### 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.). Students who entered UCLA as a first-year are required to complete 75 traditions in order to become a True Bruin Traditions Keeper. **Good luck!**

<table>
<thead>
<tr>
<th>Academics</th>
<th>Art/Culture/Food</th>
<th>Athletics</th>
<th>Campus Highlights</th>
<th>Campus Leadership</th>
</tr>
</thead>
</table>
| - Meet with a departmental advisor  
- Attend Orientation Part 2  
- Meet with your College/School advisor  
- Participate in a Common Experience event  
- 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  
- Complete a General Education Cluster  
- 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 Young Research Library (YRL) Study Room  
- Participate in the Freshman/Transfer Summer Program (FSP/TSP)  
- Take a course in Summer Sessions  
- Participate in a Study Abroad program | - 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 into a dining hall for a meal together  
- Participate in or attend a student exhibit  
- Visit the UCLA or Westwood Village Farmers Market  
- Attend a floor/house program in the Residence Halls  
- Attend the UCLA Pow Wow  
- Visit the UCLA Clothesline Project  
- Attend a TEDxUCLA event | - Attend a UCLA Football game  
- Attend a UCLA Basketball game  
- Attend a USC rivalry game  
- Visit the UCLA Athletics Hall of Fame at the JD Morgan Center  
- Take a picture with the Victory Bell  
- Attend a Women’s sporting event  
- Tailgate at the Rose Bowl  
- 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  
- Attend a playoff or championship game for any sport  
- Join the Den | - 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  
- Take a selfie in front of Royce Hall  
- Take a selfie in front of your favorite campus location | - Get involved in any of the following student groups/campus departments:  
- AAP (Peer Counselor or Volunteer)  
- BruinWoods (Camp Counselor)  
- Bruin Leaders Project  
- Emergency Medical Technician (EMT) or Community Service Office (CSO)  
- Fraternity & Sorority Life (chapter leadership, IFC/Panhellenic, etc.)  
- Center for Accessible Education (Note Taker, Volunteer, etc.)  
- New Student & Transition Programs (New Student Advisor)  
- 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) |

**UCLA TRUE BRUIN TRADITIONS KEEPER**

You can download the free True Bruin Traditions Keeper app from the Apple App Store to help keep track of your progress. (Currently, the app is only available for Apple products.)

newstudents.ucla.edu
<table>
<thead>
<tr>
<th>Career</th>
<th>Healthy Living</th>
<th>Personal Achievements</th>
<th>UCLA Spirit</th>
<th>Volunteer</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Join UCLA ONE</td>
<td>☐ Attend a drop-in Meditation session</td>
<td>☐ Finish a Daily Bruin crossword puzzle</td>
<td>☐ Become “Bruintized”</td>
<td>☐ Participate in Volunteer Day</td>
</tr>
<tr>
<td>☐ Visit the Career Center</td>
<td>☐ Attend a Mindful Music event</td>
<td>☐ Write a response to a Daily Bruin article and have it published</td>
<td>☐ Attend the “Welcome to Bruin Life” event</td>
<td>☐ Participate/volunteer in Bruin Day</td>
</tr>
<tr>
<td>☐ Join the UCLA Alumni LinkedIn group</td>
<td>☐ Visit the Medicinal Herb Garden at the Ronald Reagan Medical Center</td>
<td>☐ Take a photo in cap and gown for Bruin Life (UCLA’s yearbook)</td>
<td>☐ Attend the “CHAMPED UP: UCLA Athletics Welcome” event</td>
<td>☐ Participate in Dance Marathon</td>
</tr>
<tr>
<td>☐ Participate in the UCLA Alumni Mentor Program</td>
<td>☐ Take a nap in one of the locations on the UCLA Nap Map</td>
<td>☐ Become a recipient of the Chancellor’s Service Award</td>
<td>☐ Attend the Beat ‘SC Bonfire and Rally</td>
<td>☐ Sign up for a One Bus, One Cause opportunity</td>
</tr>
<tr>
<td>☐ Attend a career building workshop</td>
<td>☐ Participate in GRIT peer-to-peer coaching</td>
<td>☐ Become a finalist or recipient of the True Bruin Distinguished Senior Award</td>
<td>☐ Attend Bruin Bash</td>
<td>☐ Donate canned food during “I Heart UCLA Week”</td>
</tr>
<tr>
<td>☐ Have your resume critiqued through a Career Center workshop</td>
<td>☐ Attend a Healthy Campus Initiative pod meeting</td>
<td>☐ Declare candidacy for graduation</td>
<td>☐ Participate in 8-Clap Heard Around the World</td>
<td>☐ Donate food and supplies to the UCLA Food Closet</td>
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<tr>
<td>☐ Attend a career networking night</td>
<td>☐ Nominate a Bruin who helped a student in crisis for True Bruins R.A.I.S.E. recognition</td>
<td>☐ Make the Dean’s List</td>
<td>☐ Take a picture with Joe or Josie Bruin</td>
<td>☐ Donate blood or flyer for the UCLA Blood and Platelet Center</td>
</tr>
<tr>
<td>☐ Attend a campus job fair</td>
<td>☐ Attend a “Science &amp; Food UCLA” lecture series event</td>
<td>☐ Graduate with Department Honors</td>
<td>☐ Participate in “Fan Friday”</td>
<td>☐ Volunteer with a student-initiated outreach program at the Community Programs Office</td>
</tr>
<tr>
<td>☐ Complete an internship</td>
<td>☐ Apply for an HCI Student Grant</td>
<td>☐ Graduate with College Honors</td>
<td>☐ Donate to UCLA</td>
<td>☐ Volunteer at the UCLA Medical Center</td>
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<tr>
<td>☐ Participate in the Bruin Development Academy</td>
<td>☐ Attend a program through UCLA RISE</td>
<td>☐ Graduate with Latin Honors</td>
<td>☐ Obtain a UCLA license plate frame</td>
<td>☐ Participate in the UCLA Relay for Life</td>
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<tr>
<td>☐ Participate in the Sharpe Fellows Program</td>
<td>☐ Attend a wellness workshop at UCLA Counseling &amp; Psychological Services (CAPS)</td>
<td>☐ Relax at Sunset Canyon Recreation Center</td>
<td>☐ Join the UCLA Marching Band, Color Guard, or Spirit Squad</td>
<td>☐ Glean excess farmer’s market produce with Food Forward</td>
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<tr>
<td>☐ Participate in the Social Enterprise Academy</td>
<td>☐ Attend the Healthy Campus Initiative Celebration event in Spring</td>
<td>☐ Take a recreation class through the John Wooden Center</td>
<td>☐ Participate in the Transfer T-Shirt Exchange</td>
<td>☐ Volunteer in the Teaching Kitchen Project</td>
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<tr>
<td>☐ Attend a drop-in Meditation session</td>
<td>☐ Participate in GRIT peer-to-peer coaching</td>
<td>☐ Watch a noon concert in Bruin Plaza</td>
<td>☐ Participate in “Carpe Noctem” at New Student Orientation</td>
<td>☐ Donate hair to Locks of Love</td>
</tr>
<tr>
<td>☐ Attend a Mindful Music event</td>
<td>☐ Attend an IM sport</td>
<td>☐ Visit the UCLA Marina Aquatic Center in Marina Del Rey</td>
<td>☐ Attend a “UCLA Geek Week” event</td>
<td>☐ Create your own tradition for you and your friends to participate in while at UCLA!</td>
</tr>
<tr>
<td>☐ Visit the Medicinal Herb Garden at the Ronald Reagan Medical Center</td>
<td>☐ Walk/run the perimeter of campus or take a self-guided campus tour</td>
<td>☐ Participate in Volunteer Day</td>
<td>☐ Submit a design for the “UCLA T-Shirt Design Contest”</td>
<td>☐ Create your own tradition for you and your friends to participate in while at UCLA!</td>
</tr>
</tbody>
</table>

Once you have completed your traditions, please bring this form and all supporting documentation to 201 Covel Commons no later than May 1 of your graduating year for verification.

Name: __________________________
Student ID Number: __________________________
Email Address: __________________________