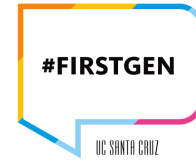


# First Generation Initiative (FGI) News & Updates



[first.gen.ucsc.edu](http://first.gen.ucsc.edu)

Volume VI | December 3 2020

*It is (almost) officially the end of Fall quarter. We know it has been tough with everything going on. And, what we also know is that first-gen students are resilient!*

*Below we share some tips (this time on study habits to help with finals) as well as upcoming events. And, we are hiring. Apply to be part of our team! More details below.*

## FGI Upcoming Events & News



### REMINDER, Tomorrow!

Join us for the first workshop in **The Hidden Curriculum of Graduate School** series.

**Guest speakers:** Giselle Laiduc, M.S. and Paulette Garcia Peraza M.A.

**Description:** Speakers will be introducing the concept of the hidden curriculum and how it manifests in the university. We will review data outlining the challenges that undergraduate and graduate students face as they navigate the campus.

#FIRSTGEN  
UC SANTA CRUZ

**THE FIRST-GENERATION INITIATIVE & SSERC ARE HIRING**

*Internship positions available for the upcoming Winter and Spring Quarters*

**APPLY THROUGH THE CAREER CENTER SYSTEM**

*Listing #15282 is available under both the Work-Study and Non-Work Study tab*

For inquiries please contact Gwynn Benner  
[firstgeneucsc.edu](mailto:firstgeneucsc.edu)

**SSERC** Student Success Equity Research Center  
Actionable Research for Student Success

### Looking to be part of a great program? Want to learn professional skills?

The a First Generation Initiative is teaming up with the Student Success Equity Research Center (SSERC). We are hiring two interns to help plan events, build community. Be part of our programs for Winter/Spring quarter

**Date:**  
Friday, December 4, 2020

**Time:**  
12:00 pm - 1:00 pm

**RSVP**  
**Link:** [forms.gle/RiguGcUU476jeCwe9](https://forms.gle/RiguGcUU476jeCwe9)

**APPLY NOW!**

This is either work-study or non-work study.

Visit the Career Center. Look for ER# 15982

UCSC ER  
System

## Self-care tips from the First Generation team Stress Relief - What we do!



What Gwynn, staff FGI lead, does to deal with stress:

- Gardening (she has a Monarch butterfly garden)
- Hiking
- Spend time with her fluffy white dog and family.



What Samantha, FGI intern, does to deal with stress:

- Uses an app called Insight timer (for meditation)
- Yoga follows (she follows Yoga with Adriene)
- Sketching her favorite album covers



What Yesenia, FGI intern, does to deal with stress:

- Colors in The stress free coloring books
- Makes Thread Bracelets
- Reads non-academic books
- Spends time with her dog Max!

## Upcoming UCSC Event

Virtual Quarry Concert

UCSC is hosting Virtual Concert on:

**Date:** December 4th, 2020

**Time:** 6pm

**Featuring:** UMI!!

Want to be attend and have a bit of fun before Week 10!

Register @quarry.ucsc.edu

Register Here!

The Quarry Amphitheater presents.

# Live! FROM THE VIRTUAL QUARRRY

2 exclusive free events  
featuring:



a Guided Meditation  
6pm Nov. **12**

a Live Concert  
6pm Dec. **4**

register @ quarry.ucsc.edu  
for accessibility accomodation info contact quarry@ucsc.edu

## Getting through Finals!

### Study Tips!

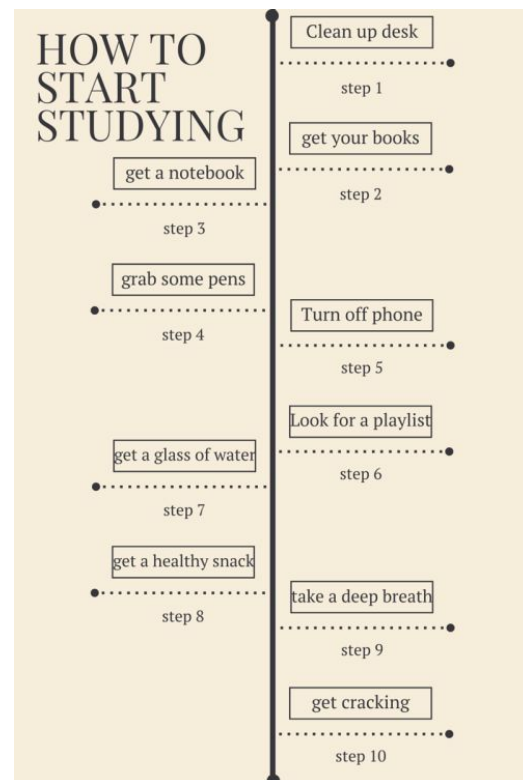
Finals are almost here...

Studying can be really frustrating but there are multiple strategies that you can practice to make sure you are the most effective in studying for finals.

Check out the tips to see what resonates with you.

Remember, you've made it this far.

We are almost at the finish line for Fall quarter!



UC Santa Cruz | Kresge College Academic West Building, Suite 153

Santa Cruz, 95064

Email: [firstgen@ucsc.edu](mailto:firstgen@ucsc.edu)

Join our initiative: <https://tinyurl.com/y5ajZjsp>

