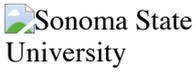


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ACADEMIC PROGRAMS

ACADEMIC PROGRAMS



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- Enrollment and Student Academic Services / Student Affairs / International Services / Athletics / Health and Wellness
- Once you have decided to attend Sonoma State University, how do you make sure that you take full advantage of your university experience?
- At Sonoma State University, we are committed to enhancing the quality of life for all students. The University offers a wide range of student services and co-curricular programs and activities to support our goals of student satisfaction, retention and graduation. We encourage you to become familiar with these services and programs that enrich your college experience. They are provided by the professional staff in Enrollment and Student Academic Services and Student Affairs.
- Enrollment and Student Academic Services include the Office of Admissions and Records, Office of Financial Aid and Scholarships, Residential Life, Academic Advising, Educational Opportunity Programs, Testing, Tutorial Program, Learning Skills Services, International Services, Career Development, Experiential Learning, New Student Orientation, Disability Resources, Alcohol and Drug Education Program, and the Educational Mentoring Teams.
- The goal of Enrollment and Student Academic Services is to provide all students with the necessary academic support to ensure that the time spent pursuing your educational objectives is both productive and satisfying. Enrollment and Student Academic Services aims to provide timely, accurate, and consistent information that will help students in achieving educational, career, and life goals, both while attending Sonoma State and after graduation.
- The division of Student Affairs includes the Office of Campus Life, Women's Resource Center, Student Union, Inter-Cultural Center, Recreational Sports, Fitness Center, Intercollegiate Athletics, Student Health Center, Children's School and Pre-College Programs. The division also works closely with the programs of the Associated Students.
- A unifying goal for the programs in Student Affairs is improved retention and graduation of our students. By promoting a positive campus climate and encouraging educational equity, the division contributes to the sense of community for our diverse student population. Student Affairs programs are designed to enhance the emotional, social, and physical development and well-being of our students. The desired outcomes are increased self-understanding, self-esteem and self-motivation, as well as the development of leadership skills, cultural awareness, responsible behavior, and respect for others.
- Through collaboration with the faculty, the professional staff of Enrollment and Student Academic Services and Student Affairs continually assesses and responds to the needs of students in order to provide you with a rich and rewarding experience at Sonoma State University.
- Students admitted to and attending Sonoma State University benefit from the many available academic support programs offered through Enrollment and Student Academic Services as they find these services and programs essential to their transition into, through, and out of the University.

Enrollment and Student Academic Services

Student Academic

Services Administration
Salazar Hall 1018
(707) 664-4237

www.sonoma.edu/sas/admin/sasadm.html

Vice Provost

Katharyn W. Crabbe

Enrollment and Student Academic Services provides comprehensive and integrated student services programs for all students and directly supports the recruitment, retention, graduation, and satisfaction of Sonoma State University students. These services include the Office of Admissions and Records, the Scholarship Office, Residential Life, Academic Advising, the Educational Opportunity Program, Testing, Tutorial Program, Learning Skills Services, International Services, Career Development, Experiential Education, New Student Orientation, Disability Resources, Alcohol and Drug Education Program, and the Educational Mentoring Teams.

Mission Statement

The mission of Enrollment and Student Academic Services at Sonoma State University is to provide comprehensive recruitment, advising and support services to assist students in clarifying their educational, career and life goals, and in the development of educational plans that will aid them in their preparation for these goals. Our goal is to provide students with the necessary academic support to ensure that time spent pursuing their educational objectives is both productive and satisfying. By providing timely, accurate and consistent information and services to students that relate to their developmental needs, the services contribute to the success of students in their pursuit of their educational, career, and life goals, both while attending Sonoma and after graduation.

Enrollment and Student Academic Services staff members collaborate with instructional faculty in meaningful ways that result in students overcoming specific educational, financial, personal or cultural barriers as they transition to Sonoma and as they navigate the curriculum during their time at Sonoma. Educational equity is an important aspect of the SSU experience and Enrollment and Student Academic Services contributes to students' appreciation of student diversity through various programs across the campus.

The programs in Enrollment and Student Academic Services are organized to create an environment where community is important and student success is achieved beginning with the students' admission to Sonoma through to graduation. Descriptions of the programs and initiatives within Enrollment and Student Academic Services follow.

Several programs within Enrollment and Student Academic Services provide services to all students and utilize all Enrollment and Student Academic Services staff. With the concern for the quality of life of students, their satisfaction with the SSU experience, and the need to provide the environment for students' many transitions, programs such as the Educational Mentoring Teams and Orientation programs welcome students to the University and provide the framework for such important transitions. Student Leadership opportunities as well as drug and alcohol education programs involve all aspects of student development.

Educational Mentoring Teams

The Educational Mentoring Team (EMT) program is an advising and college orientation program for incoming first-time freshmen. An EMT consists of a faculty member, a student services professional and a peer advisor. As students make the transition to Sonoma State, one of the most important roles the EMT plays is providing accurate advising to incoming students so they begin their educational career with appropriate coursework and educational and career planning.

All incoming students are assigned to an EMT to ensure all students are advised during their transition to the University. Each team provides the instruction for a three-unit Freshman Seminar course and the academic advising for assigned freshmen. While the course is not required for graduation, most freshmen will benefit from understanding how to access the various resources on campus, such as the computer network and the Jean and Charles Schulz Information Center, as well as other topics such as:

- the meaning, value, and expectations of a liberal arts college education.
- problem solving and decision making: selection of a college major and a future career choice.
- navigating the university curriculum: how to graduate in four years.
- learning how to learn: study skills and success in college.
- interpersonal relations and related student lifestyle responsibilities regarding wellness, alcohol and drug use, sexual harassment, and many other important topics.

In addition to offering the opportunity to become oriented to the many services the university has to offer, the EMT is an ideal setting for developing important connections with other students who are new to the University.

During the first year, student EMT contacts include advising, class time (Freshman Seminar), and informal social activities. After the first year, the EMT remains accessible for ongoing advising and assistance as students continue their studies at SSU. The EMT program ensures that each new student has at least two faculty/staff members from Sonoma who are there to guide them through their academic career and help make their university experience a satisfying one.

Each EMT consults with other campus team members to solve problems or help students receive technical assistance when needed. Team members include staff from Admissions and Records, Residence Life, Educational Opportunity Program (EOP), Advising Center, Career Services, Learning Skills Services, and others as appropriate.

Orientation

New students at Sonoma State University are urged to participate in a variety of orientation activities that introduce them to the many facets of campus and community life. Summer Orientation is offered during June and July. Incoming students (and interested parents) learn about Sonoma's programs, services, and environs, assisted by trained student leaders, faculty, and staff. The orientation program offers advising and early registration for fall classes for first-time freshmen. The summer program is augmented with Welcome Week activities at the beginning of the fall semester.

Student Leadership Development

(707) 664-4033

Enrollment and Student Academic Services recruits and trains student leaders to fill a number of important student leadership positions including the Peer Mentors for the Educational Mentoring Teams, Orientation Leaders for the Orientation Programs, Summer Bridge Leaders, and the Community Service Advisors for the Residential Life Community. All student leaders participate in extensive training, beginning with enrollment in UNIV 238 Group Leadership Skills and through participation in intensive training for the programs in which they become leaders.

Residential Life

Zinfandel Hall

(707) 664-4033

www.sonoma.edu/sas/reslife/about.htm

The campus Residential Community provides comfortable, convenient, personalized living accommodations for almost 2,650 single students. The residential life program is designed to be an important part of the student's overall educational experience by providing recreational, social and educational opportunities. The professional Residential Life staff are trained as educational mentors and academic advisors.

The professional and student staff within the Residential Community provide personal support for the individual student in transitioning to the university environment. There is a diverse program of activities to create a sense of belonging in the Residential Community and the university through providing and supporting social, recreational, athletic, and cultural programming. These may include a trip to see Phantom of the Opera or Mama Mia, hear Maya Angelou speak, whale watch at the ocean, play on an intramural team, or barbecue with neighbors.

The Residential Student Association, the student government for residents, is an outstanding opportunity to develop leadership skills. RSA is responsible for representing resident concerns to the University administration as well as planning major program events within the residential community. DREAM (Daring to Reach Equality Among Many) is a resident organization devoted to promoting multicultural understanding. Our Residential Life student groups are involved in regional and national organizations, enabling students to expand their skills and abilities.

Special living options enhance the student's university experience. Freshman Interest Groups (FIGS), Women in Math and Science House, International House, Upper-Division, and Substance-Free Living Environments are among the current options.

Advising Center

Salazar Hall 1060

(707) 664-2427

www.sonoma.edu/sas/advising/

The Advising Center provides the following services that help students stay on track towards graduation:

- Academic advising for undeclared students
- Career advising for all university students
- Transitional advising for Educational Opportunity Program (EOP) students

Academic Advising for Undeclared Students

All SSU continuing students are assigned an academic advisor. Students with declared majors are assigned an advisor within their academic departments. Undeclared students are assigned an advisor from the Advising Center.

The advisors use an integrated advising and career development approach. Undeclared students are assisted in identifying appropriate general education and other coursework that will meet their academic goals toward graduation. Undeclared students are encouraged to begin career development planning to identify areas of interests in order to declare a major by the end of their sophomore year.

Advisors participate on Educational Mentoring Teams (EMT) and teach Freshmen Seminar courses to assist and advise first time freshmen in their transition to Sonoma. The Advising Center is also responsible for providing information and training for EMT advisors, faculty advisors, and for helping students with particularly difficult advising problems who are referred by their faculty advisors.

Career advising for all university students is available on a drop in basis. Students are encouraged to use our Career Services including the various electronic programs as tools to begin their self-initiated exploration into possible career interest areas. See Career Services.

Educational Opportunity Program

The Educational Opportunity Program (EOP) is charged with improving access and retention of historically low-income and educationally disadvantaged students who have the potential to perform and succeed in the California State University. The EOP provides admission, academic, and financial assistance to eligible undergraduate students. Students who wish to apply to the EOP can receive an application from their current school or check the EOP response on the CSU admission application. The SSU Admissions and Records Office will send EOP applications to interested students.

Sonoma State University's EOP is within the division of Enrollment and Student Academic Services. Sonoma's EOP provides a comprehensive array of services to support student success at our University with graduation as the goal for all EOP students. From the point of admission to the university, advisors provide academic, career, and transitional advising to EOP students. Advisors assist students with concerns regarding housing, financial aid, and balancing college with personal life demands while meeting graduation requirements.

The students, faculty, and staff work together to create a supportive community that reflects and respects diverse backgrounds and cultures and recognizes the innate value of all people and their natural ability and desire to learn.

EOP Academy

The Educational Opportunity Program (EOP) Academy is designed to provide academic and social support for our incoming EOP First-time Freshmen (FTF), through the creation of a learning community. Incoming students will enroll in a block of classes with approximately 20 other EOP FTF. This block consists of an English class, Freshman Seminar (University 102), and a general education class. Students will choose the remainder of their first semester courses with the help of an advisor. It has been demonstrated that students taking part in this type of learning community tend to adapt more quickly to the challenges of college, and in turn, become more

successful students during their first year than students taking classes on an individual basis. They form a connection to the university, develop a peer support group, and receive assistance from their faculty more quickly and more effectively than do other students. During their second semester at Sonoma, the EOP Academy students will continue to take a group of classes organized for them, which will include either an English class or a course in Critical Thinking, a GE class, and an elective course from a number of class offerings.

Summer Bridge Program

The Summer Bridge Program at Sonoma is designed to facilitate the successful transition of historically low-income and first generation college students to the university setting. This transition process is developmental in nature and includes personal, social, and educational areas. The program is designed to address the whole student in their new context of the university and in an integral part of EOP services. All incoming EOP first-time freshmen (FTF) attend Summer Bridge.

The Learning Center

Salazar Hall 1040
(707) 664-2853/2429

The Learning Center at Sonoma provides comprehensive learning assistance programs through the staff of the Learning Skills Services program and the student/peer tutors of the Tutorial Program.

Learning Skills Services

(707) 664-2853

Learning Skills Services is a Student Support Services Project funded by the U.S. Department of Education that is designed to assist low-income, first-generation college, and physically or learning-disabled students and to enhance their knowledge of learning strategies that promote retention and academic success in university courses.

An interdisciplinary staff provides instructional services in coordination with other campus units. These services include educational assessment; individual and small-group instruction; workshops; supplemental instruction for selected GE courses; Learning Strategies courses (UNIV 103, 103A, 103B and 103C); a writing lab; self-paced and computer-assisted instruction; and other special academic support activities.

Students are supported in developing skills such as time management, math anxiety management, overcoming writing apprehension, promoting more effective and efficient reading and study habits, and test-taking strategies. Learning Skills Specialists work closely with faculty and advisors to provide students a network of support that encourages high achievement and a successful university experience.

Tutorial Program

(707) 664-2429

The Tutorial Program provides free tutoring to all enrolled Sonoma State University students for a large variety of courses. Services are available during daytime and evening hours. The primary goal of the program is to encourage and assist students in the development of their potential as independent learners. To ensure needs are met, students are encouraged to submit requests for tutoring in subjects for which tutoring is not currently offered, for additional tutoring times, or for individual tutoring.

The Tutorial Program provides the following services for students:

- **Individual and small-group tutoring.** Appointments for up to two hours per week for each of two subjects are available during daytime hours at the Learning Center. Appointments may be reserved for the semester.
- **Foreign language conversation groups in Chinese, French, German, Italian and Spanish.** Students who are enrolled in SSU foreign language classes or those who simply wish to practice speaking may attend weekly conversation groups.
- **Study groups.** Study groups facilitated by a tutor meet weekly for subjects such as biochemistry, human anatomy and physiology, organic chemistry, environmental studies, calculus, statistics, and other subjects.
- **Standardized test preparation.** Assistance in preparing for standardized tests such as GRE,

CBEST, WEPT, etc., is available during daytime hours.

- **Writing assistance.** Tutors provide English writing assistance for any course, with applications for graduate school and scholarship applications, and preparation for writing exams.

Students also are encouraged to apply for tutoring positions. Tutors must have at least a B, preferably an A, and instructor recommendations in the course they wish to tutor.

SSU Writing Center

Schulz Information Center 1103
(707) 664-4401
www.sonoma.edu/programs/writingcenter

The SSU Writing Center offers assistance on writing-related issues to all members of the SSU community, with the primary goal of helping students improve as academic writers. Students can request tutoring help on any writing task and at any point in the writing process, from generating ideas to editing for correctness. In addition to one-on-one and group tutorials, the Center offers online services on our Web site.

The center also offers in-class workshops for students on writing-related issues and consultations for instructors and academic units on improving writing across the curriculum.

Call or come to the Center to make tutoring appointments or to talk with the director, Scott Miller, about other services.

Disabled Student Services

Salazar Hall 1049
(707) 664-2677 (voice)
(707) 664-2958 (TDD/Text Telephone)
www.sonoma.edu/sas/drc/drc.html

Disabled Student Services (DSS) ensures people with disabilities equitable opportunities for higher education and promotes the civil rights of students with disabilities. Students are challenged and supported in developing self-determination and independence as people with disabilities. DSS assists in educating the campus community to the rights of people with disabilities, as well as the contributions they make to the university. At the University, students with disabilities are considered underrepresented, educational equity students. DSS works within the university community, ensuring that it upholds its responsibilities to recognize and develop these students' competencies.

Disabled Student Services offers a coordinated, wide-ranging program that reflects Sonoma State University's emphasis on the autonomy and responsibility of the individual. DSS recognizes the growth-catalyzing power of disability and differentness and works closely with students in their development of self-advocacy skills.

Access will be different for each student, depending on the individual's needs. Disabled Student Services guides and encourages students to use university resources that will bring them success and independence.

An Accessible Learning Environment

Physical accessibility is important to SSU. The campus site is flat, making it easier to travel from one location to another. Campus compliance to current structural access laws is an on-going consideration with Facilities Planning. Campus accessibility specifically includes curb cuts, ramps, elevators, water fountains, telephones, restrooms, and power doors.

Disabled Student Services coordinates auxiliary services to ensure that the University's obligations to state and federal laws prohibiting disability discrimination are fulfilled.

Services

The goal of Disabled Student Services is to foster student development and to promote independence and self-advocacy by offering a progressive, non-intrusive style of service delivery. Disability management advisors are available for personal and academic advising. After

registering with the program, services are available to any student with a disability, including physical, psychological, perceptual, learning, and temporary. Students must come in to the office to provide medical verification and to register for services. The University does not provide the testing for disability verification.

Disabled Student Services maintains a team approach to providing services. Liaisons are established with key staff in other departments including the Library, Admissions and Records, Financial Aid Office, Residential Life, Learning Center, Academic Advising, Career Services, Educational Opportunity Program, Counseling, and other programs.

There is a student club on campus, Disabled Students and Friends, that meets as a support and advocacy organization on behalf of students with disabilities.

Registered students with verified disabilities may be eligible for services from DSS such as:

Educational services

- registration assistance
- goals clarification
- consultation and advocacy

Classroom-access services

- readers
- notetakers
- interpreters
- testing arrangements
- cart rides

Adaptive services

- close-in parking
- adaptive equipment
- TDD
- campus orientation
- individual accessibility needs
- Assistive Technology Lab

Support services

- liaison with the state Department of Rehabilitation
- disability management advising
- assistive technology assistance and consultation
- liaison with other campus departments and programs

Reentry Services

Sonoma State University encourages all potential students in the pursuit of educational goals and personal and professional development.

Mature learners who have been away from the academic environment for some time, and wish to return to school, should contact Recruitment and Outreach, (707) 664-3029, for information about admissions criteria and support services.

Career Services

Salazar Hall 1070
 (707) 664-2196
www.sonoma.edu/sas/crc/

Entering the new millennium, Sonoma State University's Enrollment and Student Academic Services Career Services has become a pivotal link from the world of academia to the ever-changing environment of the work world. Career Services is a comprehensive center that provides internship and community service opportunities, student employment, electronic information/job bulletin boards, career, graduate school, testing, and international student and national student exchange resources. Career Services assists all students with their life and career planning by offering programs and services for every phase of the career decision-making process, encompassing career planning, experiential education, and employment services. Career Services

is committed to providing accurate and up-to-date career-related information to the students, faculty, alumni, and staff of this institution.

Online Services

Employers are increasingly utilizing technology in their search for new employees, and students can access specific information directly from the center's web page in the office or in the privacy of their own rooms. Ninety percent of all services offered through the office of Career Services are on-line and accessible 24 hours per day. The goal is to provide students with the opportunity to explore careers, research employers and find meaningful employment appropriate to her/his abilities, aspirations and interests, through the use of the Internet. The Web site is designed to help students with all aspects of the career planning and preparation process.

A partnership with an online recruiting service that uses the most advanced Internet technology helps students explore internship and career opportunities. This is especially useful for students enrolled at a liberal arts institution like Sonoma because this recruiting service is focused on skills rather than specific majors. This service significantly enhances Career Services' ability to provide immediate marketing of career opportunities to hundreds of Sonoma students and alumni - at no cost to the student. Students can link to other job search resources on the Internet locally, nationally, and abroad.

Career Planning

A full range of tools is available to students to use independently that includes, but is not limited to, interactive, computer-assisted career planning programs such as CHOICES and EUREKA, online Self Directed Career Planning, career-life planning courses, and short self-assessment workshops. By collecting information on career and employment trends, labor market statistics, employer profiles, and other information pertinent to the interests of students and maintaining it in the Center, the center serves as a starting point for students' occupational research. Preliminary advising about selecting and applying to graduate/professional school is also provided. Directories and database information about employers, graduate degree programs and schools are located within Career Services.

Experiential Education

Employers increasingly seek candidates with relevant work experience as well as pertinent degrees. The University supports the concept that real-life work experiences have tremendous educational value, particularly if they are properly coordinated with a student's course of study and career plans. Experiential education takes many forms: community service, internships, part-time work, volunteering, community involvement, practicum and cooperative education, among others. To promote experiential education, over 30 academic departments offer university credit under the rubric of the Community Involvement Program and Internships. Career Services lists current field experience placements for students to begin developing their track record of hands-on experience in support of their majors and career fields.

Community Involvement Program

Informed and active citizenship is an important aspect of a strong liberal arts education. Sonoma promotes community service as a relevant component of students' academic studies. Student volunteers can develop awareness of community issues and increase their sense of social responsibility while accruing valuable work experience.

The Community Involvement Program is designed to facilitate experiential learning and service to the community by providing a means for students to earn academic credit for their volunteer experiences. Students volunteer in a variety of settings, including schools, hospitals, recreation programs, group homes, day care centers, senior centers, and various other social service and educational agencies.

Elective credit of 1 to 4 units may be granted on a Cr/NC basis upon the satisfactory completion of the terms of the volunteer agreement as required by the faculty sponsor. A minimum of 30 hours of work for each unit of credit is required. This is documented by each student on a time log, certified by the on-the-job supervisor, and submitted to the faculty sponsor at the end of the semester. Additional materials such as journals, case notes, or papers may also be required. A total of 6 units of CIP may be applied toward an undergraduate degree. Each department that offers CIP

designates a faculty sponsor who coordinates the seminars and other academic components of the program, evaluates each student's work, and awards credit at the end of the semester. More information about CIP can be obtained in departmental offices and Career Services.

Internships

An internship is a paraprofessional or pre-professional experience designed in close consultation with a faculty advisor which gives the student an opportunity to apply knowledge from the classroom in an employment setting consistent with the student's chosen career field. Internships allow students to gain in-depth, practical work experience and academic credit simultaneously. Internships are popular among students because they recognize that internships are a powerful conduit to the best jobs. Recent surveys indicate that nearly three-quarters of all college students do an internship before they graduate, compared to one in thirty-six in 1980. Today, employers are looking for work-related experience - especially internship experience.

Usually, advanced undergraduate or graduate students work in paraprofessional or pre-professional positions in settings that relate to their career and academic goals. Additionally, there must exist a clear and specific relationship to an academic program (major, minor, or certificate program). Internships are supervised programs of work and study in governmental, community service, technical, business, or educational settings. They usually involve 12 to 20 hours of work each week. Forty-five hours of on-the-job work are required along with the other academic requirements specified on the internship agreement for each unit of academic credit. Students must check with their individual academic departments for specific academic requirements pertaining to internships.

Internships, or other forms of practical experiential education, are required in some departments and are optional in others. Internship opportunity listings are available in Career Services and on the Web site. Faculty sponsors in each department handle internship supervision and evaluation. Internships sometimes involve regularly scheduled seminars that expand on the supervised work experience and may also involve a substantial paper in which students are expected to demonstrate the relationship between the practical internship experience and the theoretical foundations of their discipline.

Internships may be either paid or unpaid, for credit or not for credit, and they may extend one semester, a summer or a whole year. Many students begin as volunteers in a particular setting and then subsequently develop a more structured placement as an intern. This continuum of experience often provides the skills and background necessary to gain meaningful employment upon graduation.

Employment Services

Career Services works with students and employers to maximize students' success in locating employment related to their fields of interest and to satisfy employer demand for employees with up-to-date skills. Helping students conduct an effective job search is supported through workshops such as Labor Market Information, Job Search Strategies, Resume Writing and Interview Techniques. Services are available that respond to students' complete range of employment needs, including part-time and seasonal jobs as well as full-time, career-related employment.

Part-time and seasonal job listings are continually developed, and thousands of opportunities are posted for self-referral to help students earn money to support themselves during their college years and to make valuable career connections. In addition to developing off-campus opportunities, Career Services serves as the posting location for all on-campus student employment positions, including both student assistant and federal college work-study jobs.

The center receives more than 30,000 full-time job listings for use by students and alumni. On-Campus Interviewing also assists students in their transition to the world of full-time work. Career Fairs bring employers to campus that are seeking to hire entry-level professionals.

Testing Services

Salazar Hall 1070
(707) 664-2947
www.sonoma.edu/sas/career/testing

Testing Services provides a variety of services to the campus community designed to assist students in their admission, placement, and graduation requirements. Tests are offered on a regularly scheduled basis. An annual test calendar is included in the Schedule of Classes and in the Career Services Office. Students must pre-register for all tests.

Disabled students who require special arrangements should contact Disability Resources at (707) 664-2677 or (TDD) (707) 664-2958 at least one month prior to the test date.

The following are regularly offered through Testing Services:

Undergraduate candidates for admission

- ACT-Residual (SSU only)

Placement tests

- CSU English Placement Test (EPT)
- CSU Entry-Level Math Test (ELM)

Graduate school candidates

- Graduate Record Exam (GRE), Subject Tests only
- Medical College Admissions Test (MCAT)

Teacher credential candidates

- PRAXIS Tests

Credential candidates should contact either the Credentials' Office, at (707) 664-2832, the Recruitment and Information Specialist, at (707) 664-2593, for test requirements.

Students interested in graduate work at Sonoma State University must check with their department about specific testing requirements.

Student Affairs

Division Office

Stevenson Hall 1054
(707) 664-2838

www.sonoma.edu/StuAffairs

Vice President for Student Affairs

Rand Link

The Vice President for Student Affairs provides overall supervision and direction for various student programs and services at the university. The Student Affairs Division includes the Associated Students, Children's School, Counseling and Psychological Services, Intercollegiate Athletics, the Office of Campus Life, Pre-College Programs, Student Health Center, the Student Union (including the Inter Cultural Center), the Recreation Center, and the Women's Resource Center.

Mission Statement

The mission of the Student Affairs Division at Sonoma State University is to enhance students' educational experience through programs and services that contribute to their intellectual, emotional, social and physical development. The Division provides a continuum of services and programs that begin before matriculation and continue beyond graduation.

Student Affairs staff members are educators who work in collaboration with the campus community to create programs and services that are learner centered and based on the knowledge of human development. The outcomes we seek for students are increased self-understanding, self-esteem, and self-motivation, as well as the development of leadership skills, appreciation of human diversity, responsible and healthy behavior, and respect for others.

A unifying goal for the Student Affairs Division is increased student retention, graduation, and satisfaction. The promotion of a positive campus climate and a sense of community for a diverse student population is a guiding principle for our programs. In summary, the Student Affairs

Division serves a crucial integrative function between the needs and aspirations of our students and the goals of the University.

Associated Students, Inc.

Student Union Building
(707) 664-2815
www.sonoma.edu/AS

The Associated Students, Inc. (ASI) is a non-profit corporation that serves to enrich the lives and education of Sonoma State University students. This mission is realized through two distinct roles. First, ASI promotes student interests through advocacy and representation. Second, as a corporation owned and governed by students for students, ASI supports and sponsors a variety of programs, services, clubs, and organizations. ASI encourages opportunities to enhance the development of students through leadership participation, community service, social interaction, and the development of individual attitudes and values.

ASI offers students the chance to represent fellow students and advocate for student interests at Sonoma State and statewide as ASI Executive Officers, as members of the ASI Board of Directors, and as Committee Representatives. All SSU students (excluding fee waiver students) are eligible to serve in these positions and students are elected or appointed to office for a one-year term. Student government allows students to develop leadership, decision-making, budget management, and policy-making skills. More than 200 students participate in our campus democracy.

The Associated Students, Inc. services for students include: Transitional Housing, the Short Term Loan program, supplemental health insurance, sports club insurance, and "banking services" for clubs. In addition, the Associated Students, Inc. sponsors the following programs for students:

The Children's School

The Children's School provides early childhood education and childcare services to the children, ages 1 to 5 years old, of students, staff, and faculty. Credentialed teachers, student assistants, and interns staff the school. Parents have the opportunity to be involved with the school through parent participation; either working in the classroom, fundraising, projects, or advocacy. Our school also functions as a child development laboratory for many different academic departments and is widely respected as a model training environment for the optimal development of young children.

Lobby Corps

Lobby Corps provides students the opportunity to articulate the student voice on local, state, and national issues. Students gain valuable skills and experience while lobbying for change.

Associated Student Productions (ASP)

ASP is Sonoma State's student programming board. They produce, on and off-campus co-curricular activities, including top-name concerts, lectures, noontime concerts, special events, and dance parties.

JUMP (Community Service Program)

JUMP offers community service opportunities for students in a variety of settings. JUMP operates five distinct programs: SOUP, our hunger and homelessness awareness program; Adopt-A-Grandparent, our elderly program; Cougar Club, our after-school tutoring program; Events Committee, our one-time special events committee; and the Volunteer Referral Service, our community placement service.

Student Union

Student Union
(707) 664-2382
www.sonoma.edu/union

The Student Union serves as the campus center for cultural, social, and educational activities at Sonoma State University. As the "community or family room" of the campus, the Student Union provides, in addition to the building itself, many of the programs and services members of the campus community need in their daily life on campus. The Union also houses the Office of Campus Life, the Women's Resource Center, the Associated Students, and Associated Students

Productions, which handles on-campus entertainment. The Student Union meeting rooms accommodate many of the activities that contribute to the exciting environment at Sonoma State University. Many student-oriented services are housed in the Student Union, including the Pub, which provides day and evening food service, lounge areas, low-cost copy services, and an ATM. Students are encouraged to participate in all phases of the planning and development of the union through the Student Union Board of Directors and its committees. The Student Union sponsors:

The InterCultural Center

The mission of the InterCultural Center (ICC) is to support the recruitment, retention, and graduation of a culturally diverse student body. The ICC provides a central location for the diversity oriented clubs and organizations on campus to meet and plan activities that educate and enhance the overall campus community. The ICC Coordinator supports the planning and implementation of these student-initiated and student-related educational, cultural, and social events of interest to the multicultural organizations. The office serves as a center of support and community building for SSU's ethnically and culturally diverse student body.

Campus Recreation (Recreational Sports and Open Recreation)

The Recreational Sports Program offers a wide variety of activities through intramural sports, outdoor pursuits, aerobics, special events, dance/movement classes, bike maintenance, and sports clubs. Opportunities include team sports, camping and adventure outings, one-day events, activity classes, and more. The Open Recreation program promotes fitness and recreational pursuits during scheduled hours in the Fitness Center, swimming pool, main gym, and field house. Activities include weight lifting, cardio workouts, swimming, basketball, volleyball, indoor soccer, and others. Additionally, Open Recreation offers Wellness Programs including personal training, nutrition assessment, and body composition assessment. The Student Recreation Center, scheduled to open in late 2004, will offer exciting new programs and activities to the SSU community.

Campus Life

Office of Campus Life
 First Floor, Student Union
 (707) 664-2391
www.sonoma.edu/CampusLife/

The Office of Campus Life (OCL) is committed to the development of the whole student. Its staff creates and promotes CO-curricular educational and leadership opportunities for students.

Major programs coordinated by OCL include:

Student Organizations

Provides support, advice and oversight to chartered student clubs. Ongoing support and advising to chartered student organizations is provided on event planning, fundraising, membership recruitment, and other club related topics.

Greek Life

Provides advising, support, and educational program to campus sororities and fraternities, Panhellenic, Inter Fraternity Council, Order of Omega, and provides educational programming for the Greek Community.

Leadership Development

Conducts workshops, classes, and retreats in leadership skill development to maximize students' effectiveness as campus and community leaders. Coordinates UNIV 238 course offerings.

Peer Education

Student Advocates for Education (SAFE) peer educators are trained to facilitate interactive workshops that encourage positive behaviors in the areas of health, lifestyle, and personal safety.

Sexual Assault Prevention Education

Provides year-round prevention education to the campus and the community, including the annual display of The Clothesline Project and the Take Back the Night March. The Sexual Assault Prevention Educator also provides information, support, and referral to survivors of sexual violence.

Student Elections

Oversees annual elections for officer positions in student government (Associated Students) and special elections on issues of importance to the student body.

Women's Resource Center

First Floor, Student Union
(707) 664-2845
www.sonoma.edu/CampusLife/WRC/

The Women's Resource Center promotes understanding of gender issues on campus and in society at large and works to empower women to develop their full potential. The Center brings attention to and challenges barriers to the inclusion, equality, and advancement of women in all areas of society.

A campus and community resource, the WRC coordinates such programs as Women's History Month each March and Sexual Assault Awareness Month in April, plus year-round lectures, workshops, films, conferences, and events by, for or about women. Many of these events are cosponsored with student clubs, faculty members, or community groups.

The WRC is staffed weekdays by student assistants, volunteers, and interns. The office houses a lending library of more than 800 books, publications, and videotapes on gender issues. Its lounge provides a study, leisure, reading, and meeting area for individuals and campus clubs.

The WRC also provides information about and referral to on- and off-campus events, resources, social services, and organizations. *Crossroads*, the WRC newsletter, is published each semester and covers local events, activities, and issues concerning women.

Early Childhood Education and Care

The Children's School
Children's School Building
(707) 664-2230
www.sonoma.edu/org/cs/

The Children's School, a program of Sonoma State University's Associated Students, provides early childhood education services to faculty, staff, and student families attending SSU for children ages 1-5. Our developmental program provides a nurturing learning environment for children, and supports the parents through active participation with their child's education.

The Children's School also provides child development laboratory experiences and internships for many different academic departments on campus.

The population of students, parents, staff, and faculty, represents diverse cultural and ethnic backgrounds. Our goal is to utilize the richness of the campus community while providing optimum services to our families.

For enrollment information call the Children's School.

PreCollege Programs

South Field House
(707) 664-2428
www.sonoma.edu/precollege

The goal of Sonoma State University PreCollege Programs is to ensure that participating students are academically and socially prepared to succeed in a college environment. The programs assist students in achieving and maintaining academic excellence, facilitate college planning, and conduct academic advising. Some programs offer summer camps, activities, field trips, and college

tours. Eligibility varies by program, please call individual offices for information. All programs are free of charge.

Academic Talent Search Program (ATS)

(707) 664-3122

The Academic Talent Search Program is designed for 6th -12th grade Sonoma County students with academic potential. ATS outreach staff and instructors provide the program's 700 participants workshops on self-concept development, career education, preparation for college entrance examinations, and various summer academic skills development sessions. Through field trips, college campus tours, and workshops, students receive information about college placement and financial aid. Program participants are low-income and/or potential first-generation college students. ATS is a federally funded program.

Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR-UP)

(707) 535-7700

GEAR-UP aims to increase student academic achievement and subsequent enrollment in postsecondary education. GEAR-UP is a federally funded program serving the Class of 2006 at Elsie Allen High School. GEAR-UP began in 2000-2001 when the students were in their 7th grade year at Cook Middle School. GEAR-UP follows this cohort of students through graduation at Elsie Allen High School. The program is designed to promote equal access to college for all students; promote student enrollment in college preparatory classes; implement educational and career assessment, planning, and guidance; expand family-centered empowerment training and services; assist with and provide for professional development; develop and strengthen partnership and interagency collaboration.

Upward Bound Program

(707) 664-4073

The Upward Bound program is designed for low income and/or first generation college 9th - 12th grade students attending targeted high schools in Sonoma County. All Upward Bound students attend an academic year program and a Summer Academy program that emphasizes both academic and motivational skills development. The academic year program consists of interdisciplinary classes in mathematics, science, language arts, and foreign language. Students also participate in career development, college placement, academically related elective classes, and after-school tutorial services. The six-week Summer Academy program takes place at Sonoma State University. Classes meet Monday through Thursday and include mathematics, science, literature and composition, computer science, social and cultural studies, visual arts, physical education, self-awareness and preparation for college entrance examinations. Students also participate in college tours, social, cultural, and educational field trips. The Upward Bound program is federally funded.

Upward Bound Math and Science Program

(707) 664-4073

The Upward Bound Math and Science program provides low income and/or first generation college high school students attending targeted high schools in Sonoma County with an intensive six-week Summer Academy course of study in math, science, language arts, and computer science. The program takes an interdisciplinary approach to teaching science and math. Each Summer Academy program is theme related. Topics include robotics, environmental science and forensics. In addition, all Upward Bound Math and Science students attend an academic year program with an interdisciplinary curriculum. After-school tutorial services are available for program students. In addition, students also participate in college tours, social, cultural and educational field trips. The Upward Bound Math and Science program is federally funded.

3-1-3 Program

(707) 664-4073

The 3-1-3 Program is a collaborative venture between Cotati-Rohnert Park School District and Sonoma State University. The program annually identifies approximately 30 low-income and/or first-generation college pre-ninth grade students who will be attending Rancho Cotati High School. In this exciting program, students complete three years of college preparatory high school courses and up to one year of general education college courses at Sonoma State University. Eligible students then have the opportunity to complete an accelerated baccalaureate degree at Sonoma State University. During their high school experience, students participate in Saturday

Academy classes during the school year and a six-week summer session at Sonoma State University. Services are also complemented by after school tutorial services during the academic year.

CSU Early Assessment Program (EAP)

(707) 664-4201/2006

All 11th-grade students in the state of California can now take the California Standards Test (CST) in mathematics and English along with the Golden State Exams and upon meeting a satisfactory score will be exempt from taking college placement exams (ELM/EPT) at each CSU campus throughout California. Superintendents, principals, counselors, and testing coordinators wishing additional information are encouraged to contact the Early Assessment Program. Students should contact local school counselors or testing coordinators.

CSU Academic Preparation Program (APP)

(707) 664-4201/2006

Any 11th grade students who fail to obtain waivers for college placement testing within the CSU system through the Early Assessment Program will be able to obtain assistance during their 12th grade year in preparing for CSU placement testing. For assistance with curriculum design, standards, or general information superintendents, principles, and department chairs are encouraged to contact the Academic Preparation Program.

SSU Learning Centers

(707) 664-4201

The PreCollege Programs office operates Learning Centers throughout Sonoma County in various high schools, middle schools and community facilities. Students can enjoy a safe after-school environment and have access to trained tutors to assist with homework and provide academic advising. Learning Centers are operated with financial assistance from businesses, individuals, charitable foundations, and school districts. Donations are tax deductible under IRS Section 501c3. Those wishing to assist with financial support for the Learning Centers may call (707) 664-2006 for additional information.

International Services

The SSU Office of International Services provides the SSU campus community with a variety of programs, services, and activities related to international education and exchange, including:

- support services for matriculated and Sonoma State American Language Institute international students;
- visa and travel documentation services for nonimmigrant students, faculty, and research scholars;
- support, advice, assistance, and management services for faculty-initiated international programs, and cooperative and exchange efforts with institutions of higher education abroad;
- assistance with curriculum development related to intercultural and international affairs subject matter;
- develops, plans, and operates study abroad programming for SSU, including the CSU International Programs; and
- operates the National Student Exchange.

See the Admissions section of this catalog for application and general information for international students.

International Students

The international student advisor provides assistance to admitted foreign students in meeting USCIS Immigration requirements concerning F-1 or J-1 students, school transfers, employment permits, practical training, and passports. The office also provides help understanding University

policies such as the registration process, payment of fees, scholarships, orientation, housing, and required health insurance. Counseling is available regarding cultural adjustments to the US, American academic differences, testing, and personal problems. The international student advisor works closely with the International Student clubs. There are approximately 100 International Students at SSU and about 40 in our Language Program (see Sonoma State American Language Institute).

Study Abroad Opportunities and the National Student Exchange

International Services

Salazar Hall 1071
 (707) 664-2582
 Fax: (707) 664-3130
 e-mail: international@sonoma.edu
 www.sonoma.edu/sas/is

If you want to get the most from your Sonoma educational experience, just go away! There are lots of people in the world who just follow the ruts of life. But Sonoma students want to explore, to "push the envelope," to excel, and to extract from their educational experience every last bit of opportunity. It is for these exceptional people that study abroad and domestic exchange programs were created.

The California State University International Programs

Developing intercultural communication skills and international understanding among its students is a vital mission of The California State University (CSU). Since its inception in 1963, the CSU International Programs has contributed to this effort by providing qualified students an affordable opportunity to continue their studies abroad for a full academic year. More than 15,000 CSU students have taken advantage of this unique study option. International Programs participants earn resident academic credit at their CSU campuses while they pursue full-time study at a host university or special study center abroad. The International Programs serves the needs of students in over 100 designated academic majors. Affiliated with more than 70 recognized universities and institutions of higher education in 18 countries, the International Programs also offers a wide selection of study locales and learning environments.

- | | |
|------------------|--|
| Australia | Griffith University
University of Western Sydney
Macquarie University
Queensland University of Technology
University of Queensland
Victoria University of Technology |
| Canada | The universities of the Province of Quebec including:
Université de Montréal
Concordia University
Université Laval
McGill University
Université du Québec system
Bishop's University |
| Chile | Pontificia Universidad Católica de Chile (Santiago) |
| China | Peking University (Beijing) |
| Denmark | Denmark's International Study Program
(the international education affiliate of the University of Copenhagen) |
| France | Institut des Etudes Françaises pour Étudiants Étrangers |

L'Académie d'Aix-Marseille (Aix-en-Provence)
 Universités de Paris III, IV, V, VI, VII, VIII, IX, X, XI, XII, XIII
 The Institute of Oriental Languages and Civilizations
 Université Evry

Germany	Universität Tübingen and a number of institutions of higher education in the Federal state of Baden-Württemberg
Israel	Tel Aviv University The Hebrew University of Jerusalem University of Haifa
Italy	CSU Study Center (Florence) Università degli Studi di Firenze La Accademia DI Belle Arti Firenze
Japan	Waseda University (Tokyo)
Korea	Yonsei University (Seoul)
Mexico	Instituto Tecnológico y de Estudios Superiores de Monterrey, Campus Querétaro
New Zealand	Lincoln University (Christchurch) Massey University (Palmerston North)
Spain	Universidad Complutense de Madrid Universidad de Granada
Sweden	Uppsala Universitet
Taiwan	National Taiwan University (Taipei) National Tsing Hua University
United Kingdom	Bradford University Bristol University Hull University Kingston University Sheffield University University of Wales, Swansea
Zimbabwe	University of Zimbabwe (Harare)

International Programs pays all tuition and administrative costs for participating California resident students to the same extent that such funds would be expended to support similar costs in California. Participants are responsible for all personal costs, such as transportation, room and board, living expenses, and home campus fees. Participants remain eligible to receive any form of financial aid (except work-study) for which they can individually qualify.

To qualify for admission to the International Programs, students must have upper division or graduate standing at a CSU campus by the time of departure. Students at the sophomore level may, however, participate in the intensive language acquisition programs in France, Germany, and Mexico. California Community Colleges transfer students are eligible to apply directly from their community colleges. Students must also possess a current cumulative grade point average of 2.75

or 3.0, depending on the program for which they apply. Some programs also have language study and/or other coursework prerequisites.

Additional information and application materials may be obtained on campus, or by writing to The California State University International Programs, 401 Golden Shore, Sixth Floor, Long Beach, California 90802-4210. Visit us on the World Wide Web at www.gateway.calstate.edu/csuienet/.

The National Student Exchange

More than 30 years ago, one of the students participating in the National Student Exchange referred to NSE as a "*mind stretcher in terms of both academic and personal experiences.*" He called NSE "*...an opportunity to refresh your whole life in a new environment, and see new wonders about yourself and others. It's what life should be -- a continuum of new and fresh learning, deepening appreciations, and widening horizons.*"

Imagine the opportunities available when accessing courses and programs from NSE's 177 member campuses. Think of their adventure, the untold diversity of people, the culture, and the geography among the 49 states, District of Columbia, 3 territories, and 4 Canadian provinces where NSE has member colleges and universities. Consider the impact on your personal and academic growth, the implications for your future, and the satisfaction of achievement.

Semester and academic year exchanges are available for sophomores, juniors and seniors who have and maintain a 2.50 grade point average. Academic courses completed as a National Student Exchange participant are considered in residence units at Sonoma State and participants do not have to pay out-of-state other non-resident fees at the host university.

Athletics

Intercollegiate Athletics

PE Building 14
(707) 664-2521

www.sonoma.edu/athletics

Sonoma State University is a Division II member of the NCAA and sponsors 13 intercollegiate programs, five for men—soccer, basketball, baseball, tennis, and golf—and eight for women—soccer, cross-country, volleyball, basketball, softball, tennis, water polo, and track and field. The philosophy of the institution, and specifically the athletic program, is to provide the maximum opportunity for student participation in intercollegiate athletics that staff and resources will allow. SSU teams have been extremely successful at all levels, capturing two national championships and 24 conference championships since 1990.

Sonoma State University competes in the California Collegiate Athletic Association, the premier Division II conference in the nation with a combined 144 NCAA national championships. Since joining the conference in 1998, Sonoma State has enjoyed much success. The baseball team has captured three of the last five CCAA championships (1999, 2001, 2003). Men's and Women's Soccer have posted multiple North Division championships, highlighted by the men's soccer team winning the national championship in 2001. The women's cross country team finished ninth in the 2001 NCAA National Championships. Men's and women's tennis have participated in NCAA tournaments on a regular basis. CCAA member institutions include San Francisco State University, Cal State Chico, Cal State Stanislaus, Cal State Bakersfield, Cal State Los Angeles, Cal State Dominguez Hills, Cal State San Bernardino, Cal Poly Pomona, UC San Diego, and Cal State Monterey Bay.

The athletic facilities and programs at Sonoma State University are expanding to provide students with many more opportunities to become physically active through individual and organized sports programs. The California State University is committed to providing equal opportunities to men and women students in all campus programs, including intercollegiate athletics.

Director of Athletics Bill Fusco

Baseball John Goelz, head coach

Basketball, men's Pat Fuscaldo, head coach

Basketball, women's Mark Rigby, head coach

Cross County/Track and Field Jim Hiserman, head coach

Golf Val Verhunce, head coach

Softball Chris Elze, head coach

Soccer, men's Marcus Ziemer, head coach

Soccer, women's Luke Oberkirch, head coach

Tennis, men's Steve Cunninghame, head coach

Tennis, women's Tracey Prince, head coach

Volleyball Bear Grassl, head coach

Water Polo Alicia Razzari, head coach

Health and Wellness

Student Health Center

Student Health Center Building
(707) 664-2921

[www/sonoma.edu/shc/](http://www.sonoma.edu/shc/)

Sonoma State University maintains a fully accredited, on-campus Student Health Center that provides outpatient primary health care for regularly enrolled students. The Student Health Center is located off West Redwood Circle, just north of the Schultz Information Center. Hours are 8 am to 4:30 pm M-F, excluding campus closures and holidays. An extended-hours clinic is held one day/week when academic year classes are in session.

The Student Health Center's professional staff includes doctors, nurses, nurse practitioners, pharmacists, and laboratory and X-ray technologists. They provide quality outpatient care for acute illnesses and injuries, limited interim or transitional care for ongoing or preexisting conditions, and related pharmacy, lab, x-ray, and preventative medical services such as immunizations, Pap smears, contraception, and health education. Health Center staffing and services provided during break periods may be limited in comparison to regular school year services.

Most medical visits are available at no additional charge to students, although there are nominal fees for medications, specialized diagnostic tests, pre-employment and preparticipation physicals, summer services, and certain other supplemental items. Referrals to off-campus physicians or medical facilities are provided when specialty consultation, long-term care, after-hours care, special diagnostic procedures, surgery, or hospitalization is needed. Since students are financially responsible for medical services obtained outside the SHC, supplemental health insurance is advised to help cover the cost of services that are beyond the scope or hours of operation of the SHC. A private insurance carrier that contracts directly with registered CSU students offers a moderately priced supplemental health insurance policy designed to complement SHC services; contact the SSU Associated Students Office ((707) 664-2815) or check www.csuhealthlink.com for information.

SHC medical records and related information are confidential and are held in a manner consistent with external accreditation standards as well as with state and federal law. Parents, family members, non-health provider university personnel, or others not directly involved in the patient's medical care **do not** have access to SHC medical information without the patient's written consent.

Opportunities for student involvement are available through the **Student Health Advisory Committee** (SHAC) and health promotion projects. Those interested in serving on SHAC are encouraged to contact the Student Health Center. Those interested in health promotion projects should contact the SHC health educator.

Meningococcal Disease is a rare but potentially fatal infection that occurs more frequently in the college population, especially undergraduates living in Residence Halls or other close living situations. Those who wish to reduce their risk of acquiring this infection should make healthy lifestyle choices and consider immunization with meningococcal vaccine. This vaccine significantly reduces but does not completely eliminate the risk of meningococcal meningitis and other manifestations of this infection for a period of 4-5 years. For information, contact your physician, the Student Health Center, or the Student Health Center Immunization Web site: www.sonoma.edu/SHC/immuniz.html.

Pre-enrollment immunization requirements: The California State University system requires that all entering students born after 1956 provide proof of **measles and rubella immunization** (usually given as **MMR**). Full immunization consists of a series of two appropriately timed measles/rubella immunizations. At a minimum, records must show that at least one dose of **MMR** was received after age 4 and after 1980. The State of California also requires that all students who are under age 19 at the time of first enrollment show proof of completion of the **full series of three Hepatitis B immunizations**. Entering students must submit photocopies of official medical documentation of all required immunizations to the Office of Admissions and Records as far in advance of enrollment as possible. MMR and Hepatitis B immunizations are available at reduced cost at the SHC to immediately entering conditionally registered SSU students who have been unable to complete the full series of required immunizations. Students should not delay in meeting these pre-enrollment immunization requirements, as those who do not comply in a timely fashion will be prohibited from registering for subsequent classes.

Fitness Center

PE 6
(707) 664-4224

Coordinator

Vicki Vescio

The Open Recreation Program offers a variety of health and fitness activities through its wide range of programs and services. Sponsored by the Sonoma Student Union, the program is available to all currently enrolled SSU students. Facilities include the Fitness Center, swimming pool, main gym, and Field House. The Open Recreation Program also sponsors several wellness programs for a minimal fee.

Opened in January 1996, the Fitness Center offers both cardiovascular and weight lifting equipment for fitness activities. Included are treadmills, stationary bicycles, stair climbers, elliptical trainers, a rowing machine, and Cybex, Nautilus and Body Master weight-lifting equipment. Orientations to the facility are offered on a regular basis.

The swimming pool, main gym, and Field House are also available for recreational pursuits through the Open Recreation Program. Activities include lap swimming, basketball, volleyball, and indoor soccer. Schedules for each area vary from semester to semester, so be sure to check for posted hours.

The Open Recreation Program sponsors a variety of wellness opportunities through its Body Works Program. Included are body composition assessments, nutrition assessments, fitness testing, and personal trainers. These programs carry minimal fees.

Counseling and Psychological Services

Stevenson Hall 1088
(707) 664-2153

Brief counseling is provided to enrolled students who are experiencing personal difficulties that interfere with their ability to take full advantage of the University experience. Professional counselors and graduate interns provide individual, couples, family, and group counseling. Our goal is to facilitate the following: personal growth and self-esteem; development of satisfying relationships and effective communication and decision-making skills; and the establishment of personal values. Counselors assist clients to express and clarify their concerns, and to identify specific changes which might be helpful to them. Interventions are aimed at increasing self-awareness, utilizing existing coping strategies more effectively, and developing additional skills to deal more successfully with their problems.

The counseling staff offers groups and workshops on a variety of themes, such as conflict resolution, assertiveness training, diversity and cross-cultural issues, eating issues, body image, test anxiety, procrastination, and men's and women's issues. Drop-in/Crisis hours are available daily at noon and at 3 p.m. Monday-Thursday and at noon only on Friday. Referrals are made to community agencies and private practitioners for students requiring long-term services. For information and appointments, call (707) 664-2153.

Alcohol and Drug Education Program

Health Center 101
(707) 664-2850

The Alcohol and Drug Education Program promotes a healthy university environment in which the use of alcohol and other drugs does not interfere with learning or performance. The goal of the program is to reduce alcohol and other drug problems for students at SSU.

Services

- Presentations in UNIV 102 Freshman Seminar classes
- Lending library of books and videos
- Resources for alcohol and other drug-related workshops and speakers
- Support for non-using choices and activities
- Information about resources available for intervening in drinking and drug use problems
- Referrals for treatment options

SONOMA STATE UNIVERSITY

(707) 664-2880 • 1801 East Cotati Ave • Rohnert Park, CA 94928
www.sonoma.edu • campus map

THE CALIFORNIA STATE UNIVERSITY