RECLAIMING EXISTENCE: WHAT CAN WE LEARN FROM THE 60s?
BY DANIEL CASTANEDA

Despite the constant images of hippies, marijuana, and free love, the 1960s were far more complex than what has been depicted in popular culture. The decade was a period of reevaluation of social structures that had been accepted and unchallenged since the post-war period. Overall, there was a need for Americans, as a whole, to reclaim their existence and refuse to be passive in an increasingly chaotic society. Essentially, Americans could no longer accept the status quo and had to acknowledge the horrors of the reality that surrounded them. The status quo, which had been reinforced for so long, suddenly faced the mobilization of multiple groups. Indeed, the rise of students, women, people of color, young soldiers, and hippies meant that large swaths of people within American society were not pleased with the state of affairs in their nation. It was clear that acceptance and acquiescence were ineffective and would never lead to change. Thus, each of these groups articulated values of agency because a window had opened for change and if they did not take it, they recognized that they might not have the hope of change for a long time or would pay more in the future. Additionally, Americans began to recognize that the awfulness of reality needed to be faced and, if possible, eliminated. Images and stories of the civil rights violence, the bitter cold war, the brutal actions in Vietnam, and the crisis of identity in women could no longer be disregarded and posed serious existential questions.

Could anything be done about the injustice that existed? For each of these groups, the only hope was action and reclaiming one’s existence. By claiming responsibility to acknowledge reality and contributing to the development of a better nation and world, every American had a part in adjusting the status quo and reckoning with the unpleasantness of reality.

The 1960s served as a period of maturation for Americans who had been raised to accept notions of American exceptionalism and viewed their nation as a hero. Crises throughout the decade ultimately forced citizens to consider flaws in their country and become more self-aware. While this can be viewed as a disappointment, clearly diverse movements were empowered to react and refuse to be defeated by
great obstacles. Furthermore, in 2018, with the resurgence of American populism and civil unrest, the study of this period will continue to be more important as fissures begin to become more apparent and citizens actively reject the status quo. One can only hope, as in the 1960s, that people will accept their role as contributors to the development of American society and refuse to be steamrolled into complacency.

For Further Reading:
- Civil Rights -
  https://www.africa.upenn.edu/Articles_Gen/Letter_Birmingham.html
- Students for a Democratic Society -
  http://www.sds-1960s.org/
- Young Americans for Freedom -
- Vietnam War – The Things They Carried
  by Tim O’Brien
- Women’s Movement – The Feminine Mystique by Betty Friedan
- LGBTQ Rights – Stonewall Riots
- Resources

TIPS FOR UPPERCLASSMEN: PLANNING YOUR BEST JUNIOR AND SENIOR YEAR!

BY SIERRA ANDREW

As the year wraps up, it is easy to check out from school and focus on all the fun you are about to have this summer break. For those of you entering your third, fourth, or fifth year, you should start preparing your next steps and establish ways to get there. Now that you got your general education requirements and partying out of the way, here are a few tips on how to plan for your best junior and senior year!

Raise Your GPA: 4.0s aren’t the most important thing, but good ones help. If you would like to attend graduate school, be mindful that most programs require at least a 3.0, if not 3.5 GPA requirement. To ensure your competitiveness, master your upper-division requirements with B and A grades. If you are not planning to attend graduate school it might be tempting to swear off the importance of a GPA, but don’t! Continue to create academic goals for yourself. This keeps things fresh and allows you to maximize your learning experience.

Get at least one internship: As the job market becomes saturated, college graduates are being asked to carry work experience along with their Bachelor’s. Internships can be completed during any quarter depending on your class schedule and can even be transferred as course credit in some cases! Though summer internship applications are mostly past due, some applications are still open. Many federal and local government departments offer internships for inexperienced college students. By creating an account with USAjobs, you can have access to thousands of government employee vacancies across the country, including part-time or summer student-employee positions.

REGISTER TO VOTE

Your voice is your voice! Make sure it counts this election season (June - Nov.)
Please see the following for deadlines:
  - May 21st: Deadline to register for primaries
  - June 5th: State Primary Elections
  - November 6th: Midterm Elections

For more additional resources and information, please visit vote.ucr.edu!
**Take Care of Your Health:** Improving your health is beneficial to your self-image and confidence. While you still have access to a large recreational center on campus, get out of your comfort zone and strive for fitness. Visit the Glen Mor Market and take advantage of all the vegan and vegetarian food options. Now is a great time to take control of your health.

**If you want to be a professional, get your head start by dressing like one:** Comfy pajamas and athleisure make for perfect 8am lecture attire, but for the average working American, they are not realistic. Start practicing dressing habits that will translate into your professional life once you leave the university setting. Take your personal style to the next level. Discover which colors compliment you the best and rock your favorite cuts and fabrics. If you want to go far, it starts with how you present yourself. A compliment can quickly turn into a networking opportunity.

**Maintain relationships with faculty and staff who have been by your side:** In life, some people get rewarded simply by knowing the right person. Use this to your advantage instead of seeing this a deficit. Maintain relationships with your mentors and pushers. They care about you enough if they took the time to answer your questions, respond to your emails, and get to know your personal life. Plenty of faculty and staff members are willing to guide students through college academically and socially. Display endless gratitude to them all!

**Be a mentor:** Reach out to other students. This is so vital to our success as a people. Get to know the classes before and after you. Volunteer with high schools to prepare them for young adulthood. Each one teach one is a great mentality to have. Be the help that you did or didn’t receive growing up. Have patience and realize that you were once in that person’s shoes.

**Stay on top of the graduate school process:** If your career path requires additional schooling, make sure you take time to map out where you want to be spending the next 2-10 years of your life after undergrad. Make time to visit new campuses and receive information about graduate programs. Cultivate professional connections with professors and administrators at your desired institution. Don’t forget to take the GRE, MCAT, LSAT, or CBEST etc. while you still have access to discounted examination preparation courses at the ARC.

Two years, or even twelve months, may seem far ahead to most people. In reality, this amount of time in college can feel like a nanosecond. Use the last two years of your undergraduate career to develop yourself professionally so that you are prepared for life beyond university.
Simple Ways to Care for Your Mental Health

ALYSIA BURBIDGE

The average college student is faced with a plethora of daily stressors, such as relationship issues, academic pressure, financial burdens, poor self-image, and employment searches. Considering the busy schedules and the social expectations of early adulthood, it's no wonder that college students often struggle to find the time and means to nurture their mental health. However, improving or protecting your mental health is not as daunting of a task as it may seem to be. In honor of Mental Health Awareness Month, here are four things you can do for your mental health.

Do something new. Make an effort to work new experiences into your routine. Breaking up the monotony can have a real positive impact on your mental health. So, take that road trip you've been wanting to take or order something different at your favorite restaurant. Changing up your schedule and treating yourself is healthy and revitalizing.

Try healthier eating habits. By this, I do not mean a diet. Rather, try incorporating healthier choices into your everyday life. For example, try drinking at least one glass of water with every meal. Also try to add vitamin-rich foods to your recipes, such as spinach (high in calcium) and tuna (high in Vitamin D). Staying hydrated and getting sufficient vitamins helps fight against fatigue, memory loss, and even depression. Your mind and body will thank you.

Trade “I’m sorry” for “thank you.” Do you find yourself constantly apologizing to others, whether it be for your mood, something you said, or a genuine mistake? If so, then try saying “thank you” instead. Saying thank you shows your loved ones and friends that you appreciate their support and it stops you from focusing on the negative. It is a way to start accepting and giving more love and positivity in your relationships!

Make that appointment. While the above suggestions are great supplements to a mental health care plan, they are not substitutes for professional health. Mental health can be affected by social, cognitive, and biological influences - the brain is a complex organ. While scheduling a counseling appointment may seem daunting or too difficult, the payoff is enormous. The UCR Counseling and Psychological Services is a convenient and free resource for all students. Their phone number is 951-827-5531 and their website is counseling.ucr.edu. If you need to speak to someone after typical office hours, their phone number doubles as a 24-hour hotline.
Our mission as the Campus Apartment Resident Association (CARA) is to support and progress the interests of the campus apartment residents. During our meetings, we plan programs and discuss facility proposals as we aim to enhance the living experience of a community of well-rounded and enthusiastic residents.

Getting involved can be as easy as attending general meetings and being a voice for your community. This is a great opportunity to receive valuable skills and experience, while meeting and interacting with fellow members in the community.

For the Spring Quarter of 2018, we meet on Mondays from 7:30pm to 8:30pm at the Falkirk Pool House.

CARA ELECTIONS for 2018-2019
May 21, 2018 at 7:30pm | Falkirk Pool House

Listed below are the available positions.

Executive President (1)
- Lead the Executive Cabinet (Community Presidents and Vice Presidents)
- Create an agenda and conduct all executive meetings
- Supervise the collection and distribution of CARA funds in accordance with the CARA Constitution and bylaws
- Schedule one-on-ones with the Executive Cabinet to go over goals for the quarter

*Resident must currently be living in a campus apartment.

Community Presidents (5)
- Represent the interests, needs, and opinions of your assigned community
- Promote submission of program proposals and facility requests
- Attend weekly general and executive meetings

*Resident must currently be living in the community that they want to represent. There is one community president for Bannockburn, Oban, Falkirk, Plaza, and Stonehaven.

Vice President of Administration & Finance (1)
- Take meeting minutes for weekly general and executive meetings
- Collect receipts from programs and keep the CARA budget up-to-date

Vice President of Marketing & Communication (1)
- Create contents for social media
- Assists the Community Presidents in preparation for programs and events through flyer designs and poster making.

If you have additional questions or are interested in applying, please email Selina at ssarg001@ucr.edu
Calendar of Events
*Please note that the times and locations may change*

**Common Sense Cooking**
Learn about cooking and fire safety.
Glen Mor I Building Lobby
5/1/18 @ 7:00 PM.

**Decorating Graduation Caps**
A program for residents to decorate graduation caps.
Glen Mor A Building Lobby
5/2/18 @ 7:30 PM

**Stay clean with good hygiene!**
Come join us to learn about good hygiene habits and make your own soap!
Glen Mor D203
5/2/18 @ 8:00 PM

**Bystander Intervention Training by The WELL**
Learn what bystander behavior is and the skills for intervening in problematic situations that may involve alcohol or other drugs, assault or violence, eating disorders, etc.
Stonehaven Lobby
5/2/18 @ 7:00 PM

**Financial Planning Night**
Learn about various aspects of financial wellness through an interactive presentation.
Falkirk Pool House
5/2/18 @ 7:30 PM

**Your piece of the puzzle**
Make an inspirational poster composed of mini puzzle pieces.
Falkirk Pool House
5/2/18 @ 6:00 PM

**Don't Be Puzzled!**
A program focused on destress where we will have puzzles and more!
Glen Mor Third Floor of D Building
5/17/18 @ 8:00 PM

**Nutritional Tips: Cooking Class**
Participate in a cooking class & learn about Nutrition!
Glen Mor C-001
5/22/18 @ 7:00 PM

**Sextacular!**
Come play a fun sex education game and enjoy free wings!
Falkirk Pool House
5/23/18 @ 7:00 PM

**A Mid-Summer Night's Job**
Have you wanted to get a summer job? Learn how to prepare with us and the Career Center!
Stonehaven Lobby
5/24/18 @ 7:00 PM

**DIY Embroidered Shirts**
Embroider your own shirts.
Falkirk Pool House
5/30/18 @ 6:00 PM

**Memory Makers**
Come make a journal for your memories!
Glen Mor J315
5/30/18 @ 6:30 PM

**Don't Throw in the Towel**
Teach residents tactics to finish out the quarter strong.
Glen Mor M Building Study Room
5/31/18 @ 8:00 PM
**Breakfast and Morning Affirmations**
Let’s talk about food insecurity and local food resources.
Glen Mor Building I Lobby
5/3/18 @ 8:00 AM

**Mental Health Awareness**
Come learn about mental health hosted by the Well!
Glen Mor C-001
5/3/18 @ 6:00 PM

**Don’t Be Mean! Be Tote-Ally Green!**
Residents will come learn about the negative effects of plastic on the environment.
Stonehaven Lobby
5/3/18 @ 7:00 PM

**Soccer Field Day**
Come Out & Show Off Your Soccer Skills!
Glen Mor Fields
5/5/18 @ 11:00 AM

**Health and Fitness Trivia**
Trivia: Health and Fitness Edition to learn more about how to live a healthier lifestyle.
Glen Mor A Building Lobby
5/8/18 @ 8:30 PM

**What You Donut Want to Know About Caffeine**
Learn the truth about caffeine and its effects on your body.
Glen Mor I Building Lobby
5/8/18 @ 6:30 PM

**Canvas Painting: Mother’s Day Edition**
Stop by E building to create a canvas painting as a wonderful gift for Mother's Day!
Glen Mor E Building - 3rd Floor Terrace
5/8/18 @ 5:00 PM

**Glow Mor Glen Mor**
Come learn how to make your skin glow with face masks, DIY lip scrubs and more!
Glen Mor J315
5/8/18 @ 6:30 PM

**Let’s Taco-Bout Sex**
Sex educational talk with the Well
Glen Mor Building G Study Lounge
5/8/18 @ 6:30 PM

**DIY T-Shirt Pillows!**
Come make your own T-shirt pillow!
Falkirk Pool House
5/9/18 @ 7:00 PM

**FLOAT Your Way into the World of Networking**
Come learn about LinkedIn and enjoy a root beer float!
Glen Mor F604
5/9/18 @ 7:00 PM

**Deal or No Deal**
Residents learn about careers by playing a game.
Falkirk Pool House
5/9/18 @ 6:00 PM

**Young, Dumb, and Broke**
Let’s talk about finance literacy and student debt.
Glen Mor Building I Lobby
5/10/18 @ 7:00 PM

**Sex BINGO!**
Join E Building in an exciting game of bingo to learn about safe sex and receive a chance to win crazy sex toy prizes!
Glen Mor E Building 3rd Floor Lounge
5/14/18 @ 6:00 PM

**If You Don’t Snooze, You Lose**
Join us to learn about the importance of sleep and decorate your own pillowcase!
Glen Mor L Study Lounge
5/17/18 @ 7:00 PM