



WELCOME TO CSUN



Christopher Aston

Director | Office of Student Involvement & Development

General Information

- Materials Provided
- Restrooms
- Buttons (how come I didn't get one?)
- Staying Hydrated
- Presentations
- Quick Surveys

Overview of the Day

- Check-in & Tours
- Welcome & Overview
- Presentation: *Student Engagement & Well-being*
- Presentation: *Supporting your Student's Academic Success*
- Lunch
- Resources & Services Fair
- Presentation: *Creating a Safe & Supportive Environment*
- Presentation: *Financial Services*
- Presentation: *Health & Wellness*

	FRESHMAN	GUEST
7:30am	CHECK-IN & GROUP MEETING <i>(both groups)</i>	
9:00am	CAMPUS TOUR <i>(both groups)</i>	
10:00am	TRANSITION	
10:15am	UNIVERSITY WELCOME <i>for students</i>	UNIVERSITY WELCOME
10:50am	STUDENT LIFE & INVOLVEMENT <i>for students</i>	STUDENT ENGAGEMENT & WELL-BEING
11:00am	INFORMATION TECHNOLOGY <i>for students</i>	
11:10am	STEPS TO ACADEMIC SUCCESS <i>for students</i>	SUPPORTING YOUR STUDENT'S SUCCESS IN COLLEGE
11:50am	TRANSITION	
12:00pm	LUNCH <i>for students (40 mins)</i>	RESOURCE FAIR
12:40pm	TRANSITION	
12:50pm	RESOURCE FAIR <i>for students</i>	LUNCH
1:30pm	TRANSITION	
1:40pm	CLASSROOMS & COMMUNITY <i>for students</i>	CREATING A SAFE & SUPPORTIVE CAMPUS ENVIRONMENT
3:00pm	TRANSITION	
3:10pm	TAKE <i>for students</i>	FINANCIAL SERVICES
4:10pm	TAKE FACILITATION <i>for students</i>	HEALTH & WELLNESS

Goals for today

- *To help you become a partner in your student's success.*
- *To learn information about resources and services available to CSUN students.*
- *To provide an opportunity to ask questions based on real experiences.*
- *To meet the campus community including university administrators, faculty, staff, and other students*

CSUN



NSO Parent Orientation
Fall 2023

Student Engagement & Well-Being

Presenters:

Dr. Shelley Ruelas-Bischoff

Associate Vice President for Student Affairs,
Student Engagement and Well-Being



Dr. Freddie Sanchez

Interim Assistant Vice President for Student
Affairs, Equity and Inclusion



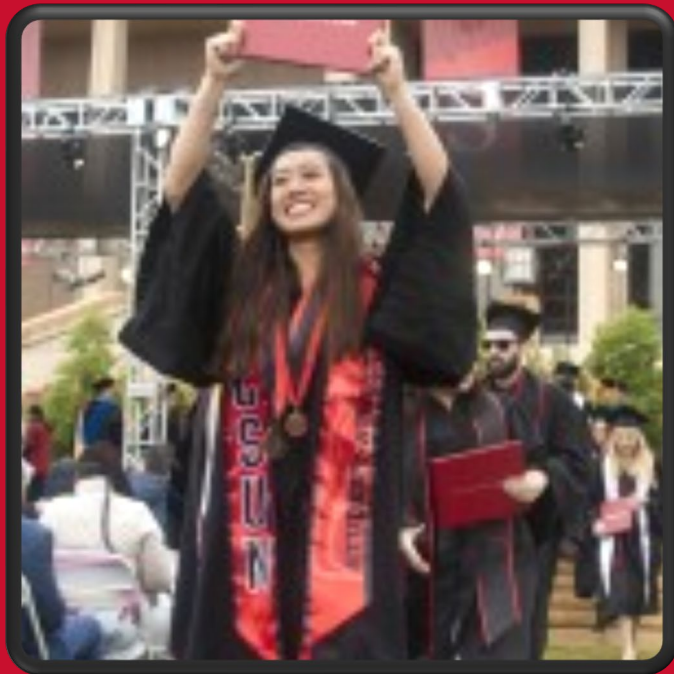
Topics for Today's Presentation

- ✓ What is Student Engagement & Well-Being?
- ✓ How does belonging & connection on campus contribute to Student Success?
- ✓ Provide you with an overview of co-curricular activities at CSUN.
- ✓ Explore ways to encourage your students' involvement.

What is Student Life?



Why is it Important?



Holistic Student Development : Providing a Pathway to Success for First-Year Students

- Exploring identity development
- Navigating Career Options
- Developing Health and Wellness Foundation
- Establishing and maintaining new relationships



Holistic Student Development Continued (cont.):

- Developing multicultural awareness
- Considering faith and spirituality
- Developing civic responsibility
- Strengthening Confidence!





Student Engagement at CSUN!



Campus Involvement Opportunities

- Clubs & Organizations
- Fraternities/Sororities
- CSUN Athletics & Sports Clubs



Building Leadership Skills & Networks!

- Associated Students / Student Government
- New Student Orientation Leader
- Peer Mentor or Ambassador
- University Student Union Board of Directors



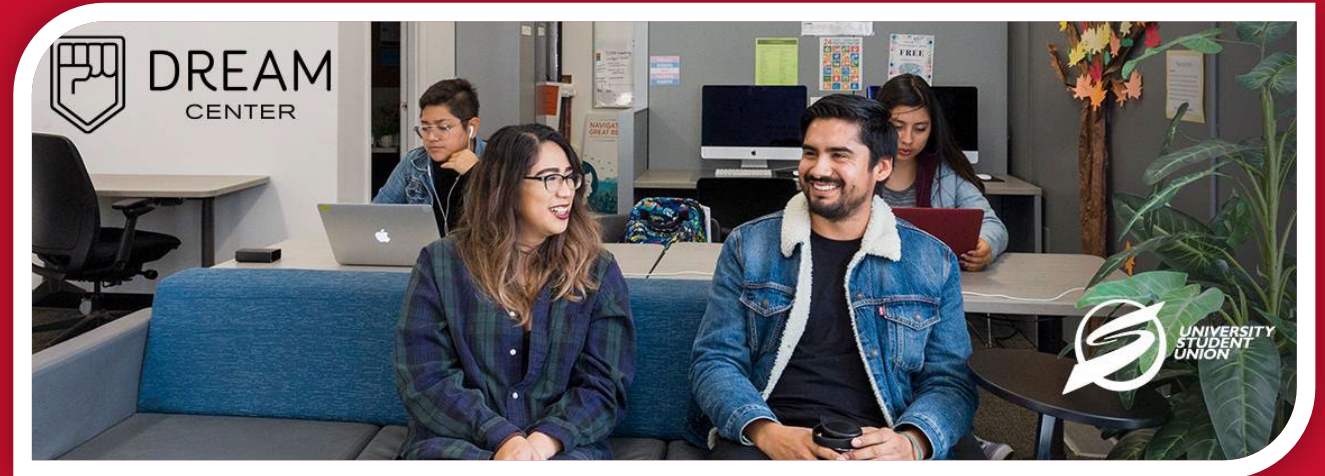
Campus Involvement Opportunities

- Volunteering
- Undergraduate Research
- Tutoring / Academic Coaching
- Campus Committees and Boards
- Part-time Campus Positions



Key Campus Departments

- Matador Involvement Center
 - University Student Union
 - Associated Students
 - Dream Center
 - Pride Center
 - Veterans Resource Center
 - Cultural Houses
 - International & Exchange Student Center
 - Learning Resource Center
 - University Library
- ...and many MORE!



Student Well-Being



- Student Recreation Center
- Sports Clubs/ Intramurals
- Oasis Wellness Center
- Food Pantry
- CalFresh Outreach & Nutritional Programs
- Housing Stability Support
- University Counseling Services
- Klotz Health Center

Student Engagement & Connections with Career Success

Holistic Preparation for our Rapidly Changing World

“...neither classroom nor co-curricular experiences alone offer the range of learning opportunities that will enable students to acquire the skills and competencies required to survive and thrive in our rapidly changing and increasingly complex world.”

NACE Research

Student Engagement & Connections with Career Success

Career Readiness

- Critical Thinking/Problem Solving
- Oral/Written Communication
- Teamwork/Collaboration
- Leadership
- Professionalism/Work Ethic
- Career Management

What can you do to support your students' involvement?

- Challenge your student to stretch and explore. This is a new beginning.
- Avoid the tendency to limit your student's activities to those you choose.
- Ask the question: "What do you think you will get from this?"
- Encourage balancing of priorities and ultimate GOAL: Graduation!

CSUN Student Success !





THANK YOU

Supporting your Student's Academic Success



Cindy Greco
Interim Senior Director
of University Advising



Dr. Paul Lazarony
Associate Vice President
Undergraduate Studies



Rose Merida
Coordinator New Student & Family Programs
Adjunct Professor, University 100

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large, solid red speech bubble is centered on the page, pointing downwards. The text "The Role of The University" is written in white, sans-serif font inside the speech bubble.

The Role of The University

CLASSES

- A wide variety with multiple availabilities
 - Most classes are small
 - Hands-on, active learning
 - Reservation for first-time freshman
- Internships and Research Opportunities
- Online and Hybrid Courses
- Cohorted Model

Academic Planning

- Course selection
- Units per term: 15 or 30 for the year
- Freshman: Basic Subjects Area of General Education includes Analytical Reading & Expository Writing, Critical Thinking, Mathematics and Oral Communication; Must earn a C- or better
- Developing an appropriate plan to meet graduation goals
- Career Goals

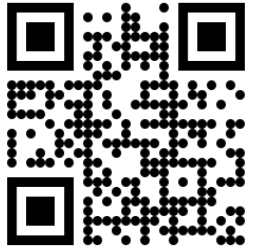
A red graphic consisting of a horizontal bar at the top and a larger rectangle below it with a small triangular point at the bottom center. The text "University Support" is written in white inside the larger rectangle.

University Support

- Early Start and Early STEM
- Stretch composition for writing
 - 113A – 113B
 - 114A - 114B
- Small class size
- Dedicated faculty
- Early Alert System
- Dedicated Professional Staff

Support Services

- **Advisement**
 - Most new students meet advisors within the Matador Advising Hub
 - EOP will meet with their Satellite advisors
 - Student athletes will meet with the Matador Achievement Center (MAC)
- **Faculty Office Hours**
- **Tutoring**
- **Supplemental Instruction**
- **Career and major guidance**
- **Counseling services**



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The Role of The Student

A red speech bubble graphic with a white outline, containing the text 'STUDENT Expectation'. The bubble has a tail pointing towards the bottom left.

STUDENT Expectation

- Be part of the CSUN Community
- Responsible in understanding GE and Major requirements.
- Know the University policies for maintaining good academic standing
- Complete major and career exploration to confirm and decide on major as soon as possible
- Strive for academic excellence
- Speak to professional staff member for academic guidance

Best Practices for Success

- Attend classes regularly and DO NOT be late
- Be actively engaged during class: take notes, ask questions, and participate
- Maintain strong study habits and form study groups
- Visit professors during office hours, and keep them informed if you have to miss class
- Ask for help and utilize support services
- Get involved in campus life
- Balance work and school alongside other responsibilities
- Check CSUN Email Regularly

Earning the Degree

- Completing 120-126 units
 - General Education *
 - Major/Minor courses
 - Electives
-
- * General education (GE) is designed to give students a broad overview of knowledge. The degree consists of about 1/3 of GE courses. Helps undecided students explore options and establishes lifelong learning with new ideas, experiences and discovery.

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The Role of The Parent

Transition to University Setting

- CSUN is large; approximately 40,000 students
- College is different than high school
- It may take time to adjust
- Greater independence and more choices
- New and unfamiliar responsibilities

Supporting Students

- Check in and ask questions
- Talk with your student
- Listen to your student
- Understand that college is demanding and requires more time away from home
- Encourage asking for help and seeking support
- Be prepared for mistakes
- Support a Growth Mindset
(Instilling belief in continuous learning, resilience, and the understand that success is a result of effort and embracing challenges.)

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Q & A

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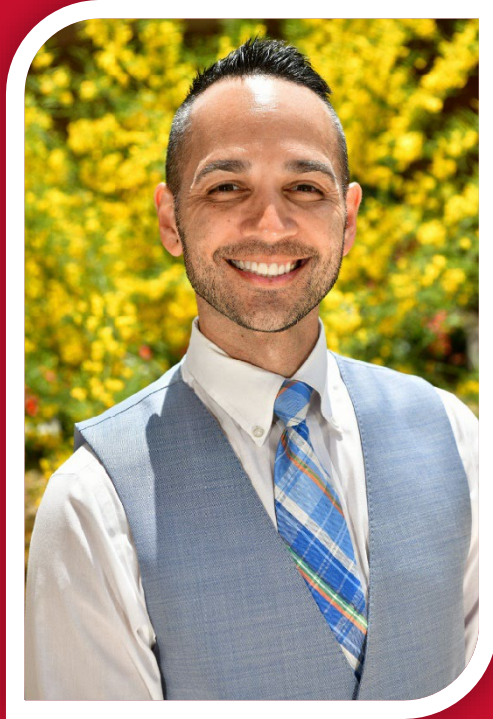
Contact us

- **MATADOR ADVISING HUB**
Extended University Commons (EU150)
818-677-2900
matadoradvisinghub@csun.edu
- **UNDERGRADUATE STUDIES**
Valeria Hall (VH 215)
818-677-2969
ugs@csun.edu

Creating a Safe and Supportive Campus Environment

Student Expectations | Campus Safety | Rules, & Regulations

Presenters



Christopher Aston
Director
Student Development
& Transitional Programs



Dr. Zeina Otaky Ramirez
Assistant Dean of Students
Office of the Vice President
for Student Affairs



Mark Benavidez
Deputy Chief
Department of Police Services

Outcomes

Recognize your student's roles and responsibilities inside and outside the classroom as a member of the CSUN community.

Understand mandated topics and related services that universities are required to inform students about

Become aware of university expectations as it relates to the student conduct code, and its references to cheating and plagiarism.

Learn CSUN services, resources, and responses surrounding various laws, policies, and executive orders promoting student safety and education
(incl. AB 1088, EO 1098 - Title IX, Sexual Assault, Violence Against Women Act, FERPA, etc.)

Understand enforced campus security and safety implements.

Topics

- *Classroom Conduct*
- *Students' Rights and Responsibilities*
- *Student Safety Resources, Education, and Prevention*

Classroom Conduct

Professor Expectations

SYLLABUS: an agreement that outlines/summarizes topics covered in a course along with important dates, and instructors policies. It includes academic and behavioral expectations, resources, and course material

ASSIGNMENTS: Students are responsible for all assignments whether given in class or outside of class

ONLINE INTERFACES: CANVAS, ZOOM (be present, be live)

Classroom Conduct

Respecting the Classroom Environment

DEVICES

Know the rules on: Cell Phones, Laptops, Tablets ,etc.

PUNCTUALITY

- Attend every class (sometimes grades depends on it!)
- Arriving late is disruptive

PAY ATTENTION IN CLASS

- Eating
- Sleeping
- Disruptive side Conversations
- Sit near the front
- Focus and take notes
- If you don't understand – ASK
- Get involved in class discussions
- Be aware of deadlines
- Utilize office hours
- STUDY
- Be attentive to your CSUN email

CSU Student Conduct Code

“Students are expected to be good citizens and to engage in responsible behaviors that reflect well upon their university, to be civil to one another and to others in the community, and contribute positively to student and university life.”

- Examples of prohibited conduct include academic dishonesty (ex: plagiarism), conduct that threatens or endangers, threats, harassment, hazing, use of illegal drugs, illegal use of alcohol and misuse of computer facilities or resources.
- Violations can result in admonishment, probation, suspension, or expulsion.
- Criminal laws are enforced on campus by CSUN Department of Police Service.

Student Records & Privacy Act

Student Records

The Family Educational Rights and Privacy Act (FERPA) is the primary law governing student records. Once enrolled at a university, the rights under FERPA pass from the parent to the student.

Those Rights Include:

- *The right to consent to the disclosure of records to a third party, including parents*
- *The right to prohibit the release of “directory information”*
- *A right of access to student records*
- *The right to challenge the contents of student records*

Parent Access to Student Records

Generally speaking, parents should not expect direct access to student records (including student grades). A student may share with parents any record in the student's possession. Students may grant permission for parents to gain access to their records by providing a written statement providing:

The name of the specific record to be disclosed

The purpose of the disclosure

The name of the person to whom the record is to be released

Student Safety Resources, Education and Prevention

Equity & Diversity

CSUN is committed to maintaining an inclusive community that values diversity and fosters mutual respect. All students have the right to participate fully in university programs and activities free from discrimination, harassment and retaliation. The University will not tolerate behavior that denigrates, humiliates, or stigmatizes individuals on the basis of age, disability, ethnicity, gender, gender identity/expression, national origin, race, religion, sexual orientation, and veteran status.

See: CSU Nondiscrimination Policy available at
<http://calstate.policystat.com/policy/12891658/>

<https://www.csun.edu/eqd>

Equity & Diversity

Applies to: Students, Faculty/Staff/ Third Parties (known and unknown)

Prohibits Discrimination, Harassment and Retaliation

- *Title IX is a special category of Sex Discrimination*

Protected Status: Age, Disability, Gender/Sex, Genetic Information, Gender Identity, Gender Expression, Marital Status, Medical Condition, Nationality, Race/Ethnicity, Religion or Religious Creed, Sexual Orientation, Veteran/Military Status

Duty to Report & Exceptions (physicians, therapists, SA/DV, etc.)

Hearings vs. Informal Resolutions

Sexual Assault Prevention & Education

College campuses are adjusting to many new laws:

Violence Against Women Act - Campus Sexual Violence Act, and the Affirmative Consent Law.

Prohibited behavior:

Sexual misconduct, sexual harassment, sexual assault, sexual exploitation, prohibited consensual relationships, domestic violence, dating violence, and stalking.

At CSUN, student safety is our primary concern. The University:

- Strictly prohibits sex discrimination, including sexual harassment and sexual violence (sh/sv);
- Responds promptly when we know or have reason to know of incidents of sexual harassment and sexual violence;
- Communicates to students their rights and options, including the right to file a university complaint as well as a criminal complaint;

Affirmative Consent

*** ENGAGING IN SEXUAL ACTIVITY WITH ANOTHER MEMBER OF THE COMMUNITY MUST INVOLVE AFFIRMATIVE CONSENT ***

- Everything you think of as “sexual activity” including “touching intimate body parts.”
- Consent must be INFORMED, AFFIRMATIVE, CONSCIOUS, VOLUNTARY and MUTUAL
 - Silence ≠ consent
 - Existence of prior relationship or prior consent ≠ current consent
 - Requests for condom/birth control ≠ consent
 - Incapacitation ≠ consent
 - Consent can be revoked and must be ongoing

Equity & Diversity: FAQs

- *What if I can't prove it?*
- *Can I stay anonymous?*
- *What if the other party does something to get back at me for reporting?*
- *My professor said something during class that was offensive, what can be done about it?*
- *Can your office give me a restraining order?*
- *When should I report?*
- *What do I do if something isn't quite discrimination/harassment/retaliation?*

Sexual Assault Prevention & Education

- Communicates to students what the definitions of sh/sv, dating violence, domestic violence, stalking and affirmative consent;
- Provides prevention and awareness programs including mandatory “Not Anymore” Title IX Training.
- Provides on and off campus resources, both confidential and not; and,
- Has a Title IX Coordinator and an office on campus that receives all issues relating to sh/sv.

CONCERNS?

Contact Title IX Coordinator at (818) 677-2077

University Police at (818) 677-2111

More information can be found in the New Student Handbook



Zero Tolerance for Hazing

0

Hazing is any method of initiation or pre-initiation into a student organization or student body, whether or not the organization or body is officially recognized by an educational institution, which is likely to cause serious bodily injury to any former, current, or prospective student ... and in addition, any act likely to cause physical harm, personal degradation or disgrace resulting in physical or mental harm, to any former, current, or prospective student The term "hazing" does not include customary athletic events or school sanction events. Neither the express or implied consent of a victim of hazing, nor the lack of active participation in a particular hazing incident is a defense. Apathy or acquiescence in the presence of hazing is not a neutral act, and is also a violation of this section.

New Member Education – Recruitment - Intake - Initiation



CONCERNS?

Contact Office of the Vice President for Student Affairs/Dean of Students at (818) 677-2391

Equity & Diversity

CSUN is committed to maintaining an inclusive community that values diversity and fosters mutual respect. All students have the right to participate fully in university programs and activities free from discrimination, harassment and retaliation. The University will not tolerate behavior that denigrates, humiliates, or stigmatizes individuals on the basis of age, disability, ethnicity, gender, gender identity/expression, national origin, race, religion, sexual orientation, and veteran status.

Additional Safety Resources

Department of Police Services
(818) 677-2111
<https://www.csun.edu/police>

Student Health Center
(818) 677-3666
<https://www.csun.edu/shc>

Title IX Coordinator
(818) 677-2077
<https://www.csun.edu/eqd/title-ix>

University Counseling Services
(818) 677-2366
<https://www.csun.edu/counseling>

Student Affairs (Student Conduct, etc.)
(818) 677-2391
<https://www.csun.edu/studentaffairs>

Campus Police



Police Services General Overview



Corner of Darby Avenue & Prairie Street

Campus Police

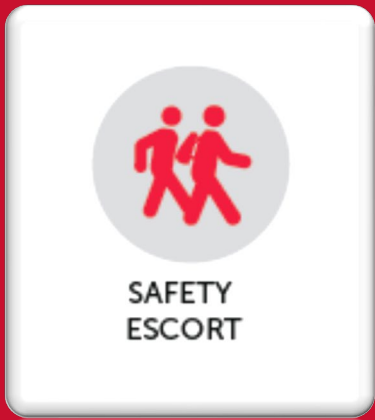


24-hour Police Services Dispatch

- **Emergency** (police, fire or medical) **Dial: 911**
- **Non-emergencies Dial: (818) 677-2111**
(2111 from any campus phone)

Emergency blue light phones & yellow TTY call boxes

Throughout campus & parking structures.
Connection to a CSUN PD dispatcher.



Matador Patrol

- Personal Safety Escorts, Dusk – 11:30 p.m.
Monday - Thursday
- Call: 818-677-5042 / 5048
- Use the CSUN app to request a safety escort.

Bicycle Registration

- ***FREE** bicycle registration!*
- Available at the DPS Building



Amber Light Patrol

- FREE on-campus vehicle jump starts & lock out assistance.
- Call: 818-677-2111



Campus Police

Community Service Officers



- Non-sworn DPS professional security staff
- Partnerships between DPS & residents
- Conduct crime prevention education presentations
- Provide assistance and resources
- Complex Security: Staffed access points for Residents
- Hours of operation: 7:30 p.m. – 3:00 a.m. Everyday

Can my student carry pepper spray on campus?

Yes. 2.5oz canisters are allowed.

Can my student carry a folding knife on campus?

***Yes. Fixed-blade 2.5"**

Can my student carry a stun gun on campus?

Yes, with the exception of Housing.

Does the campus offer self-defense classes?

Yes. RAD for credit, DPS non-credit class

Emergency Operations Plan

The purpose of CSUN's Emergency Operation Plan (EOP) is to establish policies, procedures and an organizational structure for response to an emergency. The EOP is designed to provide optimal coordination between responding agencies, and to facilitate the rapid deployment of resources in the event of an emergency.

The CSUN EOP has five core goals:

1. Ensure the safety and security of the students, faculty, staff, and visitors.
2. Minimize disruption of the academic program.
3. Minimize university losses.
4. Maintain university operations and essential services.
5. Assist the community in disaster recovery.



THANK YOU

Financial Aid and Scholarships: Partnering with Parents in Funding Education



Agenda

- About Us, Financial Aid and Scholarships Department
- What is the Cost of Attendance
- How Can Families Limit Education Cost?
- Financial Aid and Financial Need
- What are Funding Options are Available to Families
- Scholarships and other resources
- How To Apply For Financial Help
- The Application Process for the 2024-25 Academic Year
- Q & A

About Us

- Over \$373 Million provided to students through Grants, Scholarships, Work-Study, student loans
- Over 31,000 CSUN students receive some form of financial assistance
- 39 Staff Members
- We conduct workshops on various financial matters such as how to manage a student budget and borrowing responsibly



What Does It Cost?

2023-24	At Home	On Campus	Off Campus
Tuition & other fees	\$7,090	\$7,090	\$7,090
Books/Supplies	\$1,284	\$1,284	\$1,284
Room/Board	\$8,402	\$12,648	\$20,306
Transportation	\$1,654	\$1,184	\$2,300
Personal/Misc.	\$2,322	\$2,060	\$2,130
Loan fees	\$80	\$80	\$80
*TOTAL (9 months)	\$20,832	\$24,346	\$33,190






Information available at: www.csun.edu/financialaid

*Actual amounts will vary by CSU campus.

What is Cost of Attendance (COA)?

The Cost of Attendance is an ESTIMATE of your educational expenses for a given period of enrollment.

- It consists of both **Direct Costs**, those paid directly to CSUN, and **Indirect Costs**, those which might not be paid directly to CSUN.
- **Direct Costs** may include tuition and fees, and on-campus room and board.

Estimation of expected costs	
Direct Costs	Indirect Costs
 Tuition and fees	 Transportation
 Room and board	 Books and supplies
	 Miscellaneous personal expenses

How Can Students Limit The Cost?

- **Finish in four!**
 - **Attend full time; 15 units per semester**
- **Take only required coursework for degree**
- **Think twice before changing major or adding minor**
- **Avoid repeating classes**
- **Live with more roommates if living off campus**
- **Live at home if possible**
- **Rent or buy used books and course materials**

Financial Aid Formula



COA

Cost of Attendance

-



***EFC**

Expected Family Contribution

=

Financial Aid Need

On Campus Example:

\$24,346 (COA)

-\$3,150 (EFC)

\$21,196 (Need)

***EFC term is changing for 2024-2025 to SAI (student aid index)**

Expected Family Contribution (EFC)

What does this number mean?

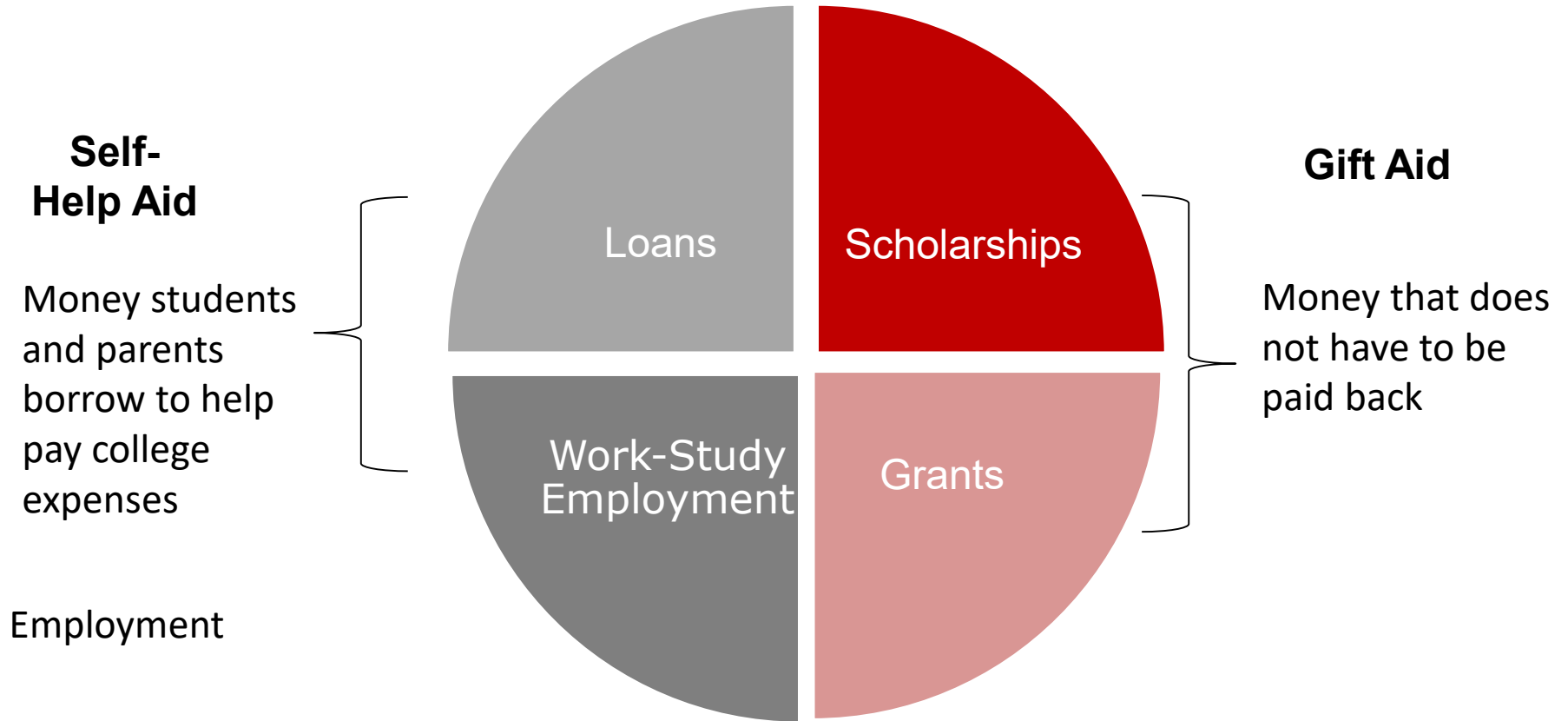
- Comes from the FAFSA/CADAA application
 - Collects demographic and financial information
 - Information used to calculate the expected family contribution (EFC)
 - Based on a federal formula
- Stays the same regardless of college
- Colleges use EFC to award financial aid and to determine eligibility
- Not a price, charge, or payment

**Measurement
of student's
and family's
ability to pay
postsecondary
educational
expenses**

**Student
contribution**

**Parent
contribution**
*(for dependent
students)*

Types of Financial Aid



Sources of Financial Aid

Federal		State	Campus	Private/ Public
Grants	Loans	Grants	Grants	Scholarships
Federal Pell Grants	Direct Subsidized Loans	Cal Grants A, B & C	State University Grant (SUG)	Fee Sponsorships /Employer Benefits
TEACH Grants Federal Supplemental (Teacher Education Assistance for College and Higher Education)	Direct Un subsidized Loans	Middle Class Scholarship	Educational Opportunity Program (EOP)	Fee Waivers
Educational Opportunity Grants (FSEOG)	Direct PLUS Loans	CA Chafee Grant	Scholarships	Private Loans
Iraq and Afghanistan Service Grants	Federal Work Study (FWS) Earn money to help pay education expenses		DREAM Loan	Parent Savings Plans (529)

Federal & California State Student Aid regulations require that a student's **total financial aid** cannot exceed the total **Cost of Attendance**.

Federal Direct Loans



Loan Type	Interest while enrolled at least half-time*	Interest while <u>not</u> enrolled at least half-time*
Subsidized	Gov't pays interest	5.50%
Unsubsidized	5.50%	5.50%
Parent PLUS	8.05%	8.05%

*Interest rates subject to change on July 1st

Parent PLUS loans are not offered automatically. PLUS loan request information at www.csun.edu/financialaid

Scholarships:



- Usually require separate applications
- May require transcript, essay, interview, or audition
- Students who receive scholarships generally have to maintain a certain grade point average (GPA)
- The most important thing is to find out what your options are
- Keep in mind that no scholarship is too small!

www.csun.edu/financial_aid/scholarships

CSUN Scholarships



- Amounts can range between \$500-\$12,500
 - Matador Scholarship Program
 - Presidential Scholars
 - University Scholars
- 3.0 GPA, enrolled full-time (at least 12 units)
- CSUN Scholarship website:

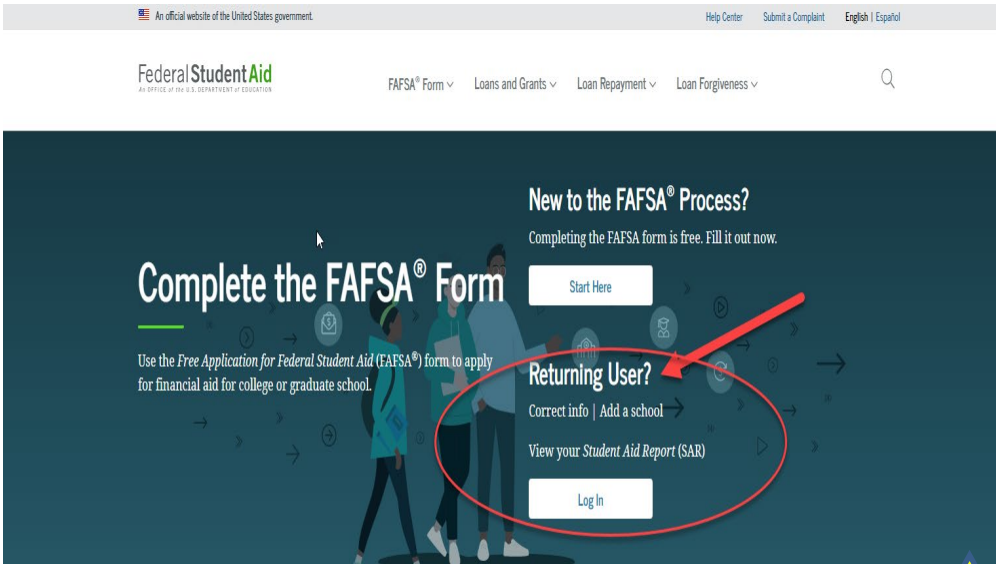
www.csun.edu/financial_aid/scholarships

Apply Early?

<https://studentaid.gov/h/apply-for-aid/fafsa>

OR

<https://dream.csac.ca.gov>



FAFSA® Announcements

2023-24 FAFSA Form Available

****Use IRS
Retrieval Tool****

**Apply by
March 2nd**



**School Code
001153**

2024-25 Application Process

- **Applications will tentatively be available December 30, 2023**
- **Use the IRS Data Retrieval Tool (IRDT)**
 - Tax figures are imported onto the FAFSA
- **2024-25 application will use 2022 income and tax information**
- **Priority Filing Period:**
October 1st - March 2 every year, except for the upcoming application period

Financial Aid & Scholarship Department

18111 Nordhoff Street
Northridge, CA 91330-8307
phone: 1-818-677-4085

Email: financial.aid@csun.edu

Located in Bayramian Hall,
1st Floor Lobby (BH 100)

Lobby hours: Mon. – Fri. 10:00 a.m. – 2:00 p.m.

Scholarship Office

The Scholarship Office is available
by phone at 1-818-677-4907 or

by email at scholarships@csun.edu

Hours: Mon. – Fri. 10:00 a.m. – 2:00 p.m.

Counseling Hours

Monday – Wednesday

10:00 a.m. - 2:00 p.m. by referral

Thank You





Klotz Student Health Center Information & Services

Hours & Location



Hours of operation:

Monday: 8am-5pm

Tuesday: 8am-5pm

Wednesday: 8am-5pm

Thursday: 9am-5pm

Friday: 8am-5pm

Weekends: **Closed**



Contact Info:

(818) 677-3666

www.csun.edu/shc

SHCinfo@csun.edu



Location:

South of the USU.

Between Chaparral Hall
and the G3 parking lot.



Klotz Student Health Center (SHC)

- ❑ The Klotz SHC is a benefit to enrolled CSUN students.
 - ❑ Each student pays a Student Health Fee as part of their registration fees each semester.
 - ❑ Entitles them to accessing services at the health center.
- ❑ Klotz SHC clinicians are experts in college health and are board certified and licensed in their specialties.
- ❑ The Klotz Student Health Center is accredited by the Accreditation Association for Ambulatory Health Care, Inc.



Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

Services



Free Services

- Primary Care Visits
- Birth Control Education
- Pregnancy Options Counseling
- Nutrition Counseling
- Tobacco/Nicotine Education
- Sexual & Reproductive Health Exams (some costs may apply)
- Sports Medicine
- X-rays

Low-cost Services

- Acupuncture
- Chiropractic Care
- Immunizations
- Laboratory Services (some tests may be free)
- Optometry (exams, glasses, contacts)
- Pharmacy
- Physical Therapy
- Travel medicine

Appointments with the Klotz Student Health Center

- Students should call (818) 677-3666. Some appointments may be scheduled online via the Klotz Student Health Center patient portal: myhealth.csun.edu.
- Appointments are available both in-person and through telehealth.
- Masks are currently required and will be provided at entry.
- Visit and medical information are **NOT** tied to academic records or available to anyone without the student's permission unless required by law.



ADDITIONAL RESOURCES

➤ FamilyPACT

The SHC is a FamilyPACT provider. FamilyPACT is a California program that provides free sexual and reproductive health services to eligible low-income individuals. Students can contact us for information on how to apply.



➤ After-hours Care - Fonemed

After-hours nursing telephone service. Fonemed staff can answer medical questions, provide information on self-care, and help direct students to urgent/emergency care, if needed. Please note that any costs urgent/emergency care incurred are the student's responsibility.



➤ Vaccine Assistance Programs

The Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost for those who meet eligibility requirements and are under 19 years of age. Students can call the health center regarding eligibility.



IMMUNIZATION REQUIREMENTS

All incoming students are required to comply with the California State University (CSU) systemwide updated EO 803 Policy on Immunization Requirements and Recommendations. Students must provide immunization records or proof of immunity to the following:

➤ **Hepatitis B:** Required for students 18 years of age and younger at the time of the first day of attendance.

Additionally, California State University Northridge requires that students provide the same records or proof of immunity for:

➤ **Measles, Mumps and Rubella (MMR):** Two doses are required, with the first dose on or after first birthday.

IMMUNIZATION REQUIREMENTS

How to satisfy the requirement

- **Submit Official Immunization Records**
Students can upload records to the Klotz Student Health Center MyHealth patient portal. Records will be processed within five business days.
- **Obtain a Titer Test**
A titer test can be used when immunization records are unavailable. A titer test is a laboratory test used to determine immunity to an infection/disease. Students can schedule an appointment for a titer test at the Klotz Student Health Center or with their healthcare provider. Titer test records are official immunization records.
- **Submit an Exemption Request**
A student may be exempted from these requirements with a verified medical or religious exemption.

Scan the QR code
to learn more about
immunization
requirements:



IMMUNIZATION RECOMMENDATIONS

The CSU strongly encourages students to obtain the following immunizations and screening. Please discuss these immunizations with your healthcare provider. Information on these immunizations is available on the California Department of Public Health webpage for California colleges.

Recommended Immunizations

- Influenza vaccine
- Meningococcal Conjugate (Serogroups A, C, Y, W-135) Vaccine
- Serogroup B Meningococcal Vaccine
- Tetanus-Diphtheria-Pertussis (Tdap) Vaccine
- Varicella (Chickenpox) Vaccine
- Hepatitis A (Hep A) Vaccine
- Hepatitis B (Hep B) Vaccine – Ages 19 and older
- Human Papillomavirus (HPV) Vaccine
- Pneumococcal Vaccine
- Polio Vaccine

Recommended Screenings

- Tuberculosis screen/risk assessment

FAQS

Do you take insurance?

- Health insurance is not required to use the health center. If a service has a cost, such as medication or lab work, we may be able to bill a student's insurance. We can also provide a receipt that can be submitted to an insurance company. Please note that any costs not covered by the insurance company are the student's responsibility.

If a student uses a service that has a fee, how do they pay for it?

- All fees are applied to their CSUN financial account. They will pay for these services the same way they pay for registration and other fees.

Do you only see students?

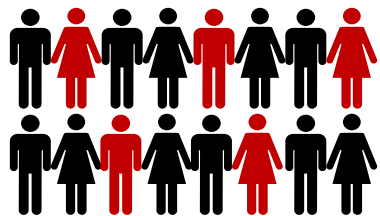
- The majority of our services are only available to enrolled CSUN students. We do have some services available to staff/faculty.

Can students request their medical records to take to their own medical provider?

- Yes, all records can be requested to take to their medical provider (release of information). And students can also bring in personal medical records to add to their campus records.



STUDENT HEALTH



2,469 CSUN students participated in the 2021 National College Health Assessment (NCHA).

Top academic impacts



52% Procrastination



43% Stress



33% Anxiety



24% Sleep Difficulties

NARCAN Saves Lives

Naloxone, or “NARCAN”, is a life-saving medication that can be used to reverse an opioid overdose.

Due to the rise in fentanyl related overdoses, the CSUN Klotz Student Health Center now offers free NARCAN to currently enrolled students.

Call the Klotz Student Health Center Pharmacy (818) 677-3671 or scan the QR code to get more information on accessing NARCAN training and free NARCAN.



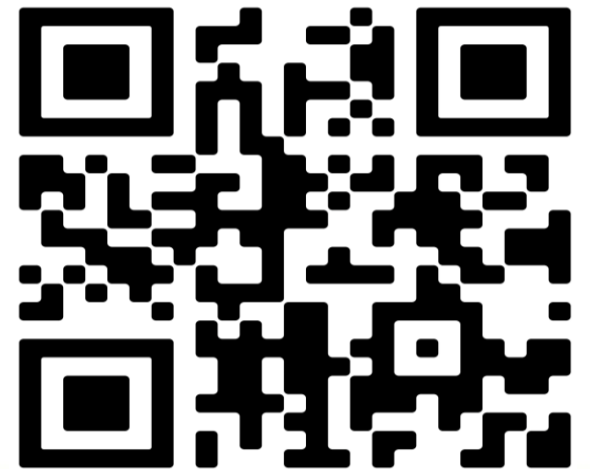
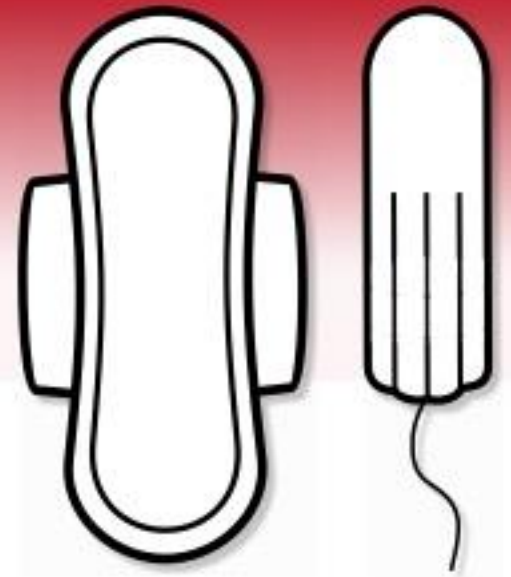
FREE MENSTRUAL PRODUCTS

WE'VE GOT YOU COVERED. PERIOD.

CSUN recognizes that menstrual products are a basic needs necessity and is providing FREE pads and tampons in select restrooms across campus.

For product locations (including reusable products) scan this QR code or visit:

csun.edu/shc/free-menstrual-products-campus



LET'S STAY CONNECTED



CSUNStudentHealth



CSUNStdntHealth



KlotzStudentHealthCenter



SHCinfo@csun.edu



csun.edu/shc



CSUN®

klotz
student health center

How to Support Your Young Adult Student

University Counseling Services





Agenda

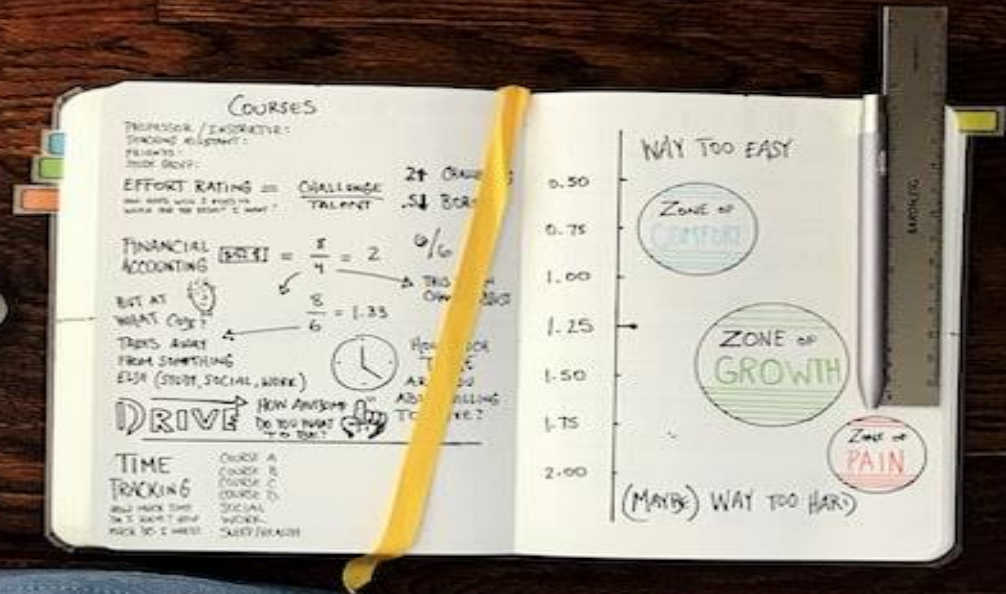
- What challenges do students face
- Ways in which you can support your student/child
- Learn about UCS resources to which students have access



Student Challenges

- Academic workload
 - Different expectations than high school
- Adulting responsibilities!!!
- Social interaction
- Physical wellbeing
- Emotional wellbeing
- Time management /Finding balance between all of these

<https://brenebrown.com/videos/rsa-short-empathy/>





Supportive Listening

- Try your best to listen without judging or pressuring
- Try to avoid distractions
 - Private space
 - No phones, texting, multi-tasking, etc.
- If in-person or video, check your body language
 - Uncross arms, eye contact, nodding, etc.
- Manage your own anxiety
 - Leaning into patience
 - Mistakes will be made and that is ok



Supportive Communication

- Use encouragers (“uh-huh”, “sure”, “yeah”)
- Ask open-ended questions
- Express appreciation that they’re being open with and trusting you, **it will encourage more of it**
- If you have concerns, be direct about observations of changes
- Try to not **overuse** potentially minimizing statements (“Don’t worry about it”, “You’ll be fine”)

The best thing you
can do for your
student is to get
them to ask for
help.





Know Your Resources

UCS Support Services Available to Students

- Brief individual and couples counseling/therapy
- Groups and workshops
- Crisis support
 - 24/7 phone support
 - 8a-5p weekday walk-ins
- Psychiatric/Medication services
- Professor/Staff consultation about how to support students
- Referral support
- **OUR SERVICES ARE FREE AND CONFIDENTIAL!!**
- **(818) 677-2366**
- **www.csun.edu/counseling**
- **www.csun.edu/youcsun**

