

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

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SANTA BARBARA • SANTA CRUZ

ACTIVITIES PLANNING CENTER

SANTA BARBARA, CALIFORNIA 93106

September 9, 1985

Dr. Walter Capps  
Professor  
Religious Studies Department

Dear Dr. Capps :

Thank you for agreeing to be a presenter in the Life Transitions Series. Your workshop entitled "Reevaluating Family Values, Mores, and Religion" is scheduled for Tuesday, October 8th, 6:00 p.m. to 7:30 p.m. in UCen Pavilion C. A representative of the planning group will be there to introduce your presentation and to distribute and collect evaluations.

We look forward to your presentation and feel assured that it will contribute to the success of the series. If you have any questions, please call me at x2099.

Sincerely,

A handwritten signature in cursive script that reads "Conrad Sieber".

Conrad Sieber  
Graduate Intern

*Heather Bond*



# TRANSITIONS

OCTOBER  
7 8 9 10 & 11th

A free five-day lecture/workshop/film series, focusing on the challenges of change. Join us in considering the risk and excitement of change, as well as the fear and hard work involved in making any major transition. Learn how to strengthen personal resourcefulness through dealing with the process of change.

Co-sponsored by:  
Activities Planning Center  
A.S. Program Board  
Counseling and Career Services  
Educational Opportunity Program  
Residence Hall Association  
and Residential Life

- DAY 1**
- WILL YOU RISK SUCCESS?**  
Considerations For Reentry Students  
12:00-1:00PM  
Women's Center  
"What am I doing here? Did I make a mistake?"  
Share the joys and concerns involved in returning or transferring to UCSB.  
Regina Fletcher, Academic Advisor, College of Letters & Science  
Margareth Annschild, Director, Women's Center
- YOUR FIRST YEARS AT UCSB**  
6:00-7:30PM  
UCen 3  
"Is it fun or is it crazy?"  
Learn how to make the most of this new experience.  
Yonie Harris, Director, Orientation Program
- DAY 2**
- DIFFERENT FOLKS FOR DIFFERENT STROKES**  
12:00-1:00PM  
UCen 1  
"Who are these people?"  
Explore differences in dress, culture, language, religion: they can be surprising and also enriching.  
Maria Elena Arriero, Counselor, Educational Opportunity Program
- CHANGING SEX ROLES: Relationships & Expectations**  
3:30-5:00PM  
UCen PAV C  
"How do changes in sex roles affect me and my relationships?"  
Learn about changing sex roles and how they can affect relationships.  
Sabina White, Director, Health Education, Student Health
- REEVALUATING FAMILY VALUES, MORES AND RELIGION**  
6:00-7:30PM  
UCen PAV C  
"Can I talk to my parents about my new ideas?"  
Find ways to understand the questioning that may arise during college years.  
Walter Capps, Professor of Religious Studies
- DAY 3**
- CHANGING MAJORS: MAJOR CHANGES?**  
12:00-1:00PM  
UCen PAV C  
"Is this really the major I want?"  
Learn ways to gather information about yourself to use in making decisions about your major.  
Dennis Nord, Coordinator of Career Planning  
Counseling and Career Services
- RISKING IT!**  
6:30-8:00PM  
UCen 1  
"Can I really do it?"  
Discover how to decide when to take a risk and what you may gain from doing so.  
Patty Aijian, Director of Housing, Residential Life
- DAY 4**
- STRESS MANAGEMENT WORKSHOP**  
12:00-1:00PM  
UCen 3  
"Am I stressed out?"  
Identify stress and unhealthy coping strategies, learn how to develop a positive approach to stress management.  
Jack Rivas, Academic Advisor, College of Letters & Science
- BEGINNING & DEEPENING RELATIONSHIPS**  
3:30-5:00PM  
UCen 2  
"How can I make this work?"  
Explore ways to increase intimacy and deal with misunderstandings and conflict in relationships.  
Jane Carlise, Coordinator of Consultation, Counseling & Career Services
- REBUILDING: When Your Relationship Ends**  
6:00-7:30PM  
UCen 1  
"I didn't expect to feel this way."  
Find ways to cope with grief, anger, loneliness, and how to go in new directions for the future.  
Conrad Sieber, Graduate Intern, Activities Planning Center  
Toni Navarro, Graduate Intern, Educational Opportunity Program
- DAY 5**
- THE GRADUATE: What Next?**  
12:00-1:00PM  
UCen 3  
"Now what do I do?"  
Get new ideas about this transition with its uncertainties, possibilities, and many life choices.  
Kyle Hoffman, Director of Student Relations, Alumni Association
- GROWING UP AND OLDER: Our Parents, Grandparents, Ourselves**  
3:30-5:00PM  
UCen 2  
"They are changing too."  
Learn what to expect and how to cope with the changes that come with time.  
Cathy Dougher, Counseling Psychologist, Counseling & Career Services

**1**

**FREE FILM**  
(*Breaking Away*)  
3:00PM UCen 3

**FREE FILM**  
(*Tootsie*)  
7:45PM UCen PAV

**2**

**FREE FILM**  
(*A Soldier's Story*)  
7:45PM UCen PAV C

**3**

**FREE FILM**  
(*Places in the Heart*)  
3:30PM UCen 2

**4**

**FREE FILM**  
(*Four Seasons*)  
1:15PM UCen 2

**5**

**FREE FILM**  
(*On Golden Pond*)  
1:15PM UCen 2

**FREE FILM**  
(2010)  
8:30PM UCen PAV