SACRAMENTO STATE

SACRAMENTO STATE | NEW STUDENT ORIENTATION

FAMILY HANDBOOK

2023-2024

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This Family Handbook is produced by Sacramento State New Student Orientation. Edited by Juan Cesar Revuelta Salgado, Bridie Gillespie-Carinci, and the Orientation Staff.

Welcome to Sacramento State's Parents & Families Program!

We are here to help you get connected to Sacramento State. We care about Hornet Families' college experience, and that goes for parents, families, friends, spouses, partners, grandparents, siblings, and student-parents and their children.

Our Mission Is You.
The mission of our program is to create and strengthen relationships between college students, their families, and the University. We are here to assist you and your students with navigating campus, finding resources, building community, and making memories. We offer customer service to answer all questions, big and small. Please call to let us know how we can assist you at (916) 278-4353 or email us at parentsfamilies@csus.edu.

We Keep You Informed.
We have the information you need to support your student. We keep you informed with monthly newsletters about campus updates, important deadlines, and information relevant to the people who care about and support students. We have newsletters for parents of enrolled students and for college students-with-children. Sign up at www.csus.edu/parents.

We also host Town Hall Zooms every month during the academic year. We send the link out in our newsletter. We record these meetings so you can watch them at your convenience and post them on our website.

If you're on social media, you can connect with our program and other parents on Facebook @sacstate.parents, or connect with student-parents on Instagram @csus.families.

We Keep You Involved.
The Parents & Families Program has family-focused events to build community and welcome families on campus.

We host a Family Lounge on Move-In Weekend in North Village. We hope to host Family Weekend in mid-October. Please check csus.edu/parents and stay in touch for specific dates.

See our Parent Guide for more family involvement opportunities like athletics and arts events.

We also host events for students-with-children throughout the school year. Most events for student-parents are focused on resources and support, such as support groups and twice monthly evening Zoom check ins. We also host a graduation celebration to acknowledge student-parents who make it to the finish line.

We also serve pregnant students by helping with academic planning and continuity, considering the timelines around their delivery, and communicating with faculty. Learn more under the "Pregnant Students" tab on our website, csus.edu/parents.

We Listen.
As we enter our eleventh year of serving Hornet Families, we have realized that sometimes people need someone to talk to during hardships in order to make the best decision. The Parents & Families Program is happy to serve this role for parents, student-parents, and spouses of current students. Our staff and Family Ambassadors are available when you need a different point of view, advice, encouragement, or just need to vent. We care about you and your students! Please reach out and let us know how we can help.

Family Ambassador Program
Our exemplary parent volunteers are known as Family Ambassadors, and are parents of current students who want to connect with the campus and help other parents and family members do the same. They also serve as a voice for students' loved ones, a sounding board for University leadership, and talk with other parents and family members in the Sac State family.

Join Us!
Are you interested in being a Family Ambassador? Or do you want to help but have limited time? We have a variety of volunteer opportunities and events throughout the semester. Email haley.myers@csus.edu or parentsfamilies@csus.edu to discuss what works for you.

Sincerely,

Haley Myers Dillon, Ed. D
Director, Parents & Families Program and the Women's Resource Center
Student Affairs, Sacramento State
University Union, Room 2250
(916) 278-4353 | haley.myers@csus.edu

Academic Calendar 2023-2024

Important Dates to Remember

Fall 2023

August 28 (Mon) ..... First Day of Classes
September 4 (Mon) ..... Labor Day (No Classes)
October 1 (Sun) ..... FAFSA & DREAM Act Application Filing Begins
October 9 (Mon) ..... Indigenous Peoples Day (Classes in Session)
November 10 (Fri) ..... Veterans Day (No Classes)
November 23 – 24 (Thur – Fri) ..... Thanksgiving Break (No Classes)
December 8 (Fri) ..... Last Day of Classes
December 11 – 15 (Mon – Fri) ..... Final Examinations
December 25 – January 1 (Mon – Mon) ..... Campus Closed

Winter Intersession 2024

January 2 (Tue) ..... First Day of Winter Intersession Classes
January 19 (Fri) ..... Last Day of Winter Intersession Classes

Spring 2024

January 22 (Mon) ..... First Day of Classes
February 19 (Mon) ..... Presidents' Day (Classes in Session)
March 1 (Fri) ..... FAFSA & DREAM Act Priority Filing Deadline
March 18 – 22 (Mon – Fri) ..... Spring Break (No Classes)
April 1 (Mon) ..... Cesar Chavez Holiday Observed (No Classes)
May 1 (Wed) ..... Financial Aid Document Deadline
May 10 (Fri) ..... Last Day of Classes
May 13 – 17 (Mon – Fri) ..... Final Examinations
May 17 – 19 (Fri – Sun) ..... Commencement

Summer 2024

May 28 (Tue) ..... First Day of Classes (Session 1)
July 4 (Thur) ..... Independence Day Observed (Campus Closed)
July 8 (Mon) ..... First Day of Classes (Session 2)

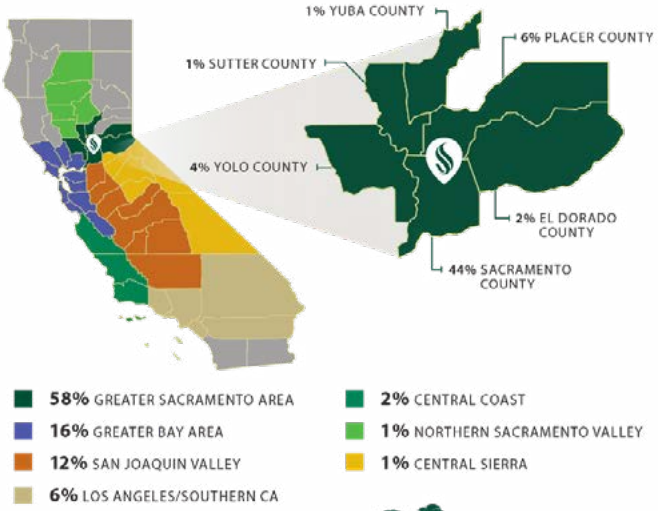
QUICK FACT

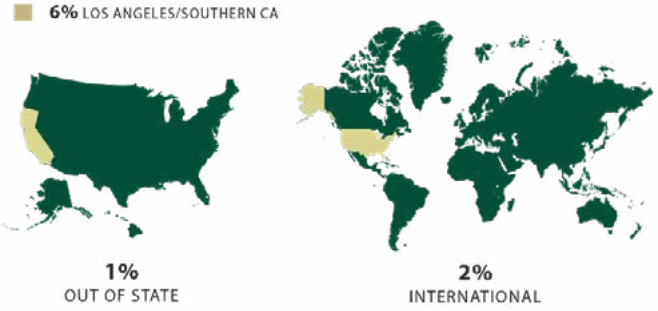
Sacramento State operates on a semester system. *The calendar is divided into two 16-week semesters. There is a six-week break between semesters and a 12-week break in summer. Many students take advantage of the breaks between semesters to enroll in winter or summer courses.*

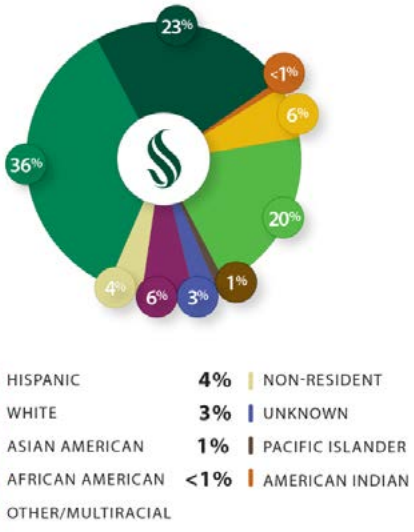
The Campus

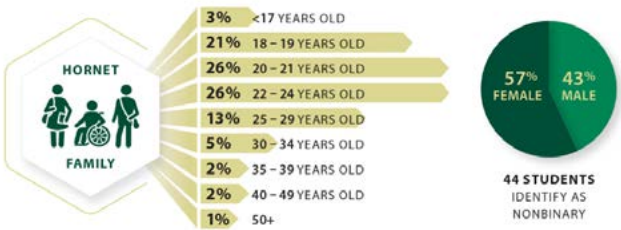
Founded as Sacramento State College in 1947 with 235 students and five full-time faculty members, Sacramento State has been serving the region for 75 years. Now over 30,000 students strong, It is the sixth largest of the 23 campuses in the California State University (CSU) system. It is an accessible and inclusive place of learning and achievement, a hub of diverse thought and intellectual challenge, and is intertwined with the community it serves. From the research that results in impactful legislation to entrepreneurial ideas that blossom into robust businesses, Sacramento State continues to provide immersive learning experiences that benefit students, the region, and beyond. The beautiful campus is sheltered by more than 3,000 trees and dotted with flower gardens. Next to campus are more than 25 miles of trails along the American River that run from Old Sacramento to the recreation facilities at Folsom Lake. Sacramento State is the 4th most diverse campus in the Western U.S. (*U.S News & World Report*). Rich with a diversity of people and cultures, the Sacramento region is home to the hardworking, innovative, and passionate. Sacramento State is no different. It is a place where faculty, staff, and students from all backgrounds come together to teach, learn, work, and make an impact on the world.

Student Demographics*









*Student Demographics is based on Fall 2022 Student Enrollment Data. For more details visit csus.edu/president/institutional-research-effectiveness-planning/

Distribution of Units *(varies by major)*

Total Units to Graduate: 120 units

Baccalaureate Degree

All baccalaureate degrees at Sacramento State requires completion of the requirements listed below. Degree requirements fall into three categories: General Education requirements; major/minor requirements; and other Graduation requirements, which are subject to catalog rights policy. These requirements are derived from Title 5 of the California Code of Regulations, action of the California State University system, and University policy.

General Education (GE)

48 units of General Education courses are required. At least nine units of General Education must be upper division.

NOTE: Students are eligible to enroll in upper division General Education when they have completed at least 45 units.

Major

Major units required vary on the major and concentration. Students must declare their major by the time they complete 60 units.

Electives (optional)

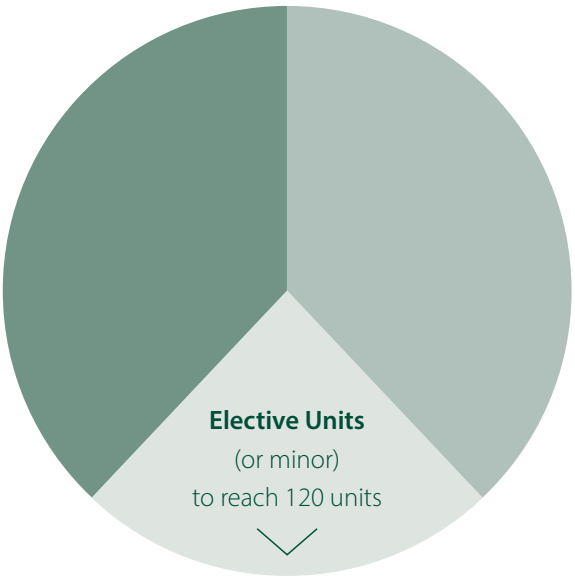
Additional courses (units) needed to meet the total units to graduate. This may include a second major, minor, or courses of interest.

Minor (optional)

A pattern of courses similar to the major, but less comprehensive. Most minors require 18-24 units.

Class Standing by Units

First Year	0–29	Juniors	60–89
Sophomores	30–59	Seniors	90+



GE Units + Major Units + Additional Electives = *120 minimum units required for degree*

Unit Requirements

Transferable College Units

Students can transfer a maximum of 70 units from a community college. There is no limit on transferable units from four-year institutions.

Course Numbering

Lower Division Units

Sac State courses numbered 1-99.

Upper Division Units

A minimum of 39 upper division units is required to graduate. Sacramento State upper division courses are numbered 100-199.

NOTE ON IMPACTED MAJORS

Majors become impacted when the number of students interested in a major exceeds the number of spaces available. Business Administration, Criminal Justice, Graphic Design, Nursing, and Psychology are impacted majors. Students not admitted into the major are considered "Expressed Interest". Students must complete all specified pre-requisites, GPA requirements and submit an impaction application to the major department. For details, speak with an advisor.

General Education & Graduation Requirements Effective Fall 2021*

Sac State students are required to complete 48 units of General Education courses from six Areas. Students complete these requirements by taking courses at Sac State, transferring credit from other colleges/universities, or by successfully completing Advanced Placement (AP) or International Baccalaureate (IB) exams. Listed below are the GE Areas and examples of courses offered.

Area A: Basic Subjects (9 Units)

- **A1: Oral Communication** (Introduction to Public Speaking)
- **A2: Written Communication** (Accelerated Academic Literacies, Academic Literacies I and II)
- **A3: Critical Thinking** (Argumentation, Critical Thinking)

Area B: The Physical Universe and Its Life Forms (12 Units)

- **B1: Physical Science** (Introduction to Astronomy, General Chemistry, Earth Science, Physical Geography, Physics)
- **B2: Life Forms** (Physical Anthropology, General Biology, Environmental Science)
- **B3: Lab** (one lab course from either Area B1 or Area B2)
- **B4: Quantitative Reasoning** (Statistics, Calculus, Logic)
- **B5: Further Studies** (Oceanography, Brain/Gender-Related Differences, Ancient Science)

Area C: The Arts and Humanities (12 Units)

- **C1: Arts** (Introduction to Theatre, Music Appreciation, and Traditional Asian Art, Dance Cultures of America, History of Rock Music, Multicultural Puppetry, Women in Art, Masterpieces of Cinema, 20th Century American Drama)
- **C2: Humanities** (French Civilization, Archaeology of Mexico, Ancient Greece, History of Philosophy, Introduction to British Literature, Ethics, Exploring World Religions, Classical Mythology, Elementary Italian)

Area D: The Individual and Society (9 Units)

Minimum of two disciplines (e.g. ANTH, ECON, ETHN, GOVT, HIST, RPTA, etc.) must be taken in Area D. US History or US Constitution/CA Government can be used, but not both.

- **Area D Courses** (Introduction to Archaeology, Cultural Geography, Principles of Sociology, The Modern Middle East, Genocide and Holocaust Studies, Women of Color, The Fall of Communism, Bioethics)
- **US History** (U.S. History: 1607-1877, History of American Women, Social History of the U.S, American West)
- **US Constitution and CA Government** (Essentials of Government, American Political Thought, American Governments)

Area E: Understanding Personal Development (3 Units)

First Year Seminar, Human Development, Nutrition and Wellness, Human Sexuality

Area F: Ethnic Studies (3 units)

Students complete a 3-unit course in Ethnic Studies as part of their baccalaureate degree. These courses can encompass one or more of the four traditional ethnic studies groups of Native Americans, African Americans, Asian Americans and Latino and Latina Americans.

GE Exceptions for Engineering Majors

- A3 – met by major
- B1, B3, B4 and B5 - met by major**
- Area C – English 20 or equivalent
- Any Area D – 3 upper-division units met by major**
- Exempt from Foreign Language requirement
- Any Area E - met by major

GE Exceptions for Computer Science Majors

- B1, B2, and B4 - met by major
- Any Area D – 3 units met by major (PHIL 103)
- Exempt from Foreign Language requirement

*B2 met by major - Computer Engineering and Construction Management (ENVS 10)
**Construction Management majors consult with your orientation leader regarding Area D.

Graduation Requirements

1. **College Composition II**
   English 20 (or approved transferable course)
2. **Writing Placement for Juniors (WPJ)**
   Portfolio submission of essays for review. Occurs after 60 units are completed. This is the pre-requisite to completing the Writing Intensive course.
3. **Writing Intensive**
   (Minimum 5,000-word writing assignment required)
   Example: The Nature of Culture, Business Ethics & Society, Existentialism, Perspectives on Leisure.
4. **Race & Ethnicity in American Society**
   (Comparing two or more ethnic groups in the US)
   Example: Multicultural America, Ethnic America, Multicultural Perspectives on American Theater, African-Caribbean Dance. Will not be fulfilled by General Education Area F: Ethnic Studies.
5. **Foreign Language**
   (Completion of a second semester course)
   Example: American Sign Language, Chinese, French, German, Italian, Japanese, Korean, Spanish.
6. **American Institutions**
   Requires a US History course as well as a US Constitution and California Government course.
7. **Residence Units**
   Students must complete at least 30 units at Sac State, with a minimum of 24 of these units being upper division. At least nine of these units must be from General Education courses.

*The General Education pattern is determined by a students catalog rights. All First-Year students will have Fall 2023 catalog rights. Students who are transferring from another institution may have a different General Education pattern dependent on catalog rights.

*** Impacted Major**

COLLEGE OF ARTS & LETTERS

Art (48–75 units)
- *Art Education*
- *Art History*
- *Studio Arts Methods*

Communication Studies (39–48 units)
Dance (48 units)
Design Studies (48 units)
English (44–47 units)
Film (39–45 units)
French (36 units)
Graphic Design (78 units)*
History (42–72 units)
- *General Major*
- *History Pre-Credential*

Humanities & Religious Studies (39 units)
- *Humanities*
- *Religious Studies*

Interior Architecture (78 units)
Journalism (40 units)
Music (37–78 units)
- *Instrumental*
- *Jazz*
- *Music Education*
- *Piano (Keyboard)*
- *Theory-Composition*
- *Voice*

Philosophy (40–53 units)
- *Ethics, Politics, and Law*
- *General Major*
- *Logic and Philosophy of Science*

Photography (79 units)
Public Relations (48 units)
Spanish (42 units)
Studio Art (78 units)
Theatre (48 units)

COLLEGE OF BUSINESS

Business Administration (65–71 units)*
- *Accountancy*
- *Business Analytics*
- *Entrepreneurship*
- *Finance – General*
- *Finance – Financial Planning*
- *Finance – Real Estate*
- *Finance – Risk Management*
- *General Management*
- *Human Res/Organizational Behavior*
- *International Business*
- *Management Information Systems*
- *Marketing*

COLLEGE OF EDUCATION

Child and Adolescent Development (48–52 units)
- *Social and Community Contexts*
- *Early Development, Care, and Education*
- *Educational Contexts*

Deaf Studies (41–44 units)

COLLEGE OF ENGINEERING & COMPUTER SCIENCE

Civil Engineering (94 units)
Computer Engineering (97 units)
Computer Science (81 units)
Construction Management (105 units)
Electrical and Electronic Engineering (92 units)
Mechanical Engineering (92 units)

COLLEGE OF HEALTH & HUMAN SERVICES

Communication Sciences and Disorders (52-55 units)
Criminal Justice (60 units)*
Exercise Science (60 units)
- *Clinical Exercise and Rehabilitation Specialist*
- *Health Fitness/Strength Conditioning*

Health Science (53-54 units)
Hospitality and Tourism Management (57-59 units)
Kinesiology (59-60 units)
- *Athletic Administration*
- *Athletic Care*
- *Athletic Coaching Education*
- *Physical Activity and Wellness*
- *Physical Education Teacher Education*

Nursing (61 units)*
Public Health (58 units)
- *Community Health Education*
- *Health Care Administration*
- *Occupational Health and Safety*

Recreation Administration (57-59 units)
- *Nonprofit and Community Engagement*
- *Outdoor Recreation*
- *Public and Agency Recreation*

Recreation Therapy (70-71 units)
Social Work (48 units)

COLLEGE OF NATURAL SCIENCES & MATHEMATICS

Biological Sciences (63–85 units)
- *Biomedical Sciences*
- *Cell & Molecular Biology*
- *Clinical Laboratory*
- *Ecology, Evolution & Conservation*
- *General Biology*
- *Microbiology*

Chemistry (64–85 units)
- *Biochemistry*
- *Chemistry*
- *Forensic Chemistry*

Geography (46 units)
- *Geographic Information Systems & Analysis*
- *Human Geography*
- *Metropolitan Area Planning*
- *Physical Geography*

Geology (51–64 units)
- *Earth Science*
- *Geology*
- *Hydrogeology*

Mathematics (48–52 units)
Physics & Astronomy (65–81 units)
- *Applied Physics*
- *Physics*
- *Physics Teacher Preparation*

COLLEGE OF SOCIAL SCIENCES & INTERDISCIPLINARY STUDIES

Anthropology (52–53 units)
- *Archaeology and Biological*
- *Culture, Language & Society*
- *General Anthropology*

Asian Studies (39 units)
- *Chinese Studies*
- *Japanese Studies*
- *Korean Studies*
- *South and Southeast Asian Studies*

Economics (42–45 units)
Environmental Studies (65–66 units)
Ethnic Studies (36 units)
- *Asian American Studies*
- *Chicana/o Studies*
- *General Major*
- *Native American Studies*
- *Pan African Studies*

Family & Consumer Sciences (49 units)
- *Single Subject Program in Family and Consumer Sciences Education*

Family Studies & Human Development (51 units)
Fashion Merchandising and Management (51 units)
Gerontology (48 units)
International Relations (42 units)
Liberal Studies (100–103 units)
Nutrition & Food (54–80 units)
- *Dietetics*

Political Science (39–51 units)
- *General Major*
- *Political Science & Journalism*

Psychology (46–50 units)*
Social Science (60 units)
Sociology (43 units)
Women's and Gender Studies (36 units)

Advising is a great resource to help students achieve their goals. Students should meet with an academic advisor each semester. Advisors help students stay on the track to graduation by assisting with course selection, answering questions about academic policies and procedures, recommending campus resources, and developing strategies to improve academic performance.

Academic Advising Center

Lassen Hall, 1013 | (916) 278-6231 | advising@csus.edu
csus.edu/student-life/academic-advising/
Advisors in the Academic Advising Center assist undergraduate students in understanding General Education (GE) and graduation requirements. Advising is offered throughout the year. Students can schedule appointments on the department website.

Major Department/Student Success Center – Each major department has faculty and/or advisors to assist students with program expectations and course sequencing. In addition, each College has a Student Success Center dedicated to advising.

Undeclared Advising – The Career Center provides individual career counseling and support, workshops, and online resources to engage students in exploring skills, interests and values, identifying career options and challenges to accomplishing their goals. Students must declare a major before they complete 60 units.

ADDITIONAL ADVISING PROGRAMS

DEGREES Project

Lassen Hall, 2302 | (916) 278-7017 |
The Dedicated to Educating, Graduating, and Retaining Educational Equity Students (DEGREES) Project is a program designed to promote the retention and graduation of all campus underrepresented students. The overarching goal of the program is to connect students with a variety of campus resources to impact their overall success in college.

First-Year Advising

Lassen Hall, 1013 | (916) 278-6231 | csus.edu/fye | fye@csus.edu
All first-year students are required to meet with an advisor during their first two semesters as advising is critical to academic success and persistence. Academic advisors and peer mentors meet with first-year students each semester to discuss course selection, study tips, resources for students, and academic planning.

Honors Program

Academic Information Resource Center (AIRC), 4002 | (916) 278-2804
Honors faculty and staff provide advising to honors students throughout their undergraduate career. Honors students are required to complete a general education pattern specific to the program requirements and expectations.

Mathematics Tutoring Lab (The Math Lab)

Brighton Hall, 118 | (916) 278-6796
The Math Lab is a tutoring center that assists students enrolled in lower division mathematics and statistics courses. Students may use this facility on a drop-in basis at no cost. Tutors provide assistance with course related problems encountered in homework assignments and in preparation for examinations.

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

Lassen Hall, 2006 | (916) 278-6725 | csus.edu/saseep/persist
PERSIST is designed to meet the needs of students who are in their second-year of college at California State University, Sacramento. PERSIST provides campus resource support, college level advising, progress to degree workshops, registration assistance, one-on-one advising, wellness, financial aid, and workforce information.

Peer and Academic Resource Center (PARC)

Library 4026 | (916) 278-6010
PARC is a centralized location of support for student success through peer-led services. PARC provides academic support services including one unit supplemental instruction courses for challenging General Education classes (such as Biology, Chemistry, Economics, History, Criminal Justice, Psychology, Computer Science, and Political Science). In addition, Peer Mentors provide academic review and test preparation sessions, advising and individual and group drop-in tutoring sessions.

Reading and Writing Center (RWC)

Calaveras Hall, 128 | (916) 278-6356
The RWC is a place for all students to get help with reading and writing for any course or project. Trained undergraduate and graduate student tutors emphasize nonjudgmental and encouraging feedback, including helping writers generate ideas, identify a focus for a paper, refine organization, cite sources, clarify language, and improve proofreading and editing strategies. The RWC also provides help for students who are preparing to take the Writing Placement for Juniors (WPJ).

Student-Athlete Resource Center (SARC)

Lassen Hall, 3002 | (916) 278-5431 | csus.edu/sarc
Advisors assist student-athletes with selecting courses and maintaining NCAA compliance and eligibility, and provide additional academic support such as computer labs and tutoring.

Transfer Resource Center

Lassen Hall, 1010 | transferstudents@csus.edu
The Transfer Resource Center is dedicated to providing transfer students with academic advising, and connecting them to essential campus resources.

STUDENT SUCCESS CENTERS

Each College offers Success Centers to help guide students through their academic careers at Sacramento State.

College of Arts & Letters: sage@csus.edu
College of Business: cba-ugrad@csus.edu
College of Education: coe@csus.edu
College of Engineering & Computer Science: ecs-advising@csus.edu
College of Health & Human Services: chhs_success_center@csus.edu
College of Natural Sciences & Mathematics: nsmadvising@csus.edu
College of Social Sciences & Interdisciplinary Studies: ssis_studentsuccess@csus.edu

On Campus Jobs

Career Center
Lassen Hall, 1013 | (916) 278-6231 | csus.edu/careercenter
IG: @sacstatecareer

The Career Center supports the University's mission and "transforms lives by preparing students to lead, serve, and succeed." Through career development, they engage, educate, and empower Sac State students to thrive and successfully contribute to our community, economy and future workforce. They can help students through a variety of programs including:

Handshake
Students can explore full-time and part-time jobs, on-campus jobs, internships, co-ops, and volunteer positions as well as Career Center events, workshops, and information sessions.

FOCUS 2 Career
Students can learn to align their skills, values, and interests to majors and careers.

Labor Market Insights
Engage with real-time labor market analytics to learn about potential careers by viewing employment trends, salary data, required skills, core tasks, and more for any occupation or industry sector.

Sac State Career Network
Get career and industry advice, coaching, and insights from Sac State alumni who have been where your students are.

Big Interview
Students can use Big Interview to learn and practice their interviewing skills for a job or graduate program.

Career Counseling
Career Center staff are available for one-on-one help searching for jobs/internships, resume assistance, translating your students career and academic skills, exploring skills, resume and interview preparation.

IS YOUR STUDENT LOOKING FOR AN ON-CAMPUS JOB?

Many campus departments have student employees. Here are three ways to search for a campus job:

HANDSHAKE
Handshake is a free job-search portal for Sac State students and is a terrific resource for on-campus jobs. Most campus departments advertise student positions (including work study) via Handshake. Access to Handshake can be found through your student portal under "Student Related Links".

UNIVERSITY ENTERPRISES, INC.
University Enterprises, Inc. (UEI) is a Sac State non-profit auxiliary organization that promotes student employment position on campus (The University Union, The WELL, Campus Dining). In addition, they also advertise part-time jobs available through many local state agencies in Sacramento. To access the list of part-time jobs, visit: UEIJobs.com

ASSOCIATED STUDENTS, INC.
Associated Students, Inc. (ASI) is a $7 million nonprofit corporation and serves as the student government at Sac State. ASI operates a variety of programs, many of which hire students. Positions could include working in the Children's Center, Aquatic Center, Peak Adventures or other ASI affiliated programs. For a listing of positions: asi.csus.edu/employment-opportunities

Grade Point Average (GPA)

Term GPA: Based on the grades earned in a specific semester.

Sac State GPA: Based on all college courses taken at Sac State.

Overall GPA: Based on all college level courses taken, including previous colleges/universities attended.

Dean's Honor List: Compiled each semester and requires 12 units of graded coursework and a minimum 3.0 GPA for freshmen and 3.25 GPA for all other undergraduates.

Graduating with Honors: Honors at graduation are awarded based only on Sacramento State coursework grade point average. Cum Laude: 3.50-3.74; Magna Cum Laude: 3.75–3.89; Summa Cum Laude: 3.90-4.00.

Academic Status

Good Standing: Students with Sac State and cumulative grade point averages (GPA) of 2.00 or above are considered in good academic standing.

Academic Probation: Students are placed on Academic Probation of their Sac State GPA or Cumulative GPA is below a 2.0.

Grading Policies

"W" grade: Issued when a student officially drops a class after the fourth week or withdraws from all courses. It does not affect the GPA. Students are permitted up to 18 units of W grades.

"WU" grade: Issued when a student stops attending a class without properly dropping the course. "WU" computes in the GPA as 0 points, like an "F" grade.

"I" grade: May be arranged at the end of the semester if a student has coursework remaining to complete a class. Students must work with instructor to arrange completing remaining work. The "I" grade will convert to an "F" if not completed within one year of the terms of the contract.

Repeating Courses: Students may not repeat courses in which a grade of "C" or higher was previously earned. If a course is repeated, the original grade will not be calculated in the GPA, but both attempts will remain on the transcript. Courses can be repeated no more than two times. A maximum of 16 units can be repeated for grade forgiveness.

The Family Educational Rights and Privacy Act of 1974 (FERPA)

FERPA is a federal law regarding the privacy of student records and the obligations of the institution, primarily in the areas of release of the records and the access provided to these records. Education records include academic, financial, health and student conduct records.

This information is protected under FERPA, and parents may not have access unless the student has provided written authorization that specifically identifies what information may be released to the parent(s).

A student's education records may be released to parents or guardians only if they have been given a written release by the student, in compliance with a subpoena, or by having the parent submit a completed "Certification of Financial Dependency" form along with supporting documentation.

Grade	Grade Points
A	4
A-	3.7
B+	3.3
B	3
B-	2.7
C+	2.3
C	2
C-	1.7
D+	1.3
D	1
D-	0.7
F: Failure	0
WU: Unauthorized Withdrawal	0
W: Withdrawal	N/A
I: Incomplete	N/A
CR: Credit	N/A
NC: No Credit	N/A

College of Continuing Education
Napa Hall | (916) 278-4433
In addition to taking courses during the fall and spring semesters, students can enroll during other academic periods. Sac State's College of Continuing Education oversees the Summer and Winter Sessions.

SUMMER SESSION
Sacramento State offers classes over the summer. Students can choose courses offered during two, 6-week sessions or for one 12-week session. Registration takes place in April.

WINTER INTERSESSION
During the month of January, Sac State offers a 3-week winter intersession. Courses typically start right after the New Year holiday. Registration takes place in November.

Details regarding session dates, registration and fees can be found on the College of Continuing Education website: cce.csus.edu/summer-and-winter-sessions

WAIT LISTS
A class may be wait listed in the hope that students already enrolled in the course choose to drop it and space becomes available. Students are allowed to wait list a maximum of 9 units.

Registration occurs twice for each semester during "general registration" and "late registration."

Below are the 2023–2024 registration periods:

FALL REGISTRATION 2023
8/28 – 9/8 Late Registration and Schedule Adjustment

WINTER INTERSESSION 2024
11/1 Registration for 2024 Winter Intersession

SPRING REGISTRATION 2024
11/13 – 12/22 Registration for Spring 2024 Semester

1/3 – 1/21 Open Registration

1/22 – 2/2 Late Registration and Schedule Adjustment

SUMMER SESSION 2024
4/8 (tentative) Registration for 2024 Summer Session

FINISH IN FOUR/THROUGH IN TWO

There are a variety of ways your student can maximize their time to degree. If your student wants to earn a bachelor's degree within 2 years (transfer students) or 4 years (first year students) they will need to complete the equivalent of 30 units annually. Save time and money with Finish in Four/Through in Two!

CALIFORNIA STATE UNIVERSITY, SACRAMENTO

FINISH IN FOUR AT SACRAMENTO STATE

THROUGH IN TWO 2 AT SACRAMENTO STATE

PARENT TIP

"Be a source of encouragement. Remind your student that they are there to learn something, not to get an A in everything."

- Sac State Parent

Student Benefits:

- Priority registration for fall semester, spring semester, and summer session classes to stay "on track."
- Grants of up to $1,000 for summer session courses.
  *Summer Provost grants are subject to funding.
- Access to advisors each semester to consult on courses and degree progression.
- The Sac State Rewards Program, which provides additional incentives through vouchers and discounts on campus goods and services.

Carlsen Center for Innovation and Entrepreneurship
Library, 1520 | (916) 278-6011
The Carlsen Center serves as a regional hub and platform for providing approachable and accessible entrepreneurial education, community, and support to enable startup founders of all backgrounds to explore and launch their businesses. We can support you in creating your future as we well enable you to discover, build, and launch your ideas.

Faculty Student Mentor Program (FSMP)
Lassen Hall, 2205 | (916) 278-6183 | www.csus.edu/fsmp
The Faculty Student Mentor Program (FSMP) is an educational equity program designed to offer academic and personal support to students from traditionally low-income communities and selected students who have requested services due to challenges experienced in their education. The Faculty Student Mentor Program's goals are to increase the retention rates of students by helping them develop the knowledge, skills, and attitudes necessary to complete their academic goals, introduce the students to a discipline, build communities, and promote excellence.

International Programs and Global Engagement (IPGE)
Library, 1001 | (916) 278-4928
Studying Abroad is a life-changing experience that develops analytical and critical thinking skills, cultural awareness, enhanced language skills, and a better understanding of oneself and the world. It enriches students' appreciation and understanding of their academic discipline, strengthens resumes, and prepares students to be globally aware citizens.

The International Programs and Global Engagement (IPGE) office offers semester and academic year study abroad opportunities through Sac State and CSU system-wide study abroad programs at universities in a variety of countries. Study abroad opportunities are available for most fields of study. Students pay regular Sac State registration fees. Financial aid and scholarships are available to qualified students to assist in covering costs such as tuition, airfare and living expenses.

Student Research Center
Library, 2026 | (916) 278-6629
The Student Research Center exists to broaden opportunities for students to collaborate with faculty on authentic research, scholarship, and creative activities. Research and Creative Activities (RCA) are student projects carried out under the supervision of a faculty mentor outside the classrooms with the purpose of contributing new knowledge to their field of study. Every academic year, the Center hosts two campus-wide research dissemination events: The Student Research and Creative Activity Fall Poster Forum and Spring Symposium.

Testing Center
Library, 14 | (916) 278-6296
The 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 special needs and makeup test services are available upon faculty request.

McNair Scholars Program
River Front Center, 203 | (916) 278-5118
The Ronald E. McNair Postbaccalaureate Achievement Program is designed to prepare selected first-generation students for study at the graduate level. Students who have earned 60 units or more, have a GPA of 2.8 or higher and are low income and first generation, or students who are ethnically underrepresented can gain research skills, knowledge, and information needed to complete graduate and doctoral degrees in their fields of study.

PARENT TIP

"My daughter started college at another university but she struggled with large class sizes, limited opportunities within her major and soon realized the experience was not a good fit for her. When she transferred to Sac State, she changed her major. This had a significant impact on her attitude and excitement for what she was studying. The class sizes were small, interactive and engaging. The volunteer experiences and internships have been amazing and the connections and ability to network have helped her build an impressive resume. She is an independent and strong young lady. Her father and I look forward to her graduating!"

- Sac State Parent

Graduation Checklist

Finishing the degree and graduating from Sac State is an exciting time for students and their families. Here is a checklist of important steps to be mindful of as your student finishes requirements and graduates.

APPLYING FOR GRADUATION

csus.edu/registrar/graduation

- ❑ When your student completes 85 units, they can submit their graduation application.
- ❑ Students can access their graduation application by logging into their Student Center via the KEYS to Degree Toolbox menu and click on the Application for Graduation icon.
- ❑ Graduation applications have deadlines:
  Students completing their degree in Fall submit their application by February 1.
  Students completing their degree in Spring/Summer submit their application by October 1.

SEMESTER OF GRADUATION

csus.edu/commencement

- ❑ Grad Fest takes place in the spring. This is a good time for students to purchase their cap and gown, join the Alumni Association, and order graduation announcements.
- ❑ All students must RSVP for their Commencement ceremony.
- ❑ Students must order tickets for guests who want to attend Commencement. Seating is limited.
- ❑ Commencement takes place in May.

POST GRADUATION

- ❑ Check the Student Center for any outstanding holds or fees (ex: parking tickets, late library books… etc.). All holds and fees must be cleared before their diploma is ordered.
- ❑ Your student will receive a Sac State email notification that their degree has been confirmed.
- ❑ When the degree is confirmed, a diploma will be ordered and mailed to your student. Diplomas are NOT forwarded so it is important that your student has an accurate mailing address on their Student Center.

REGISTRATION FEES FOR FALL 2023/SPRING 2024

Fall 2023/Spring 2024		
	≤ 6 units	> 6 units
Tuition and Fees (per semester)	$2595.00	$3801.00

Students who are not residents of 3he State of California are subject to additional fees per unit.

The CSU makes every effort to keep student costs to a minimum. Fees listed may need to be increased when public funding is inadequate. Therefore, CSU must reserve the right, even after initial fee payments are made, to increase any listed fees, without notice, until the date when instruction for a particular semester has begun.

DUE DATE: Due dates are based on the student's registration period.

- New Fall 2023 students attending Orientation in June: Tuition due mid-July.
- New Fall 2023 students attending Orientation in July and August: Tuition due mid-August.
- New Spring 2024 students registering in January: Tuition due mid-January.
- Students will see due dates and amounts on their account the day after registering. From the Student Center, under the Finances section, select Account Inquiry.
- If payment is not made by the due date, student may incur late fees (up to $25) or be dropped from their classes. If courses are dropped after instruction has begun, students will be responsible for pro-rated fees.

FINANCIAL AID APPLICANTS: You may be eligible for a deferment – official permission to pay at a later date.

- Check the Student Center under the Holds section for deferment eligibility.
- Deferments will expire, so read the instructions to maintain eligibility.

Financial Responsibility Agreement

Each semester prior to registering for classes you will be required to complete the Financial Responsibility Agreement to do list item.

Installment Payment Plan (IPP)

- IPP helps students pay registration fees in installments over several months.
- The down payment is due by your original due date.
- Due dates and amounts are available on your student account.
- Missed payments (or rejected checks) may result in late fees (up to $25) or being dropped from classes.

To sign up:

From the Student Center, in the Finances section, choose payment plan from the drop-down menu.

Payment Plans can range from three to six payments depending on your registration date and fee due date.

Please visit the Bursars Office website for details about available plans. csus.edu/bursar

How to Pay Registration Fees

By mail or in person

Personal check, cashier's check, money order, convenience check (made payable to Sac State), cash (in person only).

Online

Can be made through the Student Center. From the Finances section, click Account Inquiry, then choose the button that says "make an online payment."

Acceptable online payments include:

E-CHECK - NO SERVICE FEE

eCheck from a standard checking account.

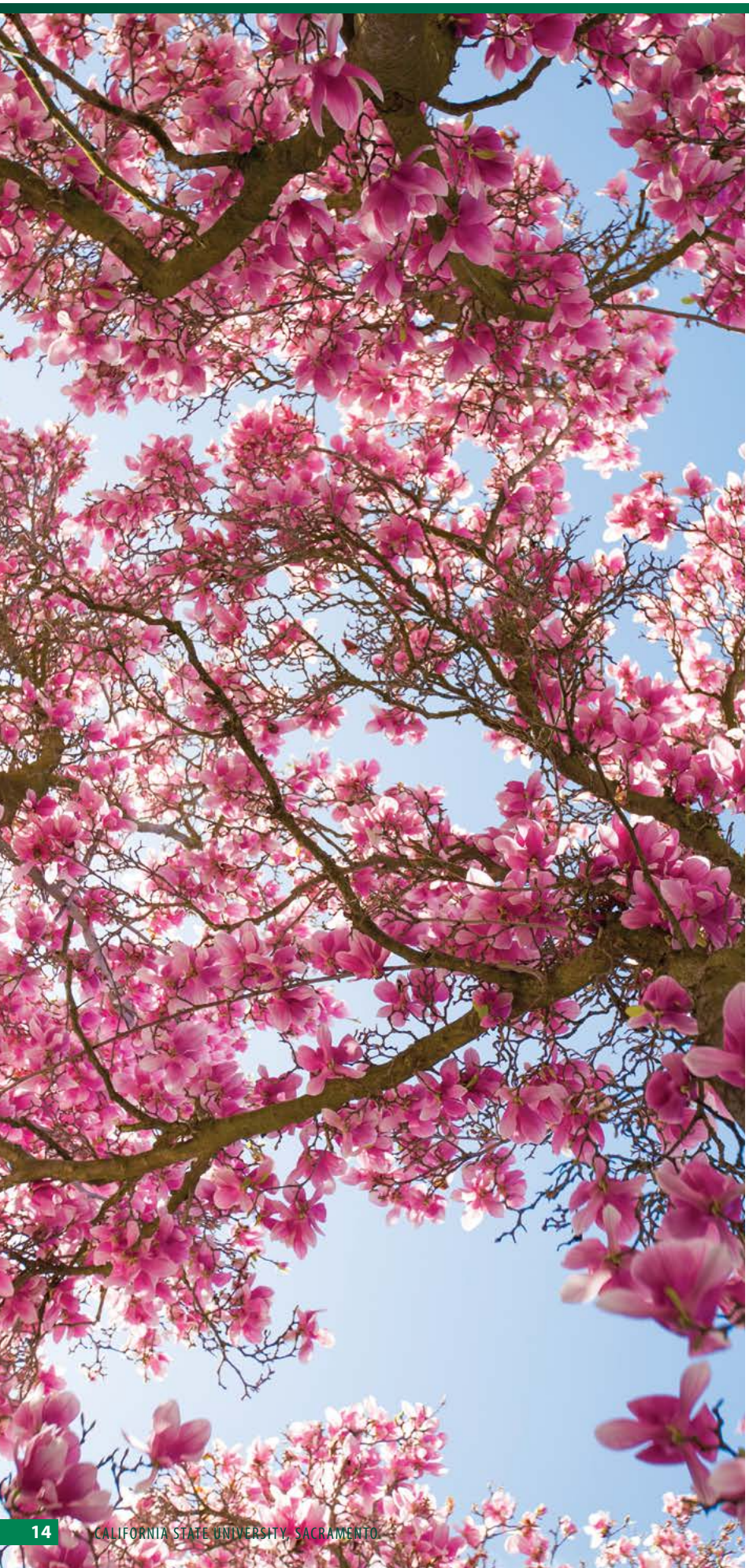
CREDIT - 2.65% SERVICE FEE

Visa, MasterCard, Discover, or American Express.

Bursar's Office

Cashiering, Disbursements, Billing, Refunds and Collections

Lassen Hall, 1001 | bursar@csus.edu | (916) 278-1000, option 3 | csus.edu/bursar | 6000 J Street, Sacramento, CA 95819



Student Service Center

Lassen Hall, 1000 | (916) 278-1000 | csus.edu/ssc | sacstatessc@csus.edu

The Student Service Center is your student's first stop for services and information. Our team is dedicated to supporting student success by providing accurate and comprehensive information to the Sacramento State Community. Students will find a team of dedicated Student Service Specialists and Counselors trained to assist you with a variety of inquiries and processes related but not limited to the University Registrar, Financial Aid and Scholarships, Bursar and Admissions.

Financial Aid

csus.edu/apply/financial-aid-scholarships/

The Financial Aid office provides essential services to an estimated 75% of Sac State students that rely on financial aid to make college affordable. Staff are responsible for reviewing all documents submitted and determine the award eligibility for the upcoming academic year. Student's financial aid award will be based on full-time attendance for the school year. All students should monitor their MySacState Student Center frequently. This student portal is how the financial aid office will message students. Financial aid application filing period is October 1 thru March 2. Allow 6-8 weeks to process.

Scholarships

scholarshipfaqs@csus.edu
csus.edu/apply/financial-aid-scholarships/

The Financial Aid and Scholarship Office awards nearly $4M dollars in institutional scholarship opportunities each year. By completing a single application, students are matched to available scholarship opportunities offered at Sac State. Scholarship are offered by various colleges, departments and organizations for both undergraduate and graduate students. Scholarships may have specific criteria such as enrollment status, GPA or financial need. Scholarship application cycle is from October to March each year.

Financial Wellness Program

Student Service Center | csus.edu Search: Financial Wellness
green2gold@csus.edu | (916) 278-4192

Financial Wellness is a peer-to-peer money management program with a mission to provide students with the tools they need to be financially successful. Financial Wellness hosts fun events, such as Drop by for a Donut and Paint a Piggy, as well as presenting workshops on topics such as: budgeting, credit, student loans, and the psychology of money. Peer Coaches are available to meet with students individually for free, unlimited, and confidential discussions of their financial situation. Financial Wellness is changing students' perception of money for the better.

PARENT TIP

"Money! The best advice is to help set a budget with your student and connect their bank account to yours so you can deposit a set amount money if needed or in case of emergencies."

- Sac State Administrator

Associated Students, Inc. (ASI)
University Union, Third Floor | (916) 278-6784 | www.asi.csus.edu
ASI's student government serves as the official governing body for Sacramento State students. It is comprised of students elected by the students. The Board meets regularly to discuss issues facing the student body. ASI goes beyond student government by providing experiential education, leadership opportunities, support services, recreational programs, and campus activities which enhance the student experience at Sac State.

Community Engagement Center (CEC)
University Library, 4028 | (916) 278-4610 | csus.edu/cec
The Community Engagement Center serves as a liaison between faculty, students and community-based organizations. CEC connects both campus and community through Service Learning, Community Service, and Academic Internships. Current programs include: Writing Partners @ Sac State, Sac State Alternative Break, Sac State Volunteers, and Constitution and Civic Engagement Program.

Intercollegiate Athletics
Athletic Center | (916) 278-6481 | hornetsports.com
Sacramento State competes at the Division I level of the National Collegiate Athletic Association (NCAA) in the following sports: Baseball, Men's and Women's Basketball, Men's and Women's Cross Country, Football, Men's and Women's Golf, Women's Gymnastics, Women's Rowing, Men's and Women's Soccer, Softball, Men's and Women's Tennis, Men's and Women's Indoor and Outdoor Track and Field, Women's Volleyball and Women's Beach Volleyball. Sac State students are admitted free of charge to all regular season, on campus, home athletic events. Visit the website to learn more information about your favorite Hornet team!!

Music Performance Ensembles
Capistrano Hall, 107 | (916) 278-5191 | csus.edu/music
Ensemble auditions are open to majors and non-majors. The Sac State Symphony Orchestra brings a heightened cultural experience to the campus and the Sacramento Region. The Symphonic Wind Ensemble has played Carnegie Hall. The choral ensembles have toured Europe. Jazz organizations have received national acclaim. The Marching Band performs at each home football game. Capistrano Hall is always buzzing with Hornet Pride!

Reserve Officers Training Corps (ROTC)
Air Force ROTC, Yosemite Hall, 122/124 | (916) 278-7315
Army ROTC, Yosemite Hall, 157 | (916) 278- 2395
ROTC is an educational program designed to allow students to pursue a commission in the United States Armed Forces. The college-level leadership course of the U.S. Armed Forces comprises of classes and field training. Graduates of the course become commissioned officers in the Armed Forces, Reserves or National Guard.

Student Alumni Association
Leslie and Anita Harper Alumni Center | (916) 278-6295
SacStateAlumni.com/SAA
Current students are encouraged to join the Student Alumni Association (SAA). SAA is a student volunteer group that works on behalf of the Alumni Association to enhance the student experience by connecting students to one another, alumni, and the University. SAA volunteers plan and participate in social, career-oriented, and school unifying events.

Student Organizations & Leadership (SO&L)
University Union, Second Floor | (916) 278-6595 | www.csus.edu/soal
Student Organizations & Leadership (SO&L) provides opportunities for students to get involved in Sac State's vibrant campus life through a variety of co-curricular programs and events. SO&L offers various leadership programs and can help students get connected to any of our over 200 student-led clubs and organizations, including fraternities and sororities, sport and recreation clubs, religious, political, and cultural clubs, academic and honorary organizations, and service and special interest clubs.

UNIQUE Programs
University Union, Third Floor | (916) 278-3928 | SacStateUNIQUE.com
UNIQUE Programs is a student volunteer program that plans, develops, and produces a wide variety of cultural, educational, and entertainment programs for the University and surrounding community. These activities include multicultural programs, performing arts, lectures, a weekly "Nooner" event series, and an
array of films, concerts, and comedy showcases.

PARENT TIP

"Encourage your student to join a club during the first or second semester when they first enter the school. It gives them an opportunity to connect with other students who might be having similar feelings as your student, as well as connecting with someone already experiencing those things. [Joining a club] might help them manage their new found freedoms and responsibilities."

- Sac State Administrator

Diversity & Support Centers

Asian Pacific Islander Desi American (APIDA) Center
Lassen Hall 2200 | (916) 278-5877
The Asian Pacific Islander Desi American (APIDA) Student Center's mission is to facilitate APIDA students' academic and personal success and affirm their diverse experiences through community leadership, student engagement, and mentorship. To achieve this, we will strive to expand and scale support for APIDA students by offering social, cultural, educational and advocacy programming.

College Assistance Migrant Program (CAMP)
Riverfront Center, 1027 | (916) 278-4075 | csus.edu/camp
The College Assistance Migrant Program (CAMP) is a federally funded program designed to serve students from a migrant and seasonal farm working background succeed at Sacramento State. CAMP facilitates the transition from high school to college and offers first-year support services to develop skills necessary to graduate from college in a timely manner. CAMP strives to be "a home away from home" for its students.

Cooper-Woodson College Enhancement Program (CWC)
Amador Hall, 460 | (916) 278-5363 | csus.edu/cooper
Cooper-Woodson College Enhancement Program is founded on the guiding principles of Leadership, Scholarship and Service. The program up holds traditions represented in Pan-African culture that is best expressed in relationships between family, community and students. CWC serves between fifty-sixty scholars per year; admission to the program is primarily in the fall. Scholars admitted into the program are mentored by Sac State faculty, staff and local community members. Additionally, CWC provides scholars with a book scholarship each semester that they remain engaged in the program. There are also multiple scholarships offered throughout the semester that are exclusive to CWC scholars. Contact/ follow CWC on social media!

Disability Access Center
Lassen Hall, 1008 | (916) 278-6955
The Disability Access Center offers a range of support services and accommodations to ensure disabled students have equal access and opportunity to pursue their educational goals. This program serves qualified students with both permanent or temporary disabilities.

Dreamer Resource Center
Riverfront Center, 1022 | (916) 278-7734 | csus.edu/student-affairs/centers-programs/dreamer-resource-center
The mission of the Dreamer Resource Center is to make the dream of a college degree a reality for undocumented students and students with mixed-status families at Sacramento State. The center help students overcome the unique challenges that get in the way of achieving academic, personal and professional excellence.

Educational Opportunity Program (EOP)
Lassen Hall, 2205 | (916) 278-6183 | csus.edu/eop | eop-01@csus.edu
The Educational Opportunity Program helps provide first- generation college students support to reach their higher education goals. EOP serves students from low-income, educationally disadvantaged communities who may not have had the opportunity to prepare adequately for a college education. EOP students have the true potential to succeed at Sac State, and EOP staff help them do so through student advising, counseling, tutorial services and other support mechanisms.

'Esak'tima Center
Lassen Hall,1010|(916) 278-5172| csus.edu/esaktima-center
The 'Esak'tima Center provides supportive services for Native students to assist them in their academic journey. Services provided include: Academic Advising, Academic Workshops, Peer Advising, Scholarship referrals, Cultural Presentations and Workshops, Student Leadership opportunities and Campus and Community Resources.

Full Circle Project (FCP)
Library, 1000A | (916) 278-5172 | csus.edu/center/full-circle-project/
The Full Circle Project is a comprehensive approach to improve retention and graduation rates of Sacramento State's Asian American and Pacific Islander (AAPI) and other historically underserved students. The Full Circle Project provides students with academic support and opportunities for community engagement and leadership development throughout their entire college careers, providing opportunities to engage in service both on and off campus to enhance their university experience.

Guardian Scholars Program
Lassen Hall, 2302 | (916) 278-6184 | csus.edu/gsp
The Guardian Scholars Program offers support and services for students who have been in the foster care or kinship care systems. The program provides mentoring, academic and career counseling, advising, financial assistance, experiential learning, volunteer opportunities, and social events throughout the year. Guardian Scholars benefit from priority registration, personalized advising and a community of students with common life experiences.

Martin Luther King, Jr. Scholars Program
Lassen Hall 2201 | (916) 278-2655
csus.edu/student-affairs/centers-programs/mlk-scholars
The program is designed to support and ensure the success of African American students or those with an interest in African American heritage in their quest toward a degree at Sacramento State. Their vision is to foster an ethos of success that permeates the scholarly experience, the community and the world by setting a tone of lifelong improvement that inspires and fulfills the dream of Dr. Martin Luther King, Jr.

The Multi-Cultural Center (MCC)
University Library, 1010 | (916) 278-6101 | csus.edu/mcc
The Multi-Cultural Center supports the needs of diverse campus communities by providing educational programs and a welcoming space that helps students learn about themselves and others. Students can get involved by attending programs or going to the Center where they can study, rest, or mingle with others interested in academic success, diversity, multiculturalism, and social justice.

The PRIDE Center
University Union, First Floor | (916) 278-3940 | csus.edu/student-affairs/centers-programs/pride-center/
The PRIDE Center offers advocacy and outreach services to the LGBTQIA community at Sacramento State. Through classroom panels, Safe Zone Trainings, and other educational and celebratory programs and events, the PRIDE Center advocates for the respect, inclusion, and safety of all members of the campus community.

Project HMONG
Lassen Hall, 2205 | (916) 278-6011
Project HMONG's mission is to ensure the health, retention, persistence, and graduation success for Southeast Asian students, including but not limited to Hmong, Mien, Laotian, Cambodian, Thai and other underrepresented students. Committed to build a positive and supportive community of mentors and peers through mentoring and networking with support, guidance, and encouragement while promoting positive character development, Project HMONG's focus is on student leadership, professional development and campus/community engagement through a cultural lens that incorporates the students' experiences.

Project Rebound
Lassen Hall, 2104 | (916) 278-6794
csus.edu/student-affairs/centers-programs/project-rebound
projectrebound@csus.edu
Project Rebound assists previously incarcerated students to prepare, apply, enroll, and graduate with a degree from Sacramento State. We provide students with wraparound support services, advising, advocacy, internships, employment, and opportunities, while remaining culturally competent to the needs of this unique population of scholars.

The Serna Center
River Front Center, 1 | (916) 278-7241 | csus.edu/sernacenter
The mission of the Serna Center is to promote, foster, and enhance leadership, empowerment, self-advocacy, and civic engagement among Chicanxs/Latinxs students, but also, students from other under-represented backgrounds at Sacramento State. Additionally, integrated into all programming are efforts that raise awareness of the social, political, economic, historical and cultural realities of Chicanxs/Latinxs populations. The center establishes a strong foundation that enriches cultural identity and develops a sense of familia within the campus.

Veterans Success Center (VSC)
Lassen Hall, 3003 | (916) 278-6733 | csus.edu/vets
The Veterans Success Center promotes the success of student veterans and their families. The VSC assists veterans and dependents with VA Education Benefits, a lounge where students may study, socialize, meet other students, or use the computer workstations. The VSC offers opportunities for veterans and dependents to get involved in leadership activities and experience camaraderie of being a Sac State student veteran.

Women's Resource Center
University Union, 2250 | (916) 278-7388 | csus.edu/student-affairs/centers-programs/women-resource-center/
The Women's Resource Center promotes gender equity through education, advocacy, and programming that increases awareness and understanding of the contributions, opportunities, and barriers facing women in our society. The WRC offers student-centered educational programs that empower others to support, appreciate, and value all women.

Hornet Bookstore
(916) 278-6446 | bkstr.com/csusacramentostore
The Hornet Bookstore carries required textbooks and course materials used in campus curricula. In addition, the bookstore carries collegiate apparel, school supplies and general books. Students and faculty can purchase computers and software at academic pricing. Snacks, sundries, and gift items are also available. Visit the bookstore for more information.

Information Resources & Technology Team (IRT)
Academic Information Resource Center (AIRC), 2005 | (916) 278-7337
servicedesk@csus.edu | csus.edu/irt
The Information Resources & Technology Team (IRT) ensures continuity and access to the essential tools and resources students need to collaborate, share, and learn – whether in the classroom, or on the go. Students can visit IRT to get help with accessing their MySacState, WiFi access, accounts and passwords, and more.

OneCard
Lassen Hall, 1001 | (916) 278-1000 | email: onecard@csus.edu | csus.edu/onecard
The OneCard is Sacramento State's official photo identification card for students. The OneCard serves as: a library card, a way to make on-campus purchases, access card for campus sporting and social events, public transit card (with valid commuter sleeve), off campus discount card, computer lab print card, and a Wells Fargo ATM/PIN debit card. Visit our website to read more about OneCard's amazing features!

Planetarium
Located within the Ernest E. Tschannen Science Complex is the home of Sac State's very own innovative planetarium. Here, students have the opportunity to take 3-unit courses from the Astronomy class series in one of the best lecture halls on campus! Under the dome of the planetarium, numerous public shows are hosted that work to promote science education and fun by exploring the world, solar system, and the universe at large.

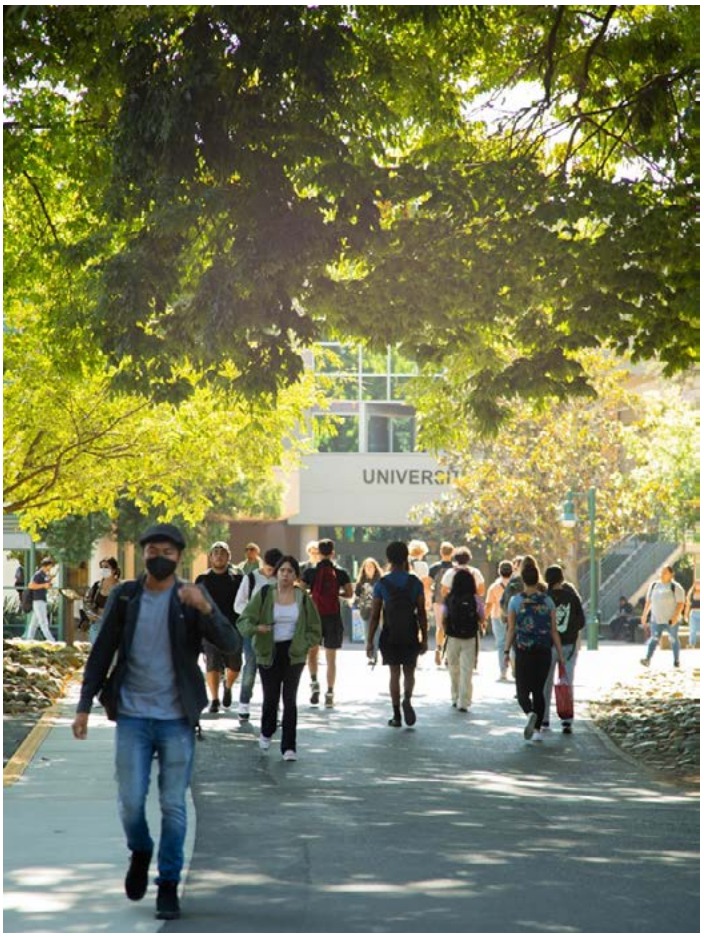
The WELL
(916) 278-9355 | thewellatsacstate.com | IG: @wellsacstate
The WELL is home to both Campus Recreation and Fitness as well as Student Health and Counseling Services. The facility includes 6 volleyball courts, 5 basketball courts, 4 racquetball courts, 4 fitness studios, an indoor track, approximately 15,000 square feet of cardio and free weight equipment, and the climbing and bouldering wall. The WELL also provides a variety of recreation and fitness programs such as free group fitness classes, intramural sports, recreational therapy, personal training, and lap swim in their mission to provide lifetime wellness through collaboration, education, and innovation.

University Housing Services
Riverview Hall | (916) 278-6655 | csus.edu/housing
Living on-campus is an excellent way to get involved and take advantage of all of the opportunities and programs the University has to offer. It is also a great way to get connected to a community of friends and classmates, while taking advantage of a host of campus programs, clubs and organizations, as well as employment and leadership opportunities. Living on-campus and getting involved is both exciting and contributes to overall success.

University Library
(916) 278-5679 | library.csus.edu
With 1.4 million volumes, 300 computers, 200 databases and over 40,000 journals accessible 24/7 online, students will find the OneSearch system provides more scholarly search results than you'll find in Google. The Library has a place for your student, whether they prefer the 4th floor Quiet Study or the Group Study areas. The Ask Find Use Desk has course reserve materials and free laptop check-out.

University Transportation and Parking Services (UTAPS)
Welcome Center | (916) 278-PARK (7275) | csus.edu/utaps
UTAPS provides customer service to the University's students and visitors in the areas of parking, permit sales, parking enforcement, citation payments, citation appeals, traffic direction and special event parking services. Additionally, UTAPS is a resource for alternative modes of transportation including the Hornet Express Shuttle, Night Shuttle, Sac State Commute Choices Program and commuter passes to ride the Sacramento Regional Transit (RT) light rail and buses.

University Union
(916) 278-6997 | theuniversityunion.com
The University Union is a welcoming, collaborative environment and central gathering place that builds community and enhances campus life. It offers a variety of eateries, an information desk, games room, art gallery, convenience store, computers, lounges, and special events. The Union also houses several student and campus programs and has reservable rooms for meetings, banquets and social activities.



Student Health & Counseling Services

csus.edu/shcs

Health Services

Sac State is an award-winning healthy campus and hosts a state-of-the-art expanded facility which provides integrated counseling, medical, and wellness services to students located inside The WELL. Student Health and Counseling Services (SHCS) includes a walk-in urgent care clinic, primary care medical clinic, X-ray services, nutrition counseling, athletic training, and a pharmacy for prescription, homeopathic and over-the-counter medications. Medication disposal is available at the pharmacy. SHCS staff includes licensed and board-certified providers and mental health clinicians who work collaboratively across disciplines to provide top-quality holistic care.

Students who require immediate medical attention or urgent care counseling can be seen on a walk-in basis. An after-hours Nurse Advice Line is available by calling our main line at (916) 278-6461.

Sac State is committed to student health and safety during the COVID-19 pandemic. For details on testing, vaccinations and on-campus requirements, visit: csus.edu/student-affairs/emergency-student-information/

Appointments

Students can make appointments online for most of our services at csus.edu/shcs by logging on to the Patient Portal or calling (916) 278-6461.

Cost and Eligibility

All currently enrolled students who pay health fees are eligible to access services. Additional fees may apply to specialty services, procedures, pharmaceuticals, vaccines, and supplies. Any services received off campus are the financial responsibility of the student.

Immunizations and Tuberculosis Screening

For up-to-date information on Immunizations, Vaccines, and Tuberculosis screening and requirements, please visit csus.edu/student-life/health-counseling/ health/immunizations-and-vaccines. .

Student can submit immunization records by mail, fax, or online through Patient Portal.

Counseling Services

Mental health counseling services are available to help students cope with stress or personal problems that may interfere with their academic performance. SHCS offers individual, partner, and group counseling options. Urgent care counseling continues to be available in-person at The WELL without an appointment if needed.

Peer Counselors

Peer Counseling is an open non-judgmental space where you can confidentially speak to a peer about any topic. Peer Counselors are not licensed professionals, but rather students who are trained to be supportive, helpful listeners and problem solvers. To schedule an appointment or learn more about your Sac State Peer Counselors visit bit.ly/meetyourpeercounselors

Crisis Assistance & Resource Education Support (CARES)

Sacramento State CARES provides support to students who are in crisis or experiencing unique challenges to their education. CARES provides case management services to connect students with campus and community resources to address food or housing insecurity, refer to mental health and wellness services, provide post hospitalization liaison with faculty, and overcome transportation barriers. CARES guides students to the resources they need so that all Hornets can succeed! For more information or appointments, visit csus.edu/student-affairs/crisis-assistance-resource-education-support/

WELLNESS EDUCATION

The Health and Wellness Promotion Department provides wellness education and services regarding a variety of common college health topics. Services include:

- Peer nutrition education
- Cooking demonstrations
- Wellness workshops
- Cannabis and alcohol education
- Free safer sex supplies
- Peer Health Educator internship program
- Peer Counselor Program
- Crisis Assistance & Resource Education Support (CARES)

For more information, you can visit the Health & Wellness office, located at The WELL, Room 1031, or contact (916) 278-5422.

Hours

Monday – Thursday 8:30 a.m. – 5:00 p.m.
Fridays 9:30 a.m. – 4:00 p.m.

Check our website for Intersession and summer hours.

PARENT TIP

"Discuss the resources on campus. Both of my daughters experienced challenges with mental and physical health. I would encourage parents to have that conversation with students to utilize the resources on campus, especially the Student Health Center." - Sac State Parent

Campus Safety

Sacramento State Police Department
Public Safety Building | (916) 278-6000 | csus.edu/police
Twitter: @sacstatepolice | Facebook: sacstatepolice
The Sacramento State Police Department is the primary respondent for campus emergencies and reports of criminal activity on campus. Our police officers are fully certified. They are responsible for a wide range of activities, including public safety, documenting crime and accidents, criminal investigation/prosecution, traffic enforcement, opening locked vehicles, providing jumper cables, free bicycle registration, crime prevention information, fire/medical aid, special event security, and many other services.

Notification of Criminal Activity
The Sacramento State Police Department maintains a daily media log that is available for review by the general public. The Department also uses e-mail, voice mail, and distribution of materials when potentially hazardous situations exist that impact the University community.

Night Shuttle/Escort Service
The Night Shuttle Service operates on campus Monday through Thursday, from dusk to 11 p.m. The Night Shuttle can be reached by dialing (916) 278-7260.

In the event of other unsafe situations outside of those hours, University Police are available by dialing 8-6000 from any campus phone or (916) 278-6000.

Hate Crimes and Hate Incidents
A hate crime is any criminal act or attempted criminal act including physical intimidation, physical harassment, physical force or physical violence directed against a person(s), public agency or private institution based on the victim's actual or perceived race, nationality, religious or political beliefs, sexual orientation, disability or gender. The University and the Sacramento State Police Department will not tolerate hate violence and is dedicated to ensuring all persons are protected.

Emergency Phones
There are 266 blue emergency phones located across campus. When a phone is picked up, users will be immediately connected to a dispatcher at the Sacramento State Police Department.

University Alcohol and Drug Policy
On-campus use of alcohol is limited to certain approved events and locations covered by the guidelines of California State University, Sacramento.

The University recognizes alcohol/drug dependency as an illness and a major health problem. Information, assessment, and referral services for alcohol or drug-related problems are available on campus. Services for students are available at the Student Health and Counseling Services.

ASI Safe Rides
asi.csus.edu/safe-rides
Safe Rides's goal is to help reduce DUI incidents and encourage safe transportation by providing students financial reimbursement for rideshare trips. Sacramento State students can receive cash back (until funds last) each semester for rides taken from rideshare services, taxis, and public transportation. Check out the website for up-to-date details for the safe rides program.

Violence, Sexual Assault and Stalking
Violence and Sexual Assault Support Services is provided by WEAVE. This program employs a certified victim advocate available for survivors of sexual assault, sexual harassment, dating violence or stalking.

Risk Management
Risk Management Services (RMS) supports the entire campus by identifying and mitigating risks to ensure a safe learning environment.

Together, we must identify the various kinds of hazards to help reduce and eliminate all dangerous exposures. Our duty of care is to our fellow students, faculties, staff and all those that enter these grounds from the public.

To report a hazard or any non-life-threatening emergency, contact the RMS Safety Hotline (916) 278-2020.

IF THERE IS AN EMERGENCY AND YOU ARE NEAR ANY CAMPUS PHONE, DIAL 9-1-1
If you are on campus and need to contact campus police for non-emergencies, dial (916) 278-6000. Program this number into your cell phone.

Now that you have a student at Sacramento State, you will likely have questions about campus programs, opportunities and how you can support them as they pursue their degree. Here are a few common questions and answers.

PAYING FOR COLLEGE & FINANCIAL WELLNESS

Q: Do students need to fill out the FAFSA every year?

A: Yes, students must fill out a FAFSA and apply for financial aid every year. The FAFSA filing period begins each year on October 1st and ends March 2nd. There are many important deadlines related to financial aid, so it is important that students check My Sac State on a regular basis for any messages from Sac State.

ACADEMICS

Q: How can I find out my student's grades?

A: Sac State does not mail or email student grades. Students check their grades via MySacState. Parents should be aware that federal law (the Family Educational Rights and Privacy Act of 1974) limits the student information that the University can share—that means we cannot tell you your student's grades. Parents and family members are encouraged to talk with students about academic performance, progress and coursework on an ongoing basis.

Q: How can my student get help choosing a major?

A: The Career Center is a great place for students to begin the process of exploring careers and choosing a major. They are also encouraged to speak with professors and staff members who are professionals in their field of interest. Another way for students to explore majors is to read the Sac State Catalog and look at the majors requirements and courses. That may spark some interest.

Q: Where can my student to go get advice related to career opportunities in their major?

A: There are a variety of career related services and events sponsored by the Career Center. Career counselors can assist with interview techniques, writing cover letters and resumes, and job search strategies. Regional and national companies participate in seminars, career fairs and on-campus interviews to recruit students for internships and full-time positions after graduation. In addition, students should check with their major department regarding internship and research opportunities.

CAMPUS JOBS

Q: My student wants to work on campus while attending Sac State. Where should they look?

A: Most campus jobs (including Federal Work Study positions) are listed on Handshake, which can be found on your student's MySacState. Your student will need to create an account and then they will have access to search the campus jobs.

There are additional campus departments that post student positions on their websites. These departments include: Associated Students, Inc., University Enterprises, Inc., and The Hornet Bookstore.

GETTING INVOLVED

Q: Where can my student get involved and make friends? Where should they start?

A: With over 200 clubs on campus, there are plenty of opportunities for students to meet other students and get involved. Student Organizations & Leadership (SO&L) in the University Union is an excellent place to get a list of clubs and organizations. In addition to SO&L, there are always many activities happening on campus including performance groups, cultural organizations, community service, the student newspaper, and much more.

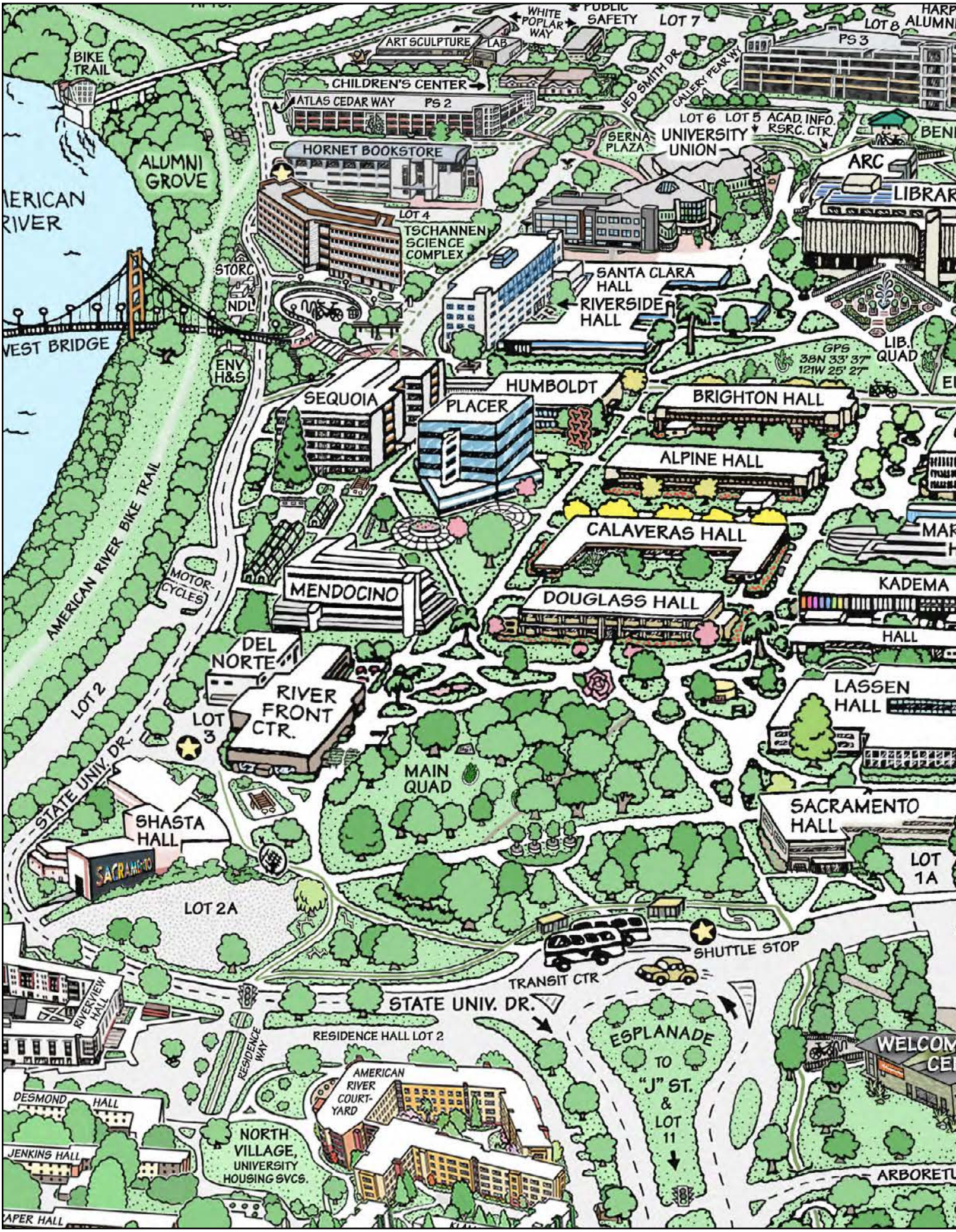
HEALTH AND EMOTIONAL WELL BEING

Q: My child already has health insurance. Do they still need to pay a health service fee?

A: Yes. Student Health & Counseling Services (SHCS) fee is a mandatory fee that provides services to all enrolled students. SHCS offers convenient, affordable, accessible care without copays or deductibles. SHCS embraces a holistic and collaborative approach to healthcare offering urgent care, primary care, preventive services, wellness education, violence support services mental health and counseling services and is accredited through the Accreditation Association for Ambulatory Health Care Inc. (AAAHC).

Q: Does Sac State offer counseling for students to talk about personal issues?

A: Students can talk with a counselor at no additional cost at the Student Health & Counseling Center (SHCS) through Counseling and Psychological Services (CAPS), located in The WELL. Staff can assist or provide referrals for students struggling with stress or other personal problems.


BIKE TRAIL
ALUMNI GROVE
AMERICAN RIVER
WEST BRIDGE
WHITE POPLAR WAY
PUBLIC SAFETY
LOT 7
ART SCULPTURE LAB
CHILDREN'S CENTER
ATLAS CEDAR WAY
PS 2
PS 3
JED SMITH DR.
GALLERY PEAR WY
LOT 6
LOT 5
ACAD. INFO. RSRC. CTR.
SERNA PLAZA
UNIVERSITY UNION
HORNET BOOKSTORE
ARC
LIBRARY
LOT 4
TSCHANNEN SCIENCE COMPLEX
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ENV H&S
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BRIGHTON HALL
ALPINE HALL
CALAVERAS HALL
AMERICAN RIVER BIKE TRAIL
MOTOR-CYCLES
MENDOCINO
DOUGLASS HALL
KADEMA HALL
DEL NORTE
RIVER FRONT CTR.
LOT 3
LOT 2
LASSEN HALL
MAIN QUAD
STATE UNIV. DR.
SHASTA HALL
SACRAMENTO HALL
LOT 1A
LOT 2A
SHUTTLE STOP
TRANSIT CTR
STATE UNIV. DR.
RIVERVIEW HALL
RESIDENCE HALL LOT 2
RESIDENCE WAY
ESPLANADE TO "J" ST. & LOT 11
AMERICAN RIVER COURT-YARD
DESMOND HALL
JENKINS HALL
NORTH VILLAGE, UNIVERSITY HOUSING SVCS.
ARBORETUM