Wednesday Connections

9:00am-9:50am

Connection: Fast Track to Success: A Guide to University Resources
**This Connection meets on Mondays and Wednesdays**
**This is a for-credit Connection**

Description: Did you know that UC Davis offers a wealth of academic support services to undergraduate students? This aggie connection will teach students about UC Davis resources that support student success. You will have the opportunity to create relationships with academic specialists that work with students enrolled in courses associated with biology, chemistry, economics, math, physics, statistics and writing across the disciplines. When you join this Aggie Connection you will be in good company with the thousands of students who use our services to support academic achievement.

Location: Wellman 211
To join this Connection, register with the CRN 54153

Connection: Navigating Aggie Pathways

Description: Join a group of peers to build community and find support as you embark on your journey through this large research university. Learn how to engage in the campus social and cultural community and identify key resources to utilize on your path to graduation. This small cohort will provide you connections with peers and staff to help you navigate your first year at UC Davis.

Location: Segundo Services Center Recreation Room
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29878

10:00am-10:50am

Connection: Fast Track to Success: A Guide to University Resources
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Location: Dutton 3218
To join this Connection, register with the CRN 54144
Connection: Navigating Aggie Pathways

Description: Join a group of peers to build community and find support as you embark on your journey through this large research university. Learn how to engage in the campus social and cultural community and identify key resources to utilize on your path to graduation. This small cohort will provide you connections with peers and staff to help you navigate your first year at UC Davis.

Location: 155 Wall Hall
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29870

11:00am-11:50am

Connection: Fast Track to Success: A Guide to University Resources
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Location: Dutton 3218
To join this Connection, register with the CRN 54176

Connection: Reading for pleasure: A book group about the college experience

Description: Think about the last time you read a book that you were NOT required to read for a class. Did you enjoy reading? Did the book change your thinking? Can you even remember the last time you read a book that you were excited to read? This Connection is designed to foster reading for pleasure, which is often forgotten when students are absorbed with reading academic texts. Besides being enjoyable, reading and discussing novels can help you become a better critical thinker and writer. We will read two fictional books about college, one that is actually set in the city of Davis, CA. While reading these novels, we will engage in stress-free book group discussions as well as explore UC Davis resources as they connect to the books' themes.

Location: 3216 Dutton
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29559

12:10pm-1:00pm

Connection: UC Davis Diversity and Inclusion Initiative

Description: UC Davis is committed to the notion that diversity and educational excellence go hand in hand. The Diversity and Inclusion Initiative is a multi-year effort to develop and support a diverse community of scholars. Inclusion furthering a community in which all members are encouraged and supported to work, study, and learn in a way that enables each of us to reach our full potential. Students
joining this Connection will participate in discussions exploring what diversity and inclusion might look like at UC Davis. Input from the group’s discussion will contribute to keeping our campus’ soon-to-be-released Diversity and Inclusion Strategic Plan a living document. Facilitators will encourage all members to feel free to speak and express themselves, albeit with respect and empathy for those whose opinions and beliefs might differ.

Location: Segundo Service Center Rec Room
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29615

1:10pm-2:00pm

Connection: Fast Track to Success: A Guide to University Resources
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Location: Dutton 3216
To join this Connection, register with the CRN 54175

2:10pm-3:00pm

Connection: Fast Track to Success: An International Student’s Guide to Campus Resources
**This Connection meets Mondays and Wednesdays**
**This is a for-credit Connection**

Description: Are you an international student curious about finding your place here at UC Davis and connecting with campus resources that can help you succeed? This Aggie Connection can help you discover campus resources while learning valuable critical reading skills to increase your vocabulary, which will benefit you at UC Davis and beyond. For example, we will learn about the UC Davis Principles of Community, accessing advising and mental health services, conducting library research, and getting involved on campus. You will also get the chance to visit these resources and reflect on how you may use them in the future. This class will empower you to have conversations about UC Davis and how it serves its students.

Location: Dutton 3216
To join this Connection, register with the CRN 54155.
Connection: Finding Balance
**This Connection is for transfer students only**

Description: Balance is critical not only for a successful undergraduate experience but for life in general. However, in a busy and stressful environment balance can be hard to find and/or maintain. It can also be challenging to find balance across multiple domains in one’s life. Specifically, as an incoming UC Davis student it is important to find daily balance. Are you allocating time for class, homework, eating, sleeping, social life as well as mental and physical exercise? It is also important to consider choosing coursework not only for the quarter, but also over the course of the year or even an entire career. It is important to take advantage of the UCD curriculum. It is also important to manage pre-requisites and GE class. A good strategy can reduce the changes that you get over-whelmed with any one-quarter and have your GPA take a hit. Life away from the classroom needs to be balanced as well. There are clubs (professional, social, religious), volunteering, lab work, exercise, family, friends…. Is it possible to do too much? Too little? I also think it is critical to consider mentorship. A mentor can be a friend, a family member, a professor, or a colleague. How does one balance these voices and their opinions? One of the most important, and often overlooked, is a balanced perspective. It is complicated and challenging being an undergraduate. How does one take all of their experiences, positive and negative, in stride and balance the mental challenge? As I find that I am constantly making choices and adjusting my lifestyle to maintain or optimize balance, I cannot think of a more important topic to discuss with a group of incoming UC Davis undergraduate students.

Location: 114 South Hall
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29563

Connection: Navigating Aggie Pathways

Description: Join a group of peers to build community and find support as you embark on your journey through this large research university. Learn how to engage in the campus social and cultural community and identify key resources to utilize on your path to graduation. This small cohort will provide you connections with peers and staff to help you navigate your first year at UC Davis.

Location: Regan Main Lounge
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29875

Connection: Third-Culture Kids/International School Alums

Description: Have you grown up attending international schools, or lived overseas for much of your life? Do you answer the question "Where are you from" with "everywhere," "nowhere," or "it's complicated?" This Aggie Connection is for third-culture kids beginning their college life here at UC Davis. Spending a significant part of your developmental years outside your parents’ culture can make finding your way in college challenging in ways unique to TCKs — even if you're an expert at being the "new kid." This Aggie Connection will help TCKs from all countries to discover your new home together. Led by an alumna of the International School of Kuala Lumpur (ISKL).

Location: Redwood Room at The Grove (1360 Surge III)
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29578
Connection: Enabling Mindfulness

Description: The Connection I am proposing is based on the development of a group of Students/Staff/Administrators to act as resources for mindfulness in the area of students with disabilities. I am proposing the creation of resources that each freshmen with disabilities can be linked or link to upon or pre-enrollment approval. Group meetings will include developing seminars for understanding aimed at faculty & staff, development of teams that will visit and collaborate with community colleges, development of teams who disseminate best practices to the campus community, etc.

Location: Room 1353 The Grove
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29616

Connection: Shakespeare in Davis

Description: This Connection is for students and fans of Shakespeare! We'll have a Shakespeare movie night, we'll visit the 1632 Shakespeare Folio in UCD's Special Collections, and we might even see the Davis Shakespeare Ensemble's October production of Romeo and Juliet. Whether you're just getting started with the bard or already know Hamlet by heart, this connection welcomes you to get to know UCD and the town of Davis through a Shakespearean lens!

Location: Wall Main Lounge
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29626

3:10pm-4:00pm

Connection: F.A.S.T. (Former Athletes for Successful Transition)
**This Connection is for EOP students only**

Description: F.A.S.T. (Former Athletes for Successful Transition) will be for EOP students with extensive experience in athletics prior to UC Davis but no longer pursuing it at the college level. This FYAC will help them identify the positive attributes of their athletic experience and use it to help them successfully transition to the university. We will also discuss their experience as an EOP student and its importance to the university.

Location: 121 Olson
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29619

Connection: Out of State-ers
**This Connection is for freshmen only**

Description: This connection is intended to unite non-California first-year students who come from one of the other 49 states. We will learn a brief history of the state of California and its educational system while also appreciating the experience of being a non-California native in the UC system. Cultural transitions and homesickness coping strategies will be discussed as we unite students who don’t hail from the Golden State in this connection.

Location: Regan Main
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29772
4:10pm-5:00pm

Connection: Navigating Aggie Pathways

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Location: Wall Hall Main Lounge
Link to Register: https://myrecreation.ucdavis.edu/index.aspx?view=item&item=29881