Make This Your Best Semester

Sierra College Campus Resources
Spring 2013

For Students Wanting Help with Academics
For Students Wanting Financial Help
For Students Who Aren’t Sure What Major/Profession to Go Into
For Students Who Would Like Greater Academic Challenge
For Students Who Would Like a Greater Educational Experience
For Students Who Are Veterans
For Students with Disabilities
For International/ESL Students
For LGBTIQ Students
For Students Who Are Parents
For Students with Personal Difficulties

The majority of services that follow are free of charge to registered students, with exceptions that may include resources listed as a "program" or "course" (that would require class enrollment fees) and a few other items on the list.

The resources listed are offered at the Rocklin campus, but information regarding the availability of each item at the other Sierra College campuses may be found at the website specified.

For Students Wanting Help with Academics

Learning Opportunity Center—
Assesses students with possible learning disabilities and/or ADD/ADHD and provides information, strategies, referrals, and services for better coping with learning challenges, as needed. Students may walk in or call.
Location: LRC 401    Phone: (916) 660-7450

Learning Center—
Provides students with academic support through:
   Tutoring
      Drop-In Tutoring: As many times a semester as needed, free of charge. The schedule is on the website. Just show up and bring student ID.
      Individual Tutoring: Once a week for every class in which a student is enrolled, free of charge. Walk in to make an appointment and bring student ID and a copy of current course schedule.
   Computer Access
      PCs, Macs, Assistive Technology, and Internet. First come, first served basis, bring student ID.
Location: LRC 444    Phone: (916) 660-7220
Website: http://www.sierracollege.edu/student-services/academic-support/tutoring/index.php
Student Success Workshops—
Offers free workshops to students on various topics that may include: Textbook Reading, Effective Note-Taking, Memory Skills, Test Taking, How to Write a Research Paper, Developing a Paper, Sentence Structure and Punctuation, The Timed Essay, Overcoming Math Anxiety, Tips and Strategies to Succeed in Math, and Save My Semester! Schedule and locations on website, students may just show up (no sign-up). The workshops are held on Fridays, and are usually about 90 minutes long.

Phone: (916) 660-8288 (ext.3896) for updated information and workshop cancellations
Website: http://www.sierracollege.edu/student-services/academic-support/workshops/student-success.php

Writing Center—
Offers students one-on-one instruction on writing skills and assistance with writing papers in all college subjects. Students can receive help with: clarifying assignments, the writing process, developing and organizing ideas, grammar and punctuation questions, proofreading and editing, interpreting literature, essay exam strategies, research skills, source citation, oral presentations, resume and business letter writing, word processing, and transfer application and scholarship essays. Services are free of charge and provided on a drop-in basis, just bring student ID. Also provides computers for students to use, and the website offers numerous links to writing resources (on-line writing guides, reference manuals, etc.).

Location: LRC 424    Phone: (916) 660-8093
Website: http://lrc.sierracollege.edu/writingcenter/

Math Center—
Offers students who are currently enrolled in any math class free tutoring and assistance in Mathematics and the math contained in other subjects (such as Physics, Chemistry, Economics, etc.), a great place to do math homework and study math, and PCs with Mathematics and Microsoft software. Just come on in with your student ID number and proof of current enrollment in a math class.

Location: V 329    Phone: (916) 660-7990
Website: http://www.sierracollege.edu/student-services/academic-support/labs/math-center/index.php

Supplemental Instruction (SI)—
Offers weekly review sessions for students in difficult courses. The sessions are led by a student SI leader who has already successfully taken the course.

Phone: (916) 660-7984
Website: http://www.sierracollege.edu/student-services/specialized-programs/supplemental-instruction/index.php

Academic Foundations Program—
Helps students to become prepared for the rigorous demands of college-level coursework through a combination of courses and support services to help build skill level and knowledge in reading, writing, math, basic computer applications as well as finding, retrieving, and evaluating information. Courses are designed with a slower pace, more one-on-one time with instructors, and more labs and instructional assistants to provide extra help. Students may assess into them or enroll in them even if they just want some extra help: CIS 1, 5, 20, 30, 37; English A, N, 50, 501, 560, 570, 571; ESL 500, 510, 520, 530, 540; Lib. Sci. 10A, 10B; Math A, 581, 582; PD 1, 6, 8.

Website: http://www.sierracollege.edu/student-services/academic-support/academic-foundations/index.php
Personal Development Courses—
Courses designed to help students to better adapt and achieve in academia, especially College Success (PDEV 1) and Introduction to College (PDEV 8). College Success (3 units, Transfer CSU/UC) teaches students strategies that include: test-taking, memory improvement, note-taking, research, time management, goal-setting, communication, and stress reduction. Introduction to College (.5-2 units, Transfer CSU) introduces students to campus services, student success strategies, the process of choosing a major, and the steps to transferring on to a four year college. Both courses are listed in the college catalog.
Website: http://www.sierracollege.edu/academics/catalog.php

First Year Experience (FYE) Program—
A program designed to help students succeed in their first year of college through learning community classes, workshops, activities, and support services. Students don’t need to be in their first year to join, they just need to be eligible for or enrolled in English, Math, Computer Information Systems, and Personal Development courses that are specified on the website.
Location: Winstead     Phone: (916) 660-7368
Website: http://www.sierracollege.edu/student-services/specialized-programs/first-year/index.php

Library—
Offers students a collection of over 85,000 print and 20,000 electronic books, various course textbooks available on reserve to check out, and 24/7 access to magazines, journals, newspapers, films, and e-books through subscription data bases. Librarians are available to assist students with research, and computers are available for library database and Internet research. The website also offers online research guides and information literacy tutorials.
Location: LRC Second and Third Floors     Phone: (916) 660-7230 Circulation
                                      (916) 660-7232 Reference
Website: http://lrc.sierracollege.edu/library.html

Straight AAAs (Athletic Academic Achievement) Program—
Helps student athletes to achieve academic success through tutoring and learning how to study, take notes and tests, write papers, and manage time. Student athletes may be referred by an instructor or coach or have assessed into one or more developmental courses (reading, writing, or math). It has been documented that student athletes attending the Straight AAA’s Program have a marked increase in their GPA over those student athletes who are not participating in the program.
Athletes Room Location: LRC 402A

Counseling Center—
Offers students academic, career, and personal counseling.
Location: Winstead     Phone: (916) 660-7400
Website: http://www.sierracollege.edu/student-services/academic-support/counseling/index.php
Online Counseling Center:
http://www.sierracollege.edu/student-services/academic-support/counseling/online-counseling/index.php

See Also: Disabilities Programs and Services
EOPS
CARE
Puente Program
Umoja Program
TRiO Program
For Students Wanting Financial Help

Financial Aid—
Offers information about, and applications for, various forms of financial aid available to students: grants, loans, scholarships, work-study employment, and more. The website also offers links to a Financial Aid Handbook and an online video library that can be accessed 24/7 with topics that include: applying for financial aid, eligibility, grant and loan programs, and scholarship tips.

Location: Winstead
Phone: (916) 660-7310
Website: http://www.sierracollege.edu/student-services/financial-aid/index.php

CalWorks—
Assists students who are current or former TANF/CalWorks recipients to meet welfare-to-work requirements. Services may include: counseling, employment opportunities, information and referral to campus and community programs and services, and expense cards for school supplies, books, and transportation. Specific eligibility requirements are listed on the website, and students interested in getting into the program must make an appointment with a CalWorks counselor.

Location: Winstead
Phone: (916) 660-7367
Website: http://www.sierracollege.edu/student-services/specialized-programs/eops/calworks.php

EOPS (Extended Opportunity Programs and Services)—
Offers low-income and educationally disadvantaged students support services that may include: counseling, priority registration, transfer and graduation assistance, textbook vouchers, and parking permit or bus pass. Specific eligibility requirements and application procedure steps are listed on the website.

Location: Winstead
Phone: (916) 660-7366
Website: http://www.sierracollege.edu/student-services/specialized-programs/eops/index.php

CARE (Cooperative Agencies Resources for Education) (a component of EOPS)—
Offers single parents who are academically under prepared (and who are also receiving benefits through CalWorks and are eligible for EOPS) support services that may include: counseling, priority registration, transfer and graduation assistance, textbook vouchers, parking permit or bus pass, grant money, referrals to on-campus and off-campus agencies and departments, workshops on parenting skills, and support groups.

Location: Winstead
Phone: (916) 660-7366
Website: http://www.sierracollege.edu/student-services/specialized-programs/eops/index.php

TRiO Program (Student Support Services)—
Offers to first-generation students (who do not have a parent who has earned a Bachelor’s degree) and who are low income or have a documented disability services such as: counseling, mentoring, tutoring, assistance applying for financial aid, textbook and laptop loans, and special events and field trips to universities. The TRiO student application is on the website.

Location: Winstead
Phone: (916) 660-7376
Website: http://www.sierracollege.edu/student-services/specialized-programs/trio-program/index.php

Sierra Job Link—
Offers students an online job board to look for employment and to post resume.
Website: http://www.collegecentral.com/sierracollege

See Also: Career Connections
For Students Who Aren’t Sure What Major/Profession to Go Into

Career Connections—
Offers students a variety of information and services for exploring career interests and educational paths: career assessment tests, resources for researching (majors, universities, job outlook and employment trends), computers with resume and letter writing software programs, workshops on topics such as resume writing and interviewing, information regarding informational interviewing, job shadowing, mentoring, and internship opportunities, and the Sierra Job Link for looking for employment and posting resumes.

Location: Winstead
Phone: (916) 660-7481
Website: http://www.sierracollege.edu/student-services/career-connections/index.php

See Also:
Counseling
Transfer Center

For Students Who Would Like Greater Academic Challenge

Honors Courses—
Highly motivated students who seek a more intellectually stimulating experience in an enrolled degree-applicable course (except developmental education) may create and complete an Honor’s Course Contract that details the extra, higher-level course work the student will do. The Honors Contract Proposal form is located on the website.

Website: http://www.sierracollege.edu/student-services/specialized-programs/honors/index.php

Sierra College Honor Society—
Academically talented students who have completed 12 units of transferable course credit at Sierra College with a minimum 3.5 GPA are eligible to join the college’s Beta Mu Zeta chapter of the Phi Theta Kappa International Honor Society for two-year colleges. The organization provides opportunity for leadership and service, as well as fellowship for students seeking greater academic challenge.

Website: http://www.sierracollege.edu/student-services/specialized-programs/honors/index.php

Learning Center—
Outstanding students with a solid grasp of the subject matter may be referred to the Learning Center for the possibility of working as a paid peer tutor for the college. The website provides an information sheet, application for the student, and faculty recommendation form.

Location: LRC 444    Phone: (916) 660-7220
Website: http://www.sierracollege.edu/student-services/academic-support/tutoring/faculty.php

Transfer Center (Career and Transfer Connections)—
Students have access to information for transfer research and effective transfer planning to colleges and universities, and services and activities that include: workshops on transfer-related topics, contact with university representatives through campus visits and tours, and assistance with completing university admissions applications.

Location: Winstead    Phone: (916) 660-7481
Website: http://www.sierracollege.edu/student-services/academic-support/transfer-center/index.php
For Students Who Would Like a Greater Educational Experience

Campus Clubs—
Offers students the opportunity to foster their social and intellectual growth through development of leadership, critical thinking, and/or interpersonal skills. Students may form their own club or join existing clubs for different interests, sports, cultures, causes, academic subjects, the arts, and so much more.

Campus Life Office: J 7 Phone: (916) 660-7380

Campus Events—
The college hosts numerous upcoming events in the spring, such as One Billion Rising: Global Campaign Day, Love Your Body Week, and Earth Week, as well as great sporting events.

Website for Upcoming Events: http://www.sierracollege.edu/events/upcoming/index.php
Website for Sporting Events: http://www.sierracollege.edu/athletics/events/index.php

Internship Program (Career Connections)—
Offers students a “hands-on” opportunity at a worksite to apply classroom learning and explore and develop skills/knowledge in a particular field or profession, while also earning units.
Eligibility requirements and directions for applying are provided on the website.
Location: Winstead Phone: (916) 660-7481
Website: http://www.sierracollege.edu/student-services/career-connections/students/internship.php

Study Abroad Program—
Offers students the opportunity to continue their studies while living in another country for three months during the semester. Fees and destinations are on the website, along with additional information and the application.
Website: http://www.sierracollege.edu/student-services/specialized-programs/study-abroad.php

Puente Program—
Puente (the Spanish word for “bridge”) offers students a Learning Community experience (English, Personal Development, and History classes), counseling services, mentoring, university tours, and activities and field trips to help students achieve greater personal and academic success and appreciation for cultural heritage. A Puente Program Information Form is on the website for students to complete to enter the program. The program also offers students a room to meet, study, receive counseling and assistance, and hear guest speakers.
Website: http://www.sierracollege.edu/student-services/specialized-programs/puente/index.php
Puente Room Location: LRC 402A
There is also the Puente Club for all interested students (in the Puente Program or not).
Website: http://www.sierracollege.edu/student-services/campus-life/clubs/index.php

Umoja Program—
Umoja (the Swahili word meaning “unity”) offers students a Learning Community experience (English, Personal Development, Computer Information Systems and/or Social Science classes), counseling services, mentoring, university tours, and activities and field trips to help students achieve greater personal and academic success and appreciation for cultural heritage. Applications are on the website for students to complete. The program also offers students a room to meet, study, receive counseling and assistance, and hear guest speakers.
Website: http://www.sierracollege.edu/student-services/specialized-programs/umoja/index.php
Umoja Room Location: LRC 402A
There is also the Project Unity Club—for all interested students (in the Umoja Program or not).
Website: http://www.sierracollege.edu/student-services/campus-life/clubs/index.php

See Also: First Year Experience Program
Transfer Center
For Students Who Are Veterans

Veterans Educational Services Office—
Offers students who are veterans, reservists, or dependents assistance and counseling. Students may call or e-mail for an appointment or stop by.
   Location: Winstead  Phone: (916) 660-7470
   E-mail: veterans@sierracollege.edu
There are also informative webpages with resources for veterans:
   http://www.sierracollege.edu/student-services/specialized-programs/veteran-services/resources.php

Vets Resource Center—
Offers a place for study, camaraderie, and assistance. Services include: information on GI Bill and financial aid, assistance completing claims and benefits forms, vet-to-vet tutoring and study groups, computer access, and combat vet counseling.
   Location: LRC 402A

Boots to Books Learning Community Courses—
A college success class designed to help veterans transition from military to college life (Personal Development 1, three units) that is paired with an English class (English A, also three units).
   Website: http://www.sierracollege.edu/student-services/specialized-programs/veteran-services/boots-to-books.php

The Veterans Student Alliance (VSA)—
A campus club that offers support and resources for veterans.
   Website: http://www.sierracollege.edu/student-services/campus-life/clubs/index.php

For Students with Disabilities

Disabled Students Program and Services—
Provides the appropriate services to students with verified disabilities (including blind/low vision, deaf/hard of hearing, mobility impaired, and psychological and learning disabilities). Services include: counseling (disability, academic, and vocational), accommodations for the classroom (note-taking, interpreters, etc.) and examinations (test facilitation and proctoring), courses for identifying and overcoming challenges (perceptual training, adaptive physical education, etc.), and an assistive technology lab (alternate media: magnification, text-to-speech, screen reading, and speech recognition software, etc.).
   DSPS: Winstead  Phone: (916) 660-7460/(916) 630-4548
   Website: http://www.sierracollege.edu/student-services/specialized-programs/disabled-students/index.php
   Assistive Technology Lab: LRC 444A  Phone: (916) 660-7212
   Website: http://www.sierracollege.edu/student-services/academic-support/labs/assistive.php
   Learning Opportunity Center: LRC 401  Phone: (916) 660-7450
   Location: Winstead  Phone: (916) 660-7470
   E-mail: veterans@sierracollege.edu
For International/English as a Second Language Students

International Student Office—
Offers counseling and support services to international students
Location: J 8      Phone: (916) 660-7330
Website: http://www.sierracollege.edu/student-services/specialized-programs/international/index.php

ESL Program—
Offers non-native speaking students a seven level ESL program beginning with novice level up to advanced transfer level college courses. Courses include: writing, grammar, reading/vocabulary, and speaking/listening (at most levels).
Website: http://www.sierracollege.edu/academics/divisions/liberal-arts/esl/index.php
The website also provides a webpage with links to ESL resource websites:
http://www.sierracollege.edu/academics/divisions/liberal-arts/esl/esl-websites.php

ESL Labs—
Offers ESL students computers with 19 ESL software programs and website links to many ESL materials. ESL lab classes are taught by ESL faculty and focus on practicing the content and skills being learned in the connected lecture class.
Website: http://www.sierracollege.edu/academics/divisions/liberal-arts/esl/esl-lab.php

Campus Clubs for International/ESL Students—
The Sierra International Life Club and many different cultural clubs are available to students.
Website: http://www.sierracollege.edu/student-services/campus-life/clubs/index.php

See Also: Puente Program
Umoja Program
Academic Foundations
Student Success Workshops

For LGBTIQ Students

Pride Center—
A learning center to support retention and success of lesbian, gay, bisexual, intersex, transgender, and all students at Sierra College.
Location: MT-8 D

Safe Space—
A supportive program for LGBTIQ students that works to create a more welcoming and inclusive campus climate. Safe Space training is offered two to three times per semester to help staff and students learn how to be a strong ally and advocate for LGBTIQ students.
Website: http://www.sierracollege.edu/student-services/campus-services/safe-space.php

Rainbow Alliance—
A campus club that supports activism, support groups, social activities, and tolerance and education.
Website: http://www.sierracollege.edu/student-services/campus-life/clubs/index.php
For Students Who Are Parents

Child Development Centers—
Offers childcare to young children aged two/three to five years old. Programs may be fee-based or free (for income-qualifying families). Centers are located on campus and off campus in the surrounding communities.
   Phone: (916) 660-8240
   Website: http://www.sierracollege.edu/student-services/campus-services/child-development.php

A Mother’s Place—
Offers lactating moms (students, staff, or faculty) a private place for expressing their milk. Further information regarding the benefits of breastfeeding and room location may be found on the website.
   Phone: (916) 660-8061 or (916) 660-7302
   Website: http://www.sierracollege.edu/student-services/campus-services/mothers-place.php

See Also: CARE Program
           CalWorks Program

For Students with Personal Difficulties

Counseling Center—
Offers short-term personal counseling free of charge to students to address specific problems that are interfering with a student’s progress or success.
   Location: Winstead
   Phone: (916) 660-7400
   Website: http://www.sierracollege.edu/student-services/academic-support/counseling/index.php

Health Services Center—
Offers psychotherapy that is free of charge to students for six visits per semester, with a lifetime maximum of 18 free visits (there is a ten dollar fee to students who do not show up for appointments).
   Location: Winstead
   Phone: (916) 660-7490
   Website: http://www.sierracollege.edu/student-services/campus-services/health-services/index.php

The website also offers two informative webpages:

   Mental Health Counseling and Resources: Lists the local area numbers to call for crisis intervention and suicide prevention, and offers links to further information regarding depression, grief, suicide prevention, and other mental health resources.

   Medical Resources and Links: Provides links to information regarding stress, self-injury, sexual assault, substance use and abuse, eating disorders, and more.
      http://www.sierracollege.edu/student-services/campus-services/health-services/resources.php

And More

Even more student resources may be found on the Student Services website, such as Admissions and Records, the Bookstore, Campus Parking, Campus Wireless Network, Pay to Print Services, and the Testing Center:
   http://www.sierracollege.edu/student-services/index.php