

CAMPUS LIFE

University Housing Services

On Campus

(916) 278-6655

[www.csus.edu/student-life/housing \(http://www.csus.edu/student-life/housing/\)](http://www.csus.edu/student-life/housing/)

The on-campus community consists of approximately 3200 residents living at North Village or Hornet Commons. 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. North Village and Hornet Commons communities have dedicated full-time, live-in professional staff, along with trained Resident Advisors. The residential staff organize educational and social programs and serve as mentors and sources of campus information for residents.

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 the spring semester only can apply for housing in early November. Please visit the University Housing Services web site at <https://www.csus.edu/student-life/housing/> or contact University Housing Services 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.

North Village

(916) 278-6655

[www.csus.edu/student-life/housing \(http://www.csus.edu/student-life/housing/\)](http://www.csus.edu/student-life/housing/)

North Village housing community consists of approximately 2100 residents living in seven residence halls which offer 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, cable TV and XfinityOnCampus with 120+ Digital and HD online channels with DVR service, study rooms, recreation rooms, lounges, kitchenettes, and laundry facilities. Also, residents have access to a gaming lounge, movie room, fitness and cardio centers, pool, basketball and tennis courts, and a rooftop terrace. The halls are situated adjacent to the American River which has walking and biking trails. Additionally, The Servery at the Dining Commons and the Courtyard Market provide a variety of freshly prepared and grab-and-go dining options.

Submitting an online application for North Village on-campus housing is easy and convenient. Housing applications for the following academic year are available in early February. Students attending for the spring semester only can apply for housing in early November. Please visit the University Housing Services website at <https://www.csus.edu/student-life/housing/> or contact University Housing Services at housing@csus.edu for specific application timelines and housing costs. Space fills up quickly, so interested students should

submit an online application, including any necessary payments, as soon as charges are posted to the student's account.

Hornet Commons

(916) 573-6205

[www.csus.edu/student-life/housing \(http://www.csus.edu/student-life/housing/\)](http://www.csus.edu/student-life/housing/)

Hornet Commons is Sac State's newest addition to on-campus housing. Hornet Commons is a pet-friendly community offering fully finished private and shared-bedroom apartments. There are plenty of amenities on-site at Hornet Commons: a resort-style pool, community study lounges, a fitness center, and a yoga lawn. In addition, all apartments are equipped with full-size washers and dryers and full-size kitchens with stainless steel appliances. Hornet Commons rates include all utilities; the only additional costs are renter's insurance and parking. All applications are available on the Hornet Commons website.

Off Campus

Please refer to our Off-Campus Housing Resources page: <https://www.csus.edu/student-life/housing/off-campus-housing-resources.html>

Campus Dining

(916) 278-6376

[www.dining.csus.edu \(http://www.dining.csus.edu\)](http://www.dining.csus.edu)

Sac State Campus Dining, operated by University Enterprises, Inc. is managed by Aramark (contracted supplier of University Enterprises, Inc.) and 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 Starbucks 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, and Mediterranean cuisine.

Other food and coffee locations are located throughout campus near Lassen Hall, the Library, the Hornet Bookstore, and Hornet Commons will feature Einstein Bros. Bagels.

Sac State Campus Dining also operates 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 \(http://www.dining.csus.edu/\)](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.

The Servery at the 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 Servery at the Dining Commons offers an “All You Care to Eat” meal service in a relaxed setting. Students living off campus may also eat here, and off-campus meal plans are available for purchase. The serving area in The Servery at the Dining Commons recently underwent a significant renovation, which changed the way food was prepared and served. The new, state-of-the-art venue 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 Servery at 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/csuscaramentostore/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.hornetbookstore.com) (<http://www.bkstr.com/csuscaramentostore/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)

Atlas Cedar Way/State University Drive
 (916) 278-6216

<https://asi.csus.edu/asi-childrens-center> (<https://asi.csus.edu/asi-childrens-center/>)

Established in 1972, nestled under an old grove of redwood trees, the Children’s Center is owned and operated by Associated Students Inc., prioritizing services to Sac State students. Nationally Accredited since 2006, the program is dedicated to providing affordable high quality childcare by integrating current principles of Child Development, modeling best practices in the field of Early Childhood Education for children 6 months of age through kindergarten. The Center serves as an extension of the child’s home, working closely with families to facilitate children’s social, emotional, cognitive, and physical development. The Children’s Center has a team of educators, working full-time who train, coach, and mentor over one hundred ASI student employees and interns.

The Center serves Sac State as the campus’ field work and observation site.

Students may apply directly to the Center for subsidized childcare if they meet income eligibility guidelines. Children of faculty and staff may attend the Center. Waitlist applications are available on the website in the parent resource tab.

Student Health, Counseling, and Wellness Services

(916) 278-6461
www.csus.edu/shcws (<https://www.csus.edu/student-life/health-counseling/>)

Sac State is an award-winning healthy campus with a state-of-the-art Student Health, Counseling, and Wellness facility at The WELL. At Student Health, Counseling, and Wellness Services (SHCWS), we believe in total well-being for everyone. We support all aspects of student wellness to improve overall health and promote lifetime wellness through collaboration, education, and innovation. Our integrated approach to healthcare goes beyond treating illnesses. Our multidisciplinary team of health and wellness professionals work collaboratively to ensure all students have access to top quality care that supports their physical, mental, and emotional health, and addresses their basic needs. We work to address health disparities to ensure students receive the care that they need in an environment where patients feel respected and valued. SHCWS is accredited through the Accreditation Association for Ambulatory Care (AAAH).

SHCWS services include but are not limited to:

- Acute Illness and Injury Care
- After-Hours Nurse Advice Line
- Athletic Training & Sports Medicine
- Birth Control Options & Emergency Contraception
- Confidential Sexual Violence Support
- Crisis Assistance & Resource Education Support (CARES) & Basic Needs Support
- Gender Affirming Care
- Immunizations & Vaccines
- Laboratory Testing
- Low-Cost Pharmacy
- Mental Health Counseling
- Nutrition Counseling
- Patient Care Coordination

- Peer Counseling
- STI Testing & Sexual Health Services
- Wellness Education
- Well-Person Exams (Physical)
- X-Ray

Cost & Eligibility

Health insurance is not required to use services at SHCWS, and we are not an insurance provider. All currently enrolled students who pay a student health fee* in their tuition are eligible to access services at SHCWS. Additional fees may apply to specialty services, procedures, vaccines, medications, and lab testing.

*Crisis Assistance & Resource Education Support (CARES) services are available to all students. No health fees are required to access basic needs support.

Any services received off campus are the financial responsibility of the student.

Location & Hours

SHCWS is located at The WELL on the South side of campus in front of Hornet Stadium. We are open Monday-Thursday from 8:00am-4:30pm and Friday 9:30am-4:00pm. Hours are subject to change, visit our website for the most current information at www.csus.edu/shcws (<https://www.csus.edu/student-life/health-counseling/>). To stay up to date on health and wellness information and campus events, follow us on Instagram @shcwssacstate.

Appointment Scheduling

Students can make appointments online at www.csus.edu/shcws (<https://www.csus.edu/student-life/health-counseling/>) by clicking the Patient Portal link, or by calling 916-278-6461. Please visit the SHCWS website for more information.

Urgent/Immediate Care – (916) 278-6461

Students requiring immediate medical attention, crisis counseling, or sexual violence support can be seen on a walk-in basis at our Urgent Care Clinic located on the 1st floor of The WELL. All walk-in patients are medically evaluated and seen or scheduled for further evaluation and treatment as appropriate. An after-hours Nurse Advice Line is available by calling 916-278-6461. For additional support, check out the list of off-campus urgent care facilities and emergency resources (<https://www.csus.edu/student-life/health-counseling/after-hour-resources.html>).

Nurse Advice

Nurse Advice is available after hours and over the weekends 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, and Wellness Services is closed by calling 916-278-6461.

Get Involved

SHCWS offers several opportunities for students to get involved:

- The Peer Health Educator (PHE) internship program is a year-long academic and hands-on learning program. PHEs actively promote health and wellness at Sac State. For more information, visit www.csus.edu/student-life/health-counseling/wellness-education/ (<http://www.csus.edu/student-life/health-counseling/wellness-education/>).
- The Student Health Advisory Committee (SHAC) is a student-based organization that advises campus administrators on student health

issues from a student's perspective, covering topics including accessibility, hours of operation, scope of services, student fees, quality of care, and patient satisfaction. Email shac@csus.edu for more information.

- Peer Counselors (PCs) are part of the Student Health, Counseling, and Wellness Services team and serve as an additional on-campus resource to promote safety and well-being. PCs are not trained therapists but rather support their peers through active listening and helpful problem solving. For more information visit Counseling Services | Sacramento State (csus.edu) (<https://www.csus.edu/student-life/health-counseling/counseling/>).
- Student Health, Counseling, and Wellness Services offers employment opportunities for students in the Pharmacy, Health & Wellness Promotion, and CARES. Job openings are posted on Handshake when they become available.

Confidentiality

Privacy and confidentiality are fundamental rights to all who use SHCWS services. For Health Services and Mental Health Services, a student's right to privacy is always respected and no information is released without student consent, except where disclosure is required by law.

For more information on Student Health, Counseling, and Wellness Services visit www.csus.edu/shc (<https://www.csus.edu/student-life/health-counseling/ws>) (<https://www.csus.edu/student-life/health-counseling/>) or call (916) 278-6461.

Sacramento State Police Department

Police Department Building

Police Emergency: (916) 278-6900 or dial 911 from any campus phone

Police Non-Emergency: (916) 278-6000

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 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 peace officers 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, <https://www.csus.edu/campus-safety/clery-act.html>.

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

Dr. Melissa Repa, Director

Lassen Hall 1013
(916) 278-6231

www.csus.edu/student-life/career-center (<https://www.csus.edu/student-life/career-center/>)

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, economy and future workforce. 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 exploration
- And more!

Programs, Events & Workshops (conducted on campus or virtually):

- 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 virtual interview preparation and resume building platform
- Focus 2 Career: online assessments to identify personality and work interests to help determine major and career paths
- 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 HirED Podcast: Podcast that brings career and professional insights to you.

The Career Center welcomes all Sacramento State students and alumni. Check the Career Center website (<https://www.csus.edu/student-life/career-center/>) for career counseling hours and availability.

See also Community Connections/Partnerships for Employment Opportunities.

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 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 <https://www.csus.edu/information-resources-technology/ati> (<https://www.csus.edu/information-resources-technology/ati/>) 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> (<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
<https://www.csus.edu/information-resources-technology/>

Poster Printing (STC): Print | Sacramento State (csus.edu) (<https://www.csus.edu/administration-business-affairs/university-print-mail/print.html>)

PrintSmart: www.csus.edu/information-resources-technology/devices-printing/printsart.html (<https://www.csus.edu/information-resources-technology/devices-printing/printsart.html>)

Wireless Networking: www.csus.edu/information-resources-technology/networking-infrastructure/wireless.html (<https://www.csus.edu/information-resources-technology/networking-infrastructure/wireless.html>)

APPLICATIONS

- MySacState: my.csus.edu (<http://my.csus.edu/>)
- Office 365 Applications: www.csus.edu/information-resources-technology/microsoft365/ (<https://www.csus.edu/information-resources-technology/microsoft365/>)
- Canvas: canvas.csus.edu/ (<https://canvas.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/information-resources-technology/teaching-learning/computer-labs.html (<https://www.csus.edu/information-resources-technology/teaching-learning/computer-labs.html>)

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

24/7 VIRTUAL LAB

mycloud.csus.edu
 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.

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 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> (<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 (<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 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> (<http://www.csus.edu/soal/>) online or come to our office on the second floor of the University Union.

Associated Students, Inc.

University Union, 3rd Floor
 (916) 278-6784
www.asi.csus.edu (<http://www.asi.csus.edu>)

Associated Students, Inc. (ASI), a \$10 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 weekly throughout the fall and spring semesters. Students are encouraged to attend Board meetings to bring their questions and/or concerns. With numerous committees and work teams, ASI offers students an assortment of ways to get involved in campus life. Participation as an ASI employee or volunteer provides students valuable experiential work experience and important future career contacts. ASI programs include a variety of business and student services - including a Children's Center, providing care for children ages 6 months to 5 years old, the Sacramento State Aquatic Center, ASI Peak Adventures, KSSU Radio, ASI Food Pantry, Safe Rides, and more. ASI also maintains the Hot Spot, which coordinates ASI campus life engagement and outreach. Located on the main floor of the University Union, the Hot Spot is a great place to

learn about all of ASI's services and programs. Through various grants and scholarships, ASI also contributes financial support to student clubs and organizations, other University programs, and individual students. To get involved in ASI activities, stop by the main office, call (916) 278-6784, or visit www.asi.csus.edu (<http://www.asi.csus.edu>).

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

State Hornet Newsroom, Del Norte Hall
(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/>)

Campus life happens here! The University Union is a welcoming environment and central gathering place where students, faculty, staff, and alumni participate in campus life and events. The building 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 Panda Express, Good Eats, and The Roost. The Union is also home to Starbucks,

Round Table Pizza, Jamba Juice, and Ace Sushi. In addition, Engrained restaurant offers full service dining with indoor and outdoor seating.

The Union has several amenities for students such as an information desk, games room, meditation room and foot wash station, art gallery, sleep lounge, computers and printers, various open lounge spaces and food service seating, mother's rooms, a convenience store, laptop rentals, multi-device charging lockers, all gender restrooms, baby changing stations and ATMs.

Facilities

Whether you need a small conference room for 15, a banquet space for 800, or something in-between, the University Union can accommodate you. With the 14,000+ square foot multi-purpose University Ballroom, the 180 seat Hinde Auditorium and up to 25 breakout rooms, there is ample room for a variety of meetings, conferences and special events.

The Union houses many offices and programs, including Student Organizations and Leadership, Union Event Services, PRIDE Center, Women's Resource Center, CARES Office, ASI Student Engagement and Outreach, ASI Food Pantry, ASI Government, ASI Business & Student Shop, KSSU Radio, ASI Peak Adventures bike shop, New Student Orientation Office, Engrained Catering, The Lab print shop, UNIQUE Programs and the Police Service Center.

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 cultural events, 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://www.sacstateaquaticcenter.com>)

The Sacramento State Aquatic Center is Northern California's most comprehensive aquatic boating safety center and is celebrating 39 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, Facility 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

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, 2019, 2023 and 2026 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 will host again in 2023. In addition, Sacramento State has been awarded the NCAA Women's Basketball third and fourth rounds in 2026. The department will also host the NCAA Men's Soccer College Cup in 2024, and the Women's Soccer College Cup in 2025.

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 recently renovated 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 facilities in the nation. The venue has hosted the NCAA Women's Rowing Championships on 10 occasions over the last 25 years.

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 six 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 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.

Sacramento State athletics has combined to win 89 conference championships during the program's Div. I era (1991-pres.). In addition, Hornet student-athletes have achieved at least a 3.00 overall grade point average 12 consecutive semesters. Prior to that, Hornet Athletics had never achieved a grade point average higher than a 2.99.

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 leading people on outdoor adventures since 1989 and have become the most unique, diverse, and affordable outdoor recreation provider in Northern California.

The Outdoor Trips Program is all about increasing participants' outdoor confidence and helping them feel at ease while daring to adventure away from home. All trips are beginner friendly and everyone is welcome. Outdoor trip offerings include urban adventures, backpacking, day hiking, camping, mountain biking, rock climbing, snow trips, white water rafting and more! Outdoor rental gear is also available for those looking to venture out on their own!

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 and right off the American River Bike Trail. They proudly provide friendly and professional service at reasonable prices. Highly skilled bike technicians 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 for commuting and 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 campus tours, arts and crafts, games, water activities and lots more! Kids ages 12-15 have the chance to experience new activities each day including the Challenge Center ropes course, outdoor rock climbing, caving, hiking and white water rafting. Kids ages 15-17 have the opportunity to attend a week-long overnight camp where they expand their outdoor and leadership skill-sets in highly desirable locations such as Yosemite and Tahoe.

"Adventure Begins Here"

The WELL

(916) 278-9355

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

The WELL is a 189,000 square foot facility with over 152,000 feet of recreational space, including six volleyball courts, five basketball courts, four racquetball courts, five fitness studios, both an indoor and outdoor turf, an indoor track, approximately 19,000 square feet of cardio machine and free weights, as well as the largest climbing wall in the CSU system. All gender showers, restrooms and changing areas are available to provide an inclusive and safe space for all WELL members. 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, zumba, pilates, cycling, and strength training 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.

The Women's Resource Center (WRC)

(916) 278-7388

www.csus.edu/student-affairs/centers-programs/women-resource-center/ (<https://www.csus.edu/student-affairs/centers-programs/women-resource-center/>)

The Women's Resource Center 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. 2nd Floor, University Union.

The Multi-Cultural Center (MCC)

(916) 278-6101

<https://www.csus.edu/student-affairs/centers-programs/multi-cultural-center/>

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. University Library Room 1010.

The PRIDE Center

(916) 278-8720

www.csus.edu/student-affairs/centers-programs/pride-center/ (<https://www.csus.edu/student-affairs/centers-programs/pride-center/>)

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. 1st Floor, University Union.