

# UCLA True Bruin Traditions Keeper

Listed below are the True Bruin Traditions. Use this sheet to keep track of every tradition that you have completed, but don't forget to keep proof of your completion of that tradition (i.e. pictures, videos, ticket stubs, etc.). As a student that entered UCLA as a **first-year**, you are required to **complete 75 traditions** in order to become a True Bruin Traditions Keeper. Good luck!

## Academics

- Meet with a departmental advisor
- Meet with your College/School advisor
- Attend Orientation Part 2
- Participate in a Common Book Discussion
- Attend a research consultation in Powell Library
- Study at Late Night Powell
- Attend a My Last Lecture
- Attend Major Blast
- Take a Fiat Lux course
- Take a University Studies course
- Participate in a Student Research Project
- Attend a professor's office hours/meet with a professor
- Plan a group study session/ utilize a Powell or YRL Study Room
- Complete a General Education Cluster
- Participate in the College Summer Institute (CSI)
- Participate in the Freshman/Transfer Summer Program (FSP/TSP)

## Art/Culture/Food

- Attend a movie world premiere in Westwood
- Visit the Fowler Museum, Hammer Museum, or Getty Center
- Attend a Campus Events Commission Free Sneak, Movie, Concert or Speaker Series
- Attend a show at Freud Playhouse
- Attend an event sponsored by the Center for the Art of Performance
- Participate in or attend a student cultural night
- Visit Diddy Riese
- Participate in Dinners for 12 Strangers
- Swipe a friend in for a meal together
- Participate in or attend a student exhibit
- Visit the UCLA or Westwood Village Farmers Market
- Participate in or attend the UCLA Edible Book Festival
- Participate in Study Abroad/Travey Study
- Attend a floor/house program in the Residence Halls
- Attend the UCLA Pow Wow
- Visit the UCLA Clothesline Project

## Athletics

- Attend a UCLA Football game
- Attend a UCLA Basketball game
- Attend a USC rivalry game
- Attend a Women's sporting event
- Attend a Fall sporting event (other than Football and Men's Basketball)
- Attend a Winter sporting event (other than Men's Basketball)
- Attend a Spring sporting event
- Attend an away game for any UCLA sport
- Visit the UCLA Athletics Hall of Fame at the JD Morgan Center
- Take a picture with the Victory Bell
- Tailgate at the Rose Bowl
- Join the Den
- Attend a playoff or championship game for any sport



## Campus Highlights

- Take a stroll through the Sculpture Garden
- Find the turtles in the Botanical Garden
- Watch a show at the UCLA Planetarium
- Rub the Bruin Bear's paw for luck
- Participate in a Department of Psychology study
- Visit the dinosaur fossils in the Geology Building
- Take a picture with the John Wooden statue
- Attend the Chancellor's Office Hours
- Take a selfie in front of Royce Hall
- Take a selfie in front of your favorite campus location

## Create Your Own

- Create your own tradition for you and your friends to participate in while at UCLA!

## Campus Leadership

- Get involved in any of the following student groups/campus departments:
- AAP (Peer Counselor or Volunteer)
  - BruinWoods (Camp Counselor)
  - Bruin Leaders Project
  - Community Service Office (CSO) or Emergency Medical Technician (EMT)
  - Greek Life (leadership in house, IFC/Panhellenic, etc.)
  - Honors Societies
  - New Student & Transition Programs (New Student Advisor)
  - Center for Accessible Education (Note Taker, Volunteer, etc.)
  - Pediatric AIDS Coalition
  - Residential Life (Resident Assistant, Hill Government Representative, Move-in Assistant, etc.)
  - Resilience Peer Network
  - Student Alumni Association
  - Student Media (Daily Bruin, Bruin Life, magazines, UCLA Radio)
  - Undergraduate Admission (Bruin Ambassadors, Campus Tours, Cub Tours)
  - Undergraduate Student Association Council (USAC)
  - UniCamp (Camp Counselor)
  - Volunteer Center (Task Manager, Site Manager, Project Manager)

### Career

- Visit the Career Center
- Sign up for a BruinView account
- Join the UCLA Alumni LinkedIn group
- Participate in the UCLA Alumni Mentor Program
- Attend a career building workshop
- Have your resume critiqued through a Career Center workshop
- Attend a career networking night
- Attend a campus job fair
- Complete an internship

### Healthy Living

- Attend a drop-in Meditation session
- Attend a Mindful Music event
- Visit the Medicinal Herb Garden at the Ronald Reagan Medical Center
- Take a nap in one of the locations on the UCLA Nap Map
- Rent a bicycle from the UCLA Bike Shop
- Participate in GRIT peer-to-peer coaching
- Attend a Healthy Campus Initiative pod meeting
- Visit a Breathe Well table and win a prize
- Attend a "Science & Food UCLA" lecture series event

### Personal Achievements

- Finish a "Daily Bruin" crossword puzzle
- Write a response to a Daily Bruin article and have it published
- Take a photo in cap and gown for Bruin Life yearbook
- Receive the Chancellor's Service Award
- Become a finalist or receive the True Bruin Distinguished Senior Award
- Declare candidacy for graduation
- Graduate with Latin Honors
- Graduate with Department Honors
- Graduate with College Honors
- Make the Dean's List for a quarter

### UCLA Spirit

- Become "Bruintized"
- Attend the "Welcome to Bruin Life" event
- Attend the "CHAMPED UP: UCLA Athletics Welcome" event
- Obtain a UCLA license plate frame
- Attend/perform in Spring Sing
- Attend the Beat 'SC Bonfire and Rally
- Attend Bruin Bash
- Participate in 8-Clap Heard Around the World
- Take a picture with Joe or Josie Bruin
- Participate in "Fan Friday"
- Donate to the UCLA Fund
- Join the UCLA Marching Band or Color Guard
- Participate in the Transfer T-Shirt Exchange

### Volunteer

- Participate/volunteer in Bruin Day
- Participate in Volunteer Day
- Participate in Dance Marathon
- Sign up for a One Bus, One Cause opportunity
- Donate canned food during "I Heart UCLA Week"
- Donate food and supplies to the UCLA Food Closet
- Donate blood at/or flyer on Bruin Walk for the UCLA Blood and Platelet Center
- Volunteer with a student-initiated outreach program at the Community Programs Office
- Participate in the UCLA Relay for Life
- Volunteer at the UCLA Medical Center
- Glean excess farmer's market produce with Food Forward
- Volunteer in the Teaching Kitchen Project

### Clubs/Organizations

- Join a club or organization
- Flyer on Bruin Walk for a club or organization
- Visit the Enormous Activities Fair
- Attend a USAC Open Meeting
- Attend a social event held by a campus club/organization
- Attend a Dashew Center event
- Participate in an activity or event held by an academic club or group

### Recreation/Outdoors

- Relax at Sunset Canyon Recreation Center
- Take a recreation class through the John Wooden Center
- Participate in an IM sport
- Walk/run the perimeter of campus or take a self-guided campus tour
- Visit the UCLA Marina Aquatic Center in Marina Del Rey
- Watch a noon concert in Bruin Plaza

Once you have completed your traditions, please bring this form and all supporting documentation to 201 Covell Commons no later than April 30 of your graduating year for verification.

Name: \_\_\_\_\_

Student ID Number: \_\_\_\_\_

Email Address: \_\_\_\_\_