



photo



FALL

1 Students march to Chancellor Gene Block's office during a Black Bruins Matter rally, held in response to the "Kanye Western" party thrown by Sigma Phi Epsilon.

2 Hundreds of UCLA students gather in Wilson Plaza for the 2015 Beat 'SC bonfire and rally.

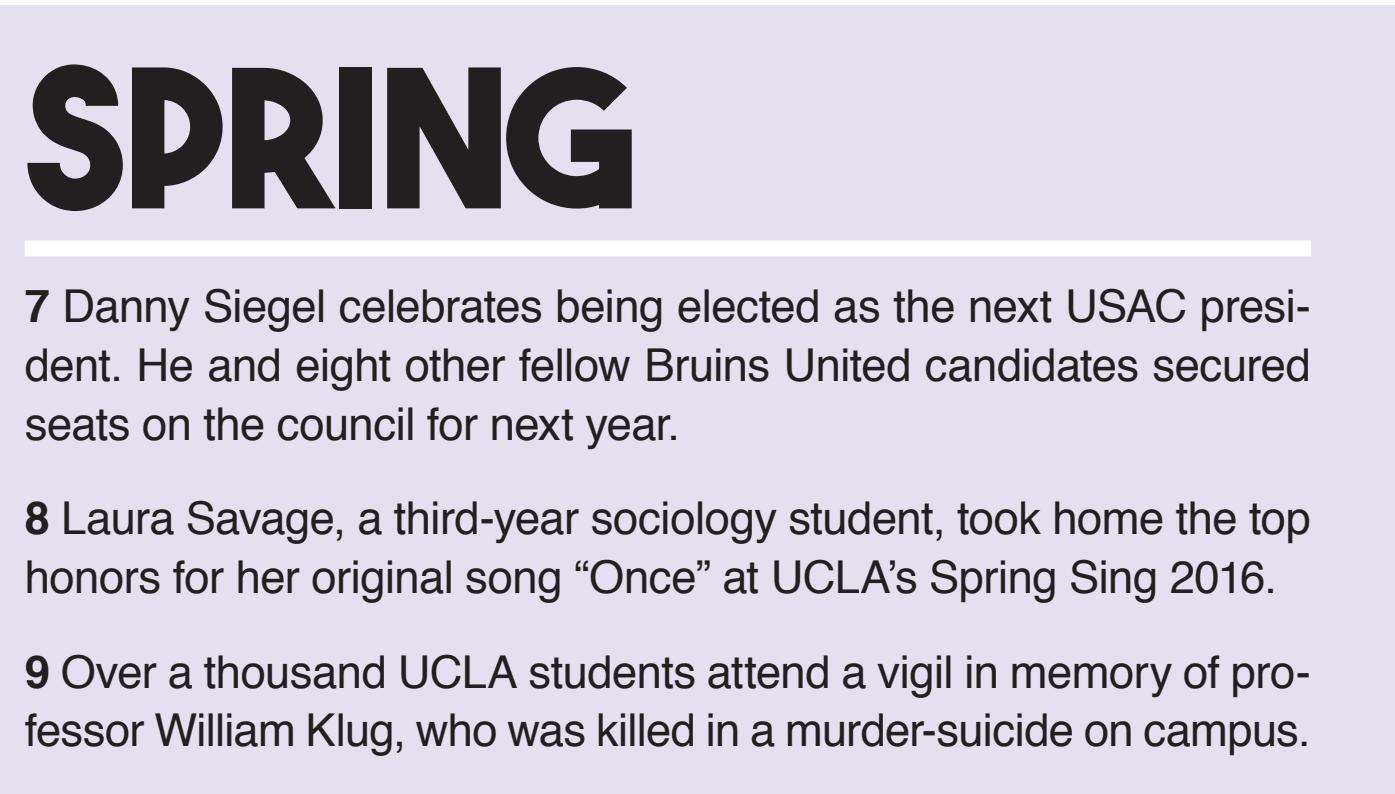
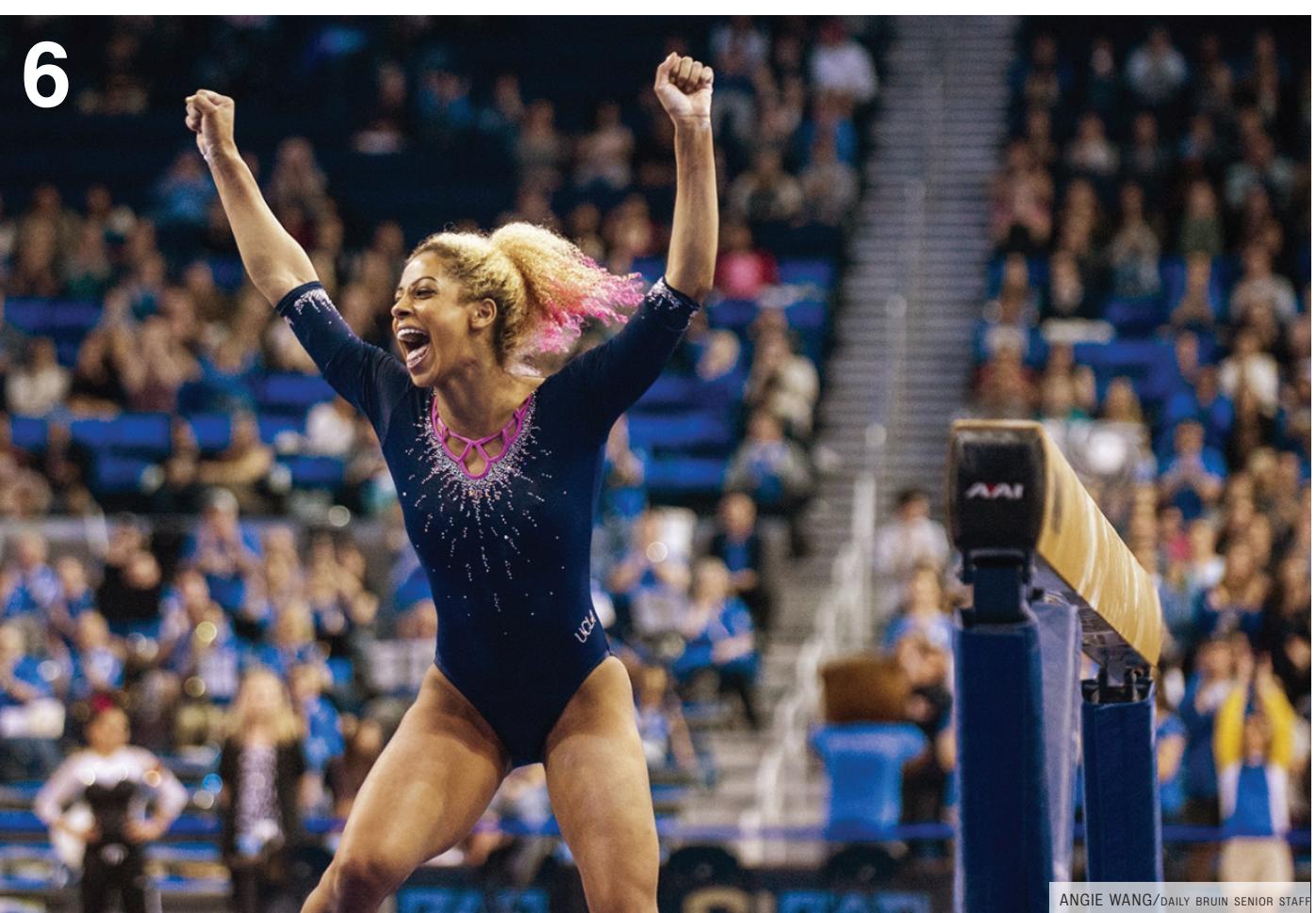
3 The men's water polo team hoists the NCAA championship trophy, capping off an undefeated season.

WINTER

4 Second-year theater student Chris Pree released his mixtape "Here&Now," a compilation of poetry set to R&B tunes composed on his keyboard.

5 Both students and non-students march in protest against sexual harassment from faculty, in response to a Title IX lawsuit filed against Gabriel Piterberg.

6 Senior gymnast Danusia Francis claimed the all-around title during a win over Oregon State on Feb. 13.



Facing oneself unmasked |||

Conversations often shy away from the topic of mental health. UCLA students speak up about their mental health through a gallery highlighting their experiences. They hope to destigmatize these issues by openly discussing and actively seeking ways to face them.

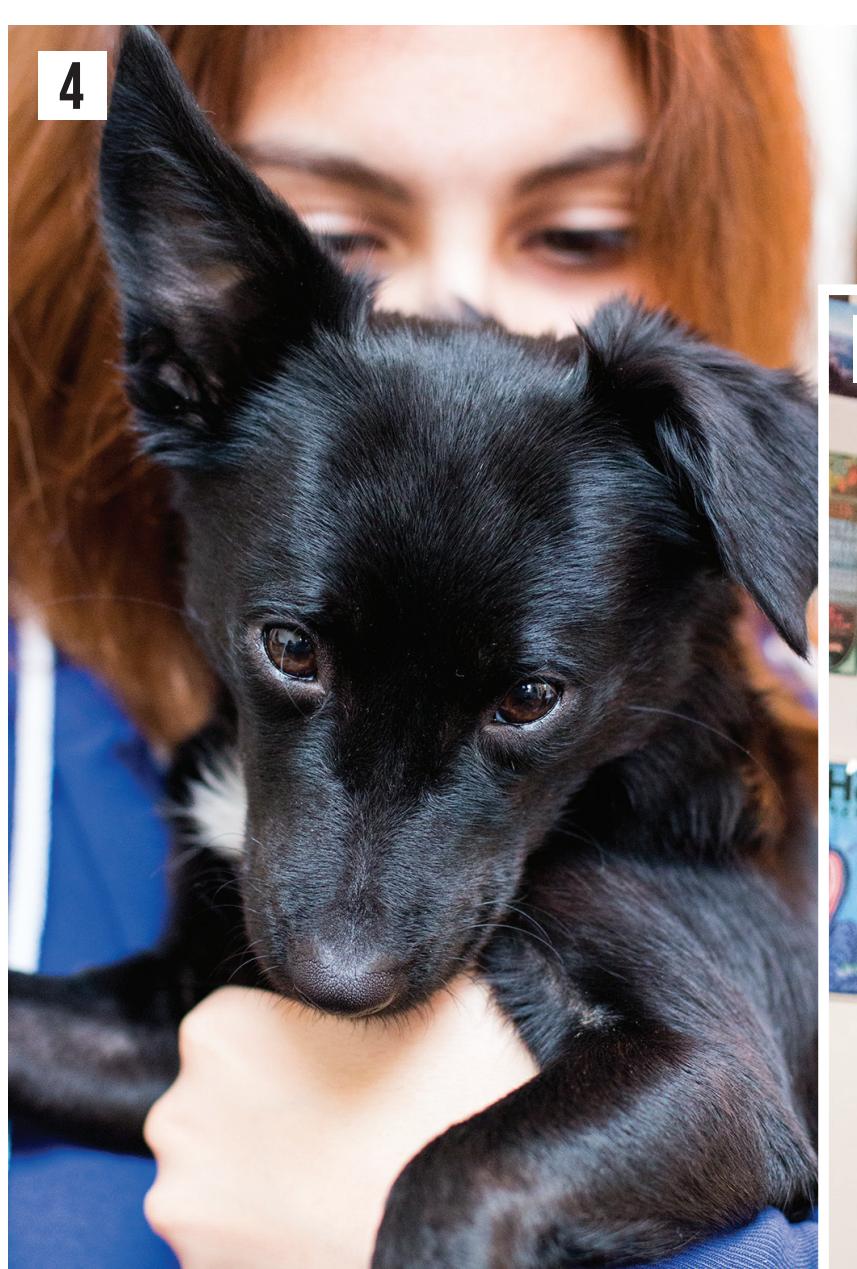


3 Brooke Houser, a second-year psychology student, developed bulimia nervosa in middle school, triggered by self-loathing and anxiety centered mostly around her body image and eating habits.



4 Mali, a third-year French student with a minor in English, has depression and anxiety. She states that the recent adoption of a dog, Nala, from a kill shelter left an indelible mark. "Nala's high spirits evoke mine," Mali said.

5 "I'm still learning that it's okay to admit that sometimes I'm not okay, that I deserve mental health care without a diagnosis, and that my mental health is nothing to be ashamed of," said Danielle de Bruin, a third-year sociology student.



1 Eren Ng, a third-year political science student, has struggled with major depressive and anxiety disorders. They are rooted in his struggle with self-identification in a cis-heteronormative world. "I've learned to live unapologetically because I have a right to exist," Ng said. "I'm just another human being trying to live my best life."

2 "Unresolved trauma, sexual assault coupled with my Korean Christian roots and post-traumatic stress disorder were a challenge especially when I wanted to live myself authentically as a man," said Bo Hwang, a fourth-year gender studies student. He manages his bipolar disorder through lifting weights. "You gotta feel to heal it."



6 "Depression taught me how to help others who are going through depression, especially in cultures where emotions are less spoken of or where depression is not a common subject," said Will Huynh, a fourth-year chemistry/materials science student.

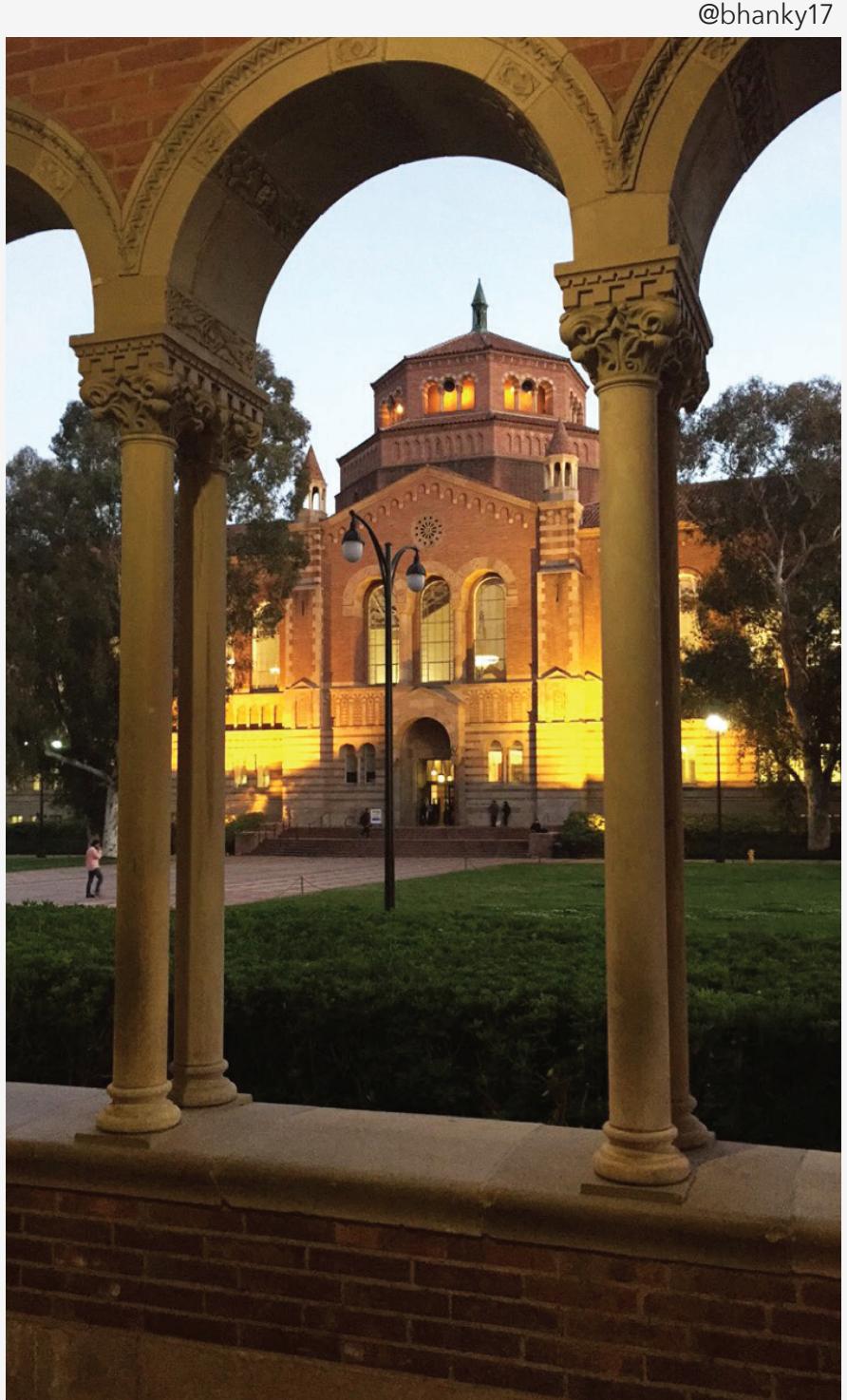
7 Zinnia, a fourth-year international development studies student, has anxiety and bipolar disorder. She is also a Photo contributor for the Daily Bruin. Zinnia has kept her tumultuous journey silent for fear of making others uncomfortable. "Holding a mask of normalcy in front of my face is the real burden," Zinnia said. "My 'arms' are tired."

8 Houser is a proponent of recovery through self-care and reconnecting with oneself. "Everyone has a unique experience with mental health and each experience is important and valid," Houser said.

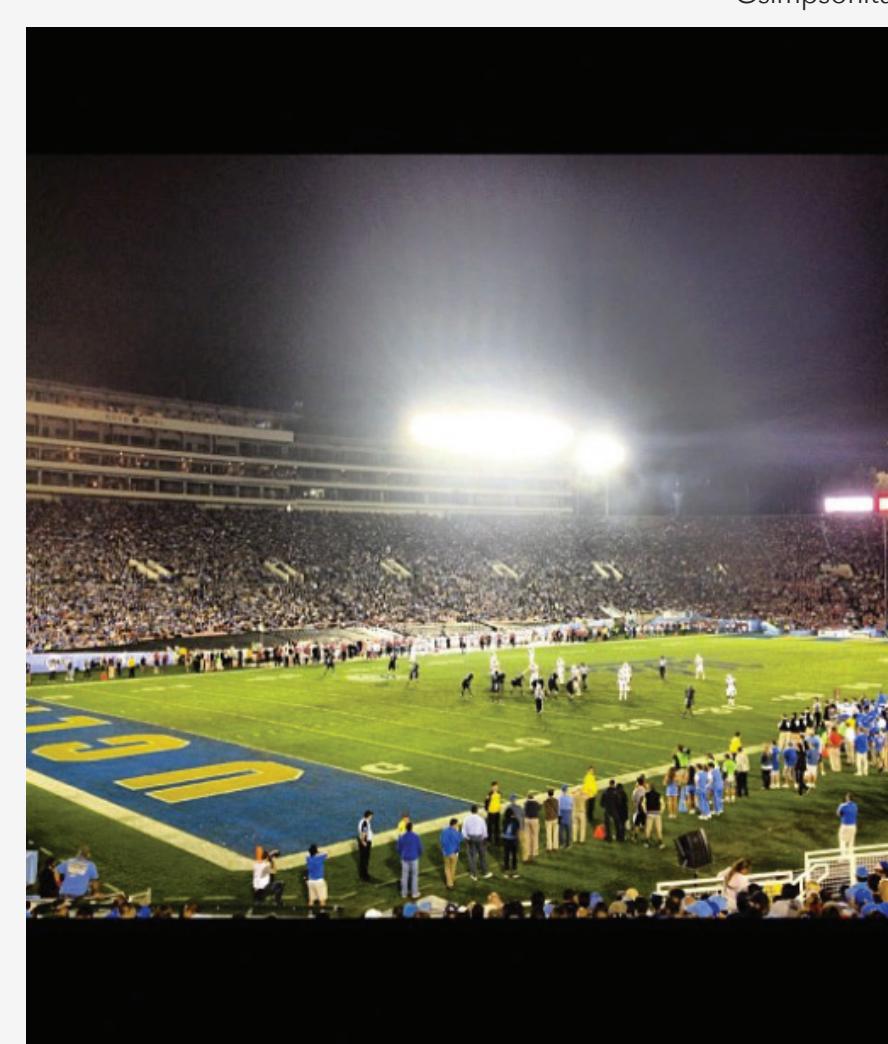
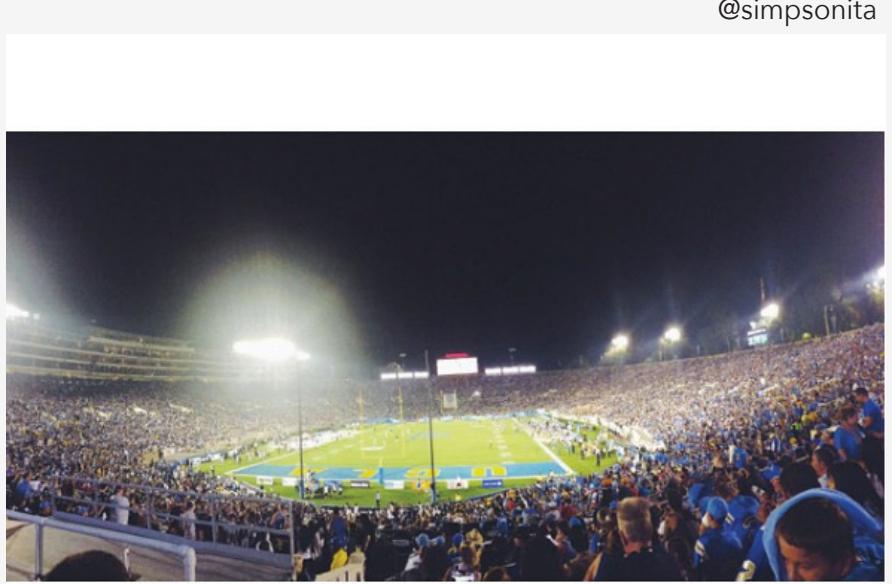


#ourUCLA

We asked students through social media to share photos of what they love the most about UCLA. The Daily Bruin presents to you a collection of students' favorite aspects of our school. Take a step away from my.ucla and explore Our UCLA.



The Infamous Weasle at Janss Steps



fans didn't 8-clap loud enough... it's ok... we'll get them on Friday!
#GOBRUINS #ourUCLA



There's one week left until graduation so this #flashbackfriday we're throwing it back to #Anderson2016 students' orientation in the fall of 2014.



Summer is going to be long without you #UCLA #ourUCLA



What I do at UCLA when I'm not in Powell or in class. Getting Holi.

INTEREST-FREE LOANS FOR EMERGENCY NEEDS

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