SJSU Student Success and Basic Needs Resources

This document will list some of the programs available to assist SJSU students. If you know of additional resources, please contact Dr. Wilkinson ([katherine.wilkinson@sjsu.edu](mailto:katherine.wilkinson@sjsu.edu)) so she can add them to the document. SJSU also collates a list of campus resources on the Learn Anywhere website: <https://www.sjsu.edu/learnanywhere/campus-resources/index.php>

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# Student Success Resources

[**SJSU Study and Workplace Resources**](https://www.sjsu.edu/learnanywhere/campus-resources/study-resources.php) - Places to attend online classes on campus. Other technology resources can be found on the [SJSU Learn Anywhere Website](https://www.sjsu.edu/learnanywhere/).

[**Laptop and iPad Loans**](https://library.sjsu.edu/policies-procedures/computers-sjsu-laptop-and-ipad-loan-program-policy) - SJSU Library has laptops and iPads for students to check out.

[**CoSAC Peer Tutoring**](https://www.sjsu.edu/cosac/tutoring/index.php)-if you are having trouble in your classes take advantage of FREE tutoring and peer advising at the College of Science Advising Center (DH 213).

[**Peer Connections Tutoring and Mentoring**](http://peerconnections.sjsu.edu/) - Peer Mentors can assist you with many aspects of university life, including study skills, adjusting to life as a college student, getting connected on campus, and personal issues. For more information, [visit the mentoring site](http://peerconnections.sjsu.edu/mentoring/index.html). Peer Connections also offers workshops on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. [Visit the workshop section](http://peerconnections.sjsu.edu/workshops/index.html) for this semester's schedule.

[**Biology Resources at SJSU's Library**](http://libguides.sjsu.edu/biology) **-** You can find resources for searching journal databases, learn how to cite journal articles in papers, information about plagiarism, and other helpful information at the [Biological Sciences Library Resources site](http://libguides.sjsu.edu/biology). You can request journal articles that are not in the library by using [InterLibrary Loan](https://library.sjsu.edu/interlibrary-loan/interlibrary-loan). [The Biological Sciences librarian](https://library.sjsu.edu/staff-directory/sjsu-library-subject-liaisons) is available to answer any questions you may have about library resources.

[**Accessible Education Center**](http://www.sjsu.edu/aec/) – The San Jose State University Accessible Education Center (AEC), formerly known as the Disability Resource Center (DRC) and located in ADM 110, is a comprehensive center providing both students and employees with accommodations and services. The Center works closely with faculty, staff, programs and departments to deliver services and promote access for students with disabilities in the classroom and throughout the campus.

[**Writing Center**](http://www.sjsu.edu/writingcenter) **–** The Writing Center located in CL Suite 126 offers a variety of resources to help students become better writers, from one-on-one tutoring sessions, to writing workshops. All of the services at the writing center are free for SJSU students.

[**Career Center**](http://www.sjsu.edu/careercenter/) - The Career Center in ADM 154 promotes the development of SJSU students as professionals by providing the tools to guide them in making career-planning decisions and marketing their skills to employers. It is never too early to visit the Career Center.

# Basic Needs Resources

[**SJSU Cares**](https://www.sjsu.edu/sjsucares/) - You can find links to food resources, including the [Spartan Food pantry](https://www.sjsu.edu/sjsucares/get-assistance/spartan-food-pantry.php) and how to sign up for [CalFresh](https://www.sjsu.edu/sjsucares/get-assistance/calfresh.php) to receive monthly assistance to buy groceries. Students experiencing homelessness can also apply for [Rapid Rehousing](https://cm.maxient.com/reportingform.php?SanJoseStateUniv&layout_id=12). You can also apply for [emergency cash assistance](https://www.sjsu.edu/sjsucares/get-assistance/index.php) if you are facing a financial crisis.

[**Resources for Undocumented Students**](https://www.sjsu.edu/undocuspartan/help/community-resources.php) - [The UndocuSpartan Center](https://www.sjsu.edu/undocuspartan/) has legal, financial, and community support for undocumented students.

[**SJSU Student Health Center**](https://www.sjsu.edu/medical/index.php?utm_source=studenthealth&utm_medium=301&utm_campaign=studenthealth-reorg) – The Student Health Center provides medical care to students enrolled at SJSU. In addition to treating acute conditions, injuries, and illnesses, the Health Center provides a family planning program and maintains an in-house licensed pharmacy, a physical therapy department, a federally certified high complexity laboratory, and an x-ray department.

# Mental Health Resources

[**SJSU Counseling and Psychological Services**](http://www.sjsu.edu/counseling/) – CAPS provides free counseling for individuals, couples and groups. Counseling Services on campus cover a broad range of topics, including nutrition, sexual health, alcohol and drug abuse prevention.

**24 Hour Crisis Phone Lines** - Call the SJSU CAPS Main Number (408) 924-5910 and select option 4 to get connected to a crisis counselor. You could also call the Santa Clara County Suicide and Crisis Hotline at (855) 278-4204.

[**The Crisis Text Line**](https://www.crisistextline.org/) - The Crisis Text Line provides free text support from a Crisis Counselor 24 hours a day. Just text to 741-741 to speak with a volunteer. Many of your peers have volunteered at the Crisis Text Line as well.

[**Therapy Assisted Online (TAO) Self-Help**](https://www.sjsu.edu/counseling/resources/self-help-resources.php) - TAO consists of education modules in anxiety, depression, stress, and substance use to name a few. Students can access the TAO Self-Help modules for free at <https://www.sjsu.edu/counseling/resources/self-help-resources.php>.

# SJSU Campus Affinity Groups

[**Chicanx/Latinx Student Success Center**](https://www.sjsu.edu/chicanxlatinxssc/) - The Chicanx/Latinx Student Success Center (“Centro”) provides a community gathering space as well as programs and services to support the success of all Chicanx and Latinx students at SJSU.

[**Black Leadership and Opportunity Center**](https://www.sjsu.edu/thebloc/index.php?utm_source=africanamericanblackssc&utm_medium=301&utm_campaign=thebloc-rebrand) - The Black Leadership and Opportunity Center is the hub for Black student life at SJSU. We provide cultural programming, professional development and academic initiatives that promote community building and overall student success.

[**Generate First Generation Student Group**](http://www.sjsu.edu/generate/) - The goal of this student club is to build a community of support for first generation college students.

[**MOSAIC Cross Cultural Center**](http://www.sjsu.edu/mosaic/) **–** MOSAIC provides a safe and welcoming environment which honors and celebrates diversity. MOSAIC offer support and advocacy for historically under-represented groups, leadership opportunities, and intentional programming that focus on critical thought, social justice, and cultural empowerment for the SJSU community.

[**SJSU Asian/Pacific Islander/ Desi American Task Force**](https://linktr.ee/sjsuapida)- The APID/A Task Force dedicated to support, resources, and aid to Asian/Pacific Islander/ Desi American related students at San José State University.

[**The UndocuSpartan Center**](https://www.sjsu.edu/undocuspartan/) - The UndocuSpartan Center has legal, financial, and community support for undocumented students.

[**SJSU PRIDE Cente**r](https://www.sjsu.edu/pride/) - The PRIDE Center has many LGBTQ+ student organizations and meetups hosted through their center as well as other community and educational support services.

[**International Student and Scholar Services**](https://www.sjsu.edu/isss/)- International Student & Scholar Services (ISSS) centralizes immigration advising resources and co-curricular support programming for international students and scholars on campus. Our goal is to serve the needs of our international students and scholars and to enhance their experience in the United States and to integrate them into our community, while also contributing to their success during their tenure at SJSU and beyond.

[**Society for the Advancement of Chicanos and Native Americans in Science, SJSU Chapter**](https://linktr.ee/sacnaschapteratsjsu)- SACNAS is an inclusive organization dedicated to fostering the success of Chicanos/Hispanics and Native Americans, from college students to professionals, in attaining advanced degrees, careers, and positions of leadership in STEM.

[**Veterans Resources Center**](https://www.sjsu.edu/learnanywhere/campus-resources/index.php#collapse-d12e408-14) - The Veterans Resources Center is dedicated to assists veterans, reservists, national guard, active duty and dependents with state/federal education benefits and certification, campus resources, and intentional student programs that aid in the transition from military to education to career.

# COVID-19 Resources

[**Santa Clara County COVID Vaccinations**](https://vax.sccgov.org/) - Scheduling for free COVID-19 vaccinations. If you have any questions about the vaccine, Dr. Wilkinson is happy to answer them.

[**Santa Clara County COVID Testing**](https://covid19.sccgov.org/covid-19-testing) - Free COVID-19 testing in Santa Clara County.

[**Benefits for Workers Affected by COVID-19**](https://www.labor.ca.gov/Coronavirus2019/) - CA Department of Labor and Workforce Development has resources for employees or businesses affected by the COVID-19 pandemic. Information for filing for Unemployment Benefits can be found at the [CA State Employment Development Department](https://www.edd.ca.gov/Unemployment/Filing_a_Claim.htm).

[**Silicon Valley Strong Resources**](https://siliconvalleystrong.org/get-help/) - Find resources for free meals, rent or mortgage assistance, and other community resources at #Silicon Valley Strong.

# Research Programs that Support Students Underrepresented in STEM

NIH Maximizing Access to Research Careers (MARC) Program (Director: Dr. [Cleber Ouverney](https://www.sjsu.edu/biology/faculty_and_staff/faculty/ouverney/)): <https://www.sjsu.edu/biology/special-programs/marc/>

NIH Research Initiative for Scientific Enhancement (RISE) Program (Director [Dr. Karen Singmaster](https://www.sjsu.edu/chemistry/People/Faculty/Singmaster/index.html)): <https://www.sjsu.edu/biology/special-programs/undergraduate-research-programs/index.html>

NSF [Louis Stokes Alliance for Minority Participation (LSAMP)](https://www.csus.edu/college/natural-sciences-mathematics/csu-lsamp/) (Director [Dr. Karen Singmaster](https://www.sjsu.edu/chemistry/People/Faculty/Singmaster/index.html)): <https://www.sjsu.edu/biology/special-programs/undergraduate-research-programs/index.html>

Department of Education McNair Scholars Program (Director: [Dr. Maria Elena Cruz): https://www.sjs](http://www.sjsu.edu/mcnair/)[u.edu/mcnair/](https://www.sjsu.edu/mcnair/)