Welcome to Communication Sciences and Disorders

Fall 2020
Bachelor of Science Group Advising and Orientation
Administration
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.

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. Robin Carter, Interim Dean
- Dr. Greg Shaw, Associate Dean - Operations: Budget & Planning
- Dr. Mary Maguire, Associate Dean - Student & Personnel
- Andrew Stiffler, Information Technology Consultant
- Carl Kelley, Information Technology Consultant
- Amanda Haddan, Budget and Personnel Analyst
- Christine Kellermann, Administrative Analyst/Specialist
- Raquel Dagnino, Administrative Support Coordinator -II
- Kat Hughes, Administrative Support Coordinator-II
- Raquel Quirarte, Student Success Center Coordinator
- Scarlette Charles, Student Success Center Administrative Support Assistant-II

Location: Solano Hall 5002
Phone: (916) 278-7255
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.
Full-Time Faculty

Robert Pieretti, Ph.D., Chair
Lisa D’Angelo, Ph.D., CCC-SLP
Tonia Davis, Ph.D., CCC-SLP
Laura Gaeta, Ph.D.
Darla Hagge, Ph.D., CCC-SLP
Aishah Patterson, Ph.D., CCC-SLP
Celeste Roseberry-McKibbin, Ph.D., CCC-SLP
Heather Thompson, Ph.D., CCC-SLP
Didactic Instruction
Part-Time Faculty

James Chuchas, M.S.
Keith Haberstock, M.S.
Robert Ivory, Au.D.
Kelly Louney, M.S.
Marcella Mojibi, M.S.
Charles Sanders, Au.D.
Julia Ahlquist-Tanner, Au.D.
Amy White, Au.D.
Clinical Instruction Part-Time Faculty

Julia Ahlquist-Tanner
Jennifer Brickley
Shauna Brown
James Chuchas
Lois DeMartini
Kelly Dodge
Karen Faherty
Renee Garner
Sean Green
Debra Harms
Jane Johnson
Sandra Kaul
James McCartney
Barbara McGinty
Kinzie Murphy
Karen Oakley
Andrea O'Donnell
Elizabeth Posner
Tracy Stage
Ragna Thordardottir
Kathryn Vigil
Razi Zarchy
Staff

Department of Communication Sciences and Disorders

• David Gleason, B.I.S., Administrative Support Coordinator
• Annette Kafouros, B.A., Administrative Support Assistant

Maryjane Rees Language, Speech and Hearing Center

• Marcella Mojibi, M.S., CCC-SLP, Interim Clinic Coordinator
• Mable Boban, B.A., Administrative Support Assistant
Maryjane Rees Language, Speech and Hearing Center

Circle of Golden Hearts
Maryjane Rees Language, Speech and Hearing Center

https://vimeo.com/261220133

California State University, Sacramento
Clinical Services Offered

Assessment and therapy are available for children, teens, and adults with communication challenges associated with the following areas:

- Accent Modification
- Alaryngeal Speech
- Aphasia
- Apraxia
- Auditory Processing
- Cleft Palate
- Cognition
- Dysarthria
- Expressive Language
- Hearing Loss
- Reading Disorders
- Receptive Language
- Social Pragmatic Language
- Speech Sound Disorders
- Stuttering
- Transgender Voice Therapy
- Traumatic Brain Injury
- Voice Disorders
Aishah Patterson, Ph.D., CCC-SLP

Assistant Professor

patterson@csus.edu
Department of Communication Sciences and Disorders

Advising
Advising Resources

View the CSAD Major Orientation Presentation and other advising resources at:
https://www.csus.edu/college/health-human-services/communication-sciences-disorders/student-advising.html
General Education Advising

ACADEMIC ADVISING CENTER
https://www.csus.edu/student-life/academic-advising/
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 questions, 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.

These sessions are held throughout the academic semester in Folsom Hall room 2316 via Zoom (Fall 2020) and are on a drop-in basis. No appointment is necessary. Please visit the department website for upcoming session information.

Visit the Department website for current dates.
The Department conducts group career path advising sessions a few times a year for:

- Audiology
- Speech-Language Pathology Assistant (SLPA)
- Master of Science in Communication Sciences and Disorders (Speech-Language Pathologist Path)

These sessions are on a drop-in basis. No appointment is necessary.
Visit the Department website for current dates.
CSAD Major Advising: One-on-One Appointments

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

**Undergraduate advising**
- Available full-time faculty members
- Email faculty directly

**Graduate Program Advising**
Dr. Darla Hagge, Graduate Coordinator

**Audiology Advising**
Dr. Laura Gaeta, Au.D. Program Director

**Clinic Advising**
Marcella Mojibi, Maryjane Rees Language, Speech and Hearing Center Clinic Coordinator

Additional Advising information may be found on the department website.
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.)
Career Options
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

Career Center
http://www.csus.edu/careercenter/index.html
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 pathology 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 (SLP) and speech-language pathology assistants (SLPAs) work with a wide variety of Disorders and Services, including:

- Accent modification
- Autism and other syndromes
- Feeding
- Fluency (e.g., stuttering)
- Hearing impairments
- Language-based reading problems
- Neurological disorders (due to stroke, TBI, NTBI, progressive medical conditions, etc.)
- Persons with cochlear implants
- Speech and language disorders
- Swallowing
- Voice (including voice issues related to cleft palate, diagnosed vocal nodules, etc.)
SLPs 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)
Tonia Davis, Ph.D., CCC-SLP
Assistant Professor
tonia.davis@csus.edu
Undergraduate Degree in Communication Sciences and Disorders
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 = CHDV 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
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 (rpieretti@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.
Online Courses Previously Approved for CSAD Pre-Major Requirements

Introductory Psychology
• Brigham Young University PSYCH 111
  https://is.byu.edu/catalog/PSYCH-111-M002

American Sign Language
• Gallaudet University ASL 1
  https://www.gallaudet.edu/asl-connect-education/online-asl-courses
• Brigham Young University ASL 101
  https://is.byu.edu/catalog/ASL-101-M001

Statistics
• Brigham Young University STAT 105
  https://is.byu.edu/catalog/STAT-105-M001
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 to the department, ATTN: Dr. Pieretti.

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/Certification-Standards-Change-in-2020/), 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.
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
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
Course Sequence
The order of courses makes sense.

Courses in one semester are prerequisites for courses in subsequent semesters.
## Junior Level Major Course Sequence

### Semester 1, Fall (10 units)

<table>
<thead>
<tr>
<th>Units</th>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>CSAD 110</td>
<td>Physics of Sound and Phonetics. (Fall only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 111</td>
<td>Anatomy and Physiology of the Speech Mechanism (Fall only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 112</td>
<td>Language Science and Development (Fall only)</td>
</tr>
</tbody>
</table>
### Junior Level Major Course Sequence

#### Semester 2, Spring (10 units)

<table>
<thead>
<tr>
<th>Units</th>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>CSAD 125</td>
<td>Developmental and Acquired Neurogenic Language Disorders Across the Lifespan (Spring only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 126</td>
<td>Speech Sound Development and Disorders in Children: Aspects of Articulation and Phonology (Spring only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 130</td>
<td>Introduction to Audiology (Spring only)</td>
</tr>
<tr>
<td>1</td>
<td>CSAD 145</td>
<td>Supervised Observations (Spring only)</td>
</tr>
</tbody>
</table>
# Senior Level Major Coursework

**Semester 3, Fall (11-14 units)**

<table>
<thead>
<tr>
<th>Units</th>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>CSAD 123</td>
<td>Voice and Fluency (Fall only)</td>
</tr>
<tr>
<td>2</td>
<td>CSAD 142</td>
<td>Topics in Autism Spectrum Disorders (Fall only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 147</td>
<td>Assessment Procedures (Fall only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 146</td>
<td>Introduction to Clinical Issues and Methods *</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(either Fall <strong>OR</strong> Spring)</td>
</tr>
<tr>
<td>Units</td>
<td>Class</td>
<td>Description</td>
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</tr>
<tr>
<td>3</td>
<td>CSAD 133</td>
<td>Introduction to Aural Rehabilitation (Spring only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 127</td>
<td>Introduction to Medical Speech Pathology (Spring only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 143</td>
<td>Communication Disorders in Multicultural Populations (Spring only)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 146</td>
<td>Introduction to Clinical Issues and Methods* (either Fall OR Spring)</td>
</tr>
<tr>
<td>3</td>
<td>CSAD 148</td>
<td>Research in Speech Language Pathology and Audiology (Spring only)</td>
</tr>
</tbody>
</table>
CSAD 146 Introduction to Clinical Issues and Methods

Required for students who plan to apply to Sacramento State Master’s Degree Program in Communication Sciences and Disorders.

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

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

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"**
- Proof of **negative tuberculin** (PPD) test
- Verification of **MMR** (measles, mumps, rubella) immunization
- Verification of **hepatitis B** immunization
- Completion of a **department approved Level 1 criminal background screening**
Heather Thompson, Ph.D., CCC-SLP
Assistant Professor
SLPA Coordinator
heather.thompson@csus.edu
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.

- Pass all medical requirements
  - Proof of negative tuberculin (PPD) test
  - Verification of MMR (measles, mumps, rubella) immunization
  - Verification of hepatitis B immunization

- Complete the Department’s authorized background check
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
Darla K. Hagge Ph.D., CCC-SLP
Associate Professor
Graduate Coordinator
Medical/Private Practice Internship Coordinator
Chair, CSUS Institutional Review Board
Founder/Director, NeuroService Alliance Aphasia Groups,
A Collection of Life Participation Approach Programs
Co-Director, Interprofessional Education Center for Innovative Teaching and Learning
Co-Faculty Advisor, Student Interprofessional Education (SIPE) Organization

hagge@csus.edu
Preparing for Applying to Graduate Programs in Communications Sciences and Disorders/ Speech Pathology
Grades

Overall GPA is important, however more important for applying to the Speech Pathology MS program at Sacramento State is GPA in the major coursework.

Students must have an overall GPA of 2.75 and a 3.00 in the major.
Do I Need to Have Taken Physics or Chemistry?

• **Yes.** The Sacramento State Master of Science in Communication Sciences and Disorders degree program requires applicants to have successfully completed or be currently enrolled in a university-level physics *or* chemistry class at the time of application. (If currently enrolled at time of application, coursework must be successfully completed in order to begin program if admitted.)

• Per ASHA’s recently Revised Certification Standards (please see [https://www.asha.org/Certification/Certification-Standards-Change-in-2020/](https://www.asha.org/Certification/Certification-Standards-Change-in-2020/)), 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.
Do I Need to Have Taken Physics or Chemistry?

Types of coursework/exams that the Sacramento State Master of Science in Communication Sciences and Disorders degree program has defined as fulfilling the Physics/Chemistry requirement.

- Courses must be taken from an **accredited institution** (Community College, University).
- Courses do **not** need to include a lab unless required by the course/university.
- Courses may be taken Credit/No Credit or for a grade.
- The best college/university coursework option is a course that is recognized as fulfilling the General Education (GE) requirements for the Sac State Bachelors degree.
- The Chemistry CLEP exam is an acceptable alternative to coursework. Passage of the exam with a score of 50 or higher is required. Official proof of passage will need to be submitted to the department.
- Completed Advanced Placement (AP) coursework in Physics or Chemistry with scores of 3 or higher is an acceptable alternative to college/university coursework. Official proof of passage will need to be submitted to the department.
Do I Need to Have Taken Physics or Chemistry?

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- 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
Multicultural Experience

Defined as: *Experience with ethnic and minority groups, bilingualism, multilingualism, and signing.*

A **prolonged** pattern of involvement with multicultural populations, including work with populations relevant to the field and/or speaking another language or signing fluently and/or working primarily in a language other than English.
Work/Volunteer Experience

Teaching, tutoring, school aides, SLPA, speech aide, research, social work, counseling, daycare, work with the elderly, work in nursing homes, work with individuals with disabilities, etc.

A prolonged pattern of involvement directly related to our field and/or populations relevant to the field.
Scholarships, Awards, and Other Commendations

• Examples:
  – Dean’s List
  – Scholarships
  – Elected NSSLHA Officer
  – Scholarly Awards
  – Service Awards
Writing Skills and Clinical Potential

Start refining your writing, interpersonal, and presentation skills now. Applications include an essay and video presentation. Take advantage of campus writing labs

- **Peer and Academic Resource Center (PARC)**
  [http://www.csus.edu/parc/](http://www.csus.edu/parc/)

- **Writing Center** [http://www.csus.edu/writingcenter/](http://www.csus.edu/writingcenter/)

- **Career Center** [http://www.csus.edu/careercenter/index.html](http://www.csus.edu/careercenter/index.html)
Graduate Record Examination (GRE)

A minimum combined score of 291 on the verbal and quantitative portions of the test ...OR... A minimum score of 4.5 on the analytical writing (AW) portion of the test.

• If the applicant has a GPA of 3.50 or higher in the major, the GRE requirement will be waived.

• It is strongly recommended that students submit GRE scores even if they meet the requirements for waiving the GPA. Inclusion of scores may boost an applicant’s profile.
Letters of Recommendation

Start making yourself visible to the faculty now. In the fall of your senior year you will need to request letters of recommendation.

Applicants must submit three letters of recommendation:

- Two of these must come from Professors in Speech-Language Pathology or Communication Disorders.
- One letter may come from a Professor in Speech-Language Pathology or Communication Disorders, an ASHA certified speech-language pathologist, or an employed professional in a related field.
Extreme Self-Care
Extreme Self Care: is the practice of fully committing to a nurturing lifestyle.
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

• REMEMBER: Treat Yourself Well Everyday (TYWE)!!!
Experiential Learning and Service Learning Opportunities
CSAD Experiential Learning and Service Learning Opportunities

- Cognitive Communication Connection (CogComCon) – Dr. Lisa D’Angelo
- English Language Institute (ELI) Language Partners- Dr. Heather Thompson
- Love, Talk, Read- Dr. Roseberry-McKibbin
- NeuroService Alliance (NeuroSA)- Dr. Darla Hagge
- Speech Pathology Research, Outcomes and Treatment (SPROuT)- Dr. Heather Thompson
- S.P.I.T. Lab: Physiological Stress Response Research – Dr. Aishah Patterson
Laura Gaeta, Ph.D., F-AAA
Assistant Professor
Au.D. Program Director

l.gaeta@csus.edu
Who are Audiologists?
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
Celeste Roseberry-McKibbin, Ph.D., CCC-SLP
Professor

celeste@csus.edu
How to Succeed in the Undergraduate Program in Communication Science and Disorders
Professional Behavior: Start Now!

Competence
Honesty
Compassion
Respect for others
Professional Responsibility
All coursework is important....

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

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
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.
David Gleason, B.I.S.

Administration Support Coordinator

dgleason@csus.edu
Registration Assistance
The Department of Communication Sciences and Disorders uses a web based registration assistance form (no paper). Visit the department website for the current link.

Note:
- CSAD Registration Assistance Requests may take 72 hours for processing.
- Please attempt to register yourself first.
- Submit a separate form for each class for which you need assistance. Only one course/request may be submitted per form.
- If you need to add/swap/drop multiple classes, submit a separate form for each class.
- You will need to document ALL course prerequisites on each form.
- We can only assist you with CSAD courses. For courses in other departments, you will need to contact them directly.
- The Department is NOT able to process requests for admission into full/closed classes. NO EXCEPTIONS.
- CSAD Registration Assistance Requests are processed in the order received and enrollment is based on the availability of seats at the time the form is processed. NOT on the availability at the time the form was submitted.
- ANY exceptions to prerequisites MUST be authorized via email by the instructor, the department chair, or petitions committee.
- The Department is only able to processes requests during assigned registration times.
- Complete all appropriate sections of the form. If the form is incomplete, we will not be able to assist you
- When submitting your request, you will need to list multiple course sections in the order of preference. Failure to include more than one section may invalidate your request.
- The Department does NOT have waitlists for its courses
- DO NOT “CRASH” a course.
- CSAD Registration Assistance Requests are processed in the order received.
- CSAD Registration Assistance Requests may take 72 hours for processing.
- DEADLINE FOR SUBMISSION OF CSAD REGISTRATION ASSISTANCE REQUEST IS 5:00 PM ONE BUSINESS DAY PRIOR TO CAMPUS

https://csus.co1.qualtrics.com/jfe/form/SV_3elDijg59zDgqqJ
Mable Boban, B.A.

Maryjane Rees Language, Speech, and Hearing Center

Administration Support Assistant

m.boban@csus.edu
Department Communication and Resources
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.
Annette Kafouros, B.A.,

Administration Support Assistant

kafourosa@csus.edu
Additional Online Resources

- **Department Website:** [https://www.csus.edu/college/health-human-services/communication-sciences-disorders/](https://www.csus.edu/college/health-human-services/communication-sciences-disorders/)

- **Department Facebook:** [Department of Communication Sciences and Disorders at Sac State](https://www.facebook.com/DHCSDSacState)
National Student Speech Language Hearing Association
California State University, Sacramento Chapter

https://www.youtube.com/watch?v=3zIJvL1XPU&t=1s
Student InterProfessional Education Organization
California State University, Sacramento
“Interprofessional education occurs when students from two or more professions learn about, from, and with each other to enable effective collaboration and improve health outcomes.”

3 events each semester based on the four (4) IPEC core competencies:
1. Communication
2. Ethics
3. Roles/Responsibilities
4. Teams/Teamwork

WHY IS IPE IMPORTANT?

“IPE is not about education for education’s sake. It’s about improving health, creating support systems and trying different models of practice.

It intentionally supports people – including health professionals, health workers, students, residents, patients, families and communities – to learn together every day to enhance collaboration and improve health outcomes while reducing costs.”

WHY IS IPE IMPORTANT CONT.

ORGANIZATIONS THAT SUPPORT IPE

- American Association of Colleges of Podiatric Medicine
- American Council of Academic Physical Therapy
- American Occupation Therapy Association
- American Psychological Association
- Association of Schools and Colleges of Optometry
- Association of Schools of Allied Health Professionals
- Council on Social Work Education
- Physician Assistant Education Association
- American Consortium for Complementary & Alternative Health Care
- American Association of Colleges of Podiatric Medicine
- American Council of Academic Physical Therapy
- American Physical Therapy Association
- American Podiatric Medical Association
- American Psychological Association
- American Speech-Language-Hearing Association
- Association of Schools and Colleges of Optometry
- Association of Schools of Allied Health Professionals
- Council on Social Work Education
- Physician Assistant Education Association
- Society for Simulation in Healthcare Accreditation Council for Pharmacy Education
- Commission on Collegiate Nursing Education
- Commission on Dental Accreditation
- Commission on Osteopathic College Accreditation
- Council on Education for Public Health
- Liaison Committee for Medical Education

- Communication Sciences and Disorders
- Audiology
- Nursing
- Physical Therapy
- Recreational Therapy
- Social Work
- Psychology
- Dietetics (Dieticians)
- + and hopefully many more!

DEPARTMENTS AT SAC STATE
WHO WE ARE!

President

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JANNIE GUTIERREZ
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MELISSA MALANA
sipe.melissamalana@gmail.com

NURSING
Danielle Baldwin

CSAD
Shawna Garayalde

SOCIAL WORK
AJ Stone
WHY JOIN SIPE?

- Gain interprofessional skills
- Build your resume
- Collaborate with peers from different health care professions
- Learn about patient-centered care
PAST EVENTS

APHASIA PANEL
WHEN: OCTOBER 19TH, 2018 @ 4:30 PM
WHERE: FOLSOM HALL 1050
WHO: FUTURE HEALTHCARE PROFESSIONALS

National Aphasia Association Definition:
Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write.

Individuals with Aphasia are coming to share their stories and discuss their experiences with health care professionals, such as nurses and SLPs.

WE HOPE TO SEE YOU THERE!

SIPE APRIL EVENT
OT’S ACROSS THE CONTINUUM

APRIL 19
4:15
@FOLSOM HALL RM#1049

HEAD TRAUMA SUPPORT PROJECT PANEL!

Head Trauma Support Project (HTSP) is a non-profit organization that provides information and support to individuals that have had a brain injury. They strive to improve the quality of life for survivors of brain injury and their families in the greater Sacramento area.

SIPE MARCH EVENT
SIPE is a club at Sacramento State aiming to provide collaborative patient centered care with networking, socializing and discussions.

FRIDAY, MARCH 8TH FROM 4:15 TO 5:15 AT FOLSOM HALL 1049
SCAN QR CODE TO JOIN

Instagram
@sipesaacstate

Facebook
CSUS Student Interprofessional Organization -SIPE

Website
sipecsus.wixsite.com/website
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Department Chair
CSAD2B Coordinator
Professor

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Q & A
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Chair, CSUS Institutional Review Board
Founder/Director, NeuroService Alliance Aphasia Groups,
A Collection of Life Participation Approach Programs
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