Hi everyone, as of recently we have received notice remote learning will extend to Spring and Summer 2021. We understand the mixed emotions our students may be feeling, and we are here to guide you towards any academic or emotional resources you may need.

Visit Our Website

Employment Opportunity

Division of Student Affairs and Success

The divisional office is hiring a new team of student podcaster to lead the implementation of a Student Affairs and Success podcast (funded by the CARES Act funding).

To apply, Career Center #ER 15959

Campus Events
The People of Color Sustainability Collective: Meet & Gr(eats)!

The People of Color Sustainability Collective (PoCSC) is hosting three Meet and Gr(eats) this quarter for students across campus to discuss various themes related to health, society, and the environment.

The theme of this week's Meet and Gr(eat) is: "Navigating Eco-Grief and Prioritizing Self-Care. They will have two more informal meetings every other Wednesday this quarter.

Zoom ID: 687 450 5573
Passcode: 655957

Visit website

2021 Remote Learning Resources

UCSC is here for you!
Check out this site with resources to help you answer any concerns you may have regarding Canvas, Zoom, Internet Access, Tutoring, or even staying motivated! They even have a student-led network where you can receive help from a fellow slug!

Remote Learning Resources

Need some motivational tips for online learning? Check out some short clips of what students advise

Click to see more!

Self-Care

FGI intern, Samantha, shares guided meditations and mental health related podcasts have been a great source for her to practice self-care; and experience a sense of self-reflection and relaxation. Try it for yourself using the resources shared below!

CAPS Drop-in Group:

CAPS is offering a new drop-in program designed to provide immediate relief and practical skills!

The skills are based in the latest scientific research and will help students manage the stressors and traumatic events that we are all experiencing. (Although targeted for students, anyone can drop in).

They will be held on Mondays, Wednesdays, and Thursdays from 12pm–12:30pm.
Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle

Brené Brown discusses what causes burnout, what it does to our bodies, and how we can move through the emotional exhaustion. Check out their podcast and follow on Spotify.

Follow on Spotify

How are you?
"Terrible, Thanks for Asking" by Nora McInerney

Speaking about our well-being can be difficult, in this podcast Nora, writer and podcaster, talks honestly about the emotions that come with being human.

Check out her website

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Join our initiative: https://tinyurl.com/y5aj7jsp

Listen on Spotify