ACADEMICS AT SACRAMENTO STATE
STUDENT-ATHLETE RESOURCE CENTER (SARC)
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- **Paul Edwards** - SARC Director
- **Laurie Dahlberg** - SARC Coordinator
- **Mark McGushin** - Life Skills/Admissions/Eligibility
- **Bethany Crouch** - Development/Academic Success
- **Jenna Paulk** – Student-Athlete Success Specialist

Additional info on the SARC staff and resources can be found at [www.csus.edu/sarc](http://www.csus.edu/sarc)
SARC
“go-to for academics”

ACADEMIC ADVISING

ACADEMIC MENTORS

STUDENT-ATHLETE DEVELOPMENT

ACADEMIC ADVISING

PRIORITY REGISTRATION
COMPUTER LABS/PRINTING
ATHLETE PLANNERS

SARC ACADEMIC MENTORS

WEEKLY MEETINGS
STUDY STRATEGIES
ORGANIZATION

CONNECTIONS TO RESOURCES (PARC,
Tutoring, etc.)

STUDENT-ATHLETE DEVELOPMENT

LIFE SKILLS
CAREER EVENTS
ETIQUETTE DINNER
SAAC COUNCIL
COMMUNITY SERVICE

STUDENT-ATHLETE OPPORTUNITY FUND
(SAOF)
DEGREES AT SAC STATE

GENERAL EDUCATION

MAJOR

ELECTIVE

= 120 units
**General Education Requirements**

A. **Basic Subjects (9 units)**
   - A1. Oral Communication "C- or better required"
   - A2. Written Communication "C- or better required"
   - A3. Critical Thinking "C- or better required"

B. **Physical Universe & Its Life Forms (12-13 units)**
   - B1. Physical Science
   - B2. Life Forms
   - B3. Lab
   - B4. Quantitative Reasoning "C- or better required"
   - B5. Upper Division course (#100-199)

C. **Arts & Humanities (12 units)**
   *At least 1 course from area C1 and one course from area C2 must be taken.
   - C1. Arts
   - C2. Humanities
     - Any Area C Course
     - Upper Division course (#100-199)

D. **The Individual & Society (12 units)**
   *Minimum of three disciplines (e.g. ANTH, ECON, ETHN, GOVT, HIST, RPTA, etc.) must be taken in Area D.
   - U.S. History
     - The following courses also satisfy the U.S History Graduation Requirement: HIST 17A, 17B, 159, 163, 167, 177, 183
   - U.S. Constitution and CA Government
     - The following courses also satisfy the U.S Constitution & CA Govt graduation requirement:
       - GOVT 1, 118, 159
   - Any Area D Course
     - Upper Division course (#100-199)

E. **Understanding Personal Development (3 units)**
   *KINS 90 must be taken CONCURRENTLY with any 1 unit KINS course for a total of 3 units*
MAJORS

58 MAJOR OPTIONS
common majors include:

Business Administration
Communication Studies
Criminal Justice
Economics
Kinesiology
Psychology
Sociology

catalog.csus.edu
# Academic Load

(4-year graduation unit average)

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Winter Intersession</th>
<th>Spring Semester</th>
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<tbody>
<tr>
<td>15 units</td>
<td>3 units</td>
<td>12 units</td>
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<td>= 30 units</td>
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<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Spring Semester</th>
<th>Summer Session</th>
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<tbody>
<tr>
<td>15 units</td>
<td>12 units</td>
<td>3 units</td>
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<tr>
<td>= 30 units</td>
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CONTINUING NCAA ELIGIBILITY

As an athlete - enrolled in (12) units minimum = 4 classes per semester:

- **FALL SEMESTER**
  - pass at least (9) units

- **SPRING SEMESTER**
  - pass at least (6) units

- **SUMMER**
  - up to (6) units

Pass (18) units between Fall & Spring semesters

Pass (24) units in first academic year

**PROGRESS TOWARDS DEGREE:**
- 40% complete by 4th semester
- 60% complete by 6th semester
- 80% complete by 8th semester
BEING A STUDENT-ATHLETE

- SCHOOL
- ATHLETICS
- SOCIAL
- WELLNESS
- LIFE

TIME SPENT ON ACTIVITIES PER WEEK*
(168 hours per week)

- 15.5 Hours
- 34 Hours
- 80 Hours
- 38.5 Hours

- Athletics
- Academics
- Socializing/Relaxing
- Other (e.g. sleep, job, extracurriculars)

*Medians collected from the 2015 NCAA GOALS Study
STUDENT-ATHLETE DEVELOPMENT

SAAC
(Student-Athlete Advisory Committee)

COMMUNITY SERVICE

LIFE SKILLS

CAREER EVENTS
REMINDERS

SEND SAT/ACT TEST SCORES
(9999 - CODE FOR NCAA)
(4671 - SAT CODE FOR SAC STATE)
(0382 - ACT CODE FOR SAC STATE)

REQUEST FINAL AMATUERISM
(STARTING APRIL 1)

SUBMIT OFFICIAL TRANSCRIPTS
WITH HIGH SCHOOL GRAD DATE