Resources for Student Success

success.ucsf.edu
First Generation Support Services
Multicultural Resource Center
Veteran Support Services
First Generation Support Services
LGBT Resource Center
International Students & Scholars Office
community
Promoting inclusion, raises cultural consciousness, and nurtures under-represented learners.

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

mrc.ucsf.edu
mrc@ucsf.edu
415/502-1911
community

LGBT Resource Center

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

about

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
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
International Students & Scholars Office

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

- 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

viso.ucsf.edu

visa@ucsf.edu

415/476-1773
Helping our students navigate UCSF by providing a welcoming space, mentoring from other veterans, and tools to succeed.

- 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

community
Veteran Support Services

about

services & resources

contact

veterans.ucsf.edu

veterans@ucsf.edu
professional development
Synapse: UCSF Student Voices

Office of Career & Professional Development

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

- 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
academics

wellness

professional development

community

resources

leadership

finances

community

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
415/502-1484
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
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
Student Financial Aid

Food Security

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 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
Food Security for Students Program

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
415/476-4181
Registered Campus Organizations

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**
Registered Campus Organizations

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
  - Funding
  - Events
  - Outreach
  - Supplies
  - Leadership
  - Transition

Contact:
- studentlife.ucsf.edu
- studentlife@ucsf.edu
wellness
Student Health and Counseling Services

wellness

Fitness and Recreation
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
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.
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

about other resources

CARE Advocate

contact

shpr.ucsf.edu/confidential-care-advocate
denise.caramagno@ucsf.edu
415/502-8802
other resources

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
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
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

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

- [campuslifeservices.ucsf.edu/transportation](https://campuslifeservices.ucsf.edu/transportation)
- [shuttles@ucsf.edu](mailto:shuttles@ucsf.edu)
- [parking@ucsf.edu](mailto:parking@ucsf.edu)
- 415/476-2566
  Parking
- 415/476-4646
  General Transit
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](http://police.ucsf.edu)
- [police@ucsf.edu](mailto:police@ucsf.edu)
- 415/476-1414
  - Non-emergency
- 415/476-6911
  - Emergency
ask away questions

Make ends meet while you're in school.
Get connected with financial aid, student discounts and more.
FOLLOW THE MONEY!
all resource websites listed on success.ucsf.edu