

*It is their first time ever here in college,
and it is an entirely new world.*

Listening to New Students

Student Perspectives.....	2
Information and Campus Resources.....	11

Listening to New Students...

“I think everything is very new because it is my 1st year at a university, sometimes can be overwhelming.

I’ve had a great experience here at Sac State so far, great professors, very helpful.”

—Hispanic, 19

“It is all brand new, I am still getting used to & learning many things.

The hybrid classes have worked for me. I like not having to go to class every day.”

—new to college

“I’m a new student to college and at first it was hard to get into the habit of doing tons of work.

When I first got to Sac State I thought the professors were going to be very angry but they were very nice.

I like how they have office hours to help you.”

—No student specifics given, other than what is stated above

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

—19/black/Italian/new to college, social anxiety

“It doesn’t seem much different than high school.

There are more resources, but many people don’t seem to talk to each other.”

—black/filipino, male, 18: new to college

“It is very different than high school. But I love Sac State and what it has to offer for me. I love the academics that CSUS has to offer.”

—female, new to college

“To be new to college feels strange. I am an adult that is responsible for my own education, there is nobody pushing me to study or nagging at me to do my work.

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

—new to college

“It is very interesting and fun because it is a whole new experience that is very different from high school”

—New to College

“As a new student, the campus is very welcoming to new people.

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

—19 year old minority female

“It is surprisingly refreshing to start as a freshman so soon after graduating from High-School.

The resources available for the students is what really helped me my first semester.”

—A First Year Student.

“Well, being young and also new to college it’s a whole new experience that I have to adapt to.... Just getting used to being around so many new people at once.”

—Young Female of Mixed Ethnicity

“It’s a challenge to be a new student here with all new people and new environment.”

—new to college

“As a new student I realize that I do not have the skills that upper classmen do, (and) therefore is an obstacle, making classes harder.

As a new student, I think the resources they offer are amazing. I don’t like the fact that freshman get last priority.”

—New to college

“Everyone is very nice—professors are very helpful w/new students. Returning students are nice as well—no ‘fresh meat’ jargon.

Very calm atmosphere—everyone is doing their own thing and are focusing on their own lives and goals.

(I like) The openness to do what you want/engage in everything.”

—new to college

“I think it is great being a new student.

I really enjoyed EOP because as a new student they help prepare you for the school year.”

—New to college

“Very different from high school, but better environment. A lot of people are motivated to graduate.

People in my classes have offered me their help and have been supportive.

Everyone is very welcoming to new, younger students.”

—new to college

“I love how friendly and helpful the students & staff are”

—white, female, 19 1st semester in college

“It is a great place to be a student. There isn’t a problem with asking for directions.

My perspective is everybody has the same goal to graduate.

I like how the buildings are labeled clearly for me to find.”

—new to this school

“Well I’m new to college so my first year here in a diverse college has been really eye-opening. All the clubs and activities are so much fun! I wish for everyone to enjoy them!

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

—New to College

“It is tough at first because your parents are not there to help you out. An hour away and for other students it’s even further.

Very great experience and a desire to keep learning.”

—Mexican-American 18, 1st year (migrant student)

“Being new to college can be difficult because I am in a new environment with many strange people. The transition from high school to college is a big step.”

—New to College

“It is a new experience and is fun and exciting. Getting to move out and being on my own has been real exciting.

I like how the teachers are there for you and help you out.”

—female, 18

“This is my first semester at Sac State right now. So far so good.”

—white/female/23

“I felt nervous when I first got here. Somehow I had this vision that I was still afraid but as I met other people here I noticed we are all alike.

CSUS is a very helpful campus, gets you to start being an adult.

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

—18, Female, Straight, New to College

“it is a lot more challenging but a so far great experience. I would like to share my classroom experiences and all the new friends I have made. I like the ability to schedule classes around my own time.”

—a 19 year old female who is new to college

“I am a new student here and I have been enjoying Sacramento State University so far.

The professors are very helpful and care about the students.”

—18 years old

“I’m a freshman and it’s a very welcoming school. They take interest in students joining clubs and people are very nice.”

—female, 18, slight case dyslexia, new to college

“I think that it is pretty exciting being a young adult new to college. So many different experiences and opportunities.”

I would like to meet new people and learn a lot from the professors here at CSUS. I like that I get to make my own schedule. There really isn’t anything that I don’t like at CSUS, maybe besides the parking.”

—18 year old female new to college

“It is tough at times because I don’t know where everything is yet and I haven’t really gotten into the swing of things.”

—New to College

“It’s very different. I came from a small town, so when I moved to an area like this, I felt it was a new chapter in my life.”

—18 year old Mexican

“So far in college, here I’ve noticed that a lot of people ride long boards. Its super strange. Well, I like my writing and my speech topics. I also like that I’m not failing math.”

—a woman, new to college

“It’s pretty typical. I go to class and I go home.”

—18 yrs, White, female

“I absolutely love college. I have learned a lot in just the 8 weeks that I have been enrolled. Being in a sorority, I believe, has made me gain a really big part of college, branching out. Orientation really worked for me. For choosing a schedule, and meeting people.”

—18, white, female, sorority, athletic

“There is a lot of stuff that I need to learn about college life/resources so it can be challenging.”

—New to college

“It’s just like going to school, meeting new people, nothing special.”

—New to College, Asian/freshman

“Sac State has been wonderful so far. Coming from a small high school, I really enjoy seeing all new people everyday at Sac State. I have enjoyed the change and the new challenges. I like how the workload is less and that I have more free time compared to high school.”

—New to College

“Pretty good: It was pretty easy to get used to how things work around here.

(I like) meeting w/ my academic advisor. She was very helpful in answering all my questions.”

—New to College

“I came to Sac State not knowing what to expect, as it definitely wasn’t my priority choice when it came to college’s. However with the small fraction of time I have lived on campus (2.5 months to be exact), I really could not have asked for a better college. The school is very diverse in both classes and students who attend here. The professors are all passionate and willing to support every student through the thick and thin. Students have been extremely nice and spontaneous as well.

The dorm is great, love meeting new people (they are all friendly).

The professors are fantastic, very passionate and always willing to assist.”

—a first year freshman

“It is cool because I am basically starting a whole new aspect of my life with new people and new places.”

—18 year old Freshman

“As a new student everything is new and I am trying to discover/figure out the college and surrounding community.

I enjoy the activities and help that CSUS puts out to make new students feel welcomed. I like how easy it is to communicate with the staff and professors at CSUS.

Communicating with the financial aid/student services counter/counselors, it is still my worst experience because it was difficult to understand my situation.”

—Mexican 18 year old female new to college

“I feel very out of the loop. It is very hard for me to make friends and I feel that if in class, everybody should get to know each other.”

—New to College

“I am still new to campus and I continue to look for new experiences to make everyday.”

—first year white male age 18

“Obviously a change from high school. More freedom yet more responsibilities. The faculty seem to always be there for you and willing to help you.”

—Male, New to College, 18 y/o

“It’s different than High School. I like this school style. I like the class schedule which I can schedule the best time to come to school (and) the Orientation for Freshmen.”

—Asian

“Personally, for me, college is an exciting chapter of my life that is just unfolding. Although I am new to college, I don’t find any problems fitting in or connecting with peers/professors.”

—new to college; ukrainian; 18 yrs old

“My first day here I met my closest 10 friends who are still my best friends today. Two seniors from my fraternity took me out to Chipotle before even knowing my name.”

—White, Male, 19 first year

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

The office hours of professors has really worked for me. I try to go everytime I need help and it is really useful especially since I am just getting used to this college.”

—a male, Mexican American of age 18.

“It is my first semester here at Sac State, but I like that there is something for Everybody. There seems to be a club for every interest & demographic.”

—21 year old white male

“I’m still getting use to the campus, traffic, and classes. I like this school very much and I am happy I picked this school over the others.

I think getting to know the campus it is the most exciting and scary experience. I got lost a few times as well as I lost my car too but now that I have walked around a few times I think I know where most things are.

Knowing people before I actually got here is what helped me a lot. If I was lost I would text my friend what hall I was at and where I was trying to get to and they would explain it to me.”

—Female, hispanic, 21, New Student

“This is my first semester here. I have no complaints about the school. I enjoyed the orientation at the beginning of the semester. I like when teachers use blackboard/Sac CT. And so far, I like all of my classes. I feel like I am learning a lot.”

—24 year old filipino-american female

“It could be challenging because you are new and even with first year programs you aren’t ensured the full truth.

I would like to share that I am picking classes in December and have no idea what to pick even after my academic advising meeting.”

—Mexican/18/Male/New to college

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

—Asian American – 18 – New to College

“I think that it’s great. It’s been great for the fact that everything runs how a university is supposed to go.

It’s like a whole new community, everyone is really friendly.

Sometimes I could get overwhelmed of how much homework I get.”

—New to College

“It’s going good, nothing like the movies. Kind of reminds me of high school but with more freedom.”

—New to College

“The professors I’ve gotten this semester are all friendly, helpful, and try to take the classes interesting. Even though I am new to college, this campus and staff have made it easy to transition from high school to college.

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

What I like about Sacramento State is that it was so welcoming when I got here. I feel like the staff truly wants to help you. This survey is a great example of the staff or faculty wanting to help the students. Also, I like that there are always events happening on campus that we can go to.”

—New to college, Mexican-American, age 18

“It’s been a learning experience. Having to adjust to being on your own, managing your time, and just overall learning how to be an adult, has been challenging yet fun.”

—New to College

“As for my age I’m still young and new to college so I am just trying to adjust.

So far I have loved everyone and everything at CSUS. The students and professors are nice and I am slowly but surely adjusting to my classes, especially the work load.”

—18 years old and hispanic

“At first it can be challenging but for the most part is how well you can adapt.

Sac State is huge. Professors for the most part are excited to teach...and know their field. Some professors have very high standards and they seem far fetched.”

—Mexican, Male, 18, stressed, overweight & new to college

“This is my first semester here. I have no complaints about the school. I enjoyed the orientation at the beginning of the semester.... And so far, I like all of my classes. I feel like I am learning a lot.”

—24 year old filipino-american female

“To be a young Mexican American student at Sac State is great. Everywhere I look there is so much diversity here on campus that I feel very welcomed. In addition there are a lot of clubs on campus that welcome young Mexican American females like myself.

Coming to school on the first day, I was a little nervous because I felt that I wouldn’t see a lot of diversity or people that looked like me. However, my mind quickly changed when I entered the campus on rush week and saw a girl from my hometown who was in a sorority that encouraged empowerment in the hispanic culture. Although I did not join, it felt good to know I was not alone.

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

—Mexican American, 18 y/o female

“It is great being new to college & meeting many new people. Being independent and having freedom is what I really enjoy and going to college gives me that excitement.

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

There are many enjoyable activities that you can do.”

—New to College

“Being new to college is a huge transition from what I was used to. Everything is so much more open and free, I really enjoy college

I like how all of my professors (thus far) have truly been passionate about their jobs. It makes learning a whole different experience when the instructor loves what he or she is doing”

—new to college

“I am new to college and have a lot to learn. Time is a big struggle and organizing my priorities are my biggest challenge here. I am adjusting from my comfort zone which includes getting to know many strangers and experiencing new things everyday.

Events are great ways to get to know others and experience college life.

What I like is the learning community classes which help force students to work together & learn more efficiently.”

—Freshman, Hmong, Male, Christian, 19 years old

“This is my first semester so I don’t have many experiences here, but I get along well with my classmates

I like my teachers/their way of using PowerPoint for notes & class discussions

The teachers that are lecture based and don’t really have discussions about the material bore me & I become uninterested”

—Mexican, Female, 20, straight, no challenges

“it has been difficult being a new student here. I wish there were more resources available for me to feel comfortable being here. During welcome week, I didn’t come across many clubs but I wish I did. It is hard to adjust to a new place when you don’t know anybody.

Everyone I have come across (that works here) have been fairly pleasant and answer my questions honestly and with patience.”

—21 y/o female/Asian-Indian/New to CSUS

“As a student who is at Sac State for the first year, everything seems a bit overwhelming.

I have had a great time meeting new people and making new friends. I like that there are so many resources to help students.

There are a lot of distractions”

—18

“The main experience I would compare it to is freeing oneself from jail. Since I was born in a small town, diversity was always looked down for being different. I was always told to act a certain way, attached to a ball and chain through my childhood through adolescence. Upon enrolling & attending I was metaphorically given a key to be broken from those chains of oppression. I was finally able to feel the warmth of progressive thinking, meeting individuals who did not shun new ideas, but encouraged that gave me a breath of fresh air.

(I like) how encouraging some people are. I love to see people smile & welcoming they are to new experiences, & new people. The change from my personality has greatly helped me in a long way! This has helped me the most! This is what I have taken most from my experience!”

—Hispanic, Male, 19 years of age, new to college

“Sac State has the atmosphere of a quiet, studious type campus—it isn’t too boring and it isn’t too wild either. It’s the perfect environment to work hard and study.”

—Female, New to College

“At first, it’s unsettling, feeling as though I don’t fully belong.”

—Laotian/white, female, 18 y/o

“I like the whole vibe. I really enjoy this school.”

—new to college

“Nothing new, just a new school. Demographically I have felt comfortable being around campus, but because I am from a smaller community, it does feel different being around so many individuals.”

—New to college, Male, 21, Mexican, Coms Major

“As my first semester here, I feel like I am still adjusting and trying to figure out what does work for me. So far, I take things one day at a time.”

—25 yr/Female/American/Veteran/Parent

“As a ‘new to college’ student, there are quite a few helpful services, like mandatory first year advisor meetings and helpful website. However, this campus can feel really isolating because it is a commuter school.

I love the professors; they are high quality”

—new to college

“Being a first year student, it was difficult moving away from home, but CSUS made that transition easy.

I love the school so far. It’s perfect for me. ☺”

—Mexican Hispanic/Female/19/New to College

New Students

If this year's new students are anything like past years', then we might expect much like what was reported previously. The last *Sacramento State University Fact Book* shows the following with regard to new students at this institution:

First-Time Freshmen (entering in Fall 2016)

Applied: 23,944

Admitted: 17,224

Enrolled: 3,764 (13.5% of the 27,876 total undergraduate students)

Who They Are

They come from all over:

Locally (48.0% from the Sacramento region), state-wide (50.2% coming from the Bay Area, Foothills, or other California regions), nationally (1.2% from other states), and internationally (0.6% from foreign countries).

They are of various ethnicities:

Latino (37.8%), White/Caucasian (18.3%), Asian (21.5%), African American (6.8%), Multiracial (7.1%), Foreign (3.5%), Pacific Islander (1.0%), American Indian (0.2%), and Other/Unreported (3.9%).

More are female (57.1%) than male (42.9%).

Some will live on campus (27.9%), but most will commute (72.1%).

In terms of academic background:

High School GPA (3.25)

Count of SAT (3,240), Mean SAT Math (475), and Mean SAT Verbal (465)

Over half need to take remedial coursework (54.6%).

What Their Experience May Be Like

Based on the answers of freshmen last year to the *First College Year Experience Survey Spring 2016* by the Office of Institutional Research, we may say with some assurance of the first-time freshmen this year that ...

Some may feel alone, stressed, or feel the pressures of college.

Since entering college, the number of freshmen survey respondents who reported frequently feeling:

Lonely or homesick (11.2%), isolated from campus life (14.4%), or unsafe on campus (2.3%).

That their job responsibilities interfered with their schoolwork (9.6%), that their family responsibilities interfered with their schoolwork (14.7%), and that their social life interfered with their schoolwork (10.6%).

Many will come to learn the skills needed and acclimate to university life.

Since entering college, the number of survey respondents who answered that it has been “very easy” or “somewhat easy” to:

Manage their time effectively (50.1%), develop effective study skills (60.6%), adjust to the demands of college life (62.7%), and understand what their professors expect of them academically (81.7%), as well as develop close friendships with other students (59.3%) and utilize the campus services available for students (77.3%).

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, and 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

They have embarked upon their educational journey. For most first-time freshmen, sitting in a college class for the first time is huge.

College is a time of excitement, uncertainty, adventure, and new beginnings. The time they spend here will likely be key in development of self, career path, social sphere, and learning about the society and world in which they exist. Here is where they form pivotal, sometimes even lifelong, relationships with peers, faculty, and staff; where new experiences are had, memories are made, mistakes may occur, and achievements earned; where interests are found, skills developed, passions sparked, gifts realized, and dreams are born and pursued.

And it is all brand new for them. College life can be overwhelming for new students at first, but there are things we can do to help them more easily navigate the world of college and succeed in their first year and beyond.

Help Them to Feel Comfortable

College can be terribly intimidating for just about any new student. It can also be lonely. Students are no longer in a high school, where they knew everyone. Some may see a few of their old classmates here at Sacramento State, but others may be far from home and know no one. For those who reside on campus or find a place in the surrounding community, they will likely be excited about the prospect of being away from home, but some may also experience real homesickness.

Conversations with students before and after class, out on campus, or in office visits, as well as encouragement to students to feel free to come by or contact us if questions arise or the student just wants to say hello or talk, can help students to feel more at ease with us and college. Icebreakers in class that first day of the semester, as well as introductions of one student to another out on campus, help students to get to know each other. These are simple, yet significant things we can do to help students build those personal connections they need with us and their peers to feel more comfortable, set down “roots” here, and forge a place of belonging and support as they begin their college education.

Get Them Integrated Into Campus Life

Involvement in college life can also help new students to feel more comfortable and offer other wonderful benefits. Participation in campus activities 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. Research also 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”).

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. At the end of this document, you will find a list of some of the many great opportunities there are here at Sacramento State for students to become involved.

Know Where They're Coming from and What Their Expectations May Be

Because most come straight from high school, many first-time freshmen may assume their college education will be much the same. As we know, college life differs greatly in key ways:

Attendance: While legally mandated in high school, attendance is the choice of the student in college. This new freedom can bring temptation to miss class, with students not always fully realizing the repercussions. High school classes meet daily, but college classes are typically held only once or twice a week, making one absence equivalent to missing an entire week or two of instruction, which can set a student back greatly in terms of material missed. Many classes also have strict attendance policies, resulting in the student failing a class at too many absences.

Learning and Homework: In contrast to high school, college classes move much faster in covering content, the material is harder, the reading more extensive, and the assignments and exams more difficult. Students might not expect a decided increase in the amount and complexity of course material here than in their high school, and a corresponding need to devote greater time to studies. Students also may have gotten used to much of the work being done during class time in high school, but in college class time is usually given to lecture. This makes time management critical: Every one unit of coursework is equivalent to two to three hours of homework per week, and because most classes are three units, and most students take a full-time unit load of 12 units or more, this means that students should plan to spend at least 24 to 36 hours a week outside of class on schoolwork.

Assignments and Exams: Students might not realize it is their responsibility to stay on top of things because college instructors won't remind or nudge them nearly as much about assignment due dates as they may expect. Other aspects of academia that students may not expect include: Instructors have higher expectations for performance commensurate with college work, so if students do last minute, sub-par work on an assignment, then they may get it back ungraded, due to not meeting minimum college standards, rather than getting some points for trying, as they may have in high school. Many college instructors do not allow make-ups or late-submission for assignments or exams, either. If students don't do an assignment or test, then they shouldn't expect to do well or even pass the class, depending on the course requirements and point values given to these. Extra credit opportunities are far rarer in college, also, making good performance on assignments and exams all the more essential.

Grades: College instructors will likely not give out regular grade progress reports that students in high school often receive, nor are they as likely to immediately and actively intervene when a student slips in grades. Instructors want their students to succeed, but it is the student's responsibility to keep track of their grades and take the steps needed to improve in coursework, including taking the initiative to speak with the professor and seek academic assistance.

Set Them Up for Success

It's a big campus, with many different places, policies, and opportunities.

To help new students 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 at home 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/) https://www.csus.edu/apply/admissions/application-process/

New Student Orientation (NSO) Office—

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

Location: Lassen Hall 1010

Phone: (916) 278-7841

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

Campus Tours—

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

Location: Lassen Hall 1102 (A & O Office)

Phone: (916) 278-4592

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

First Year Experience (FYE) Program—

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

Location of FYE Space: Library 3520

Phone: (916) 278-4973

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

Peer-Led Advising for College Experiences (PLACE)—

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

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

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

For Students Needing 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 (for one unit of credit) that will help the student to better learn the material, complete assignments, and study for exams. SI Plus Review Sessions are scheduled during the semester, 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>