



SAN FRANCISCO
STATE UNIVERSITY

Welcome!

We will begin shortly.

We recommend taking notes and writing down any questions you have. The presenter will be able to respond to "chat question" and unmute participants if they would like to ask their questions with audio and/or video.



Family Programs



Real Talk for Families!

Top 5 Things Families/Supporters Should Know

Chris Trudell, M.Ed. | Assistant Dean of Students Office of the Dean of Students
Division of Student Life
Student Affairs & Enrollment Management

Where can I find this presentation and information?

HTTPS://NEWSTUDENTPROGRAMS.SFSU.EDU/PARENTS-FAMILIES

Parents & Families

Good Places to Start

[Dean of Students](#) →

[Academic Advising](#) →

[Offices & Services](#) →

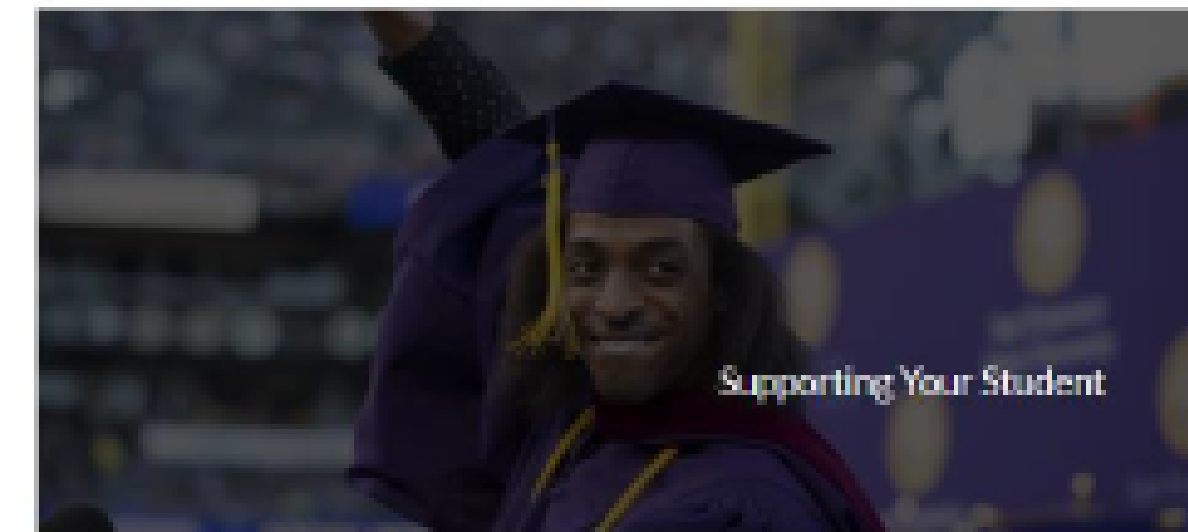
[Chat with Us](#) →

Hello Gator Family Members!

Congratulations and welcome to the Gator Family! By supporting your student through their college story, you are just as an essential part of the Gator Family as your student. We hope you embrace San Francisco State University's excitement and spirit and reach out to our office and take advantage of all we have to offer. Over the next several years, your students will be navigating a diverse array of opportunities, challenges, and experiences as the University strives to empower all students to make a positive difference as global citizens in an ever-changing world. Where better to practice these values other than in San Francisco?

We welcome you to review the information and resources through this website and the San Francisco State University [home page](#). Look out for a variety of resources that will introduce you to the engaging environment provided by SF State. Two of these resources, the [New Student & Family Programs website](#), and the [Division of Student Life website](#), are informative platforms where you can learn about student events, getting involved, family programming, and the Dean of Students services.

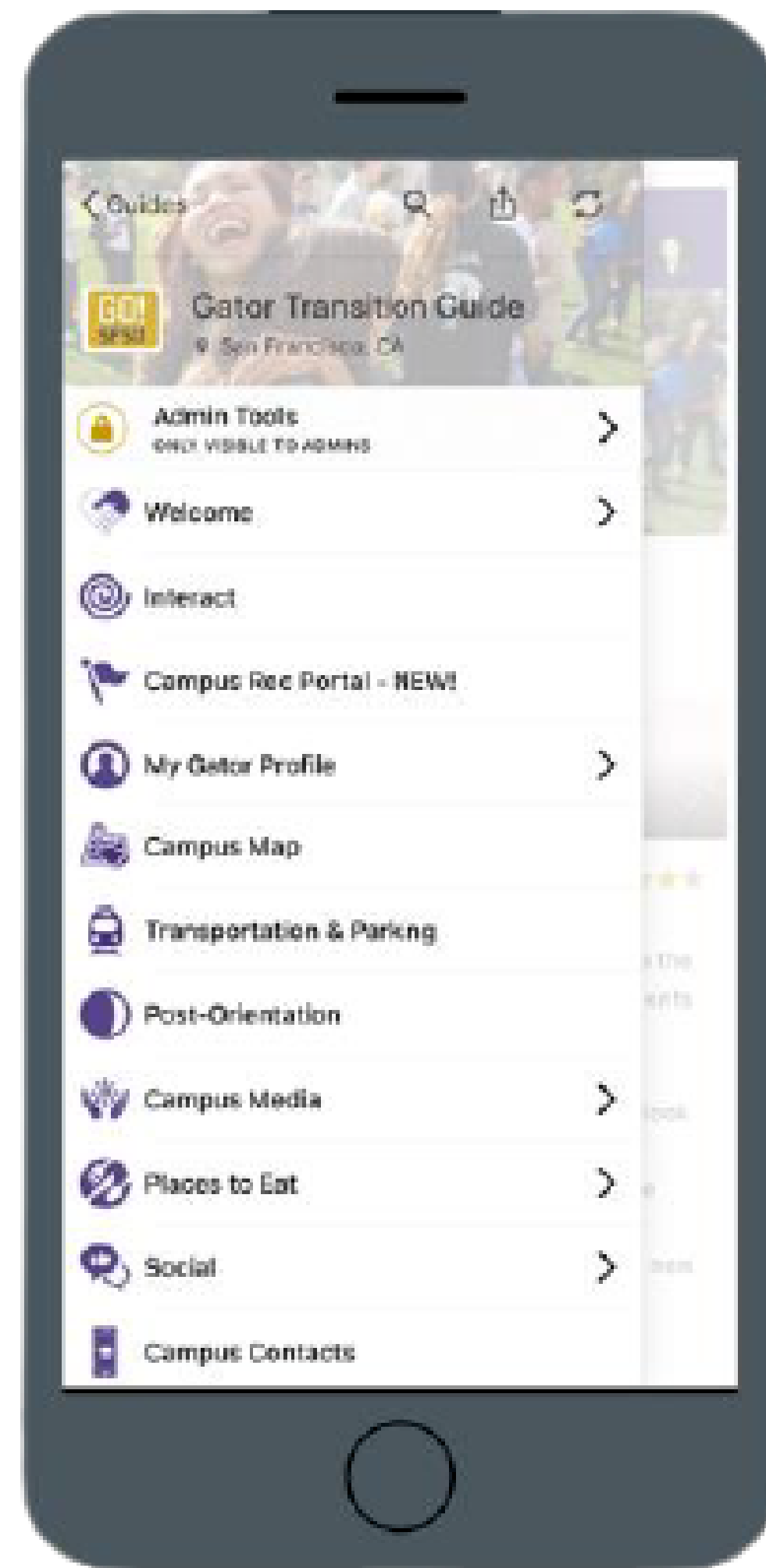
Welcome to the Gator Family!



Where can I find this presentation and information?

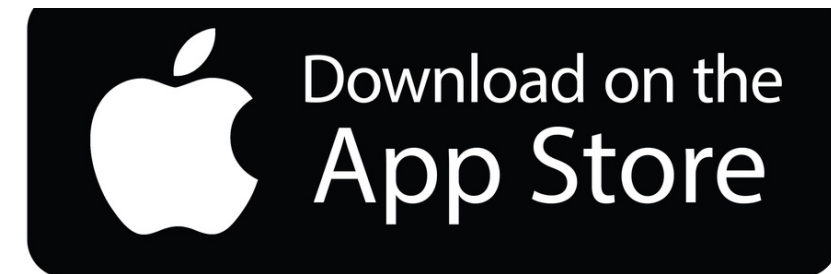
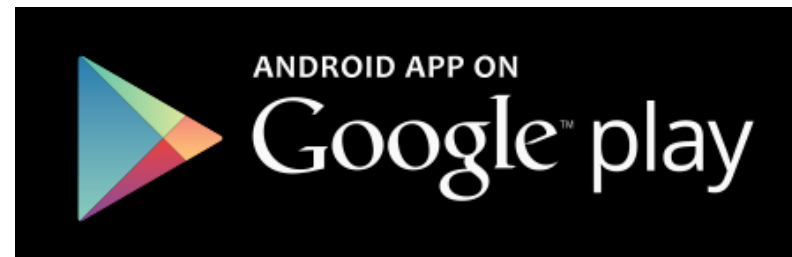
Gator Guides App!

Check the Family Resources Menu



Download the Gator Guides App!

Scan the QR codes below with your smart phone.





Today's Agenda

- Health
- Safety
- Housing
- Finances
- Transportation
- Fall 2021

Health at San Francisco State

Health Fees Support a Wide Range of Student Health Needs, Education & Support

- Student Health Services (SHS)
- Emotional / Mental Health Services
- Mashouf Wellness Center (MWC) & Campus Recreation
- Education, Health Promotion, and Wellness (HPW)

Student Health Fee - \$239 per semester (wellness, recreation, and health services)

- 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

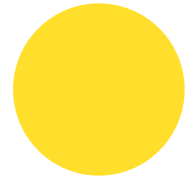
- Pharmacy FAQ's
- Lab services include blood draws, urine tests & cultures, pregnancy test, rapid strep, monospot, stool test

Required Immunizations – MMR & Hep B. Check Holds and Alerts section DURING THE MONTH OF SEPTEMBER to see if records will need to be submitted!

After Hours Care

- Emergencies – call 911
- Advice Nurse – (415) 338-1251, press 1

Student Health Services

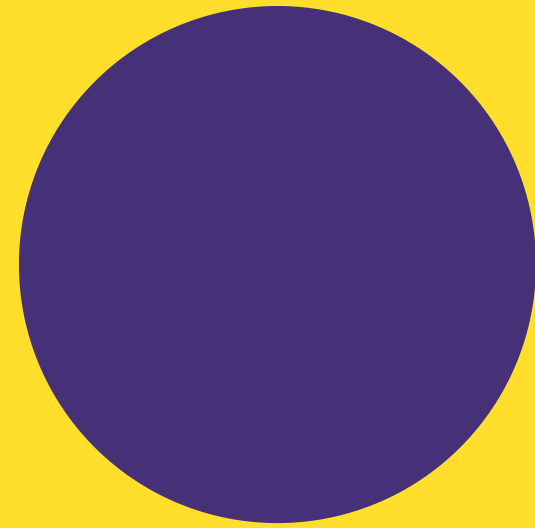


Health Insurance

- International Students and all students living in University Housing are required to have health insurance
- While Student Health Services (SHS) – health center provides basic health services, it does not replace health insurance 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

**Student Health
Services
Continued**

Personal, Emotional, and Mental Health Services



Counseling & Psychological Services

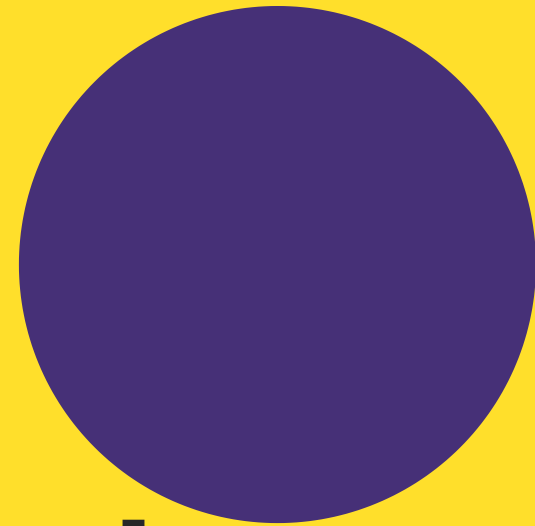
- 6 free counseling sessions & extended care referrals
- Marital & couples counseling
- Anger management seminars
- The SAFE Place
- Residential Life Clinical Counselor
- After Hours Care
- Telebehavioral Health Services

On-Duty/Call Live-In Staff –

Residential Life

- Health & Wellness Staff
- Health, Promotion, and Wellness

Personal, Emotional, and Mental Health Services Continued

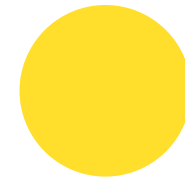


Counseling & Psychological Services –
[Telebehavioral Health Services](#) || 415-338-
2208 || 9am-4pm

- Crisis Appointments
- Consultation Appointments
- Case Management Services
- Groups & Workshops
- Alcohol & Other Drugs Appointments
- After Hours Care
- The SAFE Place

Always review CAPS website for up to
date information and service changes

Personal Health and 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: <https://campusrec.sfsu.edu/mashouf-wellness-center>

Personal Health and Wellness Continued

● Campus Recreation for Fall 2021

- Safety and wellbeing is the number one priority, especially in a wellness and recreation center
- Reopening for Fall 2021: final plan is in place and moving to reopen at the start of the semester with state and local health guidelines for gyms/recreation facilities
- Reopening extra-curricular programs including intramural sports, sport club activities, group x classes, personal training sessions, massage therapy, outdoor trips
- Stay updated with the Campus Recreation website and the @sfsu_campusrec social media accounts | <https://campusrec.sfsu.edu/>

Accommodations | Support

[Disability Programs and Resource Center \(DPRC\)](#)

- Individual support to create fully integrated, equal access to all areas of academic and student life
- Students must register with the DPRC to receive accommodations
- Request or schedule an appointment with DPRC as soon as possible to ensure accommodations for the Fall semester
- Services Include – wide ranging:
 - Exam accommodations
 - Physical access
 - Assistive technology
 - Note-taking
 - On-campus shuttle / Parking
 - Priority registration
- If you have unique questions, we recommend visiting / contacting the DPRC

Accommodations | Support

[Disability Programs and Resource Center \(DPRC\)](#)

- Open “[Zoom Meeting Room](#)” – drop-ins daily, review website for availability
- If you have questions or would like to better understand potential need for accommodations or support, use the drop-in hours, call or email with the information below:
 - dprc@sfsu.edu
 - 415-338-2472

Accommodations | Support

Tutoring Services & Academic Support

- Faculty Office Hours
 - Regular office hours; encourage students to meet their professors sooner than later
 - Answer questions, solve problems, prepare for assignments/tests
 - Mentoring, career goals, advising and support
- Tutoring & Academic Support Center (TASC)
 - University-wide center for academic success
 - Specific tutoring to strengthen academic skills, one-on-one and small group tutoring
 - Faculty, student-to-student tutoring, course and assignment guidance
- Department-Based Tutoring
- Course-Based Tutoring

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.

Housing & Residential Life

- On & Off-Campus
 - On-campus housing cannot always be guaranteed from year to year
 - Have approximately 3,800 beds on campus. Enroll approximately 7,000 new students each year
 - [Off-Campus Resources](#)
- Academic Success and Living On and Near Campus
 - Research shows that students living and engage on-campus do better academically and socially
 - It will be really important for off-campus students become and stay engaged with campus life –join clubs, attend events, etc.
- Other Important Notes | See Housing [Website](#)
 - Renter's Insurance – highly recommended on or off campus
 - Housing webinar for Summer Orientation
 - <https://sfsu.campuslabs.com/engage/organization/new-student-programs/events>

Housing & Residential Life

- Housing Regarding Fall 2021 & COVID-19
 - Students living on campus for Fall 2021 (near capacity while maintain health guidelines)
 - Unique challenging in wanting to having housing for new students and maintain healthy and safe living situations for all students
- Given the fluid nature of reopening and changes in policy:
 - Review the Housing Website(housing.sfsu.edu)
 - Maintain patience
 - Cleaning, Face Coverings, Social Distances, Testing, Vaccination, Health Screening and Policies will all be part of living on campus to maintain a safe community for students, staff, and faculty



Finances

- Fees: available online after course registration
- Payments are due on August 11 (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.
- A note about FERPA | Family Educational Rights and Privacy Act

Finances

Semester Budget Example*

Funding Source	Amount
FAFSA Award	\$3,000
State/Pell Grants, Scholarships	\$2,700
Total Award Package	\$5,700
Tuition Costs	\$3,564
Total Award Remaining	\$2,136

- 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.



Important Links for Finances

- Financial Aid | <https://financialaid.sfsu.edu/>
- Scholarships | <https://financialaid.sfsu.edu/scholarships>
- University Bursar (financial services) | <https://bursar.sfsu.edu/>
- Fees and Expenses Breakdown: <http://bulletin.sfsu.edu/fees-financial-aid/fees-expenses/#undergraduatescheduleoffeestext>

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*
 - Fall Permits go on sale: August 16, 2021
 - Daily permits, \$6.25/2 hours || \$10/day || \$20/2 days
 - \$320 per semester for a Monday/Wednesday pass or a Tuesday/Thursday pass
 - \$480 per semester for a Monday/Wednesday/Friday pass
 - \$800 per semester for a Monday – Friday pass.
 - Note: These are the current prices as of June 2021 and are subject to change. For updates please visit the [Parking & Transportation website](#).

One Card/Gator Pass

- OneCard/Gator Pass
 - Can upload their own picture to CloudCard via GatorGuides app
 - Cards will likely be dispersed in Fall 2021
 - 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**
- Fees are adjusted for Fall 2021 (\$0.00)
- Public transit benefits
 - Unlimited travel on San Francisco MUNI
 - 50% 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 bus routes

- Fee payment is due by 4pm on August 11, 2021 (in person) | 11:59 pm online
 - Financial Aid Award should be accepted online in the Student Center by this date too!
 - <https://registrar.sfsu.edu/fall>

- **GatorFest!**

- Social Activities for all new student
- Help preparing for remote learning/remote classes
- Student organization involvement and recruitment
- Embracing traditions remotely
- Recreation activates too!

**Important Dates &
Deadlines**

- [Title IX](#) (Campus Clarity) training must be completed! [HERE](#).
 - Student will get a HOLD on their account if they don't!
- First Day of Instruction: Monday, August 23th
- Last Day to Drop/Withdraw Classes w/out a "W": September 13th
- Fall Recess is November 22nd through 27th
- December 10th is the last day of classes
- Final exams are December 11th through 17th
- Grades are due on December 28, 2021

Important Dates & Resources

● 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](#)

**Important Dates &
Resources**



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 <https://access.sfsu.edu/>
- University Police Department <http://upd.sfsu.edu>
- Housing <http://housing.sfsu.edu>
- Residential Life <https://reslife.sfsu.edu/%23>
- 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/>



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 unrepresenting 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
- dos@sfsu.edu | 415-338-2032



The Dean of Students Office

- Campus Recreation | Mashouf Wellness Center, Outdoor Recreation, Intermural Sports, etc.
- Career Services & Leadership Development | Career Advising/Exploration, Handshake, etc.
- Residential Life | Community Living, Themed Communities, Resident Advisors
- Student Activities & Events | Clubs and Organizations, Greek Life, Campus Events, Co-curricular learning
- Office of Student Conduct | Student Code of Conduct, Learning/Growth, Responsibilities of SFSU Students
- New Student Programs / FYE | New Student Initiatives, Orientation, GatorFest!, First-Year Experience



SAN FRANCISCO
STATE UNIVERSITY

End Notes

Even after you leave, we are still here to help:

- Dean of Students Office | 415-338-3888
dos@sfsu.edu
- New Student Programs Staff |
nsp@sfsu.edu
- Chris A. Trudell, M.Ed. – Assistant Dean
of Students | trudell@sfsu.edu



Family Programs