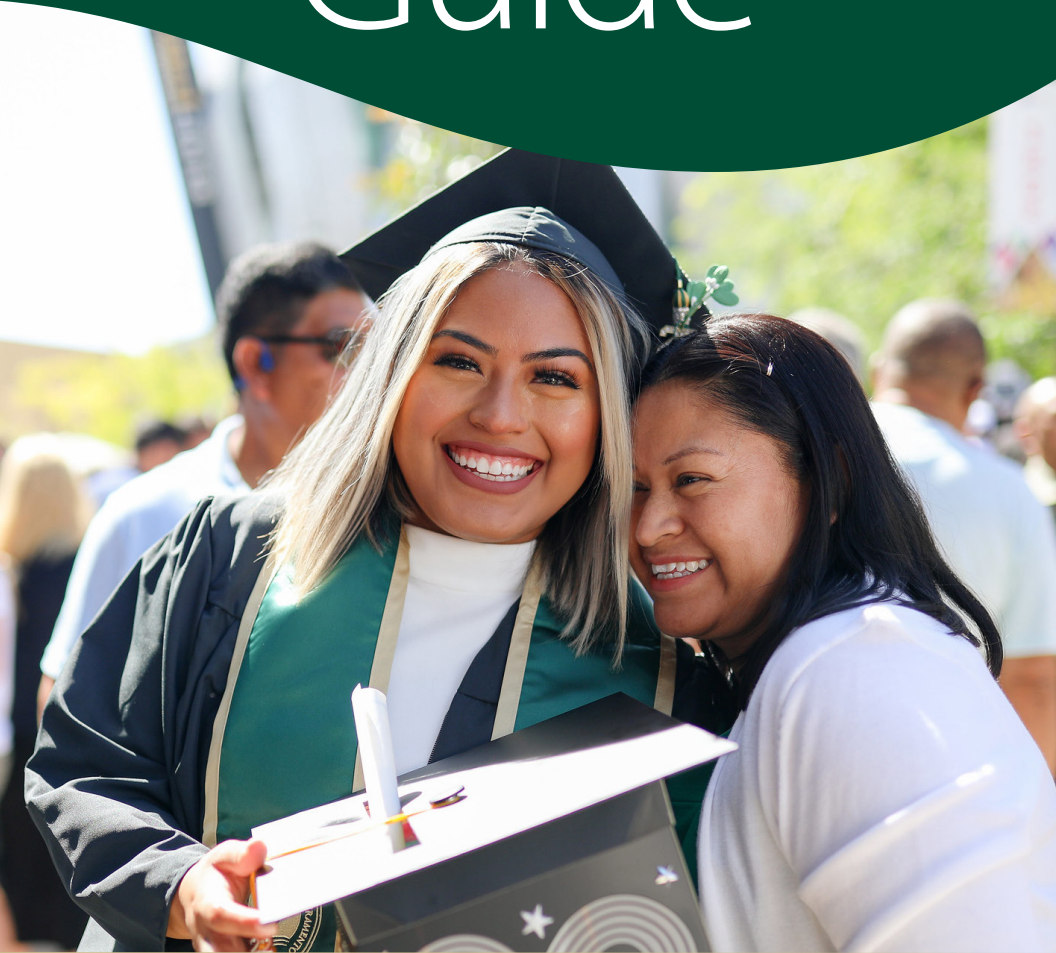


# 2022 - 2023 Parent & Family Guide



**SACRAMENTO STATE**  
*Redefine the Possible*



## LIVING WELL MADE EASY

Hornet Commons offers furnished housing on Sacramento State's campus and all the things that make the Sacramento community unique and lovable. You're never far away from fun or your classes-  
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## About this Guide

### Parents & Families Program

Family Helpline: (916) 278-3399

Email: [parents@csus.edu](mailto:parents@csus.edu)

Web: [csus.edu/parents](http://csus.edu/parents)

Lassen Hall 2205-O

6000 J Street

Sacramento, CA 95819

Haley Myers Dillon, Director

(916) 278-4353

[haley.myers@csus.edu](mailto:haley.myers@csus.edu)

Facebook: [SacStateParents](https://www.facebook.com/SacStateParents)

Twitter: [@SacStateParents](https://twitter.com/SacStateParents)

Instagram: [SacStateParents](https://www.instagram.com/SacStateParents)



SACRAMENTO  
STATE



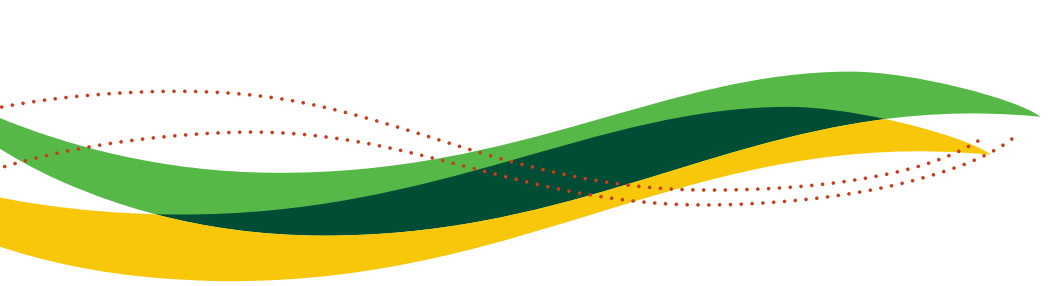


# Fresh, healthy meals every day

The Servery in the Dining Commons is the only all-you-care-to-eat eatery on campus, offering a variety of quality, fresh foods with healthy meal choices in a relaxed, contemporary setting. Students can choose from a selection of stations and watch while their food is prepared for breakfast, lunch and dinner.

Daily menus include homemade desserts at the Sweetest Sting, pizza, and pasta specials at Trattoria, Mexican dishes at Cocina, custom sandwiches at the Local Loaf, comfort foods at Hearth, foods from around the world at Global Kitchen, and more. For our customers with dietary concerns and food allergies, we've created the True Balance station.

You won't want to dine anywhere else!



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# Welcome Sac State Parents and Family Members!



Dear Sacramento State Family Member,

Welcome to Sacramento State and to the Hornet Family. I am pleased that you and your student are joining our University. The COVID-19 pandemic and the pandemic of racism in our country have introduced new and familiar challenges and asked us to adapt in ways we never anticipated. High school and college students have experienced unprecedented obstacles and great loss as they have missed out on high school and community college graduations, numerous events, and in person learning. We carry that sense of history into this new academic year, and we will use what we have learned from these challenges to create new opportunities for your student.

We are happy that your student has chosen to pursue their higher education at Sac State. Your student is joining a strong Hornet Family, and we look forward to celebrating and gathering during your student's journey with us.

I understand that sending a student off to college can be a time of worry and concern, even in the best of times. I invite you to be engaged and active here at Sac State so that you can see how deeply we care for our students. Our campus is an inclusive community, and it is important to us that you and your student feel welcome here. We have done tremendous work on our AntiRacism and Inclusive Campus Plan. I encourage you to take a look at <https://tinyurl.com/CSUS-antiracism-inclusive-plan>.

There are many ways for you to engage with the campus community, but the easiest and most important way is through the monthly Family Town Hall Zooms. Our Town Hall Zooms create parent-to-parent connections and provide information and updates as well as advice and support for other parents and family members transitioning students into college.

Our Hornet Family is strong because of the community that supports it, and that community includes you. The success of our students is our utmost priority, and while we provide many services to assist them academically, mentally, physically, and financially, we know there is no greater support than that of family and the people who love them.

Your student is beginning an exciting journey. I look forward to seeing you on campus soon, taking an active role during a wonderful time in your student's life. Welcome to the Hornet Family and Stingers Up!

Sincerely,

Robert S. Nelsen  
*President*



# Campus Points of Pride

## Capitol Fellows Program

The nationally recognized Capitol Fellows Program places recent graduates in fellowships in the legislative, judicial, and executive branches of state government, for which the fellows earn graduate degree credit to Sac State's Master of Public Policy and Administration degree. [csus.edu/center/center-california-studies/capitol-fellows](https://csus.edu/center/center-california-studies/capitol-fellows)

## Carlsen Center

The Carlsen Center is the hub for students to innovate and practice entrepreneurship with professional programs throughout the Sacramento Region. [csus.edu/center/carlsen](https://csus.edu/center/carlsen)

## Athletics

All 19 of Sacramento State's intercollegiate teams play at the Division I level. Academically, Sacramento State student-athletes on average have a higher GPA than the general student body and graduate at a greater rate. [hornetsports.com](https://hornetsports.com)

## Ernest E. Tschannen Science Complex

With its grand opening Fall 2019, the Tschannen Science Complex features brand-new biology, chemistry and engineering labs as well as a planetarium and observatory. [csus.edu/college/natural-sciences-mathematics/spotlights/tschannen-science-complex](https://csus.edu/college/natural-sciences-mathematics/spotlights/tschannen-science-complex)

## ASI Food Pantry

The ASI Food Pantry provides food-insecure students with free food and toiletries. Items can be picked up once per week with a valid OneCard. Fill out a [New User Registration Form](#) on the website to get started. [asi.csus.edu/programs/food-pantry](https://asi.csus.edu/programs/food-pantry)

## Hispanic-Serving Institution (HSI) and Asian American Native American Pacific Islander-Serving Institutions (AANAPISI)

Sac State has both of these a federal designations. HSI means we serve at least 25 percent Hispanic undergraduate full-

time equivalent students; the AANAPISI designation means we serve at least 10 percent Asian American or Native American Pacific Islander undergraduate students. These designations make our campus eligible for certain federal funds from the U.S. Department of Education. [csus.edu/student-affairs/centers-programs/hispanic-serving-institution/](https://csus.edu/student-affairs/centers-programs/hispanic-serving-institution/) [csus.edu/student-affairs/centers-programs/asian-american-native-american-pacific-islander-serving-institution/](https://csus.edu/student-affairs/centers-programs/asian-american-native-american-pacific-islander-serving-institution/)

## Diversity & Inclusion Imperative

Sacramento is the state capital of California and one of the most diverse cities in the nation. Sacramento State is the heart of the region's higher education sector. We provide equal access, academic excellence, and inclusive excellence to the local community. One our imperatives is to ensure a welcoming campus for students, faculty, staff, and community members. We desire to build a campus free from all forms of bias, discrimination, and oppression.

## Natural Beauty

Our beautiful campus has more than 3,500 trees and is designated as a "National Tree Campus." The campus is situated next to more than 25 miles of trails along the American River.





# Campus Profile

## Students

**31K+**  
Total Enrolled

**58%**  
Women

**44%**  
Men

**46%\***  
Pell-eligible

**90.6%**  
Undergraduates

**9.3%**  
Grad Students

**31%**  
First Generation

## Faculty

**821**  
Full-time

**885**  
Part-time

**1:24**  
Faculty/Student

**27**  
Average Class Size



## Programs offered

**64**

### Undergraduate Majors

*Most popular:*  
Business Administration,  
Communications, Psychology,  
Biology, Criminal Justice,  
Computer Science, Nursing

**51**

### Graduate Programs

*Most popular:*  
Computer Science, Nursing,  
Physical Therapy, Social Work,  
Teacher Education

## Ethnicity

**34%**  
Hispanic

**26%**  
White

**19%**  
Asian American

**1%**  
Islander

**6%**  
African American

**10%**  
Other/Multiracial

**4%**  
Non Resident  
Alien



## Tuition & Fees per semester\*\*

### Undergraduates

\$2,536 (up to 6 units)  
\$3,742 (over 6 units)

### Credential Program

\$2,803 (up to 6 units)  
\$4,201 (over 6 units)

### Post-Baccalaureate

(includes 2nd bachelor's)  
\$2,953 (up to 6 units)  
\$4,459 (over 6 units)

\*From Sacramento State's "Common Data Set – 2018" and "CSU Student Success Dashboard" 5/24/21 for Sacramento:  
<https://csusuccess.dashboards.calstate.edu/public/csu-by-the-numbers/student-populations>

\*\*<https://www.csus.edu/apply/enrollment-costs-fees/tuition-living-costs/current-tuition>





## The Parents & Families Program

The Parents & Families Program serves parents and families of enrolled students, and pregnant and parenting students. We promote information to empower, help create a sense of community, provide interactive roles for families within and beyond the campus community, provide customer service to navigate the University, and work on complex problems. These strategies aid student success and generate support and goodwill for the campus.

### Communication

Informative, monthly e-newsletter – sign up online at [csus.edu/parents](https://csus.edu/parents).  
Published August–December and February–May.

Follow our [SacState.Parents](#) Facebook page and [@SacStateParents](#) on Instagram

### Customer Service

#### Students-with-Children

The Parents & Families Program office (Lassen 2205) provides services in person, and by Zoom, phone and email. We offer advising, resource referral, advocacy, sign CalWorks paperwork, and help student-parents navigate the campus and its offices, policies, and procedures.

#### Parents, Families, and Spouses/Partners

We can help with simple matters, like locating a student ID number; or, we can help when things get complicated, like when a health crisis happens during finals week. We're here for you.

#### Contact information

Family Helpline: (916) 278-3399

email: [parentsfamilies@csus.edu](mailto:parentsfamilies@csus.edu)

#### Director, Haley Myers Dillon

phone: (916) 278-4353

email: [haley.myers@csus.edu](mailto:haley.myers@csus.edu)



## Creating Community

### Pregnant and Parenting Students

Parents & Families strives to create a sense of community among our Hornet family. For those of you who are students-with-children, we host monthly virtual events, post to Instagram and Facebook, have a Facebook page, partner with the Children's Center, and are educating the campus staff and faculty about who you are and your needs through the Village Building Initiative. We connect students-with-children to other parenting students for things like childcare share/study days, carpooling, and peer-to-peer mentorship. We know you can't always make it to campus events, but we want you to be able to reach out to us and get your questions answered and your needs addressed. We strive to be your single point of contact outside of childcare on campus.

We are working to make improvements to help you feel at home on campus. We recently completed the Hornet Family Study Care grant which paid for student-parents' childcare (We recently applied for the next CCAMPIS grant cycle and hope to receive funding again 2023.) We received a grant from University Enterprises to purchase and install 10 diaper changing stations across campus in 2019. We also developed a volunteer leadership opportunity for Student-Parents called the Student-Parent Ambassadors, and we manage the Family Friendly Campus Taskforce.

Please tell us about your experience as a student-parent at Sac State. You can sign up for services or simply sign up to get our e-newsletter at [csus.edu/parents](https://csus.edu/parents) and click on "students-with-children."

## Resources for Student-Parents

### CalWORKs paperwork

Parents & Families Program Lassen  
2205, M–F 9 a.m.–5 p.m.  
[parentsfamilies@csus.edu](mailto:parentsfamilies@csus.edu)  
[csus.edu/parents](https://csus.edu/parents)

### Children's Center

Low-and no-cost childcare, depending on income and availability. Apply in person; \$10 fee. [asi.csus.edu/programs/childrens-center](https://asi.csus.edu/programs/childrens-center)

### Family Study Space

Library—key at front desk, 1st floor.

### Mother's Rooms

- Amador 500
- Children's Center—special care room
- Sequoia 303
- University Union—1st and 2nd floors; keys at info desk

### Diaper Changing Stations

Women and men's restrooms:

- Riverfront Center—1st floor
- Eureka Hall—1st floor
- AIRC—2nd floor
- Lassen Hall—2nd floor women's restroom only
- University Library—2nd floor
- University Union—2nd and 3rd floor
- Ernest E. Tschannen Science Complex

### Parent, Family, and Spouse/ Partner Support

Families, parents, and spouses/ partners are the support system for our students. When they turn to you, you can turn to us. There are many opportunities to connect with us and join our community. See [csus.edu/parents](https://csus.edu/parents) for more information.



There are nearly 4,000 students-with-children at Sacramento State. That's about 12% of our population. That's less than the national average of 1 in 5, or 20 percent. We pride ourselves as a family friendly Campus, and we encourage you to tell your faculty members, friends, and staff you interact with about your family and your responsibilities outside of school. We are here to support you and your children! Your success is our business!



# Get to Know Sac State And Let Us Get to Know You

## Town Hall Zooms

Join our Monthly Town Hall Zooms to learn updates, ask questions, and to share news about your student. We host monthly Town Hall Zooms September through May. Sign up for our e-newsletter to receive the Zoom invitation, and view recordings from prior Town Hall Zooms on our website.

Town Hall Zooms often feature guests and campus leaders who share important information with parents about student resources such as financial aid and campus housing; Student Health and Counseling and Student Organizations & Leadership explain student experiences and opportunities; Information Resources and Technology and the Center for Teaching and Learning show academic resources, and the Vice Provost and Dean of Students discuss how policies shape your students' academic and co-curricular experiences.

Town Hall Zooms are open to the public. Recordings are available at [csus.edu/parents](https://csus.edu/parents).

## Parent Ambassadors

Parent Ambassadors represent parents and families of current students to campus leaders and the public. Parent ambassadors:

- Talk with and listen to other parents and families
- Attend and help host/plan meetings and events
- Advise Sac State leaders about families' needs and concerns
- Support the university through volunteering and/or charitable donations

We are recruiting for Parent Ambassadors! It is not a big time commitment and your role is flexible. We need the voices of our families to come through to our campus community. We need YOU! If you are interested in serving in this role, please email [haley.myers@csus.edu](mailto:haley.myers@csus.edu).

## Apply to be an Ambassador!

If you are interested in serving as a Parent Ambassador, please apply at [csus.edu/parents](https://csus.edu/parents). The commitment involves attending an annual training, providing input to campus leaders, volunteering at a few strategic campus events, joining our monthly Zoom calls, and providing an email address for other parents to contact you.

## What Parents Say About Our Communication

"As a freshman mom, I find the information very helpful and comforting!"

—Gina Giordano Scrima

"Love your Facebook posts. They really make me feel like there is someone helping us novice parents!"

—Michele Poloka





## Does your student need a job?

**Check out [ueijobs.com](https://ueijobs.com).**

Students can gain valuable experience and put some cash in their pocket with a part-time position. University Enterprises, Inc. (UEI), provides real-world job opportunities for college students both on and off the Sac State campus. Many positions are related to a specific major. It's a great way to gain experience in their field of study!

To be considered for a student position they'll need to be enrolled in and maintain a part-time course load.

### **Get started!**

Visit [ueijobs.com](https://ueijobs.com) to see open positions and apply online.

Call UEI Human Resources at **(916) 278-7003** or email [ueijobs@csus.edu](mailto:ueijobs@csus.edu) for more information.

**UEI**jobs

Take the right step towards a great future with [ueijobs.com](https://ueijobs.com)!



Student assistant positions available through [ueijobs.com](https://ueijobs.com) aren't Sac State positions. After you're hired, your employer of record is University Enterprises, Inc.



# Hornet Lingo

We seem to have our own language at Sacramento State! Here are some terms to help you understand this new vocabulary.

**Academic Advisor:** A faculty or professional staff member who helps students develop an academic plan toward graduation.

**Academic Probation:** Students are placed on Academic Probation when their overall Sac State grade point average (GPA) or major grade point average falls below 2.0. It must be improved the following semester or the student will be dis-enrolled due to lack of satisfactory academic progress.

**Add/Drop Period:** A two-week period at the beginning of each semester

during which students can add or drop classes without penalty.

**ALEKS PPL:** A diagnostic math placement assessment for new students in STEM and nursing majors. It is also used for some chemistry classes. This assessment is composed of three stages that must be completed before students take math classes. Learn more at [csus.edu/math](https://csus.edu/math)—under the “Courses” box, click on “Diagnostic Exams.”

**ASI (Associated Students, Inc.):** ASI offers programs and services for students, by students. Examples:

student government, KSSU student radio, Peak Adventures, the Aquatic Center, and the Children’s Center.

**Canvas:** Sac State’s new web-based learning management system that many instructors use to post course information, create discussion boards, and where students can submit term papers and homework. [csus.edu/canvas](https://csus.edu/canvas)

**Commuter Pass:** Students can ride Sacramento Regional Transit buses, the Light Rail system, and e-tran (Elk Grove-area buses) for free with a OneCard and current semester commuter sleeve. Students can get commuter sleeves at the ASI Office, the Bursar’s Office, or at the University Transportation and Parking office.

**Crashing:** Attending an academic course at the beginning of the semester without having registered for it, in the hopes the professor will add the student to the class roster.

**Credit/No Credit:** An alternative grading option offered for some courses. Students simply pass (receive credit) or fail (no credit) instead of a traditional letter grade.

**DSP (Directed Self Placement):** A test freshmen take to determine placement into English courses. [csus.edu/undergraduate-studies/writing-program/directed-self-placement](https://csus.edu/undergraduate-studies/writing-program/directed-self-placement)

**FAFSA (Free Application for Federal Student Aid):** Annual application students must file with the U.S. Department of Education to determine

financial aid eligibility if they wish to receive federal, state, or CSU financial aid.

**FERPA (Family Educational Rights and Privacy Act):** A federal law establishing the privacy and protection of student education and financial records.

**GE (General Education):** Classes that broaden skills and knowledge beyond a student’s major; many are required for graduation.

**GPA (Grade Point Average):** An average calculated by dividing the grade points earned by the number of credits attempted. A 4.0 average equals an “A” average, 3.0 equals a “B” average, etc. Students must carry a 2.0 GPA to remain in good academic standing.

**GR (Graduation Requirement):** Courses and other requirements students must complete to graduate and earn a degree.

**Hold:** A penalty placed on a student’s account that prevents them from registering for classes or accessing services until it is cleared.

**Hornet Bucks:** An on-campus debit system administered through the University. Students may deposit money into their OneCard account in a variety of ways (online, through machines on campus) and students can use those funds on and off campus.

**Hornet Express:** A free bus service that shuttles students to nearby on-and off-campus destinations.





**Hornet Safety Escort:** A free bus service and safety precaution that shuttles students to on-and off-campus destinations at night. It operates on campus 6 p.m. to 12 midnight, Monday through Thursday during fall and spring semesters. Call 916-278-7260.

**My Sac State:** Sac State's "self-service" website where students conduct important business (e.g. pay tuition, check financial aid, check grades, register for classes, etc.).

**OneCard:** Official University student identification card.

**Prerequisite:** Course(s), skills, or knowledge a student must successfully complete or demonstrate prior to enrolling in a course.

**Priority Registration:** A window of time when eligible students can register for courses before the regular registration period begins.

**RA (Resident Advisor):** Paraprofessional student staff member in the University Housing Services who oversees, assists, and lives with residents in the residence halls.

**SacLink:** Student email account provided by Sac State. Both prospective and current students receive important University communications through SacLink email accounts and should check this account regularly. Official messages are **not** sent to personal email accounts.

**Sac State Mobile:** The official University mobile app, available in the Apple iTunes or Google Play store. Students can get real-time parking availability; use the Roommate Finder; add, drop, or swap classes in their student center; and more.

**Syllabus:** A summary of course expectations and a schedule for homework provided by instructors. Explains assignments, course requirements, grading policies, gives instructor contact info, and office hours and location. Used frequently throughout the semester.

**The WELL:** A recreation and wellness activity center and centralized location for student health and fitness. The facility houses Student Health and Counseling Services, a pharmacy, a gym, basketball courts, a rock climbing wall, and provides basic medical care.

**Transfer Credit Report:** A report that includes all coursework transferred to a student's academic record. A transfer credit report is generated by a Transfer Credit Evaluation (TCE) which all students transferring to Sac State must undertake.

**Wait List:** Sign-up sheet that professors use for courses that have been filled with the maximum number of students. Students who wish to add a class that has a full roster may be able to get on a wait list. Not all courses have wait lists.

## Redefine the Relationship

### If your student moves away from home...

**Stay connected.** A student's life is filled with social activities, studying, writing papers, and taking tests. Staying connected means talking about important matters such as payment deadlines, grades, and health and wellbeing on a regular basis.

**Visit occasionally.** New students appreciate visits from parents/guardians — especially when accompanied by shopping trips or dinners out! Short visits can give your student an opportunity to share significant aspects of their lives, such as friends and activities. Be sure to ask your student about good timing for a visit.

**Don't worry!** When students' lives become too stressful to handle (a flunked test, a fight with a friend or significant other, and a shrunken T-shirt all in the same day), they will turn to you. It may feel like your student complains more than anything, but listening and congratulating them for positive news like the "A" paper can be one way to offer support.

**Expect change.** Expect your student's behavior and personality to change. These changes are typically part of a student's personal development. Although you cannot stop these changes, you can work to understand and accept your student.







## Allow Change:

Expect your relationship with your student to change as they become more independent.

**Don't ask if they're homesick.** The first few weeks of school are packed with opportunities like HornerWOW, three weeks of welcome activities, for students to make new friends and adjust to a new lifestyle. Your student may escape the symptoms of homesickness at first, but remember if /when it hits, homesickness is normal.

## If your student lives at home...

**Consider your student's changing lifestyle.** Your student's household and family responsibilities may need to change. Students who were once caretakers or employees in the family business may need to reevaluate their schedule to make room for increased study time.

**Allow for a different study environment.** A distracting home environment may also affect your student's new study schedule. Encourage your student to explore Sac State's quiet study facilities, the library, study groups, and tutoring.

**Encourage small social risks and self advocacy.** Studying is not the only way to achieve a good GPA. Research shows that students are more successful when they have multiple ways to connect with faculty and peers. Encourage students to talk with professors and other students in their classes to make new acquaintances and have contacts for times when coursework becomes challenging. Then, when they need help with material, remind your student to reach out to those people for the help they need.





# Housing

## Living on campus

Living on campus can improve students' academic success and personal growth. Students who live on campus have easier access to University resources and are more engaged than those who live off campus. Similarly, studies by retention experts\* demonstrate that "engaged students" are more likely to stay in school than those students who feel disconnected from the collegiate environment. Living on campus is one of the best ways for your son or daughter to be connected to the University and find their place on campus.

## Cost

Room and board costs and payment plans for the semester and academic year can be found at [csus.edu/housing](https://csus.edu/housing).

## Residence Hall Life

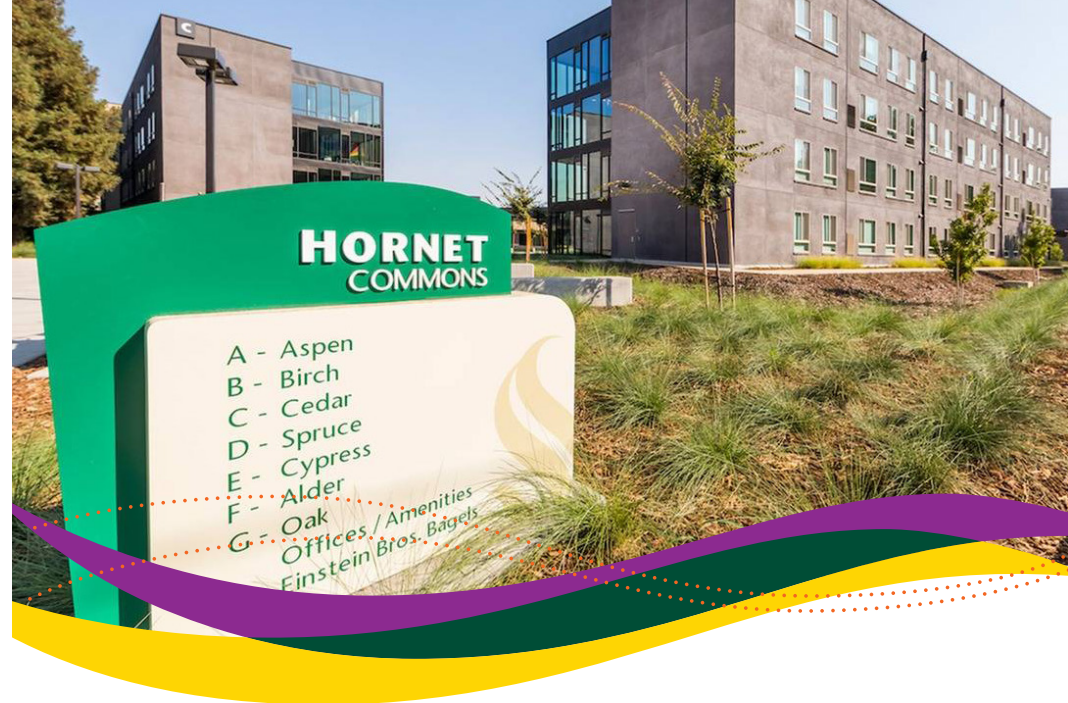
Housing accommodates approximately 3,200 students and consists of North Village: 2,100 beds in five three-story residence halls and one four-story apartment-style suite building, and

Hornet Commons, newly built apartment-style housing for 1,100 students. North Village facilities are located on the northeastern side of the university surrounding a central Dining Commons and quad area. Hornet Commons is located on the south side of the university near Napa Hall and the Folsom Blvd. entrance to campus, on State University Drive.

First-year students will be placed in Draper, Desmond, Jenkins, Riverview, Sierra or Sutter Hall. Upper-division and transfer students will be placed in American River Courtyard (AMC) or Riverview Hall. Hornet Commons are apartment-style housing for sophomore students and above, transfer students, and graduate students.

Each building is staffed by live-in professionals and trained student-staff Resident Advisors (RAs), and has a professional who lives on site called a Residence Life Coordinator. Each front desk is staffed by a Desk Attendant who assists with mail and work requests.

Check the Parents & Families website ([csus.edu/parents](https://csus.edu/parents)) and the newsletter for event updates on Move in Day and Family Weekend/Homecoming (late October).



Fall Move in Day is August 26 and August 27, 2022. Students must purchase a meal plan if they live in North Village. See [csus.edu/housing](https://csus.edu/housing) for more information and details about pricing, including meal plans.

## Off-campus housing

The Upper Eastside Lofts are the only off-campus housing affiliated with Sac State. It is within walking distance of campus but the Hornet Shuttle can also take students to and from class.

There are a variety of property management companies such as Nielsen, Heinrich Property Management, and more. Many apartment buildings are close to campus on College Town Drive and La Riviera Drive. East Sacramento, Arden Arcade, River Park, Tahoe Park, and Midtown are

neighborhoods where students may find housing. Living with roommates is more cost-effective than living alone. Students can use the Roommate Finder in the Sac State Mobile app to find roommates by posting or responding to posts. Students should find roommates for fall semester by August 1.

*\*The National Student Engagement Survey, 2003; Gregory Blimling, 1989; and Vincent Tinto, 1993.*







## BENEFITS OF LIVING ON CAMPUS

- Short, five-minute walk to classes and campus resources
- Make lifelong friends and be part of the vibrant campus life
- Educational, leadership, service, and social opportunities
- Employment opportunities
- Electronic access system on all outside entry doors
- Smoke-free environment
- Recreation, laundry facilities, and study areas available within the halls
- Swimming pools and lighted tennis and basketball courts
- Variety of food and dining options
- Convenience store on site offering coffee, juices, sandwiches, and snacks
- High-speed internet and Wi-Fi access and computer lab/print stations located in all residence halls
- Satellite TV service (over 120+ channels)
- FREE movies each month (Residence Life Cinema)
- Video cameras throughout the complex and police satellite office on site



## Review these Success Strategies with Your Student

1. **Attend every class** and participate. Skipping class is one of the main reasons students fail.
2. **Meet with professors** during office hours to review difficult material and build a relationship.
3. **Read the class syllabus often.** A syllabus lists material students are expected to learn. A syllabus contains homework assignments, due dates, class policies, and instructor's office hours and contact info.
4. **Ask questions** of professors, staff, advisors, campus leaders, roommates, and friends. Ask in person instead of sending an email.
5. **Use a calendar** to schedule your time each week. Build in time for class, studying, homework, socializing, and other obligations such as club meetings and work.
6. **Attend events** and join organizations, whether that is in person or online. College is an academic experience first and foremost and you are here to learn, but you can also have fun, meet new people, and try new things.
7. **Prepare for exams** and assignments weeks in advance instead of cramming the day before.
8. **Join or start a study group.** Talking through complex materials with others is an effective study method.
9. **Use campus resources.** The Academic Advising Center, the Career Center, The WELL, Student Health and Counseling Services, Peer Academic Resource Center (PARC) for tutoring, campus computer labs, the University Library, and the Reading & Writing Center are all resources that exist to help students with academic and personal goals and improvement. These resources, along with faculty and staff, create a vital support network.



# Privacy and Student Records

The time may come when you want to know more about your student's grades, college-related finances, or on-campus housing. Now that your student is in college, this information is protected by a federal law called The Family Educational Rights and Privacy Act (FERPA), which prohibits the University from sharing student information with anyone other than the student.

While students are in elementary, middle, and high school, FERPA gives parents and guardians the right to access and control their student's education records. In college, this same law transfers ownership of the educational records directly to the student; therefore, parents have no inherent right to view, change, or control the student's education records.

Parents and guardians should talk with their students about the importance of sharing information. If students would like to waive FERPA rights and give parents access to their educational records, they can fill out the form at [csus.edu/registrar/forms](https://csus.edu/registrar/forms) and submit it to the Student Services Center desk in Lassen Hall.



## Student Services Information

### Computer Labs

AIRC 2004 Library 2000 and  
Floors 1, 2, 3, 4  
MND 2004 and MND 2008

### Deadlines

Academic Calendar:  
[catalog.csus.edu/academic-calendar/](https://catalog.csus.edu/academic-calendar/)  
Registrar's Office: [csus.edu/registrar](https://csus.edu/registrar)

### Events Calendar

[trumba.com/calendars](https://trumba.com/calendars)  
[sacramentoevents.com](https://sacramentoevents.com)  
[3DFeaturedEvents](https://3dfeaturingevents.com)

### Financial Aid & Scholarships

Lassen Lobby, Student Service Center  
(916) 278-6554, [csus.edu/financialaid](https://csus.edu/financialaid)

### Housing & Residential Life

(916) 278-6655, [csus.edu/housing](https://csus.edu/housing)

### Student Health & Counseling Services

The WELL, Mon-Fri: 8:30 a.m. - 4:00 p.m.  
(916) 278-6461  
[csus.edu/student-life/health-counseling](https://csus.edu/student-life/health-counseling)

### Library

(916) 278-6708, [library.csus.edu](https://library.csus.edu)

### Martin Luther King Jr. Center

Lassen 2201  
(916) 278-2655, [csus.edu/student-affairs/centers-programs/mlk-scholars](https://csus.edu/student-affairs/centers-programs/mlk-scholars)

### Multi-Cultural Center (MCC)

Library 1010  
(916) 278-6101  
[csus.edu/mcc](https://csus.edu/mcc), [mcc@csus.edu](mailto:mcc@csus.edu)

### Orientation

Office: Lassen 1010  
Event: University Union  
(916) 278-7841  
[csus.edu/apply/student-orientation/orient.reservations@csus.edu](https://csus.edu/apply/student-orientation/orient.reservations@csus.edu)





### Parents & Families Program

Lassen 2205

Family Helpline: (916) 278-3399

Office: (916) 278-4353

[csus.edu/parents](http://csus.edu/parents)

[parentsfamilies@csus.edu](mailto:parentsfamilies@csus.edu)

### Peer Academic Resource Center (PARC)

PARC provides peer tutoring and supplemental instruction.

Library 4026

(916) 278-6010, [csus.edu/student-affairs/centers-programs/peer-academic-resource](http://csus.edu/student-affairs/centers-programs/peer-academic-resource)

### Police Department

(916) 278-6000, [csus.edu/campus-safety/police-department](http://csus.edu/campus-safety/police-department)

### Pride Center

University Union, 1st floor

(916) 278-8720, [csus.edu/pride](http://csus.edu/pride)

### Print Stations

Students get \$9 of free printing on their OneCard each semester to use at 50+ print stations on campus. [csus.edu/information-resources-technology/devices-printing/](http://csus.edu/information-resources-technology/devices-printing/)

### Registrar

Lassen 2000

(916) 278-3625, [csus.edu/registrar](http://csus.edu/registrar)

### Veterans Success Center

The center assists prospective and enrolled student veterans and dependents, including help with GI benefits.

Lassen 3003

(916) 278-6733, [csus.edu/vets-vets@csus.edu](http://csus.edu/vets-vets@csus.edu)

### Women's Resource Center

University Union, 2nd floor

(916) 278-7388, [csus.edu/wrc](http://csus.edu/wrc)



## Is your student interested in an internship off campus?

### The California Intern Network is the place to start.

Students can find paid internships in their field of study at our website, [calinterns.org](http://calinterns.org).

To apply for an internship, students need to be enrolled in and maintain a minimum part-time course load.

### Encourage your student to join the California Intern Network!

Open positions and an application form are available at [calinterns.org/students](http://calinterns.org/students).



Your student will take the right step towards their future with the California Intern Network!

Find us on  
**LinkedIn**







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