**CARE for the Community: Campus Assault Resources and Education**

By: Zabie Khorakiwala M.Ed, Violence Prevention Coordinator

The UCI Campus Assault Resources and Education (CARE) Office supports the goal of providing an educational environment free from violence and discrimination. Guided by the values of respect for diversity, human rights and community responsibility, the CARE office provides comprehensive programs to serve those affected by sexual assault, relationship abuse and stalking. CARE offers counseling, advocacy, prevention education, leadership and training opportunities, while working closely with the community on collaborative response and policy development.

**Why should I call CARE?**

* I may have been sexually assaulted
* I need help in supporting a survivor of sexual assault, dating and domestic violence, or stalking
* I'm not sure if my relationship is healthy
* I would like to request a workshop for my group
* I want to become a leader and support others

At UCI, we are working towards developing a campus culture where students look out for one another as well as hold each other accountable. It is pivotal that students have the tools necessary to be positive and active bystanders in the moment that something harmful can be prevented. Each of us who witness a potentially harmful situation are faced with the choice to take action. We all have the ability to do something or do nothing.

UCI is committed to providing the tools that will allow bystanders to step up and intervene in whatever way they can. When deciding how to intervene, here are a few tangible tips. These strategies are called the "3 D's:"

**Direct.** You may feel comfortable taking a direct approach to intervening. This means directly approaching the abuser or the victim and having a candid conversation to remove the potential victim from the situation to ensure his/her safety. It is always essential to consider safety when taking the direct approach. Never choose this approach if it compromises your own safety or the safety of others around you.

**Examples of statements:**
* * "I'm heading out and I am taking her home. She's had a lot to drink."  
* "It concerns me that he/she is always showing up unexpectedly and constantly texting you. I'm not sure what is going on, but I wanted to tell you about some places on campus that might help if you need anything."

**Distract.** This strategy entails interrupting a situation that could potentially become violent. Examples include: creating a commotion, spilling a drink, telling the abuser their car is getting towed, etc. This means anything you can do to immediately distract from the situation to prevent violence from occurring.

**Examples of statements:**
* "Your car is being towed, you should go check that out."
* "Your friends have been looking everywhere for you. I told them as soon as I saw you I'd take you over to them."

**Delegate.** When you do not feel safe approaching the situation independently, you can always delegate to others. You can defer to another friend, call the police, make an anonymous phone call, or text a friend. There is nothing wrong with asking someone else for help.

**Examples of statements:**
* Make an anonymous phone call to campus police describing the situation
* "I don't think he knows him and he seems really intoxicated. Why don't you find his friends to get him out of here?"
* "There is a couple fighting outside and I saw that you came here with them. Could you go check-in with them to make sure everything is okay?"

Violence is not tolerated at UCI. It is up to each of us to work together to keep our community safe. The most important thing you can do for your peers is to intervene. Choose a way to intervene that works best for you.

Questions? Call us. (949) 824-7273. We are always here to support you.

The office is located on the 3rd Floor of the Student Center in Suite G320.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
WINTER QUARTER EVENTS AND HIGHLIGHTS:
Career Fest

“
A society grows great when old men plant trees whose shade they know they shall never sit in.” — Greek proverb

“Social Ecology Exclusive”

CAREER CENTER SERVICES

Stop by the Career Center (across from Starbucks) to...

- Have your resume reviewed
- Participate in a Practice Interview
- Attend a workshop
- Utilize ZotLink to locate internships and jobs

www.career.uci.edu
Get Ahead!

1. Attend a Field Study Information Session at least two quarters prior to applying. *These workshops are typically presented during the first three weeks of the academic quarter.

2. Meet with a community partner when they are on campus. Social Ecology hosts quarterly Field Study Meet and Greets. The next one is April 11 at 3:00-6:00 p.m. in SBSG 1517. For a slide show of the Fall 2011 event go to: http://album.pspanfare.com/slideshow.aspx?w=1&d=1.3&w=2qstLIP&a_id=5337420.

3. Attend Social Ecology and Career Center workshops as well as Career Panels. Don’t wait until the quarter before field study. Start your research early!

Take advantage of Field Study Director’s office hours on Tuesdays, 1:30-3:30 p.m. in Social Ecology Student Services, 102 Social Ecology I.

The Law Offices of Adrienne D. Cohen

The Law Offices of Adrienne D. Cohen was the winner of the 2010 Social Ecology Exemplary New Field Study Site award. Ms. Cohen was recognized for her mentoring of field study students.

Two of Ms. Cohen’s previous Field Study interns—and now employed members of the firm—Chris Seide and Tatiana Czerwiak, tell us about their experiences working for Ms. Cohen.

Why was Field Study valuable for you?

Tatiana: Field study allowed me to dive hands-on into the world I’d only been learning about in the classroom. It was my first exposure to working in the legal field, and I loved that I could learn from mentors in the field as well as apply the tools I learned in my classes to my internship.

Chris: Field Study was valuable for me because it was my first experience working in a law firm. The program provided a unique opportunity to gain real world experience in an area I was interested in. More importantly, it opened doors into businesses, organizations and law firms that undergraduate students wouldn’t normally have access to. Due to the strategic relationships that Ms. Vikander [Field Study Director] had established, talking with the firms and businesses was a much simpler process and those firms and businesses were very willing to have us work with them. Additionally, I was able to hone my writing skills and produce a writing sample that I was able to use in my application to law school.

Advice for students who are researching Field Study?

Chris: Work with your Professor and TA as they are there to help. Make the most out of your field study experience. Producing a quality writing sample will be important for anyone that is interested in pursuing a graduate degree. Furthermore, spend the time and come up with a solid plan prior to beginning your research so that you are able to conduct meaningful research.

How different was it working in a law firm, compared to simply taking classes on law? What were the differences?

Chris: You are able to see how the theories and court cases that you read about apply in the real world. Working in a law firm helps you understand how lawyers think, act, operate, and conduct themselves in client meetings as well as in the court room.

Tatiana: I learned to differentiate amongst different court documents and I also learned the basics of what the legal field and what being a full-time attorney is like. I attended mediations, depositions and OC Bar Association Meetings. I learned how to calendar court appearances, how to respond professionally to correspondence, and how to interview with ease.

If you could re-do your Field Study experience, would you choose to do so? Why or why not?

Tatiana: YES! I loved Field Study! The opportunity to get out of the classroom and into the working field you want once you graduate is THE reason I became a Social Ecology major. No other school offers this unique experience, and I can’t stop sharing my positive outcome with students going through the process.

We’d like to thank Tatiana and Chris for their contribution and time. Chris can be contacted at chris.seide@gmail.com.

Field Study Tips!

Through hearing Chris and Tatiana’s experiences, it is apparent that field study is beyond a degree requirement. It is an opportunity, a BIG opportunity! It’s up to you to make the most of it. Read “Get Ahead” on ways to get started on your BIG opportunity.

By: Alison Vu, Field Study Intern
When you return from studying abroad and you have filled out the necessary petition forms, drop off the forms with class syllabi at our front desk in the Student Services Office. Be sure to deliver all forms and syllabi, even if the classes were not related to Social Ecology. For example, you are a Psychology and Social Behavior major, but you took an Art History class for General Education and need the class petitioned—you may still drop it at our office.

Thinking about making that 30 minute appointment? Be sure to come prepared with your notepad filled with questions and space for your answers. Our counselors are here to help you and answer any questions you may have. Questions typically range from career decisions to preparing for graduate school or even academic probation. Any of these topics or others are always welcome. Feel free to ask about double majoring or minoring as well. If you are planning to study abroad and you have course descriptions of classes, feel free to bring them in and have a counselor go over them with you.

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If you don’t know if the 30 minute appointment is for you, visit our Peer Advisors during drop-in hours. They are a great resource because they provide the student insight. Any time during your conversation, the Peer Advisor might recommend that you make an advanced appointment if you need further assistance.