

Fall 2011
Freshmen

SONOMA
STATE UNIVERSITY

SEAWOLF



www.sonoma.edu/saem/orientation

WELCOME TO SSU

Dear Students,

Welcome to Sonoma State University! You are now a part of a living and learning community where you and your educational experience are valued. This experience includes both rigorous academic programs as well as a high quality, engaging out-of-classroom experience. We have a strong network of dedicated faculty, staff, and administrators who are committed to supporting you as you progress from your first year of college through graduation.

Now that you are here, how do you make sure you take full advantage of your Sonoma State experience? **The answer is to get involved.** At Sonoma State, there are countless opportunities to make connections with others and develop your own sense of belonging. In addition, the University offers a wide range of student services to support our goals of student satisfaction, retention, and graduation. We encourage you to become familiar with these services and the campus programs provided by the professional staff in the division of Student Affairs and Enrollment Management.

As you begin your journey here, I ask you to keep in mind the expectations the University and I have of you as Sonoma State students. Every campus community member has a responsibility to maintain the high level of integrity, respect, and excellence that is characteristic of all who live, learn, and teach at this institution. From all of us in Student Affairs and Enrollment Management, welcome and best wishes for a successful first year.

Sincerely,



Matthew Lopez-Phillips
Vice President, Student Affairs and Enrollment Management

WELCOME NEW SEAWOLVES!

The New Student Orientation & Family Programs staff is thrilled you have decided to attend Sonoma State University. Our mission is to facilitate the successful transition of new students and their families into the campus community. Through the promotion of the University academic expectations and support, as well as developmental opportunities, our programs assist students and their families in feeling engaged and prepared and in identifying academically, socially, and culturally as Seawolves.

Summer Orientation is your first step towards graduation and we encourage you to take advantage of all we have to offer while you are here. The O Team is here to help you! We also want to invite you and your families to join us for our annual Parent & Family Weekend on October 28-30, 2011. Call us or visit our website for more information.

Good luck and we look forward to seeing all of you on the Commencement Lawn in a few short years!

Sincerely,
The New Student Orientation and Family Programs Staff

ACADEMIC CALENDAR 2011–2012

JULY

July 1 Fees due (for those participating in April/May registration)

AUGUST

August 16 - 17 No Registration (Financial Aid Processing)
August 1 - 23 Fall 2011 Open Registration
August 23 Last day to drop classes with full refund of fees
August 24 Instruction Begins
August 24 - Sept 7 Late Registration and Add/Drop

SEPTEMBER

September 5 Labor Day holiday - UNIVERSITY CLOSED
September 7 Last day to Add
September 7 Priority day to submit Contract Courses
September 7 Last day to Drop a course with adjusted fees (done on-line)
September 7 Last day to change from Full Time to Part Time fee status
September 7 Final Fee Payment deadline (Students dropped for non-payment of fees will not be eligible for reinstatement for Fall 2011)
September 8 - 20 Drop with a "W" (done on-line)
September 8 - 20 Petition to Add with \$20 administrative fee per class (serious and compelling reasons only)
September 15 Final deadline to submit Graduation Applications for December 2011
September 15 Priority filing date for Graduation Application for students planning to graduate May 2012
September 20 Final deadline to submit Contract Courses – note: class may not be added to your schedule until after the Registration Freeze (Mid October)
September 20 Last day to Drop with "W" (done on-line)
September 20 Last day to Petition to Add
September 20 Last day to file Grade Appeal from previous semester
September 21 Last day to change Grading Basis (done on-line)
Sept 21 - Oct 7 REGISTRATION FREEZE – no processing of adds or drops
Sept 21 - Nov 4 Petition to Withdraw from a Class w/ \$20 admin fee (serious and compelling reasons only)

OCTOBER

October 10 Registration Processing continues

ACADEMIC CALENDAR 2011–2012

NOVEMBER

November 1	Last day to withdraw from all classes and receive pro-rated cancellation of fees
November 4	Last day to completely withdraw from the University (no refund)
November 4	Last day to Petition to Withdraw from a Class
Nov 5 - Dec 9	Withdrawing from the semester at this point follows same requirements as retroactive withdraw
November 11	Veteran's Day Observed - UNIVERSITY CLOSED
November 23	Thanksgiving holiday for Students - No classes
November 24 - 25	Thanksgiving holiday - UNIVERSITY CLOSED
Nov 28 - Dec 2	Pass 1 Registration for Spring 2012 (by appointment only)

DECEMBER

December 5 – 16	Pass 2 Registration for Spring 2012 (by appointment only)
December 9	Last day of instruction
December 12 – 16	Finals
December 26 – 30	Winter Holiday - UNIVERSITY CLOSED

JANUARY

January 1	Fees due
January 15	Scholarship Application deadline for Fall 2012
January 16	Martin Luther King Jr. Holiday - UNIVERSITY CLOSED
January 17	Instruction begins

MARCH

March 26-29	Spring Break, No Classes - University Open
March 30	Cesar Chavez Day Holiday - UNIVERSITY CLOSED

MAY

May 4	Last day of instruction
May 7 - 11	Finals
May 12	Commencement • <i>Residential community closes at noon</i>

CALENDAR NOT COMPLETE AT THE TIME OF PRINTING

Please refer to the following websites for more information:

<http://www.sonoma.edu/ar/calendars/>

<http://woodstock.sonoma.edu/users/e/esas/public/events>

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RESIDENTIAL LIFE & HOUSING SERVICES

SSU's Residential Community houses 3,100 students in a variety of campus suite and apartment style residences. Our accommodations are comfortable and provide easier access to academic and social programs. Residential Life and Housing Services team up to provide attractive facilities which support student learning and personal development.

RESIDENTIAL LIFE

For more information or questions call (707) 664-4033

<http://www.sonoma.edu/sas/reslife>

Our mission is to provide a learning environment that promotes the academic and social development of our students. We are dedicated to providing an environment conducive to the healthy habits of sleeping, eating, studying, and socializing. Our staff is trained to provide you with individual support and the knowledge of the campus and local resources. We help you transition to living in a community, and we set limits to ensure everyone has the opportunity to be successful here at SSU. Whether it is participating in one of our living-learning communities, competition through building wars, a small get-together, a BBQ, or the Residential Student Association, you always have something to do here.

Residential Life is located in the Verdot Village in the Chateau Building (next to Police Services) You can find your CSA (Community Services Advisor) in your building and your RLC (Residential Life Coordinator) in your village.

HOUSING

For more information or questions call (707) 664-2541

<http://www.sonoma.edu/housing/>

The purpose of Housing Services is to support the University's educational mission by assisting students, faculty, and staff in locating, securing, and maintaining suitable living accommodations. Also imbedded in our purpose is the encouragement and support of student learning and personal development.

SSU's Residential Community is comprised of six residential villages. The Community is a unique mix of non-traditional resident hall suites and campus apartments - all located just seconds from the main campus classroom buildings. All suites and apartments are fully furnished and carpeted and have their own living rooms and bathrooms. The apartments also contain their own kitchens with all appliances. All suites and apartments are also wired into the University's computer network, giving residents direct access to the University's computing resources, the library, and the Internet. The Community has its own dining hall, swimming pools, study rooms, convenience store, post office, meeting rooms, and outdoor recreation areas.

Off-Campus Living

Housing Services is available to assist with your off-campus housing search. We provide listings of Student Friendly Apartments, an online database with a variety of rentals, rooms for rent, and vacant accommodations, and individual assistance for securing a place to live. To view the OCH101 listings, visit <http://www.ssu.och101.com>.

FRESHMAN TRANSITION PROGRAMS

Sonoma State University's Freshman Transition Programs help students establish a strong connection to and understanding of the university; help students recognize that "this university is a place for me, a place where I can be successful"; and provide students with tools to achieve success as they embark on their academic career.

Transitional Program Options

UNIV102 First Year Experience: This is a three-unit, fall semester, introductory course for first time freshmen. The course is not mandatory, however, 65% of new freshmen enroll in the course each year. The class is designed to foster a supportive learning community, provide mentoring, enhance academic skills, personal skills (self awareness, responsibility, relationships with others), and knowledge about campus resources to facilitate a successful transition from high school to college.

UNIV 150 A/B: Freshmen Year Experience: Identity and Global Challenges: This year-long course, designed specially for entering freshmen, combines student development with the academic curriculum in a supportive learning community. The themes for this course are self-identity (fall semester) and global identity (spring semester). Essential writing, speaking, critical thinking, and information competence skills are integrated with an introduction to the academic disciplines across topics and readings that challenge students to think about their own identity, personal goals, and the purpose of education. Lectures, readings and small-group discussions challenge students to think about critical issues college freshmen face as they become adults in today's world. Together UNIV 150A and UNIV 150B fulfill General Education requirements in Areas A3 (Critical Thinking) and C3 (Comparative Perspectives).

Hutchins: The Hutchins School is an interdisciplinary school within SSU offering lower-division students an exciting alternative General Education program with an emphasis on active participation in one's own education. The Hutchins program fulfills all the Sonoma State University lower-division General Education requirements with the exception of mathematics. Each seminar is made up of 12 to 14 students and a professor. Learning proceeds by a process of reading, writing and in depth discussions, in which all students are urged to take an active part. Emphasizing excellence in written and oral communication, the program does not use testing to assess students. Rather, it includes extensive writing, creative, and service projects, and regular tutorials.

In addition, Hutchins offers an **accelerated Blended Program (Track 3)**, which allows first semester freshmen students to complete both a BA in Liberal Studies and an Elementary Teaching Credential in four years.

English 100A with UNIV 102

Students who score below a 147 on the English Placement Test (EPT) will take English 100A & 100B, also known as the "stretch" course. The class curriculum provides supportive, scaffolded instruction in the advanced academic literacy skills necessary for college-level work. Student-instructor ratios in English 100A & 100B courses are kept low to allow for enhanced student support throughout the year. Course content includes training in college-level analytical reading skills and expository writing, with particular emphasis on persuasive writing and research skills. Students who score into the stretch program and who are not part of MOSAIC, FIG, Hutchins, or UNIV 150 will automatically be enrolled in a one-unit UNIV 102 course in the fall semester that is linked to their English 100A and taught by the same instructor.

LIVING-LEARNING COMMUNITIES

The **Freshman Transition Programs** are very closely linked to several living-learning communities on campus. Living-learning communities are unique environments in which groups of students share a common residential and academic experience. Students in each living-learning program are housed together in designated villages and take pre-determined classes together. These communities help students create a strong link between their lives in the residence hall and learning experiences in the classroom and provide an environment that is conducive to building a strong, cohesive peer support system that will serve the students throughout their academic and professional careers.

Freshman Interest Group (FIG)

FIGs offer a unique living and learning environment. Nine different academic themes offer students the opportunity of living with peers with similar academic interests. Each FIG takes 3 classes together, including UNIV 102 as the cornerstone. Join FIG and experience increased peer, residential staff, and faculty support.

Freshman Year Experience Living-Learning Community

A unique aspect of UNIV 150 A/B is the Living-Learning option in the residential community. In the FYE Living-Learning Community, students enrolled in UNIV 150 live together in one residential building. The staff work together to support residents and build a strong academically focused community. Residential activities include faculty meals, seminars and study groups, field trips, BBQs, visiting faculty lectures, and film series.

MOSAIC (Making Our Space An Inclusive Community)

MOSAIC intentionally focuses on appreciating the diversity in perspectives and life experiences of its residents. Residents enroll in at least two classes together, with UNIV 102 being the cornerstone, in the fall and spring semesters that will explore the numerous aspects of diversity and social justice including race, and ethnicity, gender, sexual orientation, religion, and abilities. Students will also engage in service-learning activities and field trips.

In addition to the three above-mentioned living-learning communities, there are other themed living options available to students living on campus. These communities program around a specific designated theme and do not involve an academic requirement. SSUs residential themed communities are:

The Healthy Living Community offers students interested in exercise, intramural sports, and maintaining a healthy lifestyle the opportunity to live with other students who share those interests.

The Adventure Living Community is designed for students interested in exploring the Bay Area and beyond. Specifically, students are able to plan adventure-type programs with their Community Service Advisor.

The Sauvignon CommUNITY (CO-OP): By joining the Sauvignon CommUNITY students seek and commit to active involvement in cooperative teams, which are designed to foster positive community, investment, and pride in their living environment. Students choose which CO-OP team/building they would like to join when they complete the license agreement.

SEAWOLF SERVICE CENTER

1st floor of Salazar Hall

Hours: Monday -Thursday, 9:00am-7:00pm • Friday 9:00am-5:00pm

Hours differ during Summer & Intersession

For more information or questions call (707) 664-2308

www.sonoma.edu/customerservices

(website will change to www.sonoma.edu/seawolfservicecenter in the fall)

We are open to assist with paying bills (semester charges, housing payments, parking fines), getting a Seawolf ID Card, getting WolfBucks, campus keys, paycheck pick-up, maintenance & work requests, lost & found and parking permits. For specific information, please visit our website.

PARKING INFORMATION

Please note that parking rates and regulations are under review as of the printing of this information and are subject to change. Please check www.sonoma.edu/ps/parking for current parking rates and regulations and the valid dates of parking permits.

PERMITS

- All students, faculty and staff must pay for parking. You can either purchase a semester permit or a daily permit. Daily permits are available at permit machines around campus for \$2.50. The daily machines accept cash (exact change) or credit cards. A semester permit is available for \$94.00. The parking areas closest to the residential communities are reserved for students living on campus. The residential permit costs \$94.00 as well.
- Reserve permits may also be purchased for parking in lots A, D or Juniper Lane. These lots are closer to the center of campus but permits are not valid in residential lots. Reserve permits are available for \$262.00 per semester.
- Semester parking permits can be purchased online by logging into MySSU using your Seawolf ID and accessing the "Parking Services" button. Semester permits are also available for sale in the Seawolf Service Center.

ENFORCEMENT

- All vehicles must display a permit to park in a non-reserve or reserve lot. Hour permits are required:
 - o Monday-Thursday 7:00am-10:00pm
 - o Friday 7:00am-5:00pm
- All other parking regulations, including residential hall parking, are enforced 24 hours a day, 7 days a week.
- Parking fines range from \$38.00 for not displaying a valid permit to \$288.00 for parking in a disabled space. If fines are not paid within 21 days, the fines are increased and the vehicle registration may be held by the DMV. Vehicles with more than 5 unpaid citations after 21 days are subject to impound.

FINANCIAL AID

Salazar Hall 1000

Email an Information Specialist at finaid@sonoma.edu

Office phone hours: Monday-Friday 9am – 5pm

For more information or questions call (707) 664-2389

www.sonoma.edu/finaid

TURNING IN REQUESTED DOCUMENTS

- Award offers may be cancelled if documentation is not submitted on time.
- Many necessary forms are available from our website.
- You may fax (707.664.4242), mail, or hand-deliver documents.
- If you are submitting a copy of your 1040 federal tax return, please make sure it is signed. Also write the student's name and ID number on the parents' 1040.

STUDENTS

- ✓ Federal Direct Subsidized and Federal Direct Unsubsidized (aka Stafford) Loans. Very Important! The student must complete Entrance Counseling and an electronic Master Promissory Note (MPN) before the loan will disburse. Links to these sites are found on our website.
- ✓ Perkins Loan: the student must accept the Perkins Loan using MySSU before the loan will disburse.

PARENTS

- ✓ If your award offer includes a **Federal Direct PLUS (Parent) Loan**, the parent must download the PLUS Loan Application from our website and submit it to our office.
- ✓ A parent must also complete an electronic **Master Promissory Note (MPN)** before the parent loan can disburse. A link to the MPN site is on our website.

TURNING FINANCIAL AID INTO REAL MONEY

- The student's file must be complete before any aid can disburse. For loans, the PLUS (Parent) Loan Application, MPNs, and Entrance Counseling must also be completed (see above).
- Any statement of account you receive will not reflect any financial aid until funds disburse when school starts.
- All financial aid will be applied to any outstanding charges on the student account (unpaid registration charges, on-campus housing charges).
- Disbursement of funds is no earlier than the first week of each semester. We strongly encourage students be prepared to pay for books "out of pocket" when they arrive on campus and be reimbursed by their financial aid funds (if student's award exceeds registration and housing charges).
- Financial aid funds are intended to cover the entire semester. If the student completely withdraws from SSU, some financial aid funds may have to be returned to the federal or state government.
- The student must maintain Satisfactory Academic Progress to continue to be eligible for financial aid. More information is available on our website on the Satisfactory Academic Progress page of the Help Book.
- The student must file a new Free Application for Federal Student Aid (FAFSA) every academic year. Also, a new PLUS (Parent) Loan Application must be completed every academic year.

SCHOLARSHIP OFFICE

Stevenson Hall 1050
For more information or questions call (707) 664-2261
Fax: (707) 664-2952
<http://www.sonoma.edu/scholarship/>

The University Scholarship Program is designed to provide encouragement and public recognition to students who have demonstrated academic excellence. The program is supported by generous contributions from individuals, organizations, corporations, and foundations. Scholarships range from \$250 to \$3,750 per year. In the last few years the number of scholarships has increased dramatically. There are now over 200 separate funds which provide approximately 400 distinct scholarship awards.

The primary criterion for awards from the University Scholarship Program is outstanding scholarship. Restrictions apply to some awards, e.g., residence, major, etc. Your accurate completion of the scholarship application (<http://www.sonoma.edu/scholarship/>) form will ensure you are considered for every scholarship for which you qualify. Various academic departments and athletic programs provide scholarships and talent awards which are not part of the University Scholarship Program. You should contact the appropriate office to find out about these awards and how to apply for them. Students with financial need should also apply to the Financial Aid Office <http://www.sonoma.edu/finaid/>.

Who Is Eligible?

Any incoming freshman, undergraduate or graduate student, including international and out-of-state students, planning to attend Sonoma State University full-time in a degree or credential program, whether entering or continuing is eligible if the scholarship requirements as stated below are met.

Scholarship Application Requirements

Application to, acceptance by, or enrollment as a matriculated student in Sonoma State University is required. Outstanding academic achievement including a minimum GPA of 3.0 on a 4.0 point scale is also required. This GPA is calculated on your cumulative GPA as determined by Admissions & Records, including the fall semester preceding the application period. Applicants must submit a complete application packet (consisting of an application, narrative, and two letters of recommendation) by the deadline date in order to be considered.

Deadline Information

Scholarship applications are available mid-September and are due January 15th every year for the following academic year. Application forms and supplemental materials are made available online.

BANKING ON CAMPUS

A Bank of America ATM is located in Zinfandel Village and is available 24 hours/7 days.

An Exchange Bank ATM is located in Charlie Browns Café and is available during hours of operation.

BUILDING MONEY MANAGEMENT SKILLS

Being a college student requires a new level of money management responsibility. The majority of college students have had minimal experience dealing with money. Some students have a problem managing their money wisely and can end up spending more money than they have and then borrowing foolishly, resulting in debt. Discussing the following topics will help develop a smarter money management system.

Learn to Build Money Management Skills

- Learn how to maintain a budget.
- If you're getting a checking account for the first time, learn how to balance your checkbook and record transactions to prevent bouncing checks.
- Learn the need to build a good credit report by paying bills on time and avoiding debt.
- Save for emergency needs and plan to use credit wisely.
- Ask questions and learn to do things on your own.

Credit Is Important

Many students may not realize how small purchases can add up. Because of this, some students go into debt. We encourage you to learn about credit cards and the effect credit card debt can have. Many students have misconceptions about credit cards. When credit cards are used wisely, they can be beneficial. However, many college students don't realize the added costs if the bills are not paid immediately. Learn to become an informed consumer to best utilize your resources.

Cash Stress

Managing money can be a major source of stress for students. It's hard to suddenly live on a set budget if you have never done so before. The more informed you are, the less likely you are to overspend. Set guidelines for yourself and learn to plan ahead for each month, as well as the entire semester.

Should I Work While Attending SSU?

We understand there are varying financial situations for all students and families and we strongly encourage families to discuss the expectations of how students will finance their education. It is also important to discuss where priorities fall between academics and work. Sonoma State University offers on-campus jobs with a maximum work-week of 20 hours per week, and provides information on off-campus jobs and internships available throughout the year. Please visit www.sonoma.edu/career/ for job postings and more information about working while attending college.

Work Study

The Federal Work-Study (FWS) program provides part-time job opportunities for eligible students. It is an opportunity to offset educational expenses and provides valuable experience. This is money students have to earn, usually by working on-campus. Students are paid once a month for the hours they work and may earn up to the amount listed on the financial aid award for FWS.

Eligibility is contingent on students having FWS listed on their Financial Aid award offer. If you were not initially offered FWS but are interested in having it, contact the Financial Aid Office at (707) 664-2389 to see if you are eligible.

SEAWOLF CARD & WOLFBUCKS

For more information or questions call (707) 664-2533
or email seawolfcard@sonoma.edu

The Seawolf Card is your ticket to the SSU campus and is your official identification card. From room access to meal plans, and from Recreation Center access to buying books at the SSU Bookstore, students can do it all with WolfBucks and the Seawolf Card!

You may add WolfBucks to your Seawolf Card and use it like a debit card at many on-campus locations. However, unlike a Credit Card, you cannot charge items to your Seawolf Card.

Where can I use WolfBucks?

- ~ Any campus dining facility ~
- ~ Vending machines ~
- ~ Laundry machines ~
- ~ The SSU Bookstore ~
- ~ Schulz Information Center ~
- ~ Recreation Center ~

To add funds to your Seawolf Card, please visit:

www.sonoma.edu/seawolfcard

SEAWOLF  CARD
WOLF  BUCKS

BOOKSTORE

For more information or questions call (707) 664-2329
<http://sonoma.bncollege.com/>

Students and guests can purchase textbooks, SSU clothing, school supplies, snacks and other miscellaneous items from the Sonoma State University Bookstore.

Textbooks are also available through off-campus bookstores, and various online sources. Students are encouraged to compare prices and talk to the instructor of record about options.



DINING ON CAMPUS

For more information or questions call (707) 664-2993
dining@sonoma.edu
<http://ds.sonoma.edu>

University Dining Services is pleased to serve the SSU campus community. Our goal is to provide quality food and excellent customer service to students, faculty and staff.



Ameci Pizza & Pasta

Monday-Friday 11am-11pm • Saturday-Sunday 5pm-11:00pm

Offers a wide selection of pizzas, pastas, salads and other Italian eatery dishes.



Charlie Brown's Café

Monday -Thursday 7am-9pm • Friday 7am-5pm • Saturday 10am-3pm • Closed Sundays. Our campus coffeehouse offers a variety of hot and cold beverages, cafe-style food and serves as a premier hang out on campus.

The Commons

Monday-Friday 11am-2pm • A number of options from authentic Mexican food to traditional burgers and fries, a salad bar, beverages and snacks.



The Pub

Monday-Thursday 11am-5pm • Friday 11am-2pm

Toasted sandwiches, baked potatoes, frosty beverages, The Pub's cozy atmosphere also offers TVs, music, and a pool table for your mid-day break.



Toast

Monday -Friday 7:30am-3pm • Located in the middle of campus, we offer quick snacks including pastries, sandwiches, coffee, and cold beverages. Accepts cash, Dining Dollars, or WolfBucks only.



Zinfandel Dining Room

Breakfast: Monday-Friday 7am-9:30am

Continental Breakfast Monday - Friday, 9:30am - 10am.

Brunch: Saturday-Sunday 10am-2pm

Lunch: Monday-Friday 11am-2pm

Dinner: Sunday-Thursday 5pm-8pm, Fri & Sat 5pm-7pm

We offer a full salad bar, made-to-order grill, buffet lines, cereal bar, waffle station, deli bar and more for our on-campus residents. Your on-campus meal plan allows you to enjoy a variety of styles of food and a nice environment.



Zinfandel Marketplace

Monday-Friday 7:30am-8pm • Saturday-Sunday 10am-5pm

Offers a variety of pre-packaged and specialty food and snack choices, beverages, and personal items such as batteries, toothpaste, and laundry soap.

All locations accept WolfBucks, Dining Dollars, cash or credit/debit (unless otherwise noted)

INFORMATION TECHNOLOGY

http://www.sonoma.edu/get_connected

IT Help Desk

(707) 664-HELP (4357)

<http://www.sonoma.edu/it/helpdesk/>

Information Technology (IT) is the University department that helps students, faculty, and staff use computing, network, and telecommunications services.

The **IT Help Desk**, the place to go for tech support, is located on the 1st floor of the Schulz Information Center, across from Charlie Browns Cafe. For assistance call 664-HELP (4357) or stop by. IT's Get Connected website provides all the information you need for launching a successful computing experience at SSU.

Computers: ***http://www.sonoma.edu/it/get_connected/bringcomp.shtml***

Recommendations for students bringing a computer from home or buying a new computer.

SSU Network (Internet): ***http://www.sonoma.edu/it/get_connected/network.shtml***

Step-by-step configuration instructions, troubleshooting help, and network information.

SSU Email Account: ***http://www.sonoma.edu/get_connected/email.shtml***

All students have an SSU email account. The University uses this account for all official communication you are expected to check it regularly!

Computer Viruses: ***<http://www.sonoma.edu/it/resnet/antivirus.shtml>***

All computers connected to SSUs network must have virus detection software installed.

Safe Email Practices: ***<http://www.sonoma.edu/it/safe/practices.shtml>***

Learn how to protect yourself against viruses that corrupt files and expose computer contents to strangers.

Phones: ***http://www.sonoma.edu/get_connected/phones.shtml***

Find out more about SSU phone services, dialing instructions, and how to make long distance calls.

Computer Labs: ***<http://www.sonoma.edu/it/labs>***

IT provides several computer labs across campus. Check here for locations, hours, hardware/software, and rules for use.

During Move-In Weekend in August, IT will have technicians available. Be prepared: check the website and follow the instructions. It is important to get connected as soon as possible; the longer you wait, the longer you'll wait!

STUDENT HEALTH CENTER

www.sonoma.edu/SHC/

For information or to make an appointment call (707) 664-2921

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

Location: West side of campus – North of Schulz Library & across from Residence Halls dining.
Hours: 8:00am-4:30 pm M-F excluding campus holidays/closures. Open until 5:30pm on Mondays only when school year classes are in session. Summer hours & services may vary.

Health Center Services include:

Medical Care: Confidential, high quality, outpatient primary care medical visits for acute & sub-acute illness, injury, basic mental health concerns, immunizations, contraception, athletic & travel medicine, preventative health & more. After hours care, specialist care, and care for complex chronic conditions are beyond the scope of the SHC.

Liaison & Referral: Interim services & coordination with off-campus providers if transitional or specialty care, complex testing, hospitalization, chronic or other medical services beyond our scope are needed.

Lab & X-ray: Free & low cost diagnostic lab tests & basic plain X-ray studies for acute and sub-acute conditions under treatment at the SHC.

Pharmacy: A licensed on-site pharmacist dispenses low-cost medicines prescribed by Student Health Center clinicians only, offers non-prescription items, & provides patient education. Students may elect to fill prescriptions at off campus pharmacies at their own expense.

Health Education & Disease Prevention programs focus on keeping students healthy by taking steps to minimize the spread of contagious disease on campus as well as by addressing nutrition, fitness, contraception, psychosocial health, substance use, self-care and other topics.

Other Important Information:

After Hours: For non-emergency medical needs warranting after hours attention or advice, contact your personal off-campus physician, health insurance advice line, an urgent care clinic, or an emergency room. Check the SHC website &/or After Hours Care Hand Out for local sources of after-hours care. Call 911 for emergencies.

Health Insurance is not required to attend SSU or to use the SHC, but is recommended to help with medical needs that are beyond the scope or hours of operation of the SHC. A voluntary policy designed to supplement the services of the SHC can be purchased through SSU Associated Students, Inc. (664-2815) or <http://www.csuhealthlink.com>.

Medical Information/Medications: Students should know the details of their medical history, medications, & names, addresses & phone numbers of their off-campus physicians; bring health insurance information & cards to college with them; & bring a supply of ongoing medications. The SHC pharmacy stocks only the most common medications prescribed by SSU physicians and nurse practitioners. Prescriptions from off campus providers need to be filled off campus

Treatment of Minors: Parents/guardians of students who will be under 18 when they arrive at SSU should the SHC a send a signed authorization for medical treatment of minors. Forms are available at the SHC or can be downloaded from the forms section at <http://www.sonoma.edu/shc/>

MENINGOCOCCAL MENINGITIS AND COLLEGE STUDENTS

Meningococcal Disease is a serious bacterial infection that often results in meningitis, nervous system injury, dysfunction of vital organs, severe disabilities, or death.

How is it spread?

This and many other communicable diseases are spread by close contact with the respiratory secretions of people who carry the bacterial organism in their bodies, sometimes without symptoms. Meningococcal infection can be transmitted via coughing, sneezing, kissing, and sharing beverages, food, eating utensils, cigarettes, toothbrushes, etc.

Symptoms initially resemble the flu, but rapidly become severe and can include high fever, severe headache, stiff neck, rash, nausea, vomiting, lethargy, weakness and confusion. People with these symptoms should seek immediate medical attention.

Why special concerns for college students?

Although meningococcal infection is not particularly common, the risk of getting this potentially fatal disease peaks during the teens & early twenties. Risk is magnified for those living in group settings - as most college students do. In addition, the U. S. Centers for Disease Control (CDC) has recently found that protective immunity from meningococcal vaccine decreases after 4-5 years. This leaves those who were vaccinated at the recommended early adolescent age with insufficient protection during their higher risk college years.

How has this changed CDC vaccine recommendations?

January 2011 recommendations call for an initial dose of meningococcal vaccine at age 11 or 12, followed by a second dose at age 16 or soon thereafter. The CDC's specific recommendation for college students is that those under 22 who received an initial dose before age 16 receive a second (booster dose). This means that many previously immunized high school & college students need a second dose. College students under 22 who never got this vaccine should do so now. Those of any age planning travel to high risk locations or working in high risk settings and have never been immunized or who were immunized more than 4-5 years ago should also get immunized or re-immunized with meningococcal vaccine.

Meningococcal Vaccine & Where to Get It: The newest formulations of meningococcal vaccine protect against four of the five most common strains of meningococcal bacteria. Vaccine immunity takes two weeks to develop and protection from an initial dose lasts 4-5 years. This vaccine is offered to SSU students by the Student Health Center (subject to availability). Students are charged only for the Health Center's costs to purchase the vaccine. Uninsured students age 18 & under may be eligible for federally subsidized vaccine, which can result in further savings. Call the SHC @ 707 664-2921 for information or an appointment. Students may also seek immunization from a private health care provider or community clinic at their own expense.

Risk Reduction Strategies: Since no vaccine is 100% effective and some cases of meningococcal disease are caused by a subtype of the bacteria that a current vaccine does not prevent, all individuals should reduce their risk of exposure to this and other harmful infectious organisms by washing their hands regularly and avoiding oral contact with the food, drinks, eating utensils, etc. of others. They should also avoid circumstances that lower resistance to infection such as smoking, lack of rest, erratic diet, unwise use of alcohol and other drugs, etc. For more information and updates, check the CDC website at <http://www.cdc.gov/ncidod/dbmd/diseaseinfo>.

PRE-ENROLLMENT IMMUNIZATION REQUIREMENTS

<http://www.sonoma.edu/SHC/immuniz.shtml>

In accordance with CSU Policy & State law, SSU requires entering students to provide proof of the following immunizations to the SSU Office of Admissions & Records before the start of the student's first semester of classes as follows:

- Measles/Rubella (MMR) – Required of students born after 12/31/56. Records must show completion of two separate MMR shots after 12 months of age and at least 1 month apart.
- Hepatitis B Vaccine – Required of entering students born after 8/24/92. Records must show completion of a series of three Hepatitis B shots with at least one month between the 1st & 2nd shots, 4 months between the 1st & 3rd shots and 2 months between the 2nd & 3rd shots.

Records sent to SSU to satisfy these requirements must be photocopies of official immunization records showing the vaccine type, dose, and date of each required shot. If you are confident you received all required immunizations but can't locate official records, you may submit copies of blood test results documenting that you are immune to the diseases prevented by these vaccines, All records must be labeled with:

- Student's Full Name
- Birth date
- Name and stamp or signature of the Doctor or Clinic administering each shot or blood test
- Copies of California public school immunization records on School Letterhead or Immunization Form signed by a school official are also acceptable.

Locate and send in photocopies of the required records to the SSU Admissions & Records Office promptly and no later than two to three weeks before the 1st day of classes to allow time for the information to be entered into your official University record. Attach your records to the proof of immunization form which can be downloaded from: http://www.sonoma.edu/shc/pre_enrol_immu.doc

Students needing immunizations should get them from their personal healthcare provider or from the SSU Student Health Center soon. Those who have paid their Enrollment Reservation Deposit or SSU Registration Fees may get immunized at the SSU Student Health Center prior to or immediately following the start of their first semester of classes. Below retail fees reflecting the SHC's cost to purchase the vaccine apply. Uninsured students 18 or younger who meet federal eligibility criteria may qualify for more significant vaccine discounts.

A HOLD will be placed on the ability for students to register for future classes if they have not submitted the required vaccine/immunity proof by the end of their first 2 weeks of classes. Immunization HOLDS can be removed only when SSU receives proof that the student has complied with these requirements. Students should regularly check their University e-mail & MySSU accounts for HOLD status and other important information.

Exemptions for medical, religious or profound philosophical/personal belief require a signed informed consent & must be discussed with a SSU SHC nurse or doctor. Medical exemptions require a letter from the treating physician. Exempted individuals may be excluded from campus as a public health measure during a disease outbreak. SSU is not responsible for negative outcomes related to exemptions or delays in completing immunizations.

PRE-ENROLLMENT IMMUNIZATION REQUIREMENTS (CONT.)

In addition to immunization requirements, the most current vaccine recommendations for college students (in addition to usual childhood immunizations) include:

- Chicken Pox Vaccine: 2 separate doses
- Meningococcal Vaccine: a shot in early adolescence plus one at age 16 or at least one shot on or after age 16.
- Hepatitis A & B vaccine: for all ages
- Tetanus/Whooping Cough Booster: (Tdap one dose since 2005)
- Human Papilloma Virus: women 26 and under

For immunization appointments call the Student Health Center (707) 664-2921 or your personal health care provider.

COUNSELING & PSYCHOLOGICAL SERVICES

Stevenson Hall 1088

Hours: Monday - Friday, 8:30 am – 5:00 pm

For more information or questions call (707) 664-2153

www.sonoma.edu/counselingctr

Counseling & Psychological Services (CAPS) supports the overall mission of Sonoma State University and the Student Affairs & Enrollment Management division. Our mission is to serve the mental health needs of the campus community through counseling, consultation, training and outreach.

We strive to acknowledge, accept, and support the perspectives of a diverse campus population. This includes, but is not limited to race/ethnicity, gender, age, sexual orientation, ability, religious/spiritual affiliation, and socio-economic status. In counseling, our goal is to empower clients and promote personal growth, effective communication, positive self-esteem, satisfying relationships, decision-making skills, and the clarification of personal values.

SERVICES INCLUDE:

Individual Counseling ~ Couple Counseling ~ Groups and Workshops ~ Crisis Consultation & Intervention ~ Outreach Workshops ~ Community Referrals

ALCOHOL AND DRUG EDUCATION PROGRAM

Salazar Hall 1018

Contact: Judi Toogood Reynolds, NCAC II

For more information or questions call (707) 664-2850

Sessions by appointment and drop-in counseling available

www.sonoma.edu/saem/adep

The Alcohol & Drug Education Program (ADEP) is a program designed to promote the well being of all members of our community by providing educational programs, educational interventions, and referral services for students. In addition, we are committed to creating an environment within SSU and the surrounding community that support informed, lawful, and safe decision making regarding alcohol and other drug use.

ADEP is campus-wide alcohol and other drug education program created to educate students about alcohol and other drugs, and to supply support services to all students struggling with substance use or dependence related issues. Services offered are assessments, counseling and referrals. ADEP works with other campus organizations to sponsor workshops, activities and seminars to promote healthy lifestyle choices and facilitates classroom presentations.

ADEP provides education and counseling services for students who have received sanctions through Residential Life or Judicial Affairs Departments or SSU Athletics. Additionally we offer services to any student who desires a confidential conversation or help determining if their alcohol or drug use is becoming problematic. We offer guidance and skill building around reducing or eliminating alcohol or drug use through individual counseling sessions and group workshops.

Assessment and Counseling Services The Alcohol and Drug Education Program Includes:

Level I: Substance Use Education Workshop

- A confidential consultation with the ADEP Coordinator
- A ninety minute educational workshop focused on individual assessments and feedback. Use of reflection and skill building around making informed choices around alcohol and drug use. Guidance is offered in reducing or eliminating alcohol or drug use.
- Fee: \$65.00 if sanctioned by Residential Life or Student Affairs and Enrollment Management, Residential Life or SSU Athletics.

Level II: Seawolf Substance Intervention Program

- A confidential consultation with the ADEP Coordinator
- Individual assessment tools are used to determine student's current status of alcohol or other drug use.
- A six-week series of group sessions consisting of information about how genetics, social and environmental components lead from casual use to dependence for some individuals.
- Fee: \$180.00 if sanctioned by Residential Life or Student Affairs and Enrollment Management; No cost to students when self-referred or by CAPS
- Individual Counseling and assessment available by appointment call (707) 664-2850.
- Drop in counseling slots available weekly.

ALCOHOLEDU FOR COLLEGE

alcohol.edu@sonoma.edu
www.sonoma.edu/saem/alcooledu.shtml

We at Sonoma State University recognize alcohol is a significant issue in the lives of college students. Even those who do not drink alcohol may be affected by other students who do. Therefore, in an effort to ensure the health and wellness of all our students, Sonoma State University requires each first year student complete AlcoholEdu for College, an online alcohol education program for adults committed to thinking about their life choices.

In mid-July, you will receive all the information you need to complete this program. This information will be mailed to your home address, as well as sent to your Sonoma State email account. Completion of this program is mandatory. If you do not complete the program in full, a disciplinary hold will be placed on your student account and you will be unable to make changes to your class schedule in the fall or register for classes in the spring.

SMOKING POLICY

www.sonoma.edu/uaffairs/policies/smokingpolicy

For health and safety reasons, SSU policy (and California State law) prohibits smoking inside and within 20 feet of the outermost perimeter of all campus buildings and structures, including residence halls and apartments, and within 25 feet of children's play areas. Smoking is also prohibited within 20 feet of exterior ramps, stairways, breezeways between sections of buildings, clustered outdoor seating or event areas, outdoor dining areas, bus stop shelters and other partially covered or enclosed areas, as well as during particular activities and gatherings such as Commencement, athletic events, etc. In addition, smoking is prohibited in any other campus circumstance or location that unavoidably exposes others to second hand smoke.

Lit or used tobacco products pose a fire risk and are environmental pollutants. They must therefore be extinguished and deposited in ash urns or waste receptacles throughout campus, and should always be discarded in this fashion before a smoke-free area is entered.

For locations in the Residence Halls where smoking is allowed, please ask a Community Services Advisor in the fall. For more information on the Smoking Policy go to www.sonoma.edu/uaffairs/policies/smokingpolicy

POLICE SERVICES

Verdot Village - Open 24 hours/7days

Business Line: (707) 664-4444

Emergency: call 9-1-1 from campus phone or (707) 664-4444 from cell phone

www.sonoma.edu/ps

Sonoma State University Police & Parking Services provides 24-hours a day police protection for the campus community. Sonoma State University Police Officers are vested with full law enforcement powers and responsibilities, identical to the local police and sheriff in your home community.

Education Members of Police Services provide education and outreach on numerous topics throughout each year and upon request to departments and campus community members. Topics include drug and alcohol awareness, sexual assault and domestic violence prevention, bicycle safety, defensive driving, personal safety, emergency preparedness, dealing with disruptive individuals, identity theft prevention, and numerous other general crime prevention topics.

Crime Statistics We strive to always work in collaboration with our educational community to create the safest community possible for all to work, live, and learn. We maintain a daily crime log on our website that shows the types, locations, and times of all crimes reported to our department and provide timely warnings when a crime occurs that is deemed to pose an on-going or continuing threat to our community. We provide an annual Jeanne Clery Report with information about key institutional policies, personal safety and crime prevention information, how to report suspicious and criminal activities, and required Clery Act crimes reported to us within the last three calendar years. The report is available at www.sonoma.edu/ps/home/jeanneclery.html or paper copies are available upon request at Police Services.

Campus Escorts Safety escorts to and from on-campus locations are free and can be arranged by calling Police Services at (707) 664-4444.

Bikes & Property We offer free bicycle engraving for all campus community members and loan engravers to students, staff, and faculty for engraving electronics and other personal property to assist with theft prevention and property recovery.

Personal Safety Tips:

- Be aware of your surroundings. If you feel uncomfortable with a person or situation, or if you see something suspicious, **call police.***
- Use lighted and well-traveled walkways on campus. Walk with friends or in populated areas.*
- Have key ready when approaching your car to minimize delay getting the door open and entering the vehicle.*
- Always lock the doors and windows in your car, residence hall, apartment, or house.*
- When someone knocks on your door, look first and ask who it is; open it only if you know the person.*
- If you return home and find a door open or suspicious circumstance, go to safe location, **call the police.***
- If you are a victim of domestic violence or sexual assault there are numerous resources to help you. Get to a safe place and call **Police Services, CAPS, or the Student Health Center** for information, support services, and resources.*

STUDENT CONDUCT

Standards for Student Conduct

www.sonoma.edu/saem/judicial/title_V.pdf

Sonoma State University is committed to maintaining a safe and healthy living and learning environment for all students, faculty, and staff. Student behavior that is not consistent with the Student Code of Conduct (in Title V of the California Code of Regulations) is addressed through an educational process that is designed to promote safety and good citizenship and, when necessary, impose appropriate consequences.

Student Responsibilities

Students are expected to be good citizens and to engage in responsible behaviors that reflect well upon Sonoma State University, to be civil to one another and to others in the campus community, and to contribute positively to student and University life.

Remember! Students who reside in the Residential Community are expected to abide by; 1) Applicable State and Federal laws; 2) University regulations, and 3) Housing regulations. Residents who violate University regulations will be subject to University disciplinary procedures, which may affect your student status. Violations of Housing regulations affect campus resident eligibility. Infractions, which are also violations of state and/or federal laws, are also subject to citation and/or arrest by Police Services and prosecution within the legal system.

Cheating & Plagiarism

www.sonoma.edu/uaffairs/policies/cheating_plagiarism

Sonoma State University strives to be pro-active when dealing with issues of cheating and plagiarism. Faculty members are encouraged to discuss with students the importance of creating original work. It is also University policy to impose sanctions on students who cheat or plagiarize. These sanctions include academic repercussions, including a lowered or failing grade in a course; and the possibility of an additional administrative sanction, including probation, suspension, or expulsion.

At SSU, cheating includes but is not limited to:

- Copying, in part or whole, from another's exam, paper, or other similar work;
- Submitting as one's own work that which has been purchased, borrowed, or stolen; or fabricated data;
- Consulting material, including use of electronic devices, not specifically authorized by the instructor during an exam;
- Asking another person to take an exam, write a paper, or complete other similar work;
- Falsifying or misrepresenting class attendance on role sheets;
- Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

At SSU, plagiarism includes but is not limited to:

- The act of obtaining or attempting to obtain credit for academic work by representing the work of another as one's own without the necessary and appropriate acknowledgment;
- The act of incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the products as one's own work; and
- The act of representing another's intellectual work such as musical composition, computer program, photographs, painting, drawing, sculpture, or research or the like as one's own.

INTERCOLLEGIATE ATHLETICS



Home of the Sonoma State Seawolves

www.sonomaseawolves.com

The Sonoma State University Department of Athletics sponsors 13 intercollegiate sports, five for men and eight for women, competing at the NCAA Division II level. Approximately 300 student-athletes compete in an average of 150 on-campus contests each year.

The sponsored sports are:

Men's and Women's Soccer	Men's and Women's Tennis	Men's Baseball
Men's and Women's Basketball	Women's Cross Country	Women's Softball
Men's and Women's Golf	Women's Volleyball	Women's Water Polo

Sonoma State is a member of the California Collegiate Athletic Association (CCAA), considered the most honored conference in all of Division II with 149 national championships earned by conference members that span the entire state of California.

Admission to HOME athletic events is free to SSU students, faculty, and staff with a valid ID (not including NCAA or CCAA playoff events).

The department produces audio and video broadcasts of many sports through the Seawolf Sports Network. Sonoma State Athletics has achieved an impressive amount of success, highlighted by national championships in women's soccer (1990), men's soccer (2002), and men's golf (2009). The Seawolves have also claimed 37 conference championships and 9 regional titles in their storied history.

Why the Seawolves?

SSU's mascot is the Seawolf. The idea for the Seawolf, a mythical creature, comes from the connection the University and the region have to famous author Jack London, who penned a book titled, "The Sea Wolf."

ASSOCIATED STUDENTS, INC.



The Associated Student, Inc. is a student-run, student-funded auxiliary organization of Sonoma State University. Through our programs and services, the Associated Students, Inc.

seeks to enrich the lives of all Sonoma State University Students. Our office is located on the 2nd floor of the Student Union. If you have questions about any one of our programs or services, please stop by or check out our website:

www.sonoma.edu/as

ASI provides community service and service-learning opportunities through Join Us Making Progress (JUMP), co-curricular events and activities through Associated Students Productions (ASP), an early childhood education and child development laboratory through the Children's School, as well as involvement and opportunities for student governance through Student Government. Additionally ASI provides funding resources to chartered student clubs and organizations, club accounting services, short-term loans and transitional housing for students of Sonoma State University.

Student Government serves as the official voice for all students of Sonoma State University. Elected officers establish policy and direction for the Associated Students, Inc. through the ASI Senate, oversee the strategic planning and overall direction for the corporation.

www.sonoma.edu/as/sg



Join Us Making Progress

JUMP – Join Us Making Progress is the community service program of ASI. We engage SSU students in

service opportunities, such as tutoring and mentoring youth, volunteering at homeless shelters and food pantries, organizing environmental stewardship days, and meeting the need in our community whenever possible. Make a difference. JUMP into service! www.sonoma.edu/as/jump



ASP – Associated Students Productions is the source for Seawolves searching to fill in their social calendars. We offer

over numerous events every year both on and off campus including concerts, comedy shows, new movies, lectures, theater arts productions, free bowling nights, and more! Best of all, ASP programs are free or moderately priced! www.sonoma.edu/as/asp/

The Children's School provides high quality early childhood education services to children of SSU students, staff, and faculty. We operate as the child development laboratory on campus and welcome students from many different disciplines to observe and learn from and about our children.

www.sonoma.edu/tcs



SONOMA STUDENT UNION

www.sonoma.edu/ssuc

The Sonoma Student Union is where students, faculty, staff, alumni, and campus visitors meet for social, entertainment, and cultural activities. It's a place to meet, eat, greet, and relax. **What's in the Student Union?** Center for Student Leadership, Involvement & Service ~ Multicultural Center ~ Conference & Event Services ~ Associated Students, Inc. ~ The Pub ~ Meeting Rooms ~ Campus

Prints ~ Associated Students Productions ~ Box Office ~ JUMP ~ US Bank

Information Desk Services: banner making services, flyer posting services, tickets for campus events, balloons, and equipment rentals such as tables, coolers, BBQs, easels, cash boxes, & coffee pots.

Tech Services: professional sound and light services for programs, events, and meetings.

CAMPUS RECREATION

For more information or questions call (707) 664-4FUN
www.sonoma.edu/campusrec

The mission of Campus Recreation is to encourage healthy and active lifestyles, promote student development through extracurricular activities, and pioneer a vision for a sustainable society.



Rec Center – Opened in 2004, the SSU Rec Center houses a fully-equipped fitness center, indoor courts, indoor soccer gym, game room, climbing wall, outdoor resource center, spa, massage service, locker rooms, exercise studios, and a running track. Currently enrolled students have FREE access to many of the services within our facility. Our front desk staff is available to answer questions, take sign-ups, provide tours, and check out equipment and free day lockers. Shower towels and semester lockers are also available for a low rental fee.

Fitness Programs – Our Fitness Center has a full selection of cardio machines, free weights and plate-loaded weight equipment, stretching area, TV viewing, workout towels, and friendly staff. The 2nd floor cardio area has additional machines. Personal trainers offer a free consultation to all members to help you reach your fitness goals. Our popular inMotion Program offers a full line-up of group workouts ranging from spin and fitness classes to yoga and dance. Campus Rec Swim also offers lap swimming daily at the SSU pool. Massage Service is a great way to relax and de-stress during the year.

Adventure Programs – The Outdoor Resource Center (ORC), located on the 1st floor of the Rec Center is the hub of SSU's Adventure Programs. The ORC staff works hard to inspire others to get outdoors and practice Leave No Trace Ethics. We offer everything from gear rentals to an extensive FREE library. A low-cost Bike Maintenance Center opens during the day. Outdoor Pursuits offers awesome, eco-friendly outings almost every weekend, ranging from backpacking, climbing, and yoga, to day hikes and skydiving. The 38-ft. Climbing Wall welcomes all abilities with new routes every week.

Sports & Competitive Programs – Intramural Sports is all about having fun, meeting new people and keeping fit. We offer a variety of leagues and one-day tournaments including basketball, soccer, volleyball, golf, dodgeball, ping pong, and more! With over 20 student-run Sport Clubs on campus such as Lacrosse, Fencing, Ultimate, Rowing, Equestrian, Triathlon, and Fishing, students can stay active competitively. Most Sport Clubs travel and compete collegiately.



Campus Rec is an entity of the Sonoma Student Union Corporation.

CENTER FOR STUDENT LEADERSHIP, INVOLVEMENT, SERVICE

Sonoma Student Union - First Floor

For more information or questions call (707) 664-4323

<http://www.sonoma.edu/campuslife>

Clubs & Student Organizations

www.sonoma.edu/campuslife/clubs



With over 150 chartered student organizations, joining a club is an excellent way to get involved and gain experiences that will last a lifetime! Whether as a club officer or a regular active member, by joining a club or organization you'll learn about such concepts as membership recruitment, fundraising, running effective meetings, managing conflicts, and program planning. We have clubs from all of the following categories: Academic/

Departmental, Cultural and Identity-Based, Fraternity/Sorority Life, Honor Society, Sport Club, Student Governance, and Special Interest. Plus, if you don't see a club that suits your interests you can stop by our office and learn how easy it is to start up your own organization!

Greek Life (Fraternities & Sororities)

www.sonoma.edu/campuslife/greek

Representing about 16% of the SSU population, 18 fraternities and sororities play an important role on campus as well as throughout the community. Leadership, scholarship, service, and brotherhood/sisterhood are the pillars of each of our organizations, and we strive to live those values everyday! Participating in a fraternity or sorority is like participating in any co-curricular activity; it requires a time investment. However, research shows that the graduation rate for Greek-affiliated students is 20% higher nationally than non-affiliated students. You too can be part of an over 20 year SSU tradition!

Leadership Opportunities

www.sonoma.edu/campuslife/leadership

What is leadership? First, it's not a title, role, or position... it's a process. Leadership involves living in a state of possibility, making a commitment to a vision, developing relationships to move the vision into action, and sustaining a high level of integrity. Leadership opportunities are everywhere at SSU, and our office is the one-stop shop to discovering what is available to you. We also provide student leadership programs (Emerging Leaders and Leadership Retreat), sponsor speakers (Greek and Student Athlete Leadership Series), offer officer transition and OrgSync workshops for student groups, and host leadership awards that recognize organizations and individuals.

MULTICULTURAL CENTER

Student Union - First Floor

For more information or questions call (707) 664-2710

mcc@sonoma.edu

The Multicultural Center (MCC) fosters a campus environment of mutual respect and appreciation. The MCC addresses the particular experiences of traditionally underrepresented students including but not limited to: race, color, religion, national origin, sexual orientation, disability, and gender expression.

INTERNATIONAL SERVICES – STUDY AWAY!

Salazar Hall 1060

For more information or questions call (707) 664-2582

E-mail international@sonoma.edu

www.sonoma.edu/is

International Services is here to help students find their way when they are seeking opportunities to spend one or two semesters studying away! Many Sonoma State students choose to study abroad for two semesters through the CSU system-wide International Program in one of 19 various countries or at one of the nearly 200 colleges and universities across the United States, Canada, Guam, Puerto Rico and the Virgin Islands through the National Student Exchange.

Programs offered:

Study Abroad (Another Country) – Our office provides assistance for students intending to earn part of their degree overseas. We host workshops to educate students regarding choosing appropriate academic programs. This opportunity allows students to continue their education overseas while gaining the personal experience of living in a new cultural environment. We have a resource library with information on studying, working, and traveling abroad and host the “Go Global! Study and Work Abroad Fair” each year in late September. For more information, visit www.sonoma.edu/is/abroad.



National Student Exchange (Within the United States) – This program is an agreement between 175 colleges and universities nationwide which allows students an opportunity to study at another campus for a semester or academic year while maintaining their enrollment status at their home campus. Students avoid out-of-state tuition and can apply for financial aid toward their exchange. Students cite academic diversification, the chance to travel, experiencing different geographic and cultural settings, personal growth, and becoming more independent as reasons for participating in NSE. For more information, visit



www.sonoma.edu/is/nse/

Join the International Education Exchange Council (IEEC): Sonoma State’s network for all students interested in studying away, currently studying away, or are international or NSE exchange students studying at SSU! We are a student organization, have regular meetings throughout the year and offer events, resources, and activities related to International Study! Students can join our Facebook group for more information, search for “Sonoma State IEEC” in the groups area of Facebook or stop by International Services for more information.



International Student Advising – For international students currently studying at Sonoma State University, we offer advising and information on how to make their experience at SSU academically and culturally enjoyable! Professional staff and SSU students are here to provide information on the SSU, community, and American culture and assist international students with conversation, academic transition, and co-curricular exploration! Stop by our office, come to an event, or join the IEEC to be a part of an international experience!

OFFICE OF THE REGISTRAR

Records and Registration
Salazar Hall 2030

For more information or questions call (707) 664-2778

www.sonoma.edu/ar/registration

The Office of the Registrar maintains the academic records of all students, and collects and maintains transcripts. The Registrar answers all your questions regarding registration, transcripts, units loads, waitlisting, course repeats and more. We are located on the 2nd floor of Salazar Hall. Feel free to call us (707.664.2778) and ask for Records, or click on “contact us” on our website if you have any questions or problems. Our office hours are Monday - Friday, 8:00 am - 4:30 pm.

Services Include:

- Registration
- Transcripts
- Transfer Credit Evaluation
- Graduation Evaluation
- Degree Posting
- Enrollment Verification
- Grade Changes
- Petitions for Waiver of University Regulations (i.e. late adds, extra units)
- VA Services
- Residency Status Changes
- Change of Major

THE SCHOOL OF EXTENDED EDUCATION

Stevenson Hall 1012

For more information or questions call (707) 664-2394

extendeded@sonoma.edu

www.sonoma.edu/exed

Graduate Sooner! Find out how to graduate sooner by browsing Summer course listings to find classes that are not offered during regular academic sessions. Get academic credit and graduate sooner. Students can accelerate their academic progress by taking courses during Summer Session through the School of Extended Education. Summer Session courses offer SSU continuing students units in residence, the same as courses taken during the academic terms.

Many of the resident courses fulfill General Education (“GE”) requirements. Summer Session offers over 170 courses including field study travel opportunities. On campus housing is available during the summer. Summer Session courses are offered in 3 & 4 week sessions. Online registration is available. To learn more visit the School of Extended Education website ***www.sonoma.edu/exed***.

UNIVERSITY LIBRARY: SCHULZ INFORMATION CENTER

Mon-Thurs 7:30am-midnight
Friday 7:30am-5:00pm • Saturday 10:00am-5:00pm • Sunday noon-9:00pm
Not all services available at all times – refer to website

<http://library.sonoma.edu>

The University Library offers a wide range of resources and services to help you succeed academically. In addition, we offer a range of fun activities and resources for stimulating your intellectual curiosity and enhancing your cultural life.

HELP

The Reference Desk on the 2nd floor provides answers to research questions, assistance with advanced searching needs, and help with the reference materials. Drop-In workshops are offered each semester for learning how to use the Library catalog, article databases and some of the more popular multimedia software used for class projects. We also provide information via online chat, email, phone and the library website!

TECHNOLOGY

We have both PC and Mac computers located throughout the building with a range of productivity software. We also have wireless connectivity if you have a laptop and wireless capability. Printing is available throughout the Library and costs 10¢ per page. The Digital Lab provides a place to create multimedia projects using a variety of software for web authoring, iMovies, desktop publishing and more. You can also access many of our resources from off campus by creating a PIN number and following the instructions on the Library Homepage.

COLLECTIONS

Our Library collections consists of over 650,000 books and adding more each year. We provide access to 30,000 journals (most available full text online) in addition to e-books, DVDs, CDs, phonograph recordings, children's books, North Bay Regional Information, and Special Collections (i.e. the Jack London Collection).

OTHER LIBRARY WEBSITES

Regional Information: <http://library.sonoma.edu/regional/default.html>

Interlibrary Services: <http://library.sonoma.edu/services/ils.html>

Workshop Schedule: <http://library.sonoma.edu/research/workshops.html>

Arts & Lectures Program: <http://library.sonoma.edu/about/lecture.html>

Library Pin Creation: <http://library.sonoma.edu/services/librarypins.html>

BORROWING

Your Seawolf ID card serves as your Library card and you may check out books at the Circulation Desk on the 2nd floor. The Circ Desk is also where you pick up items from the Automated Retrieval System (ARS), check Lost and Found, and get assistance with your library record or resetting your PIN. The Multimedia Desk on the 2nd floor is where you can check out movies, music, and other multimedia items. Listening and viewing equipment and rooms are available in the Library, or you can take items home. You can also borrow items we don't have in our facility by either using the LINK+ system or Interlibrary Services - for more information stop by the Reference Desk.

ART GALLERY

The 2nd floor of the Library also houses an Art Gallery that has various exhibits throughout the year, ranging from SSU students art to local artists and various types of art. The Gallery is open M-F 8:00am-5:00pm and weekends noon-5:00pm. Admission is free and open to the general public.

THE LEARNING CENTER

Salazar Hall 1040

For more information or questions call (707) 664-2853

Learning Center Managers:

Dr. Leslie Shelton (707) 664-2846

Daniel Smith (707) 664-2264

www.sonoma.edu/lss

The Learning Center is a multi-purpose center providing a variety of academic support services for SSU students, including tutorial services as well as specialized programs for first generation, low-income, or disabled students. Programs and Services include:

Tutorial Program – The Tutorial Program provides individual and small group learning assistance in a broad range of subjects. Students interested in tutoring need to complete a Tutoring Intake form and make appointments at least one day in advance. A master schedule of tutors and subjects is available at the Learning Center Reception Desk. Students can make up to two appointments a week for a 50 minute session. Services are free and available to all enrolled SSU students. Appointments take place in the Tutorial Center, but can also be held in the library. *Contact: Leslie Shelton, sheltonl@sonoma.edu.*

Learning Skills Services – Learning Skills Services (LSS) is a federally funded TRiO Student Support Services program that provides a comprehensive array of academic and personal support services for first-generation, low income and/or disabled students in order to help them reach their goal of graduating with a bachelor's degree within six years. The program, which has been funded at SSU for more than 40 years, offers individualized instruction in Math and English, help with educational plans, supplemental instruction for Science and Math majors, financial literacy, and support applying for graduate school. *Contact: Leslie Shelton, sheltonl@sonoma.edu.*

Multilingual Learners – The Multilingual Learners program is a TRiO program specifically designed to provide academic support to students whose first language was not English or who learned English and another language at the same time. The program provides both individual and small group writing instruction as well as math instruction. Students are low-income or first-generation college students (i.e. neither parent has a bachelor's degree), or students with disabilities. **Contact: Daniel Smith, daniel.smith@sonoma.edu.**

NoGAP McNair Scholars Project – The McNair Scholars project helps 25 undergraduate students per year become more competitive applicants for graduate schools. The program provides workshops, advising, mentoring, internships, and research opportunities with that objective in mind. Eligible SSU students must be low-income and first generation college students of any ethnicity, or students from ethnic groups traditionally underrepresented in graduate education. *Contact: Daniel Smith, daniel.smith@sonoma.edu.*

READ – Reading for Enjoyment and Academic Development is an Instructionally Related Activities funded program for SSU students who would like to read high-interest, thought-provoking novels with a group of fellow students. READ is organized using the “book club” model, and the books are selected by popular vote amongst the group members. Participants join a READ discussion group of 6-8 members, including a student READ leader trained to facilitate the conversation in an informal, fun, yet intellectually stimulating manner. *Contact: Daniel Smith, daniel.smith@sonoma.edu.*

THE WRITING CENTER

1st floor of Schulz Library
Contact: writing.center@sonoma.edu
For more information or questions call (707) 664-4401
www.sonoma.edu/programs/writingcenter

The **SSU Writing Center** is an instructional service whose function is to help SSU students, faculty, and staff members (as well as members of the wider community) become better writers and produce better written documents. We work one-on-one with individual writers and in small groups to help clients develop their writing skills, and we dispense information about good writing and how to write well. We also work with the SSU faculty to help them improve their writing instruction and to advance the cause of writing across the curriculum at SSU.

TESTING SERVICES

Salazar Hall 1070
For more information or questions call (707) 664-2947
www.sonoma.edu/testing

Testing Services provides a variety of services to the campus community designed to assist students in their admission, placement, and graduation requirements. We also provide proctoring services for SSU students who are taking on-line courses from other colleges and universities. Disabled students who require special arrangements for testing should contact the Disability Services for Students (DSS) office. All requests for special testing must reach Testing Services at least two weeks before the test date.

DISABILITY SERVICES FOR STUDENTS

Salazar Hall 1049
Hours: M-F 8:00 am – 4:30 pm
(707) 664-2677 • Fax: (707) 664-3330
TDD/TTY: (707) 664-2958

disability.services@sonoma.edu • www.sonoma.edu/dss

Disability Services for Students (DSS) assures people with disabilities equitable opportunities for higher education.

Getting Started

After admission to the University, students are encouraged to register with DSS by contacting the office and providing documentation of their disability. Students with disabilities who register with DSS are eligible for a variety of services and accommodations. All services and accommodations are determined on an individual basis and will vary from one student to the next depending on State and Federal laws, University policy, disability verification and professional judgment.

Potential Accommodations

- Disability Management Advising
- Classroom Accommodations
- Note Takers
- Readers
- Scribes
- Interpreters
- Referral to other Campus Dept.
- Alternate Media
- Assistive Technology Software *Kurzweil Dragon; Naturally Speaking; JAWS; Zoom Text*

ADVISING AND CAREER SERVICES

Salazar 1070

Hours: Monday-Friday 8:00 am – 4:30 pm

For more information or questions call (707) 664-2196

www.sonoma.edu/advising

Advising Services helps students with academic transitions by answering questions and concerns about course, GE requirements, and decisions regarding declaring or changing majors. Advisors are responsible for undeclared and Pre-Nursing majors. All other majors receive advising from their academic departments. Students who want to change their major can become undeclared and get assistance with GE requirements and choosing their new major. Advising Peer Mentors are available to help students from all majors with GE information, online student records, registration, career resources and resume critiques. www.sonoma.edu/advising/

Career Services assists students in their transition from their academic world into their careers. We assist students in developing their career strategy by providing comprehensive resources, career programming, and advising on career development, internships and employment. Resources include Seawolf Jobs, SSU's on-line job database, our e-newsletter, CareerConnections, Career Peer Advising, career assessments, workshops, and various networking/recruitment opportunities. In the Spring, Career Services holds the annual career and summer job fair, where students have the opportunity to network with employers, find internships and obtain full-time or part-time positions. www.sonoma.edu/career/

EDUCATIONAL OPPORTUNITY PROGRAM

Salazar 1070

Hours: Monday-Friday 8:00 am – 4:30 pm

For more information or questions call (707) 664-2427

www.sonoma.edu/eop/

The Educational Opportunity Program (EOP) came into being as a direct result of the civil rights and student movements of the 1960s. In 1969, federal legislation was designed to encourage the inclusion of low-income and educationally disadvantaged students into higher education, and provides a comprehensive array of services to support historically low-income students. Advisors assist students with concerns regarding academics, housing, financial aid, and balancing college with personal life demands while meeting graduation requirements.

Who should apply? High school graduates or community college transfers who meet regular admission requirements. EOP Priority deadline for the EOP Application (Form 1) is in early March of each year. EOP admission cannot be guaranteed for applications received beyond the posted date. See the EOP Home Page for specific date. You do not need to submit letters of recommendation with your application if you have been admitted to SSU. If we need letters we will contact you directly to request them.

UNDERGRADUATE DEGREES

American Multicultural Studies*	Criminology & Criminal Justice*	Kinesiology*
Anthropology*	Earth Science	Adapted Physical Educ
Applied Statistics*	Economics*	Physical Education
Art	International Economics	Exercise Science
Art Studio	Managerial Economics	Lifetime Fitness
Film Emphasis*	Quantitative and Econometric	Liberal Studies (Ukiah)
Art Studio*	Methods in Economics	Mathematics*
Painting	Engineering Science	Applied Mathematics
Photography	English*	Computer Science
Printmaking	Creative Writing	Music*
Sculpture	Literature	Music Education
Art History*	Secondary Teaching Prep	Performance
Biochemistry	Environmental Studies*	Jazz Studies
Biology*	Environmental Conservation	Liberal Arts
Aquatic Biology	& Restoration	Nursing
Botany	Environmental Education	Pre-Nursing
Ecology & Evolutionary	Environmental Technology	Basic BSN
Marine Biology	Environmental Planning*	RN-BSN
Medical Lab Technology	French*	LVN-BSN
Microbiology	Geography*	Philosophy*
Molecular & Cell Biology	Cultural Studies	Physics*
Physiology	Earth Sciences	Applied Physics
Zoology	Geology*	Political Science*
Business Administration*	Global Studies*	Psychology*
Accounting	Asian Studies	Sociology*
Finance	Central Europe	Spanish*
Financial Management	Latin America	Special Majors
Management	International Econ Dev	Interdisciplinary
Marketing	History*	California Cultural Studies
Special	Human Development	Statistics*
Wine Business Strategies	Hutchins School Liberal Studies	Theatre Arts*
Chemistry*	Interdisciplinary Study Plan.	Acting
Chicano and Latino Studies*	Teaching Credential Prep	Dance
Communication Studies		Technical Theatre
Computer Science*		Women's and Gender Studies*

* Students may also minor in these subjects

Additional minors (not listed above) include: Applied Arts, Arts Management, Astronomy, Early Childhood Education, German, Gerontology, Health Systems Organization, Integrative Studies (Hutchins), Interdisciplinary Studies, Jewish Studies, Latin American Studies, Linguistics, Native American Studies, Paleontology, Physical Sciences, Queer Studies, Women's Health

THE SCHOOLS

Arts & Humanities

Art Studio & Art History: 664-3049 www.sonoma.edu/art/
Communication Studies: 664-2149 www.sonoma.edu/communications/
English: 664-2140 www.sonoma.edu/english/
Ethnic Studies, AMCS/CALS: 664-2486 www.sonoma.edu/depts/amcs/ | www.sonoma.edu/cals/
Hutchins School of Liberal Studies: 664-2491 www.sonoma.edu/hutchins/
Modern Languages & Literature: 664-2351 www.sonoma.edu/forlang/
Music & Music Studio: 664-2324 www.sonoma.edu/depts/performingarts/music/music.htm
Philosophy: 664-2163 www.sonoma.edu/philosophy/
Theatre Arts: 664-2474 www.sonoma.edu/depts/performingarts/theatre/

Business & Economics

Business and Economics Information: 664-2377 www.sonoma.edu/sbe
Business Administration: 664-2377 www.sonoma.edu/busadmin
Economics: 664-2377 www.sonoma.edu/econ
Wine Business Program: 664-2260 www.sonoma.edu/winebiz

Education (Graduate Degrees)

Multiple Subject Teaching Programs: 664-3238 www.sonoma.edu/lsee
Educational Specialist Credential Programs: 664-4203 www.sonoma.edu/else
Educational Leadership Credential Programs: 664-4203 www.sonoma.edu/else
Single Subject Credential Programs: 664-4203 www.sonoma.edu/csse
Graduate Programs in Education: 664-3115 www.sonoma.edu/education/Masters.htm

Science & Technology

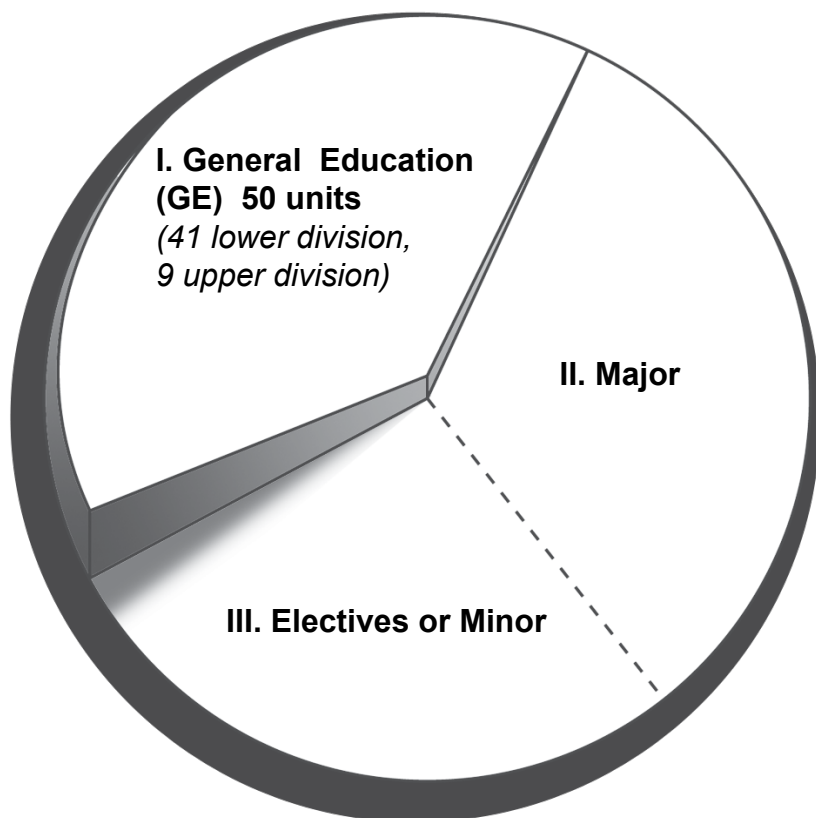
Biology: 664-2189 www.sonoma.edu/biology/
Chemistry: 664-2119 www.sonoma.edu/chemistry/
Computer Science: 664-2334 <http://www.cs.sonoma.edu/>
Engineering Science: 664-2030 www.sonoma.edu/engineering/
Geology: 664-2334 www.sonoma.edu/geology/
Kinesiology: 664-2357 www.sonoma.edu/kinesiology/
Mathematics & Statistics: 664-2368 www.sonoma.edu/math/
Nursing: 664-2465 www.sonoma.edu/nursing/
Physics & Astronomy: 664-2119 www.phys-astro.sonoma.edu/

Social Sciences

School of Social Sciences: 664-2112 www.sonoma.edu/socsci
Anthropology: 664-2312 www.sonoma.edu/anthropology
Criminology & Criminal Justice: 664-2934 www.sonoma.edu/cja
Environmental Studies and Planning: 664-2306 www.sonoma.edu/ensp
Geography: 664-2194 www.sonoma.edu/geography
Global Studies: 664-2194 www.sonoma.edu/geography
History: 664-2313 www.sonoma.edu/history
Human Development: 664-3092 www.sonoma.edu/humandevlopment
Liberal Studies Ukiah Program: 664-2491 www.sonoma.edu/hutchins
Political Science: 664-2179 www.sonoma.edu/polisci
Psychology: 664-2411 www.sonoma.edu/psychology
Sociology: 664-2561 www.sonoma.edu/sociology
Women's and Gender Studies: 664-2840 www.sonoma.edu/womenstudies

UNIVERSITY DEGREE REQUIREMENTS

Elements of a BA/BS/BFA Degree (120-132 units)



THINGS TO CONSIDER

- How many units are you planning to take your first semester?
- How many hours a week do you plan to work?
- Do you have prior units from AP tests or completed college course work from a junior college?
- Are there any GE courses that are required for your major/minor?
- Lower division courses are numbered 100-299.

OBTAIN AN ACADEMIC ADVISOR

- If you have a major, contact your major department office for referral to an advisor.
- If you are an undeclared major, contact Advising, Salazar 1070, (707) 664-2196.
- Consult your academic advisor regularly.

You must complete a minimum of 120-132 units, depending on your major, to earn an undergraduate degree of Bachelor of Arts, Bachelor of Science, or Bachelor of Fine Arts.

There are three types of graduation requirements toward the university degree:

I. General Education

50 units of coursework which gives students a broad perspective knowledge.

II. Major

Through a concentration of studies in a particular major, students focus in depth upon a specialized field of study (i.e., Art, Biology, English).

III. Elective or Minor

In addition to required GE and Major courses, students must choose coursework to complete the minimum number of units required for graduation. (This could include a minor.)

UNIVERSITY DEGREE REQUIREMENTS (CONT.)

DEGREE REQUIREMENTS

- General Education Units= 50 units including
9 upper division units
 - Major Courses Units = Consult the SSU
online Catalog
 - Elective Units
- Minimum units to graduate = 120 - 132 units
12 units X 8 semesters = 96 units
14 units X 8 semesters = 112 units
15 units X 8 semesters = 120 units
16 units X 8 semesters = 128 units

FOREIGN LANGUAGE: SSU does not require Foreign Language for graduation. You can take Foreign Language to fulfill area C3 but you must take an intermediate (201 level) course if it is the same language as you took in high school. If you choose a different language than you took in high school, a 100 level course will count. Foreign Language does not meet the ethnic studies requirement.

ENGLISH PLACEMENT

Below are listed the current placement scores for the EPT.

Score	Course Placement
141 and below	100A + English 99T
142 - 146	English 100A
147 and above	English 101 or Philosophy 101

A score of 500 or above on the SAT I Verbal, 22 and above on the ACT English, or an exemption through the E.A.P. exempts you from the EPT and places you into English 101 and Philosophy 101. Students who are participating in a FIG, EOP Academy, or MOSAIC will be advised into specific sections of English 101. Students in UNIV 150 will complete the equivalent of Phil 101 through their UNIV 150 course.

All other students (with the exception of LIBS 101 students) should choose either ENGL 101 or PHIL 101 (or PHIL 102) as appropriate to their schedule.

Advanced Placement Exam

AP English Literature & Composition ≥ 3 , ENGL 101, GE area A2 (4 units) & ENGL 214, GE area C2 (4 units)

AP English Language & Composition ≥ 3 , ENGL 101, GE area A2 (4 units) & Elective credit (2 units)

MATH PLACEMENT

Your Math Test Score: _____

Find your math score below for information on your math placement.

ELM \leq 36

You must take and pass **Math 35** your first semester and then complete **Math 45** your second semester. *Math courses numbered less than 100 do not count for graduation and must be completed during your first year of college.*

ELM = 38 - 48

Take **Math 45** your first semester. You may then take a GE Math course (see list below). *Math courses numbered less than 100 do not count for graduation and must be completed during your first year of college.*

ELM \geq 50

SAT (Math) \geq 550

ACT (Math) \geq 23

College Board Achievement Test

Level 1 \geq 550

Level 2 \geq 560

E.A.P. Mathematics* = Exempt

Choose one of the following GE courses:

Math 103 (3) Ethnomathematics

Math 104 (3) Intro to Modern Math

Math 105 (3) Math & Politics

Math 111 (3) Symmetry in Arts & Science

Math 131 (3) Intro to Finite Math

Math 141 (3) Topics vary – see schedule of classes

Math 150 (3) Geometry

Math 160 (4) Pre-Calculus

Math 161 (4) Calculus

Math 165 (4) Elementary Statistics

Advanced Placement (AP) Exam

Calculus AB \geq 3

4 units of credit; Math 161

Statistics \geq 3

6 units of credit; Math 165 (4 units) and elective credit (2 units)

No further math is required for GE. Consult your major or minor for other possible math requirements.

E.A.P Mathematics (part of 11th grade STAR testing) = Exempt

Note: *Students with E.A.P. Conditional Exemption in Math must pass a full year Math course higher than Algebra II during their senior year to be exempt from the ELM.*

Students that are undeclared or undecided on their major should wait to take GE Math after their first year at SSU.

50 UNIT GE PATTERN

Fall 2011 Entering Class

A. COMMUNICATION AND CRITICAL THINKING

(8 units) Complete one course from A2 and A3

- 2. Fundamentals of Communication (4 units)**
ENGL 101(4)
ENGL100A (3)/ENGL100B (3)
- 3. Critical Thinking (4 units)**
PHIL 101 (4)
PHIL 102 (4)
UNIV150 A/B (9)

NOTES:

B. NATURAL SCIENCES AND MATHEMATICS (12 units)

(9 in science, 3 in math) Include lab activity (# indicates lab course.) Complete a course from groups 1, 2, & 4:

1. Physical Sciences

ASTR 100 (3)	CHEM 125AB (5)#	CHEM 105 (5)#
ASTR 231 (2)#	GEOL 105 (3)	GEOL 102 (3)#
CHEM 102 (3)#	PHYS 102 (1)#	PHYS 100 (3)
CHEM 110 (3)	PHYS 116 (1)#	PHYS 114 (4)
CHEM 115AB (5)#	PHYS 210AB (3)	PHYS 209AB (1)#

2. Biological Sciences

ANTH 201 (3)	BIOL 110 (4)#	BIOL 115 (3)
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To complete a minimum of 9 units in Science, select additional units from groups B1, B2 OR B3

3. Specific Emphasis

ASTR 303 (3)	BIOL 309 (3)	ES 101B (1)#
ASTR 305 (3)	BIOL 311 (3)	GEOG 204 (4)
ASTR 350 (3)	BIOL 312 (3)	GEOL 110 (3)
BIOL 121 (4)#	BIOL 314 (4)#	GEOL 120 (3)#
BIOL 122 (4)#	BIOL 315 (3)	GEOL 301 (3)
BIOL 123 (4)#	BIOL 385 (3)	GEOL 303 (4)#
BIOL 220 (4)#	CS 101 (3)	PHYS 300 (3)
BIOL 224 (4)#	CS 115 (4)	PHYS 342 (3)
BIOL 308 (3)	ES 101A (3)	

4. Mathematical Concepts and Quantitative Reasoning

MATH 103 (3)	MATH 131 (3)	MATH 161(4)
MATH 104 (3)	MATH 141 (3)	MATH 165 (4)
MATH 105 (3)	MATH 150 (3)	
MATH 111 (3)	MATH 160 (4)	

KEY

Indicates lab course

* Meets Ethnic Studies requirement.

CHECKLIST

Lab WEPT Ethnic Studies

9 Units UD GE (in at least 2 different areas)

Students may begin their Upper Division GE course-work during or after the semester in which they achieve upper division junior standing (i.e., 60 semester units) but NOT before.

50 UNIT GE PATTERN

Fall 2011 Entering Class

C. HUMANITIES (12 units) *Complete one course from each of the following three groups:*

1. Fine Arts, Theatre, Dance, Music, and Film

AMCS 392 (4)*	CALS 368 (4)*	MUS 343 (3)
ArH 210 (3-4)	CALS 393 (4)*	MUS 344 (3)
ArH 211 (3-4)	CALS 479 (4)*	NAMS 205 (4)*
ArH 212AB (3)	ENGL 207 (4)	NAMS 338 (4)*
ArH 270AB (3-4)	LIBS 204 (4)*	THAR 101 (3)
ArH 454 (3-4)	MUS 101 (4)	THAR 202 (4)
ArH 460 (3-4)	MUS 105 (3)	THAR 203 (4)
ArH 464 (3-4)	MUS 150 (3)	THAR 300 (3)
ArH 465 (3-4)	MUS 250 (3)	
CALS 220 (4)*	MUS 301 (3)	

2. Literature, Philosophies, Values

AMCS 350 (3)*	ENGL 314 (4)	HUM 301 (4)
AMCS 360 (4)*	ENGL 315 (4)*	NAMS 346 (4)*
CALS 314 (4)	ENGL 345 (4)	NAMS 354 (3)*
CALS 352 (4)*	FL 214 (4)	PHIL 120 (4)
CALS 374 (4)*	FL 314 (4)	PHIL 302 (4)
ENGL 214 (4)	FR 314 (4)	SOCI 431 (4)
ENGL 215 (3)	GER 314 (4)	

3. Comparative Perspectives and/or Foreign Languages

AMCS 255 (4)*	FR 475 (4)	SPAN 301 (4)
AMCS 355 (4)*	GER 101 (4)+	SPAN 300 (4)
ARTH 363 (3)	GER 102 (4)+	SPAN 304 (4)
CALS 225 (4)	GER 200 (3)	SPAN 305 (4)
CALS 451 (4)*	GER 201 (4)	SPAN 306 (4)
ENGL 280 (3)	GER 202 (4)	SPAN 307 (4)
FR 101 (4)+	GER 210 (4)	SPAN 400 (4)
FR 102 (4)+	GER 300 (3)	SPAN 402 (4)
FR 201 (4)	HUM 201(4)	SPAN 410 (4)
FR 202 (4)	MUS 201 (4)	SPAN 426 (4)
FR 300 (4)	MUS 350 (4)	SPAN 490 (4)
FR 320 (4)	MUS 370 (3)	SPAN 491 (4)
FR 321 (4)	SPAN 101 (4)+	THAR 200 (3)
FR 410 (4)	SPAN 102 (4)+	THAR 373 (3)
FR 411 (4)	SPAN 201 (4)	THAR 374 (3)
FR 415 (4)	SPAN 202 (4)	UNIV 150A/B (9)

+Note: A first-year language course may only be selected if the student has met the high school subject requirement (2 years) in a different language or if the student has completed one year of a different foreign language at the college level.

D. SOCIAL SCIENCES (15 units) *Complete one course in each of the following five groups:*

1. Individual and Society

AMCS 210 (4)*	GERN 319 (3-4)	SOCI 319 (4)
AMCS 339 (3)*	GLBL 300 (3)	SOCI 326 (4)
ANTH 203 (3)	NAMS 200 (3)*	SOCI 375 (4)
CALS 219 (3)*	PSY 250 (3)	WGS 255 (3-4)
CALS 339 (3-4)*	PSY 303 (3)	WGS 375 (3)*
CCJS 201 (4)	PSY 326 (4)	
EDUC 417 (3)	SOCI 201 (3)	

2. World History and Civilization

(History prerequisite: ENGL 101/ENGL 100B)

ANTH 341 (3)	HIST 201 (3)	HIST 380 (3)
GEOG 203 (3)	HIST 202 (3)	

3. United States History

(Prerequisite: ENGL 101/ENGL 100B)

HIST 241 (3)	HIST 251 (3)
HIST 242 (3)	HIST 252 (3)

4. U.S. Constitution & California State & Local Government

POLS 200 (3)	POLS 202 (4)
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5. Contemporary International Perspectives

CALS 432 (4)*	ENSP 200 (3)	POLS 315 (3-4)
CALS 432 (4)*	GEOG 202 (3)	SOCI 305 (4)
ECON 426 (4)	GEOG 302 (4)	
ENGL 203 (3)	POLS 201 (3-4)	

E. THE INTEGRATED PERSON (3 units)

ANTH 318 (3)	KIN 217 (3)
ANTH 340 (3)	KIN 316 (3)
BIOL 318 (3)	NURS 480 (3)
CALS 403 (3-4)*	PSY 302 (3)
EDEC 420 (3)	SOCI 317 (4)
GEOG 338 (3)	WGS 280 (3)
GERN 300 (3)	WGS 285 (3)
GERN 317 (4)	WGS 350 (3-4)

AVERAGE STUDENT WEEK

There are 168 hours per week for students to manage academics, personal life, and work schedule. Use this guide to find out exactly where your time goes.

Academics Based on 15 units (approx. 5 classes) Total = 168 hours

Class Time 15 hours

Most **lecture** classes are 3 units; **lecture/lab** combination classes, and some **preparatory courses** can range from 4-5 units.

Attendance at a class is not always required, though participation in class is almost always required, and is usually part of the course grade. Those who are not there cannot participate. Unlike high school, many instructors will not watch over individual students and remind them of assignments and exams. Your attendance can directly impact your level of success in a course.

Homework and Student Time 30 hours

The rule of thumb is **for each hour spent in class** during the week, at least **2 hours** should be spent outside of class to keep up with the readings, papers, reports, and other homework.

Personal

- A. Eating 15 hours
- B. Structured Physical Activity ? varies
- C. Socializing & Getting Involved ? varies
- D. Transportation ? varies

Students commuting from long distances (to and from school, work, and personal commitments/hobbies) may spend many hours per week doing this depending on traffic and parking difficulties. Allow extra time for parking.

Sleep 56 hours

Sleep seems to be a low priority for many new students, however remember that **SLEEP IS NECESSARY**. Eight hours per night is recommended which equates to 56 hours a week.

Work

Part Time Job 15-20 hours

Please make sure to take into consideration every student has different responsibilities when it comes to income and budgeting finances. Make sure to formulate the right combination of work and school to accommodate your own financial situation.

The numbers show that being a successful college student takes excellent time management skills. As you can see the typical student week **starts with 168 hours**, however, after deducting time for academics, personal life, and work the average student only has **five hours a day to spare**. REMEMBER, commuting, parking, physical activity, socializing and getting involved were all aspects **that were not accounted for**. Use this guide to help manage your time effectively and realistically in order to be a successful student.

Divided by 7 days in a week
= 5 hours remain

DEVELOP YOUR SCHEDULE

Major _____

First Choice Class Schedule

Class Number			Dept.	N°			Sect.			Title	Units	Days	Hours	Place	
1	7	4	8	ENGL	1	0	1	0	0	8	expos. writ/analy reading	4	m w f	11-11:50	Salz 1051

Alternate Classes

*As you develop your schedule, be aware that 1st choice classes may be filled.
You need to be prepared with 2nd choice classes at the same time period!*

Class Number			Dept.	N°			Sect.			Title	Units	Days	Hours	Place	

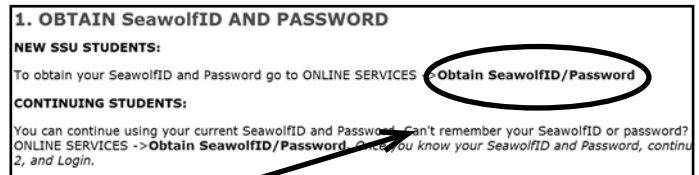
FIRST CHOICE WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.					
9:00 a.m.					
10:00 a.m.					
11:00 a.m.					
12:00 p.m.					
1:00 p.m.					
2:00 p.m.					
3:00 p.m.					
4:00 p.m.					
5:00 p.m.					
6:00 p.m.					
7:00 p.m.					
8:00 p.m.					
9:00 p.m.					

Notes

HOW TO REGISTER

1 To login, first you must obtain your SeawolfID and Password. Go to <http://www.reg.sonoma.edu>



2 In the obtain SeawolfID and Password section, click on the "Obtain SeawolfID and Password" link (see figure 1)

SeawolfID _____

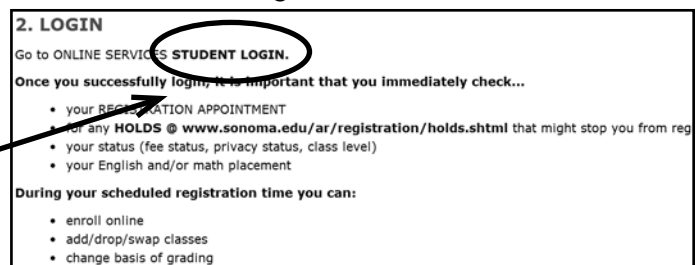
3 Enter required information

Password _____

4 Go BACK to <http://www.reg.sonoma.edu>

Figure 2

5 In the Login box, click on the "Student Login" link and enter your newly acquired SeawolfID and password (see figure 2)



6 Student Login brings you to the SSU Online Services page (see figure 3) which means YOU'RE IN! Click on the "My SSU" button and continue to the next page for registration instructions.

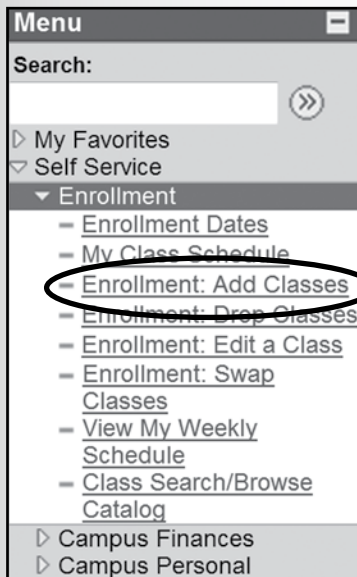
Figure 3



CHECK YOUR SEAWOLF EMAIL FREQUENTLY!

HOW TO REGISTER (CONTINUED)

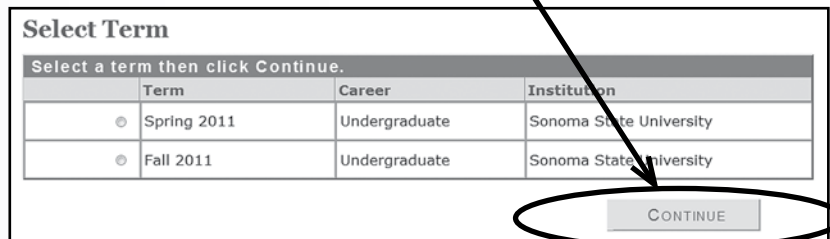
Figure 4



Once you logged on (see previous page), and if it is your enrollment date and time (or open registration), you may begin adding classes. Please check for any holds that may prevent you from registering. On the left menu bar, click on "Self Service", then "Enrollment", then "Enrollment: Add Classes" (see figure 4).

Once you are at the Add Classes page, the first thing you should do is select the proper term you want to enroll in, then click "CONTINUE" (see figure 5).

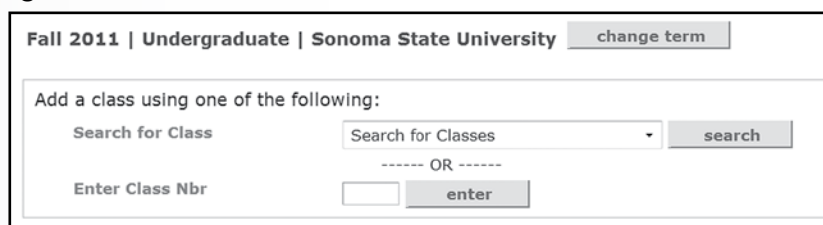
Figure 5



You may start adding classes by one of the following methods:

- The first is to search for a class by clicking on the "Search" button.
- The second method is if you know the class number (Nbr), you can enter it in the "Enter Class Nbr" field (see figure 6).

Figure 6



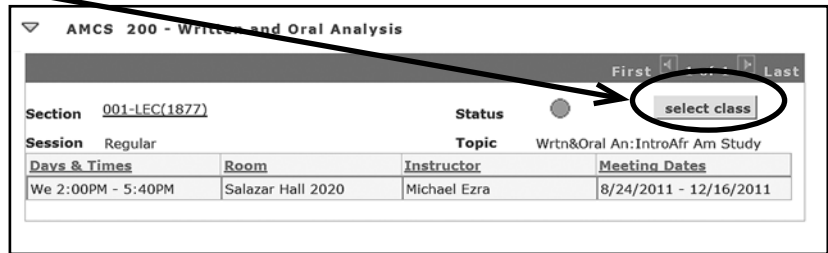
TIP!

- Always print out your schedule of classes when done.
- DO NOT use "Browse Catalog" in the pull down menu under "Search for Classes"
- For more registration help go to: www.sonoma.edu/ar/registration/online_help.shtml or call the Registration Hotline at 707 664-2000

HOW TO REGISTER (CONTINUED)

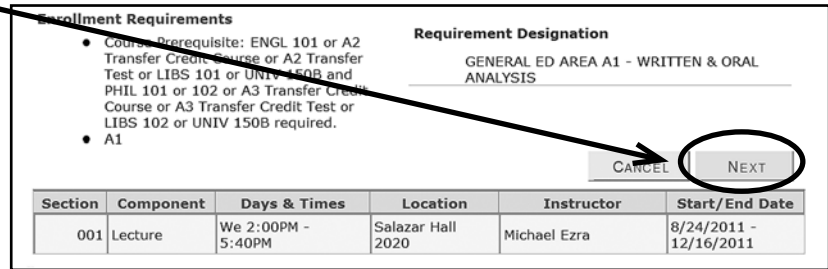
Choose a subject, then a course # and click "SEARCH"; this will take you to the class section information. Click on "Select Class"(see Figure 7).

Figure 7



You will then be brought to the section options screen. Click on "Next" to add a class. Each class that you select will be kept in your Shopping Cart (see Figure 8).

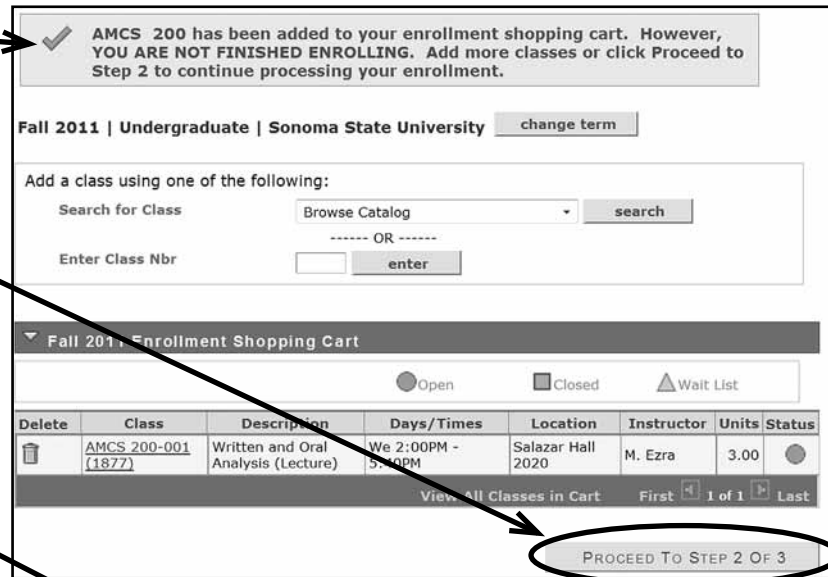
Figure 8



Note: The classes listed in your Shopping Cart have NOT been added yet.

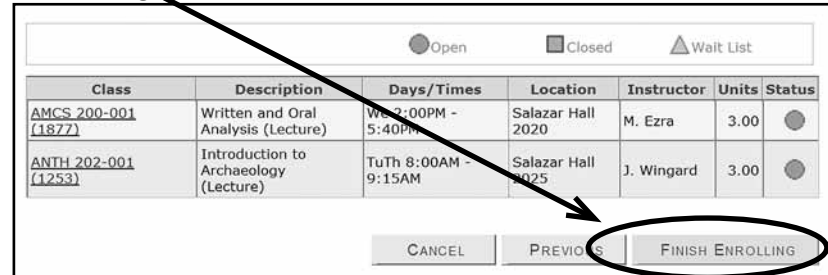
The Shopping Cart will remain active until you either delete or successfully add the classes. Be sure the classes being added are not closed. Continue by clicking on "Proceed to Step 2 of 3" (see Figure 9).

Figure 9



Proceeding to step 2 will bring you to the Confirmation page. Review your selections and click on "Finish Enrolling" to finalize your selections (see figure 10).

Figure 10



The status of your attempt to enroll in the class will be displayed (via icon) on the far right-side of the screen

If you are unable to add a class, the reason will be displayed using an "error" message.

After you have successfully added your classes, you may add another course by clicking "Add Another Class."

SSU ACRONYMS

Like many schools, SSU has our own way of using acronyms to shorten the names of programs, services, and buildings. This list is a guide to some more common acronyms you may hear at Orientation or around campus. If you come across acronyms not listed, please ask what they stand for.

A & F:	Administration and Finance Division	FERPA:	Federal Education Rights & Privacy Act
ADEP:	Alcohol & Drug Education Program	FTES:	Full-time Equivalent Student
ASI:	Associated Students, Inc.	FYE:	First Year Experience
ASP:	Associated Students Productions	IRA:	Instructionally Related Activities
CES:	Conference & Event Services	IT:	Information Technology
CFA:	California Faculty Association	JUMP:	Join Us Making Progress (Community Service)
CIP:	Community Involvement Program	KSUN:	Sonoma State's Online Radio Station (and not a real acronym)
CMS:	Common Management Systems (aka MySSU)	LGBTQ:	Lesbian, Gay, Bisexual, Transgender, & Queer/Questioning
COPLAC:	Council of Public Liberal Arts Colleges	LSS:	Learning Skills Services
CSA:	Community Services Advisor	MCC:	Multicultural Center
CSLIS:	Center for Student Leadership, Involvement & Service	ODP:	Outdoor Pursuits (Campus Recreation)
DSS:	Disability Services for Students	RLC:	Residential Life Coordinator
ELM:	Entry Level Mathematics Test	RSA:	Residential Student Association
EMT:	Educational Mentoring Team	SAEM:	Student Affairs & Enrollment Management Div.
EO:	Executive Order (i.e. from Chancellor's Office)	SSE:	Sonoma State Enterprises
EOP:	Educational Opportunity Program	SSUC:	Sonoma Student Union Corporation
EPT:	English Placement Test	WASC:	Western Assoc of Schools & Colleges
ESL:	English as a Second Language	WEPT:	Written English Proficiency Test
FIG:	Freshman Interest Group		

BUILDINGS ON CAMPUS

ART:	Art Building
COOP:	Cooperage
DAR:	Darwin Hall
FH:	Field House (Gymnasium)
GMC:	Green Music Center
HLTH:	Student Health Center
IVES:	Ives Hall
NICH:	Nichols
P.E.:	Physical Education Building (Gymnasium)
PERSON:	Evert B. Person Theatre
RC:	Recreation Center
CARS/RCH:	Rachel Carson Hall
SALZ:	Salazar Hall
SCHULZ:	Schulz Information Center (Library)
SU:	Student Union
STEV:	Stevenson Hall
ZINF:	Zinfandel

Did you know?

Jack from Jack in the Box, (Jacques Tate, B.A., 1979) television, stage and film actor, puppeteer, physical comedian and stuntman, received the SSU Distinguished Alumni Award in 1997.

The user-friendly integrated library catalog system at SSU is named "Snoopy" in honor of Jean and Charles Schulz, who donated \$3 million to the operation of the building. Charles Schulz was the creator of the comic strip "Peanuts," and the Information Center is named after him.

VERY IMPORTANT NEXT STEPS

Pass your orientation quiz by 11:30pm on July 5, 2011.

- 1) Go to <http://www.sonoma.edu> and click log-in: ssu on-line services
- 2) Log-in with your seawolf username and password
- 3) Click the moodle button
- 4) Click on orientation under course categories in the “my moodle” block
- 5) Complete the quiz with 100% correct answers (you can take the quiz as many times as you need)
- 6) Look for an email from the orientation office regarding your registration appointment

Note: Students who do not pass the quiz with 100% correct answers by 11:30pm on July 5, will need to wait until open registration to schedule their courses.