The background is decorated with various hand-drawn doodles in different colors, including a green brushstroke at the top, a yellow grid pattern, a red scribble, a blue scribble, a yellow semi-circle, a red wavy line, a blue starburst, a green scribble, a yellow scribble, a red scribble, and a green scribble.

A UCSD RESOURCE GUIDE FOR

# Students with Dependents

# Welcome UC San Diego Students with Dependents!

This University of California San Diego Students with Dependents guide is here to assist students, who may identify as a student parent, caregiver, and guardian, in navigating the resources available to them on and off campus.

While students with dependents have many responsibilities, The University of California San Diego supports your academic achievement amidst the unique challenges and additional responsibilities you face as a Student with Dependent(s).





# Get Connected

with other Students with Dependents!



[Official UCSD Students with Dependents Facebook Page](#)

[Students Parents At UCSD Facebook group \(student-run\).](#)

[Parents, Guardians & Caregivers Association - UC San Diego Facebook page](#)



[UC San Diego: Students with Dependents Engagement Google Form](#)



[UCSD Students with Dependents Instagram](#)



# Students With Dependents

## Assistance Form

If you are a UC San Diego student with dependents who is experiencing increased hardship surrounding financial security or in need of general resources, you are encouraged to complete this form.



# Financial Aid Resources

- UCSD Financial Aid
  - To help cover budgets for child care, rent, and other expenses visit the [Financial Aid & Scholarships Office website](#)
  - [Blue and Gold Opportunity Plan](#)
- [UCSD Medical Assistance Fund Offering](#)
- Off Campus Financial Resources
  - [San Diego County: General Relief](#)

If you have any questions regarding financial aid, please contact the Financial Aid & Scholarships Office at [finaid@ucsd.edu](mailto:finaid@ucsd.edu).





# Basic Needs Resources

## Triton Food Pantry

- In person pick up (by appointment) & DoorDash Delivery Service

## The Hub Basic Needs Center

- The Hub
- Personal Hygiene
- Grocery Shuttle

## California Financial and Nutrition Resource Programs

- CalFresh
  - UCSD CalFresh Assistance Form
- CalWorks
- WIC (Women, Infants, and Children)



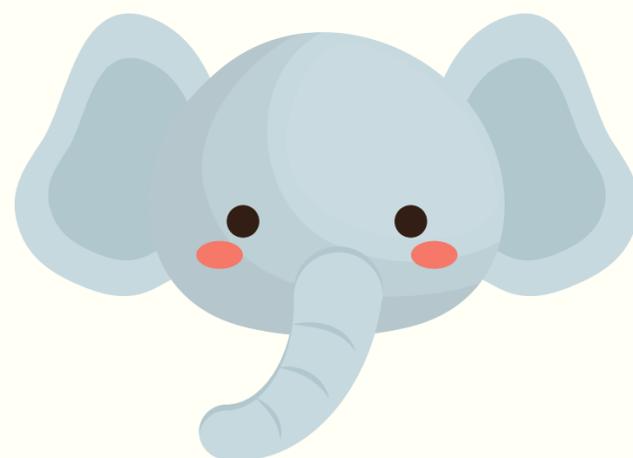


# Health Insurance Resources

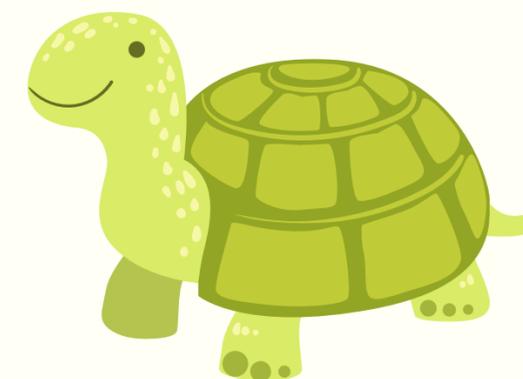


UCSD student Health Insurance Plan (UCSHIP)

\*automatically enrolls all registered students. If covered by another insurance, can opt out by applying for a Health Fee Waiver



UCSHIP health insurance for non-registered students and eligible dependents



Other insurance and nutrition resources

- Medi-Cal
- Women, Infants, and Children Program (WIC)



# Mental Health Resources

## UCSD Counseling and Psychological Services (CAPS)

- Consultations
- Counseling or Psychiatric Services
- Groups, Workshops, & Forums
- Services for Graduate & Professional students

## Additional Resources

- YMCA: Behavioral & Mental Health Services in San Diego





# Pregnancy Resources



As an expecting parent there are many options for you:

- You may take a limited leave of absence, re-enroll part-time, and then come back to school full time.\*\*
- You may also choose to remain in school full time, the entire time.
- At family housing you can always take summers off and remain in your apartment.
- Student-parents who live off campus can qualify for continuous reduced course load.\*\*

\*\*There are specific requirements for part-time and leave of absence eligibility and documentation is required, but please know there is an established support network here for you.

In addition, please visit our Women's Center website for additional resources.

## Finding Support

- Community
  - UCSD is home to many undergraduate and graduate students who have children
- Housing
  - Priority placement at Mesa Family Housing
- Financial Aid Resources
  - As an "independent", according to FAFSA procedures, you may include "an unborn child that will be born before the end of the award year" on your FAFSA application.
- State and Federal Financial Resource Programs
  - CalFresh & CalWorks
- Health Insurance and Nutrition Resources
  - UC Student Health Insurance (UCSHIP)
  - NewMouth: Effects of Pregnancy on Oral Health

# Lactation Resources



## On Campus Facilities

- For lactation room access please fill out [this form](#).
- See [Lactation Facilities](#) for a list of rooms currently available at UCSD, or visit [UCSD Maplink](#) and enter "lactation" in the search box.

## Contacts

- For help obtaining workplace accommodation, contact:
  - [Employee Relations](#), (858) 534-4115
  - [Academic Personnel Services](#), (858) 534-0068
  - [Ombuds Office](#), (858) 534-0777
- For general lactation help, contact [Lactation Service](#), UC San Diego Health System, or see the [San Diego Breastfeeding Coalition](#)



# Family Housing



UC San Diego housing is available for:

- Full-time graduate and professional students (i.e., enrolled in 12 units or more throughout the lease term);
- Graduate, professional, and undergrad students with children;
- Full-time undergraduate student couples (enrolled in 12 units or more throughout the lease term); and
- Staff and faculty

Explore UC San Diego's different communities and amenities on [HDH's graduate and family housing website](#).



# Child Care

UCSD Child Care

\*Full time for 3 months to 5 years old\*

- Early Childhood Education Center

Additional Child Care Solutions

- List of Local Child care options
- San Diego Centralized Eligibility List
- YMCA Childcare Resource Service

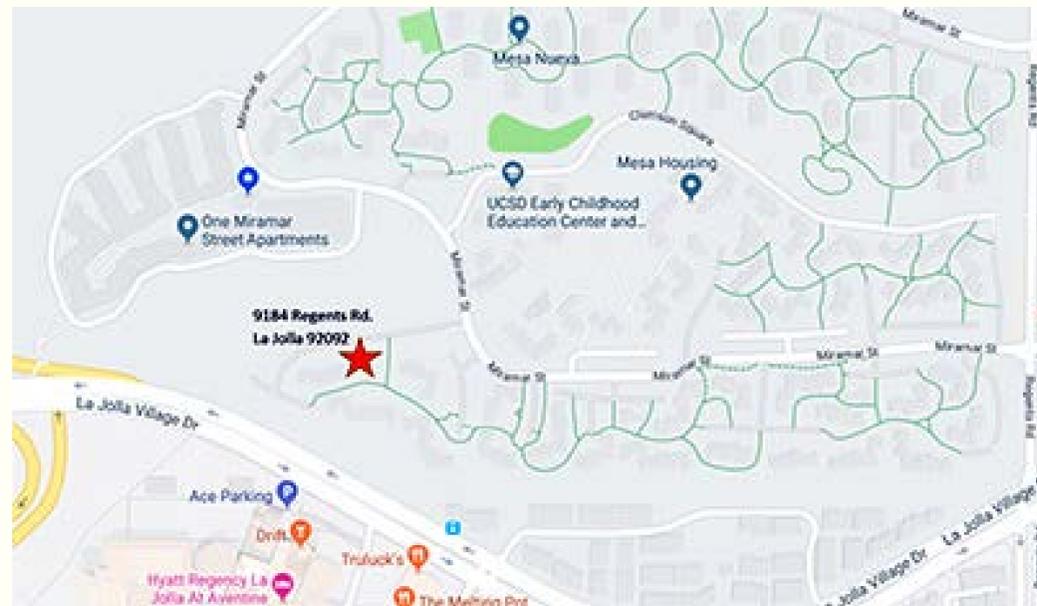




# Child Friendly Study Spot at UCSD



Available for UCSD student parents  
(including non-residents of Mesa Housing)



Location:

Mesa Housing's  
Family Friendly  
Study Lounge

9184 Regents Road,  
La Jolla, CA 92092



Features:

- white board
- comfortable spaces to gather, study, and socialize
- collection of puzzles, toys, play tables, and books



Hours:

Open 24 hours, 7 days a week with an access code





# Family Recreational Activities & Home School Resources



## UCSD Recreation

- Knock Around Summer Camps



## UCSD Junior Triton Club

\*an exclusive membership for children in eighth grade or younger designed to provide an engaging experience for young Tritons



## Youth Camp & Family Activities

- Birch Aquarium
- Box Office
- Youth Camps & Enrichment Programs
- PBS Kids Newsletter
- ArtsEducation @Home



## Home School Resources

### California State PTA Resources

- Your Home School Coach
- Get Your Family into the Reading Habit
- Make Learning Fun and Easy
- Math Enrichment



# Priority Enrollment Program

FOR UNDERGRADUATE STUDENTS WITH CHILDREN

If you are a student-parent who provides primary care for a minor dependent you may be eligible for priority enrollment.

The program is intended to alleviate complications related to scheduling conflicts between parental responsibilities and UC San Diego classes and course work. To be eligible:

- Your status as a parent must be verified through UC San Diego's Financial Aid & Scholarships Office using information from the Free Application for Federal Student Aid (FAFSA). If you have not yet completed the FAFSA, do so as soon as possible at [fafsa.ed.gov](https://fafsa.ed.gov). Allow several weeks for the Financial Aid & Scholarships Office to receive the information from the central processor.
- We ask that you explain how priority enrollment status will assist you in your (a) Academic Success (b) Personal and Family Wellbeing. This is done on the priority enrollment request form that will be sent to eligible students in October of each year from the Financial Aid & Scholarships Office.





# Part Time & Leave Options

We all need a break sometimes to help us reach our goals! Part-time and leave/withdrawal options will help you organize your life and move towards graduation.

## Undergraduate Student-Parents

"Family responsibilities" are one of the approved reasons for part-time status. Documentation and college approval is required. Check the [Part-Time Study](#) page for complete details.

## Graduate Student-Parents

"Family responsibilities" are one of the approved reasons for [half-time status](#). Petitions are available from your graduate coordinator.

Check these office's websites for the full policies regarding part-time study and leave of absence: [Registrar's Office](#), [Graduate Division](#), and [Housing](#).





# Connect with

## THE TRITON TRANSFER HUB

The Triton Transfer Hub provides personal academic and professional support to transfer students from the moment you hit accept to your graduation day! For when you have questions big or small - we've got your back!

Meet with a peer coach today!

Location: Pepper Canyon Hall, Room 261 & online

Follow us on social media!!



@tritontransfers



Scan or click here for all things transfers!

