REAL TALK FOR PARENTS!

TOP 5 THINGS PARENTS/GUARDIANS SHOULD KNOW

Offices of the Dean of Students
Division of Student Life
Student Affairs & Enrollment Management
WHERE CAN I FIND THIS PRESENTATION & INFORMATION?

DOS.SFSU.EDU

HERE IT IS!
AGENDA

- Health
- Safety
- Housing
- Finances
- Transportation
HEALTH AT SAN FRANCISCO STATE

- **Health Fees Support a Wide Range of Student Health Needs, Education & Support**
  - Student Health Services
  - Emotional / Mental Health Services
  - Mashouf Wellness Center & Campus Recreation
  - Education, Health Promotion, and Wellness
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 23rd 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 – Let’s Talk
  - After Hours Care

- On-Duty/Call Live-In Staff – [Residential Life](#)
- [Health & Wellness Staff](#)
- Health, Promotion, and Wellness
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

- Family Expectations & Communication
  - Have plans for various scenarios
  - What do for medical or emergency care, etc.
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.

Other Important Notes
- 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 August 12 (1st Payment Deadline) at 4:00 PM in person | 11:59 PM online**
- **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
- **Student’s “Student Center”:** It is critical for students to regularly check their financial aid information listed in their student center, and prepare for fees/payments, etc.
### 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>$3,635</td>
</tr>
<tr>
<td><strong>Total Award Remaining</strong></td>
<td><strong>$2,065</strong></td>
</tr>
</tbody>
</table>

- Books, Living Expenses, Commuting Costs, emergencies 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 January 2019 and are subject to change. For updates please visit the [Parking & Transportation](https://www.sfsu.edu/parking/) 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
  - 50% 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 August 12, 2019 (in person) | 11:59 pm online
  - Financial Aid Award should be accepted online in the Student Center by this date too!
  - [https://bursar.sfsu.edu/content/fall-2019](https://bursar.sfsu.edu/content/fall-2019)
- On-Campus **Move-In Day** begins Sunday, August 18
- **GatorFest!** – Week long celebration August 18 - 26
  - Social Activities for all new students
  - Help finding class locations
  - Student organization fairs
  - Planning your goodbyes and departures!
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 26th
- Last Day to Drop/Withdraw Classes w/out a “W”: September 16th
- Fall Recess is November 25th through 29th
- December 16th is the last day of classes
- Final exams are December 14th through 21st
- Grades are due on January 2nd, 2020
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](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://www.sfsu.edu/~reslife/introductionofstaffroles.html](http://www.sfsu.edu/~reslife/introductionofstaffroles.html)
- 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 DEAN OF STUDENTS OFFICE

- **Dean on Call Program**
  - Provides real-time support to students who may be experiencing difficulties in navigating the University environment
    - Student Case Management- structured support from start to finish of an issue or concern
    - Student Ombuds- helping students identify what concerns they have and how to move forward
    - Student Advocacy- helping students feel heard, affirmed and finding their voices
    - Student Referral- connecting students with various office to support them in their presenting or un-presenting needs.
  - Not a substitute for counseling or mental health services. But, it’s a great place to start!
  - Monday-Friday: 8am to 5pm during the Fall and Spring semesters
  - Can be found in Student Services Building, Suite 403
Even after you leave, we are still here to help:

- Dean of Students Office - 415-338-3888
  - dos@sfsu.edu

Staff

- Brian Stuart, Assistant Dean of Students & Director, New Student Programs
  - BSTUART@SFSU.EDU
- Chris Trudell, First-Year Experience Manager
  - TRUDELL@SFSU.EDU
- Melissa Landeros, Administrative Analyst for the Dean of Students