A UCSD Resource Guide for
Students with Dependents

From the Resources for Students with Dependents Website as of 7/17/2023
Welcome UC San Diego Students with Dependents!

This University of California San Diego Students with Dependents guide is here to assist students, who may identify as a student parent, caregiver, and guardian, in navigating the resources available to them on and off campus.

While students with dependents have many responsibilities, The University of California San Diego supports your academic achievement amidst the unique challenges and additional responsibilities you face as a Student with Dependent(s).
Get Connected
with other Students with Dependents!

[Links]
- Official UCSD Students With Dependents Facebook Page
- Students Parents At UCSD Facebook group (student-run).
- Parents, Guardians & Caregivers Association - UC San Diego Facebook page
- UC San Diego: Students With Dependents Engagement Google Form
- UCSD Students With Dependents Instagram
If you are a UC San Diego student with dependents who is experiencing increased hardship surrounding financial security or in need of general resources, you are encouraged to complete this form.
Financial Aid Resources

- UCSD Financial Aid
  - To help cover budgets for child care, rent, and other expenses visit the Financial Aid & Scholarships Office website
  - Blue and Gold Opportunity Plan
- UCSD Medical Assistance Fund Offering
- Off Campus Financial Resources
  - San Diego County: General Relief

If you have any questions regarding financial aid, please contact the Financial Aid & Scholarships Office at finaid@ucsd.edu.
**Basic Needs Resources**

**Triton Food Pantry**
- In person pick up (by appointment) & DoorDash Delivery Service

**The Hub Basic Needs Center**
- The Hub
- Personal Hygiene
- Grocery Shuttle

**California Financial and Nutrition Resource Programs**
- CalFresh
  - UCSD CalFresh Assistance Form
- CalWorks
- WIC (Women, Infants, and Children)
Health Insurance Resources

**UCSD student Health Insurance Plan (UCSHIP)**
*automatically enrolls all registered students. If covered by another insurance, can opt out by applying for a Health Fee Waiver*

**UCSHIP health insurance for non-registered students and eligible dependents**

**Other insurance and nutrition resources**
- Medi-Cal
- Women, Infants, and Children Program (WIC)
Mental Health Resources

UCSD Counseling and Psychological Services (CAPS)
- Consultations
- Counseling or Psychiatric Services
- Groups, Workshops, & Forums
- Services for Graduate & Professional students

Additional Resources
- YMCA: Behavioral & Mental Health Services in San Diego
Pregnancy Resources

As an expecting parent there are many options for you:

- You may take a limited leave of absence, re-enroll part-time, and then come back to school full time.**
- You may also choose to remain in school full time, the entire time.
- At family housing you can always take summers off and remain in your apartment.
- Student-parents who live off campus can qualify for continuous reduced course load.**

**There are specific requirements for part-time and leave of absence eligibility and documentation is required, but please know there is an established support network here for you.

In addition, please visit our Women’s Center website for additional resources.

Finding Support

- Community
  - UCSD is home to many undergraduate and graduate students who have children
- Housing
  - Priority placement at Mesa Family Housing
- Financial Aid Resources
  - As an “independent”, according to FAFSA procedures, you may include “an unborn child that will be born before the end of the award year” on your FAFSA application.
- State and Federal Financial Resource Programs
  - CalFresh & CalWorks
- Health Insurance and Nutrition Resources
  - UC Student Health Insurance (UCSHIP)
  - NewMouth: Effects of Pregnancy on Oral Health
For lactation room access please fill out this form. See Lactation Facilities for a list of rooms currently available at UCSD, or visit UCSD Maplink and enter "lactation" in the search box.

On Campus Facilities

- For help obtaining workplace accommodation, contact:
  - Employee Relations, (858) 534-4115
  - Academic Personnel Services, (858) 534-0068
  - Ombuds Office, (858) 534-0777
- For general lactation help, contact Lactation Service, UC San Diego Health System, or see the San Diego Breastfeeding Coalition.
Family Housing

UC San Diego housing is available for:

- Full-time graduate and professional students (i.e., enrolled in 12 units or more throughout the lease term);
- Graduate, professional, and undergrad students with children;
- Full-time undergraduate student couples (enrolled in 12 units or more throughout the lease term); and
- Staff and faculty

Explore UC San Diego's different communities and amenities on HDH's graduate and family housing website.
Child Care

UCSD Child Care
*Full time for 3 months to 5 years old*
- Early Childhood Education Center

Additional Child Care Solutions
- List of Local Child care options
- San Diego Centralized Eligibility List
- YMCA Childcare Resource Service
Child Friendly Study Spot at UCSD

Available for UCSD student parents (including non-residents of Mesa Housing)

Location:
Mesa Housing's Family Friendly Study Lounge
9184 Regents Road, La Jolla, CA 92092

Features:
- white board
- comfortable spaces to gather, study, and socialize
- collection of puzzles, toys, play tables, and books

Hours:
Open 24 hours, 7 days a week with an access code
Family Recreational Activities & Home School Resources

**UCSD Recreation**
- Knock Around Summer Camps

**UCSD Junior Triton Club**
*An exclusive membership for children in eighth grade or younger designed to provide an engaging experience for young Tritons*

**Youth Camp & Family Activities**
- Birch Aquarium
- Box Office
- Youth Camps & Enrichment Programs
- PBS Kids Newsletter
- ArtsEducation @Home

**Home School Resources**
- California State PTA Resources
  - Your Home School Coach
  - Get Your Family into the Reading Habit
  - Make Learning Fun and Easy
  - Math Enrichment
If you are a student-parent who provides primary care for a minor dependent you may be eligible for priority enrollment.

The program is intended to alleviate complications related to scheduling conflicts between parental responsibilities and UC San Diego classes and course work. To be eligible:

- Your status as a parent must be verified through UC San Diego's Financial Aid & Scholarships Office using information from the Free Application for Federal Student Aid (FAFSA). If you have not yet completed the FAFSA, do so as soon as possible at fafsa.ed.gov. Allow several weeks for the Financial Aid & Scholarships Office to receive the information from the central processor.

- We ask that you explain how priority enrollment status will assist you in your (a) Academic Success (b) Personal and Family Wellbeing. This is done on the priority enrollment request form that will be sent to eligible students in October of each year from the Financial Aid & Scholarships Office.
Part Time & Leave Options

We all need a break sometimes to help us reach our goals! Part-time and leave/withdrawal options will help you organize your life and move towards graduation.

Undergraduate Student-Parents

"Family responsibilities" are one of the approved reasons for part-time status. Documentation and college approval is required. Check the Part-Time Study page for complete details.

Graduate Student-Parents

"Family responsibilities" are one of the approved reasons for half-time status. Petitions are available from your graduate coordinator.

Check these office's websites for the full policies regarding part-time study and leave of absence: Registrar's Office, Graduate Division, and Housing.
The Triton Transfer Hub provides personal academic and professional support to transfer students from the moment you hit accept to your graduation day! For when you have questions big or small - we’ve got your back!

Meet with a peer coach today!

location: Pepper Canyon Hall, Room 261 & online