CSUN Resources and Services
Panel Presentation
What does CSUN offer to me as a student?

With your tuition CSUN offers students many different resources:

- Health
- Financial
- Academic
- Co-curricular & Developmental
- Technical
- Emotional & Mental
- Career

And so the list begins...
Career Resources …

The Career Center includes:

- Play the following video:

  http://www.youtube.com/watch?v=lfGwox3woQc&list=PLloTSYt_DRvgBjHn42EUfHvG2t4KF
Career Resources …

The Career Center includes:

- Career Placement and Counseling
- Career Workshops
- Internship Program
- Career Preparation
- On Campus Interviews
- Job Listings
- Employment Programs
- Internet Resources

The Career Center’s Mission is to inspire students to make informed, active decisions about careers and employment opportunities. We assist students to grow professionally and support their transition from college to the world of work.

www.csun.edu/career or (818) 677-4593
The mission of the Klotz SHC is to help students achieve their maximum potential of emotional and physical health and thereby help them achieve their educational goals.

All SHC services are provided at no cost or low cost to currently enrolled students.

Medical records are confidential. No one has access to medical records without the express written consent of the student. Medical records are not linked to academic records and are not shared with anyone including professors or parents.

**HOURS:**

- Monday-Wednesday: 7:30am-5:30pm
- Thursday: 9:00am-5:30pm
- Friday: 7:30am-4:00pm urgent care only

- The SHC is located on the east side of the campus near the USU

http://www.csun.edu/~shcenter/index.htm
Emotional and Counseling Resources…

University Counseling Services & Testing Center…

**Personal Counseling**
One-on-one therapy with our caring staff.

**Group Counseling**
A variety of groups meet regularly at UCS.

**Major and Career Counseling**
Get help charting your future.

**Employee Assistance Program**
For CSUN faculty and staff.

**Crisis Counseling**
In times of trauma or crisis.

**Dispute Resolution Center**
Conflict mediation services.

**Special Events and Consultation**
See what else UCS can do for you.

Services are all **Confidential and Free**

[www.csun.edu/counseling](http://www.csun.edu/counseling) or (818) 677-2366
Emotional and Counseling Resources…

University Counseling Services & Testing Center…

- **CyberDoc**
  Answers to your personal questions here

- **Project ACT (Advocates for Cultural Talk)**
  Diversity awareness workshop program.

- **The BLUES Project (Depression and Suicide Prevention)**
  Suicide doesn't have to happen!

- **The DATE Project**
  Date/acquaintance rape education program… Prepare and Educate yourself

- **CSUN HelpLine**
  Telephone crisis intervention hotline.

- **JADE (Joint Advocates on Disordered Eating)**
  Awareness, prevention and treatment for disordered eating and eating disorders. Includes an on-line screening for eating disorders.

- **Virtual Brochure Library**
  Read our informative brochures online. (in .pdf format)
Disability Resources... 
Disability Resources and Educational Services

- Work-Study Learning Support Services & Accommodations
- (TAP) Thriving and Achieving Program
- Counseling appointments: Monday - Friday, 8:00 AM - 4:45 PM
- Alternative Testing Services: Mon., Tues., Thurs., Fri., 8:00 AM - 5:00 PM Wed., 8:00 AM - 7:00 PM
The Oviatt Library

- Circulating Desk (Main Lobby)
- Reference Desk/Reference (Main Lobby)
- Learning Commons (First Floor/East Wing)
- LRC (Third Floor/East Wing)

- ID card acts as Library Card and gives you access to over 1.3 million books and periodical volumes, more than 3.1 million microforms, thousands of videos and sound recordings and over 2,500 periodicals as well as 4,300 electronic books, 3000 journal subscriptions and a wide variety of electronic databases.

- Online Catalog Media Library (Second Floor/East Wing)

http://library.csun.edu
Police/Parking Services...

Department of Police Services/ Parking & Transportation

- Online Crime Reporting
- STOP Program for Laptop Computers
- DMV Pull Notice Program
- Police Detail and Special Events Procedure
- Matador Patrol
- Bicycle
- Registration/Matador Bicycle Compound
- Lost & Found
Matador Bookstore
Rewards of Renting

- Save up to 50% on textbook costs!
- CSUN Students saved over $2,000,000 last year!
- Notes and highlights are cool with us!
- Express Registration: in-store or online at matadorbookstore.com!
- Return or Convert-to-Purchase at semester end!

www.matadorbookstore.com
Co-Curricular and Developmental Resources…

Associated Students Inc.

- Leadership Opportunities
- Student Senate
- Various Committee Work
- Health Insurance Benefits
- Special Event Ticket Office
- Child Care Services
- AS Rec Sports & Fitness Center

www.csunas.org or (818) 677-2477

Tiffany Zaich, President
Talar Alexanian, Vice President
Co-Curricular and Developmental Resources…

Matador Involvement Center

- Clubs & Organizations
- Fraternity & Sorority
- Community & Volunteer
- Leadership Programs

Phone: (818) 677-5111

Hours:
Mon - Fri, 8:00AM - 5:00PM

Visit our Website: http://www.csun.edu/getinvolved/home.htm
Welcome All New Matadors!
Food
- Freudian Sip
- Mercantile Exchange
- PUB Sports Grill
- Subway

Services
- ATMs and Wells Fargo
- Computer Lab
- Study Areas and Lounges
- Games Room
- Reservations & Events Services

Events
- Concerts
- Comedy Shows
- Guest Lectures
- Arts and Crafts
- Matador Nights
- Crunch Time

Jobs & Volunteer Opportunities

www.youtube.com/watch?v=1zmrQ8-cpt4
The Games Room is located in the USU across from the Student Recreation Center and is equipped with pool tables, table tennis, X-Box 360 and Wii console gaming as well as today's most popular arcade games.

**HOURS**

**MONDAY - THURSDAY**
10 A.M. - 7 P.M.

**FRIDAY**
10 A.M. - 6 P.M.
The Veterans Resource Center helps CSUN students transition from military service members to successful students. The VRC promotes the academic, personal and professional development of student veterans, reservists, members of the National Guard and their dependents with support services events and resources.

• Resources, services, referrals

• Outreach, education, and awareness

• Programs and events

• Comfortable lounge space

[YouTube video link: www.youtube.com/watch?v=-Qv0FQh-JWE]
LGBTQ Peer Mentor Program
• Students meet individually with a trained mentor

LGBTQ Media Library
• Students can check out LGBTQ movies and books!

Ally Project
• LGBTQ Awareness Trainings for Clubs, Departments & Classes

Programs
• Tuesday Talks
• LGBTQ Coffee Nights
• Karaoke Nights in the Games Room
• Coming Out Day Events
• Transgender Awareness Week
• Rainbow Graduation

www.youtube.com/watch?v=ezPWhf2TYCA
Services & Programs
• Equipment check-out and pro shop
• Outdoor lap and recreational pools
• Personal wellness training
• Fitness assessments, equipment orientations, and peer nutrition counseling
• Intramural Sports
• Private and group swim lessons
• Outdoor Adventures equipment rental and trips
• Open recreation

Building Features
• Three-court gymnasium for basketball, volleyball, and badminton
• Multi-Activity Court (MAC) for indoor soccer, and floor hockey
• Weight and fitness zones
• Group exercise studios for aerobics, martial arts, spinning, yoga, dance, pilates, and more
• Indoor jogging track
• Rock climbing wall
• Boxing studio with TRX equipment
• ADA accessible equipment

www.youtube.com/watch?v=YvWVARtzj10
Text "CSUN MATADORS14" to 46786 for a chance to win a prize.
Questions?
What if I still have Questions…

- New Student Handbook
- University Undergraduate and Graduate Catalog
- Online @ www.csun.edu and
- www.csun.edu/portal

Utilize Them!