

Their educational journey lies before them...

Listening to Freshmen

Student Perspectives.....	2
Information and Campus Resources	13

**Listening to
Freshmen...**

“It’s new because making that transition from high school to college is a little difficult.

Honestly, my professors for my first semester were really nice.”

—new to college

“Being new to college is hard b/c there are so many people that you have to fight for classes, etc.

I didn’t know what I wanted to do and wasted a lot of time searching for a major and I didn’t get G.E. done in the time that I should have. The need for classes is hard, especially when there are severely disinterested people going here. We’re paying to be here—enjoy it.

When you find proper guidance, it is very easy.”

—Indian/European. New to College/Undeclared

“Sac State does a well job welcoming students from every culture and background. The EOP really helped me become more comfortable with my first year here by providing information about the school and helping me out financially.

I made plenty of new friends and got to experience a great time being here.

I don’t like the amount of squirrels on campus.”

—Age 18, Russian, Female, Freshman, low income family

“I consider myself equal to everyone. I have only been at CSUS for one semester so everything is still relatively new to me.

I enjoy that CSUS feels like a college. You are treated like an adult and have freedom to make your own choices.

CSUS is an open area. In the way that you can truly express yourself and not be forced through the ‘cookie cutter’ so to speak. Every person is different and CSUS acknowledges that fact.”

—18 year old, Male, White

“It’s cool, the teachers are very welcoming...I’m the coolest kid on campus!”

—a Freshman

“Because I am 18 years old and a first year, it’s like being at the bottom of the food chain because the campus is obviously much bigger than high school. Not knowing much people is difficult.

I still have to get used to the work load because I am not used to it.”

—18 & Chinese

“It was a transition coming straight out from high school to a university. Since it was my first year here, I have learned to adapt into a more open schedule and deciding how I would arrange my schedule.

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

I was not really involved this year as much as I had wanted to. Not being involved has caused me to miss out on some of the events that I could have known about if I were in a club or organization.”

—an eighteen year old, hispanic female.

“It is a good experience...any and all. I am open to everything.”

—white 19 male straight First Year

“It is weird coming from a small town to a large city and also coming straight from High School. I find it hard to adjust and time manage everything.

I would like to say that the Union and AIRC is good for learning and having a place away from home to learn.”

—white, 19, first year, small family

“Being in college is very reassuring, but being a big fish in high school (like knowing everyone, laid back in classes, familiar with teachers, etc.) really shrinks down the confidence that you may have initially had. A student must earn their way into college, but to get accustomed to the new self-motivation and criteria, it is very unsettling if you arrive unprepared.... It can catch you off guard.

I like how my motivation to get work done before the due date gets finished. I don't like how I just can't work up the courage to do more on campus. I like familiar settings and just can't feel comfortable yet as a first year to do more (clubs, the WELL, etc.). Overall though, seeing how alive the campus is makes me feel more comfortable than other new experiences.”

—a 19 year old male, Asian

“Being a first year is hard since I am still getting used to the college and the area. I come from a small place and it is very hard to navigate the area sometimes.”

—A First Generation Low Income First Year; Greek/Filipino: Come From A Family Whose First Language Is Greek; Female; 19; Straight

“I have enjoyed my first year. Most of my professors have been very helpful and supportive. CSUS does a good job providing students a good education at a reasonable price.

CSUS offers a lot of outside class support and activities. There is little to no reason why you should feel lost or alone in a problem.”

—college freshman

“What it feels like is a overall good experience. I made friends easily in school. I understood the classes really well I didn’t really struggle from what the professors was saying. There was a lot of help around school....”

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

“It has taken time to get used to the college experience. I am going on my next semester of my first year at CSUS and I can say that now I have experience, I am a bit more comfortable.”

—Male – 19 yrs old – Cambodian – Buddhism

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

I like the environment. My favorite aspect would probably be the trees.”

—a female, Chinese first-year (freshman)

“I would like to share that, although I am a guy that has a hard time making friends in a short period of time, with CSUS, I was able to make friends within the first couple of weeks. This especially surprised me that many students are friendly and open for conversation.”

—male, 18 year old, Caucasian, second semester freshman

“Nothing out of the ordinary, just a face in the big group of people attending CSUS.”

—18, white, first year student

“CSUS has a huge interactive community. It is great.”

—Asian 18-year-old Freshman

“As a CSUS freshman, I have performed very well academically and socially. Although I haven’t been involved in a bunch of clubs, I strive to work outside of school, make friends/meet new people, get good grades, and venture out into the world.”

—18 years old; Hispanic, Filipino, & White

“CSUS is culturally diverse so I feel comfortable. Being a first year, it’s harder to get the classes I need. It has made me realize that I will be here for a while.

You will find a place to fit in if you make the effort.”

—Filipino, male, young, first year

“being a CSUS student is very exciting and am great full for being part of this community. I love the campus and love to hang out with my old friends from high school and the new friends I made on campus. Also the teachers are very nice and helpful. I love spending my time in the AIRC and the Union Game Room.”

—Ukrainian, new college, is 18 years old male

“It is hard to be a student...because I have no mentors and role models. I feel like getting to know people and the resources was hard. Also, at first you feel like you don’t belong, but as time passes, it feels different.

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

The only thing that I didn’t like was that they made my First semester seem so easy and they don’t warn you about Second semester. Boy, is second semester hard.”

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

“It was challenging at first to be new to the school but now I’m used to the campus. It’s not great though.”

—white/female/18/straight/depressed/new

“I find being a 19 yr old freshman here at CSUS to be quite comfortable. I feel that my opinion matters & going to a school that is very diverse I am open minded.

I feel that the teachers I have had here are open to help their students to succeed.”

—White, 19, & a freshman

“It seems to be a fun time. Usually it’s school then home. I don’t do much because I’m still finding out what I want to major in.”

—Indian, Hindu, 18, 2nd semester, “normal” student, lazy

“I joined the Honors program to avoid being scattered out like some other freshman. Having two advisors (Honors advisor and major advisor) really helps.

Classes are fun/informative/engaging. Instructors are knowledgeable about their subjects. Campus environment is great.”

—a freshman.

“As a freshman it can be an overwhelming experience.”

—Chinese, female, 18, New to College

“College has been a fun, new experience so far. I like the diversity in the campus. Being a freshman, it’s been great getting to know new students in my classes.

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

Education-wise, I feel prepared for college and my GE classes are manageable.

I like the fact that professors try their best to give students personal attention. At a campus this big, professors still manage to learn our names! ☺”

—Asian woman who is new to college

“As a first year college attendee, adjusting has been an unexpected challenge. I moved to Sac and live off campus, so I commute to school. The school has a plethora of opportunities with clubs and events and it has been very exciting.... This is great and clubs have been a tremendous help in assimilating.”

—18 yr old, white, male, econ major, 1st year in college.

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

—female, Mexican/American, 18 years old, depression/anxiety

“It feels normal, in high school I wasn’t very social and I did stuff just to get by, I guess you can say I’m doing the same in college.

I would like to share how good the environment here is at Sac State. No one really seems to judge you or any of that kid stuff that happens in high school.”

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

“I feel that it is just an extension of my education.”

—White, female, 18, straight, new to college, working part time

“As a freshman, it’s a transition that is somewhat nerve wrecking, however at CSUS professors and counselors make it a comfortable one and are very helpful.

As a freshmen, I’m very blessed and thankful for the professors that have gladly helped me when I needed it and made me feel comfortable.

I like that professors are constantly stating that they are willing to help and also push me to do my best.”

—a freshman

“It is hard because a lot is expected from me and the pressure can be hard on a first year student.

I am happy to have joined the marching band!”

—new to college

“From a first year’s perspective everyone appears to have ambition in the school and a drive.”

—Asian male Young New to College

“It is not as difficult as I thought it would be. When it comes to classes I feel like I am always being supported from faculty and even friends.

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

What I have liked is how understanding some professors are about a situation or assignment.”

—a freshman.

“For me it is like a eye opener to how fast life is hitting and that I’m no longer on top like a senior in high school.

I find it calming to have many students to talk to you that are in the same boat. I like the fact that it (CSUS) jumps you in to class and stresses the needs you might have in your profession.”

—male, 18, white freshman

“As a first year freshman, I have made/had many experiences that have helped me grow as a person, have the opportunity to be able to go to the resources that CSUS offers, learn, meet new people and get to know my professors.”

—Hispanic/female

“Being a freshman is the most impactful for me at Sac State, in that I am acclimating to both college and adult life.

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

It has been difficult to adjust from high-school life to college life, but I feel that to be more of a personal issue than a fault on the part of the university.”

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

“As a first year student at CSUS I have experienced many great things. Such as meeting new people or having the freedom of choosing my own classes for the career I have chosen.”

—Mexican-American

“It is hard because you have to adapt but I also truly believe that as a new student you learn a lot of things. Not just academically but things that help us with personal development.

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

There’s a lot of diversity & nice people that I’ve met through this my first year.

Sometimes it’s hard to deal with office things & paperwork (like financial aid). Super hard to get the classes you want/need as a freshman.”

—New to College

“You define yourself in CSUS.

An experience I would like to share is having a community that benefits and assist students to achieve high and successfully.

I like how my first year here I was a loner, and getting involved with clubs and program, has made me meet lots of people and with help for my concern.”

—Asian American

“It’s been kind of hard to get used to. I am a commuter student so it is difficult for me to get to know a lot of people. I don’t like just going to and from school because I don’t feel a sense of community. So, next year I’m going to join clubs and maybe a sorority.

I feel like in the classes I’m taking, the professors don’t take the time to teach, it’s more of a teach yourself. What am I paying 3500 a semester for?”

—Female/White/18/New to College

“Being a first year college student at Sacramento State has been an amazing experience, I feel that I belong and I have found a sense of community. Sacramento State is a very diverse campus and that allows me to feel more enabled.”

—a first year Latina woman

“First year has been great, hasn’t been too stressful eased me into college life. Teachers are all very nice and helpful, introductory and GE courses aren’t too hard.

Feel a little bit intimidated by not having a major and not knowing what to major in.”

—19 years old undeclared

“I am a freshman and not from the Northern Cali region and I feel like there is nothing really geared to helping freshman directly. First semester things were just awkward. Also it is just kinda lonely I guess for Black students just b/c the Black student population doesn’t feel unified. Oh, and professors baby students, especially freshman, way too much.

I like the quiet, the scenery and just the sense of space to be you.”

—New to college, Black, 18, female

“It is a new fresh environment full of new faces. Being a freshman on this campus is not much different from any other grade level. Everyone is accepted equally.

CAMP has helped me transition into the college environment much better than I would have imagined it to be. Getting involved in the clubs have made it a much better experience.

(I don’t like) Getting ambushed with e-mails daily and, if you don’t check your student center you can get really behind.”

—a 19 year old freshman first year Hispanic

“It is nice to know I am going somewhere with my life.”

—18 yrs, white, female, first year college student

“It gets kind of hard to be a freshman in college because you don’t know resources. Sometimes you don’t even know where to get help.

I would like to open my mind to new ideas and perspectives that could help me throughout my college years.”

—18 years old and Mexican

“It’s tough being a first year in general. There is so many things at Sac State that is pretty overwhelming. I love that there are so many places to go for academic help or financial help.

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

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

—First Year Male

“Being 18 and considered as an adult, along with some students being independent is a big responsibility. CSUS has taught me so far that it is only up to you on what you want to do, but whatever it may be there is always help on campus.

I am taking a first year seminar class. This is the best class I’ve had.... ”

—18

“For freshman, I feel like the school is very supportive for us just coming into college. Also those in the residence halls are very helpful with the residents.”

—depressed/anxious

“A challenge but a good learning experience. I am able to learn so much and gain so much at CSUS so far it is a bit of a challenge because I just graduated high school where nothing much is put under our responsibility. Once we enter college, everything is thrown our way at a fast pace which makes it hard.

College is a fun place especially here. It is great to be able to take a variety of classes and get help when needed.”

—19 years old

“I have learned that college is no joke especially Sac State. They hold their students to a high standard.”

—19 year old African-American 1st yr college student

“I have been in classrooms where I am one of the few first year college students. It was only challenging because the rest of the students were already use to the college community and I felt like I was still in high school.

I like how the teachers/professors/faculty have all been very helpful and understanding. Everybody in general is friendly on campus and it makes me feel better even with the challenges I face.”

—New to College, female, 18 years old

“I like the ability of freshman to really integrate into college life, all the advising help there is given in choosing classes/major. Being a freshman there are some disadvantages, later registrations dates meaning less choice of classes.”

—a white, male, freshman

“It’s a growing experience! (in every aspect)

I like that I can make up my own schedule and follow my own interests regardless of my gender, age, race, religion, or sexual orientation.”

—Freshman Honors student

“It is my first year here and the adaptation from high school to college level work has been difficult.

College is very different from high school. Time management is the most important.

I like that the campus is diverse and may have a lot of departments that can help if you are struggling in any way.”

—18

“Lots of work, but not too much.... Work and presentations are for the most part actually helpful and serve a purpose.

Friendly staff, lots of places for learning in quiet such as the library/AIRC

Some times classwork can be busy work, or homework assigned without much instruction, leading to confusion.”

—a Freshman

“Whenever I express drive at such a young age, adults and professors are surprised because I’m only a freshman. However, I was always taught to be tenacious – this is just a norm for me.

I went to advising, and my (now) mentor told me I was the first freshman to ever come to him. This still resonates w/me because I did not see this as a big deal, but I’ll remember it forever.”

—White Female, 18

“Everyone is very respectful on this campus. I feel like my opinions matter.

My first semesters have been amazing. I am really enjoying college so far.

I like the community at Sac State. I feel welcome here and like I can get help if I need it”

—white, female, 18 yo, Christian

“I am able to challenge myself in math and sciences. Being around a group of people who want to be what I also want to be (engineer) is very encouraging.

I like that I have the freedom to do what I believe is good for me.

I like that you can pick when and what teachers you want in order to be successful at Sac State.”

—white female, 18 years old

“a reason why I would suggest CSUS to students is that this school is very diverse, I feel, and I’m sure others feel very welcomed at this school

All my teachers have been amazing. The campus housing was a great experience, greek life, the friends I’ve made.”

—a 19 year old Female, Hispanic Freshman

“As a female freshman at the age of 18, there is a lot that I have learned such as how I should manage my time wisely to study, do homework, work and go out.... To even spare some times to use the well to exercise and keep my body healthy.

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

—a female; at the age of 18; freshman

“Being a first-year I find the campus very helpful in giving resources to help students both with physical and psychological challenges. I am currently enrolled in a first-year seminar and I find it extremely beneficial to first years because the course shows where and how to find the multiple resources Sac State offers.”

—Mexican, first-year, female

“My first year has been great

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

—Mexican, 18, Male, 1st Generation College Student

“I think being new to college and away from home has served as a challenge, but I’ve gotten through and my first year is almost over.

I think meeting new people has been nice, gets me to open up my world.”

—New to college, 18, male, Mexican

“Well I personally so far like being a student here, considering I’m a first year here at Sac State. I like all the diversity on campus.

I think people should be more open in talking outside your comfortable norm.”

—hispanic

“It is easy a bit more work then I thought but mostly it is time consuming to be in college.

I enjoyed the many different activities in my...class that involve us to interact with our class mates that is usually only time I talk to someone at sac state.

I like how the classes are and how the teachers help the class if needed.”

—17 yr Russian

“I think it is hard getting the feeling of college and very stressful, especially with a family that doesn’t support very much in my studying. I live at home, so they care more about me doing chores and helping them than getting enough sleep or study time.

***I would like to have a couple support groups who understand what I am going through....
I want to be able to connect with my professors and gain social bonds with them.
I want to get the hang of college life and not feel like I am drowning.
I want to feel ahead of the game.”***

—New to college, mixed, 18, female, living at home & joined a sorority

“(I like about Sac State) the freedom to be myself and find likeminded people.”

—First Year

“I have had a very good experience at CSUS. It was a great first year of college.”

—white/female/New to College/19 years old

Freshmen

The last *Sacramento State University Fact Book* reports there were 5,470 freshmen of the 27,876 total undergraduate students enrolled in Fall 2016, 19.6% of undergraduate students.

The *First College Year Experience Survey (Spring 2016)* by the Office of Institutional Research (OIR) reports the following, with regard to Sacramento State's first-time freshmen:

What they thought about their first year...

63.6% of the survey respondents reported that they were very satisfied or satisfied with their general education and core curriculum courses, and
67.4% were very satisfied or satisfied with their overall college experience.

72.0% were very satisfied or satisfied with the overall quality of instruction, and
56.1% were very satisfied or satisfied with the amount of contact with faculty.

89.8% strongly agree or agree that if asked, they would recommend this college to others.

What they think of faculty and staff...

90.2% strongly agree or agree that faculty here are interested in students' academic problems, and
53.2% strongly agree or agree that faculty are interested in students' personal problems.

87.6% strongly agree or agree that staff here are interested in students' academic problems, and
57.6% strongly agree or agree that staff are interested in students' personal problems.

What they think about their abilities...

The percentage of students responding that they felt that each of the following was a major strength/something they were somewhat strong in:

76.1% ability to work as part of a team
69.6% problem-solving skills
63.6% critical thinking skills
57.4% intellectual and practical skills (including inquiry and analysis and information literacy)
51.7% ability to conduct research
50.3% understanding of the problems facing your community
39.7% national issues
36.6% global issues

What they do while they're here...

According to student survey respondents,

In their classes:

35.6% frequently contributed to class discussions,
 29.1% frequently asked questions in class,
 34.8% frequently made a presentation in class,
 29.5% frequently worked with classmates on group projects during class, and
 26.0% frequently did so outside of class.

44.5% frequently had difficulty getting the courses they need.

In their coursework:

55.0% frequently revised papers to improve their writing,
 56.4% frequently accepted mistakes as part of the learning process,
 48.1% frequently sought feedback on their academic work,
 45.0% frequently discussed course content with students outside of class, and
 8.4% frequently received tutoring for a class.

In advising:

18.9% frequently received advice/guidance from their professor about their educational program, and
 18.8% frequently received this from another student.

In work with faculty:

13.6% frequently worked on a professor's research project.

In not-so-great-moments:

8.0% frequently turned in course assignments that did not reflect their best work,
 3.7% frequently turned in course assignments late,
 18.2% frequently instant messaged/texted during class,
 4.6% frequently fell asleep in class, and
 3.5% frequently skipped class.

4.4% frequently witnessed academic dishonesty/cheating.

In their personal lives:

65.0% frequently went home for the weekend, and
 7.7% frequently had difficulty getting along with their roommate(s).

Their Academic Progress and Degree Achievement While Here

According to numbers from President Nelsen in the Fall 2019 Address, with regard to freshmen:

Retention

First-time, full-time freshmen student retention rates are almost 85%—almost 10% higher than the national average.

Over the past few years, there has been an almost 20% point increase in the number of freshmen progressing to sophomore status in their second year.

Course Load

Incoming first-year freshmen students took 29 units, on average, in the past year—with increasing numbers taking the full-time, 15 unit load each semester.

Please note that this is good for the “Finish in Four” drive at Sacramento State: When students take 15 units a semester in order to “finish in four” years, then they will save thousands of dollars in college tuition fees, accrue less debt and pay less interest on loans, and start their careers earlier, earning them an average of \$100,000 more in their lifetimes than graduates who finish in six years, according to university estimates. Freshmen are also three times more likely to graduate than those taking less than 12 units a semester, get better grades, and due to the greater time spent on campus, they report making more connections and being more satisfied with their college experience.

Graduation

The four-year graduation rate for students is almost 21%—more than double the gain in the last three years.

The six-year graduation for students is almost 55%—almost a 20% gain.

“We were supposed to increase the 4-year and 6-year graduation rates by 24%. We actually met and exceeded the 6-year rate and achieved a remarkable 4-year rate increase of 128%.”

Given these achievements, “we can’t settle for a 33% 4-year graduation rate, ... nor can we settle for a 63% six-year graduation rate” because we can aim higher.

What We Want for Them

We want to prepare them for the working world, but more than just a paycheck, by “giving our students a sense of purpose.”

We want to prepare them to be active in our democracy and embrace humanity, and transform students into “leaders who understand and appreciate service,” striving to promote public good.

What We Can Do

For freshmen, college life presents a real learning curve in terms of processes and places. They don't always know what exactly they need to be doing or who to ask for help. Helping freshmen to understand the process toward degree attainment and where to go if they have questions or become lost can be a significant source of practical and psychological support.

Below are some of the key tasks of a freshman at Sacramento State:

Getting to Work on GE Classes

Freshmen may have anywhere from 0-29 units, and working through their General Education courses is top priority. Mandatory advising for freshmen helps them to plan out semester classes.

Academic Advising Center—

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

Location: Lassen Hall 1013

Phone: (916) 278-6231

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

Students can see their progress, stay on track, and learn more what they need to do to graduate and the assistance available to them by going to their:

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

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

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

Exploring Majors

According to university policy, students must declare their major by 60 units. Ideally, though, students want to get ahead in the game by declaring their major as early as possible in the first or second year, which increases the likelihood of graduation and decreases the time-to-degree, according to a 2013 study by the campus Office of Institutional Research (“Student Behaviors in Relation to Majors and the Impact on Graduation”).

This first year is a good time to look into different fields of study and explore interests. Sacramento State is home to seven academic colleges offering 58 undergraduate majors and, in some areas, the option for students to design their own major with faculty approval.

Students who have difficulty choosing a major may seek assistance in a number of ways.

Academic Advising and Career Center—

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

Location: Lassen Hall 1013

Phone: (916) 278-6231

Academic Advising:

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

Career Center:

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

FOCUS 2 Career—

Offers an online self-directed program that helps students to learn more about their personal strengths and attributes, explore careers and majors to match, and more. FOCUS 2 Career may be found on the Career Center’s website as one of the featured tools on the right. [Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

Getting Involved in College Life

Research shows that student engagement, such as extracurricular activities, positively impacts academic performance, including research done on this campus by the Office of Institutional Research (“The Impact of Extracurricular Activity on Student Academic Performance”). In addition to academic success, students reap so many other practical benefits from participation in campus life. Campus clubs and organizations give students the opportunity to develop leadership and interpersonal skills, and gain experience to state on a resume or in a job interview and then draw upon in the working world. Campus events offer students exposure to information and experiences different than classroom learning. All forms of campus involvement give students opportunities for interacting with their peers, faculty, and staff, where they can make those personal connections so essential to feeling a sense of inclusion on campus and also increase access to valuable information regarding courses, services, and opportunities.

Faculty and staff can encourage student engagement by announcing campus events and activities (or building these into course assignments) and explaining the importance of these to students. In the section to follow, you will find a list of some of the many great opportunities there are here at Sacramento State for students to become involved.

Learning All their University Has to Offer

To help freshmen to understand all that Sacramento State has available to them in their educational journey, in the next section you will find a list of the many excellent campus resources to help students to feel more comfortable on campus and succeed in their coursework.

Campus Resources

For Students Needing to Know the Basics:

Academic Advising Center—

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

Location: Lassen Hall 1013

Phone: (916) 278-6231

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

Student Service Center (SSC)—

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

Location: Lassen Hall 1000

Phone: (916) 278-1000

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

Financial Aid and Scholarships—

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

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

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

Bursar’s Office—

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

Location: Lassen Hall 1001

Phone: (916) 278-1000, #3

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

Office of the University Registrar—

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

Location: Lassen Hall 2000

Phone: (916) 278-1000, #4

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

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

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

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

Sac State OneCard Website—

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

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

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

Hornet Bookstore—

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

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

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

Associated Students, Inc. (ASI) Student Shop—

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

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

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

University Housing Services—

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

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

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

Testing Center—

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

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

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

Office of Student Conduct (OSC)—

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

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

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

Sacramento State Police Department—

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

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

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

Location: Public Safety Building

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

Sacramento State Police Service Center—

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

Location: University Union, First Floor

Phone: (916) 278-2788

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

University Transportation and Parking (UTAPS)—

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

Phone: (916) 278-PARK (7275)

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

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

Hornet Express Shuttle—

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

Phone: (916) 278-PARK (7275)

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

Herky Streetcar—

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

Phone: (916) 278-PARK (7275)

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

Hornet Safety Escort—

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

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

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

Student Health and Counseling Services (SHCS)—

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

Location of SHCS: The WELL

Phone: (916) 278-6461

Location of Primary Care: The WELL, Second Floor

Location of Urgent Care: The WELL, First Floor

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

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

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

Students with medical emergencies should contact 911 immediately.

Counseling (Student Health and Counseling Services)—

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

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

Location of Urgent Care Clinic: The WELL, First Floor

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

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

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

Students who want to receive counseling or explore if counseling is right for them may schedule an appointment by calling or coming in Counseling Services, or going online through the Patient Portal. This typically begins with a consultation appointment, where the student can talk about their concerns and receive support and feedback. Many students find that they feel better and their needs are met in just one session. Students who want to continue counseling may choose individual counseling in follow-up single session appointments (to meet their needs in the moment) or short-term individual therapy (more than one session with the same mental health clinician). Students may also join group therapy (with five to ten other students).

For Students Wanting to Get Situated and Find Their Way in Academic Life:

Admissions and Outreach (A & O)—

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

Location: Lassen Hall 1102

Phone: (916) 278-1000, #1

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

New Student Orientation (NSO) Office—

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

Location: Lassen Hall 1010

Phone: (916) 278-7841

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

Campus Tours—

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

Location: Lassen Hall 1102 (A & O Office)

Phone: (916) 278-4592

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

First Year Experience (FYE) Program—

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

Location of FYE Space: Library 3520

Phone: (916) 278-4973

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

Peer-Led Advising for College Experiences (PLACE)—

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

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

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

For Students Needing Technological Help or Services:

IRT Service Desk—

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

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

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

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

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

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

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

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

For Students Needing a Place to Hang-Out or Study:

The main places to do so on campus include:

University Union—

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

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

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

Hornet Lounge—

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

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

University Library—

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

Location: South End of Campus Near Quad

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

Phone: (916) 278-5679

For Students Who Have Questions:

*For Students Who Have Questions:*Student Service Center (SSC)—

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

Location: Lassen Hall 1000

Phone: (916) 278-1000

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

University Union Information Desk—

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

Location: University Union, First Floor

Phone: (916) 278-6997

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

Peer-Led Advising for College Experiences (PLACE)—

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

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

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

Student Affairs—

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

Location: Lassen Hall 3008

Phone: (916) 278-6060

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

For Students Wanting Help with Academics:

Tutoring and academic support services are free to students, with the exception of a few listed as “courses” (which may then require enrollment fees).

Peer and Academic Resource Center (PARC)—

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

Location: Lassen Hall 2200

Phone: (916) 278-6010

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

Peer-Led Advising for College Experiences (PLACE)—

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

Location: Lassen Hall 2200

Phone: (916) 278-6010

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

Workshops and Individual Tutoring (WIT) —

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

Location: Lassen Hall 2200

Phone: (916) 278-6010

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

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

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

Location: Lassen Hall 2200

Phone: (916) 278-6010

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

Smarthinking—

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

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

University Reading and Writing Center (URWC)—

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

Location: Calaveras Hall 128

Phone: (916) 278-6356

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

Math Lab—

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

Location: Brighton Hall 118

Phone: (916) 278-6796

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

Business Tutoring and Study Center—

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

Location: Tahoe Hall 1006

Phone: (916) 278-2499, #5

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

Center for Science and Math Success—

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

Location: Sequoia Hall 320

Phone: (916) 278-2790

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

Commit to Study (C2S)—

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

Location: Sequoia Hall 320

Phone: (916) 278-2790

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

Peer Assisted Learning (PAL) Program—

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

Location: Sequoia Hall 320

Phone: (916) 278-3577

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

Chemistry Department Help Office—

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

Location: Sequoia Hall 502

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

Engineering and Computer Science (ECS) Tutoring Services—

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

Location: Santa Clara Hall 1217

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

Physics and Astronomy Department Tutoring Center—

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

Location: Sequoia Hall 124

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

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

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

Location: Lassen Hall 2006

Phone: (916) 278-4294

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

University Library—

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

Location: South End of Campus Near Quad

Phone: (916) 278-5679

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

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

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

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

Further Assistance with Academics—

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

For Students Who Might Really Be Struggling in College:

To follow are some of the best places to get help to stay on track with coursework:

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

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

Location: Lassen Hall 2302

Phone: (916) 278-7017

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

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

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

Location: Lassen Hall 2205

Phone: (916) 278-6183

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

Services for Students with Disabilities (SSWD)—

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

Location: Lassen Hall 1008

Phone: (916) 278-6955

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

*For Students Wanting to Get More Involved in Campus Life:*Associated Students, Inc. (ASI)—

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

Location: University Union, Third Floor 3250

Phone: (916) 278- 6784

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

Sacramento State Campus Calendar of Events—

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

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

Sacramento State Athletics—

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

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

Student Organizations and Leadership (SOL)—

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

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

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

State Hornet Newspaper—

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

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

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

KSSU Radio—

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

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

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

UNIQUE—

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

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

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

Community Engagement Center (CEC)—

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

Location: University Library 4028 Phone: (916) 278-4610

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

Multi-Cultural Center (MCC)—

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

Location: Library 1010 Phone: (916) 278-6101

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

One World Initiative (OWL)—

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

Location: Sacramento Hall 234

Phone: (916) 278-5344

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

Sacramento State “U” Mentor Program—

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

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

PRIDE Center—

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

Location: University Union, First Floor

Phone: (916) 278-3940

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

Male Empowerment Collaborative (MEC)—

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

Location: Lassen Hall 2205

Phone: (916) 278-6183

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

Women’s Resource Center (WRC)—

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

Location: University Union, Second Floor 2250

Phone: (916) 278-7388

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