



Virtual Care Package



Welcome Triton Transfers!

Welcome



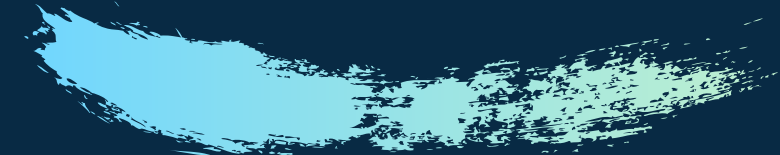
First and foremost, congratulations on the remarkable achievements that have led you on this path to UC San Diego. While these are difficult times, we hope that you are well and super excited for your upcoming journey.

Transitioning into any new environment can be unsettling and we are aware that many of us transfers have gone through challenges beyond academics these last few years... but as Transfer students we have shown resilience and perseverance that has allowed us to surpass unimaginable barriers.

As we continue to navigate this pandemic, we want you to know that the support system of the Triton Transfer Hub extends beyond campus walls to serve you wherever you are. We are here to support you along the way with ideas and resources that can help you stay grounded amidst the the newness of your transition to UCSD. In this care package, you will find practical ideas for self-care, academic support, podcast suggestions, workout, and other various resources put together by your Transfer Peer Coaches.

There is power in having a community, and it can be transformative in your experience at UC San Diego! Please reach out to your Triton Transfer family should you have any questions along the way.

Take Care,
Triton Transfer Hub



Get Connected to Triton Transfers!

TRITON TRANSFERS



Triton Transfer Hub Website
(Meet with your peer coach!)



Like us on Facebook! @TritonTransfersUCSD



Follow the Triton Transfer Hub on IG
@TritonTransfers



Join our Transfer Hub Discord Channel



Check out the Triton Transfers reddit
Check out the UCSD reddit



Subscribe to the Triton Transfers
YouTube Channel

TRANSFER ORGS AND CLUBS

- All Campus Transfer Association
- Discord Mega Doc
- Social Clubs and Orgs

FACEBOOK GROUPS

- UCSD Transfers 2023 (Class of 2025+)
- What's Happening @ UCSD
- UCSD Student Off Campus Housing
- UCSD Meme for Sleep Deprived Teens
- And many more!!!



Academic Support



ACADEMIC ADVISING

1. Virtual Advising Center (VAC): Connect online with your college's academic advising office.
2. Your college advisor will help you optimize your quarterly course schedule, help you select or change your major, and make sure you complete all college GE requirements and advance toward graduation.
3. Your department advisor will help you with major or minor requirements and help you select courses in that department. The department advisor can also help you with prerequisites, petitions, and degree checks, and can refer you to faculty members for research and career advice.

TUTORING

1. Teaching + Learning Commons: Provides free tutoring, writing support, and supplemental instruction
2. Office of Academic Support & Instructional Services (OASIS): Provides free tutoring, workshops, mentoring, and counseling to UC San Diego undergraduates (both individual and group support)

LIBRARY RESOURCES

1. UC San Diego Bookstore
2. Library: Find the hours, locations, and services of campus libraries
3. Library research guides: Find online sources and materials for almost any academic subject
4. Podcasts: Watch or listen to recorded lectures for some classes

Academic Support



Research Portal

1. Research Experience and Applied Learning (REAL) Portal
2. Undergraduate Research Hub: Find research opportunities in almost every major, and pursue your dreams of obtaining a medical or other advanced degree.
3. Faculty Mentor Program: For juniors and seniors preparing for graduate or professional school.
4. Library research guides: Find online sources and materials for almost any academic subject
5. Summer research opportunities: For graduate and undergraduate students, a wide range of opportunities, both on and off campus

Internships

1. Academic Internship Program: Apply your academic knowledge and skills in corporate and community settings while earning academic credit.
2. TRIO Outreach Program: Provides undergraduate students with part-time employment opportunities as peer college advisors and tutors at local high schools

Study Tips



ATTEND CLASS REGULARLY

Know your schedule and check emails for class updates. Know the dates for add/drop and grade change



CHECK CANVAS REGULARLY



KNOW YOUR SYLLABI

Use a planner or your google calendar to keep track of midterms and bigger assignments



SCHEDULE ENOUGH STUDY TIME



SEE IF YOUR DEPARTMENT OFFERS FREE TUTORING

T&L commons, OASIS, the Writing Hub are a few tutoring resources on campus



DO YOUR READINGS AND TAKE GOOD NOTES



GET TO KNOW YOUR PROFESSORS AND TAS

Go to office hours even if you don't need help



JOIN CLASS DISCORDS AND FIND A STUDY BUDDY!



TAKE BREAKS WHEN NEEDED

It's harder to study when you're tired!



SIMPLE SELF-CARE



Set up a morning routine

Some quotes to get the day started

- "With the new day comes new strength and new thoughts." —Eleanor Roosevelt
- "The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light." —S. Ajna

Try not to scroll on your phone right after waking up

Set up a to-do list for the day

You can write down your tasks...or enter tasks into your phone

Some apps:

- TickTick (for embedded calendars and timers)
- Habitica (for making doing things fun)
- Any.do (for people who forget to use to-do apps)

Some Apps to Help Increase Productivity

- IFTTT (If This Then That) (for automation)
- Cold Turkey (for those addicted to their phones)
- Forest (for those who like games)

Personal Sleep Hygiene




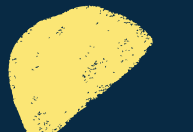

Shaping personal habits

- Have a moment to go outside and enjoy the fresh air
- Get regular exercise, even if for only 10 minutes
- Fix a bedtime and an awakening time
- Avoid caffeine and alcohol 4-6 hours before bed

Creating a sleep environment

- Only use your bed for sleep, sickness, and sex
- Eliminate as much light as possible
- Find comfortable bedding and a good temperature to keep the room well ventilated

Getting ready for bed

- Get into your favorite sleeping position
 - If you've been tossing and turning until 30 minutes has passed, get out of bed and do a relaxing activity (try light reading)
 - Try a light snack (avoid heavy carbs and meats)
- 
- 
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- 
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Easy and Affordable Recipes



★ CHANNELS ★

VOICE OVER IN ENGLISH

- American Food

VOICE OVER IN MANDARIN

- Mostly Chinese food with some
Indian and Italian (cc for Eng)
- Mostly Japanese

★ INDIVIDUAL RECIPES ★

Burger



Pizza



Curry

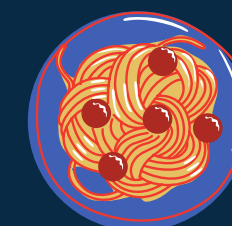


Shrimp



Tempura

Pasta



FOOD!!!

Channels

VOICE OVER IN ENGLISH

American Food



VOICE OVER IN MANDARIN

Mostly Chinese food with
some Indian and Italian

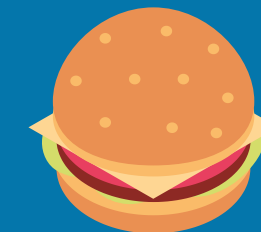
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*Individual
recipes*



Burger



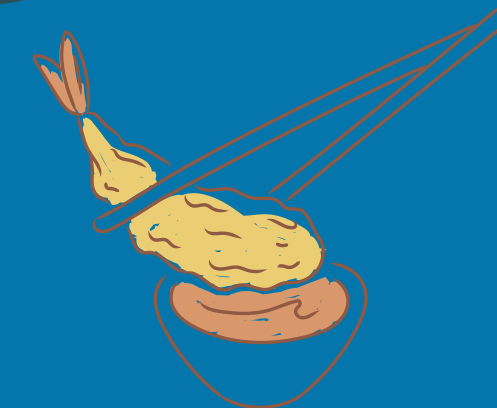
Pizza



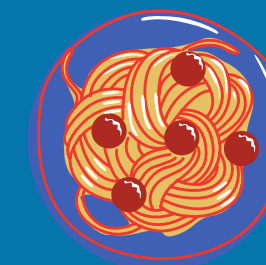
Curry



Shrimp Tempura



Pasta



Easy and Affordable Recipes



PODCASTS TO LISTEN TO



Crime and Mystery

- Rotten Mango
- Last Podcast On The Left
- Morbid
- Serial Killers

Lifestyle/Education

- Motivation Daily
- Hidden Brain
- How We Survive
- Stuff You Should Know
- TED Talks Daily
- Money Moves

Music

- Rolling Stone Music Now
- Mogul
- Dissect

Pop Culture

- The Brilliant Idiots
- Rich and Daily

Comedy

- Obsessed
- Nosy Neighbors

Sports

- Pardon My Take
- The Real Science of Sport

UCSD

- FYI- First Year Information
- The UCSD Guardian Footnotes
- Triton Talk
- Triton Tools and Tidbits

Most of these shows can be found on streaming services like Netflix, Amazon Prime, Disney+, Hulu, YouTube and Peacock!

*Peacock is a TV and movie streaming service that offers a FREE sign-up to watch certain content with ads. E.g. First two seasons of The Office are completely free to watch on Peacock.

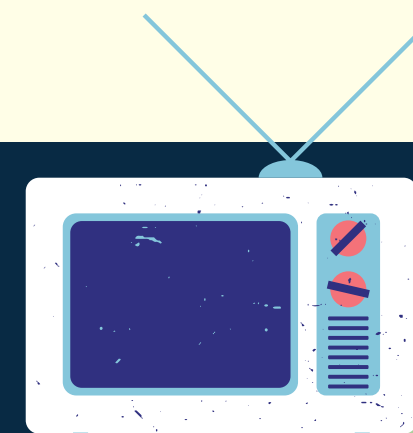
TV SHOWS

- Parks & Recreation
- The Office
- Arrested Development
- Wednesday
- The Flash
- Legends of Tomorrow
- Supernatural
- The Umbrella Academy
- The Witcher
- Money Heist
- The Boys
- A Series of Unfortunate Events
- Ginny & Georgia
- Jane The Virgin
- In The Dark
- Once Upon A Time

MOVIES

- Knives Out
- Inkheart
- Hidden Figures
- The Greatest Showman
- The First Time
- Minari
- Parasite
- Kingsman
- Now You See Me
- Game Night
- Snowpiercer
- American Ultra
- The Island
- Journey to the Center of the Earth
- Shrek

BingeWatchlist



K-DRAMA

- Business Proposal
- Extraordinary Attorney Woo
- Alchemy of Souls
- Love Struck in the City
- 18 Again
- I Picked Up A Celebrity on the Street
- Fight For My Way
- Part-Time Idol
- Hotel Del Luna
- Hogu's Love
- Moon Embracing the Sun
- My ID is Gangnam Beauty
- Squad 38
- Start-Up
- Goblin
- Korean Odyssey

ANIMATION

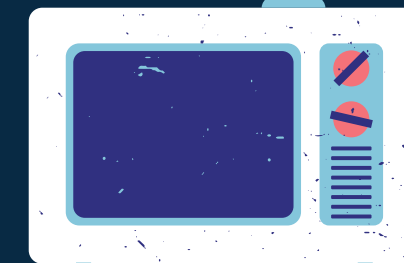
- Trollhunters: Tales of Arcadia
- Miraculous Ladybug
- The Good Dinosaur
- Big Hero 6: The Series
- Tangled: The Series
- Soul
- Summer Camp Island
- We Bare Bears
- Craig of the Creek
- Adventure Time
- Steven Universe
- Gravity Falls
- The Amazing World of Gumball
- Carmen Sandiego
- Hilda
- Glitch Techs

ANIME

- Horimiya
- Wotakoi: Love is Hard for an Otaku
- Given
- After the Rain
- Monthly Girls' Nozaki-kun
- Yuri!!! on Ice
- Rascal Does Not Dream of Bunny Girl Senpai
- InuYasha
- Maid-Sama!
- My Little Monster
- Barakamon
- Fruits Basket
- Banana Fish
- ReLIFE
- Dororo



BingeWatchlist

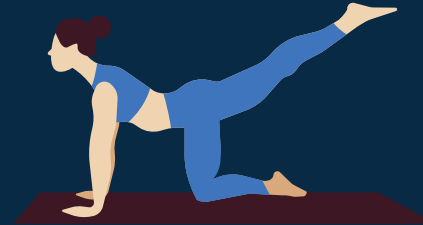


WORKOUTS



Body Stretch

- 10 MIN Morning Yoga Full Body Stretch
- 15 MIN Full Body Stretch | Daily Routine for Flexibility, Mobility & Relaxation
- 20 MIN Unwind 20 Min Full Body Stretch Routine
- 30 MIN BEGINNER FLEXIBILITY ROUTINE (Stretches for the Inflexible)



Arms

- 10 MIN TONE ARMS IN TEN MINUTES WORKOUT
- 10 MIN UPPER BODY WORKOUT – Back, Arms & Chest / No Equipment
- 15 MIN Arm Burnout
- 15 MIN Upper Body Workout



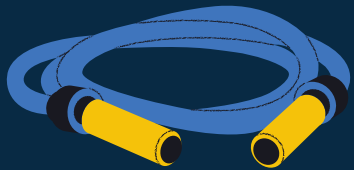
Legs

- 15 MIN At Home Leg/Butt/Thigh Workout
- 15 MIN Intense Leg and Booty Workout – NO Jumping and NO Equipment Needed!
- 15 MIN LEG WORKOUT
- 30 MIN Lower-Body Strength Workout



Cardio

- 10 MIN Very Sweaty Cardio Workout | HIIT at Home
- 15 MIN Low Impact Cardio
- 30 MIN HIIT Cardio Workout
- 30 MIN Apartment-Friendly Intense Full Body Workout



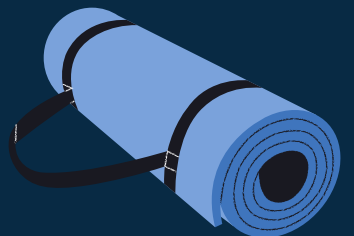
Abs

- 10 MIN LOWER ABS WORKOUT
- 10 MIN Standing Abs Workout
- 15 MIN Lower Abs & Obliques Focus
- 20 MIN Total Core/AB Workout (At Home No Equipment)



Yoga

- 10 MIN Wake Up Yoga – Morning Yoga Practice
- 10 MIN Stress Relief Yoga: A Relaxed & Calming Flow To Clear Your Mind
- 15 MIN Gentle Yoga Flow : Start Or End Your Day Perfectly
- 20 MIN Full Body Stretch/Yoga for Stress & Anxiety Relief



TRITON TRANSFER WORKOUT CHALLENGE



Monday

30 – Jumping jacks
15 – Lunges
20 – Bridges
20 – Squats
10 – Knee pull-ins
15 – Russian twists
20 – Crunches
10 – Seconds plank

Tuesday

35 – Jumping jacks
15 – Lunges
25 – Bridges
20 – Squats
15 – Knee pull-ins
20 – Russian twists
20 – Crunches
15 – Seconds plank

Wednesday

40 – Jumping jacks
20 – Lunges
25 – Bridges
25 – Squats
10 – Knee pull-ins
20 – Russian twists
20 – Crunches
20 – Seconds plank

Thursday

30 – Jumping jacks
25 – Lunges
25 – Bridges
30 – Squats
15 – Knee pull-ins
25 – Russian twists
25 – Crunches
25 – Seconds plank

Friday

30 – Jumping jacks
25 – Lunges
25 – Bridges
30 – Squats
10 – Knee pull-ins
25 – Russian twists
25 – Crunches
30 – Seconds plank

