

## Mentorship Resources

### **Professional/Academic Development**

#### **Career Services**

Career Services is here to help the students and recent graduates of the University of California identify and fulfill their career goals. They serve as a bridge between their college experience and employment or graduate school, helping them apply what they have learned. They have an abundance of resources relating to resume and cover letter writing, interviewing, and career pathfinding.

#### **LGBTQ+ Internship and Scholarships**

The RCSGD has compiled a variety of scholarships and internships that are both local and national pertaining to LGBTQIA+ identities.

#### **CLAS**

Campus Learning Assistance Services (CLAS) assists students in understanding class material through course-specific tutoring and academic skills development. Most CLAS services work directly with specific courses and help you to understand and perform better in classes. Services include course-specific tutorial groups, drop-in tutoring, workshops, individual appointments and more. There are services for Writing, ESL, Foreign Language, Math, Science, Economics, Accounting, and Academic Skills.

### **Mentorship Relationship Building**

Since mentoring may involve both people you know and perfect strangers, the most successful relationships happen when partners have thought through their definition of mentoring, and their own preferences and parameters for their relationships before embarking on such relationships.

#### **A Guide to Being a Mentor**

*A guide compiled by University at Albany discussing how to be a successful mentor, fostering relationships, benefits & pitfalls, and general mentorship guidelines.*

"Listen actively both to what is being said and how it is being said. Ask open, supportive questions and provide constructive feedback. Help the mentoring partner solve his or her own problem, rather than giving direction. Focus on the mentoring partner's development, and resist the urge to produce a clone."

#### **A Guide to Being a Mentee**

*A guide compiled by University at Albany discussing what questions you should ask your mentor, how to make the most of your relationship and what to expect.*

"Be proactive. Whether your mentor is assigned to you, or you have chosen one yourself, make the first appointment to talk about your career. Have a game plan for your conversations with your mentor."

### **Local Activities & Events**

#### **Noozhawk - Events**

- An online newspaper with a listing of events in Santa Maria, Goleta, and Santa Barbara.

### [Santa Barbara Independent](#)

- Local newspaper with a calendar of local events in Santa Barbara and Goleta.

### [Santabarbaraca.com](#)

- Calendar of events and activities happening in Santa Barbara; the website is managed by the travel and tourism office.

### **Campus Events**

#### [Arts and Lecture](#)

- Arts & Lectures annually presents more than a hundred events, from critically acclaimed concerts and dance performances by world-renowned artists to talks by groundbreaking authors and film series at UCSB and Santa Barbara-area venues.

#### [MultiCultural Center](#)

- The MultiCultural Center has been at the forefront of change for 27 years educating and empowering and advocating for marginalized communities. Through the medium of high-powered educational programming, the MCC has been an agent for change on campus and in the greater Santa Barbara area.

#### [UCSB Events and Tickets](#)

- A comprehensive list of UCSB events; the website is managed by Associated Students.

### **Topics**

#### Mentoring Topics/Activities

- Research
  - Read and respond to grant proposals
  - Advice on establishing a publication record
  - Conference involvement and selection
- Professional Service
  - Committee involvement
  - Professional organization involvement
- Community Service
  - Community involvement, organizations, charities
  - Neighborhood organizations
- Professional Development
  - Prepare CVs and renewals
  - Create a professional file
- Campus Life
  - How to sign up for classes
  - How to pick/switch (a) major(s)/minor(s)
  - Places to live
  - Places to eat/drink/hang out

Mutual interests and experiences

- Family and Balance Issues
- Culture and Religion
  - Local arts and music
  - Churches, church groups and related activities
  - Ethnic events, festivals, resources
- Personal Interests
  - Hiking, camping, or snorkeling? Who knows!? Insert yours here!

## **Support Resources**

### **Resource Center for Sexual and Gender Diversity**

The Resource Center for Sexual and Gender Diversity (RCSGD) at UC Santa Barbara facilitates the intersectional inclusion and representation of the identities, experiences, and concerns of lesbian, gay, bisexual, trans, queer, intersex, and asexual (LGBTQIA+) students, staff, faculty, alumni, and community members. **If you are experiencing any issues with your pairing or need assistance in any way, do not hesitate to reach out to us! We have an abundance of resources available on our website ranging from all gender restrooms to health services.**

Dwayne Mosbey (He/Him/His) | Program Coordinator | [dwaynemosbey@ucsb.edu](mailto:dwaynemosbey@ucsb.edu)

### **Graduate Student Resources**

A compilation of resources that our campus offers to support our queer and trans graduate students created by our Graduate Assistant.

Eugene Riordan (He/Him/His) | Graduate Assistant | [riordan@ucsb.edu](mailto:riordan@ucsb.edu)

This position contributes to the RCSGD mission of ensuring that LGBTQ students, staff, and faculty are supported and affirmed at UCSB. This position works with undergraduates, graduate students, faculty and staff across campus to build support systems for and increase the visibility of LGBTQ students and their needs.

## **Financial and Food Support**

### **AS Food Bank**

The Associated Students Food Bank is a student-run, student-led service at the University of California, Santa Barbara. Their primary focus is ensuring friendly, confidential service to UCSB students in need of food and toiletries. As a comprehensive and holistic service, they also provide resource referral to students, educational and skill-based workshops, and other tools and resources to alleviate hunger.

### **Financial Crisis Response Team**

The UCSB Financial Crisis Response Team exists to assist students who are facing a financial crisis or urgent financial need. This effort aims to assist undergraduate and graduate students who are facing significant financial difficulties that jeopardize their path to graduation. The team works closely to evaluate, respond, and support students in crisis in a streamlined and timely manner.

## **Community Resources**

### [Pacific Pride Foundation](#)

Pacific Pride Foundation's advocacy and education efforts meet the ongoing and emerging needs of a diverse population in order to create a thriving and visible LGBTQ+ community and to prevent the transmission of HIV/AIDS.

### [Santa Barbara Trans Advocacy Network \(SBTAN\)](#)

The Santa Barbara Transgender Advocacy Network educates individuals and organizations on best practices for transgender & gender expansive clients, patients, students, congregants and families; creates and develops spaces, actions, and policies that advance the welfare of transgender and diverse gender non-conforming individuals, their families, and allies in California's Central Coast communities.

## **Mental Health Resources**

### [Counseling and Psychological Services](#)

Counseling & Psychological Services (CAPS) is committed to providing timely, culturally appropriate, and effective mental health services to our diverse UCSB student body, as well as professional consultation to faculty, staff, and families. All registered students are eligible for services at CAPS. When help is needed in sorting out a personal concern, CAPS is a resource for learning new skills in building self-confidence, relating to others, reducing stress, solving problems, and identifying options.

### [Student Mental Health Coordination Services](#)

Student Mental Health Coordination Services is a readily accessible single point of contact for individuals concerned about a student in distress. The coordinators will consult about a student, provide referrals to campus departments, develop action plans, and follow up with students, staff, and faculty, as appropriate. SMHCS can provide a coordinated university response to a student in distress.

## **Legal Resources**

### [Undocumented Student Services](#)

UC Santa Barbara is committed to fostering a safe and supportive environment for students of diverse backgrounds including our Dream Scholars – undocumented students at UCSB. The University strives to develop an awareness and understanding of the experiences of undocumented students (while maintaining the confidentiality of individual students) and to develop campus responses and processes to address their needs related to persistence, retention, and graduation.

### [AS Legal Resource Center](#)

Associated Students Legal Resource Center started as a result of a student initiative to provide FREE legal counseling services to the UCSB campus. An ASLRC attorney is available to consult with all registered UCSB students on any issue or concern in which legal education would be helpful unless it involves the university or another UCSB student. We offer legal advice, education, information and/or referrals, and can assist you in identifying and resolving your legal problems.

### [Isla Vista Tenants Union](#)

The Isla Vista Tenants Union will empower tenants through education, advocacy, and grassroots organizing. We will promote tenant interests and act against violations of tenants' rights. IVTU will work with local groups, the County, the University, and businesses to realize its mission.