

*They are halfway through
and now here to complete their college education.*

Listening to Transfer Students

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Listening to Transfer Students...

“I really like the welcoming for transfer students. I personally transferred from community college. During orientation I learned a lot about campus as well everyone was very inviting and welcoming.

I think staff is greater here all teachers are very knowledgeable and are great working with students.”

—21 years old half Indian/white

“The transfer counselors are helpful.”

—a 22 yr old male

“The teachers are supportive, the student services are plenty. I’m just excited to be attending University. It took me 4 years at J.C. and now I know what I want to do am going for it.

I just started here, but from what I can tell, the students who want to do well, do well.

The teachers make themselves available and appear responsive to students needs.

Going to work full time and school doesn’t always go smoothly in regards to time conflicts/scheduling. Maybe it’s just because I transferred in on a late date but it doesn’t seem very work friendly.”

—22 y.o., Transfer student, male, straight, born to refugee parents

“I don’t feel that my perspective is very general. Being a transfer student that commutes means I really only spend class time on campus.

I like my professors, they all seem more helpful than those I had at Junior College.

Taking classes that I am actually interested in has helped me take my studying more seriously and I’m now getting better grades.”

—Japanese American/Male/22/Heterosexual/Transfer Student

“I am happy to be a transfer student. I feel less anxiety and like I have already semi been through the college process. My main complaint is just the commute and crammed classes.”

—a transfer student

“This is my 1st semester as a student at Sac State, so far it has been slightly challenging. I am having a difficult time adjusting to the new life style on campus compared to Sac City College. I didn’t understand how much more difficult the course work is compared to Sac City.

There is soooo much support and resources. If I have a question about a book, computer, directions there is a resource.”

—Mixed race, 26, transfer student

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

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

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

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

—White, 25 yr old Male – Junior Transfer

“It’s a challenge adapting to a new school, new people, new teachers, and new expectations.”

—Hispanic/Female/30/Transfer Student/Parent

“I am a transfer, this is my first semester. I came from another 4 year university. From my experience at the other university—I can say things were a lot easier in terms of availability of classes and receiving help from department advisors. Those are two areas that I think Sac State can improve on.

On a more positive note—I do enjoy my professors and the knowledge they hold and share in my courses.”

—Spanish-female-21-straight-OCD

“It’s a little scary when you first come here. I come from a smaller community college. Instructors are so busy, not as approachable, so it’s harder to ask for assistance so I don’t really approach as much because you feel like they think, ‘you’re a senior—you should know that by now.’

I feel that Sac State is very good at trying to get students involved, it’s just that some of us have jobs or other things that keep us from attending.”

—male, 28, gay, single, transfer student, senior, learning disability-auditory processing disorder.

“As a transfer student it’s interesting to be in classes with a variety of ages and perspectives.”

—Transfer Student

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

I think joining some kind of on campus activity is a good way for transfer students to get more involved on campus. Having a set transfer student counselor for classes would be nice.”

—a transfer student

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

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

—I’m sort of average

“I like the life style CSUS brings to my life, because I feel more welcome here more than the JC I was at.... I like everything here except the squirrels.”

—White 23 yrs old

“As a transfer student people expect us to know the works of college, but community college and state college are very different. While freshman start school together and are given step to step instructions, transfers start college alone.

I also participated in a government program where freshman and transfers are partnered with a ‘mentor’ who was a junior or senior student to show us around campus. We met once a week and they would direct us to the right places if we had questions. This should be accessible for all transfers.”

—Latina woman and transfer from a community college

“I am having a positive experience at CSUS.

As a transfer student I attended the orientation for transfer students and I thought it was very helpful.”

—white, married, mother & is 39 years old

“A little more difficult to get involved because I didn’t start my college education here (no dorm experience or an RA to help get me involved/updated).

Getting involved in a club is very helpful. ☺”

—Caucasian Transfer Female (21 yrs)

“Many of my professors were very helpful during the transition from community college to 4-year university. They were very willing to help with scheduling, advising, and getting me to graduation on the timetable I was looking for.”

—Latina, Female, 27, legally blind, first-generation college student, transfer student

“I very much dislike it here at CSUS.... The transfer process is crap.”

—21, female, white, straight, depression, transfer student from another CSU

“I like being a student at Sac State. I feel welcomed and it is a motivating place to come for school.”

—woman, 21, white, transfer student

“It’s not difficult for me as I have many friends here at Sacramento State. At my age I think it’s much easier here compared to ARC because there are more students my age.

This is my first semester, everyone is nice, faculty...is very nice and helpful. I come here strictly for classes as I am a commuter and it’s been a nice transition from ARC.”

—a female, hispanic, 21 years old.

“This is my first semester here as a transfer student and I like it here a lot.”

—white, 22

“As a transfer student you’re expected to know what you want to do in college because you’ve been in school longer.”

—24 yr old, Hispanic, female, transfer student.

“Its an easy adjustment this school community is very welcoming. I’ve made great friends here. I really enjoy the campus size & the advisers I have worked with have been so helpful.”

—24 yr old female transfer from cc

“I’ve transferred and that was challenging at first, but it’s gotten better.”

—White female

“I transferred ... in the fall. I really like this campus because people are more focused in school. The professors are helpful, well most, and assignments aren’t too difficult.

I like how I can walk in and see an advisor whenever I need to speak to someone about my classes. I like that teachers have office hours that work well with my schedule. Campus staff are nice & very helpful.”

—Hispanic & 1st gen. college student.

“I have found the counseling staff to be very effective and helpful, especially when compared to other schools I have attended.

Teachers and support staff are usually exemplary.”

—a white male, age 28

“Interesting adjusting from community college to a 4-yr program. Still figuring out what is working for me as this is my first semester officially at Sac State.”

—korean transfer student

“This college feels so welcoming and friendly compared to the community college I attended. People seem nicer here and it makes being in classes and life on campus very positive.”

—a white female at age 20

“I like how it feels like a real college campus even though its so close to home. For example, I took classes at CRC and it felt more like high school there.”

—a female Chinese American that is 23 years old.

“I feel like being a 22 year old Mexican American Female who is a transfer student is welcomed + accepted here at Sac State. I see a lot of diversity here & so far I’ve been very welcomed w/ open arms here.

Many students in my classes are very friendly + open to meeting new people which I enjoy. It has made the transition to Sac State much easier. Most of my professors have also been welcoming + friendly as well.

I really like how organized and easy it is to meet w/professors + to plan out your academic goal. All information has been readily available which helps me succeed as opposed to the community colleges I was at prior.”

—22 years old/Mexican American

“I have only been at Sac State for a semester because I am a transfer student but from my perspective I haven’t experienced a lot. Sac State is a place that it’s hard for transfers to make friends. Everyone seems to already have a ‘clique’ or ‘crowd.’”

—white, female, 22 years old.

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

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

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

“Its very different from a JC. It is much harder & some teachers expect you to know everything. I’m trying to learn this school a little more.

I like how everyone commutes because we are all the same/have the same struggles.”

—New to Sac State.

“I was kindly advised by my transfer advisor which has helped me a lot.”

—hispanic, female, 21 years

“It is hard because of transferring because I do not know the campus well or all of the things offered at Sac State. Also all teachers expect us to know things about Sac CT but as a transfer I’m learning.

I like the library and the printing places. I like that the teachers I have taken take the time to help and advice.

I have not liked teachers giving busy work and giving exams because that does not test my knowledge.”

—American/Russian, female, 20, Straight, Transfer Student

“(I like that) I’ve been able to get classes since I came in as a transfer.”

—24 y/o white male

“I say transfer student because I’m proud to be from somewhere else and different.”

—Latin-American, Female, 22, Transfer Student

“It is most difficult being a transfer student because of the disconnect between the colleges on a requirement level, as in which classes fulfill which graduation requirements. I feel that if the system was more standardized (all California colleges have the same graduating requirements or something similar) I wouldn’t have been in school as long. Due to this disconnect, I had to go for an extra year.”

—white, female, transfer student from a junior college, COMS major

“I feel like I fit in with people here. Many people transfer here and are on the older side for a college person.

I joined a sorority that really allowed me to meet people. I love the campus. And most of the teachers are very helpful.”

—white; 23; female; transfer student

“It is hard for transfer students to adjust from a city college to a state college without knowing/seeing the expected work load.”

—transfer student/21/female

“Was not able to transfer all of my classes from ARC. Need more ways to get credit for work experience. Some kind of class credit for work experience for elective purposes or something like that.”

—58 yrs, African American, Female, Retired, Christian, transfer from ARC

“I do not like the process for transfer students who need to graduate.”

—African/American 24 years old

“The biggest challenge is taking classes that are still general. As a transfer student, I feel as though I’ve taken enough G.E. & would like to be able to focus on my major.

It has been far less challenging to get information about programs & assistance available to me. I’m glad to have transferred & that my college has certain people that communicate w/ us. However, when I declared a major I had no idea where I was supposed to find an actual counselor.”

—woman, 24

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

—Junior Transfer, 24, Hispanic Girl

“I didn’t know what the requirements were to go straight to a 4-year university when I transfer here from a JC, a lot of people weren’t seem to be helpful with my questions. They also can be rude to students and treat us as interruptions to whatever they were doing.

People...made me feel very intimidated and foolish. The office which approves our majors has the friendliest and most helpful staff.”

—the first generation immigrant

“It’s fine. I transferred here in the middle of my Junior year and found it very similar to my community college, only CSUS is better in many ways.

My first semester was kind of boring because I was used to community college & wasn’t aware of campus life.”

—an under-achieving 1st Gen. Asian

“It has been an eye-opener experience. I come from a small town up north and would not change this experience.”

—Female, Latina, transfer from a Comm. College

“Transferring after community college & getting a job helped me direct my efforts in school more purposefully.”

—white, female, 25, heterosexual, transfer student, first generation college student

“As a transfer student, I feel like there are certain things that are harder. Transfer students know less about the school and have less school pride.”

—female, transfer student, dyslexia

“From the view of a transfer student, it is a beautiful campus. Enjoy how many places there is to study or use a computer.”

—Hispanic, male, transfer student that works full time

“Being a transfer student here has been nice the staff have been supporting. Sometimes it can be frustrating because you have to get to know people and there is relationships that have been formed since freshmen year.”

—Transfer student

“I’m transfer student @ the age of 29 yrs old. I feel out of my element & hard to relate to younger students.

Orientation was helpful.”

—a transfer

“I transferred middle of the year, so this spring was my 1st semester. It was difficult to jump in the middle of the year because I didn’t know much about this school like other students here.”

—a transfer student

“It is interesting to be starting another school and seeing the differences here at CSUS campus compared to the other schools I have attended. School is the same, classes are standard. Its about the school environment & how easy a school makes it to navigate.

As a transfer student they seem to want to help you graduate as soon as possible but then make their requirements, systems, and hoops to jump through more complicated. Also no one seems to have an answer to questions.”

—24 year old, female transfer student

“I just transferred to CSUS this spring semester, and so far, my experience has been great.

I am involved in a couple of campus ministry groups, and I really enjoy being part of groups that share my interests and beliefs.”

—a 22 year old black female

“It’s not great. I have been given wrong information, told I needed to take unnecessary classes, and not being informed of things I need to do. This school seems to care about its money & number of students and not the students themselves.... I am going to have to take an extra 2 semesters of classes in order to graduate.

It is the only school close enough to where my boyfriend is stationed.

(I don’t like) The transfer system, how to know what classes to register for, there is no help for students that is consistent, parking, the prices of parking passes and textbooks, the way most do not care about individual students. This has been a horrible change from my old university and I’m disappointed.”

—away from home and working hard

“I feel comfortable and welcomed. I feel I am treated fairly and courteously. It is my first semester here as a transfer student.”

—Female, heterosexual, 25, white/Japanese, transfer student

“The first semester here @ Sac State can be exciting and adventurous. It is a time to explore the campus, make new friends, and find groups that interest you most to join.

I’ve experienced a variety of friendly and passionate students who strive to achieve quality work and take pride in their future career goals.”

—a first semester transfer

“There is a lot of adjusting as a transfer student”

—full time Hmong student @ 23

“Even though I have only been here two semesters (transfer student), I feel welcomed & overwhelmed at the same time. Managing school, work, & a social life has become difficult & I feel it taking a toll on me.”

—a 23 year old Hispanic female

“Since transferring here, I haven’t had any trouble getting the classes I’ve needed and for the most part I’ve had amazing and inspiring professors here @ Sac State.

I have made a lot of close friends here @ Sac State. We’ve bonded through group projects & many study sessions for midterms & final exams.”

—A 24 year old Female Latina

“It is somewhat hard for me to balance work + school. It is also difficult for me because this is my first semester at Sac State and trying to transfer all of my credits from the previous 4 year college has been a hassle”

—white, 23 years old

“I am a transfer so as far as school experiences I don’t have much besides the classroom. I do though really like all my professors.... I like the overall feel of the campus. And the relationships I’ve made thus far.

As a transfer and almost graduating senior getting classes is still very hard.”

—white, 20 yr old Female

“A lot more young people than community college.”

—Male, 21 yo, 2 races

“I’m a transfer student from the bay area and CSUS is a refreshing change of pace. Being a transfer student is a little difficult but it was definitely worth it.

Being that I’m a transfer student I feel like I got a different experience than a college freshman would get.”

—23 yr, old Caucasian Male, transfer student

“I haven’t really joined a group or made friends. This is probably because not many people live near campus because it’s more of a commuter school. It makes it more difficult.”

—white, male. 23, straight, married, 1st year transfer.

“Fairly normal and common. A little bit more challenging being a female, and a transfer student who doesn’t know anyone.

Classes are enjoyable. Professors and counselors are very helpful, knowledgeable. And makes classes enjoyable and fun.

Could offer more night classes and counselors could help students navigate class schedules and requirements a bit more.”

—Female, Mixed Race, 21, Transfer student

“I feel like I am part of the norm because I am involved on campus, and am accepted by many different groups. I am involved in greek life and work at the WELL.”

—23 year old transfer student/working

“I like the amount of resources that are available, there are no shortages of places to study or computers to use. I also think that one card has worked wonders for me, makes things on campus so simple.”

—White, 23, transfer student, male

“I have liked the majority of my professors here. I don’t like that certain transfer students usually waste their first semester because the priority is so low.”

—White, female, age 26, straight, married

“It is really normal it is a lot like the Junior College I went to just more people here.

What has worked for me is I bring all my stuff for the day in my car and stay here all day.”

—white 20 year old male

“I’m a full time student, but I also work close to full time, so I’m not spending a lot of time at school other than my classes. I often don’t feel any sort of unity or school spirit within the school, it feels a lot like a community college in terms of events.... Since transferring, I haven’t really met anyone at school.

I don’t feel like anyone on campus really cares to meet anyone else here, but I feel like the professors in my major...are amazing.... Inspiring and intelligent and make me want to learn more/feel like I can pursue anything in the...field.”

—White, female, 21, bisexual, depression, transfer student

“For myself, I am a transfer student with 91+ units, and so sometimes its hard to focus because I feel like I have been in school so long.

As far as advising goes, it seems like all the advisers are on the same page, as where at my jr. college, each adviser said something different.

I think if you have enough credits, then you shouldn’t have to do orientation.”

—24, caucasian, female, mother, transfer

“Cultural difference from a city level to state level in regards to size.

Only been here one semester, I haven’t taken advantage of any resources.

In my perspective, I’d like a better bridge between community college and state college.”

—a transfer from SCC

“Being a returning transfer is much easier after time than being new. It was hard at first when I was new but its still hard now. Overall school is hard.

Making friends is hard. A lot of the staff aren’t friendly/hard to work with.... Switching my major made it easier to cope with being a transfer student.

(I like) teachers that care and are passionate”

—white, female, 24, lesbian, ADD, depression, anxiety, OCD, returning transfer

“It is all very new to me. Not only are the professors and classes new but the school in general and northern California in general. Everyday I am slowly getting in the swing of things and adding something new to my routine.

I like the environment. There’s always events going on and the campus is beautiful.”

—Persian, female. AD/HD, ADD, transfer

“My experience at Sacramento State as a transfer student has been fabulous.”

—Mexican-American, 24 yrs old, Christian.

“I’m a transfer student & it seemed to be difficult to make friends here at first but (my) classes have a lot of friendly people & makes it easier to connect to people.

(I like) The trees!”

—a 22 yr. old white female

“School and classes are very straightforward and not extremely challenging.... So far, people have been very friendly and supportive in ways here.

There seems to be more anonymity as a student here more so than my previous college. I do not feel a connection with my teachers, You come to class, you go home. It doesn't seem to matter what else is going on.”

—white, female, 21 yrs old, straight, transfer student

“I feel comfortable here....

I like the diversity of eating facilities. The various academic resources. My Sac State, very easy to use and convenient”

—New Transfer Student + Female/Mexican-American

“It is positive and inviting. I feel that the campus offers a wide variety of opportunities to engage with others.

I enjoy the campus and the people. Although Sac State is a commuter school, I believe it does a good job of giving students opportunities to do things on campus.”

—white, 23 years old, Transfer Student, Involved in Athletics

“It is different because you feel like everyone has already been here for awhile and you need to catch up. I had to get myself accustomed to the student website and it took me awhile.

I like all the resources available to us. Sometimes it is crowded and there is nowhere to sit and study”

—A Transfer Student

“Being a transfer student, I really appreciate having advisors to visit at any time. Compared to my community college, seeing an advisor is way easier.”

—25 year old, white, male, transfer student

“I wish I would have been more involved with campus activities because it was harder being a transfer student.

I wish I would have graduated in the 4 year span.”

—23, White, Female

“I enjoyed all my advisors, 99% of my teachers. All were very helpful, prepared, and understanding. I loved the university staff. The advising was GREAT, a huge step up from the advising I received at community college where no one seemed to care. I was my own advisor (literally) I also noticed that most if not all professors were very sympathetic towards students and personal problems. Not just with me, but with other classmates as well.”

—latino/a

“The professors I have had thus far (5) have met and surpassed expectations. They seem willing to help, meet outside of class, and are very patient.”

—Filipino, Spanish, White, 24, female, transfer SCC, hetero.

“I’ve attended Sac State since last year and I couldn’t be more happy. I transferred from...Sac City and ARC. Coming to Sac State and living on campus has been amazing. I wouldn’t change anything. The teachers are helpful, supportive, and always there for you.”

—24, India, female, journalism Major

“It is a lot different than a first time freshman. I feel you get a completely different experience especially living off campus. I honestly do not have complaints especially coming from a junior college.

I love that we are required to take upper division courses outside of our major! I have learned so much and find things I would have never thought interesting!”

—Transfer Student

“Being a transfer student here at Sac State is one of the most amazing experiences I have ever had. Sac State has given me everything I need to be successful here and in the future.

Transfer orientation provided me with what I needed to move forward here. They gave me the tools to get out of here in a good time as well as confidence to make the most of my time here.

The professors are incredibly helpful and encouraging in every way. They made me feel like I was a part of the (department) family.”

—White, 22, Senior, Transfer, Female

Transfer Students

If this year's transfer students are anything like those in previous years, then we might expect much like what was reported in years past.

The last *Sacramento State University Fact Book* shows the following with regard to transfer students at this institution:

Undergraduate Transfers (entering in Fall 2016)

Applied: 12,585

Admitted: 10,704

Enrolled: 3,874 (13.9% of the 27,876 total undergraduate students)

Who They Are

They are of various ethnicities:

White/Caucasian (35.2%), Latino (26.8%), Asian (15.9%), Multiracial (6.1%), African American (4.4%), Foreign (3.1%), Pacific Islander (0.6%), American Indian (0.4%), and Other/Unreported (7.6%).

More are female (56.6%) than male (43.4%).

Some will live on campus (3.2%), but most will commute (96.8%).

They come from all over:

Locally (54.8% from the Sacramento region), state-wide (43.8% coming from the Bay Area, Foothills, or other California regions), nationally (0.6% from other states), and internationally (0.9% from foreign countries).

Their prior college experience likely was from the surrounding community:

Colleges sending the greatest number of students who enrolled at Sacramento State Fall 2015 were:

American River College (15%), Sierra College (13%), Sacramento City College (11%), Cosumnes River College (9%), San Joaquin Delta College (6%), Folsom Lake College (4%), and Solano Community College (4%), according to the Office of Institutional Research (OIR) ("Top Feeder Schools, Undergraduate Transfer").

Their educational attainment thus far: Transfer GPA (3.07) and Transfer Units (78).

Their Entry, Academic Progress, and Degree Achievement While Here

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

Application and Transfer:

More than 44,000 students applied to Sacramento State University.

22% of transfer students came with an Associate's Degree for Transfer last fall, a huge increase from the 8% in 2014.

Graduation

The university goal was to raise the transfer graduation rates by 12%, but the results were mixed: The two-year graduation rate for transfer students increased by 87%, but the four-year graduation rate for transfer students only increased 8%.

What We Don't Want to See Happen

An OIR study done of a 4-year tracking period of transfer students at Sacramento State found that close to a third (32%) dropped out after four years. The most at-risk of attrition in this peak time were transfer students who were on academic probation at their first and/or second semester (a GPA lower than 2.0) and had a part-time course load (at least in the first semester). Over half of the transfer students tracked in this study dropped out at the senior class level of course completion (54%).

The peak time for dropping out was either at the end of the first semester or the end of the second semester (22% and 25%, respectively). In light of the attrition factors, the study noted the need to help students to maintain a GPA at 2.0 or above and advise students to take a full-time course load a semester ("Peak Time and Class Level for Withdrawals: A Study on First-Time Freshmen and Transfers, 2011-2012"). While this study was done in 2011, before Graduation Initiatives, and the retention, attrition, and graduation rates have recently improved, this finding regarding peak withdrawal times still may be used, according to the OIR.

Sac State has since advocated that students take a load of 15 units per semester, in order to be "Through in Two" years. When transfer students take 15 units, then they will save in college tuition fees, accrue less debt and pay less interest on loans, start their careers earlier in order to begin a higher earnings, and are seven times more likely to graduate than those taking less than 12 units a semester, according to university estimates.

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 come from different places and at different points in their educational journey, but now they are here to complete their college education.

They worked hard to be here. For many, their transfer marks the half-way point to degree attainment. They likely feel excited to finally get here and embark on their major division college coursework. Some may also feel a little uncertain or alone in university life.

As faculty and staff, there is much we can do to ease their transition to our campus and set them up for success in graduation.

Help Them to Feel Comfortable

Any new student may feel lost or alone at Sacramento State at first, but incoming transfer students may find it especially difficult. Some students may acutely feel the differences between the smaller community college campuses from which they came and the much larger university. They may also find it hard to break into the established social circles of students who came here as freshmen.

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. 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 to make connections and feel more at home here.

Get Them Integrated Into Campus Life

Involvement in college life can also help transfer students new to the campus to feel more comfortable and offers other wonderful benefits, as well. 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.

Make Sure They're On Track

Transfer students come in at various points in their college education. Students can track their progress by going to their:

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

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

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

Students completing GE coursework or who have questions regarding GE requirements should seek assistance at:

Academic Advising Center—

Helps students to clarify and implement educational plans consistent with their skills, interests and values through general education advising, graduation requirements academic advising, and transfer student advising, with the website offering further information regarding advising and 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/>

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

Students who have declared their major should talk with their major advisor at least once a year, but ideally it is recommended to see an advisor once per semester. Students with questions regarding major classes should also seek assistance from their major advisor.

Major Advising—

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

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

Students who haven't yet declared a major may seek assistance at:

Academic Advising and Career Center—

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

Location: Lassen Hall 1013

Phone: (916) 278-6231

Academic Advising:

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

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

<https://www.csus.edu/student-life/academic-advising/general-advising/>

Career Center:

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

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

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

Because most come from community colleges, many transfer students may assume their college education will be much the same. However, processes at the four-year university level may be quite different.

Below are some common points of confusion for transfer students:

1. Transfer students coming in may assume they have completed their GE requirements, and not realize that all students must take 9 units of GE at Sac State, which should be upper division and include a Race & Ethnicity in American Society course and a Writing Intensive course. This may cause delay in graduation or discouragement and/or lack of finances that impact the decision not to continue on. Students with questions may refer to the Academic Advising Center for assistance.
[Academic Advising Website](https://www.csus.edu/student-life/academic-advising/) [Transfer Student Advising Website](https://www.csus.edu/student-life/academic-advising/transfer-students/)
2. Transfer students from community colleges will be familiar with general education advising, but may not even know about Major Advising, as discussed previously. This may result in enrollment in unnecessary classes, potentially causing lost time, money, and confusion. Students with questions in this regard would also find the websites listed above helpful.
3. Transfer students from community colleges will likely be accustomed to being able to drop classes themselves well into the semester, and not understand that dropping a class for any reason at Sacramento State must occur by the end of week two, and thereafter becomes much harder with requirements that include justification in writing and the appropriate signatures from instructors, department chairs, and deans (in the case of later withdrawal). This means they may stop coming to class, thinking they will drop it at some point, and then be met later with the inability to do so, thus likely failing the course unnecessarily.
4. Students who transferred from community college may not realize there will likely be less room for error in their classes here than from where they came. At the university level, there is less chance to make-up exams, less leniency for late-submitted assignments, less “re-do” chances for poorly done assignments, less opportunity for extra credit to raise or save a course grade. Students operating under misconceptions in this regard may, as many students can do from time to time, exercise poor time management or study habits, thinking there will be wiggle room at the end—and then be shocked at a grade that is no longer salvageable.
5. Transfer students from some community colleges may not be used to a Finals Week; where they come from the last week of instruction (the sixteenth week) was still considered a week of instruction, with the final exam simply taking place at one of the regularly scheduled course times. Consequently, they may show up for their finals here on the usual class day and time, wondering where everyone is (if the wrong day or time), not realizing the possibility of a different time. This may cause them to miss, and thus fail that exam, lowering their grade in the course.

Help Them to Learn the Campus

As faculty or staff, we may assume all of our upper division students know how to use Sac CT, whom to ask for academic help, where to go for questions regarding registration or graduation, how to add or drop classes, and so on, when the case may well be that the transfer student does not.

Below and in the pages to follow, you will find a list of the many great services Sacramento State offers to help students to progress smoothly and enjoyably in their education here.

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/>

Sacramento State Police Department—

Protects the Sacramento State community; crime and suspicious incidents should be reported here. 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), short-term individual therapy (more than one session with the same mental health clinician), or join group therapy.

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/

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/

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/

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/>

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>

Campus Printing/Copying (PrintSmart) Website <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>

Software & Tools Website <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>

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

Phone: (916) 278-5679

Library Website <https://library.csus.edu/>

*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—

Helps students enrolled in difficult general education courses to become more successful in their coursework by taking an accompanying SI course that will help the student to better learn the material, complete assignments, and study for exams.

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>