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?

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
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](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
**Semester Budget Example**

<table>
<thead>
<tr>
<th>Funding Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAFSA Award</td>
<td>$3,000</td>
</tr>
<tr>
<td>State/Pell Grants, Scholarships</td>
<td>$2,700</td>
</tr>
<tr>
<td><strong>Total Award Package</strong></td>
<td><strong>$5,700</strong></td>
</tr>
<tr>
<td>Tuition Costs</td>
<td>$3,627</td>
</tr>
<tr>
<td><strong>Total Award Remaining</strong></td>
<td><strong>$2,071</strong></td>
</tr>
</tbody>
</table>

- 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
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 23\textsuperscript{rd}, 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](http://bursar.sfsu.edu/content/fall-2018-important-dates)
- On-Campus **Move-In Day** begins Thursday, August 23\textsuperscript{rd}
- Welcome Days begins on August 23\textsuperscript{rd} 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](#)
- Student Health Services [http://health.sfsu.edu/content/new-student-frequently-asked-questions](http://health.sfsu.edu/content/new-student-frequently-asked-questions)
- Counseling & Psychological Services [http://psyservs.sfsu.edu/node/31](http://psyservs.sfsu.edu/node/31)
- Disability Programs & Resource Center [http://access.sfsu.edu/home](http://access.sfsu.edu/home)
- University Police Department [http://upd.sfsu.edu](http://upd.sfsu.edu)
- Housing [http://housing.sfsu.edu](http://housing.sfsu.edu)
- Residential Life [http://reslife.sfsu.edu/](http://reslife.sfsu.edu/)
- Bursar [http://bursar.sfsu.edu](http://bursar.sfsu.edu)
- Transportation [http://parking.sfsu.edu](http://parking.sfsu.edu)
- Office of Student Conduct [http://conduct.sfsu.edu/](http://conduct.sfsu.edu/)
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
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