

CAMPUS LIFE

Student Housing North Village - On Campus

(916) 278-6655
www.csus.edu/housing (<http://www.csus.edu/housing>)

Living on campus can be a very special and rewarding part of the Sacramento State experience. On-campus living is comfortable and convenient and offers many opportunities for students to make new friends and be a part of an engaged community. Additionally, research shows that students who live on campus feel more connected and have a higher persistence rate toward graduation. Sacramento State's housing facilities are staffed by full-time live-in professionals and trained Resident Advisors committed to providing a living and learning environment contributing to student success. In this role, staff organize social and educational programs, and serve as mentors and sources of campus information for residents.

The on-campus housing community consists of approximately 2100 residents living in seven residence halls offering a variety of living options including single and double rooms, and apartment style suites. Each residence hall provides furnished living accommodations along with Wi-Fi access, computer lab/print stations, satellite TV offering 120+ Digital and HD online channels with DVR service, study rooms, recreation rooms, lounges, kitchenettes, and laundry facilities. Additionally, the Servery at the Dining Commons and the Courtyard Market provide a variety of freshly prepared dining options.

Submitting an on-line application for on-campus housing is easy and convenient. Housing applications for the following academic year are available in early February. Students attending for spring semester only can apply for housing in early November. Please visit the Housing Web site at <http://www.csus.edu/housing> or contact the Housing and Residential Life Office at housing@csus.edu for specific application time-lines and housing costs. Space fills up quickly, so interested students should submit an on-line application including any necessary payments as soon as charges are posted to the student's account.

Upper Eastside Lofts - Off Campus

A popular off-campus option is the Upper Eastside Lofts located only a short walk from campus. Trained staff is available to assist students with concerns and referrals to campus resources. Information about the Upper Eastside Lofts may be obtained by calling (916) 739-0900 or view the Web site at www.uelsacramento.com (<http://www.uelsacramento.com>).

Campus Dining

University Enterprises, Inc., Dining Services

(916) 278-6376
www.dining.csus.edu (<http://www.dining.csus.edu>)

Sac State Campus Dining, operated by University Enterprises, Inc., is proud to offer the campus community a wide variety of diverse, healthy, and great tasting dining choices throughout the campus. From snacks, food trucks, and fine dining, to everything in between, including vegan and vegetarian options, students will find dining options to fit their schedules and their tastes.

The University Union features classic American fare and ethnic cuisine, as well as coffee, smoothies, and vending.

The River Front Center on the north side of campus houses the well-known favorite, Togo's, as well as Baja Fresh Express, Starbucks, vegetarian and vegan eateries, Mediterranean cuisine, and sushi.

Other food and coffee locations are located throughout campus near Lassen Hall, the Library, the Hornet Bookstore, and at Modoc and Folsom Halls.

Sac State Campus Dining also manages a Starbucks truck, which serves hot and cold beverages, pastries, breakfast sandwiches, bistro boxes, fruit, and bottled water.

Epicure Catering at Sacramento State offers a variety of fresh, healthy foods prepared by the chef at Epicure Restaurant at Sacramento State. The professional and experienced staff is available for a full range of events and activities, both on and off campus. To request information and a catering menu, please call (916) 278-6786. Visit the Sac State Campus Dining website at <http://www.dining.csus.edu> for a current list of eateries, hours of operation, map with dining locations, and complete information about the services Sac State Campus Dining provides.

Dining Commons

Dining Commons
(916) 278-6971
www.dining.csus.edu/dining-commons/ (<http://www.dining.csus.edu/dining-commons>)

For the convenience of students living in the residence halls at Sacramento State, the Dining Commons offers an "All You Care to Eat" meal service in a relaxed setting. Students living off campus may also eat at the Dining Commons, and off-campus meal plans are available for purchase. The serving area in the Dining Commons recently underwent a significant renovation, which changed the way food was prepared and served. The new, state-of-the-art servery includes 10 cooking exhibition stations with a different cuisine at each, where diners can see chefs prepare their meals. The Courtyard Market, a popular convenience store located in the American River Courtyard Residence Hall near the Dining Commons, offers healthy snacks and freshly made foods, including vegan and vegetarian options.

Campus Services

Bookstore

State University Drive East
(916) 278-6446
www.hornetbookstore.com (<http://www.bkstr.com/csuscamentostore/home/en>)

The Hornet Bookstore carries all textbooks required in campus curricula. Textbooks are available for purchase in-store during store business hours or ordered online anytime at [hornetbookstore.com](http://www.bkstr.com/csuscamentostore/home/en) (<http://www.bkstr.com/csuscamentostore/home/en>). Please review the website for shipping options, store hours and pricing. The Bookstore offers a variety of textbook options, including new, used, rental and digital. All special program participants are advised to contact the Customer Service department before making purchases. The textbook department is located on the 2nd floor of the Hornet Bookstore.

The Bookstore offers merchandise to make life on campus more convenient. These items include school supplies, sportswear, backpacks, art supplies, calendars, greeting cards, sundries, snacks, and cold

beverages. The Bookstore offers a selection of laptop and personal computers at academic pricing. The bookstore is an Apple Authorized Campus Store. Repairs are available on Apple laptops and computers. Printers, , and technology related supplies are also available. The Bookstore also offers a selection of general interest books, reference books, best sellers, study aids, children's books, and magazines. Special orders are accepted for items not in stock. The Bookstore Cafe offers coffee, tea, specialty drinks and pastries.

The Bookstore is located on State University Drive East, across from the University and adjacent to Parking Structure II. VISA, MasterCard, Discover, American Express, and the Sacramento State One-Card are accepted.

The Store in the University Union

(916) 278-7906

The Store, located in the University Union, offers school supplies, test materials, snacks, cold beverages, logo apparel, gift merchandise, and sundries.

Children's Center (Child Care)

State University Drive

(916) 278-6216

www.asi.csus.edu/children (<http://www.asi.csus.edu/children>)

Built with student-raised funds, the Associated Students' Children's Center was carefully designed to address the needs of young children. A qualified staff of certificated, experienced teachers welcomes children six months to six years old. Student employees round out the rest of the adult-child ratio, adding a wealth of experience, knowledge, and cultural diversity. The center earned national accreditation through the National Association for the Education of Young Children (NAEYC) in 2006 and was re-accredited in 2011 and again in 2016.

Children of students, faculty, and staff may attend this program, although priority admission is given to children of enrolled Sacramento State students.

Fees are based on part and full day rates. Students may apply for childcare financial assistance if they meet income eligibility guidelines.

Student Health and Counseling Services

(916) 278-6461

www.csus.edu/shcs (<http://www.csus.edu/shcs>)

The WELL is home to Student Health & Counseling Services (SHCS). We are staffed by a team of multi-disciplinary health care professionals who utilize an integrated treatment approach and work collaboratively to optimize student wellness. We offer urgent care, primary care, preventative services, wellness education, violence support services, athletic training, and mental health and counseling services. SHCS also offers the Peer Health Educator internship program. SHCS staff includes board certified physicians, physician assistants, nurse practitioners, registered nurses, health educators, registered dietitian, certified athletic trainer, pharmacists, an x-ray technologist, psychologists, social workers, marriage & family counselors, advanced graduate-level trainees, and other health care professionals.

SHCS provides the following health and counseling services:

Health Services

- Acute illness and injury care

- Birth control methods/supplies
- Health & Wellness Promotion
- Immunizations
- Pharmacy
- Reproductive Health Services
- STD/STI testing & treatment
- Violence & sexual assault support services
- Vision Care Center
- Well Woman exams
- Wellness Workshops
- X-ray and lab services

Counseling & Psychological Services

- Crisis intervention
- Individual & couples counseling
- Group therapy
- Outreach programs
- Support groups
- Relaxation and mindfulness training

Cost & Eligibility

All currently enrolled students who pay health fees are eligible to access services. Additional fees may apply to specialty services, procedures, pharmaceuticals, vaccines and supplies. *Any services received off campus are the financial responsibility of the student.* Associated Students Inc. offers health insurance to students. For more information visit www.csuhealthlink.com (<http://www.csuhealthlink.com>) or call 1-800-853-5899.

Location & Hours

SHCS is located at The WELL, and open Monday – Thursday from 8am to 6pm, and on Fridays from 9am – 4:30pm. Summer and intersession hours may vary.¹

¹ Current student identification is required to utilize SHCS.

Online Medical Appointment Scheduling

Students seeking care for routine medical services can make appointments online at www.csus.edu/shcs (<http://www.csus.edu/shcs>) by clicking the Patient Portal link, or by calling 916-278-6461. Please see the SHCS website for more information.

Urgent/Immediate Care – (916) 278-6461

Patients who require immediate medical attention or crisis counseling can be seen on a walk-in basis at the Urgent Care clinic located on the 1st floor of The WELL. All walk-in patients are first screened and medically assessed by a nurse, then seen or scheduled for further evaluation and treatment as appropriate. An after-hours Nurse Advice Line is available by calling 916-278-6461. A list of off-campus urgent care facilities and emergency resources are listed on the SHCS website at www.csus.edu/shcs (<http://www.csus.edu/shcs>).

Counseling Appointment Scheduling

Counseling services begin with an in-person intake appointment with a staff clinician to assess the nature and urgency of your problem, so that SHCS can arrange the most appropriate next step for you. Counseling appointments must be made by calling SHCS during regular business hours. Please see the SHCS website for more information at www.csus.edu/shcs (<http://www.csus.edu/shcs>).

HornetMD

Hornet MD is a web-based smartphone application that provides self-triage, health information, and targeted escalation to the next appropriate health resource on any mobile device. Hornet MD is available 24 hours a day to enrolled students. Students have the option of calling to speak with a registered nurse who can assist with medical concerns when Student Health & Counseling Services is closed by calling 1-888-840-5169. To download the free application, students should go to www.csus.edu/hornetmd (<http://www.csus.edu/hornetmd>), download the app, then add it to their phone's home screen and name it HornetMD.

Red Folder

The CSU Red Folder App is available for in both Android and iOS versions.

This resource contains safety tips and contact information for a wide variety of emergency campus resources to immediately help any student in distress. Also, it provides guidance on responding to incidents in which students are having thoughts of harming themselves or others. To download the FREE app, please click on the following:

Apple Store Download: Click here (<https://itunes.apple.com/us/app/red-folder/id913718903?mt=8>)

Google Play Download: Click here (<https://play.google.com/store/apps/details?id=edu.calstate.redfolder&hl=en>)

Peer Health Educator Internship Program

SHCS offers the Peer Health Educator (PHE) internship program, a year-long academic and hands-on learning program. PHEs actively promote health and wellness at Sac State in the areas of mental wellness; nutrition; alcohol, tobacco, and other drugs; and healthy relationships. For more information, visit <https://shcssacstate.org/wellness-promotion/get-involved>.

Student Health Advisory Committee (SHAC)

SHAC is a student-based organization that advises the Vice President for Student Affairs and the Executive Director of Student Health & Counseling Services on student health issues from a student's perspective, covering such topics as accessibility, hours of operation, scope of services, student fees, quality of care and satisfaction. For more information, check out SHAC's Facebook page.

Confidentiality

Privacy and confidentiality are fundamental rights to all who use SHCS services. In both Health Services and Mental Health Services, students' right to privacy is respected and no information is released without student consent, except where disclosure is required by law.

For more information on Student Health Services visit www.csus.edu/shcs or call (916) 278-6461.

Sacramento State Police Department

Personal Safety and Protection of Public Property
Police Department Building

Police Emergency: (916) 278-6900 or dial 911 from any campus phone
www.csus.edu/police (<http://www.csus.edu/police>)
www.facebook.com/sacstatepolice (<https://www.facebook.com/sacstatepolice>)
[www.twitter.com/sacstatepolice](https://twitter.com/sacstatepolice) (<https://twitter.com/sacstatepolice>)

The University and the Sacramento State Police Department (formerly known as the Department of Public Safety) encourage the prompt reporting of any incident that compromises the safety, health or rights of Sacramento State community members. The Sacramento State Police Department is the primary respondent for campus emergencies and

reports of criminal activity on campus. The Department is open 24-hours-a-day, seven days a week.

Sacramento State Police Officers are fully certified by the State of California with full arrest powers and cooperate with State and local police agencies including the Sacramento City Police and Sacramento County Sheriff's Departments, resulting in the University's awareness of criminal activity perpetrated beyond the campus. Reports of criminal activity will be fully investigated, and the appropriate referrals will be made with respect to subsequent action by the courts, the University, or both.

For more information on the Sacramento State Police Department's policies and procedures, refer to Appendix K. For The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act and the Campus Fire Safety Right-To-Know Act, please access our website, www.csus.edu/police/cleryact.htm (<http://www.csus.edu/police/cleryact.htm>).

Student Resources

University Library

(916) 278-6926
www.library.csus.edu (<http://www.library.csus.edu>)

The University Library holds approximately 1.6 million books (of those: 208,000 ebooks), provides access to over 100 databases, in excess of 50,000 media items, and thousands of maps, slides and pamphlets, and several million pieces of microforms and non-print media as well as subscriptions to thousands of print and online magazines, technical and scholarly journals, and newspapers. The Library is a depository for California State publications and for selected United States government materials.

OneSearch (the Library catalog and other databases) is searchable via Library computers or the Internet. Authentication is through your SacLink account.

User Services (circulation, reserves, Interlibrary Loan and laptop/equipment checkout) and Library Media Services are located on the first floor. Items not owned by the Library can be obtained through an Interlibrary loan and document delivery service, usually provided without fee to Sacramento State students, faculty, and staff.

The second floor houses the Reference Collection and service points, as well as the Curriculum Collection that contains materials related to elementary and secondary school instruction. The California Department of Education recently designated the University Library as a Learning Resources Display Center for all State adopted textbooks. Periodicals are located on the third floor, and the main circulating collection is on floors 2, 3, 4, and lower level.

The Department of Special Collections and University Archives collects materials from California State University, Sacramento as well as items documenting the social, cultural, economic, and political history of the Sacramento region. Other special Library facilities and services include a map area, group study rooms, a Graduate Studies Reading Area, and a computer lab for student use. Self-service copiers and PrintSmart stations are available on each floor. The Tsakopoulos Hellenic Collection is an extensive collection of books, journals, pamphlets, non-book materials, rare books, and manuscript materials as well as art and artifacts related to all aspects of Greek, Byzantine, and Ottoman history and culture.

Orientation tours are conducted at regular intervals during the initial weeks of the fall semester. The reference librarians also offer subject-oriented sessions and other forms of library instruction. Hands-on sessions are scheduled in the Library Instruction Labs.

Consult the Library homepage for additional information about Library collections and services, hours, staff, maps, exhibits, instructional opportunities and information competence, subject guides, and other materials.

Career Center

The Career Center utilizes a variety of programs and services to assist students in identifying and obtaining their educational and career objectives.

The Career Center provides drop-in career counseling assistance to students. In addition, individual appointments may be scheduled with career counselors to help students identify values, skills, and interests that influence their decisions about choices and changes of majors, minors, and work. Students explore fields and occupations of interest using computer databases, assessments, and the Internet. The Career Center also provides tips and tools for resume development, cover letter writing, interview preparation and graduate school planning and supports students in exploring career options and gaining skills for the 21st century work environment. Individualized action plans enhance informational interviews, jobs, internships, volunteerism, and employment.

Exploration through experience is an important aspect of making viable academic, work, and life decisions. The Career Center offers several experiential learning services and programs including: cooperative education, internships, and student employment, which provides students with full-time, part-time, volunteer, community service, internship, and Federal Work Study opportunities. Students have 24/7 access to job information through Hornet Career Connection, an online database accessible through the Career Center website.

Through the On-Campus Recruitment Program, a variety of local and regional employers in business, education, and government conduct on-campus interviews with graduating students throughout the academic year. Students benefit from workshops on job search, resume, and interview techniques; orientation to the On-Campus Recruitment process; company literature, information meetings; career fairs; college specific programming; and career-related programs and events during the fall and spring semesters.

The Career Center welcomes students and alumni* Monday through Friday 9:00 a.m. - 5:00 p.m.

¹ **Note:** Recent alumni are eligible to use designated Career Center services at no cost. See the Career Center (<http://www.csus.edu/careercenter>) website for details.

University Reading and Writing Center

Calaveras Hall 128
(916) 278-6356
www.csus.edu/writingcenter

The University Reading and Writing Center (URWC) is a place for all Sacramento State students to get help with reading and writing for any course or project. Trained undergraduate and graduate student tutors offer support at any stage of the writing process, including helping writers to begin an assignment and generate ideas, identify a focus

for a paper, work on developing ideas, refining organization, citing sources, or clarifying language. The URWC can also help students learn how to proofread and edit their papers better. The URWC emphasizes nonjudgmental and encouraging feedback to help a student not only with a particular assignment but also with becoming a more confident college writer.

If a student is working on a writing assignment in any undergraduate major, in a writing course, or in a graduate course, it is appropriate to come to the URWC. Tutors are experienced in working with the diverse population of Sacramento State students including multilingual and multidialectal writers. Along with guidance on writing assignments, the URWC also provides help for students who are preparing to take the WPJ or other writing tests and for graduate students working on theses or projects. We also offer one unit of academic credit for regular tutoring, ENGL 121.

Appointments can be made in person in CLV 128 beginning the second week of classes each semester. Students interested in becoming a University Reading and Writing Center tutor should contact the Director.

Accessible Technology Initiative (ATI)

Sacramento State is committed to providing equal access to educational and information resources for every campus community member, including those with disabilities. Managed by Information Resources & Technology (IRT), the mission of the Accessible Technology Initiative (ATI) is to "make information technology resources and services accessible to all CSU students, faculty, staff, and the general public regardless of disability." This encompasses the delivery of comprehensive services to students and faculty for web accessibility, instructional materials accessibility, and the accessibility of any campus-procured technology. A dedicated team of three ATI specialists in the areas of instructional materials, web development, and procurement partner with and provide consultation to campus groups including Services to Students with Disabilities, the Student Technology Center, the High Tech Center, the Office of Equal Employment Opportunity, the Hornet Bookstore, and academic departments, among others, to ensure equal access to education for our students. Learn more at <http://www.csus.edu/accessibility> or contact ati@csus.edu.

Information Resources & Technology (IRT)

Academic Information Resources Center 3010
(916) 278-6606
www.csus.edu/irt

Information Resources & Technology (IRT) partners with faculty, staff, and students to provide essential information technology services that support mission critical activities and strategic campus goals. We actively engage our campus community to deliver high-quality services and innovative solutions that meet current and future technology needs. The IRT team is committed to communicating clearly, operating transparently, and taking a data-driven approach to continuous improvement. From log on to log off, we are a trusted partner in the shared vision to redefine the possible at Sacramento State. Faculty, staff, and students can request all IRT services online at ServiceNow (<http://servicenow.csus.edu>) or in person at the Service Desk.

IRT Service Desk

AIRC 2005
Hours: 7 days a week – visit <http://csus.edu/irt/servicedesk> for hours 916.278.7337

servicedesk@csus.edu
 csus.edu/irt/servicedesk (<http://www.csus.edu/irt/servicedesk>)

ServiceNow – 24/7 Online Self-Service

Visit <http://servicenow.csus.edu> to research an IT issue through our extensive Knowledge Base, submit a request for service, check on the status of a service ticket, and more.

Student Technology Services

IRT provides extensive technology services to help students succeed, including:

Student Technology Center (STC): Drop-in training and workshops to teach students the technology needed to complete their coursework and collaborate with faculty.

AIRC 3007
 (916) 278-2364
 stc@csus.edu
<http://csus.edu/irt/stc>

Poster Printing (STC): www.csus.edu/irt/stc/printing (<http://www.csus.edu/irt/stc/printing/>)

PrintSmart: www.csus.edu/irt/printsmart (<http://www.csus.edu/irt/printsmart/>)

AirPrint (<https://csus.service-now.com/service/kb?kb=KB0011157>):
<https://csus.service-now.com/service/kb?kb=KB0011157>

Apple users can print wirelessly (no drivers to install) from iPhone, iPad, or laptop to any PrintSmart device

Wireless Networking: www.csus.edu/irt/wireless/ (<http://www.csus.edu/irt/wireless/>)

APPLICATIONS

- MySacState: my.csus.edu (<http://my.csus.edu>)
- Office 365 Applications: www.csus.edu/irt/servicedesk/support/officeinstall/landing.html (<http://www.csus.edu/irt/servicedesk/support/officeinstall/landing.html>)
- SacCT/Blackboard: sacct.csus.edu (<http://sacct.csus.edu>)

LAPTOP CHECKOUT

AIRC 2004

- Windows/Mac Laptops
- Tablets
- Video Cables
- Whiteboard Markers

Library – User Services

- Windows/Mac Laptops
- Tablets
- Video Cables

ASI Business Office

- Windows Laptops

IRT COMPUTER LABS

Operating hours at www.csus.edu/irt/learningspaceservices/computer_labs.html#location (http://www.csus.edu/irt/learningspaceservices/computer_labs.html#location)

- AIRC 1016 and 2004
- LIB 2000
- MND 2004 and 2008
- FLS 1048

24/7 VIRTUAL LAB

mycloud.csus.edu (<https://mycloud.csus.edu/vpn>)

Access Lab Software

Save to SacFiles (U Drive)

PROJECT ROOMS

Need a project room for group work? Visit AIRC 2004 to sign up.

- Collaboration Tables
- Laptop Cables
- PCs
- Large Displays
- Whiteboards

Academic Technology and Creative Services (ATCS)

Online Teaching and Learning, SacCT support, Materials Development and Creative Services Support

ARC 3005

(916) 278-3370

ATCS utilizes an integrated service approach to provide technology-based consultation, technical assistance and creative expertise in support of the teaching/learning, research, service and outreach missions of the University. Support is provided on both an individualized and global (University) basis. ATCS technology-related services include: consultation, online learning support, curricular and other materials development, event support, hybrid/online course development, SacCT administration, and faculty & staff training. For a more in-depth description of ATCS's services, visit <http://www.csus.edu/atcs/>.

The Sacramento State Online Teaching & Learning Program provides expanded learning opportunities using technology-mediated instructional options. Our services allow students, both regionally and globally, to access classes when they are unable to attend classes on campus. ATCS supports academic departments and programs in the development, and facilitation of matriculated courses through synchronous and asynchronous delivery systems. These systems include: online teaching and learning systems, video conferencing, and support services. ATCS also assists faculty individually and small groups in adapting their curriculum, teaching methodologies, and pedagogy for online/hybrid course delivery.

Veterans Success Center

Lassen Hall 3003

(916) 278-6733

www.csus.edu/vets (<http://www.csus.edu/vets>)

Sacramento State's Veterans Success Center (VSC) provides multi-faceted assistance to prospective and enrolled student veterans and dependents. Most notably, the center assists students in accessing their GI benefits, completing the admission application process, and registering for courses. The center also helps students access campus

resources, get involved in leadership activities, and transition into the civilian work world.

Our goals are to:

- Ensure that VSC students receive all federal and state benefits in which they are entitled in a timely and accurate manner.
- Continually adapt to the needs of veteran students and refine practices as necessary to improve services they need.
- Provide a welcoming and inviting environment for veterans that will aid in their transition to college.

The Veterans Success Center provides a veteran's lounge, a flexible space where student veterans may socialize, network, and meet other student veterans, study, use computers, and reserve space for meetings, activities, or workshops. The VSC additionally offers many opportunities for veterans to get involved in co-curricular leadership activities - please stop by or visit the VSC Web site (<http://www.csus.edu/vets>) for more information.

The Veterans Success Center is open Monday – Friday from 9:00 AM – 4:00 PM.

Student Organizations & Leadership

University Union, Second Floor

(916) 278-6595

www.csus.edu/soal (<http://www.csus.edu/soal>)

Active participation in recognized student organizations, leadership development programs, and community service enriches and improves student's learning experience at Sacramento State. Student Organization & Leadership (SO&L) is committed to encouraging and supporting students to become involved in campus life through a variety of co-curricular and extracurricular programs.

Getting involved on campus is a great way to meet people, learn about campus resources, make lifelong friends, and enrich the total education experience on the road to graduation. Involvement also helps to make a large university such as Sacramento State seem more personal, as well as provides students with opportunities to develop the skills needed to be successful in the workplace.

Student Organizations & Leadership advises more than 300 student-led clubs and organizations that are social, religious, political, recreational, academic, cultural, fraternal, and professional. Through participation in organizations, students learn democratic processes, respect for others, develop concern for community issues, gain appreciation for aesthetics and culture, and participate in healthy recreational activities.

Student Organizations & Leadership coordinates the Leadership Initiative (LI), a co-curricular leadership certificate program open to all students that allows students an opportunity to certificates that show their commitment and involvement at Sacramento State. The LI is also a great way for students to build up their resumes with activities outside the classroom. In addition, Student Organizations & Leadership organizes workshops, conferences, and events to help students develop cultural competence, communication skills, and have fun.

SO&L staff members are happy to connect interested students with any of the organizations registered on campus or help them start new clubs and organizations. Get involved today by visiting <http://www.csus.edu/soal> online or come to our office on the second floor of the University Union.

Associated Students, Inc.

Sequoia Hall, Third Floor

(916) 278-6784

www.asi.csus.edu (<http://www.asi.csus.edu>)

Associated Students, Inc. (ASI), a \$7 million nonprofit corporation, serves as student government at Sacramento State. Programs created and operated by ASI benefit the whole campus community. A student Board of Directors, including the President, Executive Vice President, Vice President of Finance, Vice President of University Affairs, Vice President of Academic Affairs, and Directors representing each college on campus, governs ASI. Elected each spring, this Board meets regularly through the fall and spring semesters. Students are encouraged to attend Board meetings, bringing their questions and concerns; however, peer representatives remain available at all times to address the needs and interests of their constituency. With numerous committees and work teams, ASI offers students an assortment of ways to get involved in campus life and student representation. Participation as an employee or volunteer provides students valuable experience and important future career contacts. ASI services to Sacramento State students range from free legal aid to discount movie tickets. Programs include Business Office and Student Services, the Children's Center, the Aquatic Center, Peak Adventures, KSSU Student Run Radio, ASI Food Pantry and Safe Rides. ASI also maintains the "Hot Spot", which coordinates ASI campus life outreach and community service events. Located on the main floor of the WELL, the Hot Spot is a great place to learn about ASI. Through various grants and scholarships, ASI contributes financial support to student clubs and organizations, other University programs, and individual students. To get involved in ASI activities, call (916) 278-6784. To get more information stop by their office or go to www.asi.csus.edu (<http://www.asi.csus.edu>).

The Centers for Diversity and Inclusion

University Library Room 1010

(916) 278-6101

www.csus.edu/mcc (<http://www.csus.edu/mcc>)

The Centers for Diversity and Inclusion (CDI) are comprised of the Multi-Cultural, Women's Resource and PRIDE Centers. The Centers support the needs of diverse communities by providing educational programs and welcoming spaces for all students, but especially those who feel marginalized. Center staffs help students learn about themselves and others. By partnering with multiple campus and community entities the Centers contribute to a more inclusive campus environment. Each Center provides programs and services unique to its target populations and allies.

The **Multi-Cultural Center (MCC)** is committed to responding to student needs by building relationships, fostering cultural understanding, appreciating multiculturalism and diversity as well as advocating for social justice.

Contact information: University Library Room 1010 (916) 278-6101 <http://www.csus.edu/mcc>

The **Women's Resource Center (WRC)** works to eliminate gender discrimination and oppression by cultivating women's individual and social development. The Women's Resource Center (WRC) provides a supportive environment, resources, educational encouragement, advocacy, outreach, and community alliances for women and their allies. Contact information: 1st Floor, University Union, (916) 278-7388 <http://www.csus.edu/wrc>

The **PRIDE Center** offers advocacy and outreach services to the LGBTIQQA community at Sacramento State. 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.

Contact information: 1st Floor, University Union (916) 278-8720 <http://www.csus.edu/pride>

Programs and services include, but not limited to:

- Leadership development opportunities: internships, volunteer positions, and other opportunities for personal development
- Collaborative projects with student organizations to encourage students to engage their social, intellectual skills through campus networks
- Supportive and vital environments where students can study, rest, and mingle with other students interested in intersectionality and academic success
- Workshops and community-building events aimed at connecting students, staff, and faculty

Interim Director, Centers for Diversity and Inclusion Samuel N. Jones; (916) 278-6101

Multi-Cultural Center Program Coordinator, Patsy Jimenez

Women's Resource Center Program Coordinator, Aisha Engle

PRIDE Center Program Coordinator, Chris Kent

Student Literary Journal

Calaveras Hall 117

(916) 278-6492

www.csus.edu/org/litjrnl (<http://www.csus.edu/org/litjrnl>)

An annual student run publication, Calaveras Station Literary Journal solicits submissions of student writing in the fall semester, accepting approximately 10 percent for inclusion in its spring issue. Perfect bound and professionally designed, this journal offers its readers poetry, short fiction, essays, and literary criticism from a campus-wide selection of authors. Its website provides a glimpse into the current edition as well as past issues, with lists of student editors and submission details. English Department professors serve as faculty advisors.

The State Hornet Newspaper

University Union, First Floor

(916) 278-6583

www.statehornet.com (<http://www.statehornet.com>)

[Twitter.com/TheStateHornet](https://twitter.com/TheStateHornet) (<https://twitter.com/TheStateHornet>)

[Facebook.com/statehornet](https://www.facebook.com/statehornet) (<https://www.facebook.com/statehornet>)

[Instagram:@statehornet](https://www.instagram.com/statehornet) (<https://www.instagram.com/statehornet>)

An award-winning campus newspaper that began more than 65 years ago, *The State Hornet* has evolved from a four-page mimeographed publication into a weekly tabloid on Thursdays and daily publication online during the fall and spring semesters.

Students working on *The State Hornet* garner experience in reporting, editing, graphic design, photography, advertising, Web design, marketing, and management. As a working laboratory, *The Hornet* provides students with academic credits as well as opportunities for academic scholarships.

Buoyed by the paper's strong alumni support, recent graduates have gone on to positions with the Associated Press, the *Los Angeles Times*, *Newsday*, *The Sacramento Bee*, *Sactown* magazine, and many other print and digital news publications. *The State Hornet* boasts a state-of-the-art newsroom stocked with Macintosh computers and Canon cameras. Numerous awards over the years include the General Excellence Award from the California Newspaper Publishers Association, and Best in Show and the Online Pacemaker from Associated Collegiate Press.

University Union

(916) 278-6997

theuniversityunion.com (<https://theuniversityunion.com>)

The University Union is a welcoming environment where students, faculty, staff, and alumni participate in campus life and events; it features a host of support services and facilities to meet the ever-changing needs of the Sacramento State community.

Services

The Union houses the Hornet's Nest Food Court, which features Burger King, Gordito Burrito, Panda Express, Good Eats!, and Mother India,. The Union also houses Round Table Pizza at the Hive, Jamba Juice, and Eco Grounds café. . In addition, the University restaurant, Epicure, offers full service dining with indoor and outdoor seating.

The Union houses amenities such as an information desk available at (916) 278-6997, an art gallery, computers and printers, and a wide variety of open lounge spaces, The Store in the Union carries a variety of convenience items including school and beauty supplies, snacks, magazines, and greeting cards. Students in the Union may also take advantage of wireless internet throughout the facility, and a music-listening/video-watching area

Facilities

The University Union provides a large ballroom, a 175 fixed-seat auditorium, and rooms that will accommodate almost any size meeting or event. The Union houses many offices and programs, including Student Organizations and Leadership, Event Services, the PRIDE Center, and the Women's Resource Center, and the Police Service Center.

Expansion

The Union is currently under expansion during 2017-2018 and a number of offices and services are not listed above because they will be closed and re-housed outside of our facility. But when our expansion is complete, additional new meeting rooms and lounge spaces, remodeled ASI and other offices, a remodeled Games Room, remodeled Meditation Lounge, and a new Starbucks will be among the welcome additions to our wonderful "living room of the university"!

UNIQUE Programs

University Union, Third Floor

(916) 278-3928

uniqueprograms@sacstateunique.com

www.sacstateunique.com (<http://www.sacstateunique.com>)

University Union UNIQUE Programs is a student volunteer program that brings a wide variety of cultural, educational, and entertainment programs to Sac State. These activities include a Cultural Affairs Series, performing arts, lectures, and a weekly Wednesday "Nooner" event series, as well as an array of special films, concerts, and comedy showcases, typically on Thursdays.

Students interested in participating in the planning, promotion and production of innovative, quality campus programs should contact UNIQUE to learn more.

Aquatic Center

Lake Natoma

(916) 278-2842, (916) 278-1105

www.sacstateaquaticcenter.com ([http://](http://www.sacstateaquaticcenter.com)

www.sacstateaquaticcenter.com)

The Sacramento State Aquatic Center, Northern California's most comprehensive aquatic, boating, and safety center, is celebrating 35 years of service to the students, faculty, staff, and alumni of Sacramento State and the Sacramento community. Located on beautiful Lake Natoma, the center provides high quality boating instruction and safety programs through education, recreation, and competition.

Established in 1981, the Center is a cooperative operation of Associated Students, Inc. and the University Union of California State University, Sacramento; the California Division of Boating and Waterways; the California Department of Parks and Recreation; and the U.S. Bureau of Reclamation.

The Center's programs include classes for academic credit; leisure classes open to the community in sailing, rowing, kayaking, canoeing, water ski, wakeboard, "jet ski", windsurfing, and stand up paddling.; youth summer programs and camps; facility and room rentals; team building exercises; and special event facilitation. The Sacramento State Aquatic Center is also the home of the Sacramento State Men's and Women's Rowing teams and Sacramento State Wakeboard and Water Ski Teams.

The Center is open to the general public as well as to Sacramento State students, faculty, staff, and alumni, who can receive a discount on boat rentals and leisure classes by showing their OneCard or Alumni Affiliation card.

Located next to Nimbus Dam at Highway 50 and Hazel Avenue, the Aquatic Center offers picnic tables, barbecues, boat docks, and beach front lake access. Additionally, there is an abundance of aquatic equipment available to rent: life jackets, kayaks, canoes, rowing shells, sailboats, hydrobikes, stand up paddle boards, and windsurfers..

The Aquatic Center has hosted the NCAA Women's National Championships, Intercollegiate Rowing Association Championships, USRowing Youth National Championships, Pac 12 Conference Championships, West Coast Conference Championships, American Athletic Association Championships, Western Intercollegiate Rowing Association Championships and USRowing Southwest District Rowing Championships. Hosting annual regional and national rowing regattas, water ski tournaments, and special events attracting local, national, and international athletes, the Aquatic Center has developed into a benchmark aquatic and boating safety facility.

Intercollegiate Athletics

Department of Intercollegiate Athletics

Athletics Center

(916) 278-6481

www.hornetsports.com (<http://www.hornetsports.com>)

Sacramento State is committed to providing equal opportunities to male and female students in intercollegiate athletics. Over 500 student-

athletes participate in the athletics program with athletic scholarships awarded to student-athletes in every sport.

The A.G. Spanos Sports Complex provides excellent facilities for football and a superior track and field facility that was selected to host the U.S. Olympic Track and Field Trials in 2000 and 2004, the NCAA Division I Outdoor Championships in 2003, 2005, 2006 and 2007, the USATF National Championships in 2014, the Junior Olympics in 2016, and the 2017 NCAA West Regional. The Nest serves as the home for women's volleyball, men's and women's basketball, and women's gymnastics. Both the baseball and softball teams had their on-campus stadiums renovated in 2003, and the men's and women's soccer teams also compete in a renovated facility. The women's rowing team trains and competes at the Sacramento State Aquatic Center on Lake Natoma, rated as one of the nation's top aquatics facilities. The venue has hosted the NCAA Women's Rowing Championships nine times since 1997.

The most recent facility to come online (Spring 2008) is the Eli and Edythe Broad Fieldhouse, a 25,000 square-foot structure at the south end of the Spanos Sports Complex. The state-of-the-art facility houses football and track and field locker rooms, offices, and meeting rooms as well as an athletic performance center, athletic training center, and equipment room.

Student-athletes benefit from quality athletic training and strength & conditioning facilities. There are five full-time athletic trainers, consulting and treating student-athletes daily. In addition, each sport has a designated strength and conditioning coach for its student-athletes. Sacramento State is also home to one of the few accredited undergraduate athletic training programs in Northern California.

Sacramento State competes at the Division I level of the National Collegiate Athletic Association (NCAA) and is a member of the Big Sky Conference in football (I-AA), men's and women's basketball, men's and women's cross country, men's and women's indoor and outdoor track, men's and women's tennis, men's and women's golf, softball, volleyball and women's soccer. The University's baseball team competes in the Western Athletic Conference (WAC) and the gymnastics program is a member of the Mountain Pacific Sports Federation. The men's soccer and beach volleyball teams compete in the Big West Conference and the rowing team joined the American Athletic Conference in the fall of 2014. Beach volleyball was added as Sacramento State's 21st intercollegiate sport in 2013.

From 2006-2015, Sacramento State athletics combined to win 50 conference championships, or an average of nearly six titles per academic year. In addition, Sacramento State student-athletes set the department record with a 3.017 term grade point average in the fall of 2015 and also set a new mark with a 3.050 overall GPA. This is the second consecutive semester in which the student-athletes have set record marks in both categories (term and overall GPA), and the third straight semester above a 3.0 overall GPA.

All registered Sacramento State students are admitted free of charge to regular season on-campus home athletic events.

Peak Adventures

The Well, First Floor

(916) 278-6321

www.peakadventures.org (<http://www.peakadventures.org>)

ASI Peak Adventures is an outdoor adventure provider for Northern California. We are dedicated to providing adventure education and

leadership development opportunities for all ages. We have been guiding people on outdoor adventures since 1989, and have become the most unique, diverse, and affordable outdoor recreation provider within the Sacramento Valley.

Our Adventure Specialists are passionate about helping participants feel at ease while daring to adventure away from home. Our offerings include backpacking, day hiking, camping, mountain biking, rock climbing, white water rafting and more! We also teach snowshoeing, snowboarding, cross country skiing and downhill skiing. We guarantee to boost participants' adventure confidence!

The Peak Adventures Challenge Center empowers individuals and teams to achieve greater results through a personalized learning experience they won't forget! Our skilled facilitators engage participants in interactive games that build relationships, challenging problem-solving activities to strengthen teamwork, and exciting climbing opportunities to inspire personal growth. Over 8,000 participants from Sacramento State campus groups as well as community and professional organizations benefit each year.

During the summer months Peak Adventures offers week-long outdoor youth camps for campers ages 9-17. For the younger kids, activities include scavenger hunts, arts and crafts, games, water activities and lots more! Older kids have the choice to backpack for a week or experience a new activity each day ranging from our on-campus ropes course, outdoor rock climbing and white water rafting.

Our full service bike shop is known for its prices and remembered for its top notch service. Highly skilled service mechanics perform repairs, sell parts and accessories, teach bike maintenance classes and offer free clinics. We get cyclists and their bikes rolling, whether commuting or recreating. All of our programming is available to the general public, with Sacramento State students receiving special discounted pricing.

"Adventure Begins Here"

The WELL

(916) 278-9355

www.thewell.csus.edu (<http://www.thewell.csus.edu>)

The WELL is a 151,000 square foot facility with over 120,000 feet of recreational space, including six volleyball courts, five basketball courts, four racquetball courts, three fitness studios, an indoor track, approximately 16,000 square feet of cardio machine and free weights, as well as the largest climbing wall in the CSU system. The WELL is also the home of Student Health & Counseling services and Peak Adventures.

Located in The WELL, the Sacramento State Campus Recreation program provides opportunities for all students, faculty and staff to participate in intramural sports, informal recreation, fitness classes, personal training, and special events. In addition to structured activities, the WELL features open recreation hours for members who would like to shoot some hoops or run on our indoor track, as well as rock climbing for all skill levels, racquetball courts, cafe, and much more.

Students at The WELL may work toward reaching their fitness goals by utilizing the wide variety of cardio and strength equipment, participating in group fitness classes, or working with one of the WELL's nationally-certified personal trainers. Whether students are a beginning, intermediate or advanced exerciser, the WELL has options for everyone. The diverse schedule of group fitness classes includes yoga, dance, pilates, cycling, and body sculpting among many others. Cardio

machines, free weights, and strength equipment are available for open use during the building operation hours. The WELL also offers various wellness workshops and fitness assessments opportunities to help you reach your wellness goals.

Students may sign up as a team or as individuals for intramural sports such as flag football, tennis, basketball, volleyball and indoor and outdoor soccer. One day tournaments include dodgeball, golf, bowling, racquetball and badminton just to name a few, and the WELL offers men's, women's and co-recreational divisions in most sports and encourages everyone to join the fun - regardless of previous experience or skill level.