

One in a Minion Re-SEA-sources at U-SEA-LA

STUDENT RESOURCES, FINANCIAL WELLNESS,
EXTRACURRICULARS, PROFESSIONAL DEVELOPMENT



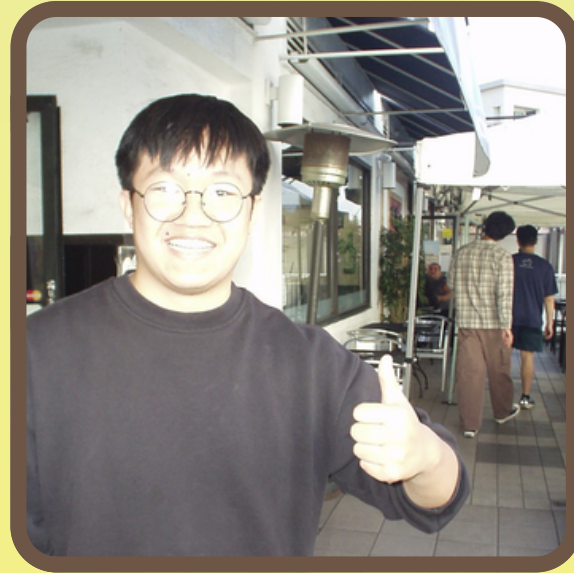
MEET THE FACILITATORS



MEET THE FACILITATORS



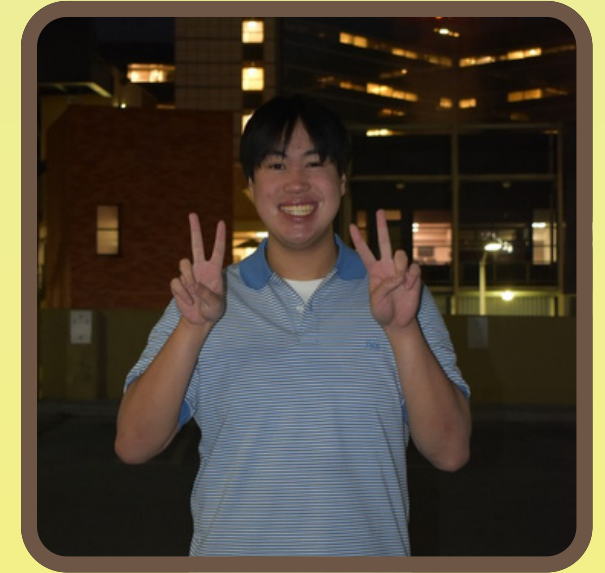
DUNG LINH (HE/HIM)
FINANCIAL ACTUARIAL MATH
1ST YEAR TRAD



BRANDON HO (HE/HIM)
BIOPHYSICS
4TH YEAR TRAD



CHRIS LE (HE/HIM)
PHYSICS, APPLIED MATH,
STATS & DATA SCIENCE
4TH YEAR TRAD



DUY NGUYEN (HE/HIM)
ELECTRICAL ENGINEERING
2ND YEAR TRANSFER



THUY HOANG (SHE/HER)
COGNITIVE SCIENCE
4TH YEAR TRAD



KATHARINE LUU (SHE/HER)
HUMAN BIOLOGY & SOCIETY
1ST YEAR TRAD



DERRICK VAN (HE/HIM)
BIOCHEMISTRY
1ST YEAR TRANSFER

Icebreaker

Who/what's your favorite
88rising artist/song?



Today's Journey

EXTRACURRICULARS & GETTING INVOLVED

ACADEMIC SUPPORT

BASIC NEEDS RESOURCES

MENTAL HEALTH & WELLNESS

PROFESSIONAL DEVELOPMENT

ACTIVITY: SURVIVE THE YEAR!



Meet Bob!

Bob is a transfer student who just got accepted to UCLA! Bob is excited to learn more about what UCLA has to offer.

Act 1:

Bob Arrives at UCLA



Bob Goes to Enormous Activities Fair (EAF)

Getting Involved! He explores and finds activities.



Why clubs matter:
community, mentorship,
fun, resume building

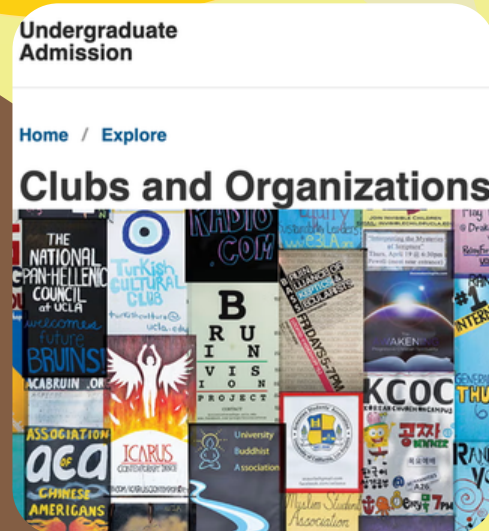


Extracurricular Resources

Club & Organization directories

Official directory:
admission.ucla.edu

TIP: go to **Instagram follower list** of your club/organization of interest!



Professional clubs (pre-med, business, etc.)



Culture Nights

VCN (Vietnamese)
TCN (Taiwanese)
KCN (Korean)
NSUCN (Nikkei)
CACN (Chinese American)
UKSCN (Khmer)
ICN (Indonesian)
SPCN (Samahang Filipino)



Culture/Identity organizations



- **Student Unions/ Associations** (same as culture night sponsors)
- **Retention projects:**
 - SEA CLEAR (Southeast Asian)
 - SONAR (Latinx)
 - SPEAR (Filipino)
 - RAIN! (Native American)

Cross-campus chapter club

- Interact with other campuses
- Mentorship & connection opportunities

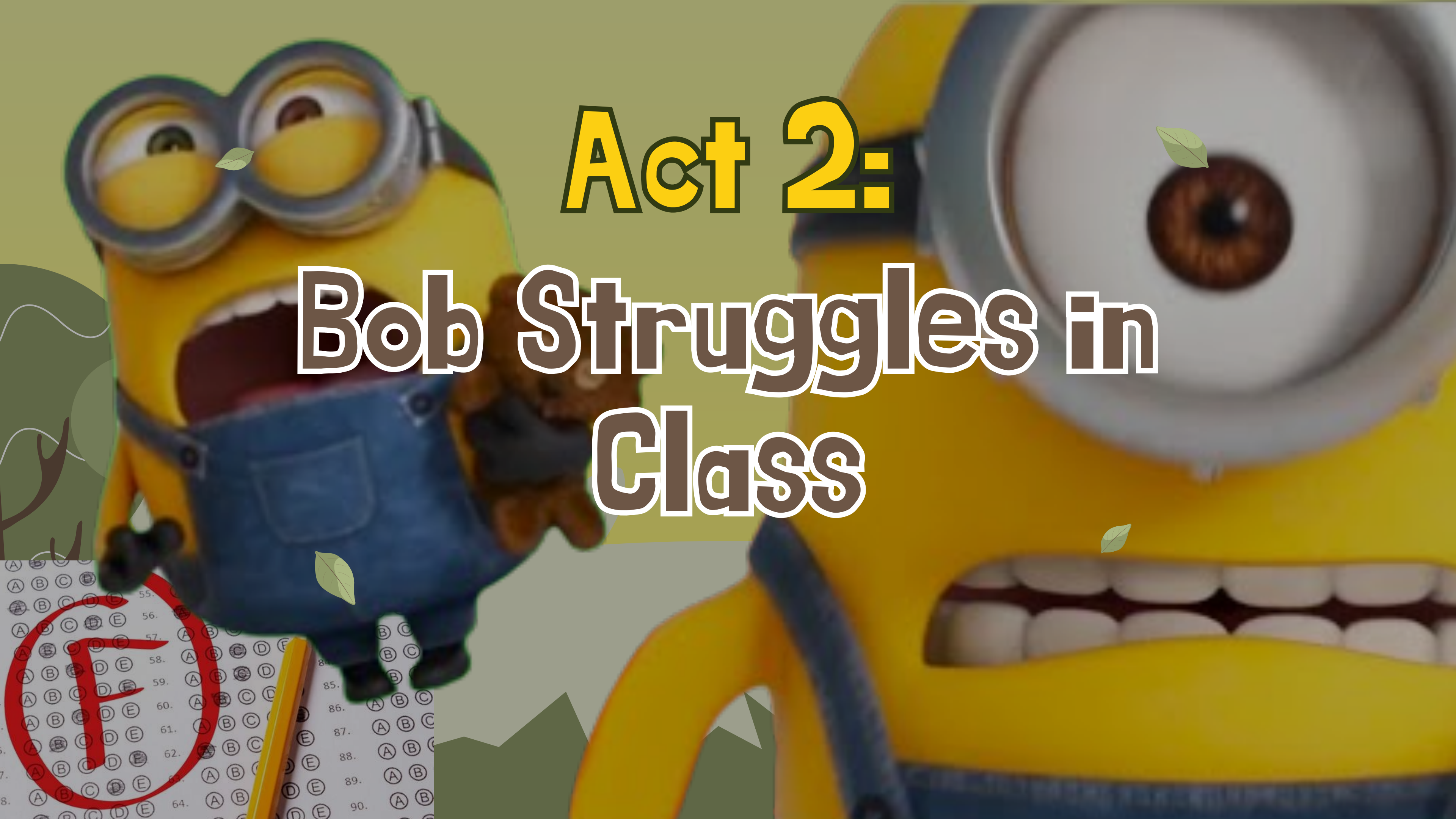


ex 1. MEMO (Pre-health & community service)



ex 2. Dragonboat (sports)



The background features two Minions from the 'Despicable Me' franchise. On the left, a Minion with large goggles and a wide-open mouth is shown. On the right, a close-up of another Minion's face with a single large eye and a wide, toothy grin. The scene is decorated with several small green leaves and a stylized green mountain range at the bottom. In the bottom left corner, there is a graphic of a test paper with multiple-choice questions (A, B, C, D, E) and a large red 'F' grade circled around it.

Act 2:

**Bob Struggles in
Class**

Academic Resources

Office Hours

- from Professors, Teaching Assistants (TAs) Learning Assistants (LAs)
- Academic support + Letters of Recommendation (LORs) + career advice

Specialized Programs

- Math Success Program (MSP) & Writing Success Program (WSP)
 - in Student Activities Center
- Undergraduate Writing Center
 - in Powell Library & Rieber Hall & Zoom



Departmental Tutoring

Chem, Econ, English, History, etc.

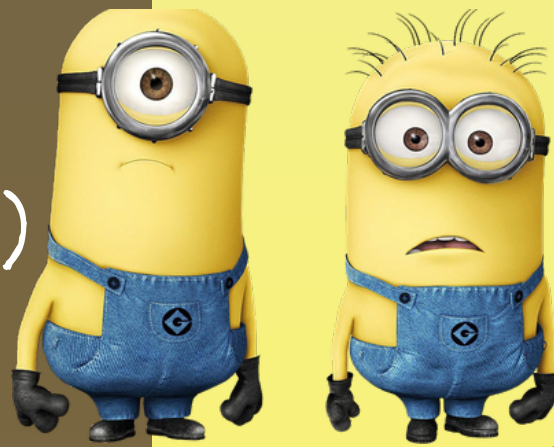
Academic Clubs

- Peer tutoring
- Test bank access



Academic Counseling

- **Career Academic Advising College (CAAC)**
 - course planning, counseling, transfer-specific resources; open to all!
- **Departmental Counselors**
 - major-specific advising
- **Transfer Student Center**
 - transfer-specific events & support
- **Academic Achievement Program (AAP)**
 - counseling for underserved (first-gen, low-income, etc.) students
 - peer learning sessions



UCLA Undergraduate Education
**Academic Advancement
Program**

Welcome to AAP!



Tools: Degree Audit & myUCLA

- myUCLA Degree Audit: track graduation progress
- myUCLA Finances & Jobs dropdown
- Message Center for financial aid updates
 - Pro tip: check this every quarter!

Home Page CHRISTOPHER | Settings | Notices: 0 | Trainings Message Center Logout

UCLA MyUCLA

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

Academic Profile	Advising and Academic Services	Graduation	CLOSE (X)
Declare Candidacy Term	Appointments	Commencement - Student	
Declare Non-Attendance	Peer Learning		
Degree Progress/Audit Report	Petitions		
Diploma Request	REACH Virtual Advising		
Holds	Workshops		
Registration Status			



Center for Accessible Education (CAE)

- Accommodations:

- note-taking, recordings, deadline extensions
- extra time on exams, separate exam room
- single housing, ESA/service animals
- available for both visible & invisible disabilities

- How to access:

- apply online → submit docs → intake appointment
- **Location:** A255 Murphy Hall
- **Website:** cae.ucla.edu



Act 3:

Bob is Hungry and Broke



Free Food & Emergency Resources

Bruin Dine:

recovered dining hall food served for free



Emergency swipe

- for non-campus housing students
- 7 swipes/quarter (for students with Financial Aid)
- 14 swipes/quarter (for students without Financial Aid)

CPO (Community Program Food Closet

free food pantry (snacks, fresh and/or dry ingredients)



Residential Life/Club Events:

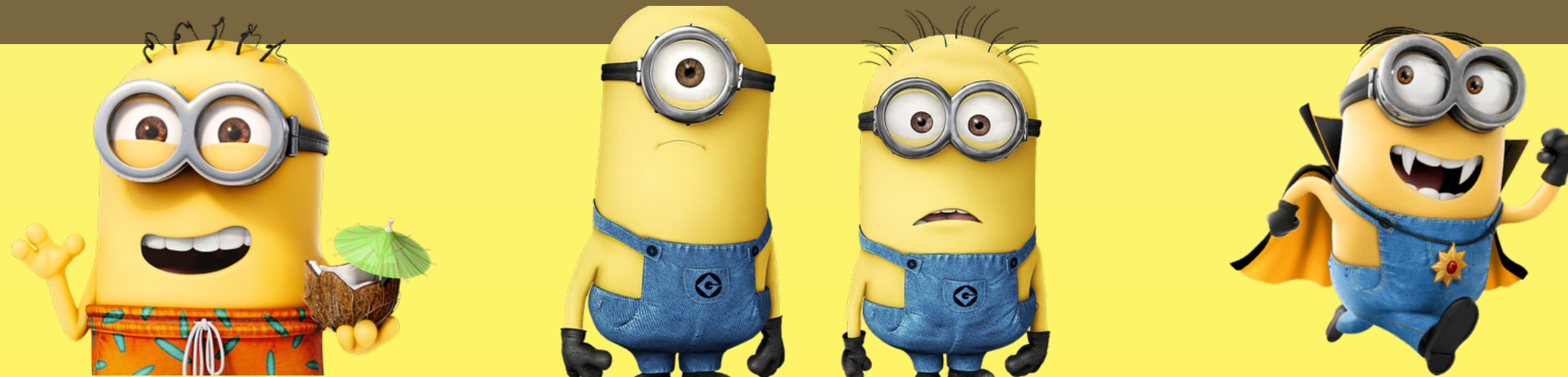
Food is often catered at events. Follow their Instagram pages!

example: CPO often holds events that cater food to attendees



More Free & Practical Resources

- **Community Programs Office (CPO)**
 - Free Printing computer lab
 - Free scantrons + bluebooks
 - CalFresh Office: apply for CalFresh/EBT benefits
- **CL/CC Lab in libraries**
 - Technology loan (laptops, chargers, iPad)
 - peer learning sessions
- **Transportation**
 - Bruin U-pass/TAP Card: unlimited free public transit
 - Bruin Bus: free on-campus shuttle
 - CSO Escort: safe rides/walks at night
- **Good Clothes Good People**
 - borrow professional clothes for free
- **COVID Test Vending machines**
 - free on campus



Act 4:

Bob Gets the Blues



Specialized Counseling & Peer Counseling

Retention Projects' Peer Counseling

- 1-on-1 holistic peer counseling
- SEA CLEAR, SPEAR (Filipino), SONAR (Latinx), INSPIRE (Pacific Islander), Black Bruins Resource Center

90% accurate representation of peer counseling



CAPS On-campus Therapy

- CAPS: Counseling and Psychological Services
- Therapy (individual, group) + psychiatric services
- Free with UShip, \$30 per session for UCLA students

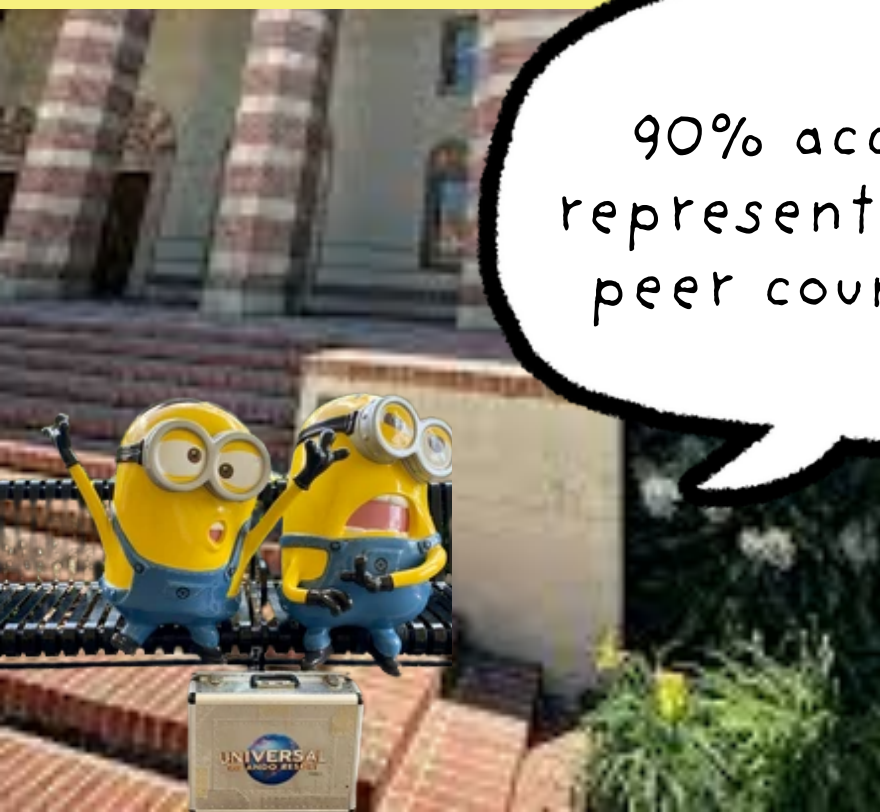
RISE Center (CAPS affiliate)

- Zen study space + Wellness Counselors
- Aromatherapy, fidget toys, tea & snacks
- Workshops & events



RISE Center at UCLA

Be Well. Belong. Become.



Act 5:

Bob Gets a Job



I am writing to confirm my acceptance of your employment offer on April 2. I am delighted I am to be joining XYZ Corporation in Chicago. The work is exactly what I am prepared to perform and hoped to do. I feel confident that I can make a significant contribution to the corporation, and I am grateful for the opportunity you have given me.

As we discussed, I will report to work at 8:00 am on July 1 and will have completed all necessary



Career Resources

- **Career Center:** resume reviews, job fairs, interviews
- **UCLA I-on-1 Alumni Mentor Program:** get matched with a Bruin alum
- **Student Alumni Association (SAA):**
 - networking events + alumni connections
- **Additionally:**
 - Clubs & orgs with cross-campus chapters (national professional networks)
 - Mentorship systems within clubs and departments

UCLA
Career Center



UCLA
ALUMNI MENTOR
PROGRAM

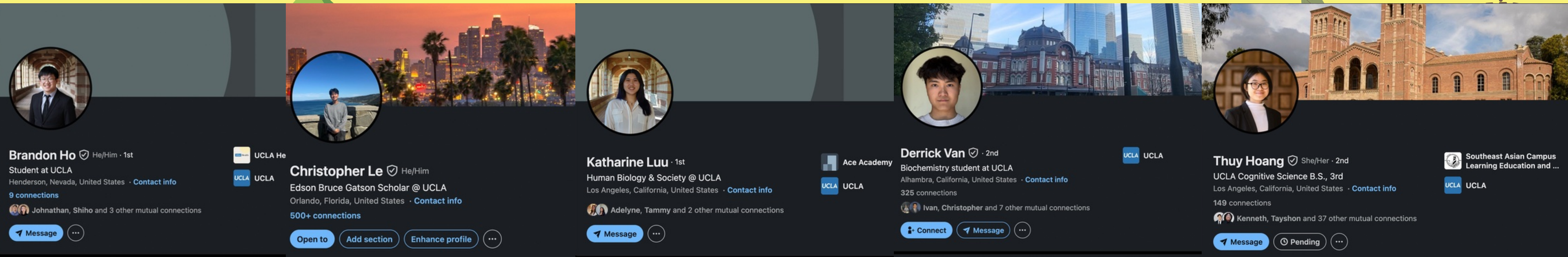
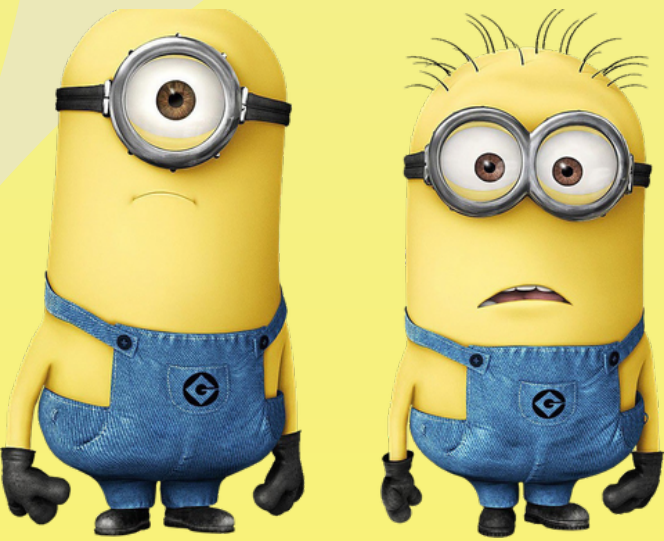
I ♥ UCLA

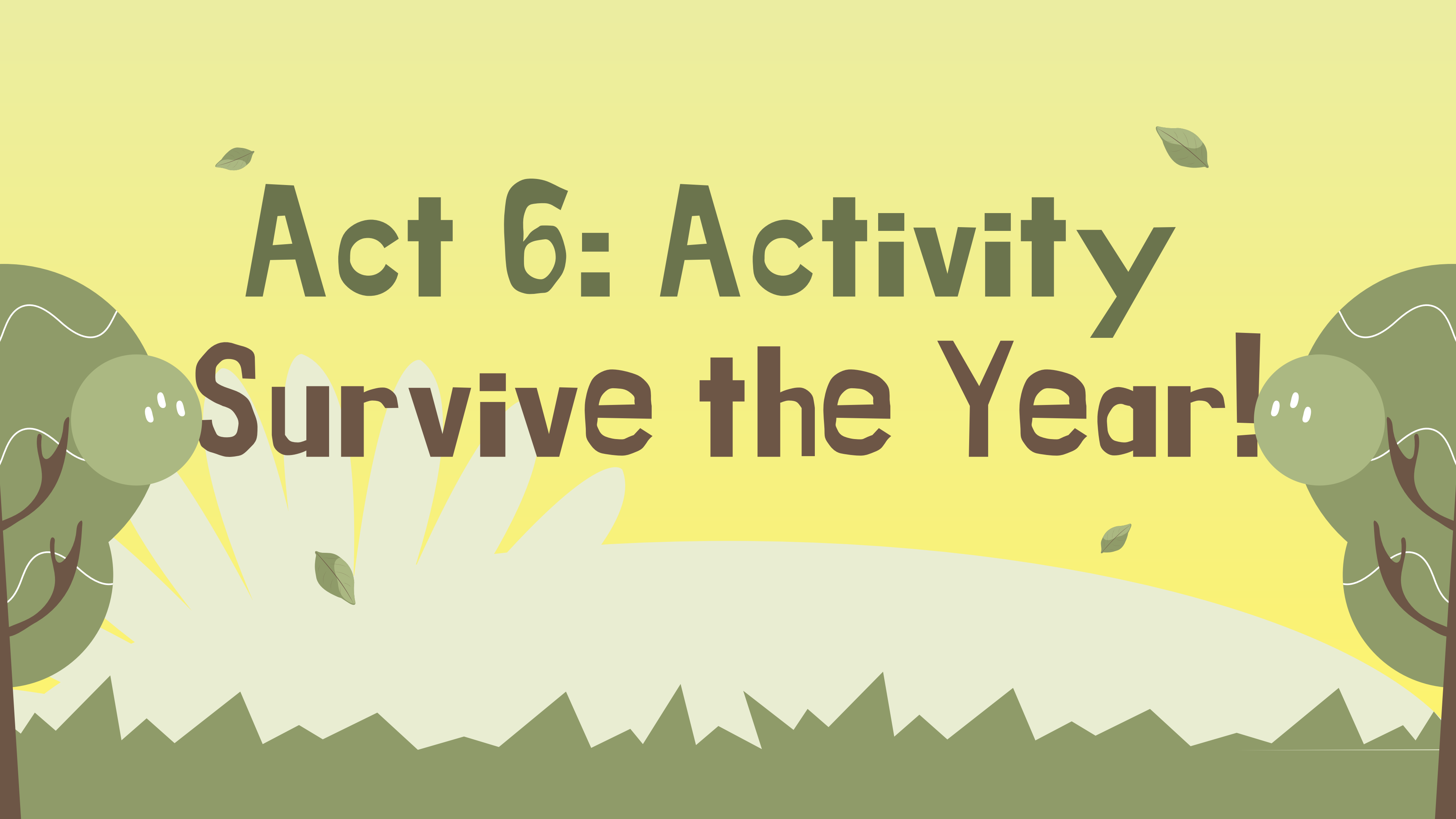
SAA
STUDENT ALUMNI
ASSOCIATION AT UCLA

UCLA Alumni

LinkedIn & Networking Tips

- Building your LinkedIn as a student
- Cold messaging alumni on LinkedIn (with a short script example)
- On-campus jobs: ASUCLA, ResLife, Library, Lab, Campus Depts, Dining
 - benefits: priority housing, merchandise discounts, gift card bonuses
- Work-study eligibility via myUCLA





Act 6: Activity

Survive the Year!

plot:

YOU are now Bob! Bob is trying to achieve a good balanced life at UCLA - let's help him get there!

You are given

- \$70 for the quarter
- 0 hours for side quests
- 3.80 GPA

mission:

- Save as much money as you can
- spend at least 12 hours on side quests
- Keep your GPA above 3.7
- Collect as much inventory as you can

enter Bob's world



Questions?



The background is a solid yellow color. In the center, the text "Thank You So Much" is written in a bold, sans-serif font. "Thank You" is in a dark green color, and "So Much" is in a dark brown color. The text is positioned above a large, stylized white flower with many petals. The flower is set against a backdrop of green hills and trees. On the left and right sides, there are green hills with white outlines. In the center, there is a large white flower with many petals. The bottom of the image features a dark green, jagged line representing a grassy field. There are also several small green leaves floating in the sky.

Thank You
So Much