

*Sacramento State University Campus Resources for Students  
2024-2025*

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Virtually 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.

*Please look over all of the different types of support, assistance, and opportunities available to you!*

***For Students New to the Campus  
(First-Year, Transfer, and Students Coming Back to College)***

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

***Admissions and Outreach***—

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

Email: [admissions@csus.edu](mailto:admissions@csus.edu)

***New Student Orientation Office***—

Provides New Student Orientation for new and transfer students, information and resources for parents and supporters, and additional events for students new to the campus.

Location: University Union 2230

Phone: (916) 278-7841

Email: [orient.reservations@csus.edu](mailto:orient.reservations@csus.edu)

***Campus Tours***—

Provides in-person, virtual, and self-guided tours of the campus, as a whole, or specific parts of it.

Location: The Welcome Center

Phone: (916) 278-4592

Email: [tours@csus.edu](mailto:tours@csus.edu)

***First Year Experience (FYE) Program***—

Offers all first-time college students the opportunity to take a First Year Seminar (a three unit general education academic course) or join a cohort of students who take classes together and explore the requirements and responsibilities of being a university educated person and gain insights and develop tools that allow them to get the most out of their education at Sac State. FYE also has peer mentoring for personal and academic advising, and the FYE Space for students to study and find support. Application and enrollment information may be found on the website.

Location of FYE Space: Library Room 3520

Phone: (916) 278-4973

Email: [fye@csus.edu](mailto:fye@csus.edu)

***Transfer Resource Center***—

Provides prospective, newly admitted, and current transfer students with the opportunity to connect with advisors and student transfer peer coaches, who can assist students in making a smooth academic transition to Sac State and making connections with the larger campus community. Students can schedule an appointment or come in during the posted virtual drop in hours.

Location: Lassen Hall 1010

Phone: (916) 278-2197

Email: [transferstudents@csus.edu](mailto:transferstudents@csus.edu)

***Hornet Attain!***—

Provides one-on-one guidance and support for working-age adults who left Sac State before graduating and return to complete their degree, assisting with readmission and providing continued support, as needed, throughout their college journey.

Phone: (916) 278-0999

Email: [hornetattain@csus.edu](mailto:hornetattain@csus.edu)

***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 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: Library 4026

Phone: (916) 278-6010

Email: [parc-01@csus.edu](mailto:parc-01@csus.edu)

### *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 freshmen advising, transfer student advising, and general education advising and graduation requirements advising for all students, as well as undeclared or expressed interest advising and advising for disqualification, dismissal, and more. Students may schedule an in-person or virtual appointment.

Location: Lassen Hall 1013

Phone: (916) 278-1000 #5

Email: [advising@csus.edu](mailto:advising@csus.edu)

#### [Student Service Center](#)—

Provides students with a wide range of information and transactions related to enrollment, registration, financial aid, and more! Advisors and counselors can assist you in person, by phone, or by email (email online form is on the website). The website also has a helpful “Forms” section 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

#### [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. The website also provides the [Video Resource and Tutorials Page](#). Advisors and counselors in the [Student Services Center](#) can assist with financial aid and scholarship questions in person, by phone, or by email (email online form is on the website).

Location: Lassen Hall 1000 (Student Services Center)

Phone: (916) 278-1000, #2

#### [Bursar's Office](#)—

Conducts most financial transactions for students and staff, including registration and tuition fee payments, other fees owed, and more.

Location: Lassen Hall 1001 and 1003

Phone: (916) 278-1000, #3

Email: [bursar@csus.edu](mailto:bursar@csus.edu)

#### [Office of the University Registrar Records and Transcripts](#)—

Provides information and services regarding student records, transfer credit, and graduation advising through the Student Services Center (SSC), where students may receive in-person assistance, and the website also provides information on transcripts, records, registration, graduation, and transfer credit. Students may email (with student ID number) or call the Registrar's Office to 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 1000 in SSC

Phone: (916) 278-1000, #4

Email: [registrar@csus.edu](mailto:registrar@csus.edu)

#### [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, reporting a lost or stolen card, and more.

Location: Lassen Hall 1001 (Bursar's Office)

Phone: (916) 278-1000, #3

Email: [onecard@csus.edu](mailto:onecard@csus.edu)

#### [Hornet Bookstore](#)—

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

Location: South End of Campus (Jed Smith Drive)

Phone: (916) 278-6446

Email: [sacstate@bkstr.com](mailto:sacstate@bkstr.com)

**Associated Students, Inc. (ASI) Student Shop**—

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

Location: University Union 3231

Phone: (916) 278-7916

Email: [asistudentshop@csus.edu](mailto:asistudentshop@csus.edu)

**University Housing Services**—

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

Location of Office: Riverview Hall

Phone: (916) 278-6655

Email: [housing@csus.edu](mailto:housing@csus.edu)

**Testing Center**—

Administers campus exams and non-campus exams to students. Testing accommodations are provided for students with disabilities, and makeup test services are available to all students, with instructor consent.

Location: Library, Lower Level Room 14

Phone: (916) 278-6296

Email: [testingcenter@csus.edu](mailto:testingcenter@csus.edu)

**Office of Student Conduct**—

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

Location: Lassen Hall 3008

Phone: (916) 278-6060

Email: [conduct@csus.edu](mailto:conduct@csus.edu)

**Sacramento State Police Department**—

Protects the Sacramento State community; crime and suspicious incidents should be reported here. The Department also assists with vehicle lockouts 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

Email: [police@csus.edu](mailto:police@csus.edu)

**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 3271

Phone: (916) 278-2788

*Needing technological access, help or services?*

**IRT**—

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. Students can get [IRT Support](#) (through online chat, calling, or opening a service ticket). The IRT motto is *Service. Solutions. Making "IT" easy!*

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

The IRT Services website additionally provides the following helpful information and services:

[Student Tech Basics and Highlights](#)  
[Computer Labs and Virtual Labs Website](#)  
[Internet Connections Website](#)  
[Laptop Short-Term and Long-Term Checkout Website](#)  
[Campus Printing/Copying \(PrintSmart\)Website](#)  
[Software & Tools Website](#)  
[Student Technology Resources Canvas Site](#)

*Needing help getting to campus or getting around campus?*

**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. Also provides the shuttle services listed to follow.

Location: Welcome Center

Phone: (916) 278-PARK (7275)

Email: [parking@csus.edu](mailto:parking@csus.edu)

**Hornet Line Shuttle**—

Provides transportation from the Light Rail Station 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)

**Herky Streetcar**—

Provides continuous service during the weekdays around campus from Parking Structure 5, by the J Street entrance, to the other end of the main campus by Tahoe Hall, the AIRC, the Union, and Serna Plaza. The schedule of stops, times, and hours of operation are posted on the website.

Phone: (916) 278-PARK (7275)

**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

Email: [shuttle@csus.edu](mailto:shuttle@csus.edu)

*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, a gallery, a Game Room, Meditation Room, Relaxation Station, and areas for study and socialization. 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

Email for the Union’s Information Desk: [uuinfodesk@csus.edu](mailto:uuinfodesk@csus.edu)

**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 (AIRC), 1<sup>st</sup> to 4<sup>th</sup> 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, chat, and use the online research guides and tutorials on the library website. Scroll through the list of more great things the Library offers on their [Student Services website](#).

Location: South End of Campus Near Quad Phone: (916) 278-5679

*Have questions?*

**Student Service Center**—

Provides students with a wide range of information and transactions related to enrollment, registration, financial aid, and more! Advisors and counselors can assist you in person, by phone, or by email (email online form is on the website). The website also has a “Forms” section 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

**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 1<sup>st</sup> Floor Phone: (916) 278-6997  
Email: [uuinfodesk@csus.edu](mailto:uuinfodesk@csus.edu)

**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  
Email: [SA-VP@csus.edu](mailto:SA-VP@csus.edu)

**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 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: Library 4026 Phone: (916) 278-6010  
Email: [parc-01@csus.edu](mailto:parc-01@csus.edu)

### ***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 just a few that are listed as courses (which may then require an enrollment fee). Take advantage of all of the help offered to you around the campus!

#### **Peer 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, Tutoring, Workshops, and Supplemental Instruction courses and review sessions, described below. Students may go online, call, or come by for further information, availability hours, and appointments for the tutoring, workshops, supplemental instruction courses and review sessions described below. There is also the PARC Virtual Center, where students can drop in virtually to see if tutoring is available or to make an appointment.

Location: Library 4026

Phone: (916) 278-6010

Email: [parc-01@csus.edu](mailto:parc-01@csus.edu)

#### **Tutoring**—

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

#### **Workshops**—

Presents workshops on essential college skills, including time management, study skills, and APA/MLA formatting.

#### **Supplemental Instruction (SI) Courses**—

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 provides two exam review sessions and SI leaders, with office hours for students who want more one-on-one assistance. SI courses may be found in the campus class schedule for enrollment.

#### **Supplemental Instruction (SI) Plus**—

Provides free academic review and test preparation sessions connected to the Supplemental Instruction classes. These sessions are available for *all students* who may have conflicting schedules and missed the opportunity to register for the one-unit SI courses. Sessions are scheduled throughout the semester, mostly before midterm and quizzes in the professor's large lecture course—check on this information page for a [schedule for upcoming SI Plus sessions](#).

#### **University Reading and Writing Center**—

Provides one-on-one assistance with reading, writing, and research. Students can bring assignment prompts, research materials, readings, work completed so far, or anything else they think will help with the tutoring session. Tutoring sessions are 25 to 55 minutes in length, and options include in-person tutoring (scheduled appointment or drop-in), online tutoring via Zoom, or email feedback to the student. Appointments may be scheduled by coming into the Center or emailing a request for an appointment (with your name, student ID number, list of times you are available to meet with a tutor, and preference for in-person, on Zoom, or email feedback with 48 hour response).

Location: Calaveras Hall 128

Email: [wc@csus.edu](mailto:wc@csus.edu)



**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.

**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

Email: [nsm-mathlab01@csus.edu](mailto:nsm-mathlab01@csus.edu)

**Business Tutoring and Study Center**—

Offers students a study center and tutoring on a drop-in or appointment (in-person and virtual) basis for some lower- and upper-division business courses. The schedule is posted on the website.

Location: Tahoe Hall 1006

Phone: (916) 278-2499, #5

**Commit to Study (C2S) Program**—

Provides peer mentoring in-person or in virtual appointments to help students taking classes in the College of Natural Sciences and Mathematics to improve their study skills and efficiency.

Location: Sequoia Hall 320 (in Center for Science and Math Success)

**Peer Assisted Learning (PAL) Program**—

Offers a one-unit cooperative learning class available to students enrolled in gateway science and mathematics courses, to improve student success in those courses.

Location: Sequoia Hall 315

Phone: (916) 278-3577

Email: [pal@csus.edu](mailto:pal@csus.edu)

**Chemistry Help! Office Hours**—

Offers tutoring assistance with chemistry classes. The schedule is posted on the website.

Location: Sequoia Hall 502

**Engineering and Computer Science (ECS) Tutoring Services**—

Offers tutoring by appointment or on a drop-in basis for any engineering or computer science student. The schedule is posted on the website.

Location: Tschannen Engineering Building 1207

**Physics and Astronomy Department Tutoring Center**—

Offers tutoring on a drop-in basis for any student in physics or astronomy classes. The schedule is posted on the website.

Location: Sequoia Hall 238

**Department of World Languages and Literatures Language Tutoring**—

Offers language tutoring to students seeking extra help with language courses, conversation practice, or language proficiency exam preparation. The schedule will be posted on the website.

Location: Mariposa Hall 2032 T

**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, chat, and use the online research guides and tutorials on the library website. Scroll through the list of more great things the Library offers on their [Student Services website](#).

Location: South End of Campus Near Quad

Phone: (916) 278-5679

#### Further Assistance with Academics—

Students participating in the many campus groups, programs, or services may explore further academic support options there—just look over the website of a specific group or service or inquire therein.

You can also check the [Colleges and Departments website](#), to see if academic help is offered with a specific College or specific department you need, or you can contact the College or department about academic support.

### ***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 college life and your coursework and graduate with your degree, and some further information, as well:

#### **[DEGREES Project \(Dedicated to Educating, Graduating, & Retaining Educational Equity Students\)](#)**—

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. In-person or virtual appointments may be made through the campus EAB system (here are [instructions for using EAB to schedule an appointment](#), if needed), or you may call with questions or to make an appointment or drop by the office.

Location: Lassen Hall 2205

Phone: (916) 278-7017

Email: [degreesproject-01@csus.edu](mailto:degreesproject-01@csus.edu)

#### **[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, call, or email.

Location: Lassen Hall 2205

Phone: (916) 278-6183

Email: [saseep-01@csus.edu](mailto:saseep-01@csus.edu)

#### **[Second Year Success Program](#)**—

Offers support for students in their second year of college who have experienced some academic challenge in their first year. Students are paired with Second Year Success professional staff mentors to provide guidance, support, and advice.

Email: [Rand.doerning@csus.edu](mailto:Rand.doerning@csus.edu)

#### **[Financial Aid SAP Appeal](#)**—

Offers an appeal process for students, with extenuating circumstances, whose grades may not meet SAP (Student Academic Progress) standards (which would disqualify them from financial aid). Here is a [What is SAP and How to Appeal Video](#) to explain SAP policies and the appeal process. Please also see [campus SAP policy](#) for further information. Advisors and counselors in the [Student Services Center](#) can assist with financial aid questions in person, by phone, or by email.

Location: Lassen Hall 1000 (Student Services Center)

Phone: (916) 278-1000, #2

### ***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?*

#### ***For Financial Assistance***

*Be sure to apply for financial assistance and get help doing this when you need.*

##### **[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. The website also provides the [Video Resource and Tutorials Page](#). Advisors and counselors in the [Student Services Center](#) can assist with financial aid and scholarship questions in person, by phone, or by email (email online form is on the website).

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

*Apply for scholarships!*

##### **[Scholarships Website](#)—**

Provides a single application for the student complete to be automatically matched with scholarship opportunities and to access other scholarships that may require a bit of additional information. The process takes just a little bit of time, and all students are encouraged to apply! Here is a quick how-to [video on how to apply for scholarships](#).

Location: Lassen Hall 1000 (Student Services Center) Phone: (916) 278-6179

Email: [scholarshipfaqs@csus.edu](mailto:scholarshipfaqs@csus.edu)

You may also find further opportunities for scholarships in your major department, College, campus organizations and clubs, and the [ASI Scholarships website](#).

*Learn more about finances and budgeting:*

##### **[Financial Wellness](#)—**

Assists students with money management, with campus-wide workshops and fun events throughout the year. There are also individual peer coaching sessions for discussing financial aid, getting out of debt, and changing spending habits.

Location: Lassen Hall 1000 (Student Services Center) Phone: (916) 278-4192

Email: [sacstatefinancialwellness@csus.edu](mailto:sacstatefinancialwellness@csus.edu)

#### ***For Employment Assistance***

##### **[Career Center](#)—**

Offers a number of resources, programs, and events for students seeking employment. Students with quick questions can make an appointment or drop in at the Center for in-person or virtual assistance in 15 minute sessions.

Location: Lassen Hall 1013

Phone: (916) 278-6231

Email: [careercenter@csus.edu](mailto:careercenter@csus.edu)

You can:

Make an appointment for [Career Counseling](#) for such topics as job and internship search strategies, Linked In and networking tips, resume and cover letter writing strategies and review, job application questions, job fair preparation, interviewing tips and practice, career readiness resources, and more.

Take advantage of all the many great resources on the [Career Center Jobs website](#), including the various job boards on and off of campus, especially [Handshake](#), an online job board for Sac State 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. There is also a [Job and Internships Handbook](#).

Attend the great workshops and events scheduled on the [Career Center Calendar](#)!

View any or all of these Career Center workshop videos:

["Careers and Student Employment"](#)

["Job and Internship Search Strategies"](#)

["Acing the Interview"](#)

### ***For Basic Needs Support***

*Please don't go without! And if you know someone in need, please encourage use of these resources:*

#### **CARES—**

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. *Help is just a visit, a phone call or an email away.*

Location: The WELL 1000

Phone: (916) 278-5138

Email: [cares@csus.edu](mailto:cares@csus.edu)

The website also includes many online resources for students regarding financial aid and employment, food, housing, clothing, and technology:

[Basic Needs Resources](#)

[CalFresh Financial Assistance for Food](#)

[Emergency Housing Support and Resources](#)

[Emergency Grant](#)

#### **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. The ASI Food Pantry and Free Groceries Pop Ups are run by Associated Students, Inc. of Sac State.

Location: University Union 1246

Phone: (916) 278-3978

(Enter through the Side of the Union Across from Santa Clara Hall)

Email: [asi-foodpantry@csus.edu](mailto:asi-foodpantry@csus.edu)

#### **Free Groceries Pop Ups—**

Provides fresh produce at no cost to Sac State students in need, once a month on the Library Quad during the fall and spring semesters, along with fun trivia and give away activities, KSSU Radio, and more! Schedule is posted on the website.

#### **Dreamer Resource Center Pop Up Hummingbird Closet—**

Provides a free pop-up closet of gently used clothes, shoes, and miscellaneous items. Scroll down the webpage to see the schedule posted.

Location: Riverfront Center 1

Phone: (916) 278-7734

Email: [drc@csus.edu](mailto:drc@csus.edu)

### ***For Students Who Aren't Sure What Major or Profession to Go Into***

*Not sure what educational or career path to take?*

#### **Career Center**—

Provides many different resources and services helpful to students in career exploration.

Location: Lassen Hall 1013

Phone: (916) 278-6231

Email: [careercenter@csus.edu](mailto:careercenter@csus.edu)

You can:

- Make an appointment for [Career Counseling](#) to explore career paths and majors or to assess your strengths, skills, values, and interests to see what types of jobs might be right for you.
- View the [“Explore What You Want to Do through Career Center Services” On Demand Workshop Video](#).
- Click on the [What Can I Do With This Major? Website](#) to see the career possibilities of various majors.
- Take the [FOCUS 2 Career](#) online self-directed program that helps you learn more about your personal strengths and attributes, explore careers and majors to match, and more.
- Check out the [Labor Market Insights Website](#), where you can look up labor market trends to explore top employment opportunities, salaries, educational requirements, and more.
- Check out the [California Career Zone Website](#), which provides information about California's industry sectors, in terms of careers, employment, pay, growth, and more.
- Utilize the [Sac State Career Network](#), which 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.
- Explore positions and industries through internships. The [Career Center Internship Services website](#) offers tools and resources to help students identify and obtain an internship.

Academic Advising is also helpful:

#### **Academic Advising Center**—

Helps students to clarify and implement educational plans consistent with their skills and interests, with general advising, and more, including the advising to follow.

Location: Lassen Hall 1013

Phone: (916) 278-1000 #5

Email: [advising@csus.edu](mailto:advising@csus.edu)

#### **Undeclared/Expressed Interest Advising**—

Assists second year students with major and career exploration to ensure a timely declaration of major, with information on program requirements, strategies on how to successfully get into a program of interest or formulate a back-up plan, if necessary, and connecting students to major exploration resources or helping to navigate the process of major declaration once decided.

Email: [undcl-ei-advising@csus.edu](mailto:undcl-ei-advising@csus.edu)

#### **College Success Center Advising**—

Provides academic advising for students in the different Colleges at Sac State and may also offer basic career and/or major exploration courses.

#### **Major Advising**—

Provides advising for students with declared majors. Faculty Major Advisors help students pursuing degrees in the faculty's department to plan an academic program appropriate for each student, and are also helpful in the exploration of career options. Students in declared majors will see a list of Major Advisors in their Student Center (in the section under their “To Do List” section) or may inquire further at a College's or department's website or office regarding advising in that specific field of study or major.

***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) Service Learning***—

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 can learn about service learning courses to enroll in through their faculty major advisor, academic department course catalog descriptions, and word of mouth.

CEC Location: Library 4028

Phone: (916) 278-4610

Email: [cec@csus.edu](mailto:cec@csus.edu)

***Study Abroad Programs***—

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

Location: Library 1001

Phone: (916) 278-6686

Email: [sabroad@csus.edu](mailto:sabroad@csus.edu)

***General Education Honors Program***—

Provides a challenging and innovative general education learning experience for freshmen and 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 (AIRC) 4002

Phone: (916) 278-2804

Email: [honors@csus.edu](mailto:honors@csus.edu)

***Business Honors Program***—

Offers to students a two-year upper division course program with an integrative learning environment that challenges students in business analytics, 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.

Location: Tahoe Hall 2028

Phone: (916) 278-6463

Email: [bus-honors@csus.edu](mailto:bus-honors@csus.edu)

***Student Research Center***—

Offers students opportunities to engage in research and share their research with others and in competitions.

Location: Library 2026

Phone: (916) 278-6629

Email: [student.research@csus.edu](mailto:student.research@csus.edu)

***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, integrating the year's theme in coursework, and more.

Location: Sequoia Hall 311

Phone: (916) 278-5344

Email: [oneworld@csus.edu](mailto:oneworld@csus.edu)

***Speak to Lead***—

Offers a public speaking and leadership program with curriculum that utilizes a lecture format, group and one-to-one discussion, and interaction, including case studies and mock sessions.

Email: [chao.vang@csus.edu](mailto:chao.vang@csus.edu)

### ***For Students Who Would Like a Greater College Experience***

*Want to better connect with the campus, make friends, experience new things, have fun, get support and encouragement, gain valuable experience, learn in ways outside the classroom, pursue your interests and passions, find space for your creativity and expression, and develop leadership, communication, and other 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 3250

Phone: (916) 278- 6784

#### **Sac 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.

#### **Hornet Sports**—

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.

#### **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 2031

Phone: (916) 278-6595

Email: [getinvolved@csus.edu](mailto:getinvolved@csus.edu)

#### **State Hornet Newspaper**—

Provides an online publication during the academic year for students (just join the mailing list), as well as the opportunity for students to gain experience in reporting and other aspects of news publication. Students interested in joining the staff may contact the editor for further information.

Phone: (916) 278-6584

Email: [editor@statehornet.edu](mailto:editor@statehornet.edu)

#### **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. And KSSU folks will show you how to do this and get your voice and creativity out there!

Location: University Union 120

Phone: (916) 278-3343

Email: [manager@kssu.com](mailto:manager@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 3216

Phone: (916) 278-3928

Email: [SacStateUNIQUE@unionwellinc.org](mailto:SacStateUNIQUE@unionwellinc.org)

**Multi-Cultural Center**—

Encourages cultural understanding and awareness and action through educational campus events and programming, a Social Justice Library, cultural and affinity group resources, and more. The Center 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

Email: [mcc@csus.edu](mailto:mcc@csus.edu)

**Male Empowerment Collaborative**—

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.

**Women's Resource Center**—

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 2250

Phone: (916) 278-7388

Email: [wrc@csus.edu](mailto:wrc@csus.edu)

**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 see about volunteer opportunities with events or at the Center.

Location: University Union 2230

Phone: (916) 278-8720

Email: [pride@csus.edu](mailto:pride@csus.edu)

**Combat U (Combat Sports and Martial Arts University)**—

Offers the first-ever university-backed development program for combat sports, open to all Sac State students, with all levels of experience, including those interested in working out for a healthy lifestyle or competing at amateur and professional levels. Combat U provides professional-level instruction and competition opportunities in Boxing, Wrestling, Muay Thai, and Jiu Jitsu. In addition to creating an educational path, Combat U will be the first collegiate training ground for students who want to pursue a professional fight career in mixed martial arts (MMA) or in that sport's individual components. Application information is provided on the website.

Additionally, please note that just about any of the campus programs and groups listed in the pages prior and those to follow may also offer the benefits of making connections, developing skills, pursuing interests, having fun, and more.



***For Students Who Would Like to Serve Others in Our Community and Beyond***

*Want to make a difference in the lives of others, serve your community, or serve our nation?*

**[Partnership to Advance the Value of Education \(PAVE\)](#)**—

Offers students the opportunity to serve as academic tutors and college role models to provide subject matter support in English Language Arts/Literacy and Mathematics and/or the Sciences to K-12 students in regional school districts.

Location: Lassen Hall 2205

Phone: (916) 278-5877

Email: [pave@csus.edu](mailto:pave@csus.edu)

**[Community Engagement Center \(CEC\) Volunteering](#)**—

Offers students opportunities to develop the skills necessary to become engaged citizens in their communities by volunteering in a number of ways, including volunteer programs, one day events, and alternative weeklong volunteering during campus breaks.

CEC Location: Library 4028

Phone: (916) 278-4610

Email: [cec@csus.edu](mailto:cec@csus.edu)

**[Sacramento State College Corps](#)**—

Offers a program where students help community efforts, learn new skills, network, and find out what working in their future career fields might feel like. Students will engage in different kinds of service: K-12 education (working with school-aged children to help them with various topics), food insecurity (helping distribute food to members of the community), climate action (taking part in projects that help with local eco-system conservation), and civic engagement/health and wellness (helping with community projects and health education).

Location: Lassen Hall 1013 (in Career Center)

Email: [collegecorps@csus.edu](mailto:collegecorps@csus.edu)

***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 students' college experience, help them to achieve their goals, develop leadership and teamwork skills, and jumpstart a rewarding career right after graduation. Both ROTC programs offer a track for those desiring a commission in Air Force or Army, and the Army ROTC also offers an additional academic track for students interested in learning more about a military career, which begins with a one unit course each semester, and progresses to greater unit load each year to follow.

Air Force ROTC: Location: Yosemite Hall 122/124

Phone: (916) 278-7315

[AF ROTC Website](#)

Army ROTC: Location: Yosemite Hall 150

Phone: (916) 278-2395

[Army ROTC Website](#)

Please note that many of the programs, services, and groups listed in the pages prior and those to follow may also have, as a component of that program or group, doing the work of serving others.

### ***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 and staff, alumni 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.

Email: [umentor@csus.edu](mailto:umentor@csus.edu)

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?*

Internships are a great way to explore career paths, while also gaining valuable experience, strengthening professional skills, and making helpful connections that can lead to rewarding job opportunities!

Internships may be full- or part-time, on or off campus, in-person or virtual, paid or unpaid, and for units or not—and some majors require interning for degree completion.

#### **Career Center**—

Offers a number of resources for students seeking internships.

Location: Lassen Hall 1013

Phone: (916) 278-6231

Email: [careercenter@csus.edu](mailto:careercenter@csus.edu)

You can:

- Schedule an online appointment for [Career Counseling](#) to get help with internship search strategies, cover letters and resumes, interviewing preparation, and more.
- Explore the [Career Center Internship Services website](#), which offers tools and resources to help students identify and obtain an internship, including those to follow:

[Handshake: Find Internships](#)

[Academic Credit Internships](#)

[California Internship Network](#)

[Sac State College Corps Program](#)

[Impact Fellows Program](#)

[CSU Entertainment Alliance Internships](#)

[Micro-Internships](#)

[Job and Internship Handbook](#)

[Job and Internship Search Strategies video](#)

You can also explore further internships in a few different ways—

- Some of the academic Colleges have a webpage on internships:
  - [College of Arts and Letters Internship website](#)
  - [College of Business Internships and Job Board website](#)
  - [College of Engineering and Computer Science Internships and Career Services website](#)
  - [College of Social Sciences and Interdisciplinary Studies Internships website](#)
- Specific departments on campus may also have further internship opportunities or an entire internship office or coordinator, so check with your department or on the department website.
- Campus programs and organizations of interest to you may also be good places to check for internship opportunities.

### ***For Students Wanting to Maintain Health and Wellness***

*Your health and wellness are always important...*

#### **[Student Health, Counseling, and Wellness Services \(SHCWS\)](#)—**

Provides health services to students that include: Acute illness and injury care, birth control and emergency contraception, immunizations and vaccines, laboratory testing, medication abortion, pregnancy testing, STI testing and sexual health services, women’s health exams, well-person exams, and other health services. Depending on the type of care or service needed, the appointment may be via telehealth or in-person. All currently enrolled students are eligible to access services (health fees are paid as a part of tuition costs). Additional fees may apply to specialty services, procedures, vaccines, medications, and lab testing. SHCWS also provides mental health counseling, and the services described below.

Location of SHCWS: The WELL

Phone: (916) 278-6461

Location of Primary Care: The WELL, 2<sup>nd</sup> Floor

Location of Urgent Care: The WELL, 1<sup>st</sup> Floor

Students experiencing urgent symptoms can call SHCWS at the phone number above 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 recent injuries or cold/flu (within the past two weeks) or with worsening symptoms that need to be addressed right away can visit the Urgent Care Clinic on the first floor of The WELL during its hours of operation (or call the After Hours Nurse Advice Line at the SHCS phone number above).

Students seeking care for more ongoing issues and routine medical services can make appointments by calling or walking into SHCWS, or going to the website and clicking on the Patient Portal link on the [SHCWS website](#).

#### **[Wellness Education \(through SHCWS\)](#)—**

Offers free safer sex supplies, nutritional counseling, peer education on nutrition, alcohol, and drugs, cooking demonstrations, and other wellness workshops.

Location: The WELL 1031 (in SHCWS)

Phone: (916) 278-5422

#### **[Pharmacy \(through SHCWS\)](#)—**

Sells lower-cost prescriptions and refills, over-the-counter products, emergency contraception, vaccines and flu shots, homeopathic products, and cold and flu kits.

Location of SHCWS: The WELL, 1st Floor (across from Urgent Care) Phone: (916) 278-6461

#### **[Sports Medicine \(through SHCWS\)](#)—**

Provides to student athletes services that include athletic training with focuses on injury prevention and rehabilitation, physical health care, concussion prevention and treatment, mental health counseling, and sports nutrition counseling. Appointments can be made by phone, going online and using your Patient Portal, or coming into SHCWS.

Location of SHCWS: The WELL

Phone: (916) 278-6461

#### **[Maryjane Rees Language, Speech and Hearing Center](#)—**

Offers free annual hearing evaluations in the Center’s [Audiology Clinic](#).

Location of Audiology Clinic: Folsom Hall 1000 (7667 Folsom Blvd.) Phone: (916) 278-4697

Email: [audiology-clinic@csus.edu](mailto:audiology-clinic@csus.edu)

#### **[Sacramento State's College of Health and Human Services Doctor of Physical Therapy Program](#)—**

Offers to the community and Sac State students, faculty, and staff free Community Clinics, including an adult neurological clinic, orthopedic clinic, and geriatric wellness, balance, and fall prevention clinic. Further information regarding each is on the website.

***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, physical fitness, 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 a few additional costs for such things as personal trainers, intramural sports, and some classes.

Location: South End of Campus

Phone: (916) 278-9355

**Sac State Sports and Recreation Clubs**—

Offers students the opportunity to develop sports skills through a number of different sports clubs and recreation clubs. [Sports Clubs](#) compete against other universities in leagues and conferences at the local, regional and national level. Sports Clubs include: Baseball, bass fishing, cycling, esports, men's rugby, men's soccer, men's volleyball, rowing, skiing and snowboard, softball, tennis, women's rugby, women's soccer, and women's volleyball. [Recreation Clubs](#) meet on a weekly basis and are a great way to connect with the campus community and other students. Recreation Clubs include: Badminton, billiards, girl gains, judo, Kreschendo K-Pop dance, powerlifting, running, Sac Modern Dance, ski and snowboard, swim and water polo, and table tennis.

Location of SoL Office: University Union 2305

Phone: (916) 278-6595

Email: [getinvolved@csus.edu](mailto:getinvolved@csus.edu)

**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.

Location: University Union 1272

Phone: (916) 278-6321

Email: [peakinfo@csus.edu](mailto:peakinfo@csus.edu)

**Sac State Aquatic Center**—

Offers access, classes, equipment rental, clinics, and more for the public to Lake Natoma to water ski, wakeboard, sail, jet ski, windsurf, kayak, canoe, or join a competitive rowing or crew team. And here is the [Aquatic Center website for Sac State Student Opportunities](#), including free rental days!

Location: 1901 Hazel Avenue, Gold River, CA 95670

Phone: (916) 278-AQUATIC (2842)

Email: [aquaticcenter@csus.edu](mailto:aquaticcenter@csus.edu)

**Combat U (Combat Sports and Martial Arts University)**—

Offers the first-ever university-backed development program for combat sports, open to all Sac State students, with all levels of experience, including those interested in working out for a healthy lifestyle or competing at amateur and professional levels. Combat U provides professional-level instruction and competition opportunities in Boxing, Wrestling, Muay Thai, and Jiu Jitsu. In addition to creating an educational path, Combat U will be the first collegiate training ground for students who want to pursue a professional fight career in mixed martial arts (MMA) or in that sport's individual components. Application information is provided on the website.

### ***For Students Dealing with Stress or Mental Health Struggles***

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

#### **Campus Counseling**—

Helps students to cope with such things as stress, academic difficulties, relationship issues, anxiety, depression, grief, post-traumatic symptoms, questioning sexuality and coming out, eating disorders, addiction, and negative treatment or threats because of race or ethnicity, immigration status, sexual orientation, gender identity, or other aspects of identity. Students can start with one counseling visit or make more, choose individual counseling or group counseling, and receive urgent care when in crisis. Counseling is free to students (paid as a part of tuition) and confidential. *Even one counseling visit can be truly helpful!* And you can typically get a counseling appointment here sooner than with off-campus community mental health providers.

Location of Counseling Services: The WELL, 2<sup>nd</sup> Floor

Phone: (916) 278-6461

Location of Urgent Care Clinic: The WELL, 1<sup>st</sup> Floor

***Students in an immediate crisis*** should contact 9-1-1 or the National Suicide Prevention Lifeline at 9-8-8.

***Students with urgent concerns who would like to see someone right away*** may walk in to receive counseling at the Urgent Care Clinic (WELL, 1<sup>st</sup> Floor) any time during its hours of operation or after business hours can call the 24/7 Nurse Advice Line: (916) 278-6461, for support and resources.

***Students who want to receive individual counseling or explore if counseling is right for them*** may schedule an appointment by calling (916) 278-6461 or going online to make an appointment through the Patient Portal on the [Counseling Services website](#).

***Group Counseling*** is also available to Sac State students in a variety of mental health topic areas. Decades of research have found that group therapy is just as effective as individual therapy, and people feel better faster in group therapy. Being in a group helps you feel less alone and isolated, and students benefit from mutual support and learning with others who share similar concerns. For more information or to express interest, please visit the [Counseling Services website](#).

***Peer Counseling*** is an additional resource support for students. Peer Counselors are current Sac State students trained to be supportive, helpful listeners who offer non-judgmental and confidential space to discuss concerns. For more information or to make an appointment, please visit the [Counseling Services website](#).

#### **University Union**—

Offers places for students to find relaxation, centering, and peace from stress or troubles, including the:

[Meditation Room](#)

[Relaxation Station](#)

Location of University Union: South End of Campus Near Quad

Phone: (916) 278-6997

Please also note other campus resources and spaces listed prior in this document and to come in the pages to follow may offer opportunities for physical exercise and activities, diversion from stress and fun, and social support and encouragement from others, that also help with stress management and resilience.

### *For Students in Need or in Crisis*

*You have people on campus wanting to help...*

#### ***Basic Needs:***

##### **CARES**—

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. *Help is just a visit, a phone call or an email away.*

Location: The WELL 1000

Phone: (916) 278-5138

Email: [cares@csus.edu](mailto:cares@csus.edu)

The website also includes many online resources for students regarding financial aid and employment, food, housing, clothing, and technology:

[Basic Needs Resources](#)

[CalFresh Financial Assistance for Food](#)

[Emergency Housing Support and Resources](#)

##### **Student Emergency Grant (through CARES)** —

Assist students experiencing problems in their academics because of financial challenges affecting their basic needs. Categories for emergency grants include eviction avoidance, rapid move-in support, transportation barriers, course materials, technology, utilities, food support, and childcare. Further information may be found on the CARES website.

#### ***Legal Assistance:***

##### **ASI Legal Services**—

Offers links to local legal resources and, when staffed, free legal advice by virtual appointment to students who may have legal questions or difficulties. The [ASI Student Shop](#) also offers free notary services for students in University Union 3231.

##### **Dreamer Resource Center Immigration Clinic Legal Services**—

Offers free immigration legal consultations and immigration services to students, faculty, staff, and immediate family members. The immigration attorney can assist with general inquiries, DACA renewals, citizenship petitions, family-based petitions, and other immigration-related needs. Appointments are via Zoom, and you can email or call to make one.

Email: [drc@csus.edu](mailto:drc@csus.edu)

Phone: (916) 278-7734

#### ***Sexual Violence Support:***

##### **Sexual Violence Support**—

Offers a confidential advocate for survivors of sexual assault, sexual harassment, dating violence, or stalking. The advocate provides confidential emotional support, resources and information, reporting options, advocacy and accompaniment, campus resources, and WEAVE Resources.

Location: Urgent Care Clinic on the 1<sup>st</sup> Floor of The WELL

and the American River Courtyard, located in the North Village

Phone: (916) 278-5850

Email: [WEAVE@csus.edu](mailto:WEAVE@csus.edu)

Please note, too, the psychological support and counseling services described on the prior page, and support can be found, as well, in the many campus resources listed in this document.

***For Students with Educational Equity Challenges in Higher Education***

*Coming from a lower-income and/or educationally disadvantaged background, being a first-generation college student, an undocumented student, and more....* Some students face greater obstacles to pursuing their education.

Here is some help:

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

Connects students, with a focus on underrepresented students, with a variety of resources to promote their success in college that may include early intervention, academic advising, graduation support, mentoring, and referral to other valuable campus resources. In-person or virtual appointments may be made through the campus EAB system (here are [instructions for using EAB to schedule an appointment](#), if needed), or you may call with questions, email, or drop by the office.

Location: Lassen Hall 2205

Phone: (916) 278-7017

Email: [degreesproject-01@csus.edu](mailto:degreesproject-01@csus.edu)

***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, call, or email.

Location: Lassen Hall 2205

Phone: (916) 278-6183

Email: [saseep-01@csus.edu](mailto:saseep-01@csus.edu)

***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. Services include personal, academic, and career counseling, tutoring, and assistance with financial aid and course planning and registration.

Location: Riverfront Center 1

Phone: (916) 278-7241

Email: [camp-outreach@csus.edu](mailto:camp-outreach@csus.edu)

***Dreamer Resource Center***—

Creates a nurturing environment where undocumented students (including those with and without DACA) and students with mixed-status families can thrive academically, personally, and professionally. The Center ensures that all students have the opportunity to pursue their dreams regardless of their immigration status through many different resources, events, and services, including academic guidance, scholarship assistance, peer mentoring, career development, free legal immigration services, and a lounge area for students.

Location: Riverfront Center 1

Phone: (916) 278-7734

Email: [drc@csus.edu](mailto:drc@csus.edu)

***Extended Opportunity Program (EOP)***—

Supports incoming freshmen and transfer students from disadvantaged economic and/or educational backgrounds by providing services that may include academic advising, personal counseling, tutoring, financial aid advising, course placement and planning, learning communities, and more. Provides further programs and resources for students transitioning to their sophomore, junior, and senior years in college.

Location: Lassen Hall 2205

Phone: (916) 278-6183

Email: [eop-01@csus.edu](mailto:eop-01@csus.edu)



**Faculty Student Mentor Program (FSMP)**—

Offers mentoring and academic, career, and personal support to students from lower-income families and traditionally low-income communities, who identify as first-generation and/or student of color. Students gain a mentor in their discipline of choice and opportunity to connect with other students, faculty, and staff, support in research, scholarship, academic pursuits, and community-based service, and more.

Location: Lassen Hall 2200 (In the APIDA Center)

Email: [fmsp@csus.edu](mailto:fmsp@csus.edu)

**Financial Resources for Equity Students**—

Lists scholarships available for equity students, including students who are undocumented, single parents, moms, nontraditional students, minority students, and more.

**First Generation Institute**—

Offers a seminar, institute, events, 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 2200 (In the APIDA Center)

**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: Riverfront Center 203

Phone: (916) 278-3834

Email: [graddiversity@csus.edu](mailto:graddiversity@csus.edu)

**Guardian Scholars Program**—

Provides current and former foster youth students support services that may include academic advising, textbook loans, priority on-campus housing, scholarship opportunities, emergency financial support, community building and social activities, and staff specializing in advocacy and support. All students (undergraduate and graduate) are eligible to register for and participate in the Guardian Scholars Program if they have experienced at least one day in the foster care system, including being a ward of the court and probation foster youth.

Location: Sacramento Hall 118

Phone: (916) 278-6680

Email: [gsp@csus.edu](mailto:gsp@csus.edu)

**Improve Your Tomorrow**—

Provides mentorship fellowship for students who are young men of color, and opportunities for leadership and professional development.

Location: Lassen Hall 3003

**College of Education Educational Equity Program**—

Provide advising and support resources for student groups interested in careers in education, including financial aid and work study candidates, Cal-grant recipients, students that are first in their family to attend college/university, and multilingual/multicultural students. Services may include academic advising, peer mentoring, career and major exploration, assistance with scholarships and applications, and more.

Location: Eureka Hall 437 (in Student Success Center)

Email: [EdEq@csus.edu](mailto:EdEq@csus.edu)

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

Strives to increase participation in Science, Technology, Engineering, and Mathematics (STEM) majors for students who belong to a group historically excluded in STEM, or has faced/faces social, educational,

or economic barriers to careers in STEM. Services may include one-on-one advising, research opportunities, graduate school preparation, workshops, guest speakers, and more.

Location: Sequoia Hall 320

Phone: (916) 278-3838

Email: [campos@csus.edu](mailto:campos@csus.edu)

#### **The Grace Project**—

Promotes retention and success among underrepresented students pursuing STEM degrees, by eliminating some of the financial barriers they face. Students currently majoring in Biological Sciences, Biochemistry, Chemistry, Geology, Geography, Physics & Astronomy, Mathematics & Statistics, or taking a course in math and/or science, who need extra support due to financial ability in getting needed supplies for math and science courses may request course supplies in the first few weeks of the semester. Further information may be found on the website.

Location: Sequoia Hall 320

Email: [graceproject@csus.edu](mailto:graceproject@csus.edu)

#### **MESA Engineering Program**—

Offers students from educationally disadvantaged backgrounds support to increase their success in their engineering or computer science studies. Services may include one-on-one advising, tutoring, mentoring, a community of peer support, academic excellence workshops, scholarships, and a study center.

Location: Tschannen Engineering Building 1207

Phone: (916) 278-6699

Email: [ecs-mesa@csus.edu](mailto:ecs-mesa@csus.edu)

#### **McNair Scholars Program**—

Offers a two-year program designed to prepare students for doctoral program admission and study through workshops, seminars, lectures, research, and more. 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 traditionally underrepresented group in graduate education (African American, Hispanic/Latino, Pacific Islander, or American Indian/Alaskan Native). Further eligibility requirements and application information are on the website.

Location: Riverfront Center 203

Phone: (916) 278-5118

Email: [mcnair@csus.edu](mailto:mcnair@csus.edu)

#### **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, more confident in their laboratory skills, and more resilient to adversity in the classroom and lab settings. Students who apply must belong to an underrepresented group, including any of the following: African American, Latino, Native American, and U.S. Pacific Islander students, and first generation college or educationally disadvantaged students, students with disabilities, and students whose families live below the poverty line. Further eligibility requirements and application information are on the website.

Location: Sequoia Hall 320 (in Center for Science and Math Success) Phone: (916) 278-6519

Email: [see@csus.edu](mailto:see@csus.edu)

#### **Science Educational Equity (SEE)**—

Offers a comprehensive academic support program designed for students who face social, economic, or educational barriers that limit access to careers in the sciences and health professions. Support includes one-on-one advising, peer mentoring, community, workshops and activities, scholarships, research opportunities, and study room.

Location: Sequoia Hall 320 (in Center for Science and Math Success) Phone: (916) 278-6519

Email: [see@csus.edu](mailto:see@csus.edu)

Further equity resources may also be found in this document in the following sections, as well as past sections.

***For Students Seeking Greater Inclusion with Cultural Groups on Campus  
and/or Learning about Cultural Groups***

*Sac State has students from many different cultural backgrounds, and there is a place for you here to seek that space and community, explore and empower cultural identity, receive support and assistance, and/or learn about other cultures!*

***Asian Pacific Islander Desi American (APIDA) Center***—

Offers social, cultural, educational, and advocacy programming to APIDA students (individuals of East Asian, South Asian, Southeast Asian, West Asian, Central Asian and Pacific Island backgrounds). Services include assistance transitioning from high school or community college, help with campus and community resources, college skills coaching, internship/employment information and referrals, information on financial aid, scholarship search/application support, and more.

Location: Lassen Hall 2200

Phone: (916) 278-7849

Email: [apida.center@csus.edu](mailto:apida.center@csus.edu)

***The Biracial and Multiracial Institute of Achievement (BMIA)***—

Supports students representing multiple racial identities to advance their degree attainment goals and to emerge as visionary leaders transforming their communities, hopes, and dreams into instruments of inspiration and educational and occupational empowerment. Services include advising and peer support, support for student retention and graduation, workshops and seminars related to contemporary issues and multi-racial identities, professional mentorship to cultivate successful skill development for the working world, and help with academic, professional, and life planning beyond college.

Email: [watsonml@csus.edu](mailto:watsonml@csus.edu)

***Black Honors College***—

Offers the nation's first-ever Black Honors College, with specialized coursework, distinctive research opportunities and creative arts, residential living and learning programs, scholarships, and distinguished recognition. The College is designed for students who are interested in Black history, life, culture, and contributions. The College commences cohorts of students each year, and application information and deadlines may be found on the website for new incoming students and for new transfer students and Sac State juniors.

Location: Garden Level of the Library 15

Email: [bhc@csus.edu](mailto:bhc@csus.edu)

***Cooper-Woodson College Enhancement (CWC) Program***—

Offers an Educational Equity, Pan African 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 Pan African culture and creating an African-based support structure and educational experience. Further information and application are on the website.

Location: Amador Hall 460

Phone: (916) 278-5363

Email: [cwmentor@csus.edu](mailto:cwmentor@csus.edu)

***Esak'timá Center***—

Welcomes all Native students who are entering freshmen, returning students, and graduate students, and provides supportive services, including academic advising, peer advising, transitional support, cultural activities, and opportunities for faculty mentoring, scholarship, leadership development, and campus community and networking opportunities. The Esak'timá Center is a home away from home for Native students and an open and inclusive gathering space for all students.

Location: Lassen Hall 1100

Phone: (916) 278-7305

Email: [esaktimacenter@csus.edu](mailto:esaktimacenter@csus.edu)

**Full Circle Project**—

Provides a student success program for incoming, first-year, Asian-Pacific Islander Desi American (APIDA) students transitioning from high school and community college. Services may 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 A

Phone: (916) 278-5172

Email: [fullcircleproject@csus.edu](mailto:fullcircleproject@csus.edu)

**Martin Luther King Jr. (MLK) Center**—

Offers a home base of community and 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. The MLK Center also coordinates cultural programming and is a central hub for the exploration of African American heritage and culture.

Location: Lassen Hall 2201

Phone: (916) 278-2655

Email: [kaifa.yates@csus.edu](mailto:kaifa.yates@csus.edu)

**Martin Luther King Jr. Scholars Program**—

Provides opportunities for engagement in leadership development, mentorship, community advocacy, personalized advising, and legacy explorations. This includes exposure to workshop topics on social justice issues, community wellness, research, entrepreneurship, career success, and psychological well-being.

Location: Lassen Hall 2201

Phone: (916) 278-2655

Email: [kaifa.yates@csus.edu](mailto:kaifa.yates@csus.edu)

**Multi-Cultural Center**—

Encourages cultural understanding and awareness and action through educational campus events and programming, a Social Justice Library, cultural and affinity group resources, and more. The Center 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

Email: [mcc@csus.edu](mailto:mcc@csus.edu)

**Native Scholars and Transition Program**—

Supports incoming first-time freshmen and transfer students through the admissions process, and transitioning into and succeeding in college, through lower-and upper-division learning communities. Offers cultural events and programming, community resource fairs, social and student support gatherings, and more.

Location: Lassen Hall 2205

Phone: (916) 278-6183

Email: [jmejia@csus.edu](mailto:jmejia@csus.edu)

**Project HMONG**—

Strives to ensure the health, retention, persistence, and graduation success for Southeast Asian students, including but not limited to Hmong, Mien, Laotian, Cambodian, Thai and other underrepresented students. Project Hmong provides a community of mentors and peers, support, guidance, and encouragement, and a focus on student leadership, professional development, and campus/community engagement through a cultural lens that incorporates the students' experiences.

Location: Lassen Hall 2205

Email: [project.hmong@csus.edu](mailto:project.hmong@csus.edu)

**Serna Center**—

Provides support and programming with a focus on the social, political, economic, historical and cultural realities and needs of Chicanxs/Latinxs students and students from other underrepresented backgrounds at Sacramento State, to establish a strong foundation that enriches cultural identity and develops a sense of *familia* within the campus community. Services include advising, financial aid and scholarship guidance, internship/job search assistance, career exploration and guidance, social events, and a physical space that serves as the hub for Latinx students navigating their academic journey at Sac State.

Location: Riverfront Center 1

Phone: (916) 278-5393

Email: [sernacenter@csus.edu](mailto:sernacenter@csus.edu)

**SWANA Center (Southwest Asian and North African)**—

Provides a home-base of support to students in the SWANA regions. The Center works to foster student belonging, provides a communal haven of support, and support the values, culture, and rich history of SWANA students as they explore, navigate, and garner success in higher education. Services include program and cultural events, advising and counseling support, mentorship, and peer services.

Location: Academic Information Resource Center (AIRC) 1012

Email: [swanacenter@csus.edu](mailto:swanacenter@csus.edu)

**Student Organizations and Leadership (SoL)**—

Helps students to get involved in campus life through numerous clubs and organizations, including those that are cultural.

Location: University Union 2031

Phone: (916) 278-6595

Email: [getinvolved@csus.edu](mailto:getinvolved@csus.edu)

Please note that many of the programs, services, and groups listed in the pages prior and those to follow may also have, as a component of that program or group, space and opportunity for affinity and/or cultural learning.

### *For Students with Disabilities*

#### **Disability Access Center (DAC)**—

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 visible and invisible disabilities, temporary and permanent, including mobility or other physical disabilities, pregnancy, some injuries or illnesses, blindness/visual impairment, psychological disorders/cognitive disabilities, learning disabilities, and ADD/ADHD, and students who are deaf/hard of hearing. Services include in-class accommodations. Students, faculty, and staff with questions can come in, call, or email the DAC.

Location: Lassen Hall 1008

Phone: (916) 278-6955

Email: [dac@csus.edu](mailto:dac@csus.edu)

#### **Assistive Technology Lab (ATL)**—

Provides access to a wide range of assistive technology tools such as text-to-speech/speech-to-text software, screen readers such as Jaws, speech recognition software, zoom text for low-vision, alternative formats, note-taking, captioning and transcription tools, training, and workshops on accessible technologies for educational materials.

Location: Academic Information Resource Center (AIRC) 2011

Phone: (916) 278-7915

Email: [ATL@csus.edu](mailto:ATL@csus.edu)

#### **Disability Cultural Center**—

Provides a great place to study or spend time with friends and safe space for our disabled students and allies to come together as a community. The Center also hosts classes on a wide variety of topics and serves as the primary locations for the Disabled and Non Disabled Alliance (DANA) social club.

Location: Academic Information Resource Center (AIRC) 2011

#### **Sensory Room**—

Provides a safe and calming environment, with adjustable lights, soothing colors, and comfortable seating, where students can retreat when they need a break from the hustle and bustle of daily life. The room is also equipped with a range of sensory tools and activities that are specially designed to support individuals with different sensory needs, including stim toys, fidget items, weighted blankets, noise-reduction headsets, and other tools that are beneficial to Neurodivergent Individuals.

Location: Academic Information Resource Center (AIRC) 2011

#### **Maryjane Rees Language, Speech and Hearing Center**—

Offers speech, language, and hearing services to the public (including Sac State students) for people with communication challenges and/or cognitive disorders to the public. Support is provided for the following: Aphasia, Apraxia, Dysarthria, Expressive/Receptive Language, Reading Disorders, Social Pragmatic Language, Speech Sound Disorders, Stuttering, Traumatic Brain Injury, Voice Disorders. Services are free to all. The Center also offers free diagnosis services if you think you may have a speech, language, hearing, or cognition disability or disorder, and free annual hearing evaluations in the Center's [Audiology Clinic](#).

Location of the Center: Folsom Hall 2202 (7667 Folsom Blvd.)

Phone: (916) 278-6601

Email: [speechclinic@csus.edu](mailto:speechclinic@csus.edu)

Location of Audiology Clinic: Folsom Hall 1000 (7667 Folsom Blvd.)

Phone: (916) 278-4697

Email: [audiology-clinic@csus.edu](mailto:audiology-clinic@csus.edu)

#### **Sacramento State's College of Health and Human Services Doctor of Physical Therapy Program**—

Offers to the community and Sac State students, faculty, and staff five Community Clinics, all free: An adult neurological clinic, orthopedic clinic, amputee clinic, pediatric clinic, and geriatric wellness, balance, and fall prevention clinic. Further information regarding each is on the website.

### *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. 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

### *For Dreamer Students*

#### [Dreamer Resource Center](#)—

Creates a nurturing environment where undocumented students (including those with and without DACA) and students with mixed-status families can thrive academically, personally, and professionally. The Center ensures that all students have the opportunity to pursue their dreams regardless of their immigration status through many different resources, events, and services, including academic guidance, scholarship assistance, peer mentoring, career development, free legal immigration services, and a lounge area for students.

Location: Riverfront Center 1

Phone: (916) 278-7734

Email: [drc@csus.edu](mailto:drc@csus.edu)

### *For First Generation College Students*

#### [First Generation Institute](#)—

Offers a seminar, institute, events, 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 2200 (Inside the APIDA Center)

#### [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. Services include personal, academic, and career counseling, tutoring, and assistance with financial aid and course planning and registration.

Location: Riverfront Center 1

Phone: (916) 278-7241

Email: [camp-outreach@csus.edu](mailto:camp-outreach@csus.edu)

### *For Students Who Are Former or Current Foster Youth*

#### [Guardian Scholars Program](#)—

Provides current and former foster youth students support services that may include academic advising, textbook loans, priority on-campus housing, scholarship opportunities, emergency financial support, community building and social activities, and staff specializing in advocacy and support. All students (undergraduate and graduate) are eligible to register for and participate in the Guardian Scholars Program if they have experienced at least one day in the foster care system, including being a ward of the court and probation foster youth.

Location: Sacramento Hall 118

Phone: (916) 278-6680

Email: [gsp@csus.edu](mailto:gsp@csus.edu)



***For Students Formerly Incarcerated***

**[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 opportunities.

Location: Sacramento Hall 152 (Office) and 161 (Student Center)      Phone: (916) 278-6794

Email: [projectrebound@csus.edu](mailto:projectrebound@csus.edu)

***For Students Currently Incarcerated***

**[TOPSS \(Transforming Outcomes Project at Sacramento State\)](#)**—

Offers a degree completion program for people incarcerated at Folsom and Mule Creek State Prisons, who have completed the CSU transfer requirements through community college. TOPSS students take four courses a semester to earn their BA degree in Communication Studies. TOPSS also offers the remainder of the courses the students need in order to complete their BA degrees. Classes are made up of students in both prisons and are taught by Sac State faculty live inside one prison and are simulcast live to the other prison, so that the classroom is both in-person and virtual. The program is grounded in the values of access, integrity, positive self-awareness and humanitarianism, and research showing that education lowers recidivism and positively impacts the student and prison culture.

Location: Sequoia Hall 311

Phone: (916) 278-3643

Email: [topss@csus.edu](mailto:topss@csus.edu)

***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 with events or around the Center.

Location: University Union 2230

Phone: (916) 278-8720

Email: [pride@csus.edu](mailto:pride@csus.edu)

**[Office of Inclusive Excellence](#)**—

Provides information on how students and 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, and how to add pronouns to one's Student Center and Canvas, in recognition that using correct gender pronouns is a way to convey fundamental respect and helps create an inclusive environment for people of all gender identities.

[Preferred Name FAQs](#)

[Preferred Pronouns FAQ](#)

### *For International Students*

#### [International Student and Scholar Services \(ISSS\)](#)—

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. You can make an appointment or drop in for ISSS advising, available via Zoom, email, phone, or in-person to answer questions and support you through your academic journey.

Location: Library 1001

Phone: (916) 278-6686

Email: [intlprg@csus.edu](mailto:intlprg@csus.edu)

### *For Multilingual Students*

#### [Tutoring \(through the Peer Academic Resource Center—PARC\)](#)—

Offers tutoring to students, including English language learners, to help students in challenging courses learn material, complete assignments, and prepare for exams. Students may go online, call, or come by for further information, availability hours, and appointments for tutoring. There is also the [PARC Virtual Center](#), where students can drop in virtually to see if tutoring is available or to make an appointment.

Location: Library 4026

Phone: (916) 278-6010

Email: [parc-01@csus.edu](mailto:parc-01@csus.edu)

#### [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.

#### [University Reading and Writing Center](#)—

Provides one-on-one assistance with reading, writing, and research for students, including multilingual students. Students can bring assignment prompts, research materials, readings, work completed so far, or anything else they think will help with the tutoring session. Tutoring sessions are 25 to 55 minutes in length, and options include: in-person tutoring (scheduled appointment or drop-in), online tutoring via Zoom, or email feedback to the student. Appointments may be scheduled by coming into the Center or emailing a request for an appointment (with your name, student ID number, list of times you are available to meet with a tutor, and preference for in-person, on Zoom, or email feedback with 48 hour response).

Location: Calaveras Hall 128

Email: [wc@csus.edu](mailto:wc@csus.edu)

#### [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](#)

### *For Students Who Are Parents*

#### *Parents and Families Program*—

Offers support for students through the [Pregnant Students Information Page](#), where students can receive assistance planning for their next steps navigating academics and the coming baby, and through the [Student Parents Resources Page](#), with a monthly newsletter and links to campus and community parent resources, or the Student Parent Ambassadors who can provide assistance and customer, personal, and social support.

Location: University Union 2250 (in the Women's Resource Center) Phone: (916) 278-4353  
Email: [parentsfamilies@csus.edu](mailto:parentsfamilies@csus.edu)

#### *Mother's Room*—

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

Location: University Union, 1<sup>st</sup> Floor Information Desk Phone: (916) 278-6997  
Email: [uuinfodesk@csus.edu](mailto:uuinfodesk@csus.edu)

#### *Children's Center*—

Offers day classes for children enrolled in the program (ages six months through kindergarten) of Sacramento State students and employees. Fee information may be found on the website.

Location: State University Drive East (southeast corner of campus) Phone: (916) 278-6216  
Email: [asichildrencenter@csus.edu](mailto:asichildrencenter@csus.edu)

#### *Family Study Room, University Library*—

Provides a family-friendly study option for student parents and guardians. The Family Study Room has a study table and chairs, a variety of children's furniture and books, a handwashing station, and power outlets. The room is available on a first-come, first served basis, for a four hour period, and occupancy is limited to two adults and three children at one time. The key to the room may be obtained at the Library's first floor Service Desk and the Family Study Room is Located on the second floor, Room 2003.

Location of Library: South End of Campus Near Quad Phone: (916) 278-5679

### *For Student Veterans*

#### *Veterans Success Center (VSC)*—

Assists students in applying, accessing and certifying their VA Education benefits and helps students access resources, ranging from leadership opportunities to peer-to-peer mentorship, which provide support in transitioning into a meaningful career. The VSC also offers a lounge for student veterans to socialize and study, and helps students get involved and find employment through the program described below.

Location: Lassen Hall 2302 (New Location Opening Mid-October) Phone: (916) 278-6733  
Email: [vets@csus.edu](mailto:vets@csus.edu)

#### *Veterans Career Pathways Program*—

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. The program includes mentoring, career counseling, interview and resume writing skill development, workshops on various job search topics (and building your own brand and becoming an entrepreneur), and opportunities for networking with employers, informational interviewing, and job shadowing.

Location: Lassen Hall 2302 (New Location Opening Mid-October) Phone: (916) 278-6733  
Email: [vets@csus.edu](mailto:vets@csus.edu)

### ***For Students Planning and Preparing for Graduation***

*Graduation 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?*

#### **Office of the Registrar's Degree Advising Office**—

Provides graduation advising information for applying for graduation (once the student has earned 85 units and meets other eligibility requirements), including this [information and instructions for applying to Graduate](#), and a Degree Liaison for students who have applied, to ensure graduation requirements have been met. Students can receive in-person assistance through the Student Services Center (SSC), and much of the advising resources on campus can assist with questions regarding applying for graduation, as well.

Location: Lassen Hall 1000 (in SSC)

Phone: (916) 278-1000, #4

Email: [registrar@csus.edu](mailto:registrar@csus.edu)

#### **Commencement Office**—

Provides information regarding preparing for graduation, schedule, guest tickets, travel, and accommodations, and answers to frequently asked questions about the commencement ceremony.

Location: Sacramento Hall 215

Phone: (916) 278-4724

Email: [commencement@csus.edu](mailto:commencement@csus.edu)

#### **ASI Student Shop**—

Sells graduation caps, gowns, tassels, and more.

Location: University Union 3231

Phone: (916) 278-7916

Email: [asistudentshop@csus.edu](mailto:asistudentshop@csus.edu)

### ***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...*

#### ***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: Riverfront Center 215

Phone: (916) 278-6470

Email: [grad\\_admissions@csus.edu](mailto:grad_admissions@csus.edu)

[grad\\_degreeservices@csus.edu](mailto:grad_degreeservices@csus.edu)

##### **Graduate Preparation Academy**—

Offers three online workshops hosted via Zoom each semester to help prepare Sac State undergraduate students for continuing their educational journeys toward graduate-level education.

Email: [gpa@csus.edu](mailto:gpa@csus.edu)

##### **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: Riverfront Center 203

Phone: (916) 278-3834

Email: [graddiversity@csus.edu](mailto:graddiversity@csus.edu)

***Career Search and Preparation:*****Career Center**—

Offers a number of resources, programs, and events for students seeking employment. Students with quick questions can make an appointment or drop in at the Center for in-person or virtual assistance in 15 minute sessions.

Location: Lassen 1013

Phone: (916) 278-6231

Email: [careercenter@csus.edu](mailto:careercenter@csus.edu)

You can also:

Make an appointment for [Career Counseling](#) for such topics as job search strategies, Linked In and networking tips, resume and cover letter writing strategies and review, job application questions, job fair preparation, interviewing tips and practice, career readiness resources, and more.

Take advantage of all the many great resources on the [Career Center Jobs website](#), including the various job boards on and off of campus, especially [Handshake](#), an online job board for Sac State students to post their resume and search for full-time or part-time jobs. 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.

Utilize [Big Interview](#), which offers interview and resume help.

Check out the [Job and Internships Handbook](#).

Attend the great workshops and events scheduled on the [Career Center Calendar!](#)

View any or all of these Career Center workshop videos:

["Careers and Student Employment"](#)

["Job and Internship Search Strategies"](#)

["Acing the Interview"](#)

***And For You After Graduating***

*Don't forget that you're always a Hornet and Sac State is always here for you...*

**Sacramento State Alumni Association**—

Offers membership that is free to graduates and comes with a number of great benefits and opportunities!

Location: Harper Alumni Center

Phone: (916) 278-6295

Email: [alumni@csus.edu](mailto:alumni@csus.edu)

**Sac State Events**—

Provides great campus events open to the public, such as [Hornet Athletics](#) and [Sac State Theatre and Dance](#).

**Career Center**—

Offers a number of resources, programs, and events for students as well as alumni seeking employment.

Location: Lassen 1013

Phone: (916) 278-6231

Email: [careercenter@csus.edu](mailto:careercenter@csus.edu)

**Community Relations and Campus Engagement Office Anchor University Website**—

Offers information on opportunities to partner with Sacramento State University in various ways to strengthen our community.

Location of Office: Sac State Downtown, Room 208

Phone: (916) 278-8758

Email: [anchor@csus.edu](mailto:anchor@csus.edu)