

Sacramento State University Campus Resources for Students
2019-2020

For Students New to the Campus.....	2
For Students Needing to Know Campus Basics.....	3
For Students Wanting Help with Academics.....	8
For Students Who Might Be Struggling in College.....	11
For Students Wanting Financial Help or Employment Assistance.....	12
For Students Who Aren't Sure What Major/Profession to Go Into.....	14
For Students Who Would Like a New or Greater Academic Challenge.....	15
For Students Who Would Like a Greater College Experience	16
For Students Who Would Like a Mentor	18
For Students Who Would Like an Internship	18
For Students Wanting to Maintain Health and Wellness.....	19
For Students Wanting to Maintain Physical Fitness and an Active Lifestyle.....	20
For Students Dealing with Stress, Problems, or Crisis.....	21
For Students in Need or in a Jam.....	22
For Students with Socioeconomic & Cultural Equity Challenges in Higher Ed.....	23
For Students with Disabilities.....	27
For Student Athletes.....	28
For Dreamer Students.....	28
For First Generation College Students.....	28
For Students Who Are Former Foster Youth.....	29
For Formerly Incarcerated Students.....	29
For LGBTQIA Students.....	29
For International Students.....	30
For Multilingual Students.....	30
For Students Who Are Parents.....	31
For Student Veterans.....	32
For Students Planning and Preparing for Graduation.....	33
For Students Thinking Beyond Graduation.....	34

Just about all of the services listed in the pages that follow are free of charge to enrolled students, with a few exceptions that may include resources described as a “course” (which would require class enrollment fees) and a few other items on the list. Please note that this list describes only the key services provided. Further information regarding each resource may be found through a call or visit to the website or location of the program or service of interest.

For Students New to the Campus

Needing to get situated and find your way in academic life?

Admissions and Outreach (A & O)—

Oversees the admission application process for students. The website provides the steps for before and after students have applied for first time freshmen, transfer students, and more.

Location: Lassen Hall 1102

Phone: (916) 278-1000, #1

[A & O Application Website](https://www.csus.edu/apply/admissions/application-process/) <https://www.csus.edu/apply/admissions/application-process/>

New Student Orientation (NSO) Office—

Provides New Student Orientation for new and transfer students, parents and guests, and more.

Location: Lassen Hall 1010

Phone: (916) 278-7841

[NSO Website](https://www.csus.edu/apply/student-orientation/) <https://www.csus.edu/apply/student-orientation/>

Campus Tours—

Gives tours around the campus led by a student guide with information about the many services, activities, programs, and educational opportunities Sacramento State has to offer. Further information may be found on the website, and a Self-Guided Tour Booklet, as well.

Location: Lassen Hall 1102 (A & O Office)

Phone: (916) 278-4592

[Campus Tours Website](https://www.csus.edu/experience/visit/campus-tours/) <https://www.csus.edu/experience/visit/campus-tours/>

First Year Experience (FYE) Program—

Offers all freshmen the opportunity to take a First Year Seminar (a three unit general education academic course where students explore the requirements and responsibilities of being a university educated person) or to join a University Learning Community (courses that satisfy GE or academic major requirements that students take with the same group of students and faculty who link class content together in themed clusters). FYE also has peer mentoring for personal and academic advising, and the FYE Space for students to study and find support.

Location of FYE Space: Library 3520

Phone: (916) 278-4973

[FYE Website](https://www.csus.edu/undergraduate-studies/first-year-experience/) <https://www.csus.edu/undergraduate-studies/first-year-experience/>

Peer-Led Advising for College Experiences (PLACE)—

Has student advisors who are familiar with campus life and resources and can refer their fellow students to appropriate departments and college services, help navigate college life and manage stress, and enjoy their educational experience and do well in their classes. PLACE is a good place to go if a student is new to campus and wants to feel more engaged in college life or feels isolated or knows very few students. Students may go online, call, or come by for further information, availability hours, and appointments.

Location: Lassen Hall 2200 (Peer & Academic Resource Ctr.) Phone: (916) 278-6010

[Peer Advising & Tutoring Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html>

For Students Needing to Know Campus Basics

Wanting to know what and where the main university stuff is?

Academic Advising Center—

Helps students to clarify and implement educational plans consistent with their skills and interests through general education advising, graduation requirements advising, and transfer student advising, with the website offering further information regarding the major advising done in the student’s field or major, and links to advising resources.

Location: Lassen Hall 1013

Phone: (916) 278-6231

[Academic Advising Website](https://www.csus.edu/student-life/academic-advising/) <https://www.csus.edu/student-life/academic-advising/>

Student Service Center (SSC)—

Offers one-stop help toward college success. This is the main place to go to get information and questions answered regarding financial aid, registration, enrollment, records, MySacState and Student Center, and more. Students may come by, call, or go online. The website also has a “Forms” page where students can find the many key campus documents they need and information on when and how to use them.

Location: Lassen Hall 1000

Phone: (916) 278-1000

[SSC Website](https://www.csus.edu/student-affairs/centers-programs/student-services-center/) <https://www.csus.edu/student-affairs/centers-programs/student-services-center/>

Financial Aid and Scholarships—

Helps students apply for, receive, and maintain eligibility for various types of financial aid, including scholarships, grants, loans, and work study. Students may go online, call, or come by the Student Services Center to get their financial aid questions answered.

Location: Lassen Hall 1000 (Student Services Center) Phone: (916) 278-1000, #2

[Financial Aid & Scholarships Website](https://www.csus.edu/apply/financial-aid-scholarships/) <https://www.csus.edu/apply/financial-aid-scholarships/>

Bursar’s Office—

Conducts most financial transactions for students and staff, including OneCard and parking permit purchases, registration and tuition fee payments, and more.

Location: Lassen Hall 1001

Phone: (916) 278-1000, #3

[Bursar’s Office Website](https://www.csus.edu/administration-business-affairs/bursar/) <https://www.csus.edu/administration-business-affairs/bursar/>

Office of the University Registrar—

Provides information and services regarding student records, transfer credit, and graduation advising. The website provides information on transcripts, records, registration, graduation, and transfer credit, and the office is the place where students may get corrections made to clerical errors in registration or grade reports, have “WU” grades dropped from their transcript, resolve registration problems, and more.

Location: Lassen Hall 2000

Phone: (916) 278-1000, #4

[Records and Transcripts Website](https://www.csus.edu/student-life/records-transcripts/) <https://www.csus.edu/student-life/records-transcripts/>

KEYS to Degrees Toolbox (Kit to Empower Your Success)—

Helps students to better navigate college life and stay on track with timely graduation with online tools such as Smart Planner, which automates course scheduling and offers dashboards showing the student's real-time progress toward degree.

[KEYS Website](https://www.csus.edu/student-life/academic-advising/general-advising/keys-to-degree-toolbox.html) <https://www.csus.edu/student-life/academic-advising/general-advising/keys-to-degree-toolbox.html>

Sac State OneCard Website—

Provides information regarding the uses and benefits of the Sac State OneCard (required student photo ID) and process for getting one, depositing funds, reporting a lost or stolen card, and more.

Location: Lassen Hall 1001 (Bursar's Office) Phone: (916) 278-1000, #3

[OneCard Website](https://www.csus.edu/administration-business-affairs/onecard/) <https://www.csus.edu/administration-business-affairs/onecard/>

Hornet Bookstore—

Sells textbooks and other books, apparel, accessories, gifts, school supplies, and more.

Location: South End of Campus Phone: (916) 278-6446

[Hornet Bookstore Website](https://www.bkstr.com/csusacramentostore/home) <https://www.bkstr.com/csusacramentostore/home>

Associated Students, Inc. (ASI) Student Shop—

Provides various services (including faxing and notary services) and sells different products (including graduation supplies, movie tickets at discounted prices, and stamps).

Location: University Union, Third Floor 3231 Phone: (916) 278-7916

[ASI Shop Website](http://www.asi.csus.edu/services/student-shop/) www.asi.csus.edu/services/student-shop/

University Housing Services—

Provides housing for new and returning students on-campus, and information regarding off-campus living.

Location of Office: Riverview Hall Phone: (916) 278-6655

[University Housing Services Website](https://www.csus.edu/student-life/housing/) <https://www.csus.edu/student-life/housing/>

Testing Center—

Administers campus-specific exams, CSU system-wide tests, and national standardized tests to current and prospective students. Testing accommodations are provided for students with SSWD accommodations and makeup test services are available to all students, with instructor consent.

Location: Library, Lower Level Room 14 Phone: (916) 278-6296

[Testing Center Website](https://www.csus.edu/student-affairs/centers-programs/testing-center/) <https://www.csus.edu/student-affairs/centers-programs/testing-center/>

Office of Student Conduct (OSC)—

Reviews reports of alleged student misconduct and determines if disciplinary action is needed. The website provides further information regarding academic dishonesty, reporting misconduct, or meeting with OSC regarding student conduct.

Location: University Union, Second Floor 2230 Phone: (916) 278-4056

[OSC Website](https://www.csus.edu/student-affairs/student-conduct/) <https://www.csus.edu/student-affairs/student-conduct/>

Sacramento State Police Department—

Protects the Sacramento State community; crime and suspicious incidents should be reported here. The Department also assists with vehicle lock-outs and dead batteries on campus.

Phone: Non-Emergencies: (916) 278-6000

Emergencies: (916) 278-6900 or 911 from campus phone
or use a blue light campus emergency phone

Location: Public Safety Building

[Police Department Website](https://www.csus.edu/campus-safety/police-department/) <https://www.csus.edu/campus-safety/police-department/>

Sacramento State Police Service Center—

Assists with public safety services, provides safety information and answers questions, helps with bicycle registration, serves as a campus Lost and Found, and provides live scan fingerprinting services for a fee.

Location: University Union, First Floor

Phone: (916) 278-2788

[Police Service Center Website](https://www.csus.edu/campus-safety/police-department/units-functions/service-center.html) <https://www.csus.edu/campus-safety/police-department/units-functions/service-center.html>

University Transportation and Parking (UTAPS)—

Provides information and services regarding parking regulations, permits, citations, and alternative transportation (bicycling, carpooling, ZipCar carsharing, and regional transit, including the Sac State Student Commuter Sleeves for riding the light rail at discounted rates), and more. UTAPS also offers the services listed below.

Phone: (916) 278-PARK (7275)

Location: Folsom Hall (7667 Folsom Boulevard), First Floor

[UTAPS Website](https://www.csus.edu/parking-transportation/) <https://www.csus.edu/parking-transportation/>

Hornet Express Shuttle—

Provides transportation to and from campus to students and staff with a valid OneCard. The times of operation and schedule of stops are posted on the website. All Hornet Shuttles are ADA compliant and equipped with bike racks.

Phone: (916) 278-PARK (7275)

[Hornet Express Shuttle Website](https://www.csus.edu/parking-transportation/shuttle/hornet-shuttle.html) <https://www.csus.edu/parking-transportation/shuttle/hornet-shuttle.html>

Herky Streetcar—

Provides continuous service across campus while classes are in session from Parking Structure 5, by the J Street entrance, to Amador Hall, by the Library. The schedule of stops times and hours of operation are posted on the website.

Phone: (916) 278-PARK (7275)

[Herky Streetcar \(PDF\)](https://www.csus.edu/parking-transportation/shuttle/_internal/_documents/herky-street-car.pdf) https://www.csus.edu/parking-transportation/shuttle/_internal/_documents/herky-street-car.pdf

Hornet Safety Escort—

Provides a safety escort service for students from one part of the main campus to another at night during the spring and fall semesters, from 6pm to midnight (with the last call at 11:50pm). Call to obtain this service.

Phone: 87260 from any on-campus phone or (916) 278-7260 by cell phone

[Hornet Safety Escort Website](https://www.csus.edu/parking-transportation/shuttle/safety-escort.html) <https://www.csus.edu/parking-transportation/shuttle/safety-escort.html>

Needing technological access, help or services?

IRT Service Desk—

Helps students with any tech-related questions they might have, including inquiries regarding MySacState account, wireless service, software, accounts and passwords, Sac State mobile, Canvas, accessibility, and so much more. Their motto is: *Service. Solutions. Making “IT” easy!*

Location: Academic Information Resource Center 2005 Phone: (916) 278-7337

[IRT Website](https://www.csus.edu/information-resources-technology/) <https://www.csus.edu/information-resources-technology/>

The IRT Services website additionally provides information on campus computer labs for student use for coursework, campus printing and copying, laptop loans, and software.

[Computer Labs Website](https://www.csus.edu/information-resources-technology/teaching-learning/computer-labs.html) <https://www.csus.edu/information-resources-technology/teaching-learning/computer-labs.html>

[Campus Printing/Copying \(PrintSmart\)Website](https://www.csus.edu/information-resources-technology/devices-printing/printsmart.html) <https://www.csus.edu/information-resources-technology/devices-printing/printsmart.html>

[Laptop Checkout Website](https://www.csus.edu/information-resources-technology/teaching-learning/laptop-checkout.html) <https://www.csus.edu/information-resources-technology/teaching-learning/laptop-checkout.html>

[Software & Tools Website](https://www.csus.edu/information-resources-technology/software-catalog/) <https://www.csus.edu/information-resources-technology/software-catalog/>

Needing a place to hang-out or study?

The main places to do so on campus include:

University Union—

Offers numerous services and events for students, and houses food venues, shops, gallery, and areas for study, socialization, and relaxation. There is also a Meditation Room, for meditation, prayer, and quiet contemplation, and the Terminal Lounge, which offers music, game boards, television, and more fun. The Union is a central hub of campus life and is often called “the living room of the university.”

Location: South End of Campus Near Quad Phone: (916) 278-6997

[University Union Website](https://theuniversityunion.com/about-the-union) <https://theuniversityunion.com/about-the-union>

Hornet Lounge—

Offers various designated study areas on four floors to practice presentations, do group work, and study, with open computer labs and technological support services nearby. The Hornet Lounge is open 24 hours a day, excluding holidays or other days that the university is closed for the day.

Location: Academic and Information Resource Center, First to Fourth Floors

University Library—

Provides a comfortable environment for study and an extensive resource base to do so, including over a million volumes and non-print media forms, thousands of maps, slides, pamphlets, and subscriptions to magazines, newspapers, and journals, and access to on-line data bases. Students with research questions and questions about library services may get them answered by the main floor User Services Desk staff, or call, e-mail, and use the online research guides and tutorials on the library website.

Location: South End of Campus Near Quad

Phone: (916) 278-5679

[Library Website](https://library.csus.edu/) <https://library.csus.edu/>

Have questions?

Student Service Center (SSC)—

Offers one-stop help toward college success. Students may call, go online, or come by to have their questions answered and get pointed in the right direction.

Location: Lassen Hall 1000

Phone: (916) 278-1000

[SSC Website](https://www.csus.edu/student-affairs/centers-programs/student-services-center/) <https://www.csus.edu/student-affairs/centers-programs/student-services-center/>

University Union Information Desk—

Answers questions about the university or community, including directory assistance (to locations and organizations both on and off campus), and provides general services (such as lost and found, campus maps, event and services brochures, and transportation information and schedules) and complimentary services (basic first aid supplies, car jump starter/air compressor, basic office supplies use, and more).

Location: University Union, First Floor

Phone: (916) 278-6997

[Information Desk Website](https://theuniversityunion.com/about-the-union/info-desk) <https://theuniversityunion.com/about-the-union/info-desk>

Peer-Led Advising for College Experiences (PLACE)—

Has student advisors who are familiar with campus life and resources and can refer their fellow students to appropriate departments and college services, help navigate college life and manage stress, and enjoy their educational experience and do well in their classes. Students may go online, call, or come by for further information, availability hours, and appointments.

Location: Lassen Hall 2200 (Peer & Academic Resource Ctr.) Phone: (916) 278-6010

[Peer Advising & Tutoring Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html>

Student Affairs—

Helps students get connected to the various resources on campus, from assistance in determining who to see to get a question answered, and information about student organizations, sports, financial aid, and more.

Location: Lassen Hall 3008

Phone: (916) 278-6060

[Student Affairs Website](https://www.csus.edu/student-affairs/) <https://www.csus.edu/student-affairs/>

For Students Wanting Help with Academics

Want to increase your success in studying for a test or completing an assignment for a class—and grow in the skills and knowledge you will need in your future coursework to graduate and beyond?

Tutoring and academic support services are free to students, with the exception of a few listed as “courses” (which may then require enrollment fees). Take advantage of all of the help offered to you around the campus!

Peer and Academic Resource Center (PARC)—

Provides a home base of academic support to students at all levels through a number of services that include Peer-Led Advising for College Experiences, Workshops and Individual Tutoring, and Supplemental Instruction courses and review sessions, described below. Students may go online, call, or come by for further information, availability hours, and appointments.

Location: Lassen Hall 2200

Phone: (916) 278-6010

[PARC Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/>

Peer-Led Advising for College Experiences (PLACE)—

Has student advisors who can help their fellow students with issues such as time management, study skills, assignment anxiety, and more, and refer students to additional academic resources.

Location: Lassen Hall 2200

Phone: (916) 278-6010

[Peer Advising & Tutoring Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html>

Workshops and Individual Tutoring (WIT) —

Offers tutoring (on a one-on-one basis or in workshops with small groups) to help students in challenging courses learn material, complete assignments, and prepare for exams.

Location: Lassen Hall 2200

Phone: (916) 278-6010

[Peer Advising & Tutoring Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html>

Supplemental Instruction (SI) Courses and SI Plus Review Sessions—

Helps students enrolled in difficult general education courses to become more successful in their coursework by taking an accompanying SI course that will help the student to better learn the material, complete assignments, and study for exams. SI courses are taken for one unit of credit, and course offerings are provided on the website. SI also offers SI Plus Review Sessions that are scheduled during the semester, usually before exams/quizzes, in large lecture classes.

Location: Lassen Hall 2200

Phone: (916) 278-6010

[SI Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/supplemental-instruction.html) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/supplemental-instruction.html>

Smarthinking—

Provides online tutoring that enables students to get the help they need 24-hours a day, seven days a week, in areas such as: writing, reading, mathematics, science, business, Spanish, nursing and allied health, and computers and technology. A tutorial for how to access and use this online tutoring service is there on the website.

[Smarthinking \(PDF\)](https://www.csus.edu/student-affairs/centers-programs/degrees-project/_internal/_documents/degrees-smarthinking.pdf) https://www.csus.edu/student-affairs/centers-programs/degrees-project/_internal/_documents/degrees-smarthinking.pdf

University Reading and Writing Center (URWC)—

Provides encouraging one-on-one peer tutoring for students wanting help with reading and writing at any point in the process, including planning, organizing, developing, and revising a paper to understanding difficult texts. Students are welcome to come in with reading and writing assignments for any course in any academic discipline and learn how to become a more confident writer or reader. Students may come by during the drop-in hours posted (website/at Center) for a single session of tutoring, or may make a session appointment or regular weekly standing tutoring appointments for the semester.

Location: Calaveras Hall 128

Phone: (916) 278-6356

[URWC Website](https://www.csus.edu/undergraduate-studies/writing-program/reading-writing-center.html) <https://www.csus.edu/undergraduate-studies/writing-program/reading-writing-center.html>

Math Lab—

Offers tutoring on a drop-in basis to students enrolled in lower division mathematics and statistics courses in need of assistance with course-related problems encountered in homework assignments and preparation for exams.

Location: Brighton Hall 118

Phone: (916) 278-6796

[Math & Statistics Math Lab Information Website](https://www.csus.edu/college/natural-sciences-mathematics/mathematics-statistics/explore.html) <https://www.csus.edu/college/natural-sciences-mathematics/mathematics-statistics/explore.html>

Business Tutoring and Study Center—

Offers students a study center and tutoring on a drop-in basis for business courses.

Location: Tahoe Hall 1006

Phone: (916) 278-2499, #5

[Business Tutoring and Study Center Website](https://www.csus.edu/college/business-administration/undergraduate/student-engagement.html#BusinessTutoring) <https://www.csus.edu/college/business-administration/undergraduate/student-engagement.html#BusinessTutoring>

Center for Science and Math Success—

Provides programs designed to support and enrich student learning in primary Science, Technology, Engineering, and Mathematics (STEM) classes, including Commit to Study and Peer Assisted Learning, described to follow.

Location: Sequoia Hall 320

Phone: (916) 278-2790

[Center for Science & Math Success Website](https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/) <https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/>

Commit to Study (C2S)—

Offers to students in Math and Science classes one-on-one support in study skills, mentoring, and referral to other campus resources.

Location: Sequoia Hall 320

Phone: (916) 278-2790

[C2S Website](https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/commit-study.html) <https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/commit-study.html>

Peer Assisted Learning (PAL) Program—

Offers a one-unit cooperative learning class connected to a primary STEM course (e.g., Biology, Chemistry, Math, Statistics) to improve student success in those courses. PAL classes are led by trained student facilitators.

Location: Sequoia Hall 320

Phone: (916) 278-3577

[PAL Website](https://www.csus.edu/college/natural-sciences-mathematics/peer-assisted-learning-program-pal/) <https://www.csus.edu/college/natural-sciences-mathematics/peer-assisted-learning-program-pal/>

Chemistry Department Help Office—

Offers assistance with chemistry classes. Students can go online or drop by to see the schedule.

Location: Sequoia Hall 502

[Help Office \(PDF\)](https://www.csus.edu/college/natural-sciences-mathematics/chemistry/_internal/_documents/help-office-fall-2019.pdf) https://www.csus.edu/college/natural-sciences-mathematics/chemistry/_internal/_documents/help-office-fall-2019.pdf

Engineering and Computer Science (ECS) Tutoring Services—

Offers tutoring on a drop-in basis for any engineering or computer science student. Tutoring Center Schedule is on the website.

Location: Santa Clara Hall 1217

[ECS Tutoring Website](https://www.csus.edu/college/engineering-computer-science/student-success/ecs-tutoring.html) <https://www.csus.edu/college/engineering-computer-science/student-success/ecs-tutoring.html>

Physics and Astronomy Department Tutoring Center—

Offers tutoring on a drop-in basis for any student in physics or astronomy classes. Tutoring Center Schedule is on the website.

Location: Sequoia Hall 124

[Physics and Astronomy Information for Students/Tutoring Center Website](https://www.csus.edu/college/natural-sciences-mathematics/physics-astronomy/information-students.html)
<https://www.csus.edu/college/natural-sciences-mathematics/physics-astronomy/information-students.html>

Paving Excellence, Retention and Success in Student Trajectories (PERSIST)—

Serves students in their sophomore year and students who have stopped out/dropped out at Sacramento State with campus resource support, college level advising, sophomore success workshops, and assistance with registration and creating a productive course schedule facilitating time to degree, all to help students to persist in their educational pursuits.

Location: Lassen Hall 2006

Phone: (916) 278-4294

[PERSIST Website](https://www.csus.edu/student-affairs/retention-academic-success/persist.html) <https://www.csus.edu/student-affairs/retention-academic-success/persist.html>

University Library—

Provides a comfortable environment for study and an extensive resource base to do so, including over a million volumes and non-print media forms, thousands of maps, slides, pamphlets, and subscriptions to magazines, newspapers, and journals, and access to on-line data bases. Students with research questions and questions about library services may get them answered by the main floor User Services Desk staff, or call, e-mail, and use the online research guides and tutorials on the library website.

Location: South End of Campus Near Quad

Phone: (916) 278-5679

[Library Website](https://library.csus.edu/) <https://library.csus.edu/>

Student Success Academic Support Services for the Sac State Colleges Website —

Provides a list of links to the different College Student Success Centers for the different Colleges at Sac State: Health and Human Services, Natural Sciences and Mathematics, Education, Engineering and Computer Science, and Arts and Letters. There, further information regarding assistance with academics for each of these Colleges and more may be found.

[Student Success Academic Support Website](https://www.csus.edu/experience/student-success/academic-support) <https://www.csus.edu/experience/student-success/academic-support>

Further Assistance with Academics—

Additionally, students participating in the many campus groups, programs, or services may explore further academic support options there—just ask.

For Students Who Might Be Struggling in College

Feeling like college might be too much or your classes too difficult?

It's important that you reach out for campus help—*We want you to succeed!*

Below are some of the best places to get the help you need to stay on track with your coursework and graduate with your degree:

DEGREES Project (Dedicated to Educating, Graduating, and Retaining Educational Equity Students)—

Connects students with a variety of resources to promote their success in college, including: early intervention, academic advising, graduation support, mentoring, and referral to other valuable campus resources. Students and faculty may look on the website listed below to find DEGREES Project Advisors and Coaches and their contact information for emailing, calling, dropping by, or making an appointment to meet.

Location: Lassen Hall 2302

Phone: (916) 278-7017

[DEGREES Website](https://www.csus.edu/student-affairs/centers-programs/degrees-project/) <https://www.csus.edu/student-affairs/centers-programs/degrees-project/>

Student Academic Success and Educational Equity Programs (SASEEP) Office—

Encourages and supports students in persisting toward their educational goals to ensure the success of all students on campus while closing the achievement gap. The office has an “open door” policy—students may come on in or call.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[SASEEP Website](https://www.csus.edu/student-affairs/retention-academic-success/) <https://www.csus.edu/student-affairs/retention-academic-success/>

Services for Students with Disabilities (SSWD)—

Provides assistance to students who may require assistance related to the following disabling conditions which may impede a student's educational process: visual, hearing, speech, mobility and other physical disabilities, psychological disorders, cognitive disabilities, learning disabilities, and ADD/ADHD. Services and accommodations for students may include, but are not limited to: specialized educational materials, adaptive equipment, adaptive computer training and use, note-taker services, testing accommodations, consultation with faculty for students with special academic needs, and library assistance. Further information may be found on the website regarding the application process and forms, the services and accommodations offered, and more. Students with questions and faculty with inquiries or wanting to make a referral are welcome to contact or come by the office for further information.

Location: Lassen Hall 1008

Phone: (916) 278-6955

[SSWD Website](https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/) <https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/>

For Students Wanting Financial Help or Employment Assistance

While it is a truly worthwhile investment in your future, college can be expensive, and so can life outside of it.

Need some help?

Financial Aid and Scholarships—

Helps students apply for, receive, and maintain eligibility for various types of financial aid, including scholarships, grants, loans, and work study. Students may go online, call or come by the Student Services Center to get their financial aid questions answered.

Location: Lassen Hall 1000 (Student Services Center) Phone: (916) 278-1000, #2
[Financial Aid & Scholarships Website](https://www.csus.edu/apply/financial-aid-scholarships/) <https://www.csus.edu/apply/financial-aid-scholarships/>

Career Center—

Offers a number of resources, programs, and events for students seeking employment. Students may come by during the drop-in hours posted on the website or call/come in to schedule an appointment for Career Counseling to get help with cover letters and resumes, job search strategies, interviewing preparation, job fair preparation, job application questions, and more. Students may also visit the Career Center Jobs website, which provides further information about student employment and how to obtain it, as well as on-campus interviewing with regional and area employers, a Job and Internship Handbook, and the Handshake Job Search Portal described to follow.

Location: Lassen Hall 1013 Phone: (916) 278-6231
[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>
[Career Counseling Website](https://www.csus.edu/student-life/career-center/career-counseling/) <https://www.csus.edu/student-life/career-center/career-counseling/>
[Career Center Jobs Website](https://www.csus.edu/student-life/career-center/jobs/) <https://www.csus.edu/student-life/career-center/jobs/>

Handshake Job Search Portal—

Provides an online job board for students to post their resume and search for full-time or part-time jobs, on-campus employment, and internships and co-operative education positions that may be paid. Students will also receive e-mails describing positions that match their search criteria and have access to the Career Center's calendar of upcoming events, workshops, and information sessions on job search, interviewing, and networking strategies.

[Handshake Job Search Website](https://www.csus.edu/student-life/career-center/jobs/) <https://www.csus.edu/student-life/career-center/jobs/>

Associated Students, Inc. (ASI) Website—

Provides students with information about opportunities for jobs and financial assistance to pay for college. Students may go to the website listed below and click on “Employment” or “Scholarships and Grants” at the top to learn more.

[ASI Website](http://www.asi.csus.edu/) <http://www.asi.csus.edu/>

Sometimes things can get very tough financially, but there are campus resources here for you.

CARES (Crisis Assistance and Resource Education Support)—

Provides support to students who are experiencing unique challenges to their education or are in crisis. CARES gives referrals to campus and community resources and follow-up support to address a variety of issues, including but not limited to: transportation barriers, mental or physical health and wellness, and financial, housing, and food struggles. The website also includes many online resources for students regarding financial aid and employment, food security, and housing security. CARES additionally offers the Student Emergency Grant and Student Emergency Housing assistance, described below. *Help is just a visit, a phone call or an email away.*

Location: University Union, First Floor 1260

Phone: (916) 278-5138

[CARES Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/) [https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/resources.html)

[Basic Needs Additional Resources for Financial, Food, and Housing Security Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/resources.html)

<https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/resources.html>

Student Emergency Grant—

Assists students who experience a financial emergency/unanticipated expenses that cannot be resolved through financial aid, scholarships, loans, or other financial aid forms, and this is/are causing short-term financial hardship that requires immediate attention to keep the student in college. Further information and the application may be found on the website.

Location: University Union, First Floor 1260 (CARES) Phone: (916) 278-5138

[Student Emergency Services Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html) <https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html>

Student Emergency Housing —

Provides short term housing assistance to students who are unexpectedly displaced from their homes. Further information and the application may be found on the website.

Location: University Union, First Floor 1260 (CARES) Phone: (916) 278-5138

[Student Emergency Services Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html) <https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html>

ASI Food Pantry—

Provides food, toiletries, and other basic necessities at no cost to Sac State students in need, in order to alleviate hunger within the student community and decrease the impact that food insecurity has on academic success. Further information and the hours of operation may be found on the website, as well as links to additional community resources.

Location: University Union, First Floor 1246 (entrance outside Union on Santa Clara Hall side)

[Food Pantry Website](http://www.asi.csus.edu/programs/food-pantry/) <http://www.asi.csus.edu/programs/food-pantry/>

ASI Pop Up Food Pantry—

Provides fresh produce at no cost to Sac State students in need, once a month during the fall and spring semesters. Schedule and location are given on the website.

[Food Pantry Website](http://www.asi.csus.edu/programs/food-pantry/) <http://www.asi.csus.edu/programs/food-pantry/>

For Students Who Aren't Sure What Major/Profession to Go Into

Not sure what educational or career path to take?

Academic Advising and Career Center—

Offers extensive services and resources to help students choose a satisfying major and career in line with their skills, interests, and values. Academic Advising and Career Counseling are available for students to get help with choosing/changing a major, exploring majors and career occupations, and then formulating an academic path for their chosen career goal. Students may find further information about making appointments and drop-in counseling on the websites. Students may also look at the other services below provided by the Career Center and Academic Advising.

Location: Lassen Hall 1013

Phone: (916) 278-6231

Academic Advising:

[Academic Advising Website](https://www.csus.edu/student-life/academic-advising/) <https://www.csus.edu/student-life/academic-advising/General Advising and Undeclared/Expressed Interest Advising Website>
<https://www.csus.edu/student-life/academic-advising/general-advising/>

Career Center:

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/Career Counseling Website> <https://www.csus.edu/student-life/career-center/career-counseling/>

FOCUS 2 Career—

Offers an online self-directed program that helps students to learn more about their personal strengths and attributes, explore careers and majors to match, and more. FOCUS 2 Career may be found on the Career Center's website as one of the featured tools on the right.

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

California Career Zone—

Provides information about California's industry sectors, in terms of careers, employment, pay, growth, and more.

[CA Career Zone Website](https://www.cacareerzone.org/clusters) <https://www.cacareerzone.org/clusters>

What Can I do With This Major? Website—

Provides information regarding what different majors can lead to in terms of specific careers.

[What Can I Do With This Major? Website](http://whatcanidowiththismajor.com/info.html) <http://whatcanidowiththismajor.com/info.html>

Major Advising Website—

Provides information regarding major advising, specifically for students pursuing their chosen majors at the college or department for that area of study. Faculty advisors assist students in planning an academic program appropriate for each student, and are also helpful in the exploration of career options.

[Major Advising Website](https://www.csus.edu/student-life/academic-advising/major-advising/) <https://www.csus.edu/student-life/academic-advising/major-advising/>

For Students Who Would Like a New or Greater Academic Challenge

Want to really challenge yourself or learn in a new way?

Community Engagement Center (CEC)—

Works with faculty to create courses with service learning to help students deepen their understanding of course content and gain professional skills and connections by participating on or off-campus with community partners, which may include businesses, non-profits, or government agencies. Students learn at the start of the semester whether their course will include service learning, and in the near future the live schedule of courses will indicate when a faculty member will use service learning, so that interested students can directly choose.

Location: University Library 4028

Phone: (916) 278-4610

[Service Learning Website](https://www.csus.edu/experience/anchor-university/community-engagement-center/service-learning.html) <https://www.csus.edu/experience/anchor-university/community-engagement-center/service-learning.html>

Study Abroad Programs (through International Programs and Global Engagement)—

Offer exciting educational opportunities for students to take courses in another country while earning course credit.

Location: Library 1001

Phone: (916) 278-6686

[Study Abroad Website](https://www.csus.edu/international-programs-global-engagement/study-abroad/) <https://www.csus.edu/international-programs-global-engagement/study-abroad/>

ROTC (Reserve Officer Training Corps)—

Offers the chance to earn a college degree while working toward becoming an officer in the United States Air Force or Army. ROTC programs will open doors to exciting opportunities, enrich the students' college experience, help them to achieve their goals, develop leadership and teamwork skills, and jumpstart a rewarding career right after graduation.

Air Force ROTC: Location: Yosemite Hall 122

Phone: (916) 278-7315

[AF ROTC Website](https://www.csus.edu/academic-affairs/air-force-rotc/) <https://www.csus.edu/academic-affairs/air-force-rotc/>

Army ROTC: Location: Yosemite Hall 157

Phone: (916) 278-2635

[Army ROTC Website](https://www.csus.edu/academic-affairs/army-rotc/) <https://www.csus.edu/academic-affairs/army-rotc/>

General Education Honors Program—

Provides a challenging and innovative general education learning experience to freshmen and incoming transfer students, with smaller class sizes and individualized attention from professors, who teach in a way to promote discussion, integrative learning, and a global perspective. The Program offers a community of learners, lounge to meet and study, and more. Further information and eligibility requirements are on the website.

Location: Academic Information Resource Center 4002

Phone: (916) 278-2804

[GE Honors Website](https://www.csus.edu/undergraduate-studies/honors-program/) <https://www.csus.edu/undergraduate-studies/honors-program/>

Business Honors Program—

Offers to students with junior class standing a program with an integrative learning environment that challenges students in enterprise planning, problem solving, and decision making, and equips students with the managerial skills and knowledge sets that embody the best of business practices. Students will have smaller classes with a cohort of their peers and faculty mentors. Further information and eligibility requirements are on the website.

Phone: (916) 278-6463

[Business Honors Website](https://www.csus.edu/college/business-administration/undergraduate/business-honors.html) <https://www.csus.edu/college/business-administration/undergraduate/business-honors.html>

For Students Who Would Like a Greater College Experience

Want to better connect with the campus, make friends, experience new things, have fun, gain valuable experience, get encouragement and support, learn in ways outside the classroom, and develop leadership and communication skills?

Associated Students, Inc. (ASI)—

Serves as the official governing body of Sacramento State and provides the framework for students to become engaged in campus life through participating in student government, joining campus committees, advocating for higher education, planning and promoting ASI events, joining clubs and organizations, and attending university events and activities.

Location: University Union, Third Floor 3250 Phone: (916) 278- 6784

[ASI Government Website](http://www.asi.csus.edu/student-government/) <http://www.asi.csus.edu/student-government/>

Sacramento State Campus Calendar of Events—

Provides listings of upcoming events, including movies, concerts, recreational activities, club and program events, comedy showcases, lectures, performing arts, gallery showings, and more.

[Campus Calendar Website](http://calendar.csus.edu/) <http://calendar.csus.edu/>

Sacramento State Athletics—

Hosts athletic competitions for the many Sac State sports teams. Admission is free for Sac State students, faculty, and staff to Hornet athletic events during the regular season.

[Hornet Sports Website](http://www.hornetsports.com/landing/index) <http://www.hornetsports.com/landing/index>

Student Organizations and Leadership (SOL)—

Helps students to get involved in campus life through numerous clubs and organizations, including those that are academic, cultural, fraternal, honorary, political, professional, recreational, religious, service, social, sports, and special interest in nature.

Location: University Union, Second Floor 2035 Phone: (916) 278-6595

[SOL Website](https://www.csus.edu/student-life/student-organizations/) <https://www.csus.edu/student-life/student-organizations/>

State Hornet Newspaper—

Provides a daily online publication during the academic year for students, with a newsletter with a weekly roundup of State Hornet coverage (just join the mailing list), and also the opportunity for students to gain experience in reporting and other aspects of news publication.

Location: Del Norte Hall 1006 Phone: (916) 278-6584

[State Hornet Newspaper Website](https://statehornet.com/) <https://statehornet.com/>

KSSU Radio—

Provides regular programming for the campus, including a range of different radio personalities and music genres, interviews, and broadcastings for Hornet athletic events, and more. Students interested in volunteering may help out with events or deejay an on-air show for the station.

Location: The Union, First Floor (ASI Hot Spot) Phone: (916) 278-3343

[KSSU Radio Website](http://www.kssu.com/) <http://www.kssu.com/>

UNIQUE—

Offers students the volunteer opportunity to plan, promote, and produce quality campus events such as concerts, lectures, performing arts, and multi-cultural programs.

Location: University Union, Third Floor 3216 Phone: (916) 278-3928

[Unique Website](https://theuniversityunion.com/unique) <https://theuniversityunion.com/unique>

Community Engagement Center (CEC)—

Offers students opportunities to develop the skills necessary to become engaged citizens in their communities by volunteering in a number of ways, including the Sac State Volunteers and Alternative Break programs for one-day or longer service projects held throughout the year in the community.

Location: University Library 4028

Phone: (916) 278-4610

[CEC Community Service Volunteering Website](https://www.csus.edu/experience/anchor-university/community-engagement-center/internal/community-service.html) <https://www.csus.edu/experience/anchor-university/community-engagement-center/internal/community-service.html>

Executive Trainers Program (ETP)—

Strives to create an atmosphere of caring and directed support that enhances the student success experience and degree attainment. The program includes: campus navigational and hospitality services, student welcome support activities and guidance, course and job shadowing/trainer interventions, mentoring, civic engagement opportunities, and graduate and post-graduate workshops to promote student success.

Location: Lassen Hall 2205

Phone: (916) 278-6183

Multi-Cultural Center (MCC)—

Encourages cultural understanding and awareness and action on the important issues and concerns of our communities through campus events, programs, and volunteer and personal development opportunities for students. MCC also offers a welcoming place for students to come in, hang-out or study, and learn more about themselves and others.

Location: Library 1010

Phone: (916) 278-6101

[MCC Website](https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/multicultural-center.html) <https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/multicultural-center.html>

One World Initiative (OWL)—

Offers events and activities to inform and prepare world citizens, each year centered on a chosen theme. Students, faculty, and staff may participate in the One World Initiative each year in different ways, such as attending events or planning events.

Location: Sacramento Hall 234

Phone: (916) 278-5344

[OWL Website](https://www.csus.edu/undergraduate-studies/one-world-initiative/) <https://www.csus.edu/undergraduate-studies/one-world-initiative/>

Male Empowerment Collaborative (MEC)—

Helps to improve the retention and graduation rates of male students who are less likely to stay in and graduate from college (in contrast to female students), by offering opportunity for personal self-discovery and growth through mentorship, dialogue, guidance, and support to connect more fully to the campus community and services.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[MEC Website](https://www.csus.edu/student-affairs/retention-academic-success/male-empowerment-collaborative.html) <https://www.csus.edu/student-affairs/retention-academic-success/male-empowerment-collaborative.html>

Women's Resource Center (WRC)—

Offers programs, events, and workshops to challenge sexism and promote gender equity. Students may come in to hang-out, socialize, study, or to learn more, inquire about volunteering, and/or attend events.

Location: University Union, Second Floor 2250

Phone: (916) 278-7388

[WRC Website](https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/womens-resource-center.html) <https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/womens-resource-center.html>

For Students Who Would Like a Mentor

Want someone to guide, support, and encourage you in your college journey?

Sacramento State “U” Mentor Program—

Pairs students with faculty, staff, alumni, and graduate and upper-division students who serve as mentors that work one-on-one with students to ensure their success at Sac State and build connection, community, and sense of belonging.

[U Mentor Website](https://www.csus.edu/student-affairs/centers-programs/degrees-project/u-mentor.html) <https://www.csus.edu/student-affairs/centers-programs/degrees-project/u-mentor.html>

Students may also check regarding mentoring opportunities with the many campus programs and organizations, listed in the pages before and after this one. Specific departments and areas of study may have mentoring programs or opportunities, as well.

For Students Who Would Like an Internship

Want to take advantage of opportunities to strengthen as a student and professional?

Career Center Internship Services—

Offers tools and resources to help students identify and obtain an internship, where they can gain industry experience, develop professional skills, and make valuable connections that could lead to employment in career paths they seek. Internships may be full- or part-time, on or off campus, paid or unpaid, and for units or not. The website provides further information, including links to the Jobs and Internship Handbook, Handshake Job Search Portal, and the CA Internship Network, described to follow. Students may come by during the drop-in hours posted on the website or call/come in to schedule an appointment for Career Counseling to get help with cover letters and resumes, internship search strategies, interviewing preparation, and more.

Location: Lassen Hall 1013

Phone: (916) 278-6231

[Internship Services Website](https://www.csus.edu/student-life/career-center/internships/) <https://www.csus.edu/student-life/career-center/internships/>
[Career Counseling Website](https://www.csus.edu/student-life/career-center/career-counseling/) <https://www.csus.edu/student-life/career-center/career-counseling/>

Handshake Job Search Portal—

Provides an online job board for students to post their resume and search for internships, volunteer work, and co-operative education positions, as well as full- or part-time jobs.

[Handshake Job Search Website](https://www.csus.edu/student-life/career-center/jobs/) <https://www.csus.edu/student-life/career-center/jobs/>

California Internship Network—

Provides information for students to find part-time paid internships throughout California.

[CA Internship Network Website](https://www.calinterns.org/for-students/) <https://www.calinterns.org/for-students/>

Center for California Studies—

Offers students valuable opportunities for civic education and leadership development through public service internships.

Location: Tahoe Hall 3046

Phone: (916) 278-6906

[Center for California Studies Internships Website](https://www.csus.edu/center/center-california-studies/internship-opportunities.html) <https://www.csus.edu/center/center-california-studies/internship-opportunities.html>

Students may also check with their department, the majority of which house an internship program for the major or field of study, or check for internships opportunities with the many campus programs and organizations—just ask.

For Students Wanting to Maintain Health and Wellness

Your health and wellness are always important...

Student Health and Counseling Services (SHCS)—

Provides health services to students that include: illness and injury care, birth control, immunizations, physical exams, pregnancy testing, STD/STI testing and treatment, vision care, X-ray and lab services, a pharmacy to fill prescriptions, and other health services. All currently enrolled students with proof of ID are eligible to access services (health fees are paid as a part of tuition costs). Additional fees may apply to specialty services, procedures, pharmaceuticals, vaccines, and supplies received at SHCS.

Location of SHCS: The WELL

Phone: (916) 278-6461

Location of Primary Care: The WELL, Second Floor

Location of Urgent Care: The WELL, First Floor

[SHCS Website](https://www.csus.edu/student-life/health-counseling/) <https://www.csus.edu/student-life/health-counseling/>

Students seeking care for routine medical services and appointments: Can make appointments by calling or walking into SHCS, or going to the website and clicking on the Patient Portal link on the SHCS website.

Students requiring prompt medical attention for injuries or illnesses that are not life-threatening (such as minor wounds or burns, sprains, cold or flu symptoms, and asthma): Can go to the Patient Portal on the website to make a same day appointment, or be seen on a walk-in basis at the Urgent Care Clinic during its hours of operation (or call the After Hours Nurse Advice Line at the SHCS phone number above).

Students with medical emergencies should contact 911 immediately.

Wellness Education (through SHCS)—

Offers programs, services, workshops, and more information regarding mental wellness and suicide prevention, sexuality and reproduction, diet and nutrition, healthy relationships, and alcohol, tobacco, and drug use. Students may call or drop by to make an appointment or do so through the SHCS Patient Portal to talk one-on-one with a health educator and get questions answered, arrange to do a peer nutrition visit, or see an athletic trainer for physical therapy related to muscles, joints, and back, leg, or other injuries. Students may also come by to pick up condoms, obtain information, and more.

Location: The WELL, First Floor Room 1011

Phone: (916) 278-5422

[Wellness Education Website](https://www.csus.edu/student-life/health-counseling/wellness-education/) <https://www.csus.edu/student-life/health-counseling/wellness-education/>

For Students Wanting to Maintain Physical Fitness and an Active Lifestyle

The mind-body connection is important. Do you want to balance your studies with exercise, sports, and outdoor recreation?

The WELL—

Offers a variety of facilities for students at all levels of fitness to play sports, use the cardio and weight machines or indoor track, enjoy the rock-climbing wall, or hang-out and socialize. Membership costs are included in student enrollment fees, with possible additional costs for such things as fitness and wellness classes, personal trainers, intramural sports, group recreational activities, fitness assessment, and special events.

Location: South End of Campus

Phone: (916) 278-9355

[WELL Website](https://thewellatsacstate.com/) <https://thewellatsacstate.com/>

Sacramento State Sports Program—

Offers students the opportunity to develop sports and leaderships skills through a variety of sports clubs and recreation clubs. Sports clubs compete against other universities in leagues and conferences at the local, regional and national level. Recreation clubs meet on a weekly basis and host local and regional events, and more.

Location: University Union, Second Floor 2305 (SOL Office) Phone: (916) 278-6595

[Sports Program Website](https://www.csus.edu/student-life/student-organizations/sports-recreation/) <https://www.csus.edu/student-life/student-organizations/sports-recreation/>

Peak Adventures—

Offers an outdoor recreation program dedicated to getting students started in outdoor adventures through a full-service bike shop, equipment rentals, an on-campus ropes course, and an array of adventure outings guaranteed to boost confidence in the outdoors.

Location: The Union, First Floor (entrance outside the Union by Starbucks)

Phone: (916) 278-6321

[Peak Adventures Website](http://www.peakadventures.org/) <http://www.peakadventures.org/>

Sacramento State Aquatic Center—

Facilitates student access to Lake Natoma where students can water ski, wakeboard, sail, jet ski, windsurf, kayak, canoe, or join a competitive rowing or crew team. Equipment rentals are available.

Phone: (916) 278-AQUATIC (2842)

Location: 1901 Hazel Avenue, Gold River, CA 95670

[Aquatic Center Website](http://www.sacstateaquaticcenter.com/) <http://www.sacstateaquaticcenter.com/>

For Students Dealing with Stress, Problems, or Crisis

Are you struggling with stress or something going on in your life? We want to help.

Counseling (Student Health and Counseling Services)—

Helps students to cope with such things as stress, academic difficulties, cultural adjustment, relationship issues, anxiety, depression, bereavement, post-traumatic symptoms, questioning sexuality and coming out, eating disorders, addiction and alcohol abuse. The privacy and confidentiality of all who use Counseling Services is maintained fully within the bounds of law and professional ethics.

Location of Counseling Services: The WELL, Second Floor Phone: (916) 278-6461

Location of Urgent Care Clinic: The WELL, First Floor

[Counseling Services Website](https://www.csus.edu/student-life/health-counseling/counseling/) <https://www.csus.edu/student-life/health-counseling/counseling/>

Students in an immediate crisis should contact 911 or the Suicide Hotline at 1-800-273-TALK (8255).

Students with urgent concerns who would like to see someone right away may walk in to receive counseling at the Urgent Care Clinic (WELL, First Floor) any time during its hours of operation or call to speak with the After Hours Nurse at: (916) 278-6461.

Students who want to receive counseling or explore if counseling is right for them may schedule an appointment by calling or coming in Counseling Services, or going online through the Patient Portal. This typically begins with a consultation appointment, where the student can talk about their concerns and receive support and feedback. Many students find that they feel better and their needs are met in just one session. Students who want to continue counseling may choose individual counseling in follow-up single session appointments (to meet their needs in the moment) or short-term individual therapy (more than one session with the same mental health clinician). Students may also join group therapy (with five to ten other students): There is a diversity of groups (including those for men, women, LGBT students, international students, and undergraduate students) and topics (including groups for anxiety, anger management, mindfulness and meditation, creating good habits, coping with loss, improving relationships, and surviving family dysfunction).

CARES (Crisis Assistance and Resource Education Support)—

Provides support to students who are experiencing unique challenges to their education or are in crisis. CARES gives referrals to campus and community resources and follow-up support to address a variety of issues, including but not limited to: transportation barriers, mental or physical health and wellness, and financial, housing, and food struggles. The website also includes many online resources for students regarding financial aid and employment, food security, and housing security. *Help is just a visit, a phone call or an email away.*

Location: University Union, First Floor 1260

Phone: (916) 278-5138

[CARES Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/) <https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/>

For Students in Need or in a Jam

You have people on campus wanting to help...

CARES (Crisis Assistance and Resource Education Support)—

Provides support to students who are experiencing unique challenges to their education or are in crisis. CARES gives referrals to campus and community resources and follow-up support to address a variety of issues, including but not limited to: transportation barriers, mental or physical health and wellness, and financial, housing, and food struggles. The website also includes many online resources for students regarding financial aid and employment, food security, and housing security. *Help is just a visit, a phone call or an email away.*

Location: University Union, First Floor 1260 Phone: (916) 278-5138

[CARES Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/) <https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/>

[Basic Needs Additional Resources for Financial, Food, and Housing Security Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/resources.html)

<https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/resources.html>

Student Emergency Grant—

Assists students who experience a financial emergency/unanticipated expenses that cannot be resolved through financial aid, scholarships, loans, or other financial aid forms, and this is/are causing short-term financial hardship that requires immediate attention to keep the student in college. Further information and the application may be found on the website.

[Student Emergency Services Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html) <https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html>

Student Emergency Housing —

Provides short term housing assistance to students who are unexpectedly displaced from their homes. Further information and the application may be found on the website.

[Student Emergency Services Website](https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html) <https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/student-emergency-services.html>

ASI Legal Services—

Offers free legal advice by appointment to students who may have legal questions or difficulties. The dates, times, and location are provided on the website.

Phone for ASI Office: (916) 278-7916

[ASI Legal Aid Website](http://www.asi.csus.edu/services/student-shop/legal-aid/) <http://www.asi.csus.edu/services/student-shop/legal-aid/>

Dreamer Resource Center (DRC) Immigration Clinic Legal Services—

Offers free immigration legal consultation to undocumented students, students with mixed-status families, family members and/or any student in need of the services, every Friday from 12 to 5pm. Appointments are encouraged, but not required.

Location: Riverfront Center 1022

Phone: (916) 278-7241

[DRC Services Website](https://www.csus.edu/student-affairs/centers-programs/dreamer-resource-center/services.html) <https://www.csus.edu/student-affairs/centers-programs/dreamer-resource-center/services.html>

ASI Safe Rides Cash Back Program—

Reimburses students for up to a total of \$20 per semester for rides they take home using any ride sharing program of their choice, during the fall and spring semesters during Safe Rides time of from 9pm to 2am. Further information and requirements regarding the process are provided on the website. The program is meant to lower the incidence of drinking and driving—but also as a safety net to get students home in a time of need, such their car breaking down or a bad date.

[Safe Rides Website](http://www.asi.csus.edu/programs/safe-rides/) <http://www.asi.csus.edu/programs/safe-rides/>

For Students with Socioeconomic and Cultural Equity Challenges in Higher Education
—Cultural Background, Family Income Level, and More

College Assistance Migrant Program (CAMP)—

Helps students from migrant and seasonal farm worker backgrounds to successfully transition from high school and graduate from the university through first year support services to develop the skills necessary to persist and graduate from college.

Location: River Front Center 1

Phone: (916) 278-7241

[CAMP Website](https://www.csus.edu/student-affairs/centers-programs/college-assistance-migrant-program/) <https://www.csus.edu/student-affairs/centers-programs/college-assistance-migrant-program/>

DEGREES Project (Dedicated to Educating, Graduating, and Retaining Educational Equity Students)—

Connects students, with a focus on underrepresented students, with a variety of resources to promote their success in college, including: early intervention, academic advising, graduation support, mentoring, and referral to other valuable campus resources. Students and faculty may look on the website listed below to find DEGREES Project Advisors and Coaches and their contact information for emailing, calling, dropping by, or making an appointment to meet.

Location: Lassen Hall 2302

Phone: (916) 278-7017

[DEGREES Website](https://www.csus.edu/student-affairs/centers-programs/degrees-project/) <https://www.csus.edu/student-affairs/centers-programs/degrees-project/>

Extended Opportunity Program (EOP)—

Supports incoming freshmen and transfer students from disadvantaged economic and/or educational backgrounds by providing services that include: academic advising, personal counseling, tutoring, financial aid advising, course placement and planning, learning communities, and more.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[EOP Website](https://www.csus.edu/student-affairs/centers-programs/educational-opportunity-program/) <https://www.csus.edu/student-affairs/centers-programs/educational-opportunity-program/>

Faculty Student Mentor Program (FSMP)—

Offers academic and personal support to students from traditionally low-income communities through mentoring in the discipline of choice, as well as opportunities to meet other students with similar academic, cultural, and social interests. FSMP also provides assistance with study skills, time and stress management, course and major selection, and more

Location: Lassen Hall 2205

Phone: (916) 278-6183

[FMSP Website](https://www.csus.edu/student-affairs/retention-academic-success/faculty-student-mentor.html) <https://www.csus.edu/student-affairs/retention-academic-success/faculty-student-mentor.html>

Student Academic Success and Educational Equity Programs (SASEEP) Office—

Encourages and supports students in persisting toward their educational goals to ensure the success of all students on campus while closing the achievement gap. The office has an “open door” policy—students may come on in or call.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[SASEEP Website](https://www.csus.edu/student-affairs/retention-academic-success/) <https://www.csus.edu/student-affairs/retention-academic-success/>

Cooper-Woodson College Enhancement (CWC) Program—

Offers an Educational Equity, African American Student Retention Program. CWC helps to shape a nurturing learning environment for CWC students through faculty, staff, students, and community members who are committed to upholding the traditions represented in African American culture and creating an African-based support structure and educational experience.

Location: Amador Hall 460

Phone: (916) 278-5363

[CWC Website](https://www.csus.edu/college/social-sciences-interdisciplinary-studies/student-programs-services/cooper-woodson-college-enhancement-program/) <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/student-programs-services/cooper-woodson-college-enhancement-program/>

Full Circle Project (FCP)—

Assists Asian American and Pacific Islander students through their college careers, with services that include: First Year Experience courses and learning community courses, academic advising, personal counseling, tutoring, mentoring, leadership development and service learning opportunities, and cultural enrichment activities.

Location: Library 1000

Phone: (916) 278-5172

[FCP Website](https://www.csus.edu/center/full-circle-project/) <https://www.csus.edu/center/full-circle-project/>

Martin Luther King, Jr. Scholars Center—

Offers a home base of support such as academic services, workshops, and events, to ensure the success of African American students or students with an interest in African American heritage in their quest toward a degree at Sac State. Students may come in to get their questions answered regarding coursework or the campus, and study or socialize in the Center.

Location: Lassen Hall 2201

Phone: (916) 278-2655

[MLK Scholars Website](https://www.csus.edu/student-affairs/centers-programs/mlk-scholars/) <https://www.csus.edu/student-affairs/centers-programs/mlk-scholars/>

Native Scholars and Transition Program (NSTP)—

Offers a program to support Native scholars through the admissions process, and transitioning into and succeeding in college, through lower-and upper-division learning communities, social and student support gatherings, cultural events, and more.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[NSTP Website](https://www.csus.edu/student-affairs/retention-academic-success/native-scholars-transition-program.html) <https://www.csus.edu/student-affairs/retention-academic-success/native-scholars-transition-program.html>

Project HMONG (Helping Mentor Our Next Generation)—

Strives to ensure the academic, career, and life success for Hmong and other underrepresented students by building a community of mentors and peers, and offering support, guidance, and encouragement, while promoting positive character development.

Location: Lassen Hall 2205

Phone: (916) 278-5877

[Project HMONG Website](https://www.csus.edu/student-affairs/retention-academic-success/project-hmong.html) <https://www.csus.edu/student-affairs/retention-academic-success/project-hmong.html>

Serna Center—

Sponsors programs and events with a focus on the social, political, economic, historical and cultural realities and needs of Chicaxs/Latinxs students and students from other underrepresented backgrounds at Sacramento State, and works to establish a strong foundation that enriches cultural identity and develops a sense of *familia* within the campus. Students may come in to inquire about getting connected and involved on campus, or meet one-on-one to discuss scholarships, mentorship, professional development, employment, and more.

Location: River Front Center 1

Phone: (916) 278-7241

[Serna Center Website](https://www.csus.edu/student-affairs/centers-programs/serna-center/) <https://www.csus.edu/student-affairs/centers-programs/serna-center/>

College of Education Equity Program Office—

Provides advising and resources for those interested in a career in education and who are from specific student groups, such as financial aid and work study candidates, Cal Grant recipients, individuals that are first in family college students, and multilingual/multicultural learners. Services include academic advising, mentoring, assistance with scholarships and applications, and more.

Location: Eureka Hall 437 (inside the College's Student Success Center)

[Educational Equity Program Website](https://www.csus.edu/college/education/student-support/equity-office.html) <https://www.csus.edu/college/education/student-support/equity-office.html>

CSU-Louis Stokes Alliance for Minority Participation (CSU-LSAMP) at Sacramento State—

Strives to increase participation in Science, Technology, Engineering, and Mathematics (STEM) majors and help students to advance their education to a graduate program with services that include: one-on-one advising, research opportunities, graduate school preparation, workshops, guest speakers, and support to attend local, regional, and national conferences. Students who apply must belong to an underrepresented group in STEM fields, including any of the following: African American, Latino, Native American, and South Pacific Islander students, and first generation college students, students with disabilities, and students whose families live below the poverty line.

Phone: (916) 278-6519

[CSU-LSAMP Website](https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/louis-stokes-alliance-minority-participation.html) <https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/louis-stokes-alliance-minority-participation.html>

MESA Engineering Program (MEP)—

Offers students from educationally disadvantaged backgrounds support to increase their success in their engineering or computer science studies, including: counseling, academic advising, tutoring, workshops, mentoring, opportunities for community service, a network of peer support, and a study center.

Location: Santa Clara Hall 1207

Phone: (916) 278-6699

[MEP Website](https://www.csus.edu/college/engineering-computer-science/mesa-engineering-program/) <https://www.csus.edu/college/engineering-computer-science/mesa-engineering-program/>

RISE Program (Research Initiative for Scientific Enhancement)—

Offers a research training program designed to cultivate talented undergraduate students interested in pursuing biomedical research careers, and help them become more competent in their scientific disciplines, confident in their laboratory skills, and resilient to adversity in the classroom and lab settings. The program provides support for hands-on research opportunities at Sac State or the UC Davis Medical Center or main campus, and career-enhancement opportunities to help students become competitive for admission to PhD programs in the biomedical fields. Students who apply must belong to an underrepresented group, including any of the following: African American, Latino, Native American, and South Pacific Islander students, and first generation college or educationally disadvantaged students, students with disabilities, and students whose families live below the poverty line.

Phone: (916) 278-6519

[RISE Website](https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/research-initiative-scientific-enhancement.html) <https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/research-initiative-scientific-enhancement.html>

Graduate Diversity Program—

Provides assistance in the form of financial, academic, and community support to disadvantaged and underrepresented students who want to pursue graduate level work.

Location: River Front Center 203

Phone: (916) 278-3834

[Graduate Diversity Program Website](https://www.csus.edu/academic-affairs/graduate-diversity/) <https://www.csus.edu/academic-affairs/graduate-diversity/>

McNair Scholars Program—

Offers a two-year program designed to prepare students for doctoral program admission and study. Selected students must be juniors or seniors who are the first in their families to go to college, and who meet federal low-income guidelines or are a member of a traditional underrepresented group in graduate education (African American, Hispanic/Latino, Pacific Islander, or American Indian/Alaskan Native).

Location: River Front Center 203

Phone: (916) 278-5118

[McNair Scholars Website](https://www.csus.edu/academic-affairs/mcnair-scholars-program/index.html) <https://www.csus.edu/academic-affairs/mcnair-scholars-program/index.html>

For Students with Disabilities

Services for Students with Disabilities (SSWD)—

Offers a wide range of support services to ensure students with disabilities have equal access and opportunity to pursue their educational goals. Application instructions are provided on the website for students with mobility or other physical disabilities, blindness/visual impairment, psychological disorders/cognitive disabilities, learning disabilities, and ADD/ADHD, and students who are deaf/hard of hearing. Services and accommodations for students may include, but are not limited to: specialized educational materials, adaptive equipment, adaptive computer training and use, note-taker services, testing accommodations, consultation with faculty for students with special academic needs, library assistance, disability management advising/counseling, on-campus housing accommodation, and graduate and professional program assistance and information referrals. Students with questions and faculty with inquiries or wanting to make a referral are welcome to contact or come by the office for more information.

Location: Lassen Hall 1008

Phone: (916) 278-6955

[SSWD Website](https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/) <https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/>

Assistive Technology Lab (ATL)—

Provides technological services to students with disabilities referred by SSWD counselors/specialists, including a lab with alternative access to computers for students with disabilities to work on coursework and a training room for students to receive instruction on the adaptive technology appropriate to the student's disability (such as screen magnification and reading, scan/read programs). The ATL also provides consultation and assistance to faculty to convert course textbooks, syllabi, exams, class web content, slides, and handouts into alternative formatted instructional materials for students (such as Braille).

Phone: (916) 278-7915

ATL Computer Lab: Academic Information Resource Center 2011

ATL Training Lab: Academic Information Resource Center 2010

Maryjane Rees Language, Speech and Hearing Center—

Offers speech, language, and hearing services for people with communication challenges and/or cognitive disorders, including but not limited to: hearing loss, reading disorders, speech sound disorders, stuttering, cleft palate, voice disorders, and conditions associated with stroke, brain injury, concussion, progressive disorders, and other neurological impairment. Services are free to all, and those interested may get further information on the website, call, or stop by.

Location: Folsom Hall (7667 Folsom Blvd.) Room 2203 Phone: (916) 278-6601

[Center Website](https://www.csus.edu/college/health-human-services/community-services/language-speech-hearing-center.html) <https://www.csus.edu/college/health-human-services/community-services/language-speech-hearing-center.html>

TRiO Student Support Services Program (through SSWD)—

Provides to students with disabilities, who meet TRiO eligibility requirements and are in need of academic support to better stay and succeed in college, services that include: supplemental instruction, tutoring, adaptive equipment, readers, note-takers, proctors and test arrangements, specialized instruction materials, individualized counseling, transition coaching, assistance with graduate school admission, and more.

Location: Lassen Hall 1008

Phone: (916) 278-6955

[TRiO Website](https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/student-resources.html) <https://www.csus.edu/student-affairs/centers-programs/services-students-disabilities/student-resources.html>

For Student-Athletes

Student-Athlete Resource Center (SARC)—

Helps student-athletes to achieve their academic goals, navigate campus procedures and policies, and understand NCAA rules and eligibility requirements, and provides services that place the welfare and development of the whole student as top priority. SARC also offers the Student-Athlete Academic and Life Skills Lab and the Student-Athlete Study Lounge, with computer labs for student athletes to do coursework.

Location of SARC: Lassen Hall 3002

Phone: (916) 278-5431

Location of Student-Athlete Academic and Life Skills Lab: Lassen Hall 3002

Location of Student-Athlete Study Lounge: Athletic Center 1030

[SARC Website](https://www.csus.edu/student-affairs/centers-programs/student-athlete-resource-center/) <https://www.csus.edu/student-affairs/centers-programs/student-athlete-resource-center/>

For Dreamer Students

Dreamer Resource Center (DRC)—

Helps undocumented students and students with mixed-status families to overcome challenges that get in the way of academic, personal, and professional excellence. Services include financial and academic guidance, support, events, a free legal Immigration Clinic, a Dream Connections support group, the Dream Leader Internship Program, DRC Student Emergency Grant, a Dreamer Experience Seminar to help students navigate college life as an undocumented student, and more.

Location: River Front Center 1022

Phone: (916) 278-7241

[DRC Website](https://www.csus.edu/student-affairs/centers-programs/dreamer-resource-center/) <https://www.csus.edu/student-affairs/centers-programs/dreamer-resource-center/>

For First Generation College Students

First Generation Institute (FGI)—

Offers workshops, speakers, and more to increase awareness and skills needed to progress from first generation students to first generation professionals, helping to increase academic success and degree-to-work readiness.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[FGI Website](https://www.csus.edu/student-affairs/retention-academic-success/first-generation-institute.html) <https://www.csus.edu/student-affairs/retention-academic-success/first-generation-institute.html>

College Assistance Migrant Program (CAMP)—

Helps students from migrant and seasonal farm worker backgrounds to successfully transition from high school and graduate from the university through first year support services to develop the skills necessary to persist and graduate from college.

Location: River Front Center 1

Phone: (916) 278-7241

[CAMP Website](https://www.csus.edu/student-affairs/centers-programs/college-assistance-migrant-program/) <https://www.csus.edu/student-affairs/centers-programs/college-assistance-migrant-program/>

Further resources for first generation college students may also be found in this document a few pages back under the section for students with socioeconomic or cultural challenges in higher education.

For Students Who Are Former Foster Youth

Guardian Scholars Program (GSP)—

Provides former foster youth students support services that may include: academic advising, career counseling, financial assistance, professional mentoring, community-building, and more.

Location: Lassen Hall 2302

Phone: (916) 278-6680

[GSP Website](https://www.csus.edu/student-affairs/centers-programs/guardian-scholars/) <https://www.csus.edu/student-affairs/centers-programs/guardian-scholars/>

For Formerly Incarcerated Students

Project Rebound—

Helps formerly incarcerated students prepare, apply, enroll in college, and graduate with a degree, through building a sense of community and offering support services, such as academic advising, counseling, mentoring, academic resources, workshops, and professional development.

Location: Lassen Hall 2104

Phone: (916) 278-6794

[Project Rebound Website](https://www.csus.edu/student-affairs/centers-programs/project-rebound/) <https://www.csus.edu/student-affairs/centers-programs/project-rebound/>

For LGBTQIA Students

PRIDE Center—

Provides programs, events, access to campus and community resources, a weekly support group, and a place where LGBTQIA students can hang-out and build community. The Center also offers opportunities for learning regarding the diversity of sexual orientation and gender identity. Students may come in to learn more or contact the Center to volunteer (people are always needed to help with events or around the Center).

Location: University Union, First Floor

Phone: (916) 278-3940

[PRIDE Center Website](https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/pride-center.html) <https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/pride-center.html>

Office of Inclusive Excellence Preferred Names FAQ Sheet—

Provides information on how students/staff may use a chosen name for a variety of university-related purposes, in recognition that many people prefer names other than their legal one.

[Preferred Names FAQs \(PDF\)](https://www.csus.edu/diversity-inclusion/office-inclusive-excellence/_internal/documents/preferred-name-faqs-june-20191.pdf) https://www.csus.edu/diversity-inclusion/office-inclusive-excellence/_internal/documents/preferred-name-faqs-june-20191.pdf

For International Students

International Student and Scholar Services (International Programs and Global Engagement)— Provides a wide range of services to newly admitted and continuing international (F-1 and J-1 visa) students and visiting scholars, including orientation, cultural and social events that allow students to share their national heritage and get involved, immigration and cultural adjustment advising, tax preparation assistance, and information for on- and off-campus resources.

Location: Library 1001

Phone: (916) 278-6686

[International Student and Scholar Services Website](https://www.csus.edu/international-programs-global-engagement/international-student-scholar-services/) <https://www.csus.edu/international-programs-global-engagement/international-student-scholar-services/>

For Multilingual Students

Peer and Academic Resource Center Workshops and Individual Tutoring (WIT) — Offers tutoring to students, including multilingual students, to help with assignments and homework in their classes. Students may go online, call, or come by for further information, availability hours, and appointments.

Location: Lassen Hall 2200

Phone: (916) 278-6010

[Peer Advising & Tutoring Website](https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html) <https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/peer-advising-tutoring.html>

University Reading and Writing Center (URWC)—

Provides encouraging one-on-one peer tutoring for students, including multilingual students wanting help with reading and writing at any point in the process, including planning, organizing, developing, and revising a paper to understanding difficult texts. Students are welcome to come in with reading and writing assignments for any course in any academic discipline and learn how to become a more confident writer or reader. Students may come by during the drop-in hours posted (website/at Center) for a single session of tutoring, or may make a session appointment or regular weekly standing tutoring appointments for the semester.

Location: Calaveras Hall 128

Phone: (916) 278-6356

[URWC Website](https://www.csus.edu/undergraduate-studies/writing-program/reading-writing-center.html) <https://www.csus.edu/undergraduate-studies/writing-program/reading-writing-center.html>

Smarthinking—

Provides online tutoring that enables students to get the help they need 24-hours a day, seven days a week, in many subject areas, one of which is English for Speakers of Other Languages, to help students to strengthen their English skills. A tutorial for how to access and use this online tutoring service is there on the website.

[Smarthinking \(PDF\)](https://www.csus.edu/student-affairs/centers-programs/degrees-project/_internal/_documents/degrees-smarthinking.pdf) https://www.csus.edu/student-affairs/centers-programs/degrees-project/_internal/_documents/degrees-smarthinking.pdf

English Department—

Offers a number of English courses specifically geared to multilingual students. Please note that any English course listing with an “M” (meaning multilingual) following the number of the course will be taught by an instructor skilled in working with multilingual students.

[Website for Sacramento State Catalog Course Listing](https://catalog.csus.edu/) <https://catalog.csus.edu/>

For Students Who Are Parents

Parents and Families Program for Students with Children—

Offers support and information for students who are parents, with the “Successful Student Parents” website listing several on-campus and community resources for students with families, as well as upcoming events, a newsletter, and more. The home Program website has a Parents and Families calendar of events and further information.

Location: Lassen Hall 2205-O

Phone: (916) 278-4353

[Successful Student Parents Website](https://www.csus.edu/student-affairs/centers-programs/parents-families/student-with-children.html) <https://www.csus.edu/student-affairs/centers-programs/parents-families/student-with-children.html>

[Parents and Families Program Website](https://www.csus.edu/student-affairs/centers-programs/parents-families/) <https://www.csus.edu/student-affairs/centers-programs/parents-families/>

Mother’s Room—

Offers a private space where lactating mothers are welcome to pump or nurse in a room equipped with a sink, changing table, seating, and electrical outlets. Nursing mothers with photo ID may check out a key at the University Union Information Desk on the first floor and proceed to the room on the third floor. The website also lists the locations of other Lactation Rooms on campus.

Location: University Union, First Floor Information Desk Phone: (916) 278-6997

[Mother’s Room Website](https://theuniversityunion.com/student-resources/mothers-room) <https://theuniversityunion.com/student-resources/mothers-room>

Children’s Center—

Offers day care services for children enrolled in the program (ages six months through kindergarten) of Sacramento State students and employees. Fees are based on hourly and full day rates, and students in need may apply for childcare financial assistance if they meet income eligibility guidelines.

Location: State University Drive East

Phone: (916) 278-6216

[Children’s Center Website](http://www.asi.csus.edu/programs/childrens-center/) <http://www.asi.csus.edu/programs/childrens-center/>

Division of Inclusive Excellence: Equal Opportunity: “Pregnant and Parenting Student Rights”—

Provides the answers to frequently asked questions from students regarding their Title IX rights in higher education and what to do if they feel their rights are being violated.

[Information Website](https://www.csus.edu/diversity-inclusion/office-inclusive-excellence/equal-opportunity.html) <https://www.csus.edu/diversity-inclusion/office-inclusive-excellence/equal-opportunity.html>

For Student Veterans

Veterans Success Center (VSC)—

Helps veterans to access their VA Education benefits and get those benefits certified in a timely manner and find veteran-related resources, as well as providing leadership development opportunities, peer mentoring, and support in transferring to a meaningful career. The VSC also offers a lounge for student veterans to socialize and study (with free printing services), and helps students get involved and find employment through the program described below.

Location: Lassen Hall 3003

Phone: (916) 278-6733

[VSC Website](https://www.csus.edu/student-affairs/centers-programs/veterans-success-center/) <https://www.csus.edu/student-affairs/centers-programs/veterans-success-center/>

Veterans Career Pathways Program (VCP)—

Assists student veterans and dependents with the resources needed to obtain gainful employment and transition to the civilian workforce both during college and following graduation, with a program that includes: mentoring, networking, career counseling, interview and resume writing skill development, informational interviewing, job shadowing, and other personal and professional development opportunities. Further information about the program and application may be found on the website.

[VCP Website](https://www.csus.edu/student-affairs/centers-programs/veterans-success-center/career-pathways.html) <https://www.csus.edu/student-affairs/centers-programs/veterans-success-center/career-pathways.html>

Sigma Omega Delta—

Offers a safe and welcoming space for veterans to share camaraderie with fellow students with common experiences, and serves as an extension of service where veterans can continue to live their core values and be a resource for each other when dealing with veterans' issues. Sigma Omega Delta is a great resource for veterans for help with school, work, or personal or family issues. The fraternity also welcomes non-veteran members, dependents, survivors, and other supporters, providing an environment where they will be able to gain insight into the world of veterans and better understand veterans' issues. Further information may be found about the organization on the Student Organizations and Life (SOL) website for campus clubs and organizations.

Location of SOL Office: University Union, Second Floor 2035 Phone: (916) 278-6595

[SOL Website](https://www.csus.edu/student-life/student-organizations/) <https://www.csus.edu/student-life/student-organizations/>

For Students Planning and Preparing for Graduation

It is the ultimate end-goal—and a most worthy one! Want to make sure you are on track with college completion and ready for graduation?

KEYS to Degrees Toolbox (Kit to Empower Your Success)—

Helps students to stay on track with timely graduation with online tools such as SmartPlanner, which automates course scheduling and offers dashboards showing the student's real-time progress toward degree.

[KEYS Website](https://www.csus.edu/student-life/academic-advising/general-advising/keys-to-degree-toolbox.html) <https://www.csus.edu/student-life/academic-advising/general-advising/keys-to-degree-toolbox.html>

The University Registrar's Graduation and Degree Advising Office—

Reviews the courses completed by a student to determine the official status of the student's progress toward graduation. Students may visit the website to schedule an appointment and obtain further information regarding eligibility and applying to graduate, with a link to the forms to do so, including the Bachelor's Degree Graduation Checklist.

Location: Lassen Hall 2000

Phone: (916) 278-1000, #6

[Graduation Advising Website](https://www.csus.edu/student-life/records-transcripts/graduation-advising/) <https://www.csus.edu/student-life/records-transcripts/graduation-advising/>

Commencement Office—

Provides information regarding preparing for graduation, schedule, policies, steps to take, and answers to frequently asked questions about the commencement ceremony.

Location: Sacramento Hall 150

Phone: (916) 278-4724

[Commencement Office Website](https://www.csus.edu/president/commencement/) <https://www.csus.edu/president/commencement/>

ASI Student Shop—

Sells graduation caps, gowns, tassels, and more online or at the store location.

Location: University Union, Third Floor 3231

Phone: (916) 278-7916

[ASI Shop Graduation Supplies Website](http://www.asi.csus.edu/services/student-shop/products/) <http://www.asi.csus.edu/services/student-shop/products/>

For Students Thinking Beyond Graduation

Career, graduate studies, and more. There is a great big world of opportunity and journey, with different paths to take...

Career Search and Preparation:

Career Center—

Offers a number of resources, programs, and events for students and alumni seeking to lockdown employment and pursue their career path. On the website is a schedule of events and workshops, including on-campus interviews, job and internship fairs, a “Here to Career” workshop series, and more. Students may come by during the drop-in hours posted on the website or call/come by to schedule an appointment for Career Counseling to get help with cover letters and resumes, job search strategies, interviewing preparation, job fair preparation, job application questions, professional communication, networking, career planning, and more. Students may also visit the Career Center Jobs website, which provides further information about employment and on-campus interviewing with regional and area employers, including a Job and Internship Handbook, and the other services and resources described to follow.

Location: Lassen Hall 1013

Phone: (916) 278-6231

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

[Career Counseling Website](https://www.csus.edu/student-life/career-center/career-counseling/) <https://www.csus.edu/student-life/career-center/career-counseling/>

[Career Center Jobs Website](https://www.csus.edu/student-life/career-center/jobs/) <https://www.csus.edu/student-life/career-center/jobs/>

FOCUS 2 Career—

Offers an online self-directed program that helps students and alumni to learn more about their personal strengths and attributes, explore careers and majors to match, and more. FOCUS 2 Career may be found on the Career Center’s website as one of the featured tools on the right.

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

Handshake Job Search Portal—

Provides an online job board for students and alumni to post their resume and search for full-time or part-time jobs, on-campus employment, and internships and co-operative education positions that may be paid. Students will also receive e-mails describing positions that match their search criteria and have access to the Career Center’s calendar of upcoming events, workshops, and information sessions on job search, interviewing, and networking strategies.

[Handshake Job Search Website](https://www.csus.edu/student-life/career-center/jobs/) <https://www.csus.edu/student-life/career-center/jobs/>

Big Interview—

Helps students and alumni to improve their interview skills for a job in different industries or for grad school. Students can get coached by an expert, and learn what questions to expect and what responses will impress interviewers.

[Big Interview Website](https://csus.biginterview.com/) <https://csus.biginterview.com/>

Sac State Career Network—

Offers insight, advice, and networking opportunities with Sac State alumni. Students can have conversations with alumni who are in the industry or company of the student’s interest, get their resume critiqued, engage in mock interviews for practice, and more.

[Career Network Website](https://sacstatecn.firsthand.co/) <https://sacstatecn.firsthand.co/>

*Fellowships:*Center for California Studies—

Offers students valuable opportunities for civic education and leadership development through public service fellowships for students who have graduated.

Location: Tahoe Hall 3046

Phone: (916) 278-6906

[Center for California Studies Website](https://www.csus.edu/center/center-california-studies/) <https://www.csus.edu/center/center-california-studies/>

*Graduate School:*Office of Graduate Studies—

Provides information and services regarding policies and procedures for applying to and attending Graduate School, coordinates admissions, and assists students through their graduate programs on campus.

Location: River Front Center 215

Phone: (916) 278-6470

[Graduate Studies Office Website](https://www.csus.edu/graduate-studies/) <https://www.csus.edu/graduate-studies/>

Graduate Diversity Program—

Provides assistance in the form of financial, academic, and community support to disadvantaged and underrepresented students who want to pursue graduate level work. Events scheduled and further information may be found on the website.

Location: River Front Center 203

Phone: (916) 278-3834

[Graduate Diversity Program Website](https://www.csus.edu/academic-affairs/graduate-diversity/) <https://www.csus.edu/academic-affairs/graduate-diversity/>

Career Center—

Offers Counseling for students and alumni to get help with graduate school research and personal statements. Students may come by during the drop-in hours posted on the website or call/come by to schedule a counseling appointment. The Career Center webpage also has a link to Events and Workshops, including those for students considering graduate school in their future.

Location: Lassen Hall 1013

Phone: (916) 278-6231

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

[Career Counseling Website](https://www.csus.edu/student-life/career-center/career-counseling/) <https://www.csus.edu/student-life/career-center/career-counseling/>

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[Big Interview Website](https://csus.biginterview.com/) <https://csus.biginterview.com/>