



SACRAMENTO
STATE

Welcome to Communication Sciences and Disorders

Summer 2023

Transfer Student Orientation and
Bachelor of Science Group Advising

College of Health and Human Services (CHHS)



College of Health and Human Services (CHHS)

The Department of Communication Sciences and Disorders is one of 9 departments housed in the College of Health and Human Services (CHHS). CHHS is the largest college on the Sac State campus.

Academic Departments in CHHS

- Communication Sciences and Disorders
- Division of Criminal Justice
- Kinesiology
- Health Science
- School of Nursing
- Physical Therapy
- Public Health
- Recreation, Parks and Tourism Administration
- Division of Social Work



CHHS Administration & Staff

- **Dr. Mary Maguire, Dean**
- Dr. Greg Shaw, Associate Dean - Operations: Budget & Planning
- Dr. Robert Pieretti, Associate Dean - Student & Personnel

- Andrew Stiffler, Information Technology Consultant
- Carl Kelley, Information Technology Consultant

- Heather Crummett, Budget and Personnel Analyst
- Christine Kellermann, Administrative Analyst/Specialist
- Dr. Raquel Quirarte, Student Success Center Coordinator

- Jisel Aguirre Noriega, Administrative Support Coordinator
- Alayna Short, Administrative Support Coordinator
- Alma Valdez, Administrative Support Coordinator

Location: Solano Hall 5002
Phone: (916) 278-7255



Department of Communication Sciences and Disorders (CSAD)



CSAD Mission & Vision

Our Mission

The Department of Communication Sciences and Disorders trains highly competent professionals in the fields of speech-language pathology and audiology by providing a rigorous scientific background and diverse clinical experiences while fostering a dedication to lifelong learning and community service.

Our Vision

The Department of Communication Sciences and Disorders will be widely recognized as a leader in the innovative education of speech-language pathologists and audiologists.



Communication Sciences and Disorders Location

The CSAD Department office, clinics, and classes are located in Folsom Hall:

7667 Folsom Boulevard
Sacramento, CA 95826



Department Phone: (916) 278-4867

Mailing Address:
California State University, Sacramento
6000 J Street MS 6071
Sacramento, California 95819

Please Note:

- Folsom Hall is located on Folsom Boulevard near Highway 50.
- The registration system indicates a 30-minute commute to Folsom Hall from the main campus. Please plan accordingly.

2023-2024 CSAD Full-Time Faculty

Dr. Heather Thompson, Ph.D., Department Chair

Dr. Kathryn Abendroth, Ph.D., CCC-SLP

Dr. Jithin Balan, Au.D., Ph.D.

Dr. Ariel Cassar, Au.D. CCC-A

Dr. Lisa D'Angelo, Ph.D., CCC-SLP

Dr. Tonia Davis, Ph.D., CCC-SLP

Dr. Laura Gaeta, Ph.D.

Dr. Darla Hagge, Ph.D., CCC-SLP

Dr. Hamid Motallebzadeh, Ph.D.

Dr. Aishah Patterson, Ph.D., CCC-SLP

Dr. Celeste Roseberry-McKibbin, Ph.D., CCC-SLP

Dr. Soumya Venkitakrishnan, AuD., PhD CCC-A

Dr. Elaine Xu, AuD., PhD



Fall 2023 Part-Time Faculty

CSAD B.S. Program

Keith Haberstock, M.S. CCC-SLP

Kelly Louney, M.S. CCC-SLP

CSAD M.S. Program

Joseph Arata, M.S. CCC-SLP

Dr. Sumner Blanchard, Ph.D. CCC-SLP

Joanna Bodas, Au.D. CCC-SLP

Alix Bowen, M.S. CCC-SLP

Jennifer Brickley, M.S. CCC-SLP

Autumn Dalton, M.S. CCC-SLP

Sean Green, M.S. CCC-SLP

Keith Haberstock, M.S. CCC-SLP

Debra Harms, M.A. CCC-SLP

Stephanie Jacobson, M.S. CCC-SLP

Tasha Ketphanh, M.S. CCC-SLP

Lisa Lennox, M.S. CCC-SLP

Kelly Louney, M.S. CCC-SLP

Emily Nakamura, , M.S. CCC-SLP

Donna Northcutt, M.S. CCC-SLP

Karen Oakley, M.S. CCC-SLP

Jenna Ratcliff, CCC-SLP

Kathryn Vigil, M.S. CCC-SLP

Dr. Razi Zarchy, SLPD, CCC-SLP

Doctor of Audiology Program

Dr. Stephanie Cate, Au.D.

Dr. Kisal Joseph, Au.D

Dr. Kelly Miller, Au.D.

Dr. Charles Sanders, Au.D. CCC-A

Dr. Mary Lo Thomas, Pharm. D

CSAD Second Baccalaureate Program

Debra Harms, M.A. CCC-SLP



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2023-2024 CSAD Department Staff

Administrative Support Coordinator II: David Gleason

Administrative Support Assistant II: Vacant

Maryjane Rees Center



Maryjane Rees Center Staff

Speech & Language Clinic

Dr. Kathryn Abendroth, Ph.D. CCC-SLP, Clinical Education Coordinator

Kim Celine Goyena, Administrative Support Coordinator II

Audiology Clinic

Dr. Ariel Cassar, Au.D. CCC-A, Clinical Education Coordinator

Nyrill Azucena, Administrative Support Coordinator I

Maryjane Rees Center Locations

Mailing Address:
California State University, Sacramento
6000 J Street MS 6071
Sacramento, California 95819

The Maryjane Rees Center has two clinical sites within Folsom Hall

Speech and Language Clinic
Second Floor, room 2201
(916) 278-6601
speechclinic@csus.edu



Audiology Clinic
First Floor, Suite 1000
(916) 278-4697
audiology-clinic@csus.edu



Maryjane Rees Center- Speech & Language Clinic

<https://vimeo.com/261220133>

Maryjane Rees Center- Audiology Clinic

https://mysacstate-my.sharepoint.com/:v:/g/personal/munguia_csus_edu/Ef6ld6AfHztCqsOpY9eyxSoBqgNMMqbWp-m0GJ3HXnpUCQ?e=yd2yCC

Advising



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CSAD Advising Resources

CSAD orientation presentations and other advising resources can be found on the Advising Resources page posted on the department website



<https://www.csus.edu/college/health-human-services/communication-sciences-disorders/>

Catalog

The catalog can be a great resource for program information including course descriptions, prerequisite requirements, and course sequence.

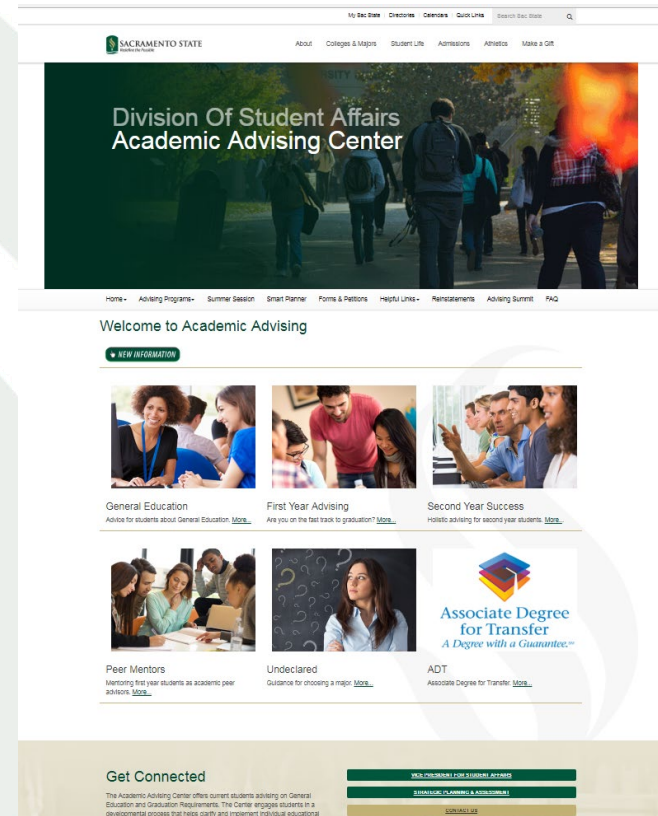


<https://catalog.csus.edu/colleges/health-human-services/communication-sciences-disorders/>

General Education Advising

ACADEMIC ADVISING CENTER

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



The screenshot shows the Sacramento State Academic Advising Center website. The header includes the Sacramento State logo and navigation links: About, Colleges & Majors, Student Life, Admissions, Athletics, and Make a Gift. The main banner features a photograph of students walking on a campus path, with the text "Division Of Student Affairs Academic Advising Center". Below the banner is a navigation menu with links: Home, Advising Programs, Summer Session, Smart Planner, Forms & Petitions, Mental Health, Registrations, Advising Summit, and FAQ. The main content area is titled "Welcome to Academic Advising" and includes a "NEW INFORMATION" section. This section contains six tiles: "General Education" (Advice for students about General Education), "First Year Advising" (Are you on the fast track to graduation?), "Second Year Success" (Housing advising for second year students), "Peer Mentors" (Mentoring first year students as academic peer advisors), "Undeclared" (Guidance for choosing a major), and "ADT" (Associate Degree for Transfer). The footer includes a "Get Connected" section with a description of the center's services and a "CONTACT US" button.

CHHS Student Success Center



The purpose of the Student Success Center is to provide holistic support services to aid in a student's university experience.

If you are in need of guidance in selecting a major? Facing challenges and barriers within your major? Having questions pertaining to programs within the College of Health and Human Services? The Center is here to address all these question, and provide the following services:

- Academic Planning
- Basic Career Exploration
- Faculty Mentoring
- Major Program Exploration
- Referrals to Campus Resources



For more information, visit their website:

<https://www.csus.edu/college/health-human-services/student-success/>

CSAD Major Advising: Group Advising

- The Department conducts group advising and major orientation for students interested in changing their major, who would like to know more about our programs, or who just want a refresher on general major advising.
- Sessions are held throughout the academic semester on a drop-in basis (in person, zoom or hybrid)
- No appointment is necessary.
- Please visit the department website for upcoming session information.
- <https://www.csus.edu/college/health-human-services/communication-sciences-disorders/student-advising.html>



CSAD Major Advising: One-on-One Appointments*

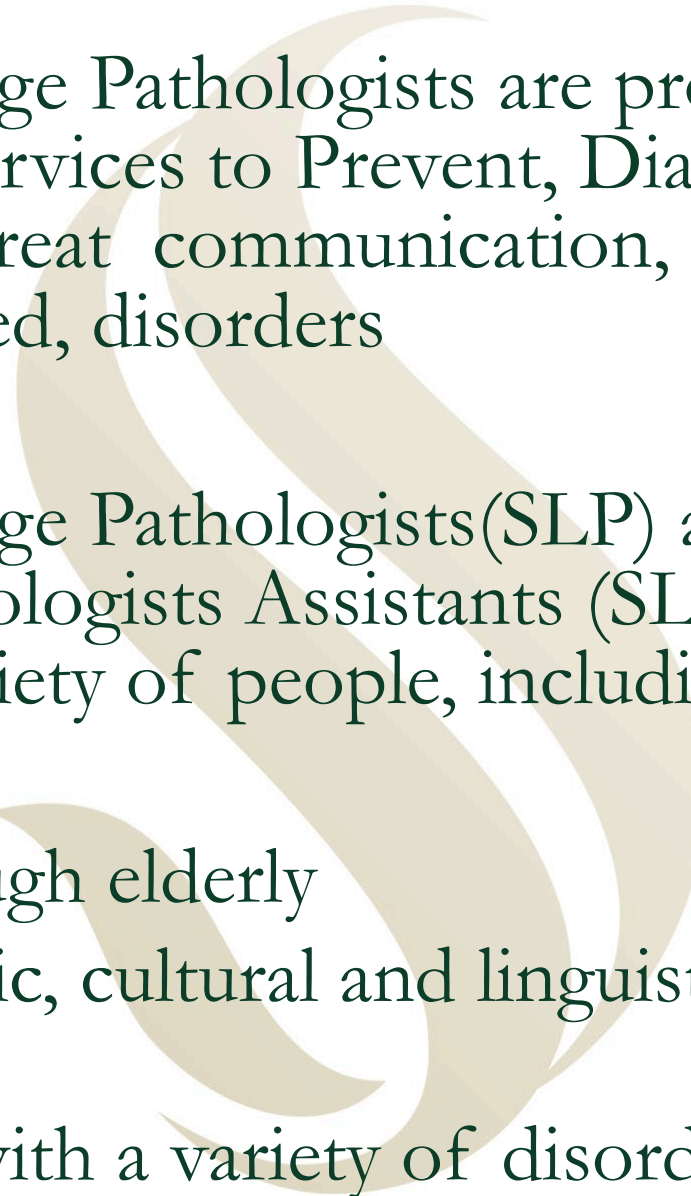
One-on-One Advising Appointments may be scheduled with:

- **Undergraduate advising** Available full-time faculty members- Visit the [Meet Us](#) section of the department website for a list of faculty advisors and contact information.
- **Graduate Program Advising** - Dr. Darla Hagge, Graduate Coordinator
- **Audiology Advising** - Dr. Laura Gaeta, Au.D. Program Director
- **Speech & Language Clinic Advising** - Dr. Katie Abendroth, Clinical Education Coordinator
- **Audiology Clinic Advising** - Dr. Ariel Cassar, Clinical Education Coordinator
- **SLPA Fieldwork Extension Coursework Advising** - Dr. Heather Thompson, CSAD Department Chair



Who are Speech-Language Pathologists?





Speech-Language Pathologists are professionals who provide services to Prevent, Diagnose, Evaluate and Treat communication, swallowing, and other related, disorders

Speech-Language Pathologists(SLP) and Speech-Language Pathologists Assistants (SLPAs) work with a wide variety of people, including:

- Infants through elderly
- Diverse ethnic, cultural and linguistic backgrounds
- Individuals with a variety of disorders

Speech-Language Pathologists (SLPs) and Speech-Language Pathology Assistants (SLPAs) work in a wide variety of areas, including:

- Accent modification
- Autism
- Feeding
- Fluency (e.g., stuttering)
- Hearing
- Language-based reading challenges
- Neurological disorders (due to stroke, traumatic brain injury, progressive medical conditions, etc.)
- Persons with cochlear implants
- Speech and language disorders
- Swallowing
- Voice (including voice challenges related to cleft palate, diagnosed vocal nodules, etc.)

Speech-Language Pathologists (SLPs) and Speech-Language Pathology Assistants (SLPAs) work in a variety of environments, including:

- Schools
 - Communication Disabled (CD) classroom teacher
 - Itinerant SLP
- Medical Facilities
 - Hospitals
 - rehabilitation centers
 - home health
 - skilled nursing facilities
- Private Practices
- Telepractice
- Universities (as educators and researchers)

Who are Audiologists?



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Audiologists are health care professionals who diagnose, manage, and treat hearing, balance, or ear problems.

Audiologists and audiology assistants (or ototechs):

- Work with newborns through the elderly
- Perform hearing assessments, fit hearing aids, assist in cochlear implant programs, monitor the auditory system during surgery, design hearing conservation programs, implement newborn hearing programs, participate in interprofessional teams for hearing and/or balance problems, and provide rehabilitation for children and adults with hearing loss
- Work in K-12 schools, hospitals, universities, hearing clinics, physicians' offices, private practices, the military, and research hospitals

Audiologists are health care professionals who provide services related to the prevention, diagnosis, and treatment of hearing and balance disorders, including:

- Assessment and treatment of auditory processing disorders
- Assessment and treatment of individuals with tinnitus
- Evaluation and diagnosis of hearing loss and vestibular disorders
- Evaluation of and services for cochlear implant recipients
- Fitting and dispensing of hearing aids and other hearing assistive technologies/devices
- Hearing conservation programs
- Hearing rehabilitation
- Intraoperative monitoring
- Newborn hearing screenings

Education Requirements to Become an Audiologist

- Bachelor's degree from an accredited institution
- Doctor of Audiology (Au.D.)
 - Four-year clinical doctorate
 - Three years of coursework and clinical practica, one year of full-time clinical externship
 - Prepares graduates for clinical practice and audiology licensure

Interested in Audiology?

- See Laura Gaeta, Ph.D. for advising
- Attend information sessions for students interested in pursuing a career in audiology or applying to an Au.D. program
 - Dates and times of information sessions can be found on the Department website



Career Options



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Career options with a Bachelor of Science in Communication Sciences and Disorders

- Speech-Language Pathology Assistant (SLPA) licensed by the state
- Audiology: Technician
- Entry Level Administrative Positions
 - Health Insurance Industry
 - Public Health Administration
 - Department of Education Administration



In fact, many graduates with the Bachelor's Degree go on to work and study in other related fields, including:

- Audiology
- Special Education
- Deaf Education
- School Psychology
- Rehabilitation Counseling
- Nursing
- Physical Therapy
- Occupational Therapy
- Social Work
- Disability Law
- Rehabilitation Administration
- Medical sales / publications
- Behavior Analysis (BCBA)
- Professional Meeting Planning & Special Events
- Linguistics
- Public Health



Advanced Education Options for Communication Sciences and Disorders Majors

Graduate School

Master's Degrees and Beyond

- Communication Sciences and Disorders/Communicative Disorders/Speech Pathology (M.S. and/or Ph.D.)
- Audiology (Au.D. and/or Ph.D.)
- Special Education
- Counseling
- Rehabilitative, School Psychology
- Nursing
- Law School



Careers and Degrees in Health Professions: Campus Resources

Pre-Health

<https://www.csus.edu/college/natural-sciences-mathematics/center-science-math-success/pre-health-professional-information.html>




Career Center

<https://www.csus.edu/student-life/career-center/>



Degrees offered through the
Department of Communication Sciences
and Disorders



- 
- Bachelor of Science in Communication Sciences and Disorders
 - Second Bachelor of Science in Communication Sciences and Disorders (College of Continuing Education)
 - Speech-Language Pathology Assistant (SLPA)
 - Master of Science in Communication Sciences and Disorders
 - Doctorate of Audiology (Au.D.)

Bachelor of Science Degree in Communication Sciences and Disorders



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Major Prerequisites

ALL major prerequisites ***MUST*** be completed ***PRIOR*** to beginning any major courses.

- **Human Development throughout the lifespan**
Must cover the lifespan (birth to death) and can be one single course or a combination of courses.
- **Introductory course in Statistics**
- **Introduction to Psychology**
- **One course in sign language**



Sacramento State Courses that fulfill Major Prerequisites

- Human Development throughout the lifespan = CHAD 30. Human Development.
- Introductory Statistics = STAT 1. Introduction to Statistics
- Introduction to Psychology = PSYC 2. Introductory Psychology
- Sign language= DEAF 51. American Sign Language 1

Non-Sacramento State Courses or Exams that Fulfill Major Prerequisites

Equivalent coursework may also be taken, in a face-to-face classroom setting or online, through an accredited institution of higher education (Community College or University).

You should email the Sacramento State CSAD Department Chair (heather.thompson@csus.edu) if you wish to confirm that a course you are considering taking is equivalent.

Credit may also be given for AP coursework and certain College Level Examination Program (CLEP) examinations (Human Growth and Development, or Introductory Psychology.) Contact the Department Chair to determine if passed AP coursework (Scores of 3, 4, or 5) on your transcript or CLEP examinations (scaled score of 50 or higher) that you are considering taking are equivalent.

Note: Straighterline and SOPHIA coursework does **NOT** satisfy general education coursework and, thus, does not satisfy coursework requirements.



Prerequisites not taken at Sacramento State

Once you have completed the course **and** submitted transcripts to California State University, Sacramento, please submit a Transfer Course Equivalencies Form through OnBase, ATTN: Dr. Thompson.



Forms

Do I Need to Have Taken Physics or Chemistry?

- It is **strongly recommended** that students have completed a course in **physics and/or chemistry** as they will be **required** later on when applying to a Master's program in CSAD and/or when applying for ASHA Certification.
- Per ASHA's recently Revised Certification Standards (please see <https://www.asha.org/certification/course-content-areas-for-slp-standards/>), all individuals applying for the ASHA Certificate of Clinical Competence (CCC) after December 31, 2019 will be **required to complete** a college-level course in physics or chemistry.



Physics

What is Basic Physics? Broad survey of physics principles to enable students to appreciate the role of physics in everyday experiences in today's society and technology. The science that deals with matter, energy, motion, and force.

The following is a list of possible content areas:

Basic physical principles for non-majors

Basic principles of mechanics

Basic principles of sound

Basic principles of thermodynamics

Basic principles of optics

Basic principles of electricity and magnetism



Chemistry

What is Basic Chemistry? Selected concepts and topics designed to give students an appreciation for how chemistry impacts everyday life, especially energy and the environment. The study of substances.

The following is a list of possible content areas:

Atomic structure

Chemical bonding

Radioactivity

Behavior of gases and solutions

Behavior of acid and bases

Hydrocarbons

Functional groups and important biological molecules

Chemical principles in human or animal physiology



CSAD B.S. Course Sequence



Course Sequence

The order of courses makes sense.

Courses in one semester are prerequisites for courses in subsequent semesters.

Major coursework begins in the fall semester, typically in the junior year.

https://www.csus.edu/college/health-human-services/communication-sciences-disorders/_internal/_documents/bs/csad-bs-degree-course-sequence-basics.pdf



“Junior” Level Major Course Sequence

Semester 1, Fall (10 units)

<u>Units</u>	<u>Class</u>	<u>Description</u>
4	CSAD 110	Physics of Sound and Phonetics. (Fall only)
3	CSAD 111	Anatomy and Physiology of the Speech Mechanism (Fall only)
3	CSAD 112	Language Science and Development (Fall only)

“Junior” Level Major Course Sequence

Semester 2, Spring (13 units)

<u>Units</u>	<u>Class</u>	<u>Description</u>
3	CSAD 125	Developmental and Acquired Neurogenic Language Disorders Across the Lifespan (Spring only)
3	CSAD 126	Speech Sound Development and Disorders in Children: Aspects of Articulation and Phonology (Spring only)
3	CSAD 130	Introduction to Audiology (Spring only)
1	CSAD 145	Supervised Observations (Spring only)
3	CSAD 148	Research in Speech Language Pathology and Audiology (Spring only)



“Senior” Level Major Coursework

Semester 3, Fall (11-14 units)

<u>Units</u>	<u>Class</u>	<u>Description</u>
3	CSAD 123	Voice and Fluency (Fall only)
2	CSAD 142	Topics in Autism Spectrum Disorders (Fall only)
3	CSAD 147	Assessment Procedures (Fall only)
3	CSAD 146	Introduction to Clinical Issues and Methods * Elective (either Fall OR Spring)



“Senior” Level Major Coursework

Semester 4, Spring (12 units)

<u>Units</u>	<u>Class</u>	<u>Description</u>
3	CSAD 133	Introduction to Aural Rehabilitation (Spring only)
3	CSAD 127	Introduction to Medical Speech Pathology (Spring only)
3	CSAD 143	Communication Disorders in Multicultural Populations (Spring only)
3	CSAD 146	Introduction to Clinical Issues and Methods * Elective (either Fall OR Spring)



*CSAD 146 Introduction to Clinical Issues and Methods

CSAD 146 Introduction to Clinical Issues and Methods is an elective course and is not required for the B.S. degree.

Required for students who plan to apply to Sacramento State Master's Degree Program in Speech-Language Pathology.

Recommended for students who plan to apply to graduate programs at other universities.

Optional for students who do not plan to attend graduate school.

Not required for students who wish to apply to the CSUS SLPA Summer Extension Coursework or the CSUS Doctorate of Audiology program.

Prior to enrolling in CSAD 146, students must fulfill the following requirements:

- **3.2 GPA within the major (CSAD)**
- **NO CSAD courses below a grade of "C"**
- Must meet medical requirements including vaccinations, Basic Life Saving & CPR for healthcare providers, and proof of health insurance
- Completion of a department approved **Level 1 criminal background screening**



Speech-Language Pathology Assistant (SLPA) Summer Coursework



SLPA Prerequisites

- A bachelor's degree or equivalent in Communication Sciences and Disorders (Speech Pathology) no older than 5 years from **California State University, Sacramento** and meet University and Department standards.
- Must meet medical requirements including vaccinations, Basic Life Saving & CPR for healthcare providers, and proof of health insurance
- Completion of a department approved **Level 1 criminal background screening**



SLPA Program Goals

- Meet California registration/licensing requirements of 100 fieldwork hours
- Build knowledge, fieldwork experience, and core technical skills needed to practice within the field of Speech-Language Pathology Assistant
- Fulfill educational requirements for registration and licensing provisions in the State of California for Speech-Language Pathology Assistants
- Promote and support professional standards of the individual to meet the requirements of the State of California and the American Speech-Language-Hearing Association Code of Ethics



Master of Science in Communication Sciences and Disorders



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CSAD M.S.

Visit the Department website for current admission requirements and application procedures.



<https://www.csus.edu/college/health-human-services/communication-sciences-disorders/master-science-csad.html>

CSAD M.S.

Admission Requirements Overview

- GPA: minimum overall GPA of 2.75 and a 3.00 GPA in the major
- B.S. Degree (admission priority is given to applicants from the Sac State CSAD B.S. program)
- Non-major prerequisite coursework (Physics/Chemistry, Biological Science, Human Development Through the Lifespan, Statistics, Psychology, and Sign language. See website for current requirements)
- Passage of ALL THREE SECTIONS of the CBEST (California Basic Educational Skills Test)
- 25 Observation Hours
- Three (3) letter of recommendations (se website for requirements)
- Written Essay
- Oral Essay (Video)
- A personal interview may also be held



Research Opportunities



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Research Opportunities

- There are research opportunities in the department
 - Volunteer Research Opportunities
 - Elective 199 courses
 - Graduate Assistantships
 - M.S. thesis projects
 - Au.D. projects

Reach out to individual faculty to learn about available opportunities



Experiential Learning and Service Learning Opportunities



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CSAD Experiential Learning and Service Learning Opportunities

- Cognitive Communication Connection (CogComCon) – Dr. Lisa D'Angelo
- Appreciation for Diversity in CSAD (ADCSAD)- Dr. Heather Thompson
- Service Learning in Autism and Neurodevelopmental Disabilities – Dr. Heather Thompson
- Love, Talk, Read- Dr. Roseberry-McKibbin
- NeuroService Alliance (NeuroSA)- Dr. Darla Hagge
- S.P.I.T. Lab: Physiological Stress Response Research – Dr. Aishah Patterson



How to Succeed in the Communication Science and Disorders Bachelors of Science Program



How to Succeed: Extreme Self Care

Examples of Extreme Self Care

1. Drink water
2. Eat well
3. Laugh a lot!
4. Body exercise
5. Journal
6. Positive Attitude
7. Smile every day! 😊
8. Sleep
9. Prayer, reflection, meditation, gratitude
10. Fun!!!
11. Stay connected with your family and friends

How to Succeed: Professional Behavior

Professional Behavior Starts Now!

Competence

Honesty

Compassion

Respect for others

Professional Responsibility



How to Succeed: All coursework is important....

- Focus on: Grades
- Study Skills
 - Time
 - Method
 - Repetition, repetition, repetition
 - **Multi-tasking is a MYTH**



How to Succeed: Study Checklist

Study Tips Checklist *Courtesy Of Dr. Roseberry-McKibbin*

- Review each day's lecture notes later that same day to aid retention.
- Review a lot!
- Be sure to read the readings at least several times
- Visualize what you are reading.
- Study with other people
- Recite and write
- Study a little every day
- Every course unit = 3 hours of studying outside of class a week. 3-unit class = 9 hours studying/homework
- DO THE READINGS BEFORE CLASS
- Make flashcards for key terms. Carry these flashcards everywhere you go and review them whenever you have a minute. Do not rewrite the definition in your own words!



How to Succeed: Wellness

Student Health and Counseling Services, Division of Student Affairs

<https://www.csus.edu/student-life/health-counseling/healthy-campus.html>

Care for Coronavirus Anxiety

<https://www.virusanxiety.com/>

How to Handle Coronavirus Anxiety - Crisis Text line

<https://www.crisistextline.org/topics/get-help-coronavirus/#dealing-with-coronavirus-1>

Health and Counseling Updates: What if I feel sick?

<https://www.csus.edu/student-affairs/emergency-student-information/health-counseling-updates.html>

The Virtual Calming Room: <https://www.csus.edu/administration-business-affairs/emergency-employee-information/virtual-calming-room.html>

- Mindfulness and Anxiety
- Student Health and Counseling
- Workouts
- Creativity
- Connecting with Friends, Family, and Peers
- Virtual Vacation
- Live Animal Cameras
- Support
- Apps and Resources



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How to Succeed: Additional Resources

- **Want to start or continue a meditation practice?** The following apps and websites offer free guided meditations.
 - [Liberate](#). Their mission is to empower Black, Indigenous, and People of Color on their path of finding inner peace.
 - [Sanvello](#). On-demand help for stress, anxiety, and depression. Sanvello is offering free premium access during the COVID-19 crisis.
 - [Headspace](#). Headspace offers a free 10-session beginner's series as well as several short meditations to help with virus anxiety.
 - The [UCLA Mindful Awareness Research Center](#) offers several free guided meditations, of various length, in both English and Spanish.
 - [Insight Timer](#). Insight Timer offers over 30,000 free guided meditations.
- **Free Fitness Classes**
 - Lululemon offers free [yoga](#) and [workout](#) videos on YouTube.
 - [MindBodyGreen](#) offers free daily wellness classes.
- **Helpful Websites, Articles, and Other Resources**
 - [OnwardCA](#) is a website for people impacted by job loss during the pandemic, with resources for basic needs, job retraining, and employment opportunities.
 - [Each Mind Matters' blog](#) features an entry on maintaining connection in times of physical distancing. The blog also includes links to other mental health resources.



Student Employment Opportunities



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On-Campus Employment for Students

- There are many student employment positions available at Sac State
- Check the Student Employment website for updates regarding current on-campus positions:
 - <https://www.csus.edu/administration-business-affairs/human-resources/student-employment.html>
- We recommend keeping your work to about 10-20 hours per week if you have to work while you are enrolled in school full time.



Registration Assistance



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Registration Assistance

Registration Questions

- If you have any questions about Campus Registration procedures, please contact the University Registrar staff at registrar@csus.edu
- If you have any questions about CSAD Registration procedures, please contact the CSAD staff at csad-registration-assistance@csus.edu

Registration Assistance Form

For registration assistance with CSAD classes, the Department uses a web based Qualtrics registration assistance form. Do not use the campus OnBase system. The link to the registration assistance form link changes each semester. The current link is posted on the department webpage.



Additional Information and Resources



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Emails

- All course, campus and department emails will be sent to your *campus* email address.
- Make it a habit to check it daily
- Emails are a better form of contact than phone calls.



Additional Online Resources

- Department Website:
<https://www.csus.edu/college/health-human-services/communication-sciences-disorders/>
- Department Facebook: [Department of Communication Sciences and Disorders at Sac State](#)

Process for Reporting Bias

CSUS process for reporting bias:

- https://cm.maxient.com/reportingform.php?CSUSacramento&layout_id=6

Student Organizations



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National Student Speech Language Hearing Association (NSSLHA)

<https://www.csusnsslha.com/>

<https://www.youtube.com/watch?v=X3cby896l4o>

“The NSSLHA chapter at Sac State strives to encourage professional interest , promote student involvement in our community, and provide information regarding speech, language, and hearing disorders to Sacramento State students and community members.”



R.A.I.N.B.O.W. Organization

<https://www.rainboworg.com/>

“R.A.I.N.B.O.W Organization is a student organization created to provide an open and safe environment to speak freely on topics about equality and intersectionality in the field of speech pathology and audiology”

CALIFORNIA STATE UNIVERSITY, SACRAMENTO



Student Academy of Audiology

<https://www.youtube.com/watch?v=C3MArQarbXU>

On Instagram: @saacsus

SAA provides opportunities, resources, and information for students pursuing careers in audiology

CALIFORNIA STATE UNIVERSITY, SACRAMENTO



Student Interprofessional Education Organization (SIPE)

<https://sipecsus.wixsite.com/website>

<https://youtu.be/8mzvIgD-Fxk>

Bringing students from different health professions
together to learn from, and with, each other.

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