

Student Housing

On Campus

(916) 278-6655

www.csus.edu/housing

Request for on-campus housing application is free and easy, and admission to Sacramento State is not required to apply. Prospective Sacramento State students must contact the Housing and Residential Life Office to request an on-campus housing application or visit the web site to submit request on line. Please note that application to Sacramento State is not an automatic request for application for on-campus housing.

Requests for housing applications for fall/spring students may be submitted beginning the preceding October 1, and spring students can request applications beginning the preceding August 1. Individuals requesting on-campus housing information will automatically be sent a Residence Hall and Dining Commons License Agreement and Information packet. These packets are usually mailed by early May to fall/spring housing applicants and in early November for spring applicants. Space fills up quickly and priority is based on the date all of the License Agreement information and payment are submitted.

On-campus living in the Sacramento State Residence Halls can have a great impact on student academic success and personal growth. Not only are the residence halls comfortable and convenient, but they also offer students ample opportunities to make new friends and be involved in floor, hall and campus-wide activities. Residence halls are staffed by live-in professionals and trained resident advisors who want to help students succeed. All of the staff are committed to providing the best possible living environment. They organize, social and educational activities, and serve as a source of campus information for residents. Living on campus can be a very special and rewarding part of the Sacramento State experience.

The residence hall community consists of five three-story residence halls: Sutter, Sierra, Draper, Jenkins, and Desmond with a central Dining Commons. Each hall provides living accommodations for 200-250 students with a lounge, study rooms, kitchen and laundry facilities. Each hall operates a central resource desk with individual mailboxes in the lobby area. Please visit the web site or contact the Housing and Residential Office for more information.

Off Campus

((916) 278-6655

www.csus.edu/offcampus

The housing market in the Sacramento community continues to grow and change. A wide variety of housing styles exist in the many different neighborhoods and communities around the area. Rooms for rent, duplexes, condominiums, single-family homes and apartment complexes both large and small are all possibilities depending on individual housing needs. Availability and affordability have become issues of interest to anyone relocating to the area. Off Campus Housing Services offers information to assist students in the task of finding housing accommodations. A

variety of resources including rental property listings, rental tips and property management contacts are available. In addition, the office offers relocation information regarding Sacramento and the surrounding communities. Please note that the University does not inspect or screen property listings. Individuals must contact landlords personally to assess properties and make their own housing arrangements.

University affiliated housing, Upper Eastside Lofts, provides an off campus alternative for Sac State students. Targeted populations are: upper division and transfer, and international students. For students who like the independence associated with off campus living but prefer the programming and staff patterns generally associated with on campus housing, this is a viable alternative. Information about the Upper Eastside Lofts may be obtained by calling (916) 739-0900 or view the website at www.UpperEastsideLofts.net.

Campus Dining

University Enterprises Dining Services

(916) 278-6376

www.dining.csus.edu

University Enterprises provides a wide variety of eateries in all parts of the campus, each providing different menus and types of service ranging from table or counter service to vending machines.

The Hornets' Nest Food Court in the University Union features Burger King Express, Kung Fu Fat's Asian Eatery, Gordito Burrito, TCBY, DaDeli, and Mother India Express. Round Table Pizza at the Hive, Java City at the Coffee House, the University Center Restaurant, Java City at the Union Station and full product-range vending machines round out the offering in the University Union.

Saigon Bay at the Outpost is located west of the Library and Hula Dog is located just south of Eureka Hall while Java City is additionally located both at the Library and at Modoc Hall.

On the north side of campus, the River Front Center (RFC) houses Kung Fu Fat's Asian Marketplace and Hula's Bar and Grill. The Patio Café features GBX! Gordito Burrito Express, MEGO—Mediterranean-To-Go, Togo's, and Mother India Express. Across from the RFC, Java City at the Roundhouse sits in front of Lassen Hall.

Catering is available for a full range of events and activities. Please request information and a menu at (916) 278-6786.

Dining Commons

Dining Commons Building

(916) 278-6971

For the convenience of students living in the residence halls at Sacramento State, the Dining Commons offers full meal service in a relaxed setting. Added bonuses are the Commons' pizza place and convenience store. Off-campus residents may also purchase meal plans.

Campus Services

Administrative Services – Evening Hours

Lassen Hall
www.csus.edu/acad

Student Financial Services, Financial Aid, Admissions and Records and Academic Advising offer extended hours to assist students who come on campus primarily in the evening. During the first week of classes, these high-demand offices are open until 7:00 p.m. Monday through Thursday. During the remainder of the semester, these services are combined in Academic Advising and remain open until 6:00 p.m. Tuesday and Wednesday.

Bookstore

State University Drive East
 (916) 278-6446
www.hornetbookstore.com

The Hornet Bookstore carries all textbooks required in campus curricula. The textbook department opens three weeks prior to the first day of classes. Textbooks can also be ordered online (www.hornetbookstore.com) during this period. Please review the web site for specific dates and additional information. All special program participants are advised to contact the Customer Service department before making purchases.

The Bookstore also offers a selection of general interest books, reference books, best sellers, study aids, children's books, and magazines. A special order service provides books not currently in stock. The Bookstore stocks merchandise to make life on campus more convenient. These items include office supplies, sportswear, backpacks, art supplies, calendars, an assortment of greeting cards and stationery, sundries, and snacks. The Bookstore also offers a selection of personal computers, printers, software, and computer-related supplies that are available to qualified Sacramento State faculty, staff, and students. Special orders are accepted for items not in stock. Also available are University Catalogs. U.S. postage stamps are available for purchase at the Customer Service Counter on the first floor.

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.

Copy Graphics Center

Next to River Front Center
 (916) 278-6960

The Copy Graphics Center is the best place to find a variety of photocopying services. Self-service copiers provide black and white copies (8-1/2"x11" to 11"x17") at a low cost, while counter service is available to meet other copying needs with a full range of weights and colored papers. Transparencies, color copies, banners, certificates, binding, hardcover thesis binding, folding, lamination, and notary public services are also available. VISA, American Express, MasterCard, and the Sacramento State One-Card are accepted. Student FAX messages can be sent or received at FAX (916) 278-5999. Note: Self-serve copiers are also available in the Library and the University Union.

Children's Center (Child Care)

East 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 address the needs of young children. A qualified staff of certificated, experienced teachers welcomes children six months to seven years old. Student employees round out the rest of the adult-child ratio, adding a wealth of experience, knowledge, and cultural diversity.

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

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

The Store in the University Union

(916) 278-7906

The Store located in the University Union offers basic school supplies, snacks, cold beverages, newspapers, magazines, and sundries. Also available are University Catalogs and test materials.

Student Health Services

(Accredited by the Accreditation Association for Ambulatory Health Care, Inc.)

(916) 278-6461
www.csus.edu/hlth

Locations and Hours:

- 1) Student Health Center, Suzanne Snively building (NW side of campus)
- 2) Student Health Connection, (Fit Help), University Union, 1st floor, hours of operation are: Monday - Thursday 8:00 a.m. - 4:30 p.m.; Fri 9:00 a.m. - 4:30 p.m. Evening hours may be available -- check our website, www.csus.edu/hlth, for details.

All currently enrolled students pay health fees as part of their tuition and are eligible to be seen at both locations. Private health insurance is not required to be seen, and Student Health Services does not bill insurance companies. Both locations operate on a "walk-in" or "same day" appointment basis and require a valid OneCard to be seen.

All medical records are strictly confidential. Unless specifically required by law or court order, we do not release private medical information without the consent of the patient. Student Health Services offers:

- Treatment of acute illness/injury
- Immunizations
- Family planning services including Family PACT
- Laboratory and X-ray services on site
- Health Education for Alcohol, Tobacco and Other Drug Education, Sexual Health, and Wellness

Campus Life

- Pharmacy—prescription drugs and over-the-counter medications at a reasonable cost.

Student Health Services also offers appointments for the following:

- Fit HELP - The Fitness, Healthy Eating, & Lifestyle Program - a student based program designed to provide integrated psychological, nutritional and fitness services (location is University Union first floor).
- Optometry by UC Berkeley Optometry
- Physical exams
- Therapeutic massage
- Women's annual exams

Student Health Center houses the Violence and Sexual Assault Support Services program. The program provides advocacy and support services to victims/survivors of sexual assault and intimate partner violence and coordinates referrals to other campus and community resources. Educational programs for the campus community are designed to increase awareness of the impact of sexual assault and intimate partner violence, as well as techniques of risk reduction.

Department of Public Safety

(Personal Safety and Protection of Public Property)

Public Service Building

For Emergencies: 911 from any campus phone

Non-emergency calls: (916) 278-6851

www.csus.edu/police

The University and the Department of Public Safety encourage the prompt reporting of any incident that compromises the safety, health or rights of University community members. The Department of Public Safety is the primary respondent for campus emergencies and reports of criminal activity on campus. The Department is open 24-hours a day, 365 days a year.

Sacramento State police officers work in cooperation and mutual support with State and local police agencies. This cooperation has resulted in the University's awareness of criminal activity perpetrated beyond the campus by our students and student groups. All 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 public safety policies and procedures at Sacramento State, refer to Appendix K. For The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, please access our web site, www.csus.edu/police/cleryact.htm.

Psychological Counseling Services

2nd Floor, Student Health Center

Evening Satellite Clinic in FitHELP Office in Union

(916) 278-6416

www.csus.edu/psysrv

Psychological Counseling Services (PCS) is a multipurpose counseling center that provides emotional and psychological support to University students. Licensed psychologists, licensed

clinical social workers (LCSWs), licensed marriage and family therapists (LMFTs) and board certified psychiatrists provide clinical services to support students with their personal and academic goals.

PCS helps students deal with the “speed bumps” that interfere with their academic success. Services include individual, group, and couples psychotherapy, psychiatric services, biofeedback training, workshops and lectures on developmental issues, and learning disorders testing and assessment. In addition, the counseling center provides crisis services for students, as well as consultation for faculty, staff, and administration. PCS' goal is to support the academic mission by helping students develop socially, emotionally, and intellectually.

All clinical services at PCS are confidential, and, except as dictated by law, students' participation in the services can only be revealed with their permission. PCS uses a brief treatment model to provide services to as many students as possible. Typically students seek assistance to deal with relationship problems with significant others, anxiety, depression, stress, and adjustment to the University. Any emotional or psychological issue that interferes with academic functioning and quality of life can be explored at PCS. Individual, couples, and psychiatric care have specific time limits, but group psychotherapy is available throughout a student's tenure at the University.

Counselors (psychologists, LMFT or LCSW therapists) are available daily on a drop-in basis for assessment and follow-up. Drop-in hours are M-F 10-11:30 am and 1-2:30 pm in the main health center location. Evening drop-in is available in the satellite clinic in the Union M-TH 5-6:30 pm. Regular ongoing counseling, psychiatric services, testing, or referral follow the drop-in assessment.

PCS is a training site for new mental health professionals who are enrolled in doctoral and masters programs at universities across the United States. The trainees provide clinical services under the direct supervision of licensed professionals. All staff at PCS are mental health professionals dedicated to improving the quality of campus life.

Services for Reentry Students

Lassen Hall Lobby

www.csus.edu/admr/reentry.html

The Office of Reentry Services counsels adults, helping them explore admission and academic options, determine career choices, and research acceleration opportunities. The experienced staff understands the needs and concerns of reentry students and can help ease the transition to college life.

Reentry Services administers a fee waiver program for applicants 60 years of age and older, reentry scholarships, and each semester hosts a special orientation for adult students.

Student Resources

University Library

(916) 278-6926
www.library.csus.edu

The University Library holds approximately 1.35 million volumes and thousands of maps, slides and pamphlets, and several million pieces of microforms and non-print media as well as subscriptions to some 3,000 print magazines, technical and scholarly journals, and newspapers. Thousands of additional journals are available electronically. The Library is a depository for California State publications and for selected United States government materials.

EUREKA (the Library catalog) and other databases, available on all floors, are also searchable from remote locations via the Internet. Authentication is by SacLink account.

Library Media Services, located on the first floor, provides individual listening and viewing facilities for media collections. The Library's slide and microform collections can also be found there, complete with reading and printing capabilities. The second floor houses the Reference Collection and service points, as well as the Curriculum Collection that contains materials related to elementary and secondary school instruction. The California Department of Education recently designated the University Library as a Learning Resources Display Center for all State-adopted textbooks. This designation will provide an invaluable resource to Sacramento State students and faculty, as well as teachers and community members in the region. 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. High-use materials are kept on reserve or offered electronically in the Reserve Book Room located across from the Library entry. Other special Library facilities and services include a map area, group study rooms, a Graduate Studies Reading Area, and a computer lab for student use. Self-service copiers and PrintSmart stations are available on each floor. The Tsakopoulos Hellenic Collection is an extensive collection of books, journals, pamphlets, nonbook materials, rare books and manuscript materials as well as art and artifacts related to all aspects of Greek, Byzantine, and Ottoman history and culture. It was initiated with a 70,000 volume collection gifted to Sacramento State by developer and philanthropist, Angelo Tsakopoulos, in 2002.

Online Curriculum Library Service (OCLS) is a service to assist faculty incorporate library resources into their web-based courses, and to help distance, remote, and online learners maximize their use of online library resources. Orientation tours are conducted at regular intervals during the initial weeks of the fall semester. The reference librarians also offer subject-oriented sessions and other forms of library instruction. Hands-on sessions on database searching, using PROSPECTOR, searching the Internet, and

an array of subject-based classes are scheduled in the Library Instruction Labs.

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.

Consult the Library homepage for additional information about Library collections and services, hours, staff, maps, exhibits, instructional opportunities and information competence, subject guides, and other materials. This homepage also provides access to EUREKA (the Library catalog), electronic journals and other databases.

Career Center

Lassen Hall 2000
 (916) 278-6231
www.csus.edu/careercenter

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

The Career Center provides walk-in career counseling assistance to students. In addition, students may schedule individual appointments with career counselors.

During individual appointments with a career counselor, students identify values, personality traits, skills, and interests that influence their decisions about choices and changes of majors, minors, and work. Students explore fields and occupations of interest using the Career Resource Library, computer databases, assessments, and the Internet. Individualized action plans enhance informational interviews, internships, volunteerism, and employment.

Exploration through experience is an important aspect of making viable academic, work, and life decisions. The Career Center offers several experiential learning programs including: Cooperative Education, Internships, and Student Employment, which provides students with job listings for full-time, part-time, volunteer, community service, internship, and seasonal work. Students have access to job information through Career Connection, an online database, accessible through the Career Center website.

Through the On-Campus Recruitment Program, more than 800 local and regional employers in business, education, and government conduct on-campus interviews with graduating students throughout the academic year. Students preparing their job searches benefit from workshops on job search, resume, and interview techniques; orientation to the On-Campus Recruitment process; company literature, videos, and information meetings; and Career Fairs in fall and spring.

The Career Center welcomes students and alumni* Monday through Friday 8:00 a.m. - 5:00 p.m.

The Career Center provides an integrated career services system with one main Career Center and four satellite offices spread throughout the campus.

***Note:** Alumni are eligible to use designated Career Center services for an annual fee.

Writing Center

Calaveras Hall 128
(916) 278-6356
<http://www.csus.edu/writingcenter/>

The Writing Center is a place for all Sacramento State students to get help with 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 identify a focus for a paper, working on development of ideas, refining organization, citing sources, or clarifying language. The Writing Center 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 Writing Center. Tutors are experienced in working with the diverse population of Sacramento State students including multilingual and multi-dialectal writers. Along with guidance on writing assignments, the Writing Center also provides tutorials for students who are preparing to take the WPE or other writing tests and for graduate students working on thesis projects.

Appointments can be made in person, beginning the second week of classes each semester. Students interested in becoming a Writing Center tutor should contact the director, Professor Cheryl Smith, at smithc@csus.edu.

Accessible Technology Initiative (ATI)

Sacramento State is strongly committed to providing equal access to information resources and technologies for individuals with disabilities. The campus Accessible Technology Initiative Project was established under the authority of Executive Order 926 of the CSU Board of Trustees Policy on Disability Support and Accommodations. The ATI project is a campus-wide initiative, managed by the Information Resources & Technology division, but utilizing support services from across the entire campus. The Faculty Senate, Provost's Office, Services to Students with Disabilities, Academic Technology & Creative Services, Procurement and Contract Services, the Hornet Bookstore, academic departments, and other units from across the University community work together to improve the accessibility of websites, instructional materials, and electronic and information technology procured by the University. ATI project staff provide consultation to the University community about legal requirements, accessibility, methods, and resources.

Information Resources & Technology (IRT)

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

IRT is a division of the campus dedicated to supporting strategic use of all types of information resources and technology. The focus of services is on: a) supporting excellence in teaching and learning; b) improving the quality of the student experience; c) enhancing administrative productivity and quality; and d) using technology to enhance personal productivity for all. Five units of Information Resources and Technology (shown in bold text below) provide customer services to faculty, staff, and students:

Academic Computing

The **Academic Computing Resources (ACR)** unit provides resources and support for a large variety of academic computing and technology activities across campus. Support of student and faculty integration of technology into the teaching/learning process is integral to all services of the unit. This includes, but is not limited to, the Help Desk, campus-wide Computer Labs, Web Services, comprehensive classroom support, video services, the Faculty/Staff Technology Center, WebCT operations, and the Student Technology Center. Most University computing labs are open during fall and spring semesters from early morning through late evening, with one lab in the AIRC Building open 24-hours. Comfortable study areas with wireless access in AIRC are also available to individual students and small groups of students on a 24-hour basis. Academic Computing Resources is developing new services for faculty and students, including a comprehensive web portal, enhanced WebCT services, and a laptop loan program. ACR works closely with faculty to ensure all services are matched to campus curricular needs. ACR also provides opportunities for enhanced collaboration with technology support units operating within colleges. The ACR home page is located at <http://www.csus.edu/irt/acrl>.

Administrative Computing

Administrative Computing Services (ACS) provides support services for the enterprise-wide computing applications that support core business processes across all divisions and units of the University. Key faculty/student business processes supported by ACS through the Peoplesoft Common Management System include admissions and registration, financial aid, class scheduling, human resources, and finance. Administrative Computing Services also provides a wide range of self-service features for students, faculty and staff through the University portal, My Sac State. These features include access to both view and change personal data as well as to access academic information such as class rosters, class schedules, degree progress, grades, transfer credit, and transcripts.

ACS also provides services in support of other important administrative functions that users encounter each day, such as parking, development, and alumni relations. The unit is committed to keeping abreast of existing and emerging technologies that can be used to improve the efficiency and effectiveness of administrative services campus-wide. The ACS home page can be found at <http://www.csus.edu/irt/acs/>.

Information Security

Protecting the security and confidentiality of information stored on campus for students, faculty, and staff is a critical focus of IRT responsibilities. This function is the responsibility of the campus **Information Security Office (ISO)**. To ensure the security of campus information, all computer and network users are expected to be aware of and to abide by all applicable information security policies and procedures.

Technical Support, Networking and Telecommunications

Sacramento State's central computing and network systems are kept up-to-date, secure, and efficient by the **Operating Systems and Network Services group (OSNS)**. OSNS primarily accomplishes this by providing expert technical assistance to other units within the Information Resources & Technology (IRT) division. Although most OSNS services operate outside of the view of the campus public, these services are critical to the daily function of information technology across campus. Essential services provided by OSNS include, but are not limited to: campus-wide file storage, campus-wide email services through Microsoft Exchange, control of computer viruses/spam, network services to residence halls, campus-wide printing services, management of servers, remote access to campus, network security, and operation of wireless networks.

Telecommunications Services

All aspects of campus telephone systems are the responsibility of Telecommunications Services. This includes telephone installation/maintenance, voice mail, operator services, directory services, cell phones, and call accounting for departments. Telecommunications also provides instructional and entertainment video services to students living in campus residence halls. Support for emergency communications, services for campus video distribution services, design and expansion of the campus network infrastructure and burglary and panic alarm systems are also handled by Telecommunications Services.

Academic Technology and Creative Services (ATCS)

Distance and Distributed Education (DDE)

ARC 3005

(916) 278-7948

The Office of Distance and Distributed Education (DDE) supports academic programs in the scheduling, marketing, development, and facilitation of matriculated courses through synchronous and asynchronous delivery systems such as cable television, video streaming, audio and video conferencing, and online via the Internet. DDE works closely with other support staff in Academic Technology and Creative Services and Information Resources and Technology to assist faculty in adapting their curriculum to electronic delivery. Courses offered through DDE are taken by students in the Sacramento region as well as outside the region.

Veterans' Affairs

Lassen Hall Lobby

(916) 278-6733

www.csus.edu/admr/vets

The Veterans' Affairs Office assists veterans, reservists, and dependents of service connected disabled veterans filing to use their educational benefits. The staff provides information on completing VA claim forms for federal and state educational assistance programs, and helps identify and resolve benefit payment problems. They also assist with registration procedures required for students who are sponsored under the California-Veterans Fee Waiver.

Visitors to the Veterans' Affairs Office should check in at the Admissions and Records Customer Service Counter, 9:00 a.m.-12:00 p.m. and 2:00 – 4:00 p.m. Monday through Thursday.

Women's Resource Center

Library 1010

(916) 278-7388

www.csus.edu/wrc

The Women's Resource Center (WRC) promotes gender equity through education, advocacy, and social action. In collaboration with other campus organizations, the Center develops programs designed to increase the awareness and understanding of the contributions, opportunities and barriers facing women in our society.

The PRIDE Program, another component of the WRC, offers advocacy and outreach services to the LGBTIQQA community on campus. Through classroom panels, Safe Zone Trainings, and other events the PRIDE Center advocates for the respect and safety of all members of the campus community.

All of the services and programs of WRC are available to Sacramento State students, faculty, and staff.

Social/Cultural Activities

Student Activities

University Union, Third Floor
(916) 278-6595

www.csus.edu/studentactivities

Active participation in campus organizations, University committees, volunteer service, and recreational sports enriches the higher education learning experience. As a result, Student Activities is committed to encouraging and helping students become involved in campus life through a variety of social, co-curricular programs, extracurricular programs, recreational sports, and more than 250 clubs and organizations.

Through any combination of these activities, students can learn democratic group procedures, expand tolerance and respect for fellow human beings, develop and maintain concern for vital issues, gain an appreciation of the aesthetic and cultural aspects of life, and participate in wholesome recreational activity. Getting involved on campus is a great way to meet people, make lifelong friends and contacts, enrich the total educational experience and makes a large University seem more personal.

Student Activities also presents a series of workshops to help students develop as leaders. These workshops are for students in leadership roles, as well as students who are thinking about assuming such positions. Our staff members can connect interested students with any of the organizations registered on campus or help them start new groups. Student Activities offers a variety of services to clubs and organizations, as well as to individual students.

Associated Students, Inc. (ASI)

University Union, Third Floor
(916) 278-6784

www.asi.csus.edu

Associated Students (AS), a \$9.9 million nonprofit corporation, serves as student government at Sacramento State. Programs created and operated by AS benefit the whole campus community. A student Board of Directors, including the President, Executive Vice President, Vice President of Finance, Vice President of University Affairs, Vice President of Academic Affairs and Directors representing each college on campus, governs AS. Elected each spring, this Board meets regularly through the fall and spring semesters. Students are encouraged to attend Board meetings, bringing their questions and concerns; however, peer representatives remain available at all times to address the needs and interests of their constituency. With more than 20 committees and work teams, AS offers students an assortment of ways to get involved in campus life. Participation provides students valuable experience and important future career contacts. AS services to Sacramento State students range from free legal aid to discount movie tickets. Programs include Business Office and Student Services, the Children's Center, the Aquatic Center, Peak Adventures, KSSU, Green Sting, Community Service, and Safe Rides. AS also maintains the Student Life and Service Center (SLSC). Located on the main floor of the University Union,

SLSC is a great place to get information about a wide range of topics such as housing, employment and University services. Through grants and contracts, AS contributes financial support to athletics and various other University programs. AS's contract with Regional Transit allows students to ride RT buses free with a current, validated Sac State student OneCard. To get involved in AS activities, call (916) 278-6784. To get more information stop by their office or go to www.asi.csus.edu.

The Multi-Cultural Center

University Library, First Floor
(916) 278-6101

www.csus.edu/mcult

The Center endeavors to create a campus free of all forms of oppression including, but not limited to: racism, classism, heterosexism, ableism, religious/spiritual oppression. Through education and advocacy, the MCC promotes an environment of cultural learning and exchange that fosters understanding and mutual respect for the uniqueness of each member of the campus community. By sponsoring various speakers and events, the MCC brings diverse perspectives and experiences to the students, faculty and staff as well as the Sacramento area community.

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 web site 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, Second Floor

(916) 278-6583

www.statehornet.com

An award-winning campus newspaper that began more than 50 years ago, *The State Hornet* has evolved from a four-page mimeographed publication into a weekly broadsheet on Wednesdays 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 both academic credits and financial stipends.

Buoyed by the paper's strong alumni support, recent graduates have gone on to positions with Associated Press, *The Los Angeles Times*, *Newsday*, *the Sacramento Bee*, local newspapers, and many Web-related businesses. *The State Hornet* boasts a state-

of-the-art newsroom stocked with Macintosh computers and digital peripherals. Numerous awards over the years include the General Excellence Award from the California Newspaper Publishers Association and Best in Show from the Associated Collegiate Press.

University Union

(916) 278-6744

www.csus.edu/union

The University Union features a host of programs, support services and facilities to meet the ever-changing needs of the Sacramento State campus, and offers a welcoming environment in which students, faculty, staff and alumni may participate in campus life and events. The Union also attracts the greater community to educational, cultural and social experiences at California State University, Sacramento.

Services

The Hornet's Nest Food Court features Burger King, Gordito Burrito, Kung Fu Fats, TCBY/Da Deli, Mother India and an extensive vending area. The Union also houses Round Table Pizza at the Hive and two Java City coffee locations for your convenience. In addition, the University Center Restaurant offers full service dining with added patio seating in season.

The Union's main floor boasts such amenities as an information desk (916) 278-6997, the campus Box Center, mail box rental, packing and mailing services, a travel agency, the FIT HELP (Healthy Eating and Living Program) and a satellite day spa (massage, haircuts, manicures/pedicures and more!). The Store in the Union carries a tremendous variety of convenience items from school and beauty supplies to snacks, magazines and greeting cards.

Facilities

The University Union has a ballroom, an auditorium, an art gallery and meeting rooms to accommodate almost any size meeting or event. There is also a music listening area, group study spaces and a games room which offers billiards, table tennis and the latest video arcade and home games.

Offices

The Student Activities Office, the ASI Business Office, the Government Office, *The State Hornet* newspaper, a Bike Shop, the Campus Recreation Office, Peak Adventures, and the Student Life and Services Center all make their home in the University Union.

UNIQUE Programs

University Union, Third Floor

(916) 278-3928

csusunique@yahoo.com

www.csus.edu/union/unique

UNIQUE Programs student committees plan, develop, and produce a wide variety of cultural, educational and entertainment programs, providing extensive and diverse activities for the University community. These activities have included a Cultural Affairs Series, performing arts, lectures, and a weekly "Nooner" event series, as well as an array of special films, concerts and comedy showcases.

Students interested in learning about and participating in the planning of campus programs, promotion, production, planning, or other facets of activity programming, should contact UNIQUE regarding volunteer opportunities.

Recreation/Sports

Aquatic Center

Lake Natoma

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

www.sacstateaquaticcenter.com

The Sacramento State Aquatic Center, Northern California's most comprehensive aquatic, boating and safety center, is celebrating 27 years of service to the students, faculty, staff, and alumni of Sacramento State and the Sacramento community. Located on beautiful Lake Natoma, the center provides high quality boating instruction and safety programs through education, recreation, and competition.

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

The Center's programs include classes for academic credit; leisure adult classes open to the community; competitive rowing, water skiing, wake boarding, and sailing teams; youth summer programs and camps; facility and room rentals; team building exercises; and special event facilitation.

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

Located next to Nimbus Dam at Highway 50 and Hazel Avenue, the Aquatic Center offers picnic tables, barbecues, boat docks, and beach front lake access. Additionally, there is an abundance of aquatic equipment available: life jackets, rowing shells, wherries, sailboats, kayaks, hydrobikes, paddles, canoes, windsurfing items, jet skis, competition wakeboard and water ski boats, and a weight room.

Hosting annual regional and national rowing regattas, water ski tournaments, and special events attracting local, national and international athletes, the Aquatic Center has developed into a benchmark aquatic facility.

Intercollegiate Athletics

Department of Intercollegiate Athletics
Yosemite Hall 134
(916) 278-6481
www.hornetsports.com

Sacramento State is committed to providing equal opportunities to men and women students in intercollegiate athletics. Approximately 450 students 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 and the NCAA Division I Outdoor Championships in 2003, 2005, 2006 and 2007. The Hornets 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 moved into new, on-campus stadiums in 2003 and the men's and women's soccer teams also compete in a newly-renovated facility. The women's rowing team trains and competes at the Sacramento State Aquatic Center on Lake Natoma, rated as the nation's top aquatics facility. The University has hosted the NCAA Women's Rowing Championships at the site in 1997, 1999, 2004 and 2005.

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

Student athletes benefit from quality training and conditioning facilities with three full-time athletic trainers consulting and treating athletes daily. Sacramento State is home of one of the few accredited undergraduate athletic training programs in Northern California. Each sport also has a designated strength and conditioning program for its 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 (I-AA), women's volleyball, basketball, women's soccer, cross country, indoor and outdoor track, tennis, and women's golf. The University's baseball and gymnastics teams compete in the Western Athletic Conference (WAC) and softball is a member of the Pacific Coast Softball Conference. The men's soccer team competes in the Mountain Pacific Sports Federation and the rowing team is a member of the Western Independent Rowing Association. Men's golf is a member of the America Sky Conference.

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

Peak Adventures

University Union, First Floor
(916) 278-6321
www.peakadventures.org

An outdoor education and recreation program, Peak Adventures provides individual and group opportunities to participate in all types of outdoor activities such as hiking, rock climbing, mountain biking, rafting, and skiing. This program actively promotes recreation, environmental awareness, safety, and a sense of community.

Team building tactics, problem solving, and enhanced self-awareness are some of the benefits experienced by the many groups who utilize the Peak Adventures Challenge Center. A full-service bike shop and an outdoor gear rental service offer student friendly prices. Dedicated to providing recreational activities for both students and the general public, our guides enthusiastically share their passion for adventure and their respect for the natural world.

Visit Peak Adventures or browse their web site to find something fun to do this weekend!

Recreational Sports

University Union, First Floor
(916) 278-4111
www.csusrecsports.org

The Sacramento State Recreational Sports Program provides opportunities for all students, faculty, and staff to participate in intramural sports, open recreation, fitness classes, special events, sport clubs and recreation clubs.

Sign up a team or as an individual for one of our intramural sports such as flag football, basketball, or soccer. We offer men's, women's, and co-ed divisions in most sports and encourage everyone to join the fun. Check our web site for our calendar of events. Special events such as golf, bowling, dodgeball, the Basketball Blowout and the Natural High Fair occur throughout the year.

Students may also make use of recreational facilities the University has to offer. These include the swimming pool, weight rooms, and racquetball courts. Access to these facilities is free to all students with a valid One Card during scheduled open recreation times.

From cardio-kickboxing to yoga to Boot Camp, we offer a variety of fitness activities for everyone. Our fitness program and classes are designed to accommodate beginners to experts so everyone can get a great workout and have fun in the process.

Recreational Sports also offers sports and recreation clubs. Sports clubs are for the students who want a more competitive environment than intramural sports. These teams practice and compete against other universities regionally and sometimes nationally. Recreation clubs offer students a chance to participate in and learn more about particular sports or activities in a fun, friendly environment.

Job opportunities are available for a variety of positions including sport officials, lifeguards, and open recreation attendants, and supervisors.