University Apartments Newsletter

January 2015

Winter Eligibility

Are you eligible for housing? Eligibility verification is conducted every quarter. In order to reside in University Apartments, you must be enrolled as a full-time student, medical intern or resident. Postdoctoral and Visiting Graduate Researchers appointees must have a current appointment contract with the Graduate Division.

An e-mail will be sent to the resident if eligibility cannot be established. We will begin Winter Eligibility checks on Wednesday January 21, 2015. Here are some important reminders:

- If you are taking a Leave of Absence please make sure you bring a copy of your LOA form approved by the Chair of your department. Only one LOA is allowed per academic year in order to remain eligible.
- If you graduated, or are no longer affiliated with UCLA, or are about to exceed the maximum stay of seven years, please go online and fill out a 30-60 days Notice of Intent to Vacate ASAP, www.housing.ucla.edu/myhousing.
- If you have any questions regarding eligibility guidelines go to www.housing.ucla.edu/uahandbook
- Feel free to contact your Resident Services Coordinators: Xochilt Ortiz: xortiz@ha.ucla.edu Walleska Barreto: wbarreto@ha.ucla.edu

There are No Pets allowed in University Apartments

The animals you see in or around the community are approved service or therapy animals. Owners of these animals must be approved through the university prior to moving into University Apartments.

If you have or need one of these animals, please be sure you obtain approval prior to bringing animals to the complex. Otherwise unauthorized animals will be required to be removed from the property immediately.

For more information please go to the Office for Students with Disabilities website at http://www.osd.ucla.edu.
Martin Luther King, Jr. Day
January 19, 2015

Martin Luther King, Jr. Day is a United States federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act, though the act predated the establishment of Martin Luther King, Jr. Day by fifteen years. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law.

2015 New Year's Housing Resolutions

This year pledge to avoid costly fees that can damper any budget:
- Avoid lockouts, [especially costly ones after midnight (1st incident $20), (2nd $40), (3rd $60)]
- Avoid losing apartment keycard (replacement charge $35)
- Avoid losing mailbox keys (replacement charge $45)
- Pay rent on time ($25.00 late fee after the 10th of the month)

Filing 2014 Tax Returns

Please note: University Apartments complexes are exempt from state property taxes and residents cannot claim “renters’ credit” on their tax returns.

Happy Filing

Spotlight on... Managing Stress

The Four A’s to managing stress in your life: Avoid, Alter, Adapt & Accept.

Avoid the stressor
- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list

Alter the stressor
- Express your feelings, don’t bottle them up

Adapt to the stressor
- Reframe problems in a more positive light
- Look at the big picture
- Adjust your standards
- Focus on the positive

Accept the stressor
- Don’t try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

Make time for fun and relaxation
- Go for a walk
- Spend time in nature
- Get a massage
- Curl up with a good book
- Take a yoga class

Tips taken from:
http://helpguide.org/topics/stress.htm