What’s happening Week 9?

Guam Summer Travel Study Info Session
Want to study social justice in Guam? Come and learn about the Summer Travel Study program in Guam! Program Director and UCLA Asian American Studies faculty member, Professor Keith Camacho, will be leading the session to answer all of your questions related to this amazing Travel Study program including questions about coursework, service learning organizations, excursions, lodging, and daily life while in Guam. This event will take place on Wednesday, November 28th from 11:30am-1pm at Rolfe Hall Room 2125. For more information and to RSVP visit https://ieo.ucla.edu/events/guam-info-session/.

Power to the People! Inside Careers in Social Justice & Advocacy
Want to make a difference? Come learn about careers in non-profits, advocacy groups, public policy, and more! Students will hear from professionals in a variety of roles of social justice and advocacy on their career trajectories. Panelists for this event will include: Kristin Schlick - Events and Marketing Coordinator at HomeAid OC, Sandra Kang - Paralegal at ACLU, Stephanie Castellanos - Coalition for Diverse Educators, and Diego Sepúlveda - UCLA Labor Center (Director, Dream Resource Center) + LA LGBTQ Civic Empowerment Initiative (Advisory Board, Member). This event will take place on Wednesday, November 28th from 4pm-5:30pm at the Career Center Room 200. For more information and to RSVP, visit https://humanities.ucla.edu/career/hcps/events/social-justice-panel-f18/.

Collegiate Recovery Program Presents: Sober Happy Hour
The Collegiate Recovery Program (CRP) at UCLA supports students in recovery, or who are interested in learning about the process of recovery from alcohol, drugs, and/or other addictive behaviors (food, sex, gambling etc.). All students are welcome to access our services. We are located in the Bruin Resource Center at the Student Activities Center (SAC) Suite B-44. The CRP supports students by furnishing a space for the student club Bruins 4 Recovery to hold daily meetings. These anonymous, peer-to-peer meetings allow for students to discuss in a safe space how substances/behaviors are impacting their lives. You do not have to identify as “in recovery” to attend. We also host monthly Sober Happy Hours on the first Thursday of each month. These events give members of the recovery community an opportunity to bond over free food and activities. The last Thursday of each month the CRP hosts a Newcomer Q&A meeting, providing a space for students interested in recovery to come and meet other recovering students. The next Sober Happy Hour will take place on Thursday, December 6th from 5pm-6:30pm at the SAC Suite B-44. For more information about CRP, including upcoming meeting times and locations please visit https://www.collegiaterecovery.ucla.edu/.
Keep reading for important information on the different unit maximums and how to petition for more units!

**Quarter Unit Maximum vs. Degree Unit Maximum**

Every student in the College of Letters & Science is granted up to 19 units per quarter. Exceeding this maximum is possible if your previous term and cumulative GPA are 3.0+. To request excess study list (or quarter) units visit your College counselor the first day of the quarter. The other unit maximum in the College is for your entire degree. A maximum of 216 units is permitted for all students, regardless of the number of majors or minors completed.

**Are there any units that do not count towards the unit maximum?**

Advanced placement (AP) and international baccalaureate credit (IB) units help students reach the 180 unit minimum, but are not counted toward the 216 maximum. These courses, also known as moratorium units, are numbered 19, 88S, 89 and 189, 89HC and 189HC, M97X, 98X, 98XA, and 98XB, 99, 190, 193, 194, Honors College 101A through 101J, Mathematics 71SL and 72SL, Science Education 1SL and 10SL.

**Can I petition to exceed the 216 unit maximum?**

Students wishing to exceed their 216 unit maximum must petition to do so. Approval is not guaranteed. Students exceeding their unit maximum without College approval will be in violation of University regulation and will make themselves ineligible for a degree from UCLA.

**How do I petition to exceed the 216 unit maximum?**

To petition to exceed your 216 unit maximum you must submit a Blue Petition and Degree Plan Contract to your College Counseling Unit. You can pick up the petitions at your College Counseling Unit or any ASK location.

**How do I fill out the petition?**

Purpose: To exceed the 216 unit maximum.

Request: State the number of units by which you will exceed your unit max and the new total. For example: “To exceed unit max by 3 units and graduate with a total of 219 units.”

Reason: If you plan to graduate no later than the summer following your 4th year, or your 2nd year for transfer students, you can simply state “graduating in 4 years (or 2 years).” If you will be going into your 5th year, or 3rd year for transfer students, your explanation should include your academic reasoning for requesting additional time and units.

Stop by your counseling unit or any ASK location for more information!

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**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.

Would you like to live a healthier lifestyle, but you’re not quite sure where to begin? As college students, finding the balance between physical and mental health can be very challenging. However, there are resources like the UCLA Healthy Campus Initiative that promote good physical and mental health through programs specifically designed for students and staff. These programs include: MINDWELL, MOVEWELL, EATWELL, BEWELL, LIVEWELL, and BREATHEWELL. EATWELL aims to raise students’ awareness about food security and food literacy resources such as CalFresh and the food pantry. MOVEWELL highlights free wellness classes offered through FITWELL and the recreational facilities available on campus. BEWELL highlights different ways to get to campus such as vanpools, walking and biking. MINDWELL brings activities like meditation and yoga to the forefront to help us find peace and serenity within our own minds. LIVEWELL focuses on diabetes prevention as well as the food studies programs offered for graduate and undergraduate students. Finally, BREATHEWELL helps UCLA students and staff to become smoke-free. For more information about the UCLA Healthy Campus Initiative visit their website at https://healthy.ucla.edu/campus-programs/.