

They are making progress, but still have over a year to go...

Listening to Juniors

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Listening to Juniors...

“I have been out of college for six years and returning as a Junior has been smooth so far. At first I was intimidated because I thought everyone was going to be fresh out of high school but that wasn’t the case at all.

The classes and the professors are all wonderful.”

—Asian, female, 27 y.o., Junior

“This is my first semester here, transferred as a junior.

So far I’ve had really amazing...professors.

Feeling lost/confused a lot. Unsure of where to go to get questions answered. Literally have no idea where on campus I’d go to meet w/someone about classes or information. Feels like transfer students are just thrown in + on their own, orientation didn’t help at all.”

—I’m sort of average

“Being a junior on campus is difficult because it is frustrating to enroll in upper division courses.”

—22 years old, Junior

“At times it was difficult to get the classes I needed that were available after/around my work schedule. Also money was an issue. I’ve been at this University for much longer than necessary because of money.

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

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

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

“(I like) The amount of opportunities outside of class.”

—White Male 29 Junior Single

“Being a transfer student (Junior) sometimes feel like I am a freshman because it is also my first time at state, but I’ve already been to college.

I like how beautiful the campus is and that the professors are really helpful.”

—Transfer Student, Asian, female, mid-20’s

“It was hard transferring from home to a new city and school, but I feel CSUS has helped me immensely in making Sacramento my new home.

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

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

I’m still clueless about clubs/social groups. I feel like they hand you a list and send you on your way.”

—White, 25 yr old Male – Junior Transfer

“Dorms were a good, cool experience. 2 years there. Met people, met friends.”

—20, white, junior, from middle class family

“I am a high middle class student which means many aid opportunities I don’t qualify for but at the same time have to manage tuition on my own.

I feel better in courses where the professor has learned my name and showed interest in my journey and learning experience.”

—female, Hispanic, 27, junior at CSUS

“I don’t like the fact that I have to crash courses as a Junior.”

—Mexican-American (1st gen. college student)

“I am a lot older then the average junior in college. I have a full time job & go to school full time. I have very limited time. College is more of a chore than a fun activity.

I love CSUS! It’s a beautiful campus, I like my teachers, I like my classmates but I just feel like I am missing out on the ‘typical’ college experience.

I love all the group activities (in class), gives me opportunity to socialize and make friends”

—Hispanic/ Female, 27 years old

“I don’t have many challenges other than feeling a little old to be a junior. 😊”

—25, transfer student, female

“I feel younger than most students in junior standing.

I have had, for the most part, really helpful and outstanding professors. I have only had a few professors who were horrible. I don’t like that some professors are not understanding of our busy lives.”

—20, female, white, junior standing

“I feel like I’m at home. I grew up in the Sacramento area so I knew what to expect when I transferred here. I feel like I don’t have many difficulties here.

I don’t like how it doesn’t feel like a college as in that feeling you get when you walk around. I really like the school, its just the image Sac State has as a commuter school”

—22 year old white male & junior & a vet

“AIRC is a great study location, computer labs helpful

I don’t like teachers that are poor in teaching methods, have bad reviews, have high failure rate, still maintain position regardless. Don’t agree with this system.”

—caucasian, 21, junior, athlete

“The staff is willing to help. Make it easier to understand work.”

—Junior Transfer, 24, Hispanic Girl

“It feels like an accomplishment to be at a university but at 23 I sometimes feel like I’ve been here too long and should have already graduated.”

—23 year old woman, Latina, Returning to School (Junior)

“My experience at Sacramento State as a transfer student has been fabulous. As a person of hispanic decent I feel very accepted at this college because of its diversity. My age at this school is not unheard of and therefore as a 24 year old jr. I feel very okay among my peers.”

—Mexican-American, 24 yrs old, Christian.

“It is different being a transfer student because you are re-introduced to a new campus halfway through your education. Coming on to campus as a junior but not being familiar with the campus at all is different.”

—a transfer student

“(I like) the diversity & campus size. I like the varying opinions. All kinds of classes offered. Would wish for more participation. Many are here to sit, listen, get out, go to work. Lack of school spirit, in the sense of class engagement.”

—Caucasian, female, junior, 20

“I feel the stress that the course work brings. I’m just trying to get my degree.

The environment has really helped me focus & learn.”

— Hispanic, 21, Junior in college

“It is a challenge being at a new environment. A college I have never been before. I have grew a sense of comfortable over time, and the events displayed on campus.

The amount of events at Sac State from sports, music, movies, and exercises. It is great to have a university that promotes students to get out and participate.”

—21 years old, Black, not from Sacramento, Jr.

“Currently, I’m taking a ... course that is socratic seminar style. I absolutely love it & wish more courses were like this. It expands & challenges me. Also, it helps me actually read the weekly assigned reading because I know I will have to share in class. By actually reading I am understanding the material better.”

—3rd year student 20 yr old female

“It’s okay. There are a lot of resources here on campus to help me deal with academic struggles.

I enjoy some of the professors here as they try hard to provide relevant information to my major in an interesting way.

The...staff... don’t talk to each other and provide terrible information when it comes to school paperwork. I consistently get the run-around from them relating to serious questions about my academic career and progress. Also, (there was a) department not helpful for expressed interest students. It’s the reason why I changed my major....”

—black, female, 25 yrs old. junior

“I love my... major. Department chair rocks.”

—mixed, junior, 21 yrs old

Juniors

The last *Sacramento State University Fact Book* reports there were 8,094 juniors of the 27,876 total undergraduate students enrolled in Fall 2016, 29.0% of undergraduate students.

What We Can Do

Things change a bit for students in the transition from lower division GE coursework to upper division coursework in their new major field of study. Things change even more for a student transferring in, especially those coming from a two year college to the larger university setting.

Helping juniors 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 juniors at Sacramento State:

Meeting with Major Advisor

Students who have declared their major should talk with their major advisor at least once a year, but ideally it is recommended to see an advisor once per semester. Faculty advisors assist students in planning an academic program appropriate for each student, and are also helpful in the exploration of career options. It should also be said that some departments place a hold on a student's records until the student, who has declared that department as a major, comes in for academic advising, which might come as unexpected to a student. Students may inquire further at a college's or department's website or office regarding advising in that specific field of study or major at the

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

Completing the Graduation Writing Assessment Requirement

All undergraduate students with 60 units must take the first step toward satisfying the Graduation Writing Assessment Requirement (GWAR) by taking the Writing Placement for Juniors (WPJ) test or the English 109M or 109W class. Students may learn more about both by going to the

[Undergraduate Writing Assessment Requirements Website](https://www.csus.edu/undergraduate-studies/writing-program/undergraduate-gwar.html)
<https://www.csus.edu/undergraduate-studies/writing-program/undergraduate-gwar.html>

Staying On Track with Classes

Juniors have 60-89 units earned at this grade level, with more courses to go in their major field of study and any remaining GE classes.

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>

Students with questions regarding GE should seek assistance at:

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 with questions regarding major classes should seek assistance by seeing their major advisor, as described prior and also below:

Major Advising—

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

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

Planning and Preparing for Graduation

Students should file their petition to graduate one year prior to graduation, but may do so at 85 units, which then gives them priority registration, something many juniors may not realize. Deadlines for applying to graduate are February 1 (for graduation in the Fall Semester) and October 1 (for graduation in the Spring/Summer Semester). Students are encouraged to plan and prepare well ahead of time for graduation, and the resources described below are helpful in this regard.

The University Registrar's Graduation and Degree Advising Office—

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

Location: Lassen Hall 2000

Phone: (916) 278-1000, #6

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

Taking Advantage of Opportunities to Strengthen as a Student and Professional

Mentors

Juniors might find that this year is the perfect time to obtain a mentor to guide their progress through their remaining time at school and into the working world. Both mentee and mentor stand to gain so much in terms of learning from one another, and the relationship that may develop can be irreplaceable to the mentor and absolutely instrumental in the life and success of a student. Students may find mentors on campus in a number of ways. Sometimes the

mentoring process gradually develops when the student has found the perfect faculty or staff member to encourage and assist them in the educational journey. Students involved in campus programs or organizations may find also mentors there—that special person (faculty, staff, community member, or peer) who takes on formally the responsibility and honor of providing direction and inspiration to the student. All students may also look to the program below to find a mentor:

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>

Internships and Volunteer Work Opportunities

Juniors should take advantage as much as possible of internships and volunteer work in order to get a taste of what certain careers are like, gain work experience and skills, build connections, and develop professionalism and confidence in the working world. Internships may be full- or part-time, on or off campus, paid or unpaid, and for units or not. To learn more about internship opportunities, students should check with the Career Center:

Career Center Internship Services—

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

Location: Lassen Hall 1013

Phone: (916) 278-6231

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

Handshake Job Search Portal—

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

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

California Internship Network—

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

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

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

Extracurricular Activities

Juniors should also consider involvement in extracurricular activities, which are great opportunities to expand skill sets and develop the team, leadership, and communication skills sought by employers. Students don't always realize that their involvement in clubs, organizations, and volunteer work may be included in resumes to beef them up or show that they are well-rounded and can manage a variety of responsibilities, such as course load and campus activities. Experience in extracurricular activities may also be cited in responses to interview questions to good effect. Additionally, campus involvement gives 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. This may be especially important in the case of transfer students, who may feel alone or lack connection to the campus, at least in their first semester or two here.

Below you will find a list of some of the many excellent opportunities for students on campus.

Campus Resources

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/>

Sacramento State Sports Program—

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

Location: University Union, Second Floor 2305 (SOL Office) Phone: (916) 278-6595
[Sports Program Website](https://www.csus.edu/student-life/student-organizations/sports-recreation/) https://www.csus.edu/student-life/student-organizations/sports-recreation/

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/>

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>

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>

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[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>

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.

Location: South End of Campus

Phone: (916) 278-9355

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

A Word about Transfer Students

Any student may become lost or confused in their educational journey, but students who have transferred in at the junior level have an even greater learning curve when you factor in an entirely new and likely much larger campus than the one from which they came. As faculty or staff, we may assume all of our upper division students know how to navigate Canvas, where to go for academic help, how to add classes, and so on, when the case may well be that the transfer student does not. And because most come from community colleges, many transfer students may assume their college education will be much the same. However, processes at the four-year university level may be quite different. Below are some common points of confusion for transfer students:

What We Can Do

Below are some common points of confusion that we may help to prevent by spreading awareness:

1. Transfer students coming in may assume they have completed their GE requirements, and not realize that all students must take 9 units of GE at Sac State, which should be upper division and include a Race & Ethnicity in American Society course and a Writing Intensive course. This may cause delay in graduation or discouragement and/or lack of finances that impact the decision not to continue on. Students with questions may refer to the Academic Advising Center for assistance.
[Academic Advising Website](https://www.csus.edu/student-life/academic-advising/Transfer-Student-Advising-Website) <https://www.csus.edu/student-life/academic-advising/transfer-students/>
2. Transfer students from community colleges will be familiar with general education advising, but may not even know about Major Advising, as discussed previously. This may result in enrollment in unnecessary classes, potentially causing lost time, money, and confusion. Students with questions in this regard would also find helpful the
[Major Advising Website](https://www.csus.edu/student-life/academic-advising/major-advising/) <https://www.csus.edu/student-life/academic-advising/major-advising/>
3. Transfer students from community colleges will likely be accustomed to being able to drop classes themselves well into the semester, and not understand that dropping a class for any reason at Sacramento State must occur by the end of week two, and thereafter becomes much harder with requirements that include justification in writing and the appropriate signatures from instructors, department chairs, and deans (in the case of later withdrawal). This means they may stop coming to class, thinking they will drop it at some point, and then be met later with the inability to do so, thus likely failing the course unnecessarily.
4. Transfer students from some community colleges may not be used to a Finals Week; where they come from the last week of instruction (the sixteenth week) was still considered a week of instruction, with the final exam simply taking place at one of the regularly scheduled course times. Consequently, they may show up for their finals here on the usual class day and time, wondering where everyone is (if the wrong day or time), not realizing the possibility of a different time. This may cause them to miss, and thus fail that exam, lowering their grade in the course.