

*To the hundreds of staff members working in services and programs  
for students on this campus...*

***Listening to Students'  
Appreciation for Campus Resources***

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Appreciation for Campus Resources ...**

***“Having so many resources to use at any time is very helpful and has helped me succeed at the university.”***

—African American, 18 years young.

***“I like how I feel welcomed and at home here on campus. I like The Well, Student Health and Counseling, CAMP, EOP.”***

—Mexican American, 18, female (1<sup>st</sup> generation, migrant background)

***“This is my first year here.... I love the atmosphere here. Everyone seems to be respectful and polite. All the campus’s utilities help me in my education.”***

—white, male, young, straight, no challenges

***“As a transfer student I mainly think about the resources and the guidance a student like myself can get. From the orientation to SSWD to the tutoring services I have found the ability to be successful here at Sacramento State.”***

—Learning Challenged

***“I really like the fact that they provided many resources for all students to get information from. An example would be at lassen hall where all staffs are really involved in helping students out. Also the writing center played a very big part....”***

—I am a first generation Hmong American girl in my family attending California State University of Sacramento. I am 18 years of age

***“The experience here so far, as a freshman, has been alright. It’s nice to know that there are many resources and programs aimed at helping freshman with their classes or other things.”***

—a freshman.

***“For the most part, University experience is wonderfully enriching with no lack of resources for exposure to the world.”***

—returning to complete a degree

***“What I liked about Sac State was that I got the opportunity to attend here. Also, they have a lot of resources to help first year students.”***

—I am Mexican. I am a female, 19 years of age. First Generation college student. I am not poor nor rich. I am one of 3 kids going to college in my family. I have 6 sisters and 2 brothers, not counting my dads kids.

***“Sac State does an amazing job by having programs to mentor & advise students. (CAMP, EOP)***

***(I like) first year retention programs and academic advising.”***

—first year generation student/Hispanic

***“There are also great resources on campus that can help calm some of the anxiety as well as activities to break the monotony and worry.***

***I like the vast amount of resources available and people’s willingness to help.”***

—White (Non-Hispanic), Female, 26, anxiety, recovering addict

***“(I like) Advisors, counselors, financial aid”***

—Male/26/Returning to school

***“I like all the resources it has here. I always know there is a place to help me if ever I needed help.”***

—18, Female, Straight, New to College

***“I like the fact that there are printers all over campus, the offices are easy to find, and all the staff so far has been nice & helpful”***

—Mexican American, 18 yrs, 1<sup>st</sup> year

***“What I like is the different resources that are available. Tutoring, resume help, advising.”***

—a Mexican American

***“I think that what has worked for me here in Sac is the amount of help and support from people who work here.”***

—a freshman Latina, 19

***“I can get help from anywhere I need it.***

***I also like that we have a gym where we can work out. I also like how we have a library open to everyone and it doesn’t close, it is open 24/hrs.”***

—Mexican 18

***“(I like) All the different cultures and programs that help out students including CAMP & EOP.”***

—Latino (Mexican)

***“(I like) all the student help that is available.”***

—Hispanic

***“There are so many resources here that have led me to continue my higher education even when things got hard....”***

—Latina, 19, overcoming depression

***“I like that all Employees are always so nice and willing to help (Profs, registration, financial aid, info desk, advisors, everyone).”***

—No student specifics given

***“I absolutely love the information desk. It answers most of my problems.”***

—Chinese, Freshman, 19 yrs old

***“What worked for me was the webpage on campus is easy to understand.”***

—A female, 18 years old & white

***“Staff and faculty provide great information and advice.”***

—Latina

***“(I like) All the resources that are their for me like the AIRC, tutoring, and CAMP/EOP.”***

—Hispanic, female, 18

***“(I like) having much help from staff on campus.”***

—19, Latino, Female

***“(I like) The amount of resources available to students.”***

—a 21 year old, female, African American

***“(I like) That it has the programs of CAMP, EOP, and many other resources that are available to all of the students here.”***

—Hispanic/Latina, 18, female, first-generation

***“The teachers and staff here are very helpful and knowledgeable.”***

—a 23 year old Irish-Mexican

***“(I like) the resources that are available to help students (AIRC, Union, Well, etc.).”***

—Hmong, 19 years old, Financially Challenged

***“I like working with the Tutoring Center, SSWD, (staff in the High Tech Center). I think without having assistance, I wouldn’t be here.”***

—female, a learning disability and a mental disability, high anxiety, returning student, first in family to go to college

***“(I like) The Veterans Center and finding a quiet place in the library.”***

—Disabled, white, male, veteran, 39

***“The school has plenty of facilities and opportunities for me to advance in my education.”***

—White, male, 28 yrs old, straight

***“The resources that are at my disposal have helped guide me my first two years.”***

—No student specifics given

***“So far, I am enjoying my experience. The staff and teachers are pretty helpful and friendly.”***

—a Black gay male student in his early 20s

***“What I would like to share from my experience in CSUS is having all these fantastic resources. I could not ask for more than that. There are such great resources like laptops, printers, wifi, reading and writing center, study places, and etc.”***

—I am Asian-Hmong, 18 years old.

***“What I love about CSUS is that all staff are friendly and always open to help the students, even if it’s not related to the class.”***

—Hmong

***“The library and wellness center are excellent resources.”***

—52 year old, Mixed Race Family, Lesbian, Veteran, Christian

***“I like that there is help around every corner when I need.”***

—female, 19 year old

***“Campus staff are nice & very helpful.”***

—Hispanic & 1<sup>st</sup> gen. college student.

***“CSUS provides a lot of resources that I use now compared to when I was younger at a different school.”***

—Vietnamese male returning to school (30 yrs old)

***“(I like) the variety of public transportation options (shuttle, bus, etc....)”***

—Chinese, new student, 18 yrs old, female

***“Great campus, helpful staff.”***

—24 y/o male pacific islander/white

***“I like how everyone working at the campus wants to help.”***

—white – 18 years old – female

***“Endless amount of help offered on campus.”***

—18 year old Latina

***“I like all of the help we can get that doesn’t cost anything. It is all on us.”***

—No student specifics given

***“The staff are so kind and helpful. I like that whenever I need something, anything there is somewhere ON CAMPUS I can go.”***

—Hispanic. Mexican American. 18 years old. Female. Middle class.

***“The Technology Center has worked for me.”***

—white female 33. I’ve been here about a year and a half

***“I like that there’s a lot of resources that you can use as a freshman.”***

—Mexican, 18 years old, New to College, Female

***“I like the learning communities I was a part of entering the university.”***

—an African American 19 year old male.

***“The peer tutoring workshops or career workshops in general help expand the sources I can go through to help with the classes I am struggling in.”***

—I am a Asian female student and currently 18 years old turning 19 this year. With the challenges of being the first in my family to go to college, I am new to this experience of college.

***“I like knowing that if I need something, I can most likely get it.”***

—A depressed former foster youth

***“I like how there are many resources available to students on campus. Most faculty and staff are very supportive and want to see students succeed.”***

—hispanic, 18 years old, first generation, low income, female

***“I like how this campus has a ton of resources that help me directly with anything I need.”***

—I am a first generation female student that is mexican american.

***“The transportation system has helped me get to classes on and off campus. I don’t have transportation, so I don’t have to walk.”***

—26, female, learning disability, first generation student at Sac State

***“What has worked for me is knowing that there is a lot on help on campus and if I need it. I can put it to use whether it deals with health or schoolwork.”***

—I am an 18 year old, African American, female student. I am bisexual. I am a first year, second generation student. Through this year I have gained and loss many friends.

***“Here I’ve been provided with a lot of support and resources to succeed.”***

—learning challenges

***“All the resources there is many programs/workshops that has helped me, such as the Writing and Career Center.”***

—a woman, Hispanic, 20 yrs.

***“The availability of assistance and resources at CSUS has been amazing thus far....”***

—white, M, full time working (50+), full time student (15)

***“Well, as a first-year, of course everything is new to me in the college experience. CSUS has many resources that help with the adjustment.”***

—a female, Chinese first-year (freshman)

***“Veterans Affairs Office, Financial Aid & Career Planning have been great.”***

—Sicilian Veteran 45 yrs old & athlete

***“There is soooo much support and resources. If I have a question about a book, computer, directions there is a resource.”***

—Mixed race, 26, transfer student

***“There is plenty of resources given to students. I like how open the campus is to my needs. I learn a lot of information going to this school. I like that there are plenty of resources such as clubs, library, arc and union. I like the constant help I get from the people at this school.”***

—Asian, male, 21

***“(I like) the ease of provided CSUS transportation.”***

—asian-american female.

***“(I like) Having all the resources I need available to succeed academically has been a large help. I.E. Veteran Success Center, textbook checkout @Library, etc.”***

—Asian, Veteran, Science major, 30

***“I do like the fact that there is a lot of support systems to help students.”***

—African American

***“The staff, from professors to counselors, has been helpful and accommodating in all my interactions.”***

—white male

***“I like the resources CSUS gives to help us through college. If we ever have a problem, someone is always able to help”***

—Black – 18 years old

***“I like the environment here at CSUS. All the staff are very helpful and carry their jobs very well.”***

—Male Asian 25

***“This is a beautiful campus that has a lot of helpful resources...large amount of facilities that are ready to help if you need it.”***

—Asian 18 years old Freshman

***“The resources here are endless and make it possible for anyone to succeed with effort.”***

—A Human

***“I also like the different services provided like print smart and the well.”***

—Asian Indian (east Indian/Punjabi) 23 years old female

***“The staff is always helpful in every area of the school. I feel I can receive help anywhere”***

—a student-athlete

***“I like that there are so many resources to help students”***

—18

***“I like the campus and the many services it has for students.”***

—Latina

***“Teachers and services that are provided to students is immense and it seems that there are people here for us.”***

—23 yr, old Caucasian Male, transfer student

***“Having a large and accessible library & gym has been invaluable.”***

—19/white/female/honor roll student

***“I like how much access you have to information. If I need help with classes or have a question there is always someone there to help.”***

—22 yr old female

***“I like the advisors and resources available on campus. These resources can be extremely helpful in making your time here easier and more efficient.”***

—female, 28, full time worker, mexican/american

***“The campus is very welcoming and the teachers/staff are very supportive.”***

—Transfer/Parent/Full-time employee

***“I like the size of the campus, and resources like the Union, The Well, & the library. All are large, clean, and offer lots to do. I love how clean the campus is!”***

—Hispanic, Gender fluid, Anxiety & Depressed, transfer early 20’s

***“(I like) The help offered by professors, and Staff members.”***

—19 years old

***“I enjoy the atmosphere of the school. The ability to easily find a resource for whatever I need is really helpful.”***

—Hmong

***“I love the access to resources at almost all hours of the day.”***

—White, male, 41 years old, First Time College Jr.

***“(I like) the resources: I utilize most of them.”***

—male, Hispanic/Portuguese, 27, straight, transfer student

***“There are many organizations that do so many great things here on campus that help the community.”***

—Mexican, Male, 24, 6<sup>th</sup> year.

***“I like the accessibility of information and services that are available campus-wide.”***

—white, native California, male, Christian, conservative, freshman, mech, engineer, 18 yrs old

***“What has worked for me so far at Sac State is if I have a problem, I can go to somebody for advice/help.”***

—Asian Pacific Islander



***“(I like)...The beautiful trees of campus and Guy West Bridge. Health Center & the Well gym/facility. Decent eateries/Starbucks, computer labs, Sac RT pass/lightrail”***

—Female, 28 year old, 5<sup>th</sup> generation American of Mexican/Spanish descent

***“I really think this school cares about their students and provides a lot of helpful services.”***

—27 yrs old male Latino

***“The campus is very well kept and clean.”***

—White, Male, 22, Fraternity Affiliated (a Coms major)

***“There are a lot of resources and you can make a lot of friends.”***

—African-American

***“I like the Vet center and gym.”***

—White male veteran 28

***“The resources for help when needed are always emphasized and available.”***

—Asian American – 18 – New to College

***“The education and support is very high for every student.”***

—No student specifics given

***“I like that they try to give students resources and all of the faculty, even the cleaning staff and security, has been super helpful and wanting me to succeed and friendly.”***

—first generation college student, low income, physical disability that restricts writing (carpal tunnel)

***“With all of the resources, I’m good. It actually works out pretty well.”***

—25 dyslexia

***“(I like) the help and resources provided like tutoring, PARC, bus system, and the union.”***

—19 years old

***“I like how much support this school gives you.”***

—depressed and has severe anxiety

***“I like the fact that there is always places in here where you can go for help. Whenever I need help on something, there is always a place available for me to get help.”***

—hispanic, female, 18 years old, 1<sup>st</sup> year student.

***“The resources that sac state make accessible to us facilitates our learning.”***

—age 21, hispanic

***“I have utilized the AIRC many nights for studying, as well as the writing center.”***

—a multicultural 18 year old female

***“I like the diversity of eating facilities. The various academic resources. My Sac State, very easy to use and convenient”***

—New Transfer Student + Female/Mexican-American

***“(I like) The amount of places to go for resources.”***

—returning to school, 25, female

***“I enjoy the campus + its resources available”***

—white, female, 22 years old, graduating.

***“I like all the resources available to us.”***

—A Transfer Student

***“I like the CAMP program. Also the fact that we have the well as well as a clinic on campus.”***

—hispanic, 18 year old female

***“There are a lot of good resources that CSUS provides to assist me.”***

—a single parent (Veteran Success Center)

***“All staff is interested in helping me achieve my goal.”***

—34, Mexican-American, Female

***“I love Sac State. With the counselor I used to have, ...along with the PRIDE Center, I have learned how to accept me and others. This has made being on campus that much more enjoyable.***

***(I like) everything—tutors, counselors, teachers, the WELL.”***

—Bisexual, a Christian & a single mom – 32 yo

***“I like the wide array of resources available for students.”***

—Asian Male/23

***“I appreciate the resources such as the Food Pantry, the Health Center at the Well or even the library.”***

—biracial female

***“I’ve had a good experience at Sacramento State so far. Every time I ask for help there is always a staff or faculty addressing my needs.”***

—Hispanic/Latino-Female-23 yrs old-undocumented

***“I love that there are so many places to go for academic help or financial help.***

***I remember going to one of the IAD review sessions to help me study for the IAD and it was very helpful.***

***I like that there are resources available on campus we can go to for help with almost anything.”***

—First Year Male

***“I like being in the 4 year promise. It makes ‘picking’ classes stressfree. Seeing my friends freak out over picking classes makes me grateful to be in this program.”***

—female/Japanese, Salvadorian/20

***“(I like) Resources such as Lassen Hall, The Wellness Center, etc.”***

—Minority, low income 21

***“I enjoy the busy campus. I appreciate all the computers and being able to check laptops out. I am thankful for the programs loaded on the laptops. I appreciate the wide range of majors.”***

—21 years old – full time student – OCD

***“I love that there is a lot of places to study and many computers. I love how they have ppl directing traffic.”***

—African American/25 yrs old

***“Sac State staff is helpful!***

***Advising is super helpful and faculty eager to help!”***

—First Generation, ESL, Latino

***“I like how understanding & willing to help the staff is. Also, there is always something going on, so many resources available!!”***

—Ukrainian, female, 21, straight, I don’t like to label my challenges for it makes me feel like I can’t overcome them!

***“(I like) the resources available”***

—disabled, working full time, lives with anxiety

***“It’s nice being able to meet people within my major and the ‘4 year promise”***

—male/LGBT/Afghan/19

***“I love how green Sac State is. It’s a truly beautiful campus. I also love how diverse it is. I love all the resources it provides for it’s students.”***

—Asian – Chinese, 21

***“The available resources are extremely helpful for students like me. Adjusting from high school to college can be a little challenging.... The available resources and help is getting me through college.”***

—first generation, hispanic, 18 year old

***“I think all the staff I have had as a whole has been really knowledgeable and helpful.”***

—Black, 20 year old, returning to school, & a girl

***“Being a part of many organizations like CAMP and EOP has expanded my resources and has opened many opportunities.”***

—a first year Latina woman

***“I find the campus very helpful in giving resources to help students both with physical and psychological challenges.***

***I am currently enrolled in a first-year seminar and I find it extremely beneficial to first years because the course shows where and how to find the multiple resources Sac State offers.”***

—Mexican, first-year, female

***“I like being in the 4 year promise where my classes are picked for me and I don’t have to worry about not getting my units.”***

—female, younger, 19 hispanic

***“I like the amount of resources that are available, there are no shortages of places to study or computers to use. I also think that one card has worked wonders for me, makes things on campus so simple.”***

—White, 23, transfer student, male

***“Great experience, always got the help I needed”***

—African America (Veteran Center)

***“At Sac State, the Tech Center and my major department really helped me out. Everything is really good. I don’t want to cry...but I wasn’t able to go to college until I was 47. I have had nothing but help along the way. I like the encouragement and the feeling that I wasn’t looked down upon.... Everyone’s really good.... The library is great, the sources and the help you get. It’s probably the best library I’ve ever been to. Services are good. The police are really fast here in responding. The employees here, the staff, the grounds workers, Sac State is really clean and a great campus. I’d recommend it to anyone. I’m glad I didn’t go out of state.”***

—chronic bipolar, struggled almost my whole life with this.

***“The teachers and staff here are supportive and want the best for us students.”***

—18, African-American

***“The staff here are extremely friendly & are usually willing to bend over backwards to help students. As someone who was not born into greatness, I had to work for it. Seeking help from others is a good way to do it.***

***I like that I have a good support system at this school.”***

—a female, 21 years old, Black/Hispanic

***“I would like to share how everybody is caring and really want us to keep pushing.”***

—I am a black African American student that is 19 years old and I am also a young mother and I am a first year student here at sac state and is enrolled in EOP program here on sac state campus.

***“(I like) the environment, and all the resources. I just feel so welcomed and in the right place.”***

—Hispanic, 18 years old. Went through depression this year due to a family loss.

***“I like how everyone is willing to help you succeed!”***

—New to College

Keep reading, and you will find many more compliments to campus resources in the areas of:

***Acclimating to the University***

***Financing Education***

***Advising***

***Studying***

***Technology***

***Tutoring and Testing***

***Mentoring***

***Being Well***

***Programs***

***Diversity***

***Equity***

***Disabilities***

***Finding Work***

***Graduating***

***And more***

### Acclimating to Sac State...

***“I enjoy the activities and help that CSUS puts out to make new students feel welcomed.”***

—Mexican 18 year old female new to college

***“Even though I am new to college, this campus and staff have made it easy to transition from high school to college.***

***When I came to move in day, from the very beginning, everyone I met was nice and willing to help. Whether it was me asking where something was or what my next step needed to be, everyone was ready and willing to help me out.***

***What I like about Sacramento State is that it was so welcoming when I got here. I feel like the staff truly wants to help you.”***

—New to college, Mexican-American, age 18

***“Loved the tour! Got me excited to begin my first semester!”***

—18, white, new student, lives locally

### Summer Bridge...

***“I would like to share my experience in the Summer Bridge Program. This was an amazing experience because at that time I didn’t know much about the school and in that program I learned a lot of things about this school.”***

—Hispanic, 19, college student

***“I also liked the Summer Bridge program that was given to us by the EOP office because it helped me get familiarized with the campus and got a head start from the other incoming freshman.”***

—Mexican-American

***“Summer bridge allowed us to get familiar with the school and feel comfortable.”***

—Latina

***“One experience I would like to share would most definitely be summer bridge. I enjoyed meeting a lot of people and having so many activities that allowed us as first time freshman to feel welcomed.”***

—Hispanic, 18 years old. Went through depression this year due to a family loss.

***“Summer Bridge with EOP has been one of the toughest but most rewarding experiences. I came in the University in the fall very confident and knowing what to expect as well as very educated about services that are being offered.”***

—a female immigrant from Eastern Europe, low income, 18 years old and a first university student as well as a first generation in USA.

***“Summer bridge definitely opened me up to different cultures here.”***

—I am a 20 year old african american male that is finishing my first year at csus.

***“The summer bridge academy really helped me get more comfortable and used to the campus for the fall semester.”***

—an eighteen year old, hispanic female.

***“The experiences I would like to share from CSUS are summer bridge. This gave me the opportunity to adapt to the college life and make a few friends. This helped alot because I was able to get a few units and get used to the campus.”***

—I am a first generation Mexican female student who is 19 years old and low income.

***“The EOP summer bridge...was a great way for me to make friends before the official school year started. It also help me learn where every hall was located so by first day of school I was ready.”***

—Im a first generation male. I am of Mexican American decent. I come from a middle class family. Im a freshman at the age of 19.

***“By being in EOP & attending Summer Bridge I met people that I came to be close to.”***

—18 years old & Latina

***“summer bridge was a stressful month for me but it was well worth it because now, in English we are doing essays that are similar to the summer essay and it helped me improve my writing skills.”***

—I am lu-Mien American. I am 19 years old. I live in Sacramento, California all my life. My parents were born and raised in Thailand, they came to the United States in the mid 1980s. I have 4 siblings. Im the first in my family to go to college.

***“One of my best experiences so far is the summer bridge program during the summer provided by CAMP and EOP.”***

—Latina Mexicana (Female 18 Straight Depression Anxiety New to College)

*Orientation...*

***“I had a wonderful experience at my freshman orientation because I felt very welcomed.”***

—19 year old minority female

***“As a transfer student I attended the orientation for transfer students and I thought it was very helpful.”***

—white, married, mother & is 39 years old

***“Orientation was helpful.”***

—a transfer

***“I just started this semester so as a new student I really enjoyed the sac – state orientation because it made me feel welcomed. I enjoyed talking to and meeting part of the faculty.”***

—a male, Mexican American of age 18.

***“The transfer orientation was helpful”***

—veteran

***“Orientation really worked for me. For choosing a schedule, and meeting people.”***

—18, white, female, sorority, athletic

***“I like the class schedule which I can schedule the best time to come to school (and) the Orientation for Freshmen.”***

—Asian

***“I can honestly say orientation was the most helpful college activity I’ve been apart of. It’s awesome how much more helpful the university is than my JC was.”***

—White, 25 yr old Male – Junior Transfer

***“I really like the welcoming for transfer students. ... During orientation I learned a lot about campus as well everyone was very inviting and welcoming.”***

—21 years old half Indian/white

***“Orientation was very helpful.”***

—25 and a Jr.

***“Transfer orientation provided me with what I needed to move forward here. They gave me the tools to get out of here in a good time as well as confidence to make the most of my time here.”***

—White, 22, Senior, Transfer, Female

***“During Orientation I was very excited how everyone made the campus feel.”***

—New to College

***“I feel the veterans orientation was one of the most helpful and pleasant experiences I have had. They do tailor the veteran community and made my transition positive, as oppose to the overwhelming feeling of a drastic change, specially in environment.”***

—Hispanic, 29 yrs, female veteran

***“I enjoyed the orientation at the beginning of the semester.”***

—24 year old filipino-american female

***“To my delight, the staff, from orientation leaders to professors, have helped make my transition a smooth one.”***

—27, returning to college after a 5 year break, and is Hispanic/Caucasian



### Financing Education...

***“It is awesome to be on this campus even though my family and I do not have a lot of money.”***

—humbled to be here with the help of fafsa.

***“I come from a lower income family. Financial aid is what makes this possible for me.”***

—male, 27, learning challenges, with possible dyslexia, anxiety, returning student, junior year. I will be the first in my family to graduate with a degree.

***“I’ve found every aspect from financial aid to renting headphones has been easier and less stressful than I’d imagined.”***

—White, 25 yr old Male – Junior Transfer

***“I appreciate the help I get through financial aid.... There are many helpful services that I appreciate on campus.”***

—33-year-old, white, male, first semester, transfer student, father, full-time employee.

***“I am appreciative of the financial aid that I receive to be here at this university.”***

—20

***“I love it here. Close to home & financial aid helps me to pay for school.***

***(I like) All of the help I’ve gotten through financial aid.”***

—Caucasian 20 yr old Nursing major

***“Sac State’s financial packet is more than helpful so much financial burden is taken off my shoulders just because everything is so affordable and Sac State helps.”***

—Hispanic, 18, female, schizophrenia/depression, first member in family to go to College

***“I think Sac State is very affordable and amenities are plenty. The tuition payment plan has been incredibly helpful.”***

—Female, 28 year old, 5<sup>th</sup> generation American of Mexican/Spanish descent

***“I did not have many challenges because of a very supportive family and Financial aid. Without it I would never be able to be here.***

***CSUS has been a dream-come-true for me. Being able to study at a University, not having to leave my family and get financial aid as well as emotional support from the University has been rewarding”***

—a female immigrant from Eastern Europe, low income, 18 years old and a first university student as well as a first generation in USA.

### Advising and Counseling...

***“The advisors were helpful and welcoming in allowing my questions to be answered as clearly as possible.”***

—I am a Asian female student and currently 18 years old turning 19 this year. With the challenges of being the first in my family to go to college, I am new to this experience of college.

***“Counselors (in Lassen Hall) are awesome!”***

—Pacific Islander – 19 years old!

***“(I like) the advisors, the help and the friends.”***

—first year, 19 years old, Mexican, male

***“I really like the teachers and the support of the academic counselors.”***

—Female, 24, Journalism

***“The transfer counselors are helpful.”***

—a 22 yr old male

***“I like my peers and all of the resources available to me such as the counseling services.”***

—20 yr old, Euro-American, Female, Gay

***“(I like) the different help from advising and the workshops.”***

—Hispanic Female 20 years old

***“I have found the counseling staff to be very effective and helpful, especially when compared to other schools I have attended.”***

—a white male, age 28

***“I like how we have counselors to help us whenever we have a question to ask. Counselors can help students see how they are doing in classes and see what others classes are still need to be taken.”***

—I am lu-Mien American. I am 19 years old. I live in Sacramento, California all my life. My parents were born and raised in Thailand, they came to the United States in the mid 1980s. I have 4 siblings. Im the first in my family to go to college.

***“I would like to share how friendly the staff is to help assist with course decisions. Great counseling.”***

—majoring in film, transfer

***“There are so many resources that can help you with anything on campus! The Academic counselors have really helped me out a lot as far as picking classes.”***

—Younger female

***“The academic advising center is very helpful and willing to assist me in planning my classes.”***

—depression diagnosed, 18 years old, male, 1<sup>st</sup> yr in college

***“I was kindly advised by my transfer advisor which has helped me a lot....”***

—hispanic, female, 21 years

***“Advisors are helpful”***

—25, Male, Returning to School

***“The advisor they are very helpful and help make sure students are on track.”***

—1996

***“To feel right on track I talked to councilor.... He was extremely helpful.”***

—23, female, Caucasian, transfer student

***“The counselors (academic) are great. Also, my career counselor was a big help.”***

—a 21 year old caucasian girl

***“I really enjoyed the resources of the career center and first year advising. They helped me a lot with planning future classes and answering many of my questions.”***

—new to college

***“As far as advising goes, it seems like all the advisers are on the same page, as where at my jr. college, each adviser said something different.”***

—24, caucasian, female, mother, transfer

***“I have gone to numerous counseling appointments and have had good experiences.”***

—Senior (4 year), 23, PR major

***“I enjoyed all my advisors, 99% of my teachers. All were very helpful, prepared, and understanding. I loved the university staff. The advising was GREAT, a huge step up from the advising I received at community college where no one seemed to care. I was my own advisor (literally)”***

—latino/a

***“When it comes to planning classes that’s what worked for me and I like how helpful the academic center has been.”***

—a female, 23, parent.

***“I like that we have great counselors that we can trust and talk to whenever we want to or need to. I feel comfortable asking them questions and about my courses that I should/need to take.”***

—I am a female student, my ethnicity is Hmong. I am a first year at the age of 18. I am an average height.

### Studying...

***“The thing that I liked about this school is the service in the union, library and the air. And that there’s plenty of computers for students to use”***

—Im a first generation student. Im Mexican American. I started as seventeen in college and know im eighteen. I come from a middle class family.

***“The AIRC and library as well as all the available computers to the students. These make getting my work done easy and convenient.”***

—white, male, young, straight, no challenges

***“I like how there are many places to study such as the library and AIRC.”***

—18 years old, Mexican, Native American & White heritage

***“I love how the library is open late till 11 o’clock and the AIRC is open 24 hours. A lot of great opportunities.”***

—female, pacific islander, 24 years old

***“I am very grateful for the computer labs on campus.”***

—27, returning to college after a 5 year break, and is Hispanic/Caucasian

***“A lot of great study lounges and computer labs.”***

—Pacific Islander, 27, Hindu

***“The computer lab and adjunct class work for me the best. I always need computer to do homework, and the campus have many different computer labs for us to used, also printsmart is very convinence, we get free money every semester.”***

—I come from a family without knowing any English, we came to America five years ago from Vietnam. A 13<sup>th</sup> year old girl knowing 0 english come to school with all different kind of people in the world. It wasn’t easy at all, however, for a better education

### The Library...

***“What I like about CSUS is the resources. I also like that the library has group & individual study rooms. I am able to go to the library & finish up homework assignments.”***

—Hmong

***“I like the library and the printing places.”***

—female 20 anxiety

***“I like the library and all the people who attend this school.”***

—Asian/male/straight

***“I like how the library has various items you can borrow.”***

—an Asian American female

***“The library has computers, quiet, and peaceful.”***

—full time Hmong student @ 23

***“The library is my favorite place that has worked for me because it keeps me focused, concentrated, & provides a quiet atmosphere for me to get my work done.”***

—a first semester transfer

***“Love the library”***

—Junior Transfer, 24, Hispanic Girl

***“Studying in the Library helps me focus on writing.”***

—25 and a Jr.

***“I love the spaciousness of the campus and the tons of resources available to us (i.e. library).”***

—Asian woman who is new to college

*The Academic Information Resources Center...*

***“The resources here like the AIRC are great and make getting work done easier.”***

—Male/white/20 years old/3<sup>rd</sup> yr student

***“I like the AIRC computer lab that is open 24 hrs 7 days a week.”***

—White, 19, & a freshman

***“(I like) The AIRC & Starbucks.”***

—middle eastern, 21

***“The AIRC, it’s a great study place and I go as often as possible.”***

—woman, 24

***“The 24/7 AIRC Building has really worked for me because it is a place I can spend my late night last minute projects without any distractions.”***

—Ukrainian, Female, 20

***“I like that the ARC is open 24 hours. It makes it easy to work late at night on projects. The fact that there are a lot of computer labs around makes it easy to find an open computer at any given time of day.”***

—Hispanic male 22 y.o.

***“AIRC is a great study location, computer labs helpful”***

—caucasian, 21, junior, athlete

***“The AIRC is also a very helpful source as I can study/do work at any hour of the day.”***  
—an 18 yr old white female

***“The AIRC is very helpful.”***  
—African American

***“The AIRC has been very helpful for all those long nights of studying.”***  
—22 White

***“The AIRC is an amazing place.”***  
—Asian 18 years old Freshman

### Technology...

***“I like how there are resources everywhere. I don’t come from a wealthy family so all this free use of technology and what not is amazing.”***

—18 year old, male, Vietnamese, Chinese, and Japanese

***“I like that there is computer and internet access in most areas of the campus.”***

—18 years old, female, African American, new to college, freshman, low income

***“I like how we get to rent laptop and take it with us to classes since I don’t have a laptop. And I need it with me most of all, it helps me to take notes and look at stuff I have concern with.”***

—Asian American

***“The access to computer workstations and printing anywhere on campus is very useful for me as a commuter student.”***

—26 year old caucasian male

***“(I like) All the tools they have such as laptop checkouts and other cool things.”***

—Mexican/18/Male/New to college

***“The environment is great! I enjoy the facilities, professors, instructors and even the students! Everyone is very friendly. I also like how students are able to borrow laptop, phone chargers, and many more things for free! ☺”***

—a female; at the age of 18; freshman

### *IRT and the Student Technology Center...*

***“The resources @ the IRT are awesome, not many people know about it.”***

—Filipino – 29 years old – Female

***“My experience is that there are many resources like the airc that are devoted to helping with technology.”***

—male, 18, white freshman

***“The resources that are given to us, like for example, the printing and computer rooms, tutoring, and poster that can be made one per semester free.”***

—female (in the College Assistance Migrant Program)

***“The numerous amount of resources available for learning – especially the tech help department.”***

—19/white/female/honor roll student

***“I love the computer workshops that school offers to help students with computer.”***

—No student specifics given

### Tutoring and Testing...

***“I appreciate all of the academic resources on campus.”***

—19 year old minority female

***“Everyone here is nice and I like how we have a lot of resources that help with our homework.”***

—I am Arab and I am 18 year old.

***“There are a lot of resources here on campus to help me deal with academic struggles.”***

—black, female, 25 yrs old. junior

***“There are many programs and academic services that are willing to help students.”***

—learning English as second language

***“I like the resources available to all the students like PARC, Student Tech Center, Writing Center, etc.”***

—African American/Italian

***“Good support for struggling students”***

—Chinese

***“I like how there are many opportunities to work with others to improve yourself, such as the Writing Center.”***

—New to College

***“tutoring like the PARC and the English tutoring is great.”***

—Latino, first year

***“I also really enjoy the different types of services, like the math center or writing center. There are helpful things for students to get by.”***

—about to graduate with a Coms studies degree

***“I like the green campus and the programs that are offered. EX: PARC, English Lab.”***

—New to college, first generation, low income family, female 18 years old. Moved to US in 2004 Trilingual (Russian/Ukrainian/English).

***“I (like) The programs that are on campus much like the writing center.”***

—No student specifics given

***“The Testing Center really does help.”***

—25 dyslexia

***“Math and science are not easy but we have good resources on campus for tutoring.”***

—female 20 anxiety



***“Programs outside of class—Writing Center, Reading Center, Math Center—those are definitely helpful.”***

—25, male, auditory processing disorder, transfer student, and curler (Olympic sport)

***“I really enjoy that the campus is nice and open. Also there are many different type of assistant programs, for example the Writing Center, etc.”***

—Mexican, 18, Female, Freshman

***“(I like) Tutors.”***

—18

***“The university online tutoring resource is really nice for someone with my busy school and work schedule.”***

—29, works full-time, ready to graduate

***“I like all the resources, such as tutoring, that Sacramento State offers.”***

—Hispanic

***“I like how they offer tutoring and are willing to keep you here at their school....”***

—19 mexican-american

***“PARC is so helpful! Students should go more.”***

—21, male, white

***“(I like) the tutors. My Math and CRJ tutor helped me so much. I always thought tutors were for dumb people. But I learned tutors are there to give you tips and guide you from their experience.”***

—18 year old African American Female

***“Tutoring. I like the fact that I can get help....”***

—female (in the College Assistance Migrant Program)

***“The staff in the Testing Center are very nice.”***

—No student specifics provided

***“(I like) All the services that are offered for studying (tutors).”***

—Mexican, Male, 24, 6<sup>th</sup> year.

***“The Writing Center is available throughout the day.”***

—white/older adult

***“What I like is the help I receive at PARC. Getting all the help has made me improve.”***

—No student specifics provided

***“The writing center is amazing. They have made writing college papers a breeze. I feel that I am a pretty strong writer but it’s nice to know there is always someone to look over your work!”***

—a caucasian 20 year old.

***“The tutoring sessions helped me as well in aiding my classes.”***

—I am a Asian female student and currently 18 years old turning 19 this year. With the challenges of being the first in my family to go to college, I am new to this experience of college.

***“(I like) The tutor resources that we have. It helps so much to have free tutors on campus that are available with my crazy schedule.”***

—Female, Senior, full time work, full time student

***“A challenge for me so far has been writing at college level English meeting the Professors standards. Therefore, being a first generation I couldn’t send my whole paper to be revised by my family for example. I seeked help at the writing center and it was very helpful.”***

—first generation, hispanic, 18 year old

***“I do like the smarthinking program that is available to students.”***

—30 y/o, white, learning challenges, physical challenges, vet.

***“I have found PARC to be very helpful.”***

—20

***“(I like) Tutoring”***

—Freshman

***“The writing center it help me with my essay.”***

—Asian, Male, 1996

***“What I’ve liked about Sac State so far is how many resources are available to me as a student. From math tutoring to the writing lab, I know that I can always get help.”***

—Mexican American, 18 y/o female

***“I really appreciate the tutoring services that are provided by the University, it helps....”***

—I am 19 years old female, and my background is from Pakistan. First generation college student, and low income. Challenges, sometimes, not know who to meet with, if I need help, struggling with psychological/mental depression from time to time.

### Mentoring...

***“I have a mentor here, and I feel very blessed.”***

—22, female, Christian, 4<sup>th</sup> year

***“I found a mentor through the University, and it is really nice to know you have someone to give you guidance and inspiration. Someone who is in your corner and willing to work with you on your journey through college.”***

—21

***“I was a part of the Oddessey Mentor Program last semester, which provided me with an older mentor to help me with studies/activities. She helped me get through my first semester.”***

—18, Mexican-American, New to College, Female

***“My mentor here is a respected faculty member, and I am grateful they take the time and care to meet with me and help me.”***

—20, male, struggles with coursework

***“Economics mentor/mentee program helped me adjust to the campus as a transfer student.”***

—Chinese

***“I was paired up with an older student mentor who is awesome! She helps me and gives me confidence and now we’re good friends!”***

—18, female

***“I also participated in a government program where freshman and transfers are partnered with a ‘mentor’ who was a junior or senior student to show us around campus. We met once a week and they would direct us to the right places if we had questions. This should be accessible for all transfers.”***

—Latina woman and transfer from a community college

***“I was able to work as a peer mentor for FYE and this helped me see parts of myself I did not know existed while making a difference in people’s lives.”***

—23 transfer student

***“I am proud to say that I have a mentor who is an administrator on campus and we meet regularly to make sure I am on track with classes and pursuing my dream career.”***

—21, male, four more semesters to go

### Being Well...

***“I love the health & wellness center. Going to the doctor is so easy & also the gym has great amenities! It makes it easy for students to work out and also take care of themselves because it’s all provided on campus.”***

—white, female, transfer student from a junior college, COMS major

***“It is good, I like the new experience and there are a lot of healthy resources, such as the Well.”***

—Mexican-American and 30 years old. I am male.

***“(What do you like?) Definitely the services at the well. I am taking advantage of counseling and the gym which has helped me physically and mentally through this semester.”***

—female, has anxiety, 21

***“The WELL is my favorite place on campus.”***

—Im Chinese and I was born in Hong Kong. Im 18 years old. Im the first person in my family to go to college.

***“The WELL is amazing and everyone should go!”***

—Being mixed (black, mexican, native American) in a school that seems mostly white is a tad intimidating

***“I love the well and the activities it offers.”***

—a 19 year old freshman first year Hispanic

***“The Well is an awesome facility.”***

—25 year old male student

***“I really love the WELL. I love the interior and feeling of the WELL. It’s the best spot on campus....”***

—Female, Hmong, 19 years old and a Freshman new to college

***“I ♥ the well...more than encourages me to work on my health and fitness.”***

—a female Chinese American that is 23 years old.

### The Gym...

***“I love the gym here, it’s huge’ & the hours it stays open is very convenient.”***

—a Freshman

***“I like going to the Well and playing basketball.”***

—White 23 yrs old

***“Fun meeting new people at the gym/the well here”***

—swoll

***“The gym facility is one of the best facilities I’ve ever been to”***

—No student specifics given

***“I like the Well and rock-climbing the wall.”***

—female, older student, returning to school, first generation college student, 3 car accidents (disabilities), visual processing disorder, dyslexia, ADHD

*The Health and Counseling Services...*

***“What has worked for me is the various programs that are available to students suffering from allergies to anxiety, depression, and stress. Being able to be taught how to live a healthier life with help from the school is what I like.”***

—22 year old Hispanic

***“I take advantage of counseling at the WELL and that has made the biggest difference in my life.”***

—19, overcoming depression

***“I am glad we have a medical facility for when we become sick or injured right here on campus.”***

—No student specifics given

***“I like the resources the university has, like counseling at the Well.”***

—female, 20 years old, bisexual, experiences depression and anxiety

***“I just recently started getting care for my depression and anxiety and so far everything/everyone has been extremely helpful and kind.”***

—depressed/anxious

***“It is very difficult because college is in my opinion a very high pressure environment. Going to CAPS helped me to have someone to discuss my anxiety with.”***

—anxious

***“I do like the psychological counseling center. Being able to schedule and talk with someone is highly beneficial.”***

—Caucasian, first generation college, senior, 23, male

***“I like all the services that they offer in the wellness center.”***

—Comes from a migrant family, freshman, age 18, Russian, low income.

***“I had a very traumatic moment & I was able to get help from school to get me better.”***

—Hispanic

## Programs

***“I like the different services and programs that are available whenever I need them. The variety of programs is many that are helpful.”***

—New to College

***“I enjoy seeing the diversity this school sets, and the many programs they offer to assist students.”***

—Mexican, 18 years old, Straight, 1<sup>st</sup> Generation College Student

***“I have many opportunities on campus through programs. I am a participant of organizations that assist me in my transition to college.”***

—Hispanic/female, 18 yrs/New to College

### *First Year Programs...*

***“Taking a first year seminar last semester really helped me. I met a lot of my new friends there and it was easier because we were all new.”***

—New to College

***“First year seminar has connected me to campus and other first years”***

—female, 18 years old, depression/anxiety

***“(I like) The FYE & the friends I’ve made.”***

—Mexican, 18, Male, 1<sup>st</sup> Generation College Student

***“The freshman seminar really helped to get me involved in school.”***

—19/new to college, social anxiety

***“(I Like) The first year seminar.”***

—Latino, 19

### *Honors Programs...*

***“The honors program is a great program with wonderful teachers who care about us.”***

—an 18 yr old white female

***“The Honors Program is absolutely amazing + helpful. Without, I would dread coming to class. It’s the most supporting group I’ve been in + the faculty involved are extremely helpful.”***

—Young white male w/minor depression + anxiety

***“The honors program in particular has really kept me involved and given me plenty of experiences and new opportunities.”***

—asian, 18 (freshman), female

***“I am part of the Honors Program. This has given me many opportunities & advantages including priority registration, class w/ people I know, field trips, ....”***

—Ukrainian Female 18 years old Straight Freshman

***“The honors program is amazing.”***

—22-year-old, white female

*International Programs and Global Engagement...*

***“CSUS is a good place for international student for learning.”***

—International Student

***“As an international student here this year I am very pleased to attend Sacramento State University through the IPGE office.”***

—an international student

***“CSUS is a good place for international students for learning.”***

—international student

*Study Abroad Program...*

***“One thing I want to share is the importance of the study abroad program the campus offers. This program was one of a kind and extremely accommodating and open to anyone.”***

—22 yrs old, in her fifth year here, Filipino, Female, has terrible eye sight, nut allergy

***“I also studied abroad in England for 5 months which is the best choice I have made since being at Sac State.”***

—23 years old, 5<sup>th</sup> year senior, full time worker & student

*ROTC...*

***“My experience as an ROTC cadet here has been exemplary, but trying waking up at 5 every morning to go to PT, then going to class all day, and then having training many afternoons can be difficult, but I enjoy what I do and I know why I do it.”***

—current military, first-year, male, white, Catholic

***“ROTC is training me to be a better student and a better man.”***

—no student specifics provided

### Diversity...

***“Sac State has many organization centers for diverse groups.”***

—20 yrs old

***“I like all of the diversity centers around campus. There is a place for everyone!”***

—19

***“The Pride Center and WRC have been a tremendous help and encouragement to me.”***

—52 year old, Mixed Race Family, Lesbian, Veteran, Christian

***“Love the Multicultural Center!”***

—Latina, 22

***“I love all the good work of the Dreamer Center staff for the campus and the students.”***

—No student specifics given

***“The multi-cultural center and the women’s center have been organizations that I have often used and are very helpful.”***

—Latina woman and transfer from a community college

***“It is really great knowing that there are resources for me related to each demographic. The women’s resource and pride centers are awesome.”***

—Hispanic/Female/LGBT/Athlete/21

***“The Cultural Center has a lot of help available.”***

—Middle eastern, female, 24, lesbian, (her\*, she\*)

***“The Center for Dreamers has been very helpful to me and my family.”***

—No student specifics provided

***“The Serna Center is a wonderful research organization for my community.”***

—Latina, 4<sup>th</sup> year

***“I love the PRIDE and Women’s Resource Centers and the MCC....”***

—Veteran, NonTraditional Returning, FTM, Gender Non-Conforming.  
(FTM: Someone assigned female at birth who identifies on the male spectrum)



### Equity...

***“(I like the) Willingness of the campus to provide support for minority groups.”***

—Asian-American (Chinese) Female 18

***“My experience with CAMP and EOP has been amazing. I’ve learned many skills, and resources to help me succeed in college. CAMP has become my home away from home because I’m surrounded by people who are in the same situation as me (1<sup>st</sup> generation, migrant background).”***

—Mexican American, 18, female (1<sup>st</sup> generation, migrant background)

***“(I like) The MLK Center all black mentors, group studies,....”***

—an African American freshman

***“A experience I would like to share is being apart of the EOP program and Pan African learning community.”***

—African American young woman

***“I joined a great program called FCP.***

***(I like) Getting all the help that I need.”***

—Hmong American female student, age 18

***“What I like about Sac State is the River Front Center and the great programs they have that help minority and under-represented students. I think that they have helped me not only have a job and helped grow as a student, individually and professionally but they have also helped me in building connections/networks.”***

—undocumented student

***“(I like) GETTING INVOLVED ON CAMPUS (I am in CWC scholarship program.)”***

—younger African American female w/a short attention span & hard of hearing

***“It has been a great experience being part and working with equity programs such as CAMP and EOP. The equity programs, they are the best!!”***

—Hispanic, First Generation Age 21

***“The FCP Program and the Hmong clubs has helped me.”***

—Hmong

***“The Educational Opportunity Program...gave me the opportunity to meet new people from all over California.”***

—I am a hispanic student. I am a 19 year old. A challenge for me is that I always have had a hard time in school no matter what the situation may be.

***“I love the MLK Center”***

—black male, 20

***“It’s great. I feel that I have all the support that I need to be successful in my first year and the next years. CAMP and EOP has gave me that support that I need and I’m grateful for that.”***

—Mexican, 18 years old, New to College, Female

***“What I like about CSUS and has worked for me is CAMP (College Assistance Migrant Program). I like CAMP because CAMP is like my family away from home. Guiding me through college since I am a first generation student.”***

—of Mexican Culture

***“Being in EOP and HUSA has made me felt more connected to the campus and as if I’m really a student and isn’t just a student who comes in go for class.”***

—Hmong and first generation college student

***“I like that @ CSUS CAMP is provided for us because if CAMP was not here I probably wouldn’t have made it this far.”***

—Hispanic, 18, deaf studies major

***“Being part of EOP has given me a chance to become part of something special here on campus. I wouldn’t have met so many other students or amazing staff without the help of EOP.”***

—Female, Hmong, 19 years old and a Freshman new to college

***“(I like) Having cooper woodson, ...and other programs that made me feel welcomed.”***

—black African American, 21 year old, 4<sup>th</sup> year

***“I love the Full Circle Project. FCP has helped me to be successful at this University and make many friends and experience new things.”***

—18, female, first generation

***“I like that I was admitted into both EOP/CAMP which helped me succeed here in Sacramento State.”***

—Mexican-American

***“My experience being in EOP. They were good with helping students mend to the Sac State campus and mold to the Sac State culture.***

***(I like) EOP, Black Alumni Association, and Cooper Woodson”***

—a first year, first generation, 20 year old, african american female.

***“The Full Circle Project. I think I would be really depressed w/o it. I’ve made maybe one friend who’s not from FCP but at least a dozen FCP friends. FCP has really made my college experience a good one.”***

—male, 19, Chinese

***“Thankfully, equity programs have helped me (such as CAMPS & EOP). I am now graduating from Sacramento State...and it has only taken me 4½.”***

—Latino, 23, Graduating Senior

### Disabilities...

***“I’ve felt that SSWD has been helpful and informative. The audio books have really worked. I like to come in the Tech Center and study and do homework.”***

—male, 28, gay, single, transfer student, senior, learning disability-auditory processing disorder.

***“Very difficult, very difficult. I couldn’t have gotten through it without these services.***

***(What works for me is) complete quiet, note-takers, KUZWEIL, SSWD counselors, the person who runs it, ...and my learning disabilities counselor....”***

—male, 27, learning challenges, with possible dyslexia, anxiety, returning student, junior year. I will be the first in my family to graduate with a degree.

***“I also am in DSPS so the disabilities center has been really accommodating and helped me.”***

—white, female, 22 years old.

***“(I like) SSWD and the way it is adapting to new technology.”***

—Retinitis Pigmentosa

***“They have a pretty well-thought out system here. I’m pretty pleased with my accommodations here. The SSWD specialist’s reconsideration and granting me KURZWEIL was huge.”***

—Female, 29, first generation student, hispanic, a couple of learning disabilities and processing disorders (my reading, spelling, and writing was below average when tested), and test anxiety

***“The Learning Disabilities Program has helped a lot, especially when it comes to getting accommodations for my classes.”***

—26, female, learning disability, first generation student at Sac State

***“What I like about Sacramento State: High tech Center has great services & (staff) & other HTC faculties actually show care & helpfulness.”***

—a young woman

***“The High Tech Center also helps as a resource, with e-text to read books.”***

—25 dyslexia

***“I’m really impressed with the SSWD services. They are really top notch. Especially compared to the community college I came from. Here, they’ll go step by step and tell you, help you to get the accommodations. They are all approachable, helpful, willing to find out, and check up on you. They do it all. If that wasn’t available, I would be struggling even more. So now I don’t feel so lost and I can even enjoy my classes because now I can keep up. With KURZWEIL, I am able to comprehend, and it actually stays in my head. A big contribution to maintaining my grades. My counselor...is very empathetic. I feel very lucky. I am very blessed and thankful to have the services here.”***

—Philipino, student with disabilities, cognitive issues, visual impairment, physical disabilities (amputated fingers), chronic disease

***“SSWD has been absolutely amazing. From my counselor to the High Tech Center, everyone has been so supportive and gone beyond what was expected. Honestly, I don’t think I would have been able to go to college at all without them.”***

—21, female, graduating senior, Asian, legally blind—no night vision, tunnel vision, 5%

***“Before I found the High Tech Center, I did it, but it took me twice as long. (I like) The fact that I found that the Center—that changed everything for me.”***

—Cerebral Palsy on one side, macular degeneration one eye, white, female, 51

***“The private study rooms in the High Tech Center have been invaluable to me to focus on studies and get help right then and there if I need it.”***

—female, American Indian and white, older student, returning to school, first generation college student, 3 car accidents (disabilities), visual processing disorder, dyslexia, ADHD

***“SSWD has been awesome. I like the little rooms (in the Center)—I have ADD so I don’t get distracted in the room all by myself where I can focus. And they’re awesome about giving reading programs like KURZWEIL 2000 where I can see and hear the material.”***

—Auditory Processing Disorder since kindergarten (I have to be able to see and hear)

***“Here at the High Tech Center, they’re very nice and helpful. (A Staff member here) really cares about her students. Whenever I have a problem, I’m having a bad day, she is there for me.”***

—I have a learning disability

***“Since I’ve been here, the High Tech Center has been very, very helpful. There’s no way I would have made it out in four semesters without the Center. I like that inside the Center you have your own personal rooms. I feel comfortable here.”***

—49, head trauma, dyslexia, academically challenged—I didn’t have all the tools I needed to start off.

***“I love coming to the High Tech Center. (Staff here) are great. It’s nice having somewhere where you can go and study where others are similar to you in that they have a disability and there are resources or people to ask for assistance in finding information.”***

—female, 23, legally blind, 3<sup>rd</sup> year Junior transfer, Psychology major

***“I like that Sac State provides ‘safe zones’ for students with disabilities: the Tech Center and Testing Center, their way about it and system.... Here, it’s not customer service, it’s hospitality. They treat you like you’re walking into their house, with respect. They never ask too much of you, it’s reasonable. So when someone provides hospitality to someone who has never really felt comfortable or welcome, you are drawn in.”***

***The technological services and programs here, they actually work. If there’s a problem, they fix it, they show me, not just do it for me. They’re always really nice at the Tech Center, they’re just really good to people and lots of smiles.”***

—29 male, straight, learning challenges—dyslexia

## And More

### *Support for Student Parents...*

***“It is very difficult balancing home life with school life. I like that it has a daycare.”***

—migrant student, first year, 19, mother

***“CSUS has a great day care/preschool program that my daughter attends. It is super helpful to my wife and I.”***

—31 yr old, full time working, full time student and parent

***“I like the fact that there is a daycare/school for students with kids, because it takes some pressure off and paying more attention in class rather than worrying about daycare and costs.”***

—24, caucasian, female, mother, transfer

***“I really enjoy Sac State. The children’s center has given me access to free childcare which is life changing!”***

—hispanic, female, 22, transfer student, parent

### *Support for Student Veterans...*

***“I’d like to share that at Veterans Success Center we welcome anyone that likes to study or get to know other fellow veterans in the community since Sac State is known to have the 2<sup>nd</sup> highest student veterans.”***

—Asian – 29 – Veteran

***“CSUS has a huge veteran support system and is ideal for veterans looking to go back to college. The faculty here goes above and beyond to help students, which is so important!***

***I love the support from counselors, teachers to help me succeed here. Being a student, it is so crucial to have good mentors & CSUS has a superb support system for students’ well being.”***

—25 years old/male/indian background/vet

***“Being a veteran on campus is very nice since there is a Veterans Success Center.”***

—Female Veteran 40 years old

***“CSUS provides a study/work environment for vets, dependents, spouse’s, and active duty members. This has worked for me because I am able to finish homework in here, as well as typing an assignment. This place is usually quiet enough to concentrate on what you are working on”***

—18

***“I like that I found the ENVS program, as well as the Veterans Success Center.”***

—An Older White Male Veteran who is returning to school

***“It has been a positive experience. Have received and got assistance for any questions I have had.***

***The Veterans Center has been a very convenient, helpful and resourceful place.”***

—Hispanic, 29 yrs, female veteran

***“The veteran community has many organizations that help. I have enjoyed connecting with the veteran community who have the same concerns and problems.”***

—White, male, veteran, 35, first in family in college

***“The veteran’s center has been very helpful with assisting me with my academic needs.”***

—Laotian-American, Age 28, Male, Senior at CSUS

*Support for Student Athletes...*

***“The SARC as an athlete is immensely important.”***

—Hispanic/Female/LGBT/Athlete/21

***“I love the SARC. It is really helpful.”***

—21 y/o male Caucasian student-athlete

***“I like the student-athlete resources and the help they give.”***

—white, 18 yrs old, student athlete, new to college

***“The amount of support I get from so many people in the athletics here at Sac State is unreal.***

***I like priority registration and having help in Lassen hall whenever I have needed it.”***

—21, Athlete returning to school

## Finding Work...

***“I really like the career center”***

—Hispanic Female 25 Heterosexual

***“The career center is useful. I just need to invest more of my time to what they offer.”***

—33-year-old, white, male, first semester, transfer student, father, full-time employee.

***“Something that has worked out for me very well was the Work-Study Program here at CSUS. I was able to find a good job working in a kinder classroom. It’s perfect because I want to be a teacher.”***

—18, Mexican-American, New to College, Female

***“The employment opportunities helped me stay here and continue my studies, I am thankful for UEI.”***

—hispanic

***“Career Center is helpful, too. I went there to get help with an internship. They were very helpful, and I really appreciated that, I love that they’re so positive and optimistic. AIRC has really great technology. I’m happy to get a job on campus—a great way to add more to my resume and get good experience.”***

—I have a learning disability

***“Stopped by the career center a few weeks ago. Had a great experience. Only went in to make sure that I was on track for graduation and I was impressed with how much help and how nice the staff was.***

***I like the multiple opportunities that are offered to me to meet new people and build relationships.”***

—Caucasian, 25, Junior, Full-time work, Full-time study

***“I like how there have been more career fairs to help those prospect or make connections before they graduate.”***

—Hispanic latino

### Graduating and Beyond...

***“I think that the school provides everything you need so that after we graduate we will be ready for the workforce.”***

—Female

***“I like all of my professors and the staff that I have come across. Everyone is very helpful and I feel like this school is gearing me in the right direction for graduation.”***

—Filipino American Female

***“I can say thus far that the majority of staff on campus (including professors) have been helpful + supportive.***

***I really like that there are so many resources readily available for students on campus. The main goal of college is education + developing skills for the future, and that goal can be made more easily achieved because of resources many students may not otherwise have access to.”***

—Black, Female

***“I love that Sac State has staff available to answer questions about graduating on time.”***

—Female, 27 year old, pregnant, transfer commuter.

***“I love all the graduation workshops and events this school holds.”***

—About to graduate

***“I appreciate the assistance given to those with disabilities in the graduation ceremony.”***

—25

***“I like that this campus provides many programs to help students graduate college. (Counselors, PARC, NSM, etc.)”***

—Hispanic

***“The commencement office has been helpful to my family and me as we get ready for graduation.”***

—22 graduating in 4½ years