

An underwater-themed illustration. At the top, a purple rock formation floats. Several green fish swim in the upper left, and a blue and white spotted turtle swims in the upper right. The background is light blue with many small blue bubbles. In the center, a large, brown, 3D rock formation contains the main text. Below the rock, the text 'STUDENT HEALTH AND RESOURCES WORKSHOP' is written in blue. The bottom of the image features a sandy seabed with green seaweed, orange coral, a red starfish, and a grey rock. On the left, a brown teddy bear is shown from the chest up, wearing a grey swim cap and having a small orange fish on its head. Several small orange fish are also visible near the bear.

SEA YOURSELF SHINE, SPARKLE, SUC-SEA-D!!

STUDENT HEALTH AND RESOURCES WORKSHOP

MEET THE CO'S

DUY NGUYEN

FIRST-YEAR TRANSFER
ELECTRICAL ENGINEERING



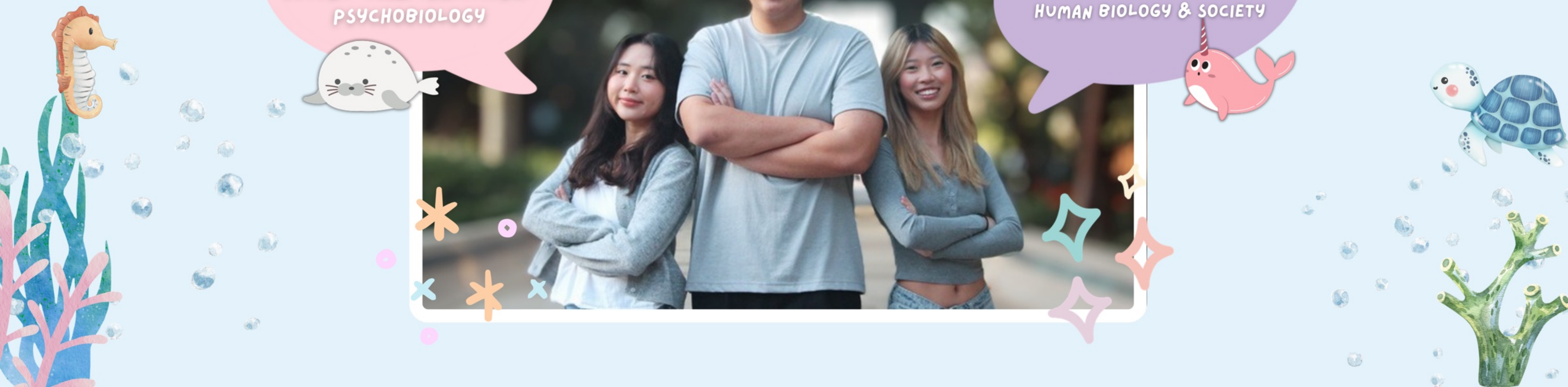
TINA NGUYEN

SECOND-YEAR TRADITIONAL
PSYCHOBIOLOGY



TAMMY DO

FIRST-YEAR TRANSFER
HUMAN BIOLOGY & SOCIETY





LIST OF CONTENTS

① Icebreaker

② Building a Team

③ Academic Support

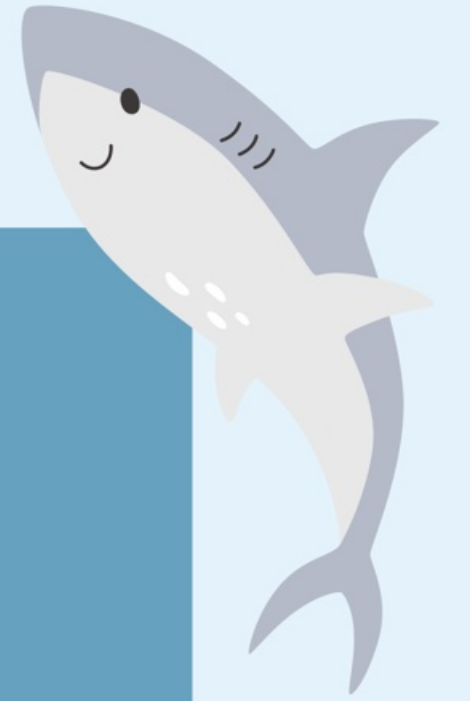


④ Financial Wellness

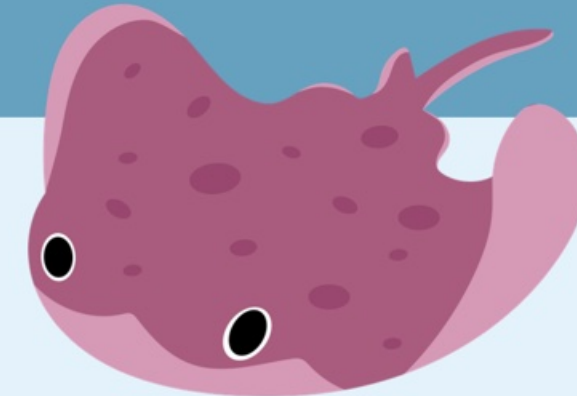
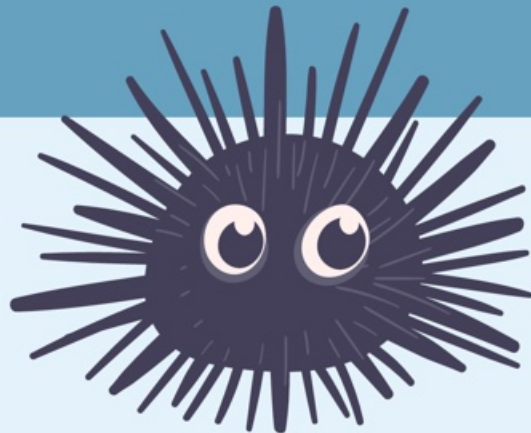
⑤ Mental Health

⑥ Contacts/
Resource Links





WHAT SEA ANIMAL
WOULD YOU BE & WHY?



HIGH PERFORMERS BUILD COACHING TEAMS

**BUSINESS
MANAGER**

DOCTOR

THERAPIST

LAWYER



An underwater-themed illustration. In the center, a dark brown wooden sign with a rough, plank-like texture features the text 'ACADEMIC SUPPORT' in a bold, yellow, sans-serif font. The background is a light blue gradient. Numerous small, translucent blue bubbles float throughout the scene. Above the sign, several small, blue fish of various sizes swim in different directions. Below the sign, a sea turtle with a blue and purple patterned shell and a light blue head swims towards the left. The bottom of the image is decorated with stylized coral: pink branching coral on the left and green branching coral on the right. In the bottom left corner, there are several grey, rounded rocks.

ACADEMIC SUPPORT



ACADEMIC COUNSELING



- CAC (Career Academic Advising College)
 - Course Planning
- Transfer Student Center
 - Transfer-specific resources & events
 - Counseling
 - A nice place to study & get snacks
- AAP (Academic Advancement Program)
 - Counseling for undeserved students
 - Peer Learning Session



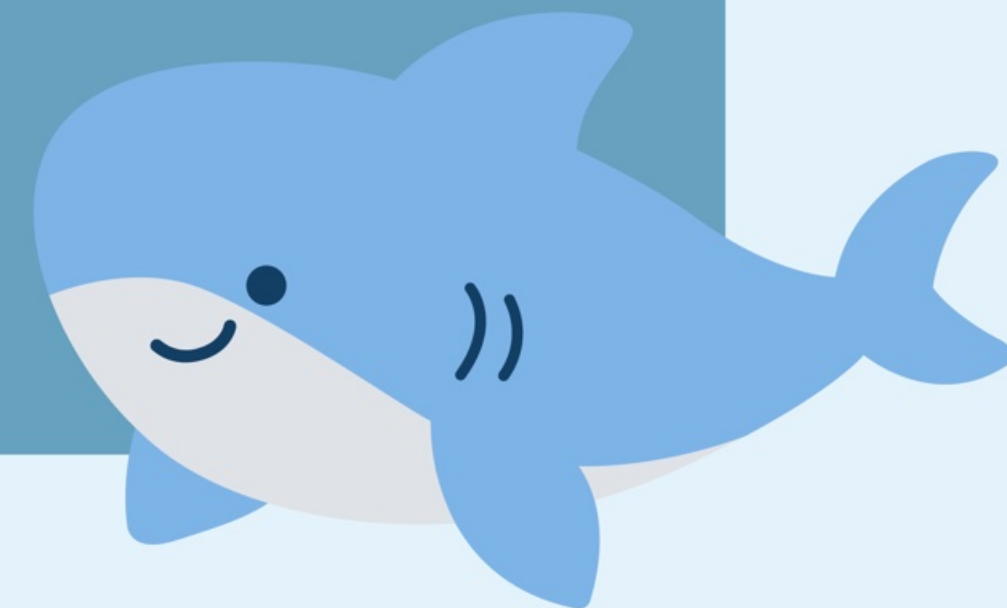
SPECIALIZED COUNSELING

- Southeast Asian Campus Learning & Student Retention Services (SEA CLEAR)
 - Mission to retain 100% of Southeast Asian Students
 - Provides peer counseling & transfer-specific events
- Sonar
 - UCLA's Latine Holistic Retention Program
- SPEAR
 - Samahang Pilipino Education and Retention
- RAIN
 - Retention for American Indians
- Black Bruin Resource Center



TUTORING

- Departmental Tutoring
 - Chemistry, Economics, English, History
- Undergraduate Writing Center
- Math Success Program
- Writing Success Program
- Academic Fraternities



OFFICE HOURS

- Professors, Teaching Assistants, Learning Assistants
 - Academic Support
 - Career Advice
 - Letter of Recommendations



FINANCIAL WELLNESS



TYPES OF FINANCIAL AID

Grants

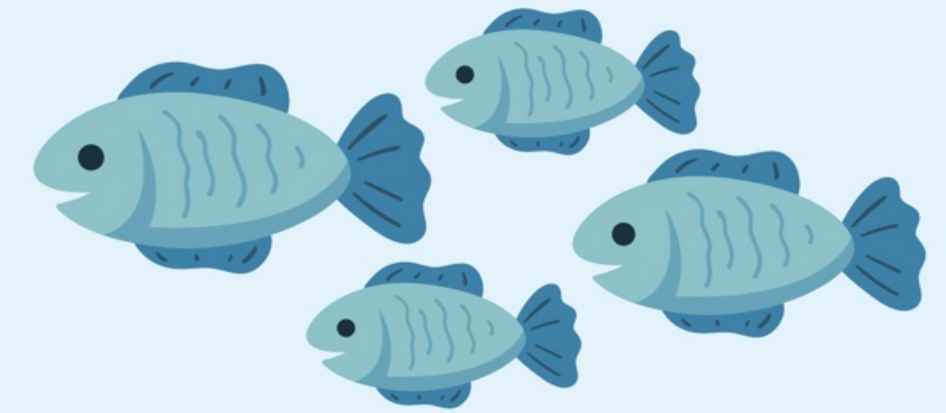
(ex. Pell Grant,
CalGrant, University
Grant)

Loans

(ex. Federal,
Private)

Scholarships

Workstudy





JOBS/WORK STUDY



- **ASUCLA Student Jobs**

- Food Service (ASUCLA restaurants, etc.)
- UCLA Store Customer Representative

- **Housing**

- Dining Halls
- Front Desk



- **Library Assistant**

- **Lab Assistant**

- **Office/Clerical Jobs**

- UCLA Health/David Geffen School of Medicine departments
- Campus Departments

JOB SEARCH

- <https://www.asucla.ucla.edu/get-a-job>
- <https://reslife.ucla.edu/employment/student-staff-positions>
- <https://sa.ucla.edu/fao/workstudy>

IMPORTANT RESOURCES



Where to get help

- Financial Aid Office
 - Address: A129 Murphy Hall
(M-F, 10 AM - 3 PM)
 - Phone: 310-206-0400
- Financial Aid Website
- Message Center on myUCLA website

Where to apply/view financial aid

- myUCLA [Finances and Jobs Dropdown]
- Free Application for Federal Student Aid (FAFSA)
- California Student Aid Commission
- myUCLA Scholarship Homepage

MESSAGE CENTER



UCLA MyUCLA

MY FEATURES | CLASSES | ACADEMICS | STAFF | FINANCES AND JOBS | CAMPUS LIFE | OTHER STUDENT SERVICES

Study List

This Study List is a record of all classes that you are enrolled in for Spring 2025. All times are in **Pacific Time (PT)**. Your Study List becomes official as of **04/11/2025**. Refer to [Study List Changes](#) for more information on associated fees and deadlines. After 11:59pm on 04/11/2025, students are **dropped** from classes where they are waitlisted.

Spring 2025

Summer Sessions 2025 vs Summer 2025 Summer classes for visiting and matriculated students are located under term **Summer Sessions 2025**. Summer classes for students in self-supporting graduate degree programs with summer entry are located under term **Summer 2025**. All times are in **Pacific Time (PT)**.

Total Enrolled Units: 12.0

Study List as of 5/3/2025 9:14:40 PM [Refresh](#)

Chemistry and Biochemistry
14D - Organic Reactions and Pharmaceuticals

[Textbooks](#)
[check for Library Reserves](#)
Grade Type: Letter Grade
Final Exam: Wednesday June 11, 2025 6:30pm-9:30pm
Check back on 05/26/2025 (Monday of 9th week) for final exam location.

[Class Website](#)
[Grades](#)
[Classmates](#)
[Notes Needed](#)

Action Required

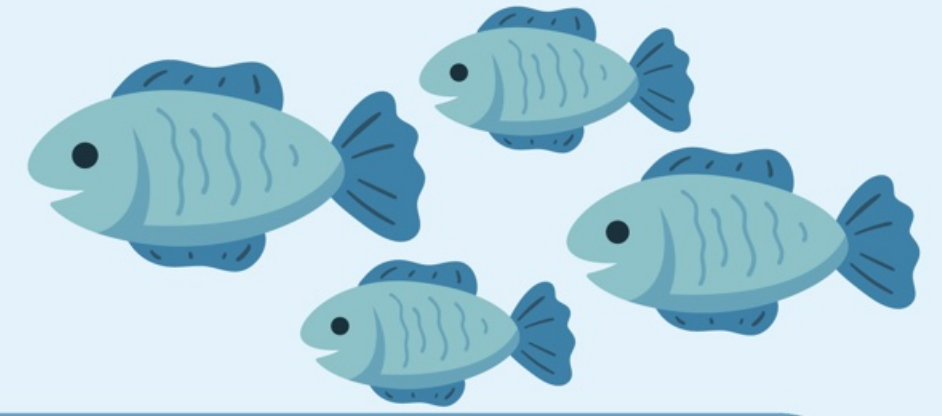
- [Class Planner](#)
Future Course 25F
- [Survey](#)
UCLA College Senior Survey

MORE INFO

- [Textbooks](#)
- [Download Spring 2025 calendar data](#)
- [Weekly Schedule](#)



MYUCLA FINANCES & JOBS DROPDOWN



UCLA MyUCLA

MY FEATURES | CLASSES | ACADEMICS | STAFF | **FINANCES AND JOBS** | CAMPUS LIFE | OTHER STUDENT SERVICES

BruinBill

1098T 

1098T Information 

BruinBill

Tax Information

Financial Aid and Scholarships

Awards and Notices

Disbursement Summary

Satisfactory Academic
Progress

Scholarship Home

Summer Financial Aid
Applications

Undergraduate Financial Aid
Scholarships

View All Documents

Jobs and Community

Community Service

Handshake - Job Search 

Internship Search

Letter of Reference

On-Campus Recruitment
Orientation

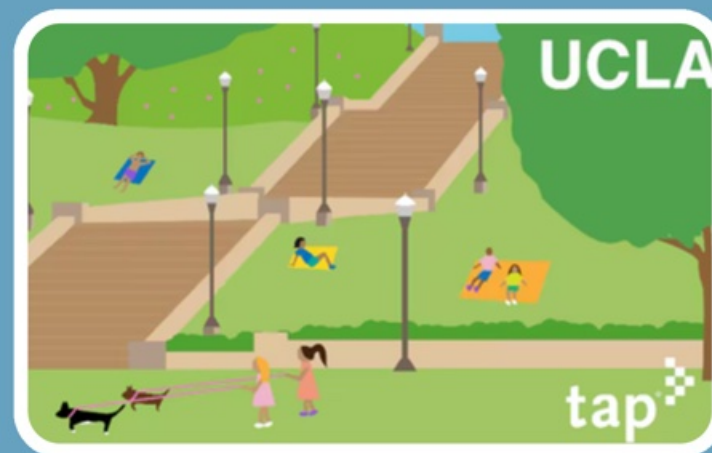
Versatile PhD

Work Study Job Search

CLOSE (X)

FREE SERVICES/RESOURCES

- Free printing service at Community Programs Office (CPO) computer lab (Student Activities Center)
- CPO Food Closet (Student Activities Center)
- Free technology loans from the library (laptops, chargers, etc.)
- Bruin U-pass/TAP Card
- Bruin Bus
- Many more!



MENTAL HEALTH



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

What is CAPS?

- Offers free mental health services for all UCLA students
 - Individual therapy
 - Group therapy
 - Crisis counseling
 - Psychiatric services
 - Specialty Services
- Specialty services include
 - ADHD
 - Disordered Eating
 - International Students
 - LGBTQ+ Students
 - Transgender Care
 - Underrepresented Student



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

- How to access CAPS?
 - To initiate any CAPS services, you must speak with a Triage Clinician over the phone: 310-825-0768
 - You will receive a same-day triage assessment through a telehealth appointment
 - Your triage clinician will assess your needs and discuss treatment options with you
- Location: John Wooden Center West
- Website: caps.ucla.edu
- 24/7 Hotline: (310) 825-0768

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

- Eligibility & Fees
 - Registered students with UC SHIP
 - CAPS services are pre-paid, no additional fee required
 - 8-session limit
 - Registered students without UC SHIP
 - \$30/ therapy session
 - \$30/ group session
 - 4-session limit
 - Notice!! Please ask them about fees, as it may vary. They will help with referring you to other therapists & psychiatrists

CENTER FOR ACCESSIBLE EDUCATION (CAE)

- What is CAE?

- Provides accommodations for students with disabilities
- Supports students with physical, psychological, learning, and chronic conditions

- CAE accommodations include:

- Testing accommodations
- Flexibility on deadlines
- Notetaking Assistance
- Communication Access
- Alternative Format
- Course Registration
- Adaptive Furniture
- Animals on Campus
- Housing



CENTER FOR ACCESSIBLE EDUCATION (CAE)

- How to Access CAE?
 - Apply on the CAE website
 - Submit required documentation
 - Schedule an intake appointment with CAE Disability Specialist
 - Request Accommodation Letters
- Location: A255 Murphy Hall
- Website: cae.ucla.edu



CONTACT LIST/RESOURCE QR CODE

TINA NGUYEN

SECOND-YEAR TRADITIONAL
PSYCHOBIOLOGY

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TAMMY DO

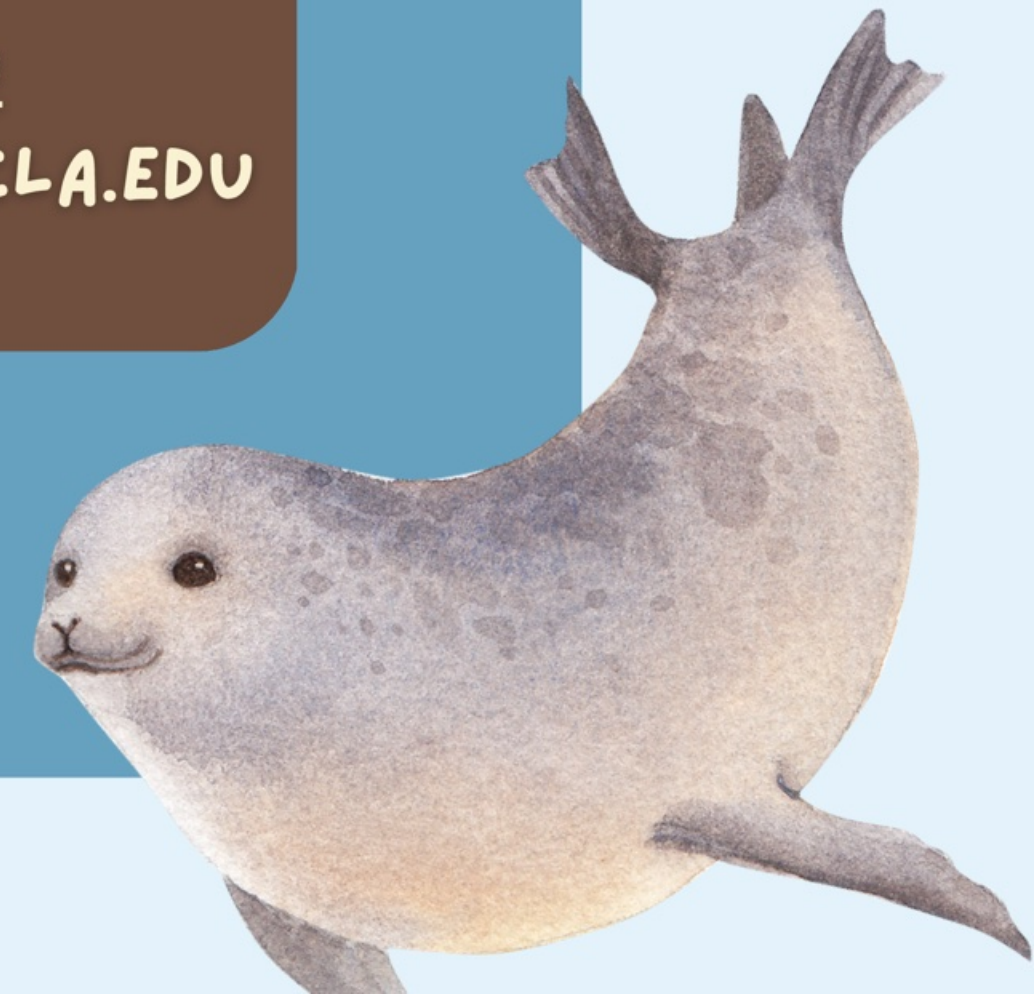
FIRST-YEAR TRANSFER
HUMAN BIOLOGY & SOCIETY

EMAIL:
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FIRST-YEAR TRANSFER
ELECTRICAL ENGINEERING

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Thank you

