

Graduate and Nontraditional Student Resource Guide

This guide is not a comprehensive list of all campus resources, but it is a list of places to start. The list is organized in alphabetical order and addresses a wide range of services, so it is best to work through the whole list for the most applicable services. There are academic, social, economic, and other resources that help to address some of the unique experiences of graduate, continuing, and nontraditional students. Each resource has their website and social media pages linked to learn more information and get connected with their services.

* For students in the College of Continuing Education, because student fees are not a part of your tuition, there are certain services that are not accessible to you. These unavailable programs are funded through student fees and therefore are only for those students who have paid the fees. These resources will be marked with asterisks throughout the guide.

1. [Associated Students Incorporated](#) | insta: [@sacstateasi](#) *

 - a. ASI Food Pantry and Food Lockers
 - b. ASI Children's Center
 - c. ASI Safe Rides

2. [Career Center](#) | insta: [@sacstatecareer](#) (available for students and alumni)
 - a. Drop in and Appointment Counselling
 - i. Virtual and In-person times
 - b. College Corps
 - c. Campus and Requested Workshops and Presentations
 - d. Employer on Campus events weekly
 - e. Career Fairs
3. [Cultural and Academic Resource Centers](#) | insta: [@sacstatecarc](#)

These centers support students throughout their academic journeys, providing affirming spaces that celebrate their experiences and foster a strong sense of belonging. Each center will have specialized services to address the needs of the populations they serve, but they all have engaging programs and events that help our students flourish.

- a. [Asian, Pacific Islander, Desi American \(APIDA\) Center](#) | insta: [@sacstateapida](#)
- b. [Dreamer Resource Center](#) | insta: [@sacstatedrc](#) (Immigrant)
- c. [El Centro Serna](#) | insta: [@sacstatecentroserna](#)
- d. [Esak'timá Center](#) | insta: [@sacstate.esaktimacenter](#)
- e. [Jewish Life and Resource Center](#) | insta: [@jewishlifeatsacstate](#)
- f. [Martin Luther King Jr. Center](#) | insta: [@sacsatemplkcenter](#)
- g. [Multicultural Center \(MCC\)](#) | insta: [@sacstatemcc](#)
- h. [PRIDE Center](#) | insta: [@sacstatepridecenter](#)

- i. [Southwest Asian and North African Center \(SWANA\) Center](#) | insta: [@swana.csus](#)
- j. [Women's Resource Center](#) | insta: [@wrcsacstate](#)
- 4. **[Disability Access Center and Disability Cultural Center](#) | insta: [@sac.dac](#)**
 - a. Disability Access Center (DAC) provides a wide range of academic accommodations, working collaboratively with students, faculty, staff, and administrators, that ensure disabled students have equal educational access.
 - b. Disability Cultural Center
 - i. Assistive Technology Lab
 1. Text-to-speech/speech-to-text software
 2. Screen readers such as Jaws
 3. Speech recognition software
 4. Zoom text for low-vision
 5. Alternative formats
 6. Note-taking
 7. Captioning and transcription tools
 8. Physical book-to-PDF service
 9. Trainings and workshops on accessible technologies for educational materials
 - ii. Social Space/Longue
 - iii. Sensory Room
 - iv. Department of Rehabilitation
- 5. **[Office for Equal Opportunity](#) | insta: [@sacstate_oeo](#)**
 - a. Addresses any issues of discrimination, harassment, or retaliation. Among other responsibilities, OEO offers training, outreach, and consultations to campus constituents to foster adherence to University policies. These policies include prohibitions against sexual misconduct, sexual exploitation, dating or domestic violence, and stalking. If you believe that you have experienced harassment, discrimination, or retaliation based on a protected status (age, disability, gender, gender identity or expression, sexual orientation, genetic information, nationality, marital status, race or ethnicity, religion, veteran or military status), promptly contact OEO for more information on resources and options.
- 6. **[Financial Wellness](#) | insta: [@sacstatefinancialwellness](#)**
 - a. Individual Financial Coaching Sessions
 - b. Presentations and Workshops
- 7. **[Office of Graduate Studies](#) | insta: [@sacstate_graduatestudies](#)**
 - a. Graduate Student Advisory Council
 - b. Graduate Academic Office hours
 - c. Graduate Longue (NEW-opened March 30, 2026)

- d. Sac State & CSU Grad Slam events
 - e. Graduate Research Showcase
 - f. Graduate and Professional Student Appreciation Week
8. **[Guardian Scholars](#) | insta: [@sacstateguardians](#) (Former foster youth; registration based)**
- a. Academic Advising
 - b. Priority Registration
 - c. Textbook Loaner Program
 - d. Priority On-Campus Housing and On-Campus Housing Application Fee Deferment
 - e. Orientation Fee Waiver
 - f. Mental Health and Wellness Support and Referrals
 - g. Employment Readiness Assistance and Referrals
 - h. Student Assistant Opportunities and Peer Mentorship
 - i. Scholarship Opportunities (on and off campus)
 - j. Emergency Financial Support and Financial Literacy Education
9. **[Inclusive Excellence](#) | insta: [@sacstateie](#)**
- a. Belonging Support Form
 - i. If, after exploring other campus resources, you still feel that your experience or concern would benefit from additional support, this form provides us information on how we can support your sense of belonging and well-being at Sac State.
 - b. Belonging Maps-Interactive resource maps/guides for Sac State and broader Sacramento region
 - i. Somos-Latine population centered map
 - ii. Ummah-Muslim population centered map
 - iii. Ubuntu-Black population centered map
 - c. Organizations
 - i. ASL interpretative Services
 - ii. CSU Asian American, Native Hawaiian, Pacific Islander Student Achievement Program (CSU ASAP)
 - iii. CSU Central Office for the Advancement of Black Student Success
 - iv. Office of Cultural Transformation
 - v. Hispanic Serving Institution (HSI) Office
 - vi. International Programs and Global Engagement
 - 1. International Admissions
 - 2. Study Abroad
 - 3. International Student and Scholar Services
 - 4. Global Engagement

vii. Wileety Native American College (application based)

10. **[University Library](#) | insta: [@sacstatelibrary](#)**

- a. Specific Study Rooms
 - i. Graduate Study Rooms
 - ii. Family Study Rooms
 - iii. Group Study Rooms
 - iv. Zoom Rooms
 - v. Presentation Practice Room
- b. Student Lockers
- c. Advanced Software and Research Tools
 - i. Research Guides and Research Workshops
 - ii. Subject Librarians
 - iii. 24 hour Chat with a Librarian
- d. Equipment Rental and Printing

11. **[Parents and Families Program](#) | insta: [@csusfamilies](#)**

- a. Parenting Scholars Program
- b. Student Parent Graduation
- c. Student Parent Advising
- d. Pregnant Student Advising
- e. Family Study Rooms
- f. Diaper Changing Stations and Mothers Rooms
- g. Signature Events

12. **[Peer and Academic Resource Center](#) | insta: [@sacstateparc](#)**

- a. Subject and Class Specific tutoring
- b. Reading and Writing Center
- c. Peer Assisted Learning (PAL) program
- d. University Reading and Writing Center
 - i. Drop in Writing Lab
 - ii. Graduate Student Support
 - iii. Asynchronous writing feedback

13. **[Project Rebound](#) | insta: [@projectreboundsacstate](#)**

- a. Work to transform those who were formerly incarcerated into scholars through counseling, mentoring, academic resources, and career development. We support students who are motivated to succeed by earning a high-quality degree from Sacramento State.

14. **[The Well](#) | insta: [@wellsacstate](#)**

- a. Student Health, Counselling, & Wellness Services
 - i. [CARES](#) | insta: [@caresatsacstate](#)

1. Cal Fresh Application Assistance
2. Emergency Housing Assistance
3. Emergency Grants
4. Rent Subsidy Program
5. Student Parent College Initiative Program
- ii. Student Health Center *

 1. Acute illness and injury care
 2. After-hours Nurse Advice Line
 3. Athletic Training and Sports Medicine
 4. Birth Control Option, Emergency Contraception, Medication
Abortion. Pregnancy Testing
 5. Gender Affirming Care
 6. Immunizations & Vaccines
 7. Laboratory Testing and X-ray
 8. Low-cost Pharmacy
 9. Mental Health Counselling and Wellness Education
 10. Nutrition Counselling
 11. Patient Care Coordination
 12. Peer-to-peer support
 13. Sexual Violence Support
 14. STI Testing and Sexual Health Services
 15. Wellness Education and Well-Person Exams

- iii. Timely Care
- iv. Basic Needs Center
- v. Free Wellness Vending Machines
- b. Fitness, Recreation, Intramurals, and Events *

 - i. Fitness and Self Defense Classes
 - ii. Personal Trainers
 - iii. Recreational Therapy
 1. Adaptive sports (wheelchair rugby, wheelchair basketball,
wheelchair tennis offered regularly)
 2. Individualized Recreational Therapy Sessions
 3. Therapeutic Horticulture (nature activities)
 - iv. Climbing/Rock wall
 - v. Equipment Check out

15. **Student Organizations and Leadership**

- a. Student Clubs
 - i. All clubs and their information can be found on [Campus Groups](#)

- b. [Greek Life](#)
16. **[Student Research Center](#) | insta: [@sacstateresearch](#)**
- a. Fall Poster Forum
 - b. Spring Research Symposium
 - c. Developing a Presentation Workshop
 - d. CSU Student Research Competition
 - e. Research, presentation, or poster assistance (reservation required)
17. **[University Transportation and Parking Services \(UTAPS\)](#)**
- a. Commuter sleeve for free regional public transportation *
 - b. Reduced Zipcar rates
 - c. Commuter Resources and Club
 - d. Campus Shuttles ([check live routes](#) for daily alerts; often not running for maintenance)
 - i. Herky Shuttle (through campus)
 - ii. Hornet Express (Around campus)
 - 1. [Sac regional buses](#) are good alternative to get to transit center
18. **[Veterans Success Center](#) | insta: [@vsc_sacstate](#)**
- a. The Veterans Success Center (VSC) aids students in applying, accessing and certifying their VA Education benefits. The VSC also helps students access resources, ranging from leadership opportunities to peer-to-peer mentorship, which provides support in transitioning into a meaningful career.