

PEER MENTOR SUCCESS GUIDES

College of Letters and Science

Below is a compiled list of UC Davis resources for Mentor & Mentee use!

Want to add a resource? Email our Peer Mentor Coordinator!

Email: RashonneFountsSaenz@ucdavis.edu

Resource Topics	Helpful Links
ACADEMIC STRUGGLES	<ul style="list-style-type: none">○ Advising: https://lettersandscience.ucdavis.edu/advising○ Tutoring: Academic Assistance and Tutoring Centers (ucdavis.edu)○ Faculty/Staff/Department Directory: https://org.ucdavis.edu/directory-search/#/home○ Counseling Services: https://shcs.ucdavis.edu/services/counseling-services○ GPA Calculation: https://registrar.ucdavis.edu/records/transcripts/calculate-gpa○ Add/drop deadlines: https://registrar.ucdavis.edu/faculty-staff/faculty/add-drop○ Academic Standing: Probation & Disqualification https://registrar.ucdavis.edu/records/transcripts/academic-standing○ Time Management: https://shcs.ucdavis.edu/health-topic/time-management○ Quarter System Management: 8 Steps to Quarter System Success (and Balance) Student Affairs (ucdavis.edu)○ Academic Integrity: https://ossja.ucdavis.edu/academic-integrity○ Study Habits: Study Skills Student Health and Counseling Services (ucdavis.edu)
MAJOR AND MINOR EXPLORATION	<ul style="list-style-type: none">○ College of Letter and Science Majors/Minors: https://lettersandscience.ucdavis.edu/majors-minors○ Major/Career exploration workshops: https://lettersandscience.ucdavis.edu/undeclared-program○ Changing major/minor: https://registrar.ucdavis.edu/records/changes-major-minor

MENTAL HEALTH RESOURCES	<ul style="list-style-type: none"> ○ Counseling Services: https://shcs.ucdavis.edu/services/counseling-services ○ In crisis: Text “RELATE” to 741741 ○ Scheduling UCD Individual Counseling appointment: 530-752-0871 ○ First Gen Support: https://lettersandscience.ucdavis.edu/first-generation-support ○ Campus Life - Clubs & Communities https://www.ucdavis.edu/campus-life/clubs-and-communities ○ Find my communities: https://diversity.ucdavis.edu/how-do-i/find-community ○ Explore identities and cultures: https://studentaffairs.ucdavis.edu/student-life/communities/identity ○ Social Survival Guide: https://www.ucdavis.edu/sites/default/files/home-site/admissions/documents/uc-davis-social-survival-guide.pdf ○ General Stress Management: https://healthy.ucdavis.edu/mental-emotional/resource-library/general/relaxation ○ Stressors from the environment: https://healthy.ucdavis.edu/mental-emotional/resource-library/environment
FAMILY CONFLICT	<ul style="list-style-type: none"> ○ Problems in relationships: https://healthy.ucdavis.edu/mental-emotional/resource-library/relationships/problems ○ Relationships, family and life transitions: https://healthy.ucdavis.edu/mental-emotional/resource-library/relationships ○ Belonging & building community: https://healthy.ucdavis.edu/mental-emotional/resource-library/community ○ Counseling Services: https://shcs.ucdavis.edu/services/counseling-services ○ In crisis: Text “RELATE” to 741741

	<ul style="list-style-type: none"> ○ Scheduling UCD Individual Counseling appointment: 530-752-0871 ○ First Gen Support: https://lettersandscience.ucdavis.edu/first-generation-support ○ Campus Life - Clubs & Communities https://www.ucdavis.edu/campus-life/clubs-and-communities ○ Find my communities: https://diversity.ucdavis.edu/how-do-i/find-community ○ Social Survival Guide: https://www.ucdavis.edu/sites/default/files/home-site/admissions/documents/uc-davis-social-survival-guide.pdf ○ Preparing for life away from home while in college: https://www.ucdavis.edu/admissions/blog/life-away-from-home-in-college
FINANCIAL CONCERNS	<ul style="list-style-type: none"> ○ Financial Aid: https://financialaid.ucdavis.edu/ ○ Financial Support Resources: https://aggiecompass.ucdavis.edu/financial-security ○ Aggie Blue to Gold Financial Wellness Program (money management):https://financialaid.ucdavis.edu/wellness/ABG-program ○ Aggie Compass Basic Needs Center https://aggiecompass.ucdavis.edu/ ○ Scholarship Information https://financialaid.ucdavis.edu/scholarships
HOMESICKNESS	<ul style="list-style-type: none"> ○ Social Survival Guide: https://www.ucdavis.edu/sites/default/files/home-site/admissions/documents/uc-davis-social-survival-guide.pdf ○ Preparing for life away from home while in college: https://www.ucdavis.edu/admissions/blog/life-away-from-home-in-college ○ First Gen Support: https://lettersandscience.ucdavis.edu/first-generation-support ○ Campus Clubs & Communities: https://www.ucdavis.edu/campus-life/clubs-and-communities ○ Homesickness: https://shcs.ucdavis.edu/health-topic/homesickness ○ Homesickness Resources: https://eachaggiematters.ucdavis.edu/how-are-you-feeling/homesick

	<ul style="list-style-type: none"> ○ Letters & Science Events Calendar: https://lettersandscience.ucdavis.edu/events-calendar
HOUSING OR FOOD INSECURITY	<ul style="list-style-type: none"> ○ Aggie Compass Basic Needs Center https://aggiecompass.ucdavis.edu/ ○ Rapid Rehousing Program/emergency housing information: https://aggiecompass.ucdavis.edu/housing-security#Rehousing ○ Food Resources (Food available immediately, CalFresh, Fruit & Veggie Up, recipes, Food Maps etc.): https://aggiecompass.ucdavis.edu/food-security#food
IMMIGRATION RESOURCES	<ul style="list-style-type: none"> ○ Preparing for life away from home while in college: https://www.ucdavis.edu/admissions/blog/life-away-from-home-in-college ○ UC Davis Diversity, equity and Inclusion: https://diversity.ucdavis.edu/ ○ Find my communities: https://diversity.ucdavis.edu/how-do-i/find-community ○ Explore identities and cultures: https://studentaffairs.ucdavis.edu/student-life/communities/identity ○ Global Migration Center: https://globalmigration.ucdavis.edu/ ○ AB540 & Undocumented Student Center: https://undocumented.ucdavis.edu/ ○ First Gen Support: https://lettersandscience.ucdavis.edu/first-generation-support ○ Campus Clubs & Communities: https://www.ucdavis.edu/campus-life/clubs-and-communities
ROOMMATE CONFLICT	<ul style="list-style-type: none"> ○ Social Survival Guide: https://www.ucdavis.edu/sites/default/files/home-site/admissions/documents/uc-davis-social-survival-guide.pdf ○ UC Davis Housing: https://housing.ucdavis.edu/ ○ Student Housing Contacts: https://housing.ucdavis.edu/contact-us/ ○ Building Healthy Relationships: https://healthy.ucdavis.edu/mental-emotional/resource-library/relationships/healthy-relations

	<ul style="list-style-type: none"> ○ “10 ways to build and preserve better boundaries”: https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries ○ Requesting Roommates: https://housing.ucdavis.edu/apply/requesting-roommates/ ○ Safety and Emergency Resources: https://housing.ucdavis.edu/safety-and-emergency-resources/
ANXIETY	<ul style="list-style-type: none"> ○ Anxiety Resources: https://healthy.ucdavis.edu/mental-emotional/resource-library/common-issues/anxiety ○ Each Aggie Matters (Support Resources): https://eachaggiematters.ucdavis.edu/how-are-you-feeling/anxious ○ Counseling Services: https://shcs.ucdavis.edu/services/counseling-services ○ In crisis: Text “RELATE” to 741741 ○ Scheduling UCD Individual Counseling appointment: 530-752-0871 ○ Social Survival Guide: https://www.ucdavis.edu/sites/default/files/home-site/admissions/documents/uc-davis-social-survival-guide.pdf ○ Time Management: https://shcs.ucdavis.edu/health-topic/time-management ○ Safety and Emergency Resources: https://housing.ucdavis.edu/safety-and-emergency-resources/ ○ First Gen Support: https://lettersandscience.ucdavis.edu/first-generation-support ○ Preparing for life away from home while in college: https://www.ucdavis.edu/admissions/blog/life-away-from-home-in-college ○ Stress management: General Stress Management Healthy UC Davis
TRANSFERRING SCHOOLS	<ul style="list-style-type: none"> ○ Assist (Transfer course articulations) https://assist.org/ ○ Letters and Science Academic Advising: Advising UC Davis College of Letters and Science
INTERVIEW RESOURCES	<ul style="list-style-type: none"> ○ Networking: https://icc.ucdavis.edu/find/resources/networking

	<ul style="list-style-type: none"> ○ Interview: What to wear: https://icc.ucdavis.edu/interview/wear ○ Interview Workshop: https://icc.ucdavis.edu/services/workshops ○ Resume Basics: https://www.youtube.com/watch?v=VjdD56dN8aU ○ Cover Letters: https://www.youtube.com/watch?v=JNJZTUiDjg ○ Internship and Career Fair: https://icc.ucdavis.edu/services/fair ○ Handshake: https://icc.ucdavis.edu/find/resources/handshake
<p>FIRST GENERATION COLLEGE STUDENT RESOURCES</p>	<ul style="list-style-type: none"> ● First Generation College Student Support: https://lettersandscience.ucdavis.edu/first-generation-support ● Preparing for life away from home while in college: https://www.ucdavis.edu/admissions/blog/life-away-from-home-in-college ● UC Davis Diversity, equity and Inclusion: https://diversity.ucdavis.edu/ ● Find my communities: https://diversity.ucdavis.edu/how-do-i/find-community ● Explore identities and cultures: https://studentaffairs.ucdavis.edu/student-life/communities/identity ● Campus Clubs & Communities: https://www.ucdavis.edu/campus-life/clubs-and-communities ● Educational Opportunity Program (EOP): Center for the Educational Opportunity Program (ucdavis.edu)
<p>OTHER RESOURCES</p>	<ul style="list-style-type: none"> ○ Safety and Emergency Resources: https://housing.ucdavis.edu/safety-and-emergency-resources/ ○ Substance Abuse: https://aggiecompass.ucdavis.edu/mental-wellness#substance-abuse ○ Letters and Science Academic Advising: Advising UC Davis College of Letters and Science ○ Academic Integrity: https://ossja.ucdavis.edu/academic-integrity

	<ul style="list-style-type: none">○ Civic engagement: https://icc.ucdavis.edu/find/volunteer/awards○ Stress Management: General Stress Management Healthy UC Davis○ Quarter System Management: 8 Steps to Quarter System Success (and Balance) Student Affairs (ucdavis.edu)
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