

*They may feel exhausted, worried, or stressed from
working at their jobs while taking a full course load
or
living in their cars and trying to learn without sufficient sleep or food.*

***Listening to Students
with Varying Financial Situations and Means***

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**Listening to
Students with Varying Financial Situations and Means...**

“It is very hard to pay for college. I come from a family of 6. I have 3 younger siblings and my mom works a blue collar ‘9 to 5’ job to support them. She is limited with how much help she can give me.”

—18 years old, Mexican, Native American & White heritage

“Having to work and take a lot of classes has sucked.”

—White/filipino, Male, 24

“What I have not like in all honesty is financial aid. I come from an agricultural family that is a minimum in 4 hours away and it doesn’t cover everything.”

—Mexican-American

“I’ve received enough financial aid to cover my first year here so I haven’t encountered a problem with that yet.”

—Hmong, 19 years old, Financially Challenged

“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.”

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

“Financial constraints are definitely worrisome.”

—caucasian female

“The high tuition. Everything I need to pay for has come out of pocket. Financial aid didn’t help much.”

—Female, asian, 2nd year

“I work, go to school, and pay for myself to live and eat.”

—White, female, 21

“I like the price for the education. The teachers & staff are very understanding & helpful.”

—Male – Asian – 24 – handsome – Vet Dependent

“I work full-time to pay for my studies. I am a son to a single mother who worked hard to make sure I at least had a roof over my head. She has pushed me to get as far as I can in life. She now has cancer and lives in San Jose, so I drive two days a week to Sacramento to take classes while taking care of her through these tough times.”

—Mexican American 22 y.o. male

“I find it challenging to balance being a student and also work.”

—woman, 24

“Can you guys please tell the people walking around with clipboards to leave me alone. I can barely afford to pay my own bills. Can’t afford another \$30/month. I donate \$5 as a one time thing and they still don’t leave me alone.”

—Vietnamese

“Challenging with workload to keep up with increased tuition.”

—Single Parent

“I don’t like that food is to expensive, I can’t buy nothing with a dollar.”

—Nicaraguan immigrant

“Since other students like myself likely work + commute, classes are less intellectually stimulating and more tedious.

Please help us embrace learning by not increasing fees—if we had to work less to afford college we would learn MORE. Working has tremendous impact on our grades.”

—Female, 20, Caucasian, systematic lupus

“It was hard financially. A lot of my time is for school so it is hard to work for my own income when I don’t have much time.”

—Female, Mexican, 18 low income, first generation college student, EOP student.

“Not being right out of high school I have to keep full-time employment making it difficult to participate fully on campus. With the rising cost of tuition it can be a challenge.”

—Female, 25

“It is very expensive. Some teachers don’t understand how hard it is to work and go to school at the same time.”

—White/Male/24/straight/human being

“School is close to home but I’m always money conscious. And my parents aren’t as involved like most parents. Financial Aid has helped tremendously.”

—a first year in college, Chinese (my parents are from China, but I’m born in America), 18, Female, low-income family, I have a twin that does to school with me too)

“Being this type of student makes the schooling experience stressful for a variety of reasons. My ability to do homework is always at odds with my job—where I usually have no free days at all.”

—psychologically challenged—with stress, anxiety, slight depression, and loneliness, white, 23

“It is stressful being a full-time worker and full-time student.”

—White, Straight, Female, 23 years, work full-time

“Difficult. I am a single mother and currently pregnant. I am attending school to ensure a better future for my children but the resources seem limited to certain groups.

I work full time, a mother and student, all while attending school on a limited budget and with scarce time.”

—single mother

“money is the struggle for bills and school, as well as arranging time for school work, group projects, and my job”

—Chinese/American, Male, 22, Part-Time Job, Living On My Own

“Working part-time, going to school full-time is very difficult. Tuition is difficult to pay for when my dad is retired and my mom got laid off.”

—Filipino, 23, Female

“Prof. please understand that your class is not the only we are taking. Also understand that we are juggling classes as well as work to pay for our education. Just be aware.”

—Asian, 22

“It is tough because I don’t have much support/resources. I also have financial issues. I also have to take care of the family which makes it difficult in college.”

—Hmong American, Age 18

“My dad’s had cancer for about two years. It went from stage two to stage three, and the only cure is really expensive. So to help with money to give to him, I’ve been living in my car. I sleep in it, make breakfast, everything. It’s been difficult. Food is hard, too. I’ve lost a lot of weight.

I am usually in the parking structure sleeping at night, and get woken up by security who ask me to move, and then I have to go somewhere else, like in the hood, to park. I’ve noticed I’m not the only one either, I’ve seen 15 to 20 other students doing the same thing. I worked at a restaurant for the past few years, and then recently got pneumonia (probably from sleeping in the car). Even though I had a medical note from my doctor, they put me on indefinite suspension.”

—multiple disabilities

“I think a lot of kids nowadays have to go to school and maintain a job to pay for their own things and it’s become a ‘norm’ even though its difficult.”

—female, 19 yrs old, dependent on herself.

“The challenging aspect is I work full time, which don’t allow for enough study time.”

—Returning to School, Parent, Male

“I find that there are a lot of programs available for being low income.... ”

—a Jr. 23 years, white, female, low income, transfer student

“(I don’t like) being broke! As in no money!”

—white, male, 27, straight, anxiety, sight

“I come from a lower income family. Financial aid is what makes this possible for me.”

—White, male, 27, learning challenges, with possible dyslexia, anxiety, returning student, junior year. I will be the first in my family to graduate with a degree.

“It is fun. A little difficult to handle school, two jobs, and sorority, but I make it work.”

—white, 21 year old, female

“Supporting a family and going to school full time is an extraordinary challenge. I have no free time after I add in my homework. Considering some out of class activities is also often out of the questions and has an impact on my class choices.”

—31 yr old, full time working, full time student and parent

“Stressful, not much free time to participate in school activities/campus life.

Neither of my parents went to college so they do not support me”

—Full time employed, full time school, 22 y. old, married no kids NO
Financial Aid support but surely not able to afford college

“I’ve had to work my way through college while maintaining full-time status.”

—Caucasian, first generation college, senior, 23, male

“It is getting hard to stay focused/motivated. I don’t have a lot of free time

Being on the 5 year plan has allowed me to work full-time and support myself”

—23 yrs old, 5th year graduating senior.

“If I did not manage my time wisely being a student at CSUS things will not go smoothly for me and my future. Balancing school, with work, and family is tough. If I did not plan things out the way I currently do, I would be a hot mess....”

—a Hispanic, 18 years old, 1st year male. I come from a low income family being the last of my siblings to attend college. I have worked with my father since I was 8 and currently hold 2 part-time jobs aside from being a full-time college student with 17 units

“I work and go to school and some teachers give too much hw.”

—23 yr old white male

“I’m always busy, I work full-time, manage a group of people, and go to school. Busy time in my life right now.”

—white/female/23

“I feel as though it is too expensive, but there’s a lot more to running a school than appears on the surface.”

—a white female & returning student

“Challenging to commute and work my class schedule with my work schedule.”

—Male, age 24, Business owner

“I appreciate the help I get through financial aid. But with the amount I still have to work I have trouble finding time to study like I would like to do.”

—33-year-old, white, male, first semester, transfer student, father, full-time employee.

“The cost of almost everything on campus is so high when food is so expensive. Any way makes it very stressful to be on campus all day and hungry and poor.”

—White, male, 41 years old, First Time College Jr.

“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.”

—female, Hispanic, 27, junior at CSUS

“I work four different jobs to make ends meet. It is extremely difficult. I am not sure how long I will be able to keep this up.”

—24

“I like how there are resources everywhere. I don’t come from a wealthy family so all this free use of technology and what not is amazing.”

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

“(They) screwed me over & now I have to leave here next semester and go to a JC. My parents are also broke now b/c of the false info we were given.”

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

“It is very busy. I work 5 days a week & go to school 4 days a week & manage straight A’s. It is a difficult & busy life but will be rewarding in my future.

CSUS—I love it here. Close to home & financial aid helps me to pay for school.

(I like) All of the help I’ve gotten through financial aid.”

—Caucasian 20 yr old Nursing major

“I did not eat yesterday and I don’t know if I will today.”

—hungry

“I’m a 22 year old dancer who has 3 jobs. I work my ass off trying to make rent, trying to get good grades so I can graduate. School is hard and I wish, since I’m 22, I would be graduating soon but since I’m so busy I won’t be able to for another 2 years.

Since I’m a white female people think I’m rich and smart. If I was I wouldn’t have 3 jobs and would have already graduate.”

—white, female, age 22, dancer, and has 3 job!

“Being young and coming from a family that has had very little in terms of money, I look at the world with open eyes. I have learned to be accepting of others because not everyone has the same resources readily available to them.”

—I am a Mexican-American woman from a low income household; I am also the first in my family to attend college. I am nineteen years old.

“Its overwhelming at times because I’m a full-time student taking 15 units. I’m in an academic based sorority with a position, I’m on the Sac State debate team, and work about 50 hours a week.”

—in a sorority, on the debate team, works two jobs.

“I have no home right now but most nights I can stay at a friends house unless her boyfriend comes over so I leave. Then its scary being on your own with no place to go at night.”

—female, 19, 2nd year

“Working full time makes it very difficult to study enough! However, I love having an advantage of professional work experience which translates well into being a good student.”

—female, 28, full time worker, mexican/american

“I did not have many challenges because of a very supportive family and Financial aid. Without it I would never be able to be here.

CSUS has been a dream-come-true for me. Being able to study at a University, not having to leave my family and get financial aid as well as emotional support from the University has been rewarding.”

—a female immigrant from Eastern Europe, low income, 18 years old and a first university student as well as a first generation in USA.

“I think my perspective is the same as most other students. We go to class, we try to get good grades, we try not to go broke throughout the week, and then we try to get jobs when we graduate.”

—current military, first-year, male, white, Catholic

“It is a struggle to maintain balance of work, school, and play, but also a goal to accomplish all of this without negative compromise in any area of my life.”

—white, M, full time working (50+), full time student (15)

“It was hard financially. A lot of my time is for school so it is hard to work for my own income when I don’t have much time.”

—Female, Mexican, 18 low income, first generation college student, EOP student.

“Not really hard at all. On one aspect, working part-time as a waiter in a busy restaurant can be very time consuming. I find at times I may not have the motivation to be proactive on my studies because I’m tired from work and/or it’s my day off.

The campus has a lot to offer. I find that the classes I can take are interesting and thought-provoking. Work has definitely put a damper on my education at times.”

—white/19/returning to school/part-time employee.

“I joined the military to serve my country but am happy to have the military benefits for my education now. I don’t have to work for money as much as some do and can enjoy learning.

I am looking forward to the next phase of my life.”

—veteran, junior standing

“I don’t work and don’t get financial aid. I think its bad until I see the homeless people on the streets and realize how much worse it could be. I like to think being poor gives me perspective or empathy for others. I think I will look back some day and have stories to tell about this point in my life.”

—19, male, athletic, first year

“Sometimes hard to get classes you need when you can only take them at night or online. It makes you feel like you aren’t making any progress. It is helpful to know that there are faculty who care & will get you to the finish line.”

—a 26 yr. old female who works full-time

“From the view of a full time worker, I hate that some classes do not have many sections that can fit my schedule...I do like night classes that meet up once a week. I love that there is a print allowance.”

—Hispanic, male, transfer student that works full time

“Trying to live on SSDI, trying to live on what I’m eligible for, paying for medications, it’s hard. I have to fight for what I’m eligible for. My cost of living is barely enough to get by....”

—disabilities

“It isn’t easy working & going to school full time. We go to school to better our education & obtain a degree, only to work to pay off our college education. Its hard to balance, but I believe professors should be more understanding when it comes to homework.

I’ve had professors expect so much from students with papers that are 10 pages of homework every class period. They don’t consider all the other classes we have.”

—works full time

“Sometimes it can be hard to focus with the stress of money always on the mind.

(I like) The friendly environment and atmosphere. Its easy to find a good support system here.”

—Completely Independent Financially

“Not able to get any type of aid to pay for tuition. There goes \$4,000 ☹--broke college student.... Everyone else is getting fafsa”

—White, 21, Female

“It’s a hard balance between work and school. Time management is a big issue when you become a senior with many senior group projects, working with students who don’t have a job.

I have actually had professors tell me I’m an ‘idiot’ for working full time and being a full time student. (even though I have maintained a good GPA)

(I like) The tutor resources that we have. It helps so much to have free tutors on campus that are available with my crazy schedule.”

—Female, Senior, full time work, full time student

“If I did not have a flexible job, I think I would find it very difficult to create a workable schedule. I think Sac State is very affordable and amenities are plenty. The tuition payment plan has been incredibly helpful.

—Female, 28 year old, 5th generation American of Mexican/Spanish descent

“Sac State’s financial packet is more than helpful so much financial burden is taken off my shoulders just because everything is so affordable and Sac State helps.”

—Hispanic, 18, female, schizophrenia/depression, first member in family to go to College

“So painfully expensive...EVERYTHING. It’s a sorting mechanism, right...”

—a 27 year old going on a decade in college

“(I don’t like) Increased tuition, not much opportunity for low income students.”

—Minority, low income 21

“It is awesome to be on this campus even though my family and I do not have a lot of money.”

—humbled to be here with the help of fafsa.

“At Sac State what I haven’t liked has been the prices for parking passes & books at the book store.... I feel that as students we need help to move forward not to set us back. If students received more help with these prices I feel like students would better be able to succeed, and help our society prosper. By helping students succeed we are helping our society have a brighter future.”

—undocumented student

Students of Varying Financial Means and Situations

Students come to Sacramento State with differences in:

- Work status (left a job, lost one, looking for work, or have full-time or part-time employment)
- Family status (a dependent with parental financial support, sole source of income for self, or wage-earner for their families)
- Financial status (poverty-stricken, lower income, middle income, upper income)

In their time here, work and financial situations may remain status quo, worsen, or improve.

Students also differ greatly in how they pay for college:

- Work paychecks
- Parental assistance
- Financial Aid

In terms of the latter, nearly 70% of Sac State students cover some or all of their expenses through different forms of financial aid, including: federal and state grants, loans, federal work study, and scholarships awarded by the university, community organizations, or departments (major-specific scholarships).

In-state tuition fees at Sacramento State, at over \$7,000 for more than a six unit course load for undergraduates, are the lowest of any regional university or private California college, which range from two to four times as much. However, the expense is still great for many students, especially when you add in the price for food and housing, books and supplies, transportation, and other miscellaneous expenses. The university estimates that each year of college costs our Sacramento State students over \$25,000.

Students Who Work

These educational expenses today are much higher for students in comparison to years past. “In 1985, CSU students had to work 199 hours at minimum wage to pay tuition and fees for an academic year at the CSU. In 2015, students had to work 682 hours at a minimum wage job to cover these costs,” which means that “three out of four CSU students today work more than 20 hours per week,” the California Faculty Association’s report, “Equity Interrupted: How California is Cheating its Future,” notes, in making the case for greater funding to better serve our students.

On our own campus, and at the senior level of students, the last *Graduating Student Survey Report Spring (2016)* by the Office of Institutional Research, Effectiveness, and Planning found that 32.6% of last year’s seniors here reported having held a full-time job (approximately 40 hours per week) while taking classes since entering college, and 7.2% students reported that they frequently missed class due to employment.

[For comparison nationally and further information regarding college tuition and student financial aid, please see:

American Council on Education Center for Policy Research and Strategy (2015),

[“Higher Education Spotlight: Paying for College” \(PDF\).](https://www.acenet.edu/Documents/US-Higher-Ed-Fact-Sheet-Paying-for-College.pdf)

<https://www.acenet.edu/Documents/US-Higher-Ed-Fact-Sheet-Paying-for-College.pdf>]

Students with Financial Stress

Financial stress is the worry that comes with not knowing if or how one will be able to pay current and future bills.

The formalization of the term itself, along with others such as financial literacy and financial therapy, is indicative. Financial stress is a growing concern in society and, certainly, on college campuses as studies increasingly show its prevalence and adverse impact on students academically, physically, and psychologically.

A 2015 study analyzing student survey responses from colleges and universities across the country found:

- Seven out of ten college students feel stressed about their personal finances (72%), with almost 60% worried about paying for school and 50% worried about monthly bills.
- Close to one-third of college students (32%) reported neglecting their studies at times due to the need to make ends meet and pay bills.

Another national survey of college students by a nonprofit financial educational advocacy organization in 2012 found:

- One third of students completing the survey reported that financial stress had a negative impact on their academic performance or progress.
- Students who worked more than 20 hours a week during the semester were significantly more likely to report financial stress had a negative impact on their academic progress and performance.

When asked about potential stressors such as work, family life, studies, and money concerns, finances ranked the top four out of five biggest sources of stress for students (in order of importance):

- Need to repay loans
- Cost of education
- Borrowing of money for college
- Need to find a job after school
- Academic challenge of coursework

[For further information, please see:

McDaniel, A., Monalto, C., & Aston, B. (2015). ["National Student Financial Wellness Study" \(PDF\)](file:///C:/Users/Owner/Downloads/nsfws-national-descriptive-report.pdf), Ohio State University, OH.

Trombitas, K. (2012). ["Financial Stress: An Everyday Reality for College Students" \(PDF\)](https://www.inceptia.org/PDF/Inceptia_FinancialStress_whitepaper.pdf). Inceptia. Lincoln, NE.

Students Who May Have Difficulties Paying for their Education

Money for College Completion—Will They Have Enough to Graduate?

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

18.1% survey respondents reported major concerns regarding their ability to finance their education ("I am not sure I will have enough funds to complete college"), 59.9% reported some concerns ("I will probably have enough funds"), and 22.0 % reporting no concerns ("I am confident I will have sufficient funds").

Money for Timely Completion—Will They Have Enough to Continue Coursework without Delay?

The *National Survey of Student Engagement Report, California State University, Sacramento (2017)* reports the following:

When asked how likely it is that financial problems would delay them in completing their undergraduate education here at Sacramento State:

19% of first-time freshman and 18% of seniors reported very likely, 26% of first-time freshmen and 17% of seniors said somewhat likely, and 33% of first-time freshmen and 20% of seniors were not sure.

Money Problems Impacting College—What Did They Do When Funds Ran Short?

When asked about the actions they had taken if financial problems had affected their progress in completing their undergraduate education in that *National Survey of Student Engagement Report*,

Some students either came from or went to another college:

1% first-time freshmen and 3% seniors transferred from a more expensive institution here to Sacramento State, and 21% first-time freshmen and 23% seniors on our campus enrolled in community college courses to reduce costs.

Some students reduced their course load:

14% first-time freshmen and 15% seniors took fewer units each term to reduce tuition costs, and 14% first-time freshmen and 19% seniors took fewer units each term to work more hours.

Please note, in this last regard, that the more time spent to graduation, the more debt accrued. At this time, students pay \$27,488 when graduating in four years, but \$34,360 when graduating in five years, \$41,232 in six years, \$48,104 in seven years, and \$54,976 in eight years.

And some students left higher education:

3% first-time freshmen and 7% seniors had to stop enrolling in any college courses to reduce their expenses.

Students felt forced to leave college, perhaps never to return. We lose them, and they lose the opportunity to obtain that college degree that will help to secure greater future financial livelihood.

Students Who May Be Struggling Financially

The last *Sacramento State University Fact Book* (Fall 2016) reports there were 14,058 low-income students of the 27,876 total undergraduate students enrolled in Fall 2016—almost half of the undergraduate student body.

Students of any demographic may see their fortunes change or greater financial hardship strike in their time here. And for some students, their income may drop so low that they may wonder where their next meal will come from and where they'll sleep for the night.

Food Insecurity

Sometimes we think of college in terms of pizza, burgers, and ice cream, when that “freshmen 15” might hit. Some students, however, experience the opposite: anxiety over and/or problems with getting meals.

The United States Department of Agriculture (USDA) provides the following definitions for the range of food security in households in the country (“Food Security in the U.S.: Definitions of Food Security”):

- Food Security: No worry about or limitations to access of regular, adequate food intake.
- Marginal Food Security: Some worry about food sufficiency or shortages at times; little to no changes to diet or food intake.
- Low Food Security: Reduced quality of diet; little to no change to food quantity.
- Very Low Food Security: Reduced quality and quantity of food at times during the year.

In short, food insecurity ranges from worry that food will run out or you won't have money to buy food to not eating what you like, not eating a well-balanced meal, not eating enough, or not eating at all some days. For some, this is temporary or intermittent. For others, empty cupboards and scraping by may have become an ongoing way of life.

A 2018 study commissioned by the California State University Chancellor's Office found that 41.6% of CSU students report food insecurity, and this is a much higher number than the national average population in the United States (“Study of Student Basic Needs”). Those experiencing food insecurity the most included female students (42.6%), transfer students (43.2%), DACA students (44.6%), Dreamers (46.7%), first generation college students (49.0%), ESL students (49.2%), and EOP students (57.8%), with those in greatest numbers being former foster youth students (62.9%) and Black/African American first generation college students (65.9%).

The leading national hunger-relief charity, Feeding America, found that one in ten adults seeking emergency food assistance is currently a student in post-secondary education, including two million full-time and one million part-time students (“Hunger in America 2014”).

Here on campus, the ASI Office has reported that during the 2016-2017 academic year, the Food Pantry distributed 32,868 food and toiletry items to more than a thousand students, close to 130 student visits a week, and about 350 students came to each Pop Up Pantry event.

Homelessness

The same 2018 study done on behalf of the California State University Chancellor’s Office also found that 10.9% of CSU students on average report being homeless one or more times in the last twelve months. Those experiencing homelessness the most included first generation college students (11.2%), ESL students (12.6%), transfer students (12.9%), EOP students (13.4%), Black/African American students (14.0%), male students (14.1%), and international students (15.7%), with those in greatest numbers being Black/African American first generation college students (18.0%) and former foster youth students (24.9%).

An earlier study commissioned by the California State University Chancellor’s Office (2016) as the first part in the investigation of student food and house insecurity asked students about where they slept at night if they didn’t have a place to live. Students reported staying temporarily with friends, relatives or other people as the most frequent recourse, with alternatives being: sleeping in a car, tent, park, bus or train station, abandoned building, or public space; at a motel, in a camper, or 5th wheel; or at a shelter, in transitional housing or an independent living program. While some were with their families, the majority of student respondents were sleeping in these places without their parents (“Serving Displaced and Food Insecure Students in the CSU”).

That 2016 Chancellor’s Office study notes that more than 56,000 students nationally and about 10,000 students state-wide indicated homelessness on their financial aid Free Application for Federal Student Aid (FAFSA) form in 2013-2014. The number, however, is very likely higher, because some homeless students may not know this status designation exists, may not want to self-identify as homeless, or may become homeless after FAFSA completion. Still other students may not check the FAFSA designation because they cannot provide proof of homelessness, or they do not see their “couch surfing” as homelessness. (At this time, FAFSA estimations are the key means of tracking the number of homeless college students.)

Homelessness may have any number of causes for students, first and foremost being the high rental and housing prices locally. Sacramento had the highest rent increase in the state in 2018, and unaffordable housing was the first issue mentioned by a recent university study of “Homelessness in Sacramento.” Other causes may include: Not having or losing a job, parents losing employment and then the family home, becoming bankrupt due to illness or injury, conflict with family resulting in the student leaving or being kicked out of the house, foster care placement ending at age 18, escape from abuse in relationships, and not being able to secure housing due to bad credit or not having a co-signer or guarantor.

While this document discusses homelessness and food insecurity separately, the two go hand-in-hand in many, but not all, cases.

[For further information regarding food or housing insecurity, please see:

[“Serving Displaced and Food Insecure Students in the CSU” \(PDF\)](#)

<https://presspage-production-content.s3.amazonaws.com/uploads/1487/cohomelessstudy.pdf?10000=>

[“Study of Student Basic Needs” \(PDF\)](#)

<https://www2.calstate.edu/impact-of-the-csu/student-success/basic-needs-initiative/Documents/phaseII-report-with-Appendix.pdf>

USDA ERS [“Food Security in the U.S.: Definitions of Food Security”](#)

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>

Feeding America, [“Hunger in America 2014” \(PDF\)](#)

[http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-full-](http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-full-report.pdf?s_src=W199ORGSC&s_referrer=google&s_channel=google&s_subsrc=https%3A%2F%2Fwww.feedingamerica.org%2Fresearch%2F)

[report.pdf?s_src=W199ORGSC&s_referrer=google&s_channel=google&s_subsrc=https%3A%2F%2Fwww.feedingamerica.org%2Fresearch%2F](http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-full-report.pdf?s_src=W199ORGSC&s_referrer=google&s_channel=google&s_subsrc=https%3A%2F%2Fwww.feedingamerica.org%2Fresearch%2F)

[FHunger-in-america&_ga=2.188435691.270793074.1569100273-739478692.1569100273](#)

and the California State University, Sacramento study for Homelessness Steps Forward , [“Homelessness in Sacramento County” \(PDF\)](#),

<https://sacramentostepsforward.org/wp-content/uploads/2019/06/2019-Final-PIT-Report-1.pdf>

Financial Hardship

Many of us may have never experienced or don't remember what it is like to struggle financially. *Really struggle*. The things we take for granted might be impossible for students without a penny to their name. Students who are struggling financially...

- May not have basic toiletries for showering and grooming, which can lower self-esteem and morale, and cause embarrassment and reluctance to interact with others.
- May not have appropriate clothing for varying weather conditions (potentially affecting comfort level and health), or for fitting in with their peers (so important to most students) or the working world (which could influence job or internship interview success, as well as decisions to be given an interview or even go to one, if you don't feel you have the right attire). They also may not have means of laundering or repairing what clothing they do have.
- May not have ready access to go online for information or to send an e-mail, or have the means to mail a letter, fax a form, or make a call. This can be an obstacle to completion of coursework or the forms necessary for such things as financial aid or other assistance, as well as restrict communication with school programs and services, potential or actual employers, and family and friends.
- May not have transportation that works and that they have gas money to operate, or easy access to public transportation, which may curtail ability to attend class or get and keep a job.
- May not have the medical or dental care they need, sometimes desperately. They may be living with discomfort, pain, illness, or injury.
- May not know when or if they will be able to obtain a meal for the day or have any food to eat when their stomachs growl. Feeling hungry while sitting in class, doing homework, studying, or taking an exam can impede focus, learning, and performance, as well as impact physical and psychological well-being.
- May not have a bed to sleep in when they are tired, blankets or a pillow, or anywhere to rest that is safe and warm—impairing the ability to sleep comfortably or at all, and likely causing exhaustion, distress, and difficulty in daily functioning.
- May not have anywhere to keep all of their personal belongings, a secure place for necessary items and possessions held dear. Trying to access belongings in storage areas that may be cramped, chaotic, inconvenient, or unprotected can add further worry, difficulty, and delay in the life of the student. Having to give up or have taken from you familiar, sometimes even cherished belongings can be heart-breaking.
- May not have anywhere to go at the end of the day, nowhere to call “home.” To lose your home-life, your stable living environment of people, property, and surroundings, can be traumatic, the upheaval and loss devastating. The experience, in and of itself, wrenches at the foundation of one's sense of self and world. This, as well as any of the above factors, puts students in greater risk of depression and anxiety, on top of everything else.

What We Can Do

Students who are struggling financially are at risk in terms of physical health, psychological well-being, and academic retention, success, time-to-degree, and graduation.

There are, however, things that we can do, great and small, to help out.

Make it Easier on Them: Guard Against Costs

Some of our students are choosing between purchasing course materials or food, paying for textbooks or paying rent.

Instructors can help to lower some of course expenses by doing the following:

- Making textbook decisions with expense in mind (per campus policy for accessibility and affordability of instructional materials). Putting course textbooks on Reserve and/or offering an extra desk copy to loan a student in need is also helpful.
- Allowing online submission of papers, when possible, to lower printing costs.
- Keeping required supplies or other class expenses to an absolute minimum.
- Not tying assignments or extra credit opportunities to events with an admission price or even to off-campus events that are free but, nonetheless, may require money for travel or parking (or offering other low/no cost options for students to do the work).

Keep in Mind: Students Struggling Financially May Also Be Struggling Academically

Worrying about finances, working more hours to make ends meet, or living without regular and sufficient meals or housing will likely impair a student's ability to focus in class, maintain energy for homework and study, and, ultimately, perform optimally on assignments and exams. Lack of funds may also mean that the student does not have supplies for school, glasses for reading or seeing the board, and other necessary materials for learning, further hindering course performance.

It should also be noted that many low-income students are less likely to be academically prepared coming into college. The basic skills deficit may be considerable due to any number of factors, including socioeconomic and cultural disparities, and this may compound academic difficulties.

Now factor in the fact that the majority of our students receive financial aid, which is typically tied to full-time enrollment and satisfactory academic progress (standards for GPA, progress toward degree, and successful class completion rate). For some students, then, earning a grade lower than passing may mean much more than not meeting course requirements. It may mean they lose their financial aid and the opportunity to continue their higher education.

This gives even greater weight to the value of our assistance to students struggling in their coursework. In addition to all of the support that you can offer, you may refer students to the great places to go on campus for academic help. You will find a list of some of the key academic resources at Sac State at the end of this document.

Understand: Students Struggling Financially May Also Be Struggling Emotionally

Students with food insecurity may feel a divide as they sit with their peers snacking in class or walk past students enjoying the many eateries on campus. Not having money for food may limit their acceptance of invitations to go out with friends for a meal. Other types of social outings may also be rejected, due to financial costs. Low energy or the need to conserve energy when you lack sufficient nourishment may further discourage socializing, as would feelings of stress or stigma. All of this may mean they feel a real sense of isolation on campus, which cuts into the very fundamental human need for connection with others.

Students who are homeless will typically feel the tremendous loss of their homes, familiar surroundings, belongings, any pets loved that they may have had to give up, and their way of life and sense of security. Grief can cause many to isolate themselves from the daily bustling world that moves on, impervious to their pain and hardship. They will also likely see less or not at all their family or friends off campus due to lack of money for gas or public transportation (especially if they are from out of town). On campus, they may feel a gulf between themselves and their peers due to starkly different life-worlds. They are likely to interact less with their classmates or social circle on campus, given everything they're going through or the inability to pay for the same activities or events that their peers enjoy or invite them to join. Displaced students may also not want to talk to family, friends, their peers, or even you (faculty and staff) because they don't want questions to arise or to have to admit being homeless to anyone—including, perhaps, themselves. For some, the thought may be unbearable, just saying the word out loud too painful.

Students struggling financially may wrestle with deep depression or anxiety, too, and this may cause further withdrawal and isolation.

Just when these students need social support the most, they are likely to distance themselves from or even push away others and struggle all alone.

Reaching out to the student who seems disengaged, anxious, or depressed, who may appear exhausted or unkempt, whose attendance or grades start to slip, may be difficult—but could also be the one thing that keeps them here and keeps them going.

Depending on the specific circumstances, letting the student know that you can see they are going through something, telling them that you are there for them, and asking what they need, can show tremendous support. Additionally, let them know that the university offers psychological counseling at The Well, free of charge to all registered students. Show them the Student Health and Counseling Services (SHCS) webpage, if possible, and, in some situations, you may need to walk the student over. You will find further information regarding SHCS toward the end of this document.

Let Them Know We're Here for Them: Make Sure They Know All the Campus Has To Offer

This campus has so much to offer students, especially those most in need, in the areas of: financial and employment assistance, food and sundries, transportation needs, technological services and equipment use, medical care, psychological counseling, legal assistance, academic help, and places for entertainment, socializing, hanging out, working out, and studying.

Below, you will find a list of the many resources, services, and events available to Sacramento State students free of charge—including in tuition costs (with just a few items with costs, as indicated).

For Financial and Employment Assistance

Financial Aid and Scholarships—

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

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

Career Center—

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

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

Handshake Job Search Portal—

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

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

Associated Students, Inc. (ASI) Website—

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

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

CARES (Crisis Assistance and Resource Education Support)—

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

Location: University Union, First Floor 1260

Phone: (916) 278-5138

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

Student Emergency Grant—

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

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

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

Student Emergency Housing —

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

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

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

*For Food & Sundries*ASI Food Pantry—

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

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

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

ASI Pop Up Food Pantry—

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

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

University Union Information Desk—

Offers complimentary basic first aid supplies (bandages, ointment, alcohol swabs, etc.), and basic office supplies (tape, paper clips, highlighters, etc.) for students in need.

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>

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, as well as a webpage stating the many discounts available to OneCard holders on campus and in the community for: apparel/accessories, art supplies and printing services, automotive, entertainment, food, health/fitness/beauty, pets, 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/>

[Website for Discounts](https://www.csus.edu/administration-business-affairs/onecard/_internal/_documents/one-card-discounts-printable-list.pdf) https://www.csus.edu/administration-business-affairs/onecard/_internal/_documents/one-card-discounts-printable-list.pdf

*For Transportation Needs*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>

University Union Information Desk—

Answers questions about the university or community, including directory assistance to locations and organizations both on and off campus, and complimentary services for students in need, such as car jump starter/air compressor.

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>

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/>

ASI Safe Rides Cash Back Program—

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

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

*For Technological Services and Equipment Use*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/>

University Library—

Provides for student use computers (all floors) and scanners (second floor computer lab), and offers laptops, graphing and scientific calculators, financial calculators, VGA cords, HGMI cords, phone chargers, and whiteboards and markers, all for student check-out (User Services Desk, first floor).

Location: South End of Campus Near Quad

Phone: (916) 278-5679

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

Associated Students, Inc. (ASI) Student Shop—

Sends and receives documents via fax for students free of charge (local and long distance) and free notary services for students.

Location: Sequoia Hall 311

Phone: (916) 278-7916

Fax: (916) 278-6278

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

For Events & Entertainment, Hanging Out, Working Out, and Studying

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>

University Union Information Desk—

Provides information and answers to questions about all of the different events and activities on campus each day.

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>

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>

The WELL—

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

Location: South End of Campus Phone: (916) 278-9355

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

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. The library also has a nice entertainment collection of music, films, and more.

Location: South End of Campus Near Quad

Phone: (916) 278-5679

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

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

For Medical Care, Psychological Counseling, and Health & Wellness

Student Health and Counseling Services (SHCS)—

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

Location of SHCS: The WELL

Phone: (916) 278-6461

Location of Primary Care: The WELL, Second Floor

Location of Urgent Care: The WELL, First Floor

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

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

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

Students with medical emergencies should contact 911 immediately.

Wellness Education (through SHCS)—

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

Location: The WELL, First Floor Room 1011

Phone: (916) 278-5422

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

The WELL—

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

Location: South End of Campus

Phone: (916) 278-9355

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

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.

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 Academic Help

The key tutoring and academic support services listed below are free to students. Please note that much more academic help may be found through the many programs and departments at the university.

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

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. 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 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>

[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>

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>

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/>

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/>

Further Assistance with Academics—

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

For Assistance in a Jam

CARES (Crisis Assistance and Resource Education Support)—

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

Location: University Union, First Floor 1260

Phone: (916) 278-5138

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

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

Student Emergency Grant—

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

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

Student Emergency Housing —

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

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

ASI Legal Services—

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

Phone for ASI Office: (916) 278-7916

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

Dreamer Resource Center (DRC) Immigration Clinic Legal Services—

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

Location: Riverfront Center 1022

Phone: (916) 278-7241

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