

REAL TALK FOR PARENTS!

TOP 5 THINGS PARENTS/GUARDIANS SHOULD KNOW



Dean of Students Office
Student Affairs & Enrollment Management

WHERE CAN I FIND
THIS INFORMATION?

San Francisco State University | A-Z | Calendar | Login | Search

Dean of Students

What is the Dean of Students?

Leadership

Get Involved

Need Help?

Concerned about a student?

DOS Cares

Student Employment

Student Life

Dean's Certification

Mashouf Wellness Center

Red Folder

Safe Zone Ally Program

Resources

- Parents and Family Members
- Faculty and Staff
- Student Disco

Resources

The following resources are available:

- Parents and Family Members
- Faculty and Staff
- Student Discounts

Join Us

- Life at SF State Blog
- Facebook
- Twitter
- Instagram
- OrgSync
- YouTube

DOS Departments/Programs

- Campus Recreation
- Career Services & Leadership Development
- Office of Student Conduct
- Unducogators
- ASPIRE
- New Student Programs
- Residential Life
- Student Activities & Events
- Associated Students Inc.

Quick Links

- Student Affairs & Enrollment Management
- Pride at SF State
- Welcome Days
- Counseling
- Disability Resources
- Athletics
- Student Health Center
- University Police

Resources

DOS Student Drop-In Hours:

Monday - Friday
9am-Noon
1pm-4pm
Student Services Building, room 403
No appointment needed!

DOS.SFSU.EDU
HERE IT IS!

AGENDA



- Health
- Safety
- Housing
- Finances
- Transportation

STUDENT HEALTH SERVICES

- Student Health Fee - \$157 per semester
 - Covers doctor's appointments, x-ray services, and lab work performed at SHS
 - Appointments with the Registered Dietician/Nutritionist
 - Health & Wellness Education services
- Pharmacy & Lab Testing
 - Pharmacy FAQ's
 - Lab services include blood draws, urine tests & cultures, pregnancy test, rapid strep, monospot, stool test
- Required Immunizations – MMR & Hep B. Check Holds and Alerts section after September 24th to see if records will need to be submitted!
- After Hours Care
 - Emergencies – call 911
 - Advice Nurse – (415) 338-1251, press 1
 - iTriage – website/app to check symptoms & find local clinics/hospitals



STUDENT HEALTH SERVICES CONTINUED

- Health Insurance
 - International Students and all students living in University housing are required to have health insurance
 - While SHS provides basic health services, it is recommended that all students have health insurance. Options include:
 - CSU sponsored health insurance policy
 - Affordable Care Act – Covered CA
 - Medi-Cal/Denti-Cal (DACA students may also qualify)
 - Covered under parent/guardian insurance



PERSONAL, EMOTIONAL & MENTAL HEALTH SERVICES

- [Counseling & Psychological Services](#)
 - 6 free counseling sessions & extended care referrals
 - Individual & group counseling
 - Marital & couples counseling
 - Anger management seminars
 - The SAFE Place
 - Residential Life Clinical Counselor – Lets Talk
 - After Hours Care
- On-Duty/Call Live-In Staff – [Residential Life](#)
- [Dean on Call](#)
- [Health & Wellness Staff](#)



PERSONAL HEALTH & WELLNESS

- Mashouf Wellness Center
 - New center **opened in Fall of 2017**
 - Included in Student Fees; show ID Card for entry
 - Fitness Equipment, Climbing Wall, Indoor Running Track, Pools, Personal training and Massage Services
 - Traditional and Non-traditional activities
 - Many new programs & services for students
 - A Healthy Body supports a Healthy Mind
 - A new place to build community
 - Student jobs
 - Website: <http://campusrec.sfsu.edu/content/mashouf-wellness-center>



SAFETY

- 24/7/365 [University Police Department](#) coverage
- 911 Emergency Services (415) 338-2222 from a cell phone
- Campus Alliance for a Risk-Free Environment Escort Program (415) 338-7200
- Blue lights
- Majority of crimes on campus are crimes of opportunity



SAFETY

- Common sense precautions
 - Be alert & aware of surroundings
 - Unplug
- Emergency Communications
 - Safety Alerts
 - Social Media – Facebook & Twitter
 - Timely Warnings
 - Emergency Contact – [SF State Gateway](#) → Student Schedule/Classes → Student Center →
Emergency Contact



HOUSING & RESIDENTIAL LIFE

- On & Off-Campus
 - We do not guarantee on-campus Housing
 - Have approximately 3,800 beds on campus. Enroll approximately 7,000 new students each year
 - [Off-Campus Resources](#)
- Academic Success and Living On Campus
 - Research shows that students living on-campus do better academically and socially
 - It will be really important for off-campus students become engaged with campus life – join clubs, attend events, etc.
- Renter's Insurance – highly recommended on or off campus
- Housing Table- Main Lobby Level from 11:30am to 1:30pm



FINANCES

- Fees: available online after registration
- **Payments are due on July 23rd (1st Payment Deadline)**
- Payments: cash (only at the Bursar office/window), personal check, certified funds, financial aid deferment, credit/debit card (2.75% fee), e-check, wire transfer
- Financial Aid: Not too late! Pell Grants, Federal Loans, Private Loans
 - Disbursements: Direct Deposit or by check
 - Students can sign up for direct deposit through the Student Center
- Responding to the To Do List via the Student Center portal



FINANCES

Semester Budget Example*

Funding Source	Amount
FAFSA Award	\$3,000
State/Pell Grants, Scholarships	\$2,700
Total Award Package	\$5,700
Tuition Costs	\$3,627
Total Award Remaining	\$2,071

- Books, Living Expenses, Commuting Costs, etc.
- Might need to find other sources of funding!

** The numbers in this slide are used solely as an example.*



TRANSPORTATION

- Best Advice: Don't bring a car
 - Best way to travel in SF is by public transportation or by walking or biking
- On campus Residents: parking pass for Lot 25* or Village
 - Lot 25 pass is \$245.25 per semester
 - Contact the Housing office about Village passes and price
- Commuters: Parking passes are available for the Lot 20 garage*
 - \$256 per semester for a Monday/Wednesday pass or a Tuesday/Thursday pass;
\$384 per semester for a Monday/Wednesday/Friday pass; \$640 per semester for a Monday – Friday pass.
 - Note: These are the current prices as of June 2017 and are subject to change. For updates please visit the [Parking & Transportation](#) website.



ONE CARD/GATOR PASS

- OneCard/Gator Pass
 - Multi-purpose ID (Student ID & Clipper Card)
 - Used to access campus facilities
 - Check out library books
 - Load money on card to pay for library printing
- Students pay \$180 each semester as part of their tuition/fees for the Gator Pass
- Public transit benefits
 - Unlimited travel on San Francisco MUNI
 - 25% discount on BART to or from Daly City BART Station



PUBLIC TRANSPORTATION

- Students commuting via [BART](#) will travel to the Daly City station
 - Two options to get to campus:
 - Free SF State shuttle (Fall & Spring semesters) which runs from 7am-10:00pm, M-Th and 7am – 7:15pm on Friday – Runs on a loop about every 10-15 minutes
 - 28 or 57 bus routes. There is a free round trip transfer on the Muni 28/57 loaded to the Clipper Card when exiting Daly City BART.
- Students using [Muni](#) can arrive via the M streetcar, 17, 18, 28, 29, or 57 routes



IMPORTANT DATES & EVENTS

- Fee payment is due by 4pm on July 23rd, 2018
 - Financial Aid Award should be accepted online in the Student Center by this date too!
 - <http://bursar.sfsu.edu/content/fall-2018-important-dates>
- On-Campus Move-In Day begins Thursday, August 23rd
- Welcome Days begins on August 23rd too!
 - Social Activities for all new students
 - Help finding class locations
 - Student organization fairs



IMPORTANT DATES & RESOURCES

- [Title IX](#) (Campus Clarity) training must be completed! Student will get a HOLD on their account if they don't!
- First Day of Instruction- Monday, August 27th
- Fall Recess is November 19th through 23rd
- December 17th is the last day of classes
- Final exams are December 15th through 22nd
- Grades are due on January 4th
- Resources:
 - [Homesickness](#)
 - [How to help your student learn from mistakes](#)
 - [Welcoming your student home for the first visit](#)
 - [How to help your student through finals](#)



CAMPUS RESOURCES

- Student Health Services <http://health.sfsu.edu/content/new-student-frequently-asked-questions>
- Counseling & Psychological Services <http://psyservs.sfsu.edu/node/31>
- Disability Programs & Resource Center <http://access.sfsu.edu/home>
- University Police Department <http://upd.sfsu.edu>
- Housing <http://housing.sfsu.edu>
- Residential Life <http://reslife.sfsu.edu/>
- Bursar <http://bursar.sfsu.edu>
- Financial Aid <http://www.sfsu.edu/~finaid/>
- Transportation <http://parking.sfsu.edu>
- Other campus resources
http://www.sfsu.edu/~vpsa/files/student_concerns_quick_reference_list.pdf
- Office of Student Conduct <http://conduct.sfsu.edu/>



CAMPUS RESOURCES CONTINUED

- The Parent & Family Program is a resource for parents and family members, keeping them informed with university updates, event invitations, volunteer opportunities and campus life
- Parent & Family eNews is an e-newsletter sent out quarterly with important and topical information about SF State
- Parents can register for the e-newsletter at parent.sfsu.edu
- Questions? Email parent@sfsu.edu



END NOTES

- Even after you leave, we are still here to help:
 - Dean of Students Office - 415-338-3888
 - dos@sfsu.edu
 - Staff
 - Brian Stuart, Interim Associate Dean for Student Life & Director, New Student Programs
 - BSTUART@SFSU.EDU
 - Shimina Harris, Interim Associate Dean for Student Support & Director, Student Conduct
 - Melissa Landeros, Administrative Analyst for the Dean of Students

