



Resources
for Student
Success

success.ucsf.edu





Multicultural Resource Center



Veteran Support Services



First Generation Support Services

community

International Students & Scholars Office



LGBT Resource Center





community

Multicultural Resource Center

about

Promoting inclusion, raises cultural consciousness, and nurtures under-represented learners.

services & resources

- Attend campus events like Cultural Heritage Month celebrations
- Learn and dialogue about multiculturalism and gain tools for diversity actions
- Professional development for diverse learners

contact



mrc.ucsf.edu



mrc@ucsf.edu



415/502-1911



community

LGBT Resource Center

about

Providing education, support, and advocacy to our campus community.

services & resources

- Attend campus events
- Leverage support and resources
- Discover committees and campus groups
- Receive education and training
- Take advantage of mentoring and professional development opportunities

contact



lgbt.ucsf.edu



lgbt@ucsf.edu



415/476-7700



community

First Generation Support Services

about

Supporting students who are of the first generation in their family to graduate from college.

services & resources

- Attend community events
- Take a professional development workshop
- Access first generation mentors
- Set up an individual appointment

contact



firstgen.ucsf.edu



firstgen@ucsf.edu



415/476-5377



community

International Students & Scholars Office

about

Supporting the social, cultural, and immigration needs of our international community.

services & resources

- Attend campus events
- Support with visa paperwork and all immigration matters with federal government
- Use education, program, and training resources including English language assessments

contact



isso.ucsf.edu



visa@ucsf.edu



415/476-1773



community

Veteran Support Services

about

Helping our students navigate UCSF by providing a welcoming space, mentoring from other veterans, and tools to succeed.

services & resources

- Meet student veterans and active duty service members
- Attend veteran-related events
- Review educational benefits
- Discover on- and off-campus resources
- Join the student veteran organization

contact



veterans.ucsf.edu



veterans@ucsf.edu





Synapse:
UCSF
Student
Voices



Office of Career
& Professional
Development

professional
development





professional development

Office of Career & Professional Development

about

Teaching our students and postdoctoral scholars the professional skills required for career success.

services & resources

- Engage in career exploration and job search programs
- Review online resumes, CVs, cover letters samples and interview questions at our website
- Schedule 1:1 appointments with career counselors
- Check our website for upcoming programs and resources!

contact



career.ucsf.edu



ocpd@ucsf.edu



415/476-4986



professional development

Synapse: UCSF Student Voices

about

Providing information of value to our students and the entire campus community.

services & resources

- Learn the latest student news and browse upcoming events, interesting activities, programs, resources, and activities
- Develop your writing and editing skills
- Hold a leadership position
- Meet students from different academic programs

contact



synapse.ucsf.edu



synapse@ucsf.edu



Jacqueline Hanley
First-Year
Nursing Student



UCSF
Library



Student Disability
Services



Learning Resource Services

academics

UCSF



academics

Learning Resource Services

about

Providing tools for academic and clinical success through individual consultations and workshops.

services & resources

- Develop learning strategies for classes and clinicals
- Increase memory
- Sharpen test-taking techniques
- Manage time
- Handle test anxiety
- Hone organizational skills
- Improve focus

contact



learn.ucsf.edu



415/502-1484



academics

UCSF Library

about

Advancing science, fostering excellence in teaching and learning, and promoting health.

services & resources

- Search health science knowledge bases
- Attend workshops on Endnote, PubMed, Learning Clinic, and more
- Utilize study space at Parnassus and Mission Bay

contact



library.ucsf.edu



415/476-2336
Parnassus

415/514-4060
Mission Bay



academics

Student Disability Services

about

Supporting the clinical and didactic settings, to ensure equal access for students with disabilities throughout enrollment.

services & resources

- Review requests and provide appropriate accommodations
- Facilitate implementation of approved accommodations
- Educate faculty and staff about disability issues and laws
- Support students' disability-related needs

contact



sds.ucsf.edu



studentdisability@ucsf.edu



415/476-6595





Food
Security

Student
Financial Aid



finances



UCSF



finances

Student Financial Aid

about

Helping students meet the challenge of funding their education and building a healthy financial future.

services & resources

- Apply for federal and university-based financial aid
- Get budgeting advice and learn how to spend financial aid dollars wisely
- Learn about responsible student loan borrowing
- Apply for short-term emergency loans
- Learn about student loan repayment options and debt management

contact



finaid.ucsf.edu



finaid@ucsf.edu



415/476-4181



finances

Food Security for Students Program

about

Offers students assistance in accessing nutritious food, even when it's tough to make ends meet.

services & resources

- “Food 4 UCSF Students” app informs students when there is free food available after campus events.
- Get help applying for the CalFresh food assistance program.
- Check out the other resources available on campus and in the community online.

contact



food.ucsf.edu



fsfs@ucsf.edu



415/476-4181





Registered Campus Organizations



Student Government

leadership





leadership

Student Government

about

Serving the collective interests of our graduate and professional students in order to improve student life.

services & resources

- Develop leadership skills
- Discuss student priorities and concerns
- Keep abreast of student issues
- Advocate student interests
- Build relationships with students from all academic programs
- Initiate actions and proposals to better student life

contact



gpsa.ucsf.edu



gpsa@ucsf.edu



leadership

Registered Campus Organizations

about

Supporting and enhancing the activities undertaken by student organizations.

services & resources

- Meet like-minded students
- Develop a sense of community
- Organize campus wide events
- Develop lifelong friendships
- Access support and assistance:
 - › Registration
 - › Outreach
 - › Funding
 - › Supplies
 - › Events
 - › Leadership Transition

contact



studentlife.ucsf.edu



studentlife@ucsf.edu



Priya Prasad
4th Year Student
in the Epidemiology
and Translational
Science PhD Program



Student Health and Counseling Services



Fitness and Recreation

wellness

UCSF



wellness

Fitness and Recreation

about

Supporting fitness lifestyle including: cardio, weights, group fitness classes, pools, leagues, massage, climbing wall, and more.

services & resources

- Access to Millberry and Bakar Fitness & Recreation Centers
- Unlimited Group Exercise or Group X, 170+ week – \$25/month
- Get a [Rec Pass](#) – save money on kayaking, backpacking, and leagues

contact



campuslifeservices.ucsf.edu/fitnessrecreation



millberry.memberships@ucsf.edu



415/476-1111



wellness

Student Health & Counseling Services

about

Offering primary care, mental health, travel health, dietician services, nurse consults, and outreach & wellness programs.

services & resources

- First stop for any physical or mental health related need
- Book an appointment online at: MyHealthRecord.ucsf.edu
- No or low cost services for all students
- Lunch-time programs to support wellbeing
- Insurance support for students with UC SHIP

contact



studenthealth.ucsf.edu



shs@ucsf.edu



415/476-1281



UCSF
Police
Department



Family
Services



Student Rights and
Responsibilities



Transportation
Services

**other
resources**

CARE Advocate

Office of the
Ombuds

UCSF



other resources

CARE Advocate

about

Supporting survivors of sexual assault, intimate partner/dating violence, sexual harassment, and stalking.

services & resources

- Counseling & accompaniment
- Explanation of reporting and non-reporting options
- Academic, housing, and other accommodations
- Education, training and consultation

contact



shpr.ucsf.edu/confidential-care-advocate



denise.caramagno@ucsf.edu



415/502-8802



other resources

Family Services

about

Providing for information on family support services for UCSF parents.

services & resources

- Find campus and referral based child care solutions
- Enroll in *Sittercity* – for sitters, adult care and other home help
- Find resources for lactation accommodation, parent education, parent networks, and more
- Discover community resources

contact



myfamily.ucsf.edu



myfamily@
ucsf.edu



415/502-6312



other resources

Office of the Ombuds

about

Providing a confidential, impartial, informal and independent problem-solving resource.

services & resources

- Use mediation and group facilitation services
- Learn about UCSF principles of fairness, equity, and respect
- Access individual services, two or multiple-party mediation, or group trainings/facilitation

contact



ombuds.ucsf.edu



415/502-9600



other resources

Student Rights and Responsibilities

about

Serving as a resource and information agency concerning student rights and responsibilities.

services & resources

- Provide a prompt, fair, and impartial student disciplinary process for resolving alleged violations of the Policy on Sexual Violence and Sexual Harassment
- Offer alternative forms of conflict resolution
- Education, trainings, and consultations

contact



<https://studentaffairs.ucsf.edu>



maria.jaochico@ucsf.edu



415/476-7665



other resources

Transportation Services

about

Getting you where you need to go on campus and throughout the Bay Area by offering options as varied as our community.

services & resources

- Learn about parking options
- Ride the intercampus shuttles
- Utilize rideshare services, such as carpools and vanpools
- Rent a car when you need it through CityCarShare
- Learn about CityBikeShare and bicycle services
- Purchase and add value to your Clipper card
- Rent a on-campus scooter (Scoot)

contact



campuslifeservices.ucsf.edu/transportation



shuttles@ucsf.edu
parking@ucsf.edu



415/476-2566
Parking

415/476-4646
General Transit



other resources

UCSF Police Department

about

Providing community policing, security services, crime prevention and emergency management for the UCSF community.

services & resources

- 24/7 police, security and dispatch services to all UCSF affiliates
- Walking safety escorts provided
- Crime prevention, active shooter, and self-defense presentations
- ID card services and building access performed by WeID
- Register for WarnMe, UCSF's life safety alerts, at warnme.ucsf.edu

contact



police.ucsf.edu



police@ucsf.edu



415/476-1414

Non-emergency

415/476-6911

Emergency

ask away

questions

University of California San Francisco

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UCSF Student Success

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[Career](#)

[Community](#)

[Finances](#)

[Leadership](#)

[Wellness](#)

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[Events](#)

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Make ends meet while you're in school.

Get connected with financial aid, student discounts and more.

[FOLLOW THE MONEY!](#)

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all resource websites listed on
success.ucsf.edu