









Multicultural Resource Center



Veteran Support Services



First Generation Support Services

> LGBT Resource Center

community

International Students & Scholars Office



UCSE



Multicultural Resource Center

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

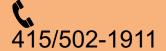
services & resources

- 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









LGBT Resource Center

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



<u>lgbt.ucsf.edu</u>







First Generation Support Services

services & resources

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

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

contact



firstgen.ucsf.edu



firstgen@ucsf.edu





International Students & Scholars Office

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





Veteran Support Services

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







Synapse: UCSF Student Voices







Office of Career & Professional Development

professional development



UCSF



professional development

Office of Career & Professional Development

Teaching our students and postdoctoral scholars the

professional

for career

success.

skills required

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





professional development

Synapse: UCSF Student Voices

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







UCSF Library





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Learning Resource Services

academics





academics

Learning Resource Services

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





academics

UCSF Library

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

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' disabilityrelated needs

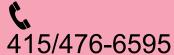
contact



sds.ucsf.edu



studentdisability @ucsf.edu









Food Security

Student Financial Aid







finances



finances

Student Financial Aid

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

services & resources

- Apply for federal and universitybased 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





finances

Food Security for Students Program

services & resources

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

- "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















Student Government

leadership





leadership

Student Government

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

services & resources

- Supporting and enhancing the activities undertaken by student organizations.
- Meet like-minded students
- Develop a sense of community
- Organize campus wide events
- Develop lifelong friendships
- Access support and assistance:
 - > Registration > Outreach
 - > Funding > Supplies

contact



studentlife.ucsf.edu



studentlife@ucsf.edu









Student Health and Counseling Services



Fitness and Recreation

wellness





wellness

Fitness and Recreation

services & resources

- Supporting fitness lifestyle including: cardio, weights, group fitness classes, pools, leagues, massage, climbing wall, and more.
- Access to Millberry and Bakar Fitness & Recreation Centers
- Unlimited Group Exercise or Group X, 170+ week – \$25/month
- Get a <u>Rec Pass</u> save money on kayaking, backpacking, and leagues

contact



<u>campuslifeservices.ucsf</u> .edu/fitnessrecreation



millberry.memberships @ucsf.edu





wellness

Student Health & Counseling Services

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

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





UCSF Police Department



Family Services



Student Rights and Responsibilities



Transportation Services

other resources

CARE Advocate

Office of the Ombuds





CARE Advocate

services & resources

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

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

contact



shpr.ucsf.edu/confi dential-careadvocate



denise.caramagno @ucsf.edu





Family Services

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





Office of the Ombuds

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





Student Rights and Responsibilities

services & resources

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

- 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





Transportation Services

services & resources

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

- 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



<u>campuslifeservices.</u> ucsf.edu/transportation



shuttles@ucsf.edu parking@ucsf.edu



415/476-2566
Parking

415/476-4646 General Transit



UCSF Police Department

services & resources

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

- 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

About UCSF

Search UCSF UCSF Medical Center

Search...



Academics

Career

Community

Finances

Leadership

Wellness

Other Resources -

Events

Home > HOME







Make ends meet while you're in school.

Get connected with financial aid. student discounts and more.

FOLLOW THE MONEY!

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