What’s happening Week 3?

Request a Grit Peer Coach
The GRIT Peer Coaching Program is now offering Virtual Services. GRIT Coaching will remain in full operation Spring 2020 to serve our community during this difficult time. Individual coaching sessions will be offered virtually to support student mental health, resilience, and grit. Students are welcome and encouraged to request a Peer Coach through the GRIT website portal. GRIT is also offering virtual drop-in connection spaces and resilience workshops that any current UCLA student can participate in. In addition, the RISE Center offers a virtual library of self-care practices, tools, and workshops. Visit the GRIT website to sign up for a GRIT Peer Coach or visit the RISE Center website for additional programming to support student holistic success and positive well-being.

iGrad Workshops for Graduating Seniors
If you are thinking of graduating this year and have some questions about graduation, attend a 90-minute virtual iGrad workshop! The workshop will be offered virtually during Spring 2020 and will consist of two parts: a 50-minute recorded presentation, and a graduation check with a CAC Counselor through Zoom. There are two workshops scheduled for week 3: Monday, April 13th, from 10-11:30am and Tuesday, April 14th, 1:30-3pm. Register for a workshop via MyUCLA > Academics > Workshops, the Zoom link will be emailed to you.

UCLA FYE Squad Internship
UCLA’s First Year Experience (FYE) is now hiring Squad Interns for the 2020-2021 school year! FYE is dedicated to providing all first-year students – both freshmen and transfers – as well as special populations of first generation, out-of-state, and commuter students, with resources, tools, and support to ease their transition to UCLA. FYE offers several programs including, First To Go, The Common Experience Program (previously known as the Common Book Program), and Bruin Day/Bruin Overnight, just to name a few! FYE Squad Interns gain valuable professional development experience and support FYE initiatives through event planning and marketing, online engagement, and partnering with various campus initiatives. Apply to become an FYE Squad Intern here by Friday, April 24th at 11:59pm!

UPCOMING DATES AND DEADLINES

FRIDAY, APRIL 17 (WEEK 3)
- Last day to add courses via MyUCLA without a fee
- Financial aid census date; enrolled units verified to determine eligibility for term

FRIDAY, APRIL 24 (WEEK 4)
- Undergraduate course materials fees assessed based on enrollment

UPDATED DEADLINES FOR SPRING 2020
- Last day to drop impacted and non-impacted courses via MyUCLA without a fee or transcript notation
- Last day to change the grading basis for courses via MyUCLA without a fee or transcript notation

STAY CONNECTED!
Contact College Academic Counseling via
- MyUCLA Message Center
- Virtual Drop-in Counseling
- 30-minute Appointment

Virtual Drop-in sessions are available M-F 9am-12pm and 1pm-4pm. Appointments are available M-F 9am-4:30pm.

Visit our website for more information.

CONDUITS
Are you looking for hidden campus gems to enhance your time at UCLA? Look no further! Every week Conduits will feature a campus resource, selected by our very own ASK Peer Counselors, that will help you maximize your academic and social experience at UCLA.

With all the changes currently affecting all students in a variety of different ways, Resilience in Your Student Experience (RISE) Center at UCLA offers resources to persist in the face of challenges. RISE is a wellness hub that empowers UCLA students to build resilience and incorporate self-care. They do this by offering numerous virtual workshops, classes, and trainings for meditation, yoga, peer coaching, and other mind-body modalities. Services are free and are led by trained experts and wellness educators. They offer a library of healing practices videos, mental health leadership online trainings, an inspiring and meditative RISE playlist on Spotify, as well as virtual coaching sessions via the GRIT program. Additionally, students can schedule a virtual appointment with a resilience advisor for individualized support. Visit the RISE Center website at https://risecenter.ucla.edu.