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 convenient and offers opportunities for students to make new friends and be a part of an active and engaged community. Additionally, research shows that students who live on campus feel more connected and have a higher persistence rate toward graduation as compared to students who live off campus. The residence halls are staffed by full-time post masters live-in professionals along with trained Resident Advisors. The residential staff organize educational programs, engage in academic advising, 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 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 (UEL) located only a short walk from campus. As with on-campus, UEL also has trained staff available to assist students with concerns and referrals to campus resources. They also provide educational programs, advising and mentoring. Information about the Upper Eastside Lofts may be obtained by calling (916) 739-0900 or viewing 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

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/cusscaramentostore/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
batteries. 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)
Atlas Cedar Way/State University Drive
(916) 278-6216
www.asi.csus.edu/children

Built with student-raised funds, the Associated Students’ Children's Center was carefully designed to provide support for Sac State students who are raising young children. A qualified staff of certificated, experienced teachers welcomes families with children six months of age through kindergarten. Student employees round out the rest of the adult-child ratio, adding a wealth of experience, knowledge, and cultural diversity. In addition to student employees, the Center provides internships for fieldwork courses and observation opportunities to students enrolled in a variety of courses. The Children's 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.

Students may apply directly to the Center for financial assistance if they meet income eligibility guidelines.

Student Health and Counseling Services
(916) 278-6461
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 dieticians, certified athletic trainers, 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
• Athletic Training
• 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
• Urgent Care Counseling 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.

Location & Hours
SHCS is located at The WELL, and open Monday – Thursday from 8am to 6pm, and on Fridays from 9:30 am – 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 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 http://www.csus.edu/shcs/resources/nurse_advise_line.html.

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,
Campus Life

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.

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, 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:

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 http://www.csus.edu/shcs/wellness-education/internship.html.

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 and Counseling 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.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) 278-5679
www.library.csus.edu (http://www.library.csus.edu)
The University Library holds approximately 1.6 million books (including over 200,000 ebooks), provides access to over 100 databases, in excess of 30,000 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. Your SacLink login gives access to library resources both on and off campus.

You can ask questions, find course materials, and borrow equipment like laptops and anatomy models at the service desk 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 Research Help meeting spaces, as well as the Curriculum Collection that contains materials related to elementary and secondary school instruction. The California Department of Education has 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 group and individual study rooms, a Family Study Room, and hundreds of
computers 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.

Reference librarians offer subject-oriented research help and other forms of library instruction. Hands-on sessions are scheduled in the Library Instruction classrooms.

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

Career Center
Lassen Hall 1013
(916) 278-6231
www.csus.edu/careercenter (http://www.csus.edu/careercenter)

Through a collaborative career development approach, the Career Center engages, educates and empowers our students and alumni to thrive and successfully contribute to the community and the economic workforce of the future. The Career Center utilizes a variety of programs and services to assist students in identifying and obtaining their educational and career objectives.

Career Counseling & Support Services:
- Career and major exploration
- Internship search strategies
- Part and full-time job search strategies
- Resume and cover letter writing tips and feedback
- Interview preparation
- Career readiness skills
- Graduate school planning
- And more!

Programs, Events & Workshops:
- Career fairs
- Employer information sessions
- On-campus interviews
- Career development workshops

Online Resources:
- Handshake: The Career Center’s all majors’ job board for part-time, full-time, and internship opportunities and career event information
- Big Interview: The new virtual interview preparation platform
- College 2 Career Readiness (C2C): A virtual career readiness program to help students prepare for today’s competitive job market, and includes online assessments through FOCUS 2 CAREER
- Sac State Career Network: A platform designed for students and alumni to give and receive career advice
- What Can I Do With This Major?: Information about common career paths, employers, and strategies for building experience in different career fields

The Career Center welcomes students and alumni\(^1\) Monday through Friday 8:00 a.m. - 5:00 p.m. with drop in career counseling appointments available Monday through Friday 10:00 a.m. - 4:00 p.m.

Note: All 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 (http://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 multilingual 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 (http://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

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)
• SacCT/Blackboard: sacct.csus.edu (http://sacct.csus.edu)

LAPTOP CHECKOUT
AIRC 2004
• Windows/Mac Laptops
• Tablets

Library – User Services
• Windows Services
• Tablets
• Video Cables

Library – User Services
• Windows Services
• 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
Veterans Success Center

Lassen Hall 3003  
(916) 278-6733  
www.csus.edu/vets

Sacramento State’s Veterans Success Center (VSC) provides multifaceted 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 student’s access campus resources, get involved in leadership activities, and transition into the civilian work world.

The VSC provides a lounge, where student veterans may study, socialize, network, and meet other student veterans and dependents. 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 8:00 AM – 5:00 PM.

Student Organizations & Leadership

University Union, Second Floor  
(916) 278-6595  
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 earn 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

Associated Students, Inc. (ASI), a $9 million nonprofit corporation that serves as the student government at Sacramento State. Programs created and operated by ASI benefit the entire campus community. A student Board of Directors 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. 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 ASI employee or volunteer provides students valuable experience and important future career contacts. ASI services to Sacramento State students range from free legal services 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

(916) 278-6370  
http://www.csus.edu/cdi

The Centers for Diversity and Inclusion are a family of Centers (Women’s Resource Center, Multi-Cultural Center and PRIDE Center) that provide students with validation and support, while also engaging the larger Hornet community in coordinated efforts to interrogate and explore identity, promote cultural pluralism, and contribute to social justice.

The Women’s Resource Center (WRC) promotes gender equity through four distinct pillars: Allyship, Feminism, Leadership, and Empowerment. The WRC develops various programs and events aimed to increase the awareness and understanding of the contributions, opportunities, and barriers facing women in our society in the past and present. Contact information: 2nd Floor, University Union, (916) 278-7388 http://www.csus.edu/wrc

The Multi-Cultural Center at Sacramento State supports the needs of diverse communities by providing educational programs and a welcoming space that helps students learn about themselves and others. Partnering with multiple campus and community entities to co-create diversity and social justice initiatives, the MCC is committed to responding to student needs, building bridges for fostering social awareness and cultural understanding, and taking action on important issues and concerns of our communities. Contact information: University Library Room 1010 (916) 278-6101 http://www.csus.edu/mcc

The PRIDE Center is committed to enriching the campus experience and developing students as individuals and as members of communities. We exist to create and maintain a campus environment that is open,
safe, and supportive of student diversity in the areas of sexual orientation and gender identity/expression. Our work is accomplished through student-centered education, outreach, advocacy and support. Contact information: 1st Floor, University Union (916) 278-8720 http://www.csus.edu/pride

CDI programs and services include, but are 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 and intellectual skills through campus networks.

• Affirming and nurturing environments where students can study, rest, and mingle with other students interested in culture, identity, intersectionality and academic success.

• Workshops and community-building events aimed at connecting students, staff, and faculty.

**Student Literary Journal**
Calaveras Hall 117
(916) 278-6492
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
Twitter: @StateHornet
Facebook: StateHornet
Instagram: @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.

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**University Union**
(916) 278-6997
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. The Union is also home to Starbucks, Round Table Pizza, Jamba Juice, and Eco Grounds café. In addition, Epicure restaurant offers full service dining with indoor and outdoor seating.

The Union has amenities such as an information desk, games room, meditation room, art gallery, computers and printers, various open lounge spaces and dining seating, mother’s rooms, a convenience store, and a music/video on-demand area for students.

**Facilities**

The University Union provides a large ballroom, a 175 fixed-seat auditorium, and approximately 14 other rooms that can sub-divide to 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, Associated Students, Peak Adventures, The Dean of Students, Epicure Catering, and the Police Service Center.

**UNIQUE Programs**

University Union, Third Floor
(916) 278-3928
uniqueprograms@sacstateunique.com
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

The Sacramento State Aquatic Center is Northern California’s most comprehensive aquatic boating safety center and is celebrating 38 years of service to the students, faculty, staff, and alumni of Sacramento State and the Sacramento community. Located on beautiful Lake Natoma, (only 20 minutes from campus) the center provides high quality boating instruction and safety programs through education, recreation, and competition.
Established in 1981, the Center is a program of Associated Students, Inc. and also supported by the University Union of California State University, Sacramento. The program has successful partnerships with: California Department of Parks and Recreation, the U.S. Bureau of Reclamation and the California Division of Boating and Waterways.

The Aquatic Center's programs include classes for academic credit; leisure classes open to the community in: sailing, windsurfing, rowing, kayaking, stand-up paddling, canoeing, outrigger canoe, water ski, wakeboard, and "jet ski". The Sacramento State Aquatic Center is also the home of the Sacramento State Rowing Club and Women's Rowing Team and Sacramento State Wakeboard and Water Ski Clubs. The Aquatic Center prides itself on hiring Sacramento State Students.

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 Sac State Alumni Affiliation card.

Located next to Nimbus Dam at Highway 50 and Hazel Avenue, the Aquatic Center offers, Beach Reservations, Team Building Activities, Private Lessons, Summer Youth Camps and Youth Groups; additionally, there is an abundance of aquatic equipment available to rent: canoes, kayaks, stand up paddle boards, hydro bikes, rowing shells, sailboats, and windsurfing boards.

The Aquatic Center has hosted the NCAA Women's National Championships, Intercollegiate Rowing Association Championships, US Rowing Youth National Championships, Pac 12 Conference Championships, West Coast Conference Championships, American Athletic Association Championships, Western Intercollegiate Rowing Association Championships and US Rowing 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 is a benchmark aquatic and boating safety facility that brings national and international visitors to Sacramento State and Lake Natoma.

**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. Nearly 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 and 2017, the Junior Olympics in 2016, and the 2018 and 2019 NCAA West Regionals.

Sacramento State was also the host institution for the 2017 NCAA Men's Basketball Tournament first and second rounds at the Golden 1 Center, and has been selected to host again in 2020.

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 with the baseball field receiving permanent lights in 2016. 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 10 times since 1997.

The Eli and Edythe Broad Fieldhouse, a 25,000 square-foot structure at the south end of the Spanos Sports Complex, was opened in 2008. 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 (FCS), 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 resides in the American Athletic Conference. Beach volleyball was added as Sacramento State's 21st intercollegiate sport in 2013.

From 2006-2017, Sacramento State athletics combined to win 55 conference championships, or an average of 5.2 titles per academic year. In addition, Sacramento State student-athletes improved their overall grade point average six consecutive semesters, including a school-record 3.122 grade point average in the spring of 2017. At the end of that 2017 spring semester, all 21 intercollegiate programs had at least a 2.800 overall grade point average, and 16 of those teams had better than a 3.0 mark.

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

**ASI Peak Adventures**

The University Union, First Floor

(916) 278-6321

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

ASI Peak Adventures is the outdoor adventure program of Associated Students, Inc. at Sacramento State. ASI Peak Adventures provides outdoor trips, team building, a full service bike shop, and equipment rentals. They are dedicated to providing adventure education and leadership development opportunities to the campus and the community. They have been guiding people on outdoor adventures since 1989 and have become the most unique, diverse, and affordable outdoor recreation provider in Northern California.

Their Outdoor Trips are all about increasing participants' outdoor confidence and helping them feel at ease while daring to adventure away from home. All of their trips are beginner friendly and everyone...
is welcome. Outdoor trip offerings include backpacking, day hiking, camping, mountain biking, rock climbing, snow trips, white water rafting and more!

The Challenge Center empowers individuals and teams to achieve greater results through a personalized learning experience they won’t forget! Their skilled facilitators engage participants in interactive games that build relationships, challenging problem-solving activities that strengthen teamwork, and exciting climbing opportunities to inspire personal growth. Over 8,000 participants from Sacramento area visit this on-campus ropes course per year.

The Bike Shop is conveniently located on the Sacramento State Campus. They proudly provide friendly and professional service at reasonable prices. Highly skilled service mechanics perform repairs, sell parts and accessories, teach bike maintenance classes and offer free clinics. The Bike Shop is open to the general public however, Sacramento State students and staff receive special discounted pricing. The Bike Shop gets cyclists and their bikes rolling, whether commuting or recreating.

During the summer months ASI Peak Adventures offers week-long outdoor youth camps for campers ages 8-17. 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 including the Challenge Center ropes course, outdoor rock climbing, caving, hiking and white water rafting.

“Adventure Begins Here”

**The WELL**
(916) 278-9355
www.thewellatsacstate.com (http://www.thewellatsacstate.com)

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.

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, 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