a person’s access to University programs or activities effectively denying a person’s equal access to the University’s resources and opportunities
- Based on a protected category (race, sex, religion, disability, etc.)
There are two types of Sexual Harassment that violate the law and UC Policy:

- **Quid Pro Quo** -- “this for that” (i.e. sexual favors)
- **Hostile Environment** – (unwelcome conduct of a sexual nature that is so severe or pervasive that it interferes with the educational or work environment of a reasonable person in the complainant’s position)
CONSENT

* Consent is **affirmative**. Lack of protest, lack or resistance, or silence, do not alone constitute consent.

* Consent is **conscious**. Consent cannot be given when a person is **incapacitated**.
  
  * A person cannot consent if:
    * asleep
    * unconscious or coming in and out of consciousness
    * due to drugs, alcohol, or medication, unable to understand the fact, nature, or extent of sexual activity
    * understanding of the act is affected by a physical or mental impairment

* Consent is **voluntary**. **Not voluntary** if overcoming will by force, violence, menace, duress, or given when incapacitated (via drugs and/or alcohol).

* Consent is **revocable**. Must be ongoing through sexual activity and for each encounter.
What is a responsible employee?

* Any University employee who is not a Confidential Resource and who receives, in the course of employment, information that a student (undergraduate, graduate, professional student) has suffered sexual violence, sexual harassment or other prohibited behavior shall promptly notify the Title IX Officer or designee.
Do not promise confidentiality.

What can you say?

“"It sounds like you’re about to tell me about an incident involving sexual violence/sexual harassment. It is important for you to know that I am required to report any incidences of sexual harassment or sexual violence to the Title IX office of UC San Diego.”

Refer them to a confidential resource.
The risks of romance
Consensual relationships where there is a power differential between the parties pose potential and real conflicts of interest.

If you have the ability to grade, evaluate, advance, promote, recommend, advise, or otherwise influence the employment or academic status of the other individual, then

You must not have a romantic relationship with that individual.
What should I do?
Wait until you are no longer their TA
Mandatory sexual violence and sexual harassment prevention online training program
Check your UC San Diego email for the link
You must complete the training by November 1, 2019
Reports can be made online at Reportbias.ophd.edu.

Make reports anonymously or identify parties; make us aware of what’s going on (Note: Responsible employees cannot report anonymously).

Confidentiality will be respected to the fullest extent possible. Note: certain reports may require revealing facts or identity, such as cases of violence or where safety of the community could be at risk.
Not everyone feels comfortable reporting a complaint. The most common reasons given for failure to report include fear of retaliation and lack of awareness of resources.

All students and employees are protected from retaliation for participating in a “protected activity,” such as filing a complaint of bias, harassment or discrimination or participating in an investigation. Those who engage in retaliation are subject to discipline.
What to do if you witness or know about conduct that could violate UC Policy?

If acting as a responsible employee ALWAYS report the incident to:
* OPHD - Reportbias.ucsd.edu

May also report to:
* Advisor/PI
* UC San Diego Police
  * (858) 534 – HELP
  * Whistleblower Hotline
    (800) 403-4744 Universityofcalifornia.edu/hotline

Refer to confidential resources:
* CAPS
* CARE at SARC
* Center for Community Solutions
* FSAP
* Office of the Ombuds
* Student Legal Services
Contact Us

Office for the Prevention of Harassment & Discrimination
201 University Center
(Corner of Gilman and Myers)

* 858.534.8298
* ophd@ucsd.edu
* ophd.ucsd.edu
* Reportbias.ucsd.edu
CAPS 858-534-3755
CAPS.UCSD.EDU

CAPS GENERAL SERVICES:
• Free and Confidential
• Brief Intermittent Counseling:
  • Individual
  • Group
  • Couples
• Brief Psychiatry Services

CAPS URGENT SERVICES
• Urgent Care available 8-4pm, M-F
• After Hours Urgent Care Phone Counseling (press option 2)

SCHEDULING
• Brief phone conversation with CAPS clinician prior to first appointment.
• 30+ CAPS Clinicians, 11 Locations

REFERRALS
• Referral Assistance
Groups/Forums for Graduate & Professional School Students (without undergraduates):

- Graduate Student Support
- Graduate Students of Color
- Questioning Career
- Women in Science & Engineering
- Biofeedback for Stress Management
- Resilience Forum

Groups/Forums for Graduate & Professional School Students (with undergraduates):

- Building Social Confidence
- Flourish @ UC San Diego
- Mindfulness for Daily Living
- Gay Men’s Relationship Forum
- Interpersonal Process
- Couples Workshop Series
Common Concerns

- Adjustment to Graduate or Professional School
- Academic Progress
- Career Uncertainty
- Advisor/Committee Issues
- Friendship/Roommate Issues
- Loneliness/Isolation
- Dating/Partner Relationships
- International Status Challenges
- Alcohol or Drug Use
- Eating/Body Image
- Health Issues
- Identity
- Family
- Parenting
- Work/life Balance
- Stress Management
- Sleep
- Finances
- Imposter Syndrome
Unique Difficulties for International Students:

- Language
- Cultural Norms
- Homesickness

Counseling in Foreign Languages:

- Cantonese
- Japanese
- Hebrew
- Hindi
- Mandarin
- Spanish
- Vietnamese
• Self-guided technology programs
• Evidence-based interventions
• Free, anonymous, only available to UC San Diego students
• All are desktop, mobile, or tablet-friendly!
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<thead>
<tr>
<th>Date</th>
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<tr>
<td>9/10/19</td>
<td><strong>AFTERNOON ACTIVITIES</strong></td>
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<tr>
<td></td>
<td>1:00-4:00 GSA/EDI WELCOME DAY</td>
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<td>4:00-6:00 GSA ICE CREAM SOCIAL</td>
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<tr>
<td>9/11/19</td>
<td><strong>AFTERNOON ACTIVITIES</strong></td>
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<td>3:00-5:00 GSA ORIENTATION</td>
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<td>5:00 PM GSA SOCIAL</td>
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