



LASSI Worksheet: Using Academic Resources (UAR)

Name: _____

Introduction

As you navigate college and encounter various obstacles, it is important that you understand that Sac State is committed to the success of its students. Adjusting to life and learning in college can be challenging, but the campus offers many different services from tutoring to mental health counseling. Although many different programs are available to you, it is ultimately up to you to seek the help. There are many resources readily available for you. Asking for help is normal and it is alright. Students that seek help are more likely to succeed academically.

Take a minute to look at all the resources on the next page and then pick 2 resources that could be beneficial to you. Look into those resources and write them below:

1. _____
2. _____

Explain why these resources can be helpful.

Academic Resources

Academic Advising

advising@csus.edu | (916) 278-6231
<https://www.csus.edu/acad/>

Career Center

careercenter@csus.edu | (916) 278-6231
www.csus.edu/careercenter

The Academic Advising and Career Center can help you make a good choice from a wealth of major offerings. Our goal is to assist you with major and career exploration to ensure a timely declaration of major.

Chemistry Help Office

chemistry@csus.edu | (916) 278-6684 |
<https://tinyurl.com/rtm9mv2>

Engineering and Computer Science Tutoring

mdorst@csus.edu (email Michael Dorst for questions) |
<https://tinyurl.com/y58s4mw2>

Math Tutoring Lab

nsm-mathlab01@csus.edu | (916) 278-6796 |
<https://tinyurl.com/sx64y6y>

Academic Resources continued

☐ **MESA Engineering Program (MEP)**

ecs-mep@csus.edu | (916) 278-6699 |

www.ecs.csus.edu/mep

MEP provides professional development, a freshman orientation course, and personal-academic advising. It assists in the coordination of tutoring services for all students in the College of Engineering and Computer Science.

☐ **Peer Academic Resource Center (PARC)**

parc-01@csus.edu | (916) 278-6010 |

www.csus.edu/parc

The Peer and Academic Resource Center (PARC) is a centralized location of support where students are united for common goals of excellence and student success through peer-led and student-driven 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 Government). In addition, Peer Mentors provide academic review and test preparation sessions, advising and individual and group drop-in tutoring sessions.

☐ **Peer Assisted Learn (PAL)**

pal@csus.edu | (916) 278-3577 |

www.csus.edu/nsm/pal

PAL is a curricular structure that fosters cross-year support among students in science and math gateway courses. PAL encourages students to learn cooperatively under the guidance of trained students, called PAL Facilitators, who have been very successful in the same course they facilitate, and have been highly trained in group facilitation and pedagogy. During PAL class, students work in groups of 3-4 around a whiteboard or chalkboard, taking turns working through problems from the day's worksheet. It is supported, focused practice of relevant problems. PAL courses are offered in conjunction with a variety of NSM courses.

☐ **Professor Office Hours (aka Student Hours)**

Refer to your syllabi.

Going to a professor's office hours (via Zoom) allows you to ask questions for clarification and added detail about class content. You also will have the opportunity to learn about your professor's career and research and develop a relationship with them through the duration of the course.

☐ **Science Educational Equity (SEE)**

see@csus.edu | (916) 278-6519 |

<https://tinyurl.com/y2tk5e6p>

A comprehensive academic support program for students who face social, economic and educational barriers to careers in the health professions, science research and science teaching.

☐ **Student-Athlete Resource Center (SARC)**

(916) 278-5431 | www.csus.edu/sarc

SARC supports NCAA Division 1 student-athletes in successfully completing a college degree while preparing them for success after college by providing a variety of academic support. The SARC provides services that include: counseling, eligibility certification, NCAA compliance, as well as additional academic support in the forms of computer labs, individual tutoring and specialized retention mentoring for student-athletes with additional academic needs.

☐ **Testing Center**

testingcenter@csus.edu | (916) 278-6296

www.csus.edu/testing

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.