Welcome!

For those of you who are balancing Cal and parenting, I'd like to extend a warm welcome from a network of student parents with children ranging in age from newborn babies to "kids" who are also going to college...and everything in between! We're looking forward to answering questions and sharing our experiences in support of your transition to, and success at Berkeley.

Sincerely,

Ginelle Perez
Student Parent Programs & Services
Director
Student Parent Welcome Picnic
Ocean View Park
900 Buchannan Street
Albany, CA 94706
11:00 A.M. – 4:00 P.M.

RSVP by August 24th at:
http://tinyurl.com/sparrwelcomepicnic2013

Student Parent Programs and Services, the Student Parent Association for Recruitment & Retention (SPARR), and the Berkeley Student Parent Alumni Network (BSPAN) invite you to enjoy an afternoon at the park.

This is a great opportunity for you to meet current and incoming student parents, as well as student parents who have taken leadership roles through SPARR. This is also a chance for you to get to know the staff that will be facilitating your courses and working with you throughout your journey at Cal.

Plus, don’t miss the opportunity to ask alumni’s any questions regarding graduate school and their professional experiences.

Bring the family and a side dish to share!
Step 1: Independent Verification
Your initial offer probably says it's conditional, pending verification. You didn't make any mistakes, it's a routine step in the process for independent students, and the only paper form you will ever get in the mail from Cal! You can return this form by fax or mail. Basically, you'll need a copy of your 2012 tax return, or if you did not need to file, there's a box to check (ignore the fact that it says "I and/or my spouse" it also applies if you are single/unmarried). You'll be asked to list your household members and to establish who you provide support to (50% or more). If you are a parent but didn't claim your child on your taxes (or don't file) that's okay, just use the explanation boxes to describe your situation. And be sure to put zeros in any box that you don't have any income! You can also include childcare expenses on this form if you know what they will be from August 2013-May 2014. If you don't know yet, that's OK, that can be added to your budget at a later date.

Step 2: The Standard Student Budget and Making Adjustments
Once you're "verified" you'll get an initial offer based on a "standard student budget", of grants or loans available to you to meet that budget amount, with the balance of the budgeted costs covered by a "student/family contribution." (Many of you may have a zero student contribution). A number of things can still be done at this point to adjust your financial aid, and the forms you'd need to do that are located at: http://students.berkeley.edu/finaid/undergraduates/forms.htm If your income (or a spouse's income) will be changing, for example if you reduce or end your employment to come to Cal, you can file a Student Contribution Appeal Form to project what you income will be from August 2013-May 2014.

If your costs are higher than the "standard" budget level, (for example your rent or commute costs), these higher expenses can be added to your budget by filing a standard Budget Appeal form. If you live in family housing your budget for rent will be adjusted automatically by September.

If you have allowable one-time expenses that are not included in the initial standard budget, (for example moving expenses to relocate to Cal or a computer purchase), save those receipts for a standard budget appeal in the fall.

If you have "family related" expenses (for example for children's food, clothing) that are not included in a standard student budget and you also meet specific low-income requirements, you will be able to add a family related expenses budget addendum to your regular budget appeal. That form "student parent addendum" is available at Student Parent Programs & Services. Staff and interns there can go over all of these situations in more detail...and you can even fax your appeals to the Financial Aid Office from the student parent program fax machine. You have time to do this. A budget appeal can be submitted once per academic year, although unexpected expenses can be added in an addendum to your original appeal. They are accepted up until early-mid April 2014.

In general increasing your budget amount will give you access to increased loan and/or work study, as Berkeley will give you all available grant and scholarship funds in your initial offer, including up to
8,600 (4,300 each semester) for a Student Parent Grant (only available at Cal!). But if you have outside scholarships or grants that you are "bringing" with you to Cal, you'll need to make room in your budget, so that your other aid isn't offset by those funds. So, building a bigger budget for financial aid purposes is good to do as soon as the forms are available.

### Step 3: Figuring Out How Long You Will Have Aid

Typically, you will have 3 years of financial aid eligibility as a transfer student, and 5 years as a new freshman. Summer is not exactly a semester at Berkeley (there are 5 different length summer sessions, and they are fee-based and open to anyone who wants to enroll), but if you enroll in the summer session it will count as a 1/2 year of your 3 years of eligibility. So, one way to look understand this is if you are enrolled in Fall / Spring / Summer in an academic year that equals 1 year. And if you are enrolled in only two semesters (Fall/Spring or Spring/Summer that also equals 1 year of eligibility. Here's a link to explain financial aid eligibility: [http://students.berkeley.edu/financialaid/undergraduates/sap.htm](http://students.berkeley.edu/financialaid/undergraduates/sap.htm)

### Step 4: Understanding Summer Financial Aid

Summer session financial aid isn't something you apply for, if you have completed a FAFSA for both 2012-13 and 2013-14, no later than May 2013, and enroll in a total of 6 units across any of the sessions, your fees should be paid by financial aid. Any additional funding for living expenses will come from any available Pell grants and unused loan eligibility, as well as a student parent grant of up to 3,000 if you're eligible. If you want to obtain summer financial aid to attend summer session be sure to: 1.) Complete both the 2012-13 and 2013-14 FAFSAs no later than mid May, 2014, ensuring that UC Berkeley’s federal school code (001312) is listed on both and 2.) Indicate that you are interested in summer financial aid by checking the "Yes" box on the Summer Financial Aid Request screen on MyFinAid no later than May 2014. Be sure to check this web site info to understand more about how summer aid works! [http://students.berkeley.edu/financialaid/undergraduates/types_summer-aid.htm](http://students.berkeley.edu/financialaid/undergraduates/types_summer-aid.htm)

### Step 5: Reduced Course Loads

Student parents can request a reduced course load in L&S ([http://lsadvise.berkeley.edu/FP/fp.html](http://lsadvise.berkeley.edu/FP/fp.html)) and the CNR ([http://nature.berkeley.edu/site/r eq_forms.php](http://nature.berkeley.edu/site/r eq_forms.php)), based on family responsibilities, (and for other reasons, like employment) and often do so, especially in the first transitional semester. Other colleges do not have a formal policy, but do approve a reduced course schedule on a case-by-case basis. So less than 13 units in L &S, or less than 12 units in the other Colleges require a reduced course load approval before the end of the 5th week of classes. You don't need to decide this question prior to the start of a semester. You can enroll and attend classes for several weeks to gauge the workload at Berkeley compared to your community college (or high school) classes. In most instances you will retain the same level of financial aid grants, but the sources may change a bit (some grants are pro-rated, but will be replaced by other grants that do not require full time enrollment). This policy can also provide a way for students to reduce to half time (6 units) due to pregnancy and/or new parenthood, and at this point in time, full financial aid eligibility is still possible. In general, continued financial aid eligibility requires completion of 24 units in each academic year (Fall/Spring and Summer) so a lower course load one semester can be made up in the following semester.
Incoming fall freshmen and transfer students with families who meet the following criteria are guaranteed to receive a Family Student Housing (FSH) apartment offer:

“Student must be married, domestic partnered, or single parent(s) with full or joint custody of child(ren) who resides in FSH at least 50% of the year. Students must submit their Statement of Intent to Register (SIR) by the Registrar’s deadline Student must be flexible with their housing preferences and preferred move-in date.”

University-owned family housing is for students with dependents (married and not married, domestic partners and single parents, students with other legal dependents).

Housing Locations

Family housing is located in University Village in the City of Albany (with bus service to campus). Families are eligible to enroll in Albany Schools, which include pre-school, elementary school, after-school programs and a Teen center. The University's Early Childhood Education Program has one of its sites located in the Village (UVA-Maples 1 & 2).

Cost!

The amount of University Village rent can be initially shocking, but it does include all utilities, including internet and cable. AC Bus passes to campus are free, and a free parking space at your apartment is included. Your financial aid "need" can be adjusted to include the full cost of rent/mortgage/utilities if you are the only adult with income (otherwise it is assumed rent is equally shared among all adults on the lease...but this too can be appealed!). Student parents with need-based financial aid will receive an $8,600 student parent grant (unique to Berkeley!) which is released to your CARs Account in 10 monthly installments of $860, which, if you are living in University Housing, will be applied to your monthly rent bill.

And for anyone who has a (portable) Section 8 housing voucher, it is accepted by Family Housing, and you can contact the Housing Assignments office for details of how to implement a transfer of Section 8 subsidy.

Family housing deadline:
Applications are accepted on an on-going basis.

You can indicate a preferred move-in date anytime between now and the start of the semester, depending on your current housing obligations. You'll also be asked for a $25 application fee, which can be waived if you are Pell eligible. Contact the Student Parent Programs & Services for more information on obtaining this waiver. You will also be asked for first month's rent and a $250 deposit, but if that isn't something you have on hand, you can request that the first month's rent be paid from your financial aid award.

Note: if you need to start the process of school enrollment ahead of your intended or actual move in date, you can request a letter from the assignments office when you sign your lease, to confirm your residency status for school enrollment.

Continued on pg. 6
University Family Housing Continued…

The Housing Assignments Office
2610 Channing Way
Berkeley, CA 94720-2272
(510) 642-4109

If you are looking for housing alternatives other than University Housing, both Craigslist and Cal Rentals are the primary sources of housing listings.

https://calrentals.housing.berkeley.edu/

http://sfbay.craigslist.org/

Find out more details at:

http://www.housing.berkeley.edu/livingatcal/studentsfamilies.html

http://universityvillage.berkeley.edu/

Join the Student Parent Recruitment & Retention Facebook family under:

UCB Student Parent Association for Recruitment & Retention (SPARR)

This site hosts a safe environment for student parent information & resources. It is also an online student parent community that assists with questions about successfully balancing academia and parenting.

Meet ASUC Representative

Solomon Nwoche

Dear Student Parent community and friends,

My name is Solomon Nwoche and I am your ASUC representative. I encourage you to please visit my website at http://iccommonsense.com for information regarding key issues and how to get involve.

Furthermore, I am here if you have any concerns about life on campus and am open to any ideas for student parent inclusion on the Cal campus. Please do not hesitate to say hi if you see me around.

Sincerely,

Solomon Nwoche
# Student Parent Food Donations

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<td><strong>Whole Foods Market:</strong> Available after 9AM in the UC Village patio at: 650 Ohlone Ave, Apt 528</td>
<td><strong>CheeseBoard Bread:</strong> Available after 6:30PM in the UC Village patio at: 755 Ohlone Ave, Apt 778</td>
<td><strong>CheeseBoard Bread:</strong> Available after 6:30PM in the UC Village patio at: 755 Ohlone Ave, Apt 778</td>
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<td><strong>CheeseBoard Bread &amp; Pizza:</strong> Available after 8PM in the UC Village patio at: 755 Ohlone Ave, Apt 778</td>
<td><strong>CheeseBoard Pizza:</strong> Available after 8PM in the UC Village patio at: 755 Ohlone Ave, Apt 778</td>
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**Bear Pantry**

The Bear Pantry at Berkeley
Email: thebearpantry@berkeley.edu
Coordinator: Koko Molder
(510) 526-8505 ext. 251

Bear pantry provides a 2-week supply of nutritious food and a $25 gift card to purchase perishable items like milk and produce.

To qualify, students must have dependent(s) and receive tuition assistance.

Bins are available at the UC Village and at the Student Parent Program

- For pick up at the village contact: Koko Mulder, Bear Pantry Coordinator
- For pick up on campus contact: The Student Parent Program
This is the most complicated of the areas you'll need to work out, and we can confer with you individually about whether you can qualify for various kinds of subsidized childcare options (State funded, Headstart, CalWORKs, local voucher/alternative payment programs). We have the relevant forms at the Student Parent Office and can go over/help provide the documentation you'll need to submit them (like a summary of your financial aid income and proof of enrollment/hours of class and study time). It would be good to get your applications in NOW even if you are placed on a wait list, and no later than the end of May! So I urge you to consult with student parent staff if you are looking for/applying to subsidized childcare programs. A lot of decisions about the number of places which will be available each Fall are contingent on State and Federal budget decisions!

If you are not in a position to qualify for subsidized childcare (or if you find yourself on a long wait list), here are two other resources to connect with in looking for childcare options:

**The Berkeley Parents Network** list serve was started a number of years ago by a graduate student at Cal, and now covers a bay area wide membership and includes multiple weekly postings covering Schools, Pre-schools, Camps and Childcare as well as a Marketplace (including free stuff) and Parenting Advice. Check out past postings at http://parents.berkeley.edu/ and subscribe at http://parents.berkeley.edu/subscribers.html

**Bananas** is the Child Care Resource and Referral (R&R) Agency for northern Alameda County...and all counties in California have one (or more) R&R agencies (sometimes called 4C's Community Coordinated Child Care) Bananas is located in Berkeley not far from campus and you'll find their services listed at http://www.bananasinc.org

**UC Programs**

**UC Affiliated Headstart:**
The University has partnered with the Berkeley-Albany YMCA Headstart Program to provide a subsidized Infant/Toddler program near University Family Housing. If you go to the Headstart Office they will tell you that you can't apply and/or that the wait list is long... but the Headstart Center in the Village is for UC students only (unless the spots aren't filled)... so the best way to apply is to contact the Student Parent Programs & Services at studentparents@berkeley.edu and schedule an appointment with a Head Start Student Assistant to get help with completing the application. But if you have an infant, you may need to look for a back up plan!
UC Early Childhood Education Program (ECEP):
If you are applying to the University sponsored Early Childhood Education Program, spaces start being assigned in mid-May, so apply now! The applications can be downloaded at:
http://www.housing.berkeley.edu/child/SUBSIDIZED_APP.pdf and you can call or email Student Parent Programs & Services staff with any questions you have about the documentation needed to complete the application.

If you don’t yet know what your income will be, you should be able to access a conditional financial aid offer letter at MyFinAid, to attach to the application. Also if you do have to apply after the deadline, indicate you are a newly admitted transfer student.

The University of California Early Childhood Education Program is open Monday through Friday with varied hours of operation ranging from 7:45 a.m. to 5:30 p.m. It offers childcare to children ages 12 months to 5 years old (specific toddler age range may depend on applicant pool). Children entering in the fall semester must be within this age range as of the first day of regular University instruction. A limited number of subsidized spaces are available for UC Berkeley students who meet need and income eligibility requirements set by the California Department of Education.

Income eligibility is based on family size and total family's monthly gross income. If total family's monthly gross income is equal or less than the income ceiling below, the child care rate may range from $0 - $19.20 per day. Please refer to the California Department of Education Income Ceilings at http://www.cde.ca.gov/sp/cd/ci/mb1106.asp for to verify if you are income eligible. Note that both the income ceiling and fee range are expected to change effective July 2011.

* Need criteria require that both parents must be occupied outside of home during the day in verifiable employment, education or training, or eligible as stated below.

Eligibility for UC Childcare
- At least one parent is a registered UC Berkeley Student
- Second parent may be in any of the following:
  a) Working
  b) Education or vocational training leading directly to a recognized trade, paraprofession, or profession
  c) Actively seeking employment
  d) Parent is incapacitated because of medical or psychiatric special needs
  e) Homeless and seeking permanent housing

Workout your childcare is probably going to be a tough process, but hang in there and always ask us for help if you need it! ✨
THE NEW SHIP NOW INCLUDES DEPENDENT HEALTH INSURANCE

We're still asking questions and getting more details about costs, but here are links to explore this new option:
http://www.uhs.berkeley.edu/students/insurance/BenefitsDependents.shtml

NEW PLAN ANNOUNCEMENT
To be eligible for the dependent coverage you must also be enrolled in the student insurance plan.

University Health Services, Tang Center is proud to announce its participation in the new 2011-12 University of California Student Health Insurance Plan (UC SHIP), a system-wide insurance plan covering more than 130,000 University of California students. This new plan enhances the already outstanding student health benefits offered at Cal by reducing out-of-pocket costs, providing a dependent plan option for children and spouses/domestic partners of enrolled students, and creating administrative efficiencies for the University of California system.

The current service providers will remain the same (Anthem Blue Cross for medical, Delta Dental for dental, and UC Berkeley School of Optometry for vision), which will make the transition to the new plan seamless for students continuing SHIP for the next academic year. See more plan details here:

WAIVING SHIP: If you want to waive enrollment in SHIP, to save the costs, remember it is paid for by a financial aid grant if you are income eligible for need-based grants.

If you waive out of SHIP (by meeting the requirements for comparable insurance coverage by July 15th) the grant is rescinded... so if you have a grant for health insurance in your award, you aren't "saving" any money by waiving the insurance. Learn more about the online waiver application by visiting

http://uhs.berkeley.edu/ShouldIWaive.

Waiver applications must be submitted each year you are a student at Cal. However it can get tricky if you have more than one health plan (like Medi-cal for example) as each provider wants the other to cover costs as the primary insurer. Want more info? Visit:

http://uhs.berkeley.edu/ship

Or call the insurance office at (510) 642-5700.

Here is a recent workshop provided by the Student Health Insurance Office that may be useful in sorting out the options and requirements:

http://uhs.berkeley.edu/students/insurance/pdf/Health%20Insurance%202011-2012%20Spring%202011.pdf.
STUDENT PARENT FALL COURSES

**Education 98/198: Once Upon a University: An Orientation Course for Student Parents**
2 units P/NP  
Instructor and Course Coordinator: [Ginelle Perez](mailto:Ginelle.Perez@calstatela.edu)

The goal of this class is to create a supportive learning community in which to master the unique challenges experienced by parents who new to Cal and/or new to parenting. The course is designed to provide timely information, an understanding of financial aid resources, academic tips and shared strategies for balancing course load expectations with parenting imperatives. Course content is developed with student input, and includes class presentations, guest speakers, facilitated discussions, creative homework assignments (involving your children!) and hands-on class exercises.

198 Sec 8  Fridays  11-12:30   CCN: 23869  
98 Sec 8  Fridays  11-12:30   CCN: 23614

**Education 98/198: Beyond The Village**
2 units P/NP  
Instructor and Course Coordinator: [Ginelle Perez/Sharron O’Connor](mailto:Ginelle.Perez@calstatela.edu)

The goal of this course is to provide students who also have children to plan for and support, with greater access to resources for career exploration, graduate school prep, resume development, internship opportunities, and prep for job search and employer interviews.

198 Sec 7    Thurs.   11-12:30   CCN 23866  
98 Sec 7  Thurs.  11-12:30   CCN: 23611

**Education 98/198: It Takes a Village: Building Learning Communities for New & Expecting Student Parents**
2 units P/NP  
Instructor and Course Coordinator: [Ginelle Perez](mailto:Ginelle.Perez@calstatela.edu)

The goal of this course is to provide essential information and resources, and supportive learning community for new and expecting student parents at CAL. Throughout the semester the focus of the class will be geared towards balancing academia and being a new parent through avenues such as: academic planning, time management and stress reduction. Students will attend 5 mandatory classes in person and commit to a weekly 1hour and 30 minutes online check-in with the course coordinator.  
*The online check-in will be scheduled based on each individual student’s schedule.*

198 Sec 6    Wed.  11-12:30   CCN: 23863  
98 Sec 6   Wed.  11-12:30   CCN: 23608

**Social Welfare 97/197: Service Learning Internships**
1-3 units P/NP  
Contact us for more information

To apply for intern units, pick up an application at Student Parent Center. SW Internships provide an opportunity for students to participate in student parent-focused community service, both on campus and within the community. Please come by the Student Parent Center for more information.

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**TRANSFERRING, MAINTAINING, OR APPLYING FOR BENEFITS WHILE AT CAL**

**CalWORKs? Medi-cal? Food stamps? Do you need to transition other benefits or to document your continued eligibility while at Cal?**

The Student Parent Programs & Services can serve as your source of documentation for CalWORKs, Medi-Cal, Section 8, Food stamps by providing income verification, training program certification, monthly progress reports, subsidized child care verification, internships to meet work requirements and referrals and advocacy for transfer or continuation of benefit eligibility. Just let us know! ✈️
Welcome to Cal, and don't hesitate to contact Student Parent Programs & Services if you need additional information, or could use the experience of fellow student parents in navigating your way around all the forms, applications, campus departments and community resources you encounter as a student parent at Cal!

Sincerely,

Student Parent Programs & Services

Student Parent Program & Services
Transfer, Reentry & Student Parent Center
University of California, Berkeley
100 Cesar Chavez
(510) 643-5729
studentparents@berkeley.edu