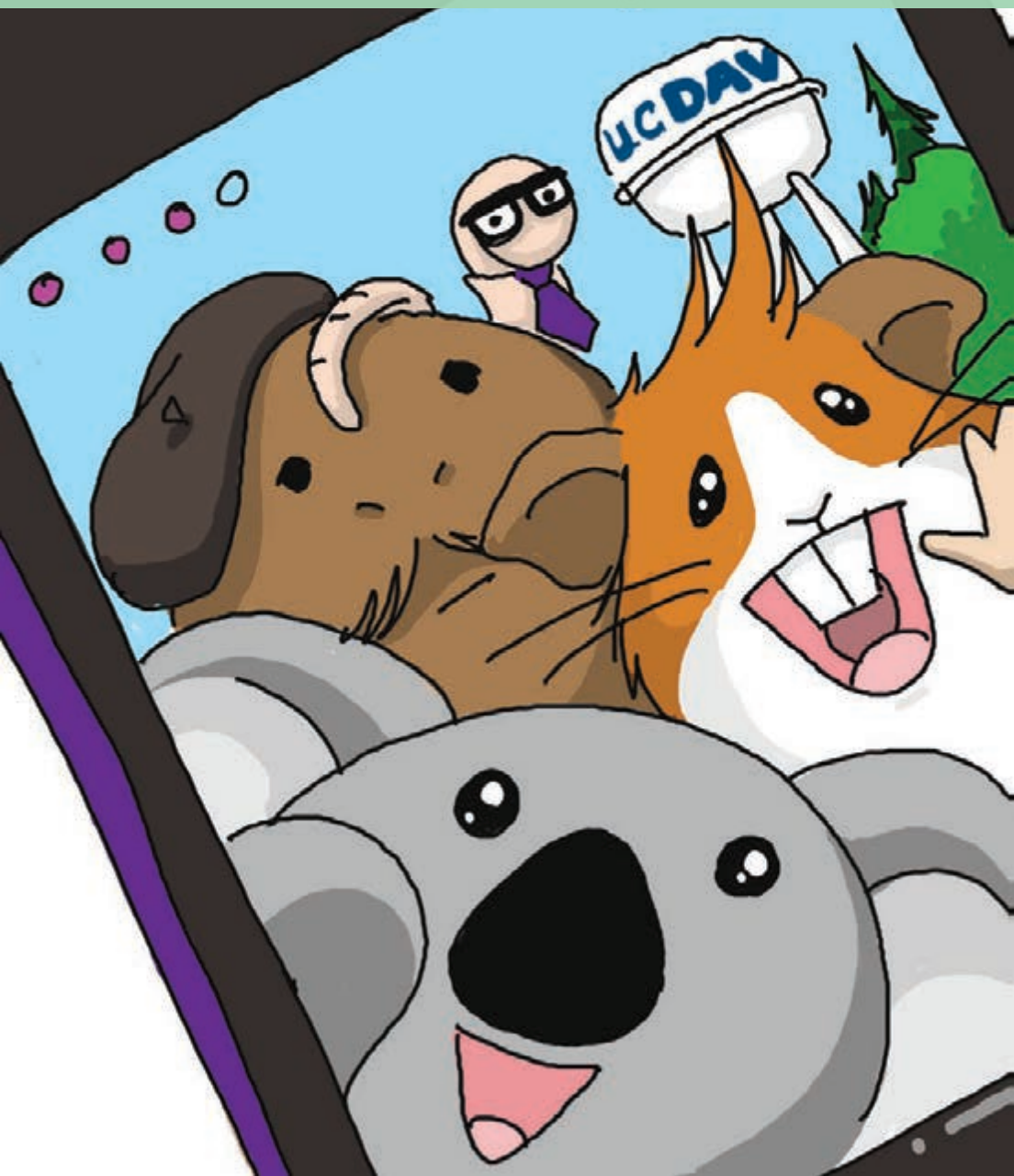


Social Survival Guide



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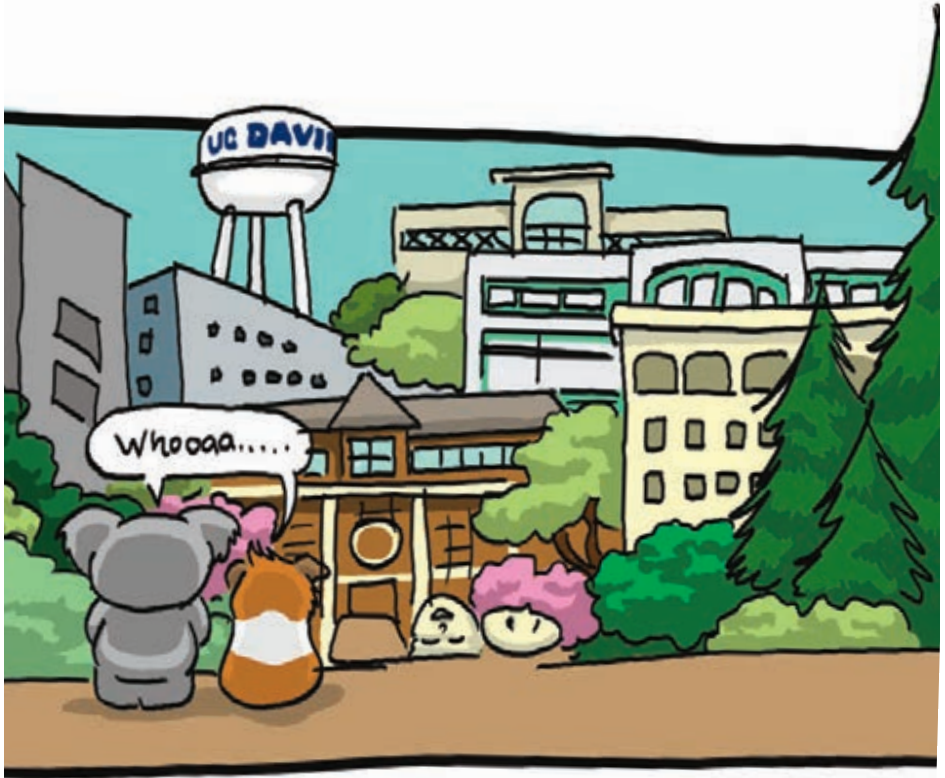


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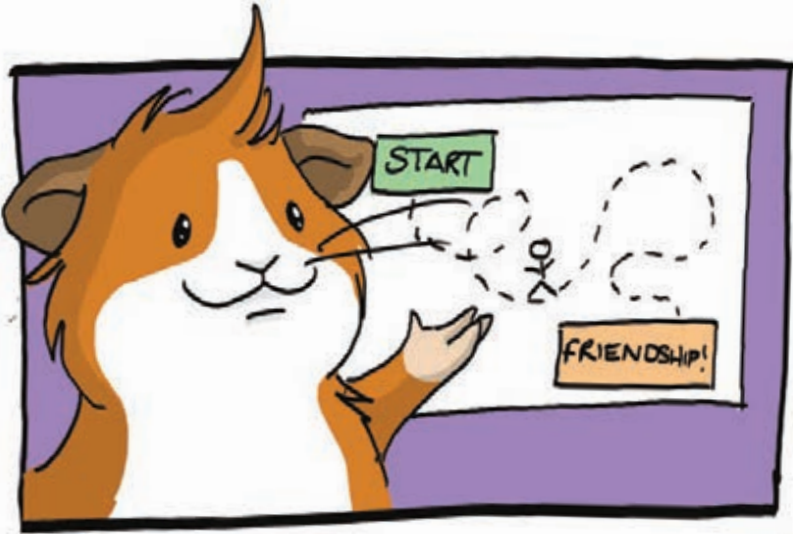
Welcome to College



The time to discover passions, expand the mind and meet amazing people is finally here. However, college experiences can also have significant challenges. Let's be honest: it's not always full of butterflies and sunshine. Fulfillment and excitement will coexist with stress and frustration, and one of the largest factors that influence your well-being in college is the formation and maintenance of relationships. To help smooth out this process, we've compiled some tips and strategies to help you successfully create and manage quality relationships with friends, family, faculty and professionals at school, work and home.

****Please note: Check out our companion booklet [How To Be Sexsuccessful](#), which offers comprehensive tips and strategies for enjoying physically and emotionally safer, pleasurable, fulfilling, intimate and sexual experiences.*

Basic Strategies for Successful Relationships



Imagining Others Complexly

1) Practice positive thoughts.

Practice empathy for others as well as for yourself.

2) Stay in the present.

Focus on fixing the specific situation you're in, rather than imagining all the stressful events that might occur in the future.

3) Communicate with others.

The following tips can help you navigate the trickier aspects of communication:

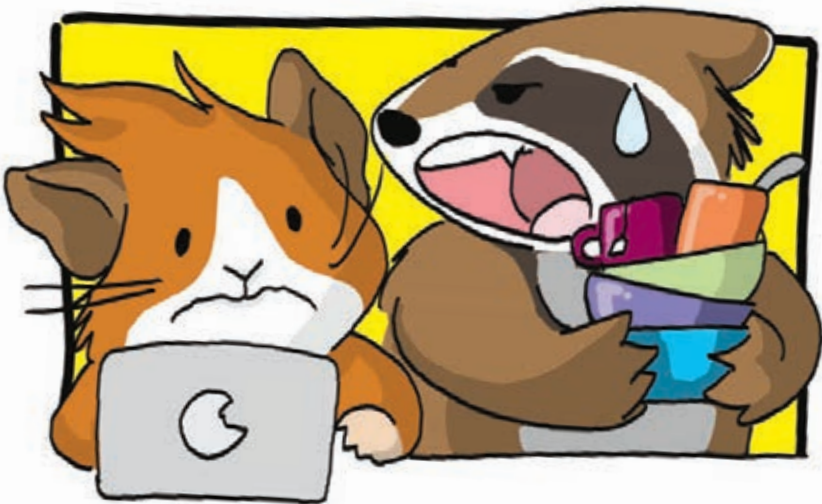
- **Listen to others.** In certain situations, especially when someone is upset and looking to vent, listening is best. Resist giving advice unless you are asked. If you are unsure if someone is seeking advice, say, "Are you looking for empathy (active listening) or strategy (problem solving)?"
- **Use "I" statements.** Try not to accuse. "I" statements reduce the likelihood of a defensive response. For example, "I feel angry when you leave dirty dishes around the house because I am the one who ends up cleaning them." vs. "You make me so mad when you leave dirty dishes around the house!"

- **Ask yourself is what's coming out of my mouth productive toward a solution?** Try to be and stay self-aware throughout the interaction.
- **Speak up early.** If you suppress your emotions about an issue, a heated moment can trigger an explosion. Instead, think through what you want to say and voice your feelings before getting to a boiling point.

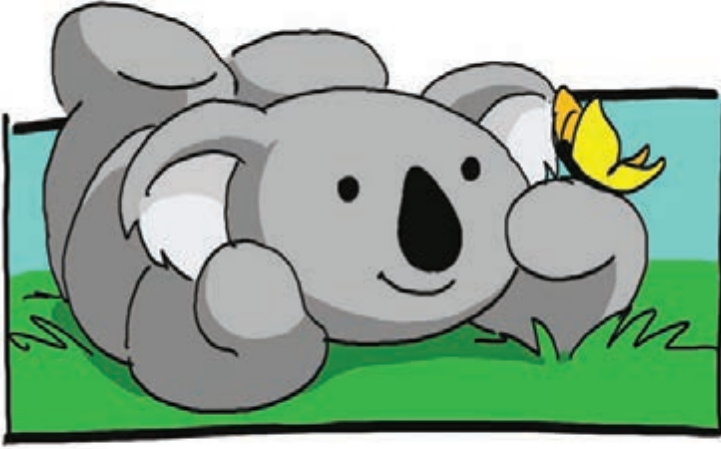
4) Manage conflicts.

In most relationships, conflict is inevitable. If you find yourself in an argument, try these tips to help improve the situation:

- **Keep on topic.** Keep the conversation about the specific, current issue. Try not to bring up past issues or frustrations.
- **Be honest.** Be direct and as clear as you can about why you are upset and what you would like to accomplish by bringing up the concern.
- **Don't make it personal.** Keep the argument about the issue or behavior that is causing the problem, not about the person you are speaking to.
- **Be willing to compromise.** Do not think in terms of winning the argument. You are trying to resolve a problem and doing so involves compromise.
- **Know when to stop.** Be willing to step back, assess the conversation and then shift the focus to working out a solution/compromise.
- **Have a third party mediate.** If you believe you cannot resolve the conflict on your own, bring in an objective voice. This can be someone like a resident adviser, another roommate or a mutual friend who can help mediate discussions.



Steps Toward Self Awareness and Acceptance



1) Know your limits.

In stressful situations, determine which factors you can change and which are out of your control. Then focus your energy only on things you can change.

2) Take care of yourself.

Developing and maintaining relationships can be exhausting. Some of us may need to take time to recharge — and it's completely okay to take a break from interactions and engage in some alone time. Being alone does not equate to loneliness — during this time, seek out personal hobbies and explore your own interests.

3) You'll still stress out, and it's OK.

Being stressed by situations or individuals is not a sign of weakness or that you are not good at having relationships with others — feeling some stress is normal since it's a part of personal growth. Recognizing and accepting that something or someone is causing you stress is the first step in developing the tactics necessary to improve the situation.

One Last Note

Building healthy relationships is a constant process. Every relationship at various stages of your life is unique. From roommates, to co-workers, job supervisors, professors and TAs, each of these relationships has its own dynamic qualities. Try to be forgiving to yourself and to those in your life as you learn to navigate them.

Healthy and Unhealthy Friendships



Are You Taking the Right Dose?

You've probably noticed that not all friendships are equal in the time and energy they require. Advice columnist Captain Awkward recommends visualizing your friendships in terms of their "dosage," meaning how often you want to see or contact the other person for the relationship to feel happy and healthy. There may be friendships where the perfect dose is meeting once every two months for coffee, while for others it is seeing each other almost every day. Expecting different dosages with different people will help minimize any pressure for you to be best friends with all of your friends at all times.

Indicators of Healthy and Unhealthy Friendships

Use the following two checklists to help you determine if a friendship is healthy or unhealthy and what, if any, action you'd like to take.

While most people will not display every green flag, if a majority of them are present, it is likely that the friendship is healthy.

Green Flags for a Healthy Friendship



- They communicate emotions clearly and early.
- They have interests and support outside of their relationship with you.
- They ask for and listen to your opinions.
- You feel safe disagreeing with them.
- They admit and apologize for mistakes, rather than blaming others.
- They support you when you want them to.
- If you ask for space, your request is respected.
- They help set and maintain boundaries within the relationship.
- They show respect and kindness toward others.

Red flags signal that a relationship is not healthy and may be abusive. While not every person shows the same signs or displays them to the same extent, the presence of these red flags increases the likelihood that the relationship is unhealthy, and you will want to reevaluate keeping this person in your life. If the relationship feels unsafe, you can also check out the harassment section of this booklet (page 28) for further information, or refer to the back of this booklet for a list of helpful resources.

Red Flags for an Unhealthy Friendship



- They question you extensively about how you spend your days, try to monopolize your time, control where you go, or whom you see.
- They expect you to be perfect and depend on you for emotional needs.
- They rarely accept responsibility.
- They use force during arguments such as breaking things, restraining you, lashing out with a hand or other object, or shouting in your face.
- They use threats to force you to do things.
- They hide objects (keys, cell phone) to make you feel absent-minded.
- They contradict your version of events so you feel as if you can no longer trust your own judgment.

Exiting a Friendship

If you decide that you want to end a friendship, here are a few tips to help you through the process. It is natural to feel guilt when deciding to exit a friendship, but this does not mean that you are a bad person or selfish — make sure to take initiative for your own happiness.

Know your comfort zone. You don't have to be friends with everyone. Choose to surround yourself with positive people who you truly enjoy spending time with.

Fade out. Gradually ease out of the person's life. Stop initiating contact with the person and give shorter and shorter responses if they contact you until you cease all communication.

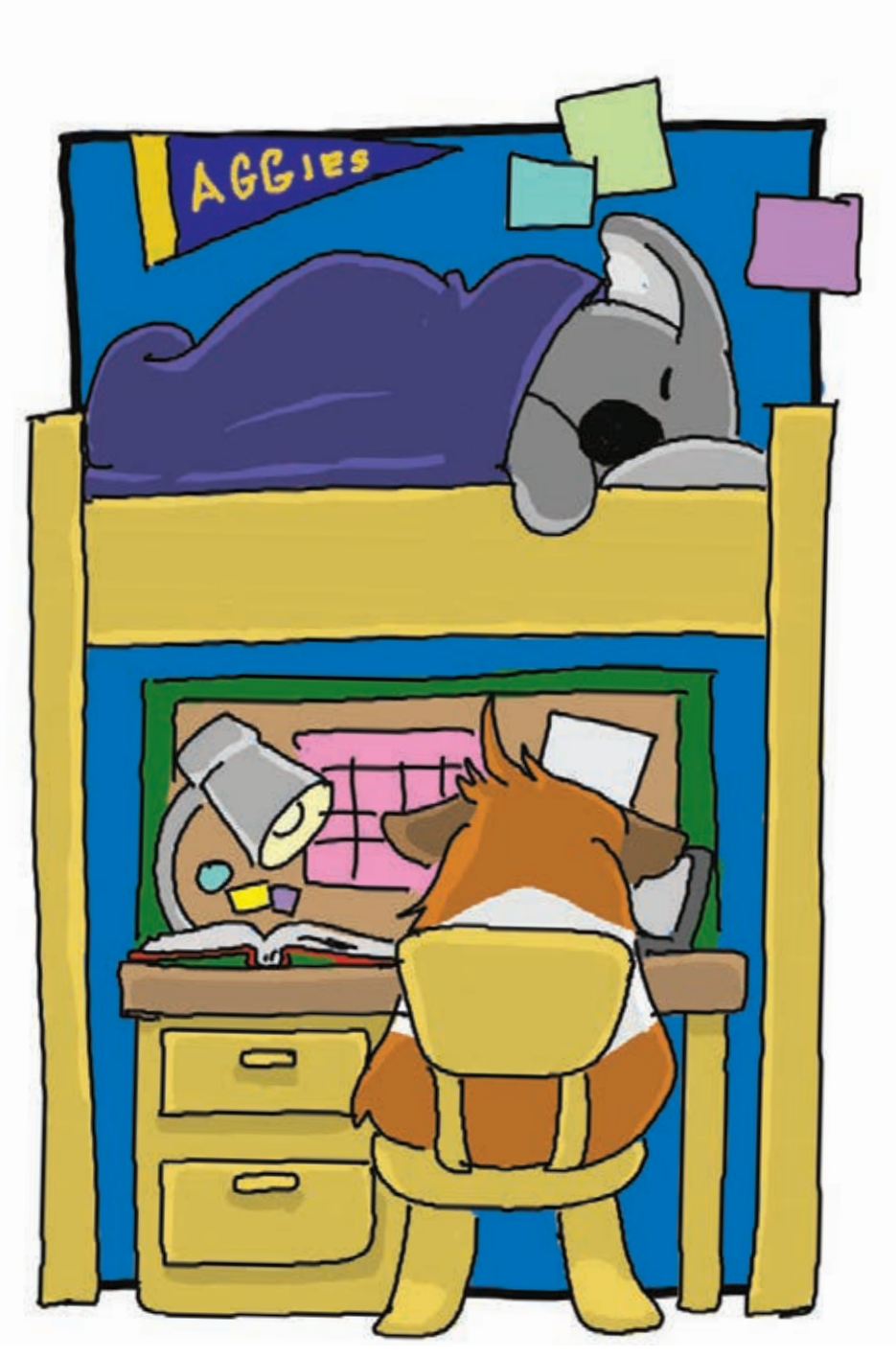
Be direct. If fading out does not work or you prefer directness, this is a good option. Plan what you would like to say, and remember that it helps to be concise, polite and firm. If telling them in person does not seem possible, consider sending a letter, email or text.

Minimize contact. If you are at a social event and run into someone with whom you have ended a friendship, you can be friendly and polite but keep interactions to a minimum.

It is natural to feel guilt when deciding to exit a friendship, but this does not mean that you are a bad or selfish person.



Roommates 101



Getting along with your roommates involves three Cs: **Communication**, **Courtesy** and **Compromise**. Whether your roommates are complete strangers or great friends, not everybody will have the same preferences or habits when it comes to sharing living situations. Setting ground rules, listening and respecting each other's opinions and needs and recognizing that you may have to compromise on some previous freedoms are important aspects of living comfortably with others. Let's take a closer look at the three Cs.

1) Communication

Be clear about what you want and need when it comes to your living space and the relationship that you would like to have with your roommates. For example, do you have objections to them eating your food? How long are you okay with them leaving their dishes in the sink? How often would you like to hang out with your roommate when you are both home? It's also important to ask and listen to your roommate's thoughts on these and other topics. While it may be uncomfortable at times to discuss these issues, communication is essential to build understanding and minimize frustrations.

More Questions to Consider Asking a Roommate

- What time do you prefer to go to sleep?
- What is an acceptable level of noise?
- What time would you like quiet hours to begin and end?
- What's your preferred study environment?
- What are your preferences around using the AC/heater?
- Is it okay to have visitors over while you are studying? Sleeping? Can guests stay overnight? If so, how frequently?
- If I have a visitor over, would you be more comfortable if they stay in my room/on my side of the room?
- Are you comfortable with visitors of a different gender expression than your own?

Getting along with your roommates involves three Cs: Communication, Courtesy and Compromise.



Additional Questions for Off-Campus Current and Prospective Roommates

- Who is responsible for getting the rent payments to the landlord?
- How will rent be divided?
- Will food and household items (toilet paper, dish soap, appliances) be shared?
- Questions about utilities such as gas, electric, Internet and cable, if applicable (e.g., when should heating and air conditioning be used, if at all? Energy conservation concerns?)
- If food and household items are being shared, how are they being paid for?
- How are utilities like power and Internet being paid for?
- Are there pets? Who is taking care of the pets? Where are pets allowed?
- Recreational habits: Do you use alcohol/tobacco/other drugs or are you comfortable or not comfortable with alcohol/tobacco/other drugs?
- What will be the accessibility accommodations for those who have disabilities?
- Are there allergies to be mindful of (with food, scents, materials, etc.)?
- How do you want to divide refrigerator and pantry space?
- Should/can bikes be kept inside (in the common area, balcony, bedrooms) or outside?
- If you have a partner over, should I knock? How do you want to indicate to me when you'd like privacy (like having a code word or sticking a piece of paper on the door)?

Pro Tips for Cleanliness

Another issue that roommates often deal with is the cleanliness of shared living spaces. Keep in mind that the very definition of “clean” is spectacularly varied among different individuals—make sure to express what “clean” means to everyone in the house. Does it constitute making the floor so spotless one can eat off of it? Or is it just simple sweeping once a week? Talk with your roommates to set up ground rules for cleanliness, when certain chores need to happen and who is going to do them.

There are chore charts and chore wheels available on the Internet to help keep the apartment clean and expectations clear. Make it every individual's responsibility to enforce chore schedules once they have been established — that way, there is more accountability and higher likelihood of tasks getting done.

2) Courtesy

Showing courtesy toward your roommate is a basic component of healthy interactions and it helps minimize conflict. Be respectful of your roommate's preferences, habits, belongings and space. However, this certainly does not require you to accommodate their every need (see Compromise, below). Being mindful of how the other person may feel and staying open to discussing those feelings are essential to healthy roommate relationships.

We all like to think of ourselves as the good roommate, but take time to self reflect and look at your own habits from someone else's eyes. See if you can spot potential issues. Healthy roommate relationships require being aware of how your own actions affect others. Ask for and be open to feedback from your roommates.

3) Compromise

It's rare that everyone will get everything they want and need from the living situation. When an issue does arise, talk to your roommate about it as soon as possible. If, for whatever reason, you are not comfortable bringing issues up in the company of your roommate, you can ask to involve a neutral third party, such as an outside friend or a residence hall advisor, to help mediate the discussion.

Roommate bonding is not a one-way street. Sensitivity to others' needs and preferences and the willingness to address them are necessary from both sides for a more pleasant time. Be aware of cultural impacts, religious preferences and differences in ability among those who share living quarters with you.

Remember, there's no pressure for you to become best friends with your roommate—these are conflict-reducing tips to help bridge communication and grow empathy for a smoother roommate and housemate experience.

Sensitivity to others' needs and preferences and the willingness to address these needs are necessary from both sides for a more pleasant time.



Working in Groups



Ah, group work. In both college and professional life, it's to your benefit to know how to manage relationships that come with working on group projects. After all, this is an effective way to complete assignments. However, the experience can become quite an unpleasant one if there is a lack of communication, an unequal sense of commitment and/or respect among group members. Never fear—there are ways the group experience can be enhanced to jump start productivity and create some meaningful relationships along the way.

Why Groups?

Group work is an opportunity to expand the mind, since we are often limited by the scope of our knowledge and experience. Other group members' input on an idea or task gives the group a more holistic approach and greater bandwidth when problem solving or completing assignments. Offering different perspectives from your own, other group members can be great motivators in tackling the project with a fresh approach. The convenient peer pressure from working in a group may help prevent you from jumping onto the procrastination train as well.

Stitching a successful group experience together

1) Have a concrete plan

The first time you meet as a group, create a timeline for the assignment that includes deadlines, dates to check progress and who will do which tasks. Plan a time cushion: set due dates a few days before the established deadlines in case something goes wrong or there are last minute changes. Once these dates are made, try your best to stick to them and communicate often and early if obstacles come up.

2) Get to know each other and establish roles

Assigning tasks to each member based on their skill and interest level will help group work feel more enjoyable and efficient. Share strengths and weaknesses with each other. For example, if the collaborative project is a writing assignment, one person may be in charge of editing, another content and another critiquing the writing.

3) Share ideas and be inclusive

Be active in discussions and make sure your input is heard. Initiating, seeking clarification, questioning, summarizing and organizing ideas are all important things to keep in mind while progressing toward a shared goal. When trying to settle disputes or controversial ideas, try separating ideas from the people who suggest them (e.g., “the fanmail idea” instead of “Bob’s idea”).

Monopolizing the conversation, however, is not conducive to effective group work. Encourage less talkative members into discussions by creating an open environment—less talkative members often have valuable contributions to the project, but may not have the chance to speak up (e.g., some people need some time to process their thoughts). Outward expressions of gratitude or general responsiveness to accomplishments or remarks promotes warm, fuzzy feelings and a sense of belonging.

4) Focus, but sprinkle in some fun

After adhering to the above, the group environment may still be missing some humanity. Getting off topic or maintaining a more relaxed environment is not necessarily a bad thing, for it promotes cooperation and closeness within the team. Have fun with your group, but also attend to the work at hand.

5) Conflicts

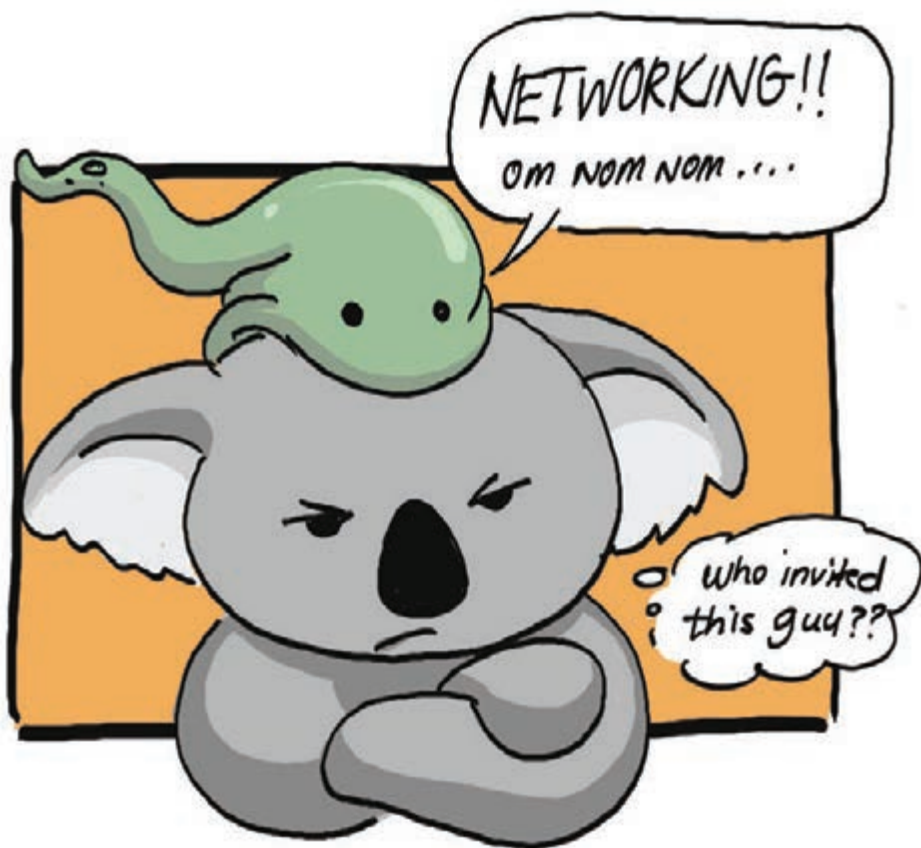
In the event that a group member is not completing their tasks, speak up about it and try to work out a solution. For example, if there is one individual who consistently misses meetings, approach them about it. If that isn't effective, talk to your professor, teaching assistant or supervisor sooner rather than later, to avoid having the deadline looming in your head.

“Have no fear of perfection – you’ll never reach it”

Above are some wise words from Salvador Dali. Not everything will be perfect and bickering can be expected, no matter how closely you adhere to the previously listed tips. There may also be times of frustration, which is a typical part of group work. However, now you have some strategies to contribute to a smoother and more successful group collaboration effort — it's not precisely perfection, but you will be making efforts towards marked improvements.



How to Network Effectively (Without Looking Like a Thirsty Leech)



A common question, especially familiar to fourth-year students, is “What are your plans after graduating?” As young adults on the brink of starting a promising career or more academic pursuits you may realize that kicking back at home for the summer, binging on Netflix, is, sadly no longer an appropriate response. Well, rest assured, after reading this section, you will be one step closer to being on your way to the successful career path that you are hoping for. Networking happens to be a key piece in that process.

What in the World is Networking?

Networking. A term that is daunting, intimidating and commonly misinterpreted. Let's start by first demystifying the myths behind networking. Many of us network every day without even knowing it! This is simply the act of developing professional relationships with individuals. Information can be exchanged in unexpected situations and at times in informal ways. Needless to say, this does not give you the freedom to show up in gym shorts to the work place and request to speak to the hiring manager. Professionalism is always essential and depending on the person you network with, it should be adjusted to their unique preferences.

The Humanity Behind the Network

Mentioning your sudden interest in art to your studio design professor is just as effective at creating a network as asking your uncle about his nursing career path. Remember, it's important that networking consists of letting others know you are interested in exploring a career—it is not asking for a job. The end goal is to create a network, big or small, of likeminded individuals who may assist you in further defining your professional career path. Even if your Uncle Mark can mass email your resume to the managers of Google, you want to make those personal contacts yourself. Like all relationships, networking is a two-way deal. Be aware that as you are adding individuals to your professional network, they are adding you to theirs! It's not only about what others can do for you, but also what you may be able to someday contribute to them in return.

Remember, it's important that networking consists of letting others know you're interested in exploring a career—it is not asking for a job.



So, What's Next?

Remember, networking is not a speed date nor are you trying to impress anyone you hope to integrate into your circle of professionals. Think of it more as a relationship-building exercise where you are free to explore options and meet individuals who can help guide you in fields of interest. Here are a few helpful tips on how to start your networking journey:

Identify your current network

Brainstorm two lists. Identify leads on both lists who could potentially provide useful information to you

- Your professional organizations, clubs, sports teams, supervisors from work and internships, referrals from parents, professors/instructors and advisers
- Fields of interest (e.g., health, law, counseling)

Expand your network

- One-on-one: Contact professionals individually by telephone, email, LinkedIn or Facebook
- Networking events: Meet contacts at career fairs, on-campus recruitment information sessions and events hosted by on- or off-campus clubs/professional organizations

Develop and practice your pitch

A pitch is a 30-second introduction of yourself that showcases your skills, shares your interests and lets people learn more about your goals.

Include in your pitch:

- Your name
- UC Davis
- Major
- Interests and skills relevant to your field of interest
- Career goals.

Remember, your pitch should be both professional and personable (show off that fabulous personality of yours!) to build an effective relationship with the professional.

Develop a networking tracking system

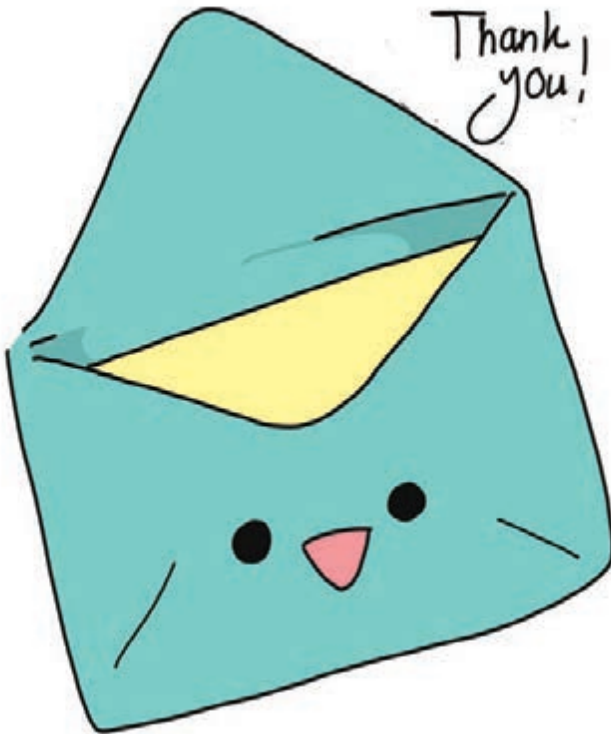
Create an Excel sheet or similar log to keep track of individuals you meet as you begin your career exploration journey.

Maintain contact with your network throughout your career

- Send a thank you after meeting with professionals.
- Email your contacts intermittently to maintain your relationship - whether it's to drop a "hello," ask for advice or provide an update on yourself.
- If appropriate, ask a professional to be a long-term mentor.

In summary, networking is composed of simply letting others know you're interested in a particular field. From contacting professionals via LinkedIn to going to career fairs, you can definitely expand your network and pitch yourself and your interests. Remember to keep track of who you contact since networking can lead to long-lasting professional relationships. Keep in mind to be yourself and express your passion vibrantly—and be pleasantly surprised about the wonderful opportunities to come.

Special thanks to Bernadette Lagman, Liberal Arts and Business Student Adviser, Internship and Career Center who contributed to this content.



Talking to Professors and Supervisors



Developing relationships with one of the higher-ups may seem intimidating to some, especially without much prior experience interacting with individuals of authority. Whether your supervisor is a graduate student, faculty member or other professional staff, here are some tips to help navigate through these relationships.

1. Good Communication

Successfully managing your relationship with your supervisor requires that you have a good understanding of your supervisor's role and of yours, particularly work and communication styles. Once you are aware of what may impede or facilitate communication with your boss, you can take actions to improve your relationship. You can usually establish a way of working together that fits both of you and is characterized by unambiguous, mutual expectations and makes both of you more productive and effective on the job.

2. Tone of your relationship

Some degree of professionalism is still needed — a super relaxed environment may be fantastic at first, but once critical assessments roll out, the change may come as a shock.

3. Professional Approach

You will have responsibilities, so independence and accountability are expected. However, maintain openness to your supervisor's ideas and suggestions — make sure to consider other opinions, even if they seem like they may clash with your own thoughts at first.

What else does a supervisor want to see or value? This answer will vary from one individual to the next. However, here's a tidbit to think about:

"I appreciate the little things, such as when you respect my time by not being late... when you ask why and have a level of curiosity for what you do...when you have the attitude of wanting to learn and expand your mind beyond what is strictly needed."

-Anonymous



Connecting with Faculty

A question and answer with Dr. Susan Keen on letters of recommendation for medical, graduate and other professional schools

Q: What times are faculty most free to get to know me?

A: I suggest office hours, before and after class. You can also make appointments; sometimes email works. Keep in mind, though, that email is not enough...that face-to-face interaction is important. You should always be prepared by knowing what the faculty member researches and a bit about their recent work. If you don't know how to find the recent research, ask the library folks to teach you to use the science databases such as BIOSIS [for professors or faculty in the biological sciences].

Q: What's being a professor/faculty like, and how can I as a student be respectful of the faculty's time and experiences?

A: Here's our background: We, as faculty have a somewhat high-stress environment. Academia is incredibly competitive, and it can be draining. Naturally, we are concerned about time management, so it would be fantastic for students to take this into consideration. We also love to talk about our subject and about science in general - we've spent many years in our areas, after all.

Q: How much time in advance should I ask for a letter of recommendation?

A: Minimum one month. The ideal would be a few months ahead.

Q: What is a piece of advice you have for students looking to develop strong relationships with faculty?

A: There are no dividing lines in this life. You're creating an impression continuously, and connections [for your future] can be made with anybody at any time so keep your mind open for opportunities to connect. For example, TAs can get to know you much better than faculty can, and faculty may ask their TAs to describe their impressions to add to the letter they are writing. A TA knows if a student is serious, whether the student asks good questions in lab, whether the student comes prepared and works hard or always leaves early, etc.

Social Media and Relationships



Social media has a large presence in our daily lives. Students are seldom seen without their phones in hand, where social media is omnipresent in the form of Facebook, Instagram, Snapchat and more. Online interaction helps us connect and organize our lives, and many people benefit from the connection and information that social media platforms provide us. Although these interactions are not in person, they still carry emotional and psychological weight, and have real effects on relationships. Many students will find that certain aspects of online interaction such as high frequency and visibility can present unique social challenges. Here are some guidelines and tips to keep your social media presence fun, safe and positive:

Represent yourself well. The Internet is not a private space, but within the realms of our personal social media accounts, that can often be forgotten. Even with privacy settings, content can be leaked or spread easily. Present yourself online as you would in person—you never know who may see it someday (such as your boss or potential employers....shudder)!

Be selective. Having more online contacts may seem like the better option, but filtering your friends and followers keeps you safe from potential negative interactions. Keeping your online social circles limited to individuals you care about and value not only keeps you safe, but also enhances and develops your friendships further.

Play around with settings. Whether you're blocking certain users, silencing notifications, or personalizing your feed, make sure to take full advantage of all privacy settings. If your online profile is too public, it can leave you vulnerable to security risks.

Minimize negativity. Studies have shown that malicious comments are more common online compared to face-to-face interactions. Be thoughtful about what you say and minimize any negativity that you may find on your social media platforms by monitoring comments.

Additionally, be mindful of how certain online postings may affect friends and family who see it.

Take a break. Social media shouldn't replace the time you spend with your friends and family. Let yourself put aside the online world from time to time!

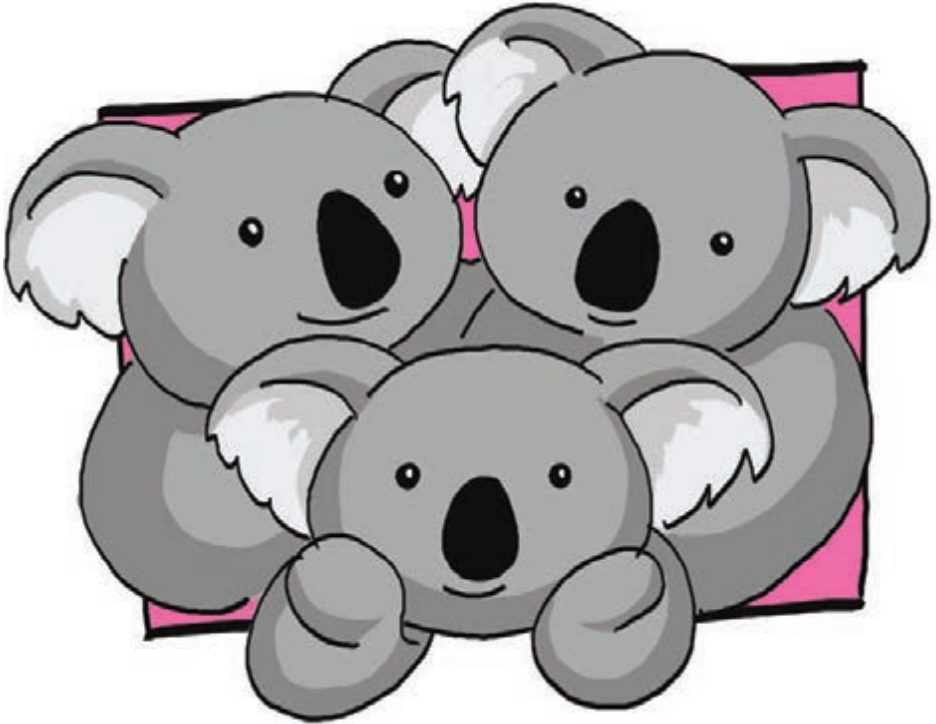
Many individuals will put their best face on social media and tend not to highlight the challenges they may be facing on a day-to-day basis. Keep this in mind when browsing through media content and comparing yourself to what you are reading and seeing.

**“A reason we struggle with insecurity:
We're comparing our behind-the-scenes
with everyone else's highlight reel.”**

~Steven Furtick, New York Times Bestselling Author



Relationships with Family



College is often a space where you spend less time with the individuals who nurtured you for most of your life. Throughout college, many students struggle to renegotiate the relationships they have with their families, particularly their parents, guardians or siblings who may live in a different place. During this transition, there are several approaches you can take to help prevent relationship changes from becoming a source of stress.

Reach Out

It's helpful to work out a regular schedule for communicating with your family or other loved ones, be it a phone call on the same day every week or a bi-weekly email. Sure, plans occasionally shift, but generally sticking to the schedule will help both you and your family adjust to new boundaries of your relationship. It will also reassure them that they are still part of your life while allowing you greater independence. And, as time goes on, you may find yourself renegotiating the frequency of communication as you start to feel more confident and skilled at living away from home.

A Note on Homesickness

Homesickness may happen early in the transition to college. It is both unpleasant and normal. Family and friends may have previously been very involved in your life, and suddenly having a hole where they used to be can understandably create feelings of sadness. You can seek new activities or make new social connections on campus, such as joining a student club, to help mitigate homesickness. The feeling will pass, but maintaining a variety of support systems and creating new connections are important. For further assistance on how to combat homesickness, visit the Student Health and Counseling Services (SHCS) website at shcs.ucdavis.edu/topics/homesickness

You Have Options

College is the time to continue developing resilience, to learn how to be self-reliant and have the confidence to successfully tackle life issues. Each family dynamic is unique and different and will most likely change during your time in college. However, these changes are not necessarily negative. Many students, for example, find that their relationships with parents or other members of their family improve while they are at college, since not living in the same space may mean fewer opportunities for conflict. The level of independence you have from your family is still a personal choice — one that you will be able to tailor to your specific situation and needs over time.



Harassment



Harassment can occur anywhere and affects a student's work or learning environment. It can take both obvious and subtle forms. Sexual harassment is a common type of harassment that can include repeated unwanted requests for dates, physical contact or requests to turn a friendship into a sexual or romantic relationship. Issues of general harassment also extend to situations such as roommate relationships going sour, and one person perceiving the other's negative feelings as a potential source of threat. If you find yourself facing harassment of any kind, there are several options available to you:

Don't Ignore the Situation

Many students try to ignore harassment because they do not want to create conflict or are afraid of negative consequences if they report it. However, ignoring the situation rarely ends the unwanted behavior and may allow the behavior to escalate instead.

Know Your Rights

In cases where the harasser is in a position of authority, remember that not only does university policy prohibit harassment, but also retaliation for reporting it is prohibited. This means that it is against the university's policy for a student's grade or job to suffer as a result of reporting harassment.

Talk to Someone

Identifying and experiencing harassment can be very confusing as well as stressful. A good way to cope with such stress is to get support. Students can reach out to family members, friends, mentors, professors and campus resources. The Harassment and Discrimination Assistance and Prevention Program (HDAPP) or Office of Student Support and Judicial Affairs (OSSJA) are available to help talk it out, make a report or connect to additional campus resources for support. Specifically for sexual harassment concerns, students can call HDAPP to make a report of sexual harassment and/or discuss how to resolve a situation, either by calling the main office number or by calling the anonymous phone line, A-CALL. For concerns about general harassment, students can contact OSSJA.

If preferred, there are safe, confidential places to start like Student Health and Counseling Services (SHCS) or the Center for Advocacy, Resources and Education (CARE). Here, you can discuss what you're experiencing, get support, receive options regarding reporting and determine if or how you'd like to proceed.

Confidential On-Campus Resources

The Harassment and Discrimination Assistance and Prevention Program (HDAPP)

- 530-752-2255

Office of Student Support and Judicial Affairs (OSSJA)

- 530-752-1128

Student Health and Counseling Services (SHCS)

- 530-752-2349

Center for Advocacy, Resources and Education (CARE)

- 530-752-3299

Women's Resources and Research Center (WRRC)

- 530-752-3372

Office of the Ombuds

- 530-219-6750

Lesbian, Gay, Bisexual, Transgender, Queer, Intersex and Asexual Resource Center (LGBTQIA)

- 530-752-2452

Confidential Off-Campus Resources

Empower Yolo

- 530-661-6336

Women Escaping a Violent Environment

- 916-920-2952

My Sister's House

- 916-428-3271

The above resources are available if you or somebody you know is experiencing harassment. This is a serious issue and we hope that these resources can assist in harassment situations that may arise or are occurring.



How to Support a Friend

The How to Support a Friend series is a tool to guide individuals who are supporting a friend and/or going through a situation that they are finding difficult to navigate. Through these resources, the Women's Resources and Research Center (WRRC) offers insight into ways to open up conversations about challenging topics, ways to be supportive and on-campus and community resources. The subjects covered in the How to Support a Friend series include:

- Sexual Assault
- Facing Depression
- Unplanned Pregnancy
- Disordered Eating
- Sexual Harassment
- Abusive Relationships
- Suicidal Thoughts
- Low Self Esteem
- Stalking Situations
- Additional topics covered at the WRRC



Regardless of whether you are just starting a conversation with an acquaintance, have been a support person to a friend or family member for a while, or are looking for resources yourself, the How to Support a Friend series can be a useful resource for anyone that is seeking support. Visit the Women's Resources and Research Center (North Hall, 1st Floor) to grab a couple of topics for you or your friends!

For International Students



Upon Arrival

What are your initial thoughts? Excited? Nervous? You experience many new things when coming to another country. One of them is the process of developing relationships with peers. Navigating different cultures and values can be confusing, but here's a breakdown of the challenges you may face when making friends.

Challenges When Connecting in the United States

Differences in expectations when making friends, a lack of a shared background and language barriers are often seen as significant barriers to friendships. However, current research says that “exposure to new values, attitudes and behavior patterns is not necessarily debilitating...the experience can be transformative.”

Coconuts and Peaches

Below is a chart that illustrates social interaction differences between people in the U.S. and individuals in many other cultures. These differences can also be illustrated comparing a peach versus a coconut. The coconut’s hard exterior represents the numerous cultures that value an initial, formal relationship before developing it into a close friendship. The peach’s soft exterior represents how easy it is to become acquainted with an individual who follows American customs. However, the peach contains a hard interior, meaning it can be more difficult to establish a close friendship in the American culture.



Reach Out

Take advantage of the many resources and social groups around campus! The Global Ambassador Program, International House and International Student Club can be great ways to start, and finding and taking part in some of more than 700 student clubs via the Center for Student Involvement is another great option. A simple “hello” around campus can work as well—no need to worry about your English.

There may sometimes be frustration and misunderstandings along the way. This is completely normal. Making friends takes time! It is important to recognize this and to keep yourself open to new opportunities to make friends.

Resources for International Students

Services for International Studentts and Student Scholars

- siss.ucdavis.edu/

Resources

Student Health and Counseling Services: **shcs.ucdavis.edu**

Appointments: 530-752-2349

24/7 After-Hours Counseling Services: 530-752-2349

24/7 Student Health Advice Nurse: 530-752-2349

Primary Care Clinic: Primary Care Provider (PCP)

A PCP assigned to every registered student coordinates continuous primary care throughout your UC Davis enrollment. Your PCP can help address stress, sleep, sexual health, physical activity level and other general wellness needs through assessment, treatment and referral to campus and community resources.

Counseling Services*: shcs.ucdavis.edu/services/counseling

- Individual Counseling
- Group Counseling (groups include men's, women's, Black, Latina, LGBTQIA, survivors of sexual trauma and more).
- Stress and Wellness Clinic
- Mind Spa
- Referrals to on-campus and community resources

Health Education and Promotion: shcs.ucdavis.edu/hep

- Offers information and resources on a variety of topics including sexual health, stress, sleep and wellness, alcohol and other drugs.

Other Campus Resources

Campus Recreation and Unions: cru.ucdavis.edu, 530-752-1730

Fitness, wellness and recreation programs through facilities and programming.

Center for Advocacy Resources and Education*: **care.ucdavis.edu/, 530-752-3299**

Confidential crisis intervention and victim advocacy including:

- Navigating options, rights and resources
- Hospital, law enforcement and/or court accompaniment
- Advocacy for academic assistance and/or reporting violations to Student Judicial Affairs

Captain Awkward: captainawkward.com

- Advice on how to manage stressful social situations
- Scripts for dealing with difficult conversations

Davis Wiki: daviswiki.org

Unofficial Survival Guide to UC Davis:

[daviswiki.org/ Unofficial_Survival_Guide_to_UC_Davis](http://daviswiki.org/Unofficial_Survival_Guide_to_UC_Davis)

- Provides advice on topics such as stress, social support and relationships

Cross Cultural Center: ccc.ucdavis.edu, 530-752-4287

Harassment and Discrimination Assistance and Prevention Program*: hdapp.ucdavis.edu, 530-752-2255

- Offers anonymous A-CALL line that students can use to discuss their situation and options
- Students can call and report harassment

**Internship and Career Center: icc.ucdavis.edu,
530-752-2855**

Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual Resource Center*: lgbtqia.ucdavis.edu, 530-752-2452

**Legal Services: asucd.ucdavis.edu/units/legal-services/,
530-752-1990**

- Provides a free, 15 minute consultation with an attorney

**Mediation Services: ombuds.ucdavis.edu/index.html,
530-219-6750**

- Conflict management for faculty, staff and graduate students

Student Housing: housing.ucdavis.edu, 530-752-2033

**Office for Student Support and Judicial Affairs: sja.ucdavis.edu,
530-752-1128**

- Report misconduct, sexual harassment and/or stalking

**Student Recruitment and Retention Center: srrc.ucdavis.edu,
530-754-6836**

**Women's Resources and Research Center*: wrrc.ucdavis.edu,
530-752-3372**

**Confidential resources*



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