

# 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!**

Academics	Art/Culture/Food	Athletics	Campus Highlights	Campus Leadership
<input type="checkbox"/> Meet with a departmental advisor <input type="checkbox"/> Attend Orientation Part 2 <input type="checkbox"/> Meet with your College/School advisor <input type="checkbox"/> Participate in a Common Experience event <input type="checkbox"/> Attend a research consultation in Powell Library <input type="checkbox"/> Study at Late Night Powell <input type="checkbox"/> Attend a My Last Lecture <input type="checkbox"/> Attend Major Blast <input type="checkbox"/> Take a Fiat Lux course <input type="checkbox"/> Complete a General Education Cluster <input type="checkbox"/> Participate in a Student Research Project <input type="checkbox"/> Attend a professor's office hours/meet with a professor <input type="checkbox"/> Plan a group study session/utilize a Powell or Young Research Library (YRL) Study Room <input type="checkbox"/> Participate in the Freshman/Transfer Summer Program (FSP/TSP) <input type="checkbox"/> Take a course in Summer Sessions <input type="checkbox"/> Participate in a Study Abroad program	<input type="checkbox"/> Attend a movie world premiere in Westwood <input type="checkbox"/> Visit the Fowler Museum, Hammer Museum, or Getty Center <input type="checkbox"/> Attend a Campus Events Commission Free Sneak, Movie, Concert or Speaker Series <input type="checkbox"/> Attend a show at Freud Playhouse <input type="checkbox"/> Attend an event sponsored by the Center for the Art of Performance <input type="checkbox"/> Participate in or attend a student cultural night <input type="checkbox"/> Visit Diddy Riese <input type="checkbox"/> Participate in Dinners for 12 Strangers <input type="checkbox"/> Swipe a friend into a dining hall for a meal together <input type="checkbox"/> Participate in or attend a student exhibit <input type="checkbox"/> Visit the UCLA or Westwood Village Farmers Market <input type="checkbox"/> Attend a floor/house program in the Residence Halls <input type="checkbox"/> Attend the UCLA Pow Wow <input type="checkbox"/> Visit the UCLA Clothesline Project <input type="checkbox"/> Attend a TEDxUCLA event	<input type="checkbox"/> Attend a UCLA Football game <input type="checkbox"/> Attend a UCLA Basketball game <input type="checkbox"/> Attend a USC rivalry game <input type="checkbox"/> Visit the UCLA Athletics Hall of Fame at the JD Morgan Center <input type="checkbox"/> Take a picture with the Victory Bell <input type="checkbox"/> Attend a Women's sporting event <input type="checkbox"/> Tailgate at the Rose Bowl <input type="checkbox"/> Attend a Fall sporting event (other than Football and Men's Basketball) <input type="checkbox"/> Attend a Winter sporting event (other than Men's Basketball) <input type="checkbox"/> Attend a Spring sporting event <input type="checkbox"/> Attend an away game for any UCLA sport <input type="checkbox"/> Attend a playoff or championship game for any sport <input type="checkbox"/> Join the Den	<input type="checkbox"/> Take a stroll through the Sculpture Garden <input type="checkbox"/> Find the turtles in the Botanical Garden <input type="checkbox"/> Watch a show at the UCLA Planetarium <input type="checkbox"/> Rub the Bruin Bear's paw for luck <input type="checkbox"/> Participate in a Department of Psychology study <input type="checkbox"/> Visit the dinosaur fossils in the Geology Building <input type="checkbox"/> Take a picture with the John Wooden statue <input type="checkbox"/> Take a selfie in front of Royce Hall <input type="checkbox"/> Take a selfie in front of your favorite campus location	Get involved in any of the following student groups/campus departments: <ul style="list-style-type: none"> <li><input type="checkbox"/> AAP (Peer Counselor or Volunteer)</li> <li><input type="checkbox"/> BruinWoods (Camp Counselor)</li> <li><input type="checkbox"/> Bruin Leaders Project</li> <li><input type="checkbox"/> Emergency Medical Technician (EMT) or Community Service Office (CSO)</li> <li><input type="checkbox"/> Fraternity &amp; Sorority Life (chapter leadership, IFC/Panhellenic, etc.)</li> <li><input type="checkbox"/> Center for Accessible Education (Note Taker, Volunteer, etc.)</li> <li><input type="checkbox"/> New Student &amp; Transition Programs (New Student Advisor)</li> <li><input type="checkbox"/> Pediatric AIDS Coalition</li> <li><input type="checkbox"/> Residential Life (Resident Assistant, Hill Government Representative, Move-in Assistant, etc.)</li> <li><input type="checkbox"/> Resilience Peer Network</li> <li><input type="checkbox"/> Student Alumni Association</li> <li><input type="checkbox"/> Student Media (Daily Bruin, Bruin Life, magazines, UCLA Radio)</li> <li><input type="checkbox"/> Undergraduate Admission (Bruin Ambassadors, Campus Tours, Cub Tours)</li> <li><input type="checkbox"/> Undergraduate Student Association Council (USAC)</li> <li><input type="checkbox"/> UniCamp (Camp Counselor)</li> <li><input type="checkbox"/> Volunteer Center (Task Manager, Site Manager, Project Manager)</li> </ul>

**UCLA TRUE BRUIN**



### Career

- Join UCLA ONE
- Visit the Career Center
- 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
- Participate in the Bruin Development Academy
- Participate in the Sharpe Fellows Program
- Participate in the Social Enterprise Academy

### Clubs/Organizations

- Join 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
- Flyer on Bruin Walk for a club or organization

### 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
- Participate in GRIT peer-to-peer coaching
- Attend a Healthy Campus Initiative pod meeting
- Nominate a Bruin who helped a student in crisis for True Bruins R.A.I.S.E. recognition
- Attend a "Science & Food UCLA" lecture series event
- Apply for an HCI Student Grant
- Attend a program through UCLA RISE
- Attend a wellness workshop at UCLA Counseling & Psychological Services (CAPS)
- Attend the Healthy Campus Initiative Celebration event in Spring

### 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 (UCLA's yearbook)
- Become a recipient of the Chancellor's Service Award
- Become a finalist or recipient of the True Bruin Distinguished Senior Award
- Declare candidacy for graduation
- Make the Dean's List
- Graduate with Department Honors
- Graduate with College Honors
- Graduate with Latin Honors

### 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
- Watch a noon concert in Bruin Plaza
- Visit the UCLA Marina Aquatic Center in Marina Del Rey

### UCLA Spirit

- Become "Bruintized"
- Attend the "Welcome to Bruin Life" event
- Attend the "CHAMPED UP: UCLA Athletics Welcome" event
- 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 UCLA
- Obtain a UCLA license plate frame
- Join the UCLA Marching Band, Color Guard, or Spirit Squad
- Participate in the Transfer T-Shirt Exchange
- Participate in "Carpe Noctem" at New Student Orientation
- Attend a "UCLA Geek Week" event
- Submit a design for the "UCLA T-Shirt Design Contest"

### Volunteer

- Participate in Volunteer Day
- Participate/volunteer in Bruin 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 or flyer for the UCLA Blood and Platelet Center
- Volunteer with a student-initiated outreach program at the Community Programs Office
- Volunteer at the UCLA Medical Center
- Participate in the UCLA Relay for Life
- Clean excess farmer's market produce with Food Forward
- Volunteer in the Teaching Kitchen Project
- Donate hair to Locks of Love

### Create Your Own

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

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: \_\_\_\_\_