

# RESOURCE GUIDE FOR PARENTS



Berkeley CalParents





# RESOURCE GUIDE FOR PARENTS

<b>GETTING INVOLVED</b>	<b>4</b>
<b>STAYING CONNECTED</b>	<b>7</b>
<b>ACADEMICS</b>	<b>10</b>
<b>STUDENT HEALTH</b>	<b>17</b>
<b>CAMPUS SAFETY</b>	<b>19</b>
<b>STUDENT LIFE</b>	<b>22</b>
<b>RESOURCES</b>	<b>28</b>

# WELCOME TO BERKELEY

## Dear Cal Parents:

It is with great honor that we welcome you to the Cal family! We are excited that your student has chosen to study at the University of California, Berkeley. While this journey is primarily your student's, you and your family will also join us in the important role of guide, supporter, cheerleader, coach and mentor.

The *Resource Guide for Parents* provides you with helpful information about the university and the network of resources available to your student on our campus. Our hope is that you will use this guide to support your student along their educational path.

UC Berkeley's Cal Parents program helps parents, guardians and supporters of students enrolled at Berkeley engage with the campus and support the university. Feel free to call on us with any questions you might have.

Once again, we welcome you to the top-rated public university in the world! We hope your student finds all that they are looking for, both academically and socially. You, too, are now a part of Cal's institutional fabric, and we enthusiastically encourage you to create your own rich Berkeley experience.

As we say on the Berkeley campus, Go Bears, and Fiat Lux!



ABBE GREEN



**DAVID ORTEGA**

Director of Parent Services & Communication



**JASON SMITH**

Director of Parent Engagement & Philanthropy

## The University of California

The University of California (UC) was founded in 1868, two decades after the gold rush brought hundreds of thousands of people to California. Leaders of two Bay Area institutions—the College of California (a private college established in Oakland in 1855) and the Agricultural, Mining and Mechanical Arts College (a state land-grant institution formed in 1866)—merged their schools in order to realize a vision by drafters of the new state’s constitution of a university that would “contribute even more than California’s gold to the glory and happiness of advancing generations.” The new University of California had 10 faculty members and 40 students when it opened, and Berkeley was its sole campus. Over time, the university grew to comprise ten campuses: Berkeley, Davis, Irvine, Los Angeles, Merced, Riverside, San Diego, Santa Barbara, Santa Cruz and San Francisco. (Berkeley retains the honor of being the first and flagship campus—which is why it gets to be called “Cal”!)

Today, nearly 150 years after its founding, UC Berkeley is known for its academic excellence, consistently ranking as the top public university in the nation and as one of the top universities both in the U.S. and the world. Berkeley faculty and researchers have won 72 Nobel Prizes, and current faculty members include seven Nobel laureates. Six elements on the periodic table were discovered at Berkeley (sixteen, if you include the contributions of Lawrence Berkeley National Laboratory). One element, Berkelium (Bk), is named after UC Berkeley. The university also figures prominently in cultural history as the birthplace of the Free Speech Movement, a phenomenon that began as a campus protest for civil rights in 1964 and spread in influence to the rest of the country and the world.

From the academic pioneers of 1868 to the icons of the Free Speech Movement, the brightest minds from across the globe come to Berkeley to explore and improve the world. As the parent, guardian or supporter of a Berkeley student, you too can participate in the Berkeley experience. Our belief is that parents can help to guide and encourage their students while allowing them to grow. Together, we can create a partnership to support your student while creating a rich parent experience for you.

# GETTING INVOLVED

## Cal Parents

**Hours** Monday–Friday, 9 a.m.–4 p.m.

(510) 642-7147

**Email** [calparents@berkeley.edu](mailto:calparents@berkeley.edu)

[calparents.berkeley.edu](http://calparents.berkeley.edu)

[facebook.com/calparentsberkeley](https://facebook.com/calparentsberkeley)

## Cal Parents Program Co-Directors

**David Ortega**

Director, Parent Services and Communication

**Email** [dortega@berkeley.edu](mailto:dortega@berkeley.edu)

**Jason Smith**

Director, Parent Philanthropy and Engagement

**Email** [jasonpsmith@berkeley.edu](mailto:jasonpsmith@berkeley.edu)

The Cal Parents program engages parents and families within the framework of the Berkeley student experience. The program’s objectives are to:

- Serve as the central resource for connecting undergraduate parents and families to UC Berkeley
- Empower parents to help their students successfully navigate the Berkeley experience
- Invite parents to become active members of the Cal Community through engagement and philanthropic opportunities
- Offer parents opportunities to volunteer as Cal Parents Ambassadors and connect with the Berkeley community

## Cal Parents Board

The Cal Parents Board is a dedicated group of UC Berkeley families who work to advance the interests of the university by engaging the parent community and inspiring philanthropy. Members of the Cal Parents Board are the greatest advocates for parent involvement on campus, and act as an advisory board to campus leadership and a resource for other families.





ABBE GREEN

## Cal Parents Ambassadors

Cal Parents Ambassadors play a critical role in the Cal Parents Program—Berkeley’s primary gateway to campus for the parent community. This volunteer group is made up of more than 250 parents, grandparents and guardians of undergraduate students—all dedicated to enhancing the experience of Berkeley students and their families.

As a Cal Parents Ambassador, you are invited to serve as an advocate and representative for the university through a variety of volunteer opportunities. Each year, Cal Parents Ambassadors make a huge impact in supporting UC Berkeley by engaging and supporting thousands of members of the Cal Parents community.

## Opportunities to Engage and Serve

### Move-in Activities

[housing2.berkeley.edu/move-in](https://housing2.berkeley.edu/move-in)

Help us welcome new families to Cal! Move-in can be stressful for parents who are dropping their

students off for the first time at the residence halls. We in the Cal Parents community can ease some of this stress by interacting with parents and providing them with helpful information.

### Parents Weekend

[parentsweekend.berkeley.edu](https://parentsweekend.berkeley.edu)

Parents Weekend at Homecoming is a fall tradition. Festivities include a Friday evening dinner for families and their students, campus tours, faculty seminars, museum and library open houses, spirit rallies, a tailgate BBQ, the Homecoming football game, and more. Details are available in July. Accommodations fill up quickly, so plan early to attend.

### Cal Day

[calday.berkeley.edu](https://calday.berkeley.edu)

Cal Day is Berkeley’s annual open house, held on a Saturday in mid-April. The day features nearly 500 free activities, including faculty lectures, student experiments and presentations, museum tours, music and dance performances, Golden Bears athletic events, and much more. Cal Parents



ABBE GREEN

hosts an information tent and parent panels for prospective parents, and is involved with the Chancellor's welcome to newly admitted students.

### **Admissions Receptions**

Cal Parents hosts an information table at admissions receptions and serves as a peer resource for parents and families of newly admitted students. Cal Parents Ambassadors share the positive experiences of their students and provide answers to prospective parents' questions and concerns. Your participation will help to inspire the next generation of great students to attend Berkeley.

## **Opportunities to Support Cal**

### **Cal Parents Fund**

[give.berkeley.edu/calparents](https://give.berkeley.edu/calparents)

As the parent of a Berkeley student, you are the most important supporter of your child's education. Along with the many ways you support your student, your annual unrestricted gift to the Cal Parents Fund makes a strong statement about your commitment to upholding Berkeley's preeminence. The collective support of the Berkeley community to the Cal Parents Fund—every year—provides immediate resources to meet the greatest needs today, and to ensure Berkeley's future.

Every gift counts—and participation matters. Gifts from 4,600 Cal Parents generated more than \$3.69 million in support for Berkeley last year. A gift to the Cal Parents Fund tells students and faculty that they can count on the Berkeley community amid diminished state support and economic uncertainty.

For more information about the Cal Parents Fund and other ways to support Berkeley, visit [give.berkeley.edu/calparents](https://give.berkeley.edu/calparents) or call Colleen Cahill at (510) 664-7453.

### **Peer-to-Peer Fundraising**

Cal Parents Ambassadors support Berkeley through our fall and spring calling campaigns. Parent-to-parent phone calls are a great way to engage new and continuing parents and offer them any needed information before they consider a gift to Cal.

## **A Roadmap for New Cal Parents**

### **Welcome to Berkeley: First Steps**

- Ask your student to complete the Parent Information Form (under *Tasks* in CalCentral)
- “Like” the Cal Parents Facebook page



- Take a tour of campus
- Look to receive your student's first billing statement in late July
- Ask your student to grant you access to his or her educational records and finances (under *My Profile* in CalCentral)
- Connect with Cal Parents staff and get involved
- Come to campus with your student for Move-in Weekend

### While Your Student is Here

- Attend Parents Weekend at Homecoming
- Have your student visit the Career Center to start exploring internships and other career development opportunities
- Encourage your student to join one of Berkeley's more than 1,000 student groups
- Come to Cal Day in April and participate in some of the nearly 500 free events and activities offered—or volunteer as a Cal Parents Ambassador and answer questions from prospective parents and students
- Have your student explore research opportunities with a faculty mentor
- Get tickets to a Cal Golden Bears athletic event
- Enjoy an exhibition, film or concert at the Berkeley Art Museum, Pacific Film Archive or Cal Performances
- Know that Berkeley does not hold classes on the Wednesday, Thursday or Friday of Thanksgiving week
- Know that spring semester classes commence in January on the Tuesday following the Martin Luther King Jr. holiday

### Graduating: Tips for Your Student (and You)

- Have a degree audit performed to make sure all degree requirements have been met
- Join the degree list when registering for classes for the final semester
- Register to walk in the campus-wide commencement

celebration as well as any college or department ceremonies

- Attend the ASUC Grad Fair, and purchase academic regalia, announcements and other graduation items
- Buy commencement tickets for the whole family
- Book hotel accommodations as early as possible for commencement
- Schedule a graduation photo for the Blue and Gold yearbook
- Join the Cal Alumni Association

## STAYING CONNECTED

### Campus Emergency Information

For information in the event of a campus emergency, visit or call:

- [emergency.berkeley.edu](https://emergency.berkeley.edu)
- [berkeley.edu](https://berkeley.edu)
- **UC Berkeley emergency information line** (800) 705-9998
- **KALX Radio (90.7 FM)** [kalx.berkeley.edu](https://kalx.berkeley.edu)

To report an emergency, call:

- **911\***
- **UC Berkeley Police emergency dispatch** (510) 642-3333
- **City of Berkeley Police Department emergency dispatch** (510) 981-5911

\* **Note:** 911 calls placed from mobile phones are routed off campus and may result in delays. To ensure the fastest response time, students are advised to call—and to program into their mobile phones—the above-listed UC Police and Berkeley city police dispatch numbers in the event of an emergency.

## Connecting with Cal

The university asks that all new students complete the Parent Information Form, which can be accessed under *Tasks* in CalCentral. Although completion of this form is voluntary, the information provided will help the university keep families informed about campus events, activities and programs. We encourage you to assist your Cal student in completing the form to help us stay connected with you. You may also submit your contact information on the Cal Parents website ([calparents.berkeley.edu/stay-connected/](http://calparents.berkeley.edu/stay-connected/))

Other ways you can stay connected:

- **Cal Parents website**  
[calparents.berkeley.edu](http://calparents.berkeley.edu)
- **Cal Parents Facebook page**  
[facebook.com/calparentsberkeley](https://facebook.com/calparentsberkeley)

### Monthly email message:

*Berkeley Online for Parents*  
[berkeleyonline.berkeley.edu](http://berkeleyonline.berkeley.edu)

- **Mailed newsletter**  
*Letter Home*, mailed once per semester to all parents  
[berkeley.edu/letterhome](http://berkeley.edu/letterhome)

Parents are always welcome to attend Cal events on and off campus. Visit [events.berkeley.edu](http://events.berkeley.edu) for the Berkeley events calendar.

## Staying Connected with Your Student

Despite the myriad of devices and applications that make communication so easy and instantaneous today, you as a parent will benefit by developing a strategy with your student prior to his or her arrival at Berkeley that outlines how, and how often, you plan to communicate with each other. Know that communication frequency will likely fluctuate based on your student's schedule during the academic year.

### Sending Mail or Packages

If your student lives in a residence hall, address letters or packages as follows:

Student name  
Name of residence hall and room number  
Street address  
Berkeley, CA 94720-[+4 ZIP code]

Advise your student ahead of time if you are sending a package by mail. Students in the residence halls are provided with individual mailboxes for receiving letters. Packages and other deliveries are held for pick-up in the residence hall mailrooms. For more information, visit [housing.berkeley.edu](http://housing.berkeley.edu). You also have the option of sending Amazon packages to your student care of the Amazon store at the ASUC Student Union. Visit [asucstudentunion.amazon.com](http://asucstudentunion.amazon.com) for more information.

## Visiting Campus

The Cal campus is beautiful and welcoming. Check out the campus events calendar—[events.berkeley.edu](http://events.berkeley.edu)—to find out about lectures, sports events, exhibitions and other activities that will be happening when you visit.

### Koret Visitor Center

*Campus tours offered daily*

[visit.berkeley.edu](http://visit.berkeley.edu)

Berkeley's Koret Visitor Center is your central hub for campus maps, tours, parking, and much more.

- California Memorial Stadium  
210 Stadium Rim Way
- **Hours** Monday–Friday, 8:30 a.m.–4:30 p.m.  
Saturday–Sunday, 9 a.m.–1 p.m.

### City of Berkeley Visitor Information Center

[visitberkeley.com](http://visitberkeley.com)

- 2030 Addison Street, Suite 102 (one block north of the Downtown Berkeley BART station)
- **Hours** Monday–Friday, 9 a.m.–5 p.m.  
(closed 1–2 p.m. for lunch)

## Getting to Berkeley

### Airports

- **Oakland International Airport (OAK)**  
(14 miles from campus)
- **San Francisco International Airport (SFO)**  
(25 miles from campus)
- **Mineta San Jose International Airport (SJC)**  
(46 miles from campus)





KEVIN NGUYEN

## Bay Area Rapid Transit (BART)

[bart.gov](http://bart.gov)

- Downtown Berkeley BART Station (160 yards from campus)
- Direct BART service from Oakland and San Francisco International Airports

## AC Transit (Bus Service)

[actransit.org](http://actransit.org)

- Registered Berkeley students ride free of charge on AC Transit buses and Bear Transit shuttle buses throughout the semester.

## Amtrak

[amtrak.com](http://amtrak.com)

- Berkeley Station, 700 University Avenue (2 miles)

## Parking

- **UC Berkeley campus** [pt.berkeley.edu](http://pt.berkeley.edu)
- **City of Berkeley** [ci.berkeley.ca.us/parking](http://ci.berkeley.ca.us/parking)

Every day, thousands of students, faculty, staff and visitors descend upon the Berkeley campus. Parking is at a premium, and is strictly regulated on and around campus. Most campus parking lots require a permit during business hours but are available to the public during the evening and on weekends. Metered street parking is generally available near campus. Many areas around campus have residential preferential parking that restricts parking of vehicles without permits to a maximum of two hours on most days of the week.

# ACADEMICS

The academic richness of Berkeley is unparalleled. We have more than 1,600 faculty, 36,000 students, 350 degree programs, 130 academic departments, and 80 interdisciplinary research units across campus. A Berkeley education is both broad and deep. We challenge students to not only explore their own ideas but to develop those ideas in collaboration with others, to think wisely about complex problems, and to expand perspectives to include new fields of endeavor.

## Family Educational Rights and Privacy Act

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a federal law that protects the privacy of student education records. This law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom such rights have transferred are "eligible students." Berkeley students may grant parents or other individuals access to their education records (class enrollment and/or grades) and finances (financial aid, scholarships and payment of bills) by designating them as "delegates" under *My Profile* in the CalCentral online portal.

## Colleges and Schools

Berkeley's undergraduate programs and courses are administered by five colleges that house the university's academic departments. Berkeley also has nine graduate schools, some of which offer courses and major or minor programs for undergraduate students.

### Colleges

#### College of Chemistry

[chemistry.berkeley.edu](http://chemistry.berkeley.edu)

*Departments of Chemistry and Chemical Engineering*

Chemistry, chemical biology, and chemical and biomolecular engineering provide fantastic opportunities for pursuing a stimulating and gratifying career while making a positive impact on society. As chemistry is the gateway to all the molecular sciences and much of engineering, the College of Chemistry facilitates many career paths.

#### College of Engineering

[engineering.berkeley.edu](http://engineering.berkeley.edu)

*Departments of Bioengineering, Civil & Environmental Engineering, Electrical Engineering & Computer Sciences, Industrial Engineering & Operations Research, Materials Science & Engineering, Mechanical Engineering, and Nuclear Engineering*

Berkeley Engineering is ranked among the top three engineering schools in the world. The college offers a dynamic, interdisciplinary, hands-on education; programs that challenge conventional thinking and value creativity and imagination; and students and faculty who are driven by social commitment and want to change the world.

#### College of Environmental Design

[ced.berkeley.edu](http://ced.berkeley.edu)

*Departments of Architecture, Landscape Architecture & Environmental Planning, and City and Regional Planning*

The College of Environmental Design (CED) is Berkeley's home for environmental design theory, research, innovation and practice. CED offers undergraduate degrees in architecture, urban studies (city and regional planning), landscape architecture, and sustainable environmental design. The college also offers a range of undergraduate minor programs that are open to students majoring in other fields.

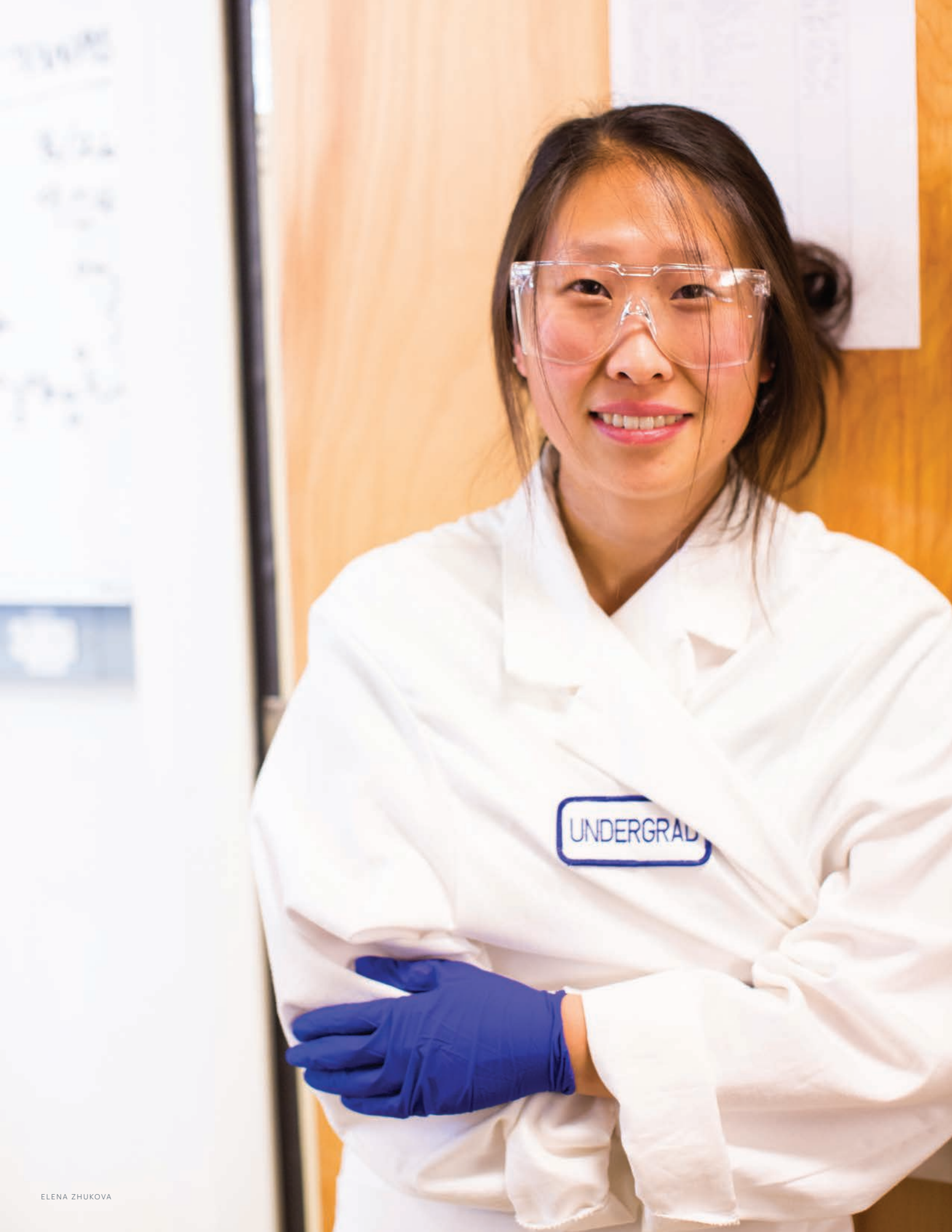
#### College of Letters & Science

[ls.berkeley.edu](http://ls.berkeley.edu)

*More than 60 departments in the biological sciences, business, arts and humanities, physical sciences and social sciences*

At the College of Letters & Science—Berkeley's largest college—students engage in dialogue with the world's best teachers and most famous researchers, discover courses of study they never





knew existed, participate in projects at the forefront of science, solve pressing social problems, create art, explore diverse cultures, and seek answers to the biggest questions of our times.

### **College of Natural Resources**

[nature.berkeley.edu](http://nature.berkeley.edu)

*Departments of Agricultural and Resource Economics; Environmental Science, Policy, and Management; Nutritional Science; and Plant and Microbial Biology*

The College of Natural Resources (CNR) encourages students to explore natural and human systems from biological, ecological, economic and social sciences perspectives. Students engage the issues that shape the complex, interconnected world of the 21st century, from sustainable food systems to obesity, from water policy to energy policy, and from the far-reaching impacts of climate change to the linkages between the human genome, diet and disease.

### **Schools**

#### **Walter A. Haas School of Business**

[haas.berkeley.edu](http://haas.berkeley.edu)

*Undergraduate courses and the major in business administration*

#### **Graduate School of Education**

[gse.berkeley.edu](http://gse.berkeley.edu)

*Undergraduate courses and the minor in education*

#### **School of Information**

[ischool.berkeley.edu](http://ischool.berkeley.edu)

*Undergraduate courses in information and data science*

#### **Graduate School of Journalism**

[journalism.berkeley.edu](http://journalism.berkeley.edu)

*Undergraduate courses and the summer-only minor in journalism*

#### **Berkeley Law**

[law.berkeley.edu](http://law.berkeley.edu)

*No courses or programs for undergraduate students*

#### **School of Optometry**

[optometry.berkeley.edu](http://optometry.berkeley.edu)

*No courses or programs for undergraduate students*

#### **School of Public Health**

[sph.berkeley.edu](http://sph.berkeley.edu)

*Undergraduate courses and the major in public health*

#### **Richard & Rhoda Goldman School of Public Policy**

[gspp.berkeley.edu](http://gspp.berkeley.edu)

*Undergraduate courses and the minor in public policy*

#### **School of Social Welfare**

[socialwelfare.berkeley.edu](http://socialwelfare.berkeley.edu)

*Undergraduate courses and the major in social welfare*

### **Berkeley Academic Guide**

[guide.berkeley.edu](http://guide.berkeley.edu)

The Academic Guide is Berkeley's general catalog, providing information on departments, courses, programs, faculty, admission requirements, and more. Berkeley offers an astonishing range of major and minor programs—so use the Berkeley Academic Guide as a starting point to learn about the many options available.

### **Advising**

[berkeley.edu/academics/academic-advising](http://berkeley.edu/academics/academic-advising)

Each college provides academic advising for its students. We encourage your student to meet often with both peer and staff advisers for support and guidance, and to have degree audit reports generated regularly to ensure that course requirements are being met.

### **Breadth Requirements**

As the foundation of a liberal arts education, breadth courses give students a view into the intellectual life of the university while introducing them to a multitude of perspectives and approaches to research and scholarship. By engaging students



in new disciplines and with peers from other majors, the breadth experience strengthens interdisciplinary connections and contexts, preparing Berkeley graduates to understand and solve the complex issues of their day. Breadth courses are required in the following subject areas:

- Arts and Literature
- Biological Science
- Historical Studies
- International Studies
- Philosophy and Values
- Physical Science
- Social and Behavioral Sciences

## Choosing a Major

If your student has been admitted to Berkeley as an undeclared student, the first year may be viewed as a time of exploration. Choosing the right major can be a challenging and rewarding process. Here are some actions your student can take to narrow the field of choices:

- Check out the Berkeley Academic Guide for descriptions of courses and degree programs
- Visit the departmental websites of majors whose class descriptions seem interesting
- Make an appointment to talk with a college adviser
- Visit departmental offices, talk to students and faculty, and seek out any materials that might not be available online
- Review major requirements, and select a backup major if considering a high-demand major
- Make parallel lists of prerequisite courses for each major being considered (majors frequently have similar or overlapping prerequisite courses)
- Attend an upper-division course (for more than a single session) to get a sense of the direction of the major

## Freshman and Sophomore Seminars

[fss.berkeley.edu](https://fss.berkeley.edu)

Berkeley's freshman and sophomore seminars (over 100 offered each semester on an astonishing range of topics) provide an unparalleled opportunity for faculty members and small groups of lower-division students to explore scholarly topics of mutual interest.

## Academic Support

### Academic Support Programs

The transition to college life, while immensely exciting and rewarding, can also be demanding and stressful. Berkeley offers a number of resources to help students deal with the many complexities and challenges they face, and to develop strong networks of support while at Cal.

#### Academic Support in the Residence Halls

[reslife.berkeley.edu/academics](https://reslife.berkeley.edu/academics)

*Academic resources for students living in the residence halls*

#### Athletic Student Center

[asc.berkeley.edu](https://asc.berkeley.edu)

*Academic and personal development for student athletes*

#### Berkeley Connect

[berkeleyconnect.berkeley.edu](https://berkeleyconnect.berkeley.edu)

*Berkeley's academic mentoring program*

#### Berkeley Hope Scholars

[hope.berkeley.edu](https://hope.berkeley.edu)

*Support for students in or recently emancipated from foster care; orphaned; or certified independent by the Financial Aid Office*

#### Disabled Students' Program

[dsp.berkeley.edu](https://dsp.berkeley.edu)

*Services and resources for students with documented disabilities*

#### Educational Opportunity Program

[eop.berkeley.edu](https://eop.berkeley.edu)

*Guidance and resources for first-generation and low-income college students*

### **Re-Entry Student Program**

[reentry.berkeley.edu](http://reentry.berkeley.edu)

*Services/support for undergraduates age 25 and older*

### **Student Learning Center**

[slc.berkeley.edu](http://slc.berkeley.edu)

*Resources to support learning approaches and study skills in a wide range of topic areas*

### **Student Parent Center**

[studentparents.berkeley.edu](http://studentparents.berkeley.edu)

*Resource center for students who are both scholars and parents*

### **Student Veterans**

[veteran.berkeley.edu](http://veteran.berkeley.edu)

*Recruitment and support of student veterans*

### **Transfer Student Center**

[transfers.berkeley.edu](http://transfers.berkeley.edu)

*Programs and services for students transferring into Cal from a California community college or other institution or returning to college after an absence*

### **Undocumented Student Program**

[undocu.berkeley.edu](http://undocu.berkeley.edu)

*Support and guidance for students without legal citizenship or residency status*

## **University Libraries**

[lib.berkeley.edu](http://lib.berkeley.edu)

With 36 libraries on campus and a volume count of more than 11 million, the Berkeley Library is ranked as one of the top public university libraries in North America by the Association of Research Libraries. The library connects students and scholars to the world of information and ideas. Alumni, parents and friends are also invited to visit the library and explore its resources.

## **Summer Sessions**

[summer.berkeley.edu](http://summer.berkeley.edu)

UC Berkeley Summer Sessions offers high-quality, innovative academic courses and experiential education opportunities during the summer to Berkeley students, students visiting from other colleges and universities, high school students,

international students, and the general public. Your Berkeley student can enroll in Summer Sessions to:

- Reduce the course load for the upcoming fall semester, move one step closer to graduation, or just take a course of particular interest
- Satisfy the Reading and Composition or American Cultures requirements
- Work or travel while earning credit with the flexibility of online courses
- Take a course offered only in the summer

Summer Sessions also administers the Freshman Edge and Transfer Edge programs, which offer students admitted for the upcoming fall semester the option to get a head start on their college career by taking popular required courses during the summer.

## **Undergraduate Research**

[research.berkeley.edu](http://research.berkeley.edu)

The Office of Undergraduate Research and Scholarships seeks to integrate undergraduates more fully into Berkeley's dynamic and diverse research life through a range of programs, workshops, partnerships and communication platforms that:

- Inspire undergraduates to pursue research
- Increase undergraduate and faculty collaboration in research
- Promote existing research activities and programs that exist on and off campus
- Develop resources necessary to expand undergraduate research opportunities
- Prepare undergraduates to apply for prestigious scholarships

## **Study Abroad**

[studyabroad.berkeley.edu](http://studyabroad.berkeley.edu)

Berkeley Study Abroad (BSA) supports the academic and public mission of the University of California to prepare students to be productive and engaged citizens at home and abroad. BSA believes that the knowledge, skills and experiences gained





ELENA ZHUKOVA

through studying and living abroad fundamentally enhance the relevance of a Berkeley education.

## Public Service Center

[publicservice.berkeley.edu](https://publicservice.berkeley.edu)

The Public Service Center offers student service opportunities that contribute to transformative social change. To achieve this, the center connects students, faculty and community partners through service-learning projects. Opportunities include paid and unpaid internships, mentoring and tutoring, immersive service, leadership development and scholarships. These experiences help students build leadership and job skills, complement in-class learning, increase self-efficacy and empathy, and discover their passion and purpose.

## Career Center

[career.berkeley.edu](https://career.berkeley.edu)

Your student's first years at Berkeley are ideal for exploring career, internship, job and graduate school possibilities. Counselors are available to help students define career goals, learn what other students in their major are doing after graduation, find internships to connect academic experience with the professional work arena, learn about work-study positions on campus, and use online resources to find a job.

## Student Information Systems

### CalCentral

[calcentral.berkeley.edu](https://calcentral.berkeley.edu)

CalCentral is the online portal for student academics, finances, email, schedules, tasks and personal information. Portal areas include:

### **My Academics**

*Allows students to select and enroll in courses and obtain registration status, grades, grade-point average (GPA) and class schedule information.*

### **My Finances**

*Provides up-to-date information on financial aid, billing and payment services, and Cal 1 Card balances.*

### **My Campus**

*Provides links to resources related to academics, class selection and enrollment, administration, campus life and personal information.*

### **My Profile**

*Allows students to change their personal information as well as designate “delegates”—individuals, such as parents or guardians, whom a student authorizes to act on his or her behalf to pay bills or view academic information. Students may choose which privileges to delegate, and can change those privileges at any time. My Profile is also where students fill out their Parent Information Form.*

### **Cal Student Central**

- [studentcentral.berkeley.edu](http://studentcentral.berkeley.edu)
- 120 Sproul Hall, (510) 664-9181

Cal Student Central is your student’s physical destination in 120 Sproul Hall for key university business related to financial aid, fees and billing, payments, disbursements, registration, enrollment and transcripts. When students or parents call or visit Cal Student Central, cross-trained advisers and service representatives are there to deliver comprehensive advising services as quickly as possible. The Cal Student Central website offers a range of information, including answers to frequently asked questions. Current students (and parents with FERPA access) may also “open a case” online for help with more specific inquiries.

## **Campus Policies**

### **Non-Discrimination Policies**

[ophd.berkeley.edu/policies-procedures/nondiscrimination](http://ophd.berkeley.edu/policies-procedures/nondiscrimination)

The University of California, in accordance with applicable federal and state law, does not

discriminate on the basis of race, color, national origin, religion, sex (including sexual harassment), gender identity, pregnancy/childbirth and medical conditions related thereto, disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. This nondiscrimination policy covers student admission, access and treatment in university programs and activities. It also covers faculty and staff in their employment.

### **Berkeley Campus Code of Student Conduct**

The University of California at Berkeley is a community of scholars committed to maintaining an environment that encourages personal and intellectual growth. It is a community with high standards and high expectations for those who choose to become a part of it, including established rules of conduct intended to foster behaviors that are consistent with a civil and educational setting. Members of the university community are expected to comply with all laws, university policies and campus regulations, conducting themselves in ways that support a scholarly environment. In this context, faculty are guided by the Faculty Code of Conduct, Section 015 of the Academic Personnel Manual, and students are guided by the Berkeley Campus Code of Student Conduct.

### **UC Berkeley Honor Code**

The Associated Students of the University of California, in conjunction with the Graduate Assembly, the Academic Senate and the Letters & Science deans, has developed a UC Berkeley Honor Code to support an environment of academic integrity and respect on campus. While the statement of the honor code itself is brief, it is an affirmation of Berkeley students’ highest ideals as Golden Bears:

“As a member of the UC Berkeley community, I act with honesty, integrity and respect for others.”



# STUDENT HEALTH

The health and wellness of your student is of the utmost importance. Berkeley provides an extensive network of medical, mental health, health promotion, and wellness and lifestyle services to its students through University Health Services (UHS) at the Tang Center, located at 2222 Bancroft Way, at the southwest corner of campus.

## Insurance and Berkeley SHIP

[uhs.berkeley.edu/ship](https://uhs.berkeley.edu/ship)

All registered University of California students are required to carry major medical insurance that meets UC criteria for off-campus care, hospitalization and out-of-area urgent care. The Berkeley Student Health Insurance Plan (SHIP) is a comprehensive insurance plan that meets this requirement, providing medical, counseling, prescription, vision and dental services. The plan is supported by registration fees, and is available to all students. Students are automatically enrolled in SHIP each semester and are assessed the insurance premium on their campus bills.

Families with comparable insurance may waive SHIP and the SHIP premium each semester. Please note: If your student misses the deadline for completing the waiver application, he or she must pay the insurance fee for that semester. UHS does not bill outside insurance companies, nor is it a member of any outside health insurance networks. All students, whether they waive SHIP or not, may use the health services and resources provided by the Tang Center.

## Health Record Privacy

[uhs.berkeley.edu/privacy-practices](https://uhs.berkeley.edu/privacy-practices)

University Health Services maintains compliance with the federal Health Insurance Portability and Accountability Act (HIPAA), which requires that institutions protect the privacy of patients' personal and health-related information. Students must sign an authorization for release of health information before UHS may disclose protected

health information to any third party, including a parent, unless that disclosure is specifically allowed or required by law.

## University Health Services

[uhs.berkeley.edu](https://uhs.berkeley.edu)

Located at the Tang Center at 2222 Bancroft Way, UHS has an outstanding staff of licensed physicians, nurses, counselors, health educators and other health professionals.

### eTang

[etang.berkeley.edu](https://etang.berkeley.edu)

Students use the eTang online patient portal to schedule appointments, receive lab results, refill/transfer prescriptions, fill out forms, and send secure messages to medical staff. During weekdays, an advice nurse is available via eTang secure message or by phone at (510) 643-7197 to discuss symptoms or provide general health guidance.

### Medical Services

[uhs.berkeley.edu/medical/primary-care](https://uhs.berkeley.edu/medical/primary-care)

[uhs.berkeley.edu/medical/urgent-care](https://uhs.berkeley.edu/medical/urgent-care)

As part of routine primary care, licensed physicians, nurses and other health professionals at the Tang Center perform exams, provide treatment, prescribe medications and discuss prevention. Services are available by appointment. Laboratory, radiology, physical therapy and pharmacy services are available on-site.

For serious illnesses and injuries, a walk-in urgent care clinic at the Tang Center is open seven days a week during the academic year (closed holidays). When necessary, students are referred to local hospitals. When UHS is closed, students may seek care at local urgent care clinics or hospitals. Alta Bates Hospital is located approximately one mile from campus at 2450 Ashby Avenue in Berkeley.

In the case of urgent medical or mental health problems when the Tang Center is closed, students may call the After-Hours Assistance Line at (510) 643-7197 for immediate help.

## Counseling and Psychological Services

[uhs.berkeley.edu/counseling](https://uhs.berkeley.edu/counseling)

Depression and stress are two major factors that can influence young people's lives. UHS Counseling and Psychological Services (CPS) offers a multicultural group of psychologists, psychiatrists and social workers to help students deal with issues related to school, a personal crisis, relationships or other concerns. (Students may also seek counseling to help choose a major, clarify career goals or explore professional options.) There is no charge to get started for care; students receive up to five free counseling visits per academic year. If your student is struggling and needs help, urge him or her to contact a counselor via eTang or by phone at (510) 642-9494.

## Be Well at Cal Campaign

[uhs.berkeley.edu/bewell](https://uhs.berkeley.edu/bewell)

This UHS health campaign provides students with tips and resources for proactively managing stress and emotional wellness needs.

## Wellness and Lifestyle

[uhs.berkeley.edu/social-services](https://uhs.berkeley.edu/social-services)  
[uhs.berkeley.edu/health-promotion](https://uhs.berkeley.edu/health-promotion)

The Social Services and Health Promotion teams at UHS specialize in wellness issues that span medical, psychological and social concerns. Teams are trained to deal with nutrition and eating disorders, newly diagnosed illnesses, accidents, problems with substance use (alcohol or drug use, either by oneself or by other people in one's life), sexual assault or other sexual violence, harassment or misconduct, pregnancy, and sexually transmitted disease or other sexual concerns.

## Policies and Resources Related to Alcohol and Drugs

Campus policies related to alcohol and drug use comply with state and federal laws, and the vast majority of Berkeley students make legal and safe choices. UHS supports the campus community with health campaigns and individual and group counseling services that equip students with strategies to navigate issues surrounding alcohol and drug use. PartySafe@Cal ([uhs.berkeley.edu/psafe](https://uhs.berkeley.edu/psafe)) is a health campaign that advocates for improving party culture and social benefits by decreasing alcohol-related problems through workshops,

consultations and online toolkits. We encourage you to review these toolkits and resources with your student prior to coming to Berkeley.

## LGBTQ Services

[uhs.berkeley.edu/pride](https://uhs.berkeley.edu/pride)

UHS clinicians are committed to ensuring that lesbian, gay, bisexual, transgender and questioning (LGBTQ) students receive the highest quality of care in a safe, respectful space.

## Checklist for New Students

[uhs.berkeley.edu/new-student-checklist](https://uhs.berkeley.edu/new-student-checklist)

Before coming to Berkeley, students can plan ahead to avoid or minimize complications caused by illness:

- Review the UC-wide immunization and screening requirements
- Review the U.S. Centers for Disease Control and Prevention Recommended Adult Immunization Schedule
- Bring a fully stocked first aid kit that includes a thermometer
- Complete a health summary in the eTang patient portal
- For chronic health issues such as asthma or diabetes, obtain a summary of health from a current healthcare provider and establish care with a UHS provider prior to becoming ill
- If taking prescription medication, bring enough to last for the first month of school, bring a copy of the prescription, and plan ahead for refills
- For students under established allergy specialist care, review UHS information for continuance of allergy care

## Sexual Violence–Harassment Prevention, Support and Education

[survivorsupport.berkeley.edu](https://survivorsupport.berkeley.edu)

Berkeley is dedicated to addressing and preventing sexual harassment and sexual violence on campus. We foster a culture that prioritizes consent and respect, and that responds to and supports survivors and their allies. As part of these efforts, we work to

engage all members of the campus community to create a healthy and inspiring environment where violence, in any form, is not tolerated.

### Well-Being Resources from Dean of Students

[deanofstudents.berkeley.edu/well-being](https://deanofstudents.berkeley.edu/well-being)

The Associate Vice Chancellor and Dean of Students website offers resources related to:

- Alcohol and Other Drugs Resources
- Bear Pact (Health Resources)
- Bears That Care (Bystander Intervention)
- Campus Climate
- Mental Health Wellness Toolkit
- Recreational Sports
- Sexual Violence Prevention and Response

## CAMPUS SAFETY

Berkeley's top priority is keeping campus safe for students, faculty, staff and visitors. University police work with Berkeley city police and campus administration to immediately respond to and investigate reported crimes, to support survivors of crimes, and to create and implement crime prevention and safety education programs. By acting responsibly, caring for other community members, and remaining alert, we can work together to keep Bear Territory safe for everyone.

### Campus Emergency Information

For information in the event of a campus emergency, visit or call:

- [emergency.berkeley.edu](https://emergency.berkeley.edu)
- [berkeley.edu](https://berkeley.edu)
- **UC Berkeley emergency information line**  
(800) 705-9998
- **KALX Radio (90.7 FM)**  
[kalx.berkeley.edu](https://kalx.berkeley.edu)

To report an emergency, call:

- **911\***
- **UC Police Department emergency dispatch**  
(510) 642-3333
- **City of Berkeley Police Department emergency dispatch** (510) 981-5911

\* **Note:** 911 calls placed from mobile phones are routed off-campus and may result in delays. To ensure the fastest response time, students are advised to call—and to program into their mobile phones—the above-listed UC Police and Berkeley city police dispatch numbers in the event of an emergency.

### University of California Police Department

- 1 Sproul Hall
- **Emergency dispatch** (510) 642-3333
- **Non-emergency dispatch** (510) 642-6760
- [ucpd.berkeley.edu](https://ucpd.berkeley.edu)

The University of California Police Department (UCPD) is a dedicated, full-service campus police department with over 60 officers, 40 full-time civilian personnel, and 30 student employees. UCPD has primary law enforcement jurisdiction on the Berkeley campus and associated university properties. Officers receive the same basic training as city and county peace officers throughout the state of California, plus additional training to meet the unique needs of a campus environment. The department handles all patrol, investigation, crime prevention education, emergency preparedness, and related law enforcement duties for the campus community, and operates 24 hours a day, seven days a week. UCPD coordinates closely with the City of Berkeley Police Department, operating joint patrol programs in the south campus area and communicating at all levels to ensure the effective provision of police services.



## Crime Prevention Strategies and Services

[ucpd.berkeley.edu/crime-prevention-strategies-and-services](http://ucpd.berkeley.edu/crime-prevention-strategies-and-services)

The UCPD website offers guidelines and strategies for responding to and preventing crime, and for promoting safety awareness:

- Reporting emergency and non-emergency situations
- Taking action in the event of a major campus emergency
- Learning self-defense options
- Using campus night-safety services
- Learning night-safety tips
- Preventing robbery and theft

## Alert and Notification Systems

### WarnMe

[warnme.berkeley.edu](http://warnme.berkeley.edu)

WarnMe is UC Berkeley's alert and notification system for students, faculty and staff. Notifications are sent via text message/SMS or email in the event of situations on or near campus that pose an immediate threat to safety. WarnMe also provides instructions for what to do in case of major emergencies. Students are automatically signed up to receive email notifications, but are encouraged to log into the WarnMe system to provide a mobile phone number for text alerts.

### Nixle

[local.nixle.com/university-of-california-police-department-berkeley](http://local.nixle.com/university-of-california-police-department-berkeley)

Nixle is a crime alert system operated jointly by the UC Police Department and the City of Berkeley Police Department. Nixle augments WarnMe with campus and community crime alerts, advisories and other communications. Students are signed up for Nixle automatically. Parents, friends and Berkeley neighbors may sign up for Nixle to receive crime and emergency notifications at the same time as the rest of the campus community.



ELENA ZHUKOVA

## Night-Time Safety

[ucpd.berkeley.edu/campus-safety/night-safety-tips](http://ucpd.berkeley.edu/campus-safety/night-safety-tips)

Although the Berkeley campus is generally safe at night, we are located in an urban environment, and consequently are not immune from crime. Your student's best defense is to adopt an attitude of awareness, and to take precautions when walking alone. Students are encouraged to use the free campus night-time escort service (BearWALK), door-to-door shuttle service, and Bear Transit night safety shuttle whenever needed.

### BearWALK Night-Time Escort Service and Door-to-Door Shuttle Service

[bearwalk.berkeley.edu](http://bearwalk.berkeley.edu)

BearWALK operates daily from dusk until 3 a.m. Students can book online or by calling (510) 642-9255 at least 15 minutes before desired pick-up time. Last time to schedule is 2:30 a.m. The service is free to everyone.

Door-to-door shuttles operate from 3 to 5 a.m. in the campus vicinity and must be booked online or by calling (510) 642-9255. Service is free.

### **Bear Transit Night Safety Shuttle**

[nightsafety.berkeley.edu/nightsafety/nightshuttles](https://nightsafety.berkeley.edu/nightsafety/nightshuttles)

The Night Safety Shuttle is an extension of the Bear Transit daytime service, providing safe night-time transit to and from campus. Shuttles run from 7:30 p.m. to 3 a.m., with set routes between campus, BART, Clark Kerr Campus and the residence halls.

### **Code Blue/Blue Light Emergency Phones**

Code Blue, or Blue Light, emergency phones are located throughout campus and are identified by a blue light on top of the phone box or column. These phones have a red button that, when pressed, will connect directly to a UC Police Department dispatcher. The box location is transmitted with the call.

### **Night-Time Safety Tips**

For optimal night-time safety:

- Travel with a friend or in a group
- Be alert and aware of surroundings
- Avoid dark, vacant or deserted areas
- Use well-lit, well-traveled routes
- Dress in clothes and shoes that do not hamper movement
- Call UC Police emergency dispatch at (510) 642-3333 or use a Blue Light emergency phone if help is needed

In the event of a potential threat:

- Join any group of people who may be nearby
- Cross the street and increase walking pace
- Yell, scream or make a commotion
- Go to an open business
- Call 911 from a safe location

## **Office of Emergency Management**

[oem.berkeley.edu](https://oem.berkeley.edu)

The UC Berkeley Office of Emergency Management strengthens how campus mitigates and prevents risk, prepares for, responds to and recovers from emergencies, and protects the campus mission from disruption. Students can download the Cal

Emergency Preparedness app for their phone for guidance on what to do in the event of an emergency.

## **Residential Safety**

Access to the residence halls is restricted 24 hours a day, with entry controlled by a mechanical key system. Each resident can participate in keeping the halls safe for all by monitoring access, keeping areas locked, and reporting any suspicious persons to the UC Police Department.

The high-rise residence halls provide a variety of security staff to support a safe environment:

### **Security Monitors**

*Students trained in safety and security protocols who assist in the general security of the community and who control access of residents and guests to the building during evening hours.*

### **Community Service Officers**

*Student employees of the UC Police Department who patrol the residence halls during evening hours.*

### **Resident Assistants (RA)**

*Undergraduate or graduate students who live in the halls specifically to provide guidance, mediation and support.*

### **Resident Directors (RD)**

*Full-time, live-in professional staff members with extensive experience working with students in a university setting. RDs are responsible for coordinating the residential community in a unit, and serve as valuable resources during your student's time in university housing.*

### **Residential Security Liaisons**

*Sworn UC Police Department officers dedicated to a particular residence hall for the duration of their assignment.*

### **Residential Security Sergeant**

*A UC Police Department sergeant who acts as a liaison between residential students and staff and the UCPD in all security-related matters involving the police.*

# STUDENT LIFE

## Financial Aid Office

[financialaid.berkeley.edu](https://financialaid.berkeley.edu)

The mission of UC Berkeley's Financial Aid and Scholarships Office is to provide students with access to an excellent education. Through strategic partnerships and rigorous planning, the financial aid office:

- Offers innovative aid programs to make higher education affordable
- Helps students and parents navigate financial aid processes
- Counsels students so they understand their options and feel empowered to make the best choices to manage their financial lives
- Advocates on behalf of students
- Teaches students about financial literacy
- Fosters a sense of community by encouraging alumni and donors to connect with the university and give the gift of access to the next generation of students

## Types of Financial Aid

[financialaid.berkeley.edu/explore-types-aid](https://financialaid.berkeley.edu/explore-types-aid)

- Innovative Berkeley Aid Programs
- Grants
- Scholarships
- Prizes and Honors
- Loans
- Work-Study
- Disabled Students Program
- Students with Dependents
- Study Abroad
- Summer Aid
- Veterans Benefits
- Graduate Award Guide
- International Students

## Bears for Financial Success

[financialaid.berkeley.edu/bears-financial-success](https://financialaid.berkeley.edu/bears-financial-success)

Bears for Financial Success is a peer-to-peer financial wellness program housed in the Financial Aid and Scholarships Office. The program offers workshops and one-on-one appointments to help students manage their personal finances in college and beyond.

## Residential Life and Housing

[reslife.berkeley.edu/](https://reslife.berkeley.edu/)

### On-Campus Housing

[housing.berkeley.edu](https://housing.berkeley.edu)

From traditional high-rise residence halls to suite environments, from single-gender living to theme programs, Berkeley offers a number of housing options to help your student find the perfect fit. If your student is a new freshman, consider that 95 percent or more of entering freshmen live in university housing. Cal's residence halls provide an invaluable opportunity to create lifelong friendships and build leadership skills.

Although each residence hall has differences that make it unique, all halls include live-in staff (who provide social and academic support), community centers, on-site laundry, and easy access to transportation.

- **Unit 1** Cheney, Deutsch, Freeborn and Putnam residence halls; Christian and Slottman mini-suites
- **Unit 2** Cunningham, Davidson, Ehrman and Griffiths residence halls; Towle mini-suites; Wada apartments
- **Unit 3** Ida Sproul, Norton, Priestley, Spens-Black and Beverly Cleary residence halls
- **Unit 4 (Foothill)** Hillside and La Loma complexes; Stern Hall
- **Unit 5 (Clark Kerr Campus)** Residence hall and single-gender suites
- **Maximino Martinez Commons** Residence hall and apartments (priority for residence hall rooms given to sophomores; priority for apartments given to sophomores and upper-division students)





- **Channing-Bowditch Apartments and Town-houses** Low-rise single-gender apartments
- **University Village** Family student housing with recreational and community center, café, laundry rooms and child care center.
- **The Metropolitan**  
[berkeleymet.com](http://berkeleymet.com)
- **Wesley House**  
[wesleyhouseberkeley.com](http://wesleyhouseberkeley.com)

## Theme Housing

[housing2.berkeley.edu/theme](http://housing2.berkeley.edu/theme)

Berkeley's residential theme programs are special residential communities co-sponsored by an academic department and Berkeley Residential Programs. Theme programs allow students to enjoy the opportunities of a large university while benefiting from a smaller and more closely knit residential community of students who share a common academic interest. Theme programs at Berkeley include:

- **African American** Unit 1 (Christian Hall)
- **Asian Pacific American** Unit 2 (Cunningham Hall)
- **Casa Magdalena Mora** Unit 3 (Beverly Cleary Hall)
- **Global Environment Theme House** Clark Kerr Campus
- **Native American** Unit 1 (Slottman Hall)
- **Unity House** Unit 3 (Spens-Black Hall)
- **Women in Science and Engineering** Unit 4 (Foothill)

## Off-Campus Independent Housing

- **International House**  
[ihouse.berkeley.edu](http://ihouse.berkeley.edu)
- **Fraternities and Sororities**  
[ead.berkeley.edu/about-calgreek](http://ead.berkeley.edu/about-calgreek)
- **Berkeley Student Cooperative Housing**  
[bsc.coop](http://bsc.coop)
- **Bowles Hall Residential College**  
[bowleshallresidentialcollege.org](http://bowleshallresidentialcollege.org)
- **Cal Rentals**  
[calrentals.berkeley.edu](http://calrentals.berkeley.edu)

## Independent Private Dorms

- **The Berk**  
[theberkoncollege.com](http://theberkoncollege.com)

## Dining

[caldining.berkeley.edu](http://caldining.berkeley.edu)

Cal Dining's residential meal plans offer students the flexibility and freedom to dine however they want, whenever they want. Facilities combine residential and retail services to offer options whether students are on-the-go or gathering with friends around a dining table. Meal plan points can be used at all Cal Dining locations. Facilities include:

- All-you-care-to-eat residence dining commons: Clark Kerr, Crossroads, Café 3 and Foothill
- Residential retail locations: The Den (featuring Peet's Coffee & Tea), Bear Market, Cub Market and CKCub
- On-campus retail locations: Golden Bear, Brown's, Terrace Café, RSF Pro Shop and Common Grounds
- Weekly produce stands at Golden Bear

## The Cal 1 Card

[cal1card.berkeley.edu](http://cal1card.berkeley.edu)

The Cal 1 Card is your student's official campus photo ID card. Students typically use their Cal 1 Card multiple times a day—for example, to sign in at the residence halls, access meal plans at Cal Dining locations, use library system resources, enter the Recreational Sports Facility, or attend a sporting event. The Cal 1 Card is also used for University Health Services.

The Cal 1 Card debit account is an added feature of the Cal 1 Card. By adding money to a Cal 1 Card debit account, cardholders are able to pay for laundry in the residence halls, purchase meals at all Cal Dining locations, pay for printing and scanning services at the library and computer centers, and purchase snacks at designated vending machines. The debit account is also accepted by more than 30 other merchants on and off campus.



Anyone can make a deposit to a Cal 1 Card debit account by providing a student's name and UC Berkeley ID number. When you add funds to your student's debit account, you ensure that those funds are used for essentials such as school materials, personal care items and food (alcohol and tobacco purchases are prohibited). Your student benefits by having a convenient, safe and cash-free method of making daily transactions. Because every student has a Cal 1 Card, you do not need to sign up for any extra accounts, and there are no maintenance fees, minimum balances or transaction charges.

## Transportation

[pt.berkeley.edu](http://pt.berkeley.edu)

The university supports the City of Berkeley's goal to help students, employees and residents reduce their dependence on single-occupant automobile commuting. For this reason, the university advises against students bringing a personal vehicle with them to campus. Students living in university housing enjoy the convenience of living within walking distance of campus, and have access to local public transportation, including BART and AC Transit. The university's Bear Transit shuttle system serves campus, the Downtown Berkeley BART station, parking lots, the Clark Kerr campus, the hill area, residence halls, Richmond Field Station, and Campus Shared Services on 4th Street. Students also receive discounted rates for car sharing from City CarShare/Carma and Zipcar, and for car rentals from Enterprise Rent-A-Car.

## Associated Students of the University of California

The Associated Students of the University of California (ASUC) is the officially recognized student association at Berkeley. Known as one of the largest and most autonomous student organizations in the nation, the ASUC is an independent 501(c)3 non-profit organization separate from university governance. In addition to controlling funding for student clubs and organizations, providing resources and student programming, and overseeing commercial activities and student services (including the Cal Student Store and Lower Sproul Plaza in partnership with

the ASUC Student Union), the ASUC advocates for students at the university, local, state and national levels and represents the student body on campus administrative committees.

### ASUC Government

ASUC is a passionate group of elected and appointed student officials, as well as hired interns and staff, who represent the University of California's large and diverse student population. The ASUC structure consists of a senate (20 elected senators), president, executive vice president, external affairs vice president, academic affairs vice president, student advocate, and appointed chief officers. Each year, the ASUC holds a regular election to choose its executive officers and senators. All undergraduate and graduate students at Berkeley may vote. Regular elections are held the second week after spring break.

### ASUC Student Union

[asuc.berkeley.edu](http://asuc.berkeley.edu)

The ASUC Student Union is a department within the Division of Student Affairs that works closely with Berkeley's student government to provide student services on campus, including a wide variety of programs and resources directly tied to student life. The ASUC Student Union operates the Cal Student Store, the LEAD Center, ASUC Event Services, Operations and Facilities Management for Lower Sproul, and the Berkeley Art Studio.

The new student union complex in Lower Sproul Plaza—completed in 2015 at a cost of \$223 million—provides a secure, high-quality, 24/7 center for student life. Students have access to spaces for meetings, group study, performance/practice, and just “hanging out.”

### LEAD Center

[lead.berkeley.edu](http://lead.berkeley.edu)

The LEAD Center (Center for Leadership, Engaging, and Advising) provides resources and support for registered student organizations (more than 1,000 on campus), student government, fraternities and sororities, the Berkeley student cooperative housing community, the Cal debate team, the Student Environmental Resource Center, and the Bridges Multicultural Resource Center.



## Cal Student Store

[calstudentstore.berkeley.edu](http://calstudentstore.berkeley.edu)

The Cal Student Store is your student's one-stop-shop for Berkeley textbooks, spirit gear, graduation announcements and regalia, and everything else "Cal."

## Berkeley Art Studio

[artstudio.berkeley.edu](http://artstudio.berkeley.edu)

The Berkeley Art Studio, open to students, faculty, staff and community members, offers classes in ceramics, design, painting, drawing and photography.

## Amazon at ASUC Student Union

[asucstudentunion.amazon.com](http://asucstudentunion.amazon.com)

The Amazon store in the ASUC Student Union offers package delivery and return for Berkeley students, faculty, staff and the community.

## Cal Performances

[calperformances.org](http://calperformances.org)

Cal Performances presents over 100 performances annually in five venues—Zellerbach Hall, Zellerbach Playhouse, Hertz Hall and Wheeler Hall on the UC Berkeley campus, and First Congregational Church of Berkeley—and in site-specific locations and other spaces. The performances range among modern and classical dance, theater, instrumental and vocal recital, early music, opera, chamber music, jazz, new music, world music, dance and theater, and a speaking series. Cal Performances serves some 300,000 patrons annually through performances and arts education, residency and community programs.

Cal Performances provides a number of activities exclusively for UC Berkeley students. Annual dance and orchestra residencies allow for personal interactions with visiting artists through workshops, master classes and class visits. Additionally, a five-year Andrew W. Mellon Foundation grant funds two courses per semester built around selected performances.

**Student Musical Activities (SMA)** is a thriving center for extracurricular music on the Berkeley campus. SMA, a department within Cal Performances, is home to the University of California Marching Band, UC Jazz Ensembles and UC Choral Ensembles (UCCE). UCCE includes the UC Men's Octet, California Golden Overtones, Cal Jazz Choir, Perfect Fifth, UC Men's Chorale, UC Women's Chorale, Noteworthy, BareStage Productions and UC Alumni Chorus.

**SAFTA (Student Ambassadors for the Arts)**, a student-led committee sponsored by Cal Performances, arranges special events and student promotions, including meet-and-greet events with artists, student-night-out parties, and more.

## Berkeley Art Museum and Pacific Film Archive

[bampfa.org](http://bampfa.org)

The Berkeley Art Museum and Pacific Film Archive (BAMPFA) is the visual arts center of the Berkeley campus. Each year BAMPFA presents more than twenty art exhibitions, 450 film programs and dozens of performances, as well as lectures, symposia and tours. Berkeley students have direct access to specialized art and film study centers at BAMPFA staffed by trained facilitators and librarians.



## Sports and Recreation

[recsports.berkeley.edu](https://recsports.berkeley.edu)

Cal Recreational Sports is dedicated to enhancing wellness and quality of life for students, faculty, staff and the community. By providing facilities, programs, activities and the opportunity for cooperative and competitive play, Recreational Sports teaches life-long fitness skills and leadership, management and interpersonal skills, and helps students balance the stress of studying and working in a rigorous academic environment.

Nearly 4,000 students visit the RSF every day (amounting to over one million visits per year). 95% of Cal students report that recreational sports and fitness opportunities are important to their personal health and wellness.

### Club Sports

The Cal Sport Club program comprises 34 competitive and recreational clubs that compete at the regional and national level. Men's teams include hurling, lacrosse, soccer, squash, ultimate, volleyball and water polo. Women's teams include lacrosse, rugby, soccer, squash, ultimate, volleyball and water polo.

### Intramural Sports

Intramural Sports offers students the opportunity to participate in a favorite sport on a competitive or recreational level. Leagues are available in a wide variety of indoor and outdoor sports year-round at various competitive and recreational levels, including basketball, soccer, flag football, softball, volleyball, ultimate and dodgeball.

### Fitness and Wellness

Fitness and wellness programs at the RSF include a wide range of classes, training sessions and wellness services. The RSF offers group classes in yoga, Pilates, Zumba, core strength, aqua exercise and cardio kickboxing; instructional classes in capoeira, goalball, strength training, tennis and swimming; and therapeutic massage.

### Cal Athletics

[calbears.com](https://calbears.com)

Cal sponsors one of the nation's most successful and broad-based collegiate athletic programs,

featuring 30 different sports and supporting more than 850 student athletes. To date, the Golden Bears have won 89 team national titles in 15 different sports, as well as nearly 300 individual and relay championships, while students, coaches and staff have claimed 185 Olympic medals, including 105 gold. The Golden Bears compete in the NCAA's Division I, primarily as a member of the Pac-12 Conference. For a limited number of sports, the Golden Bears compete as a member of the Mountain Pacific Sports Federation (MPSF).

Men's sports include baseball, basketball, crew, cross country, football, golf, gymnastics, rugby, soccer, swimming and diving, tennis, track and field, and water polo. Women's sports include basketball, beach volleyball, crew, cross country, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming and diving, tennis, track and field, volleyball and water polo.

## Gender Equity Resource Center

[geneq.berkeley.edu](https://geneq.berkeley.edu)

The Gender Equity Resource Center (GenEq) is a Cal community center committed to fostering a safe, equitable and inclusive experience for students, faculty, staff and alumni. GenEq provides resources, services, education and leadership related to gender and sexuality.

## Cal Alumni Association

[alumni.berkeley.edu](https://alumni.berkeley.edu)

The Cal Alumni Association (CAA) provides Cal graduates with rewarding connections to the university, to fellow alumni, and to current students. Founded by the original graduates of the University of California in 1872, the Cal Alumni Association today represents nearly half a million alumni living throughout the world. With a mission of advancing and promoting the interests of the university, CAA is committed to providing essential programs and services designed to keep alumni of all ages and interests connected to the university and to each other.

# RESOURCES

## **Academic Calendar**

[registrar.berkeley.edu/calendar](http://registrar.berkeley.edu/calendar)

## **Academic Guide**

[guide.berkeley.edu](http://guide.berkeley.edu)

## **Academic Support Programs**

### **Academic Support in the Residence Halls**

[reslife.berkeley.edu/academics](http://reslife.berkeley.edu/academics)

### **Athletic Student Center**

[asc.berkeley.edu](http://asc.berkeley.edu)

### **Berkeley Connect**

[berkeleyconnect.berkeley.edu](http://berkeleyconnect.berkeley.edu)

### **Berkeley Hope Scholars**

[hope.berkeley.edu](http://hope.berkeley.edu)

### **Disabled Students' Program**

[dsp.berkeley.edu](http://dsp.berkeley.edu)

### **Educational Opportunity Program**

[eop.berkeley.edu](http://eop.berkeley.edu)

### **Re-Entry Student Program**

[reentry.berkeley.edu](http://reentry.berkeley.edu)

### **Student Learning Center**

[slc.berkeley.edu](http://slc.berkeley.edu)

### **Student Parent Center**

[studentparents.berkeley.edu](http://studentparents.berkeley.edu)

### **Student Veterans**

[veteran.berkeley.edu](http://veteran.berkeley.edu)

### **Transfer Student Center**

[transfers.berkeley.edu](http://transfers.berkeley.edu)

### **Undocumented Student Program**

[undocu.berkeley.edu](http://undocu.berkeley.edu)

## **Advising**

[berkeley.edu/academics/academic-advising](http://berkeley.edu/academics/academic-advising)

## **Amazon at ASUC Student Union**

[asucstudentunion.amazon.com](http://asucstudentunion.amazon.com)

## **ASUC Student Organizations**

[berkeley.edu/campus-life/student-organizations](http://berkeley.edu/campus-life/student-organizations)

## **ASUC Student Union**

[asuc.berkeley.edu](http://asuc.berkeley.edu)

## **Bears for Financial Success**

[financialaid.berkeley.edu/bears-financial-success](http://financialaid.berkeley.edu/bears-financial-success)

## **Berkeley Art Museum and Pacific Film Archive**

[bampfa.org](http://bampfa.org)

## **Berkeley Art Studio**

[artstudio.berkeley.edu](http://artstudio.berkeley.edu)

## **Cal 1 Card**

[cal1card.berkeley.edu](http://cal1card.berkeley.edu)

## **Cal Alumni Association**

[alumni.berkeley.edu](http://alumni.berkeley.edu)

## **Cal Day**

[calday.berkeley.edu](http://calday.berkeley.edu)

## **Cal Parents**

**Hours** Monday–Friday, 9 a.m.–4 p.m.

(510) 642-7147

**Email** [calparents@berkeley.edu](mailto:calparents@berkeley.edu)

[calparents.berkeley.edu](http://calparents.berkeley.edu)

[calparents.berkeley.edu/stay-connected/](http://calparents.berkeley.edu/stay-connected/)

[facebook.com/calparentsberkeley](https://facebook.com/calparentsberkeley)

## **Cal Parents Fund**

[give.berkeley.edu/calparents](http://give.berkeley.edu/calparents)

**Colleen Cahill**, (510) 664-7453

## **Cal Parents Program Staff**

### **David Ortega**

Director, Parent Services and Communication

**Email** [dortega@berkeley.edu](mailto:dortega@berkeley.edu)

### **Jason Smith**

Director, Parent Philanthropy and Engagement

**Email** [jasonpsmith@berkeley.edu](mailto:jasonpsmith@berkeley.edu)

### **Karla Rodebush**

Associate Director, Parent Philanthropy and Engagement

**Email** [krodebush@berkeley.edu](mailto:krodebush@berkeley.edu)

### **Colleen Cahill**

Assistant Director, Parent Philanthropy and Engagement

**Email** [collecahill@berkeley.edu](mailto:collecahill@berkeley.edu)

### **Michelle Mielke Walsh**

Senior Development Analyst, Parent Philanthropy and Engagement

**Email** [mmielke@berkeley.edu](mailto:mmielke@berkeley.edu)

### **Rose Hsu**

Assistant Director, Parent Philanthropy and Engagement

**Email** [rosehsu@berkeley.edu](mailto:rosehsu@berkeley.edu)

### **Kelly Yun**

Development Associate, Parent Philanthropy and Engagement

**Email** [kellyyun@berkeley.edu](mailto:kellyyun@berkeley.edu)





ELENA ZHUKOVA

### **Cal Performances**

[calperformances.org](http://calperformances.org)

### **Cal Student Central**

**Hours** Monday–Friday, 9 a.m.–noon and 1–4 p.m.

120 Sproul Hall

(510) 664-9181

[studentcentral.berkeley.edu](http://studentcentral.berkeley.edu)

[studentcentral.berkeley.edu/open-case](http://studentcentral.berkeley.edu/open-case)

### **Cal Student Store**

[calstudentstore.berkeley.edu](http://calstudentstore.berkeley.edu)

### **CalCentral**

[calcentral.berkeley.edu](http://calcentral.berkeley.edu)

### **Career Center**

[career.berkeley.edu](http://career.berkeley.edu)

### **Colleges and Schools**

#### **College of Chemistry**

[chemistry.berkeley.edu](http://chemistry.berkeley.edu)

#### **College of Engineering**

[engineering.berkeley.edu](http://engineering.berkeley.edu)

#### **College of Environmental Design**

[ced.berkeley.edu](http://ced.berkeley.edu)

**College of Letters & Science**  
[ls.berkeley.edu](https://ls.berkeley.edu)

**College of Natural Resources**  
[nature.berkeley.edu](https://nature.berkeley.edu)

**Walter A. Haas School of Business**  
[haas.berkeley.edu](https://haas.berkeley.edu)

**Graduate School of Education**  
[gse.berkeley.edu](https://gse.berkeley.edu)

**School of Information**  
[ischool.berkeley.edu](https://ischool.berkeley.edu)

**Graduate School of Journalism**  
[journalism.berkeley.edu](https://journalism.berkeley.edu)

**Berkeley Law**  
[law.berkeley.edu](https://law.berkeley.edu)

**School of Optometry**  
[optometry.berkeley.edu](https://optometry.berkeley.edu)

**School of Public Health**  
[sph.berkeley.edu](https://sph.berkeley.edu)

**Richard & Rhoda Goldman School of Public Policy**  
[gspp.berkeley.edu](https://gspp.berkeley.edu)

**School of Social Welfare**  
[socialwelfare.berkeley.edu](https://socialwelfare.berkeley.edu)

**Commencement**  
[commencement.berkeley.edu](https://commencement.berkeley.edu)

**Dining**  
[caldining.berkeley.edu](https://caldining.berkeley.edu)

**Emergency Information**  
[emergency.berkeley.edu](https://emergency.berkeley.edu)  
[berkeley.edu](https://berkeley.edu)

- **UC Berkeley emergency information line**  
(800) 705-9998
- **KALX Radio (90.7 FM)**  
[kalx.berkeley.edu](https://kalx.berkeley.edu)

- **UC Berkeley Police emergency dispatch**  
(510) 642-3333
- **City of Berkeley Police Department emergency dispatch** (510) 981-5911

**Emergency Management and Preparedness**  
[oem.berkeley.edu](https://oem.berkeley.edu)

**Events at Berkeley**  
[events.berkeley.edu](https://events.berkeley.edu)

**FERPA Delegation**  
[calcentral.berkeley.edu](https://calcentral.berkeley.edu)

**Financial Aid Office**  
[financialaid.berkeley.edu](https://financialaid.berkeley.edu)

**Freshman and Sophomore Seminars**  
[fss.berkeley.edu](https://fss.berkeley.edu)

**Gender Equity Resource Center**  
[geneq.berkeley.edu](https://geneq.berkeley.edu)

**Koret Visitor Center**  
*Tours offered daily*  
[visit.berkeley.edu](https://visit.berkeley.edu)

California Memorial Stadium,  
210 Stadium Rim Way

**Hours** Monday–Friday,  
8:30 a.m.–4:30 p.m.  
Saturday–Sunday,  
9 a.m.–1 p.m.

**LEAD Center**  
[lead.berkeley.edu](https://lead.berkeley.edu)

**Libraries**  
[lib.berkeley.edu](https://lib.berkeley.edu)

**Non-Discrimination Policies**  
[ophd.berkeley.edu/policies-procedures/nondiscrimination](https://ophd.berkeley.edu/policies-procedures/nondiscrimination)

**Parent Information Form**  
[calcentral.berkeley.edu](https://calcentral.berkeley.edu)

**Parents Weekend at Homecoming**  
[parentsweekend.berkeley.edu](https://parentsweekend.berkeley.edu)

**Parking**

**Berkeley Campus**  
[pt.berkeley.edu](https://pt.berkeley.edu)

**City of Berkeley**  
[ci.berkeley.ca.us/parking](https://ci.berkeley.ca.us/parking)

**Public Service Center**  
[publicservice.berkeley.edu](https://publicservice.berkeley.edu)

**Research**  
[research.berkeley.edu](https://research.berkeley.edu)

**Residential Life and Housing**  
[reslife.berkeley.edu/](https://reslife.berkeley.edu/)

**On-Campus Housing**  
[housing.berkeley.edu](https://housing.berkeley.edu)

**Housing Theme Programs**  
[housing2.berkeley.edu/theme](https://housing2.berkeley.edu/theme)

**Move-in**  
[housing2.berkeley.edu/move-in](https://housing2.berkeley.edu/move-in)

**Off-Campus Independent Housing**

**The Berk**  
[theberkoncollege.com](https://theberkoncollege.com)

**Berkeley Student Cooperative Housing**  
[bsc.coop](https://bsc.coop)

**Bowles Hall Residential College**  
[bowleshallresidentialcollege.org](https://bowleshallresidentialcollege.org)

**Cal Rentals**  
[calrentals.berkeley.edu](https://calrentals.berkeley.edu)

**Fraternities and Sororities**  
[ead.berkeley.edu/about-calgreeks](https://ead.berkeley.edu/about-calgreeks)

**International House**  
[ihouse.berkeley.edu](https://ihouse.berkeley.edu)

**The Metropolitan**  
[berkeleymet.com](http://berkeleymet.com)

**Wesley House**  
[wesleyhouseberkeley.com](http://wesleyhouseberkeley.com)

**Sexual Violence–  
Harassment Prevention,  
Support and Education**  
[survivorsupport.berkeley.edu](http://survivorsupport.berkeley.edu)

**Sports and Recreation**

**Cal Athletics**  
[calbears.com](http://calbears.com)

**Cal Recreational Sports**  
[recsports.berkeley.edu](http://recsports.berkeley.edu)

**Study Abroad**  
[studyabroad.berkeley.edu](http://studyabroad.berkeley.edu)

**Summer Sessions**  
[summer.berkeley.edu](http://summer.berkeley.edu)

**Transportation**  
[pt.berkeley.edu](http://pt.berkeley.edu)

**AC Transit (Bus Service)**  
[www.actransit.org](http://www.actransit.org)

**Amtrak**  
[amtrak.com](http://amtrak.com)

**Bay Area Rapid Transit (BART)**  
[bart.gov](http://bart.gov)

**University Health Services**  
[uhs.berkeley.edu](http://uhs.berkeley.edu)

**Counseling and Psychological  
Services**  
[uhs.berkeley.edu/counseling](http://uhs.berkeley.edu/counseling)

**Health Insurance and Berkeley  
SHIP**  
[uhs.berkeley.edu/ship](http://uhs.berkeley.edu/ship)

**Health Promotion**  
[uhs.berkeley.edu/health-promotion](http://uhs.berkeley.edu/health-promotion)

**Health Record Privacy**  
[uhs.berkeley.edu/privacy-practices](http://uhs.berkeley.edu/privacy-practices)

**LGBTQ Services**  
[uhs.berkeley.edu/pride](http://uhs.berkeley.edu/pride)

**New-Student Checklist**  
[uhs.berkeley.edu/new-student-checklist](http://uhs.berkeley.edu/new-student-checklist)

**PartySafe@Cal**  
[uhs.berkeley.edu/psafe](http://uhs.berkeley.edu/psafe)

**Sexual Violence–Harassment  
Prevention, Support and  
Education**  
[survivorsupport.berkeley.edu](http://survivorsupport.berkeley.edu)

**Social Services Counseling**  
[uhs.berkeley.edu/social-services](http://uhs.berkeley.edu/social-services)

**Wellness Resources from  
Dean of Students**  
[deanofstudents.berkeley.edu/well-being](http://deanofstudents.berkeley.edu/well-being)

**University of California  
Police Department**  
1 Sproul Hall

**Emergency dispatch** (510) 642-3333

**Non-emergency dispatch** (510) 642-6760  
[ucpd.berkeley.edu](http://ucpd.berkeley.edu)

**Alert and Notification Systems  
Nixle (Parents, Friends and  
Berkeley Neighbors)**  
[local.nixle.com/university-of-california-police-department-berkeley/](http://local.nixle.com/university-of-california-police-department-berkeley/)

**WarnMe (Berkeley Students,  
Faculty and Staff)**  
[warnme.berkeley.edu](http://warnme.berkeley.edu)

**Crime Prevention Strategies  
and Services**  
[ucpd.berkeley.edu/crime-prevention-strategies-and-services](http://ucpd.berkeley.edu/crime-prevention-strategies-and-services)

**Night-Time Safety**  
[ucpd.berkeley.edu/campus-safety/night-safety-tips](http://ucpd.berkeley.edu/campus-safety/night-safety-tips)

**Bear Transit Night Safety  
Shuttle**  
[nightsafety.berkeley.edu/nightsafety/nightshuttles](http://nightsafety.berkeley.edu/nightsafety/nightshuttles)

**BearWALK Night-Time Escort  
Service and Door-to-Door  
Shuttle Service**  
[bearwalk.berkeley.edu](http://bearwalk.berkeley.edu)

**BearWALK** (510) 642-9255 (call at least 15 minutes before desired pick-up time)

**Door-to-Door Shuttle**  
(510) 642-9255

**Visitor Information Center,  
City of Berkeley**  
[visitberkeley.com](http://visitberkeley.com)

2030 Addison Street, Suite 102 (one block north of the Downtown Berkeley BART station)

**Hours** Monday–Friday, 9 a.m.–5 p.m. (closed 1–2 p.m. for lunch)



# Berkeley CalParents

[calparents.berkeley.edu](http://calparents.berkeley.edu)

