

# Campus Resources

**Sac State has many programs and resources available to assist you during your academic studies.**

**Links to the following resources are also available in SacCT:**

## [Academic Advising](#)

- The Academic Advising Center offers new student orientation, mandatory freshman advising, and advising on General Education and graduation requirements for all students.

## [The Career Center](#)

- The Career Center provides proactive and comprehensive career services to students through career development, experiential learning, resume development, on-campus recruitment and employer networking. The professional staff provides events, workshops and career counseling to our diverse student population, and partners with employers who value performance in an inclusive environment.

## [IRT Service Desk \(Service Desk\)](#)

- The helpdesk provides assistance to students, faculty and staff in their use of campus technologies. Help is available via walk-in service, telephone service, email, or chat.

## [The Multicultural Center](#)

- The Multi-Cultural Center at Sacramento State Supports the needs of diverse communities by providing educational programs and a welcoming space that helps students learn about themselves and others. By partnering with multiple campus and community entities to co-create diversity and social justice initiatives, the MCC is committed to responding to student needs, building bridges for fostering social awareness and cultural understanding and taking action on important issues and concerns of our communities.

## [PRIDE Center](#)

- The PRIDE Center offers advocacy and outreach services to the LGBTQIAA community on the Sacramento State campus. 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.

### Services to Students with Disabilities

- Services to Students with Disabilities offers a wide range of support services and accommodations to students in order to ensure equal access and opportunity to pursue their educational goals.

### Student Affairs

- If you need help discerning who to see to get a question answered, advice on which classes to take, or information about how to obtain financial aid, Student Affairs may be able to assist you.

### Student Health and Counseling Services

- The mission of SHCS is to enhance students' educational experience by addressing health-related barriers to learning, enabling students to make informed health decisions, and promoting the seven dimensions of wellness – Intellectual, Emotional, Environmental, Physical, Career/ Financial, Spiritual, and Socio-Cultural.
- Student Health & Counseling Services (SHCS) embraces a holistic and collaborative approach to healthcare by offering urgent care, primary care, preventive services, wellness education, violence support services, and mental health services.

### University Library

- The Sacramento State University Library provides access to a wide array of workshops, research guides, subject specialists, databases, electronic journals, and other electronic resources for the campus community.

### University Writing Center

- For free, one-on-one help with writing in any class, visit the University Reading and Writing Center in Calaveras 128. The Reading and Writing Center can help you at any stage in your reading and writing processes: coming up with a topic, developing and organizing a draft, understanding difficult texts, or developing strategies to become a better editor. To make an appointment or a series of appointments, visit the Reading and Writing Center in CLV 128. We also offer tutoring for one unit of academic credit through ENGL121. For current Reading and Writing Center hours and more information, visit the website at [www.csus.edu/writingcenter](http://www.csus.edu/writingcenter).

### Women's Resource Center

- The mission of the Women's Resource Center is to eliminate gender discrimination and oppression by cultivating women's individual and social development. We do so by providing the environment, resources, education, advocacy, outreach, and support necessary to maintain a community alliance of and for women, and their allies.