ACKNOWLEDGEMENTS

The production of this resource manual would not have been possible without the collaborative effort of dedicated individuals and offices who gave their time and energy to this project. Thank you to numerous HESA practicum students, Cultural Centers student staff, staff from the form office of Multicultural Recruitment and Retention, and many students who provided content and suggestions for this third edition of the Diversity Resource Manual.

INTRODUCTION

As you become a part of the USF and San Francisco community, your presence reflects a broader legacy of struggle by those who came before you. You are here not only because of your hard work and perseverance but also because of the support and love of family, friends, and others who advocated on your behalf to ensure your educational success. The Cultural Centers are here to help ensure that you reach your highest potential at USF. This Resource Manual was designed with you specifically in mind and is full of information that will aid you in your educational career here.

The Diversity Resources Manual is organized around one central question: what does it take to help historically marginalized and underserved students to succeed at USF?

ACADEMIC SUPPORT

College classes are a whole new level of studying and thinking. It is important to know what resources are available to you, and can support your academic needs. For some students, asking for help might mean getting tutoring, writing help, or finding a study group. For others it might mean getting academic advising to help you stay on track with your major and minor requirements. Even when feeling academically prepared, it is helpful to seek out campus resources to ensure your college success. Your tuition pays for these resources, so don’t forget to use them. Also, do not miss out on the opportunity to explore different disciplines, and take some interesting and challenging classes that may not have anything to do with your major.

MONEY AND FINANCES

Figuring out how to pay for your college education can be another stressful part of college life. Set a financial plan early on to help avoid finding yourself in deep debt by the time you graduate. Make sure you understand your financial aid package, and review all financial aid opportunities available to you. Particularly if you will be accepting loans as a way to fund your education or will seek work study opportunities. Take the time to speak openly and honestly with your family and make sure they understand your financial aid as well.
CAMPUS RESOURCES

No one makes it through college on their own. The key is learning how to balance academics, work and fun. Find your community by exploring the student organizations on campus. Student club and organizations are a great way to meet new people, work on your leadership skills, and learn more about your identity. You bring a wealth of knowledge and experience as well! So don’t be afraid to share it. Tap into communities where you will be able to learn, share with others what you know, and give back while having a great time.

COMMUNITY SPECIFIC RESOURCES

As you familiarize yourself with the USF campus community, you will have the opportunity to create support systems amongst other students who share similar passions, goals, and backgrounds. Along with the help of your peers, this manual provides you with an array of information that aims to support first generation college students, undocumented students, and the LGBTQ community in college.

HANDLING STRESS, TRANSITION & CRISIS

At some point, your experience at USF will be challenging. Take a moment to learn about the resources and recognize the signs of crisis and when you are in a bad place. Know that you are not alone in your struggle and that there are people who care about you both on and off campus.

Now that you’ve got a sense of some of the things you need to think about, turn the page and explore the DRM!

THE CULTURAL CENTERS

The Cultural Centers are a warm and inviting space for all students. We, along with our community, created this manual to better serve the USF community. We are located in the University Center building at the USF Main Campus on the Fourth Floor in Rooms 411, 412, and 413. During the school year, we are open Monday-Thursday from 10am-6pm and Friday from 10am-5pm.

We hope you will come visit the centers where our student interns will welcome you, and tell you about all of our resources and events we plan throughout the year. Or you can learn more about us by visiting our website: https://myusf.usfca.edu/student-life/cultural-centers

Contact us via email or phone:
Intercultural Center: interculturalcenter@usfca.edu & 415-422-6484
Gender & Sexuality Center: gsc@usfca.edu & 415-422-4431
The Cultural Centers’ Values

The Cultural Centers bring students together to increase their understanding, and embrace their roles, as members of a diverse community on the local and global levels.

The Gender & Sexuality Center and the Intercultural Center engage in this work through our shared values:


Community
The Cultural Centers unify individuals across identities, backgrounds and experiences. Our positive, caring and discerning community creates a sense of belonging for students.

Empowerment
The Cultural Centers inspire students to find their agency and authentic voice to express their needs. Students feel empowered to explore their passions and act.

Intersectionality
The Cultural Centers understand the complexity and beauty of the multiple intersecting identities students bring into the world. Our programs encourage students to embrace their whole self.

Growth
The Cultural Centers believe that all students have the capacity to deepen their consciousness by building upon their unique lived experiences. Programs encourage students to bravely engage in challenging dialogues within a supportive space.

Solidarity
The centers cultivate support and advocacy for, and with, marginalized identities and communities. Programs provide opportunities for students to gain a deeper understanding of injustices and work towards social change in community.

INSTITUTIONAL COMMITMENT TO DIVERSITY

USF INCLUSION STATEMENT

The University of San Francisco strives to promote safe, affirming, and inclusive communities for all students, faculty, and staff to learn and work together in alignment with the University’s mission. These communities are enriched by the presence of people of different abilities, ages, colors, creeds, cultures, races, ethnicities, family models, gender identities, gender expressions, health statuses, nationalities, political views, religious, spiritual, and philosophical beliefs, sexual orientations, socioeconomic statuses, educational backgrounds and veteran statuses. We
welcome, expect, and encourage the continued pursuit of knowledge, skills, and abilities necessary to build a more inclusive community which celebrates diversity and works toward justice.

THE OFFICE OF DIVERSITY ENGAGEMENT AND COMMUNITY OUTREACH

The Office of Diversity Engagement and Community Outreach seeks to promote a campus climate and culture that values diversity in all its forms through inclusive dialogues, interpersonal experiences, and Intercultural appreciation; in support of a thriving campus climate and inclusive excellence.

Strategic Goals:

- Enrich the campus climate for diversity and inclusion.
- Support diversity of faculty, staff and administrative and executive leadership across campus.
- Strengthen recruitment, retention, achievement and graduation of diverse students.
- Create diversity education and professional development for university employees related to diversity.
- Strengthen and promote curricular and co-curricular (cross-cultural) programs related to diversity.
- Enrich the urban community and university community engagement through outreach, service and partnerships with diverse communities.
- Enhance the diversity of the vendor supply chain.

The Office of Diversity Engagement and Community Outreach is located at:

Lone Mountain, Rm. 104
2130 Fulton St. San Francisco, CA 94117 [https://www.usfca.edu/diversity](https://www.usfca.edu/diversity)
diversity@usfca.edu | Phone: (415)422-2821

2: ACADEMICS

ACADEMIC CALENDAR

Being aware of your academic calendar, and important deadlines is a great way to keep yourself on track for graduation. Get important calendar dates for orientation, registration, and graduation ceremonies at the USF academic calendar website. [https://www.usfca.edu/academics/resources/academic-calendar](https://www.usfca.edu/academics/resources/academic-calendar)

IMPORTANT DATES:

FALL 2016

Orientation Begins August 20th
First day of class August 23rd
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<td>Late Registrations Begins</td>
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<td>Late Registration Ends/Last Day to Add Classes</td>
<td>August 29th</td>
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<td>Last Day to drop courses/withdrawal</td>
<td>November 4th</td>
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<td>Spring Registration</td>
<td>November 7/-30th</td>
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<td>Last Day of Classes</td>
<td>December 7th</td>
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<td>Final Examination</td>
<td>December 9th-15th</td>
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<td>Last Day to Submit Grades</td>
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**SPRING 2017**

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<td>Orientation Begins</td>
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<td>Late Registration Ends/Last Day to Add Class</td>
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<td>Last Day to Drop or Withdraw</td>
<td>April 10th</td>
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<td>Fall Continuing Student Orientation</td>
<td>April 10th-June 23rd</td>
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<td>Last Day of Classes</td>
<td>May 11th</td>
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<tr>
<td>Final Examination Period</td>
<td>May 13th-18th</td>
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<td>Last Day to Submit Grades</td>
<td>May 25th</td>
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**ON CAMPUS ACADEMIC SUPPORT SERVICES**

USF’s ‘Academic Support Services’ offer various programs can help you make the most of your time in college. Academic Support staff can point students in the right direction to resolve academic-related issues as well as assist students with study skills and learning strategies. Some offices that operate in Academic Support Services include the Learning and Writing Center, and the Center for Academic and Student Achievement (CASA).

https://www.usfca.edu/student-life/student-services

**THE LEARNING AND WRITING CENTER** offers assistance to all USF students in their academic pursuits. Services are free and include tutoring, writing assistance, individual appointments, group workshops and more. Drop in tutoring is available Monday-Thursday 1pm-4pm. https://www.usfca.edu/student-life/learning-writing-center | Phone Number: (415) 422-6713

**THE CENTER FOR ACADEMIC AND STUDENT ACHIEVEMENT (CASA)**

CASA provides students with compassionate academic and personal support that promotes holistic student development. CASA is the home that connects students, faculty, and staff with resources for student success. Services include new student orientation, one on one academic
advising, connections to academic programs, graduation plans, and assistance with academic forms. [https://myusf.usfca.edu/student-life/casa](https://myusf.usfca.edu/student-life/casa). Phone Number: 415-422-5050
Email address: casa@usfca.edu

STUDENT DISABILITY SERVICES (SDS) offers USF students with disabilities appropriate educational support and services to foster their academic and personal success. SDS ensures that students have equal access to all areas of student life. Services include: pre-admission counseling, priority registration, alternative testing, and assistive technology. [https://www.usfca.edu/student-disability-services](https://www.usfca.edu/student-disability-services) | Phone Number: (415) 422-2613
Email Address: sds@usfca.edu

THE GLEESON LIBRARY (GESCHKE CENTER) primarily provides support to academic programs and its students by making available the broadest possible array of learning and information resources (books, periodicals, government publications, and other library materials) for research support. Choose the contact method that best suits you.
[https://www.usfca.edu/library](https://www.usfca.edu/library)
Ask a Librarian for Support ( [https://www.usfca.edu/library/ask](https://www.usfca.edu/library/ask) )
Text Message: Text us at (415) 255-5591
Main Library number: (415) 422-2660

ACADEMIC PROGRAMS

A big component of coming to college is exploring your identity and cultural background as well as expanding your understanding of the world around you. The following major and minors provides students with the critical thinking skills to analyze social justice issues and dynamics of power, privilege, and oppression.

CRITICAL DIVERSITY STUDIES

The Critical Diversity Studies curriculum engages students in critical analyses of the historical and contemporary social construction of race, ethnicity, class, gender, sexuality, citizenship, and religion. Our students will develop an all-around understanding of the complexities within our cultural landscape. Graduates are uniquely prepared to work in diverse contexts, including: human resources, education, social work, nonprofit and for profit management, policy research and implementation, the law, and civic administration.

To major in Critical Diversity Studies, students must successfully complete 40 units: a 20-unit core of intersectional, interdisciplinary courses, and a 20-unit concentration in African American Studies, Asian American Studies, Latin@/Chican@ and Indigenous Studies, Gender and
SEXUALITIES STUDIES, or COMPARATIVE DIVERSITY STUDIES PROGRAM DIRECTOR: Evelyn Rodriguez (SC)
Email: cds@usfca.edu
https://www.usfca.edu/arts-sciences/undergraduate-programs/critical-diversity-studies

AFRICAN STUDIES (MINOR)
The African Studies minor exposes students to the interdisciplinary study of the history, politics, arts, experiences, and intellectual traditions of African Americans. To do so we draw broadly on history, sociology, literature, philosophy, psychology, politics, theology, and the arts. The courses explore the rich cultural and intellectual traditions of the evolving Black American life. Through the core course students are grounded in the fundamentals of African American history, and in the electives the students learn that the African American experience is at the heart of not only the United States experience but also the experience of the Americas and the world. For more Information:
Email: africistanalysis@usfca.edu
Phone: (415) 422-5706
Website: https://www.usfca.edu/catalog/undergraduate/arts-sciences/african-studies/minor

ASIAN PACIFIC AMERICAN STUDIES (MINOR)
The undergraduate Minor in Asian American Pacific American Studies (APAS) is an interdisciplinary program that prepares students to work with an increasingly global and diverse society. We as a program emphasize critical thinking and writing, along with civic engagement, community outreach, and leadership and development. Our curriculum is designed to broaden perspectives on class, gender, sexual, religious, and other differences that comprise and intersect with APA communities. Students explore APA identities, art, health, communication, politics, and AAPI Americans’ legacy of struggle and ongoing contributions to American culture and democracy. For more information:
Email: asian.pacific.american.studies@usfca.edu
Phone: (415) 422-5706
Website: https://www.usfca.edu/catalog/undergraduate/arts-and-sciences/asian-pacific-american-studies

CHICAN@/LATIN@ STUDIES (MINOR)
The Latin@-Chican@ Studies minor introduces students to major theories and perspectives on the cultural, socio-economic, and political issues affecting Chican@ and Latin@ populations in the United States. Through the program, students come to understand how structures of race, class, gender, sexuality and ideology condition inequality and social conflict. The minor is based on the perspectives and historical experiences of Chican@s and Latin@s as a framework for critical analysis and production of knowledge. For more information: Email:gaperez5@usfca.edu
Phone Number: 415) 422-2940
Website:https://www.usfca.edu/catalog/undergraduate/arts-sciences/interdisciplinary-minors/chicano-latino-studies

GENDER AND SEXUALITIES STUDIES (MINOR) Gender and Sexualities Studies offers a global, cross-cultural, and interdisciplinary approach to the study of gender and sexualities. The courses in the Gender and Sexualities minor consistently reflect USF’s commitment to social
justice and the diverse communities, local and global, that shape our understanding of the world, our lives, our knowledge, our labor, and our arts.

For more information:
Email: gender.and.sexualities.studies@usfca.edu
Phone: (415) 422-5706
Website: https://www.usfca.edu/catalog/undergraduate/arts-sciences/gender-and-sexuality-studies

3. MONEY AND FINANCES

UNDERSTANDING FINANCIAL AID

FAFSA and CA Dream Act: All students should complete a Free Application for Federal Student Aid (FAFSA) or Dream Act application by March 2nd of each academic year to be considered for federal, and state financial aid.

FAFSA

FAFSA stands for Free Application for Federal Student Aid. The application is utilized to determine the amount of money your family is expected to contribute to your cost at a postsecondary institution. Your estimated family contribution (EFC) is used to determine student grants, work study, and loan amounts.

FAFSA eligibility requirements include: must be a U.S citizen or eligible noncitizen, must be a high school graduate or equivalent such as a GED, not have been convicted of drug possession or sales, register for selective service, and be working toward a degree, certificate or eligible goal such as transferring. For more information, contact https://fafsa.gov/.

CA DREAM ACT

The CA Dream Act allows undocumented students, and non-resident undocumented students who meet certain eligibility to apply for and receive state administered financial aid, Cal grants, university grants, scholarships, and community college fee waivers. Students eligible for the CA Dream Act must meet the following requirements: attend a CA high school for at least 3 years, or attain the equivalent of at least 3 years of credits from a CA high school and attended at least three full years at CA K-12 schools, graduated from a California high school, or acquired a GED, or passed the CA high school proficiency exam. If required, complete an affidavit stating you have filed, or will file when eligible for legal immigration status. For more information, contact https://dream.csac.ca.gov and www.csac.ca.gov/pubs/forms/grnt_frm/cal_grant_dream_act_faqs.pdf

FAFSA and CA Dream Act Tips

1. Keep all student, and parent FSA ID’s written down in a safe place. You will need to input this information to access, and sign your completed FAFSA.
2. Select the work study option on both the FAFSA and CA Dream Act to be considered for this type of financial aid.
3. Update all tax information before the beginning of the new academic year. You may use the IRS retrieval tool to update your financial information if completing the FAFSA.
4. Refer to the side bar tool for assistance with completing both applications.
Once you have completed the FAFSA or Dream Act you may be eligible for many forms of financial aid that will help you afford your college education. Your first point of contact and best on campus resource for financial aid is One Stop Enrollment and Financial Services, where you can receive advice, and clarification on your award letter. https://myusf.usfca.edu/onestop

FINANCIAL AID TERMS

Below is a list of some common financial aid terms and a link to additional terms you may want to know here: https://myusf.usfca.edu/onestop/financial-aid/financial-education/glossary

SCHOLARSHIPS AND GRANTS

Scholarships: Awards are typically based on achievement, or talent and do not need to be paid back.

Grants: College grants are financial aid awards that do not need to be paid back.

There are many internal and external scholarships for USF students to obtain. Applying to scholarships is a great way to reduce the cost of tuition. USF offers scholarship programs such as University Scholars, the USF Academic Merit Award, USF Tuition Grants and Named Scholarships, Athletics, and ROTC.

Information on scholarships and grants offered by USF can be found on the USF financial aid website: https://www.usfca.edu/admission/financial-aid/types-of-aid/grants-scholarships

Tips from other USF students on obtaining scholarships and grants include:

- completing your FAFSA or Dream Act before it is due and in an accurate manner
- working to keep your GPA high
- looking for local financial aid organizations
- visiting fastweb.com
- asking others about financial aid opportunities

UNIVERSITY PAYMENT PLANS

The university offers a payment plan through a recognized third party vendor which allows you to pay for tuition, fees, and room and board. There is a $50 non-refundable enrollment fee per semester. Benefits include easy online enrollment, automatic scheduled payment processing the first of each month, and both a fall, and spring options. For more information on the payment plan visit: https://myusf.usfca.edu/onestop/billing-tuition/payment-plan

If you would like to learn more about the university payment plans or financial aid, feel free to contact the One Stop office.
Lone Mountain Main, LM 251 2800 Turk Street
Phone: (415) 422-2020
https://www.usfca.edu/catalog/tuition-and-fees
LOANS

Subsidized Loans: Subsidized loans are available to students who qualify based on their FAFSA application. Students must be a U.S. citizen or eligible non-citizen, have a high school diploma or GED. Interest does not accrue while the student is in school.

Federal Perkins Loan: The Federal Perkins Loan is a deferred payment, deferred interest loan administered by the Financial Aid Office. Interest rate of 5% per annum begins to accrue, and repayment begins, 9 months after the borrower graduates, leaves school or drops below half-time enrollment. The FAFSA is required.

Direct Unsubsidized Loans: Direct Unsubsidized Loans are available to undergraduate and graduate students; there is no requirement to demonstrate financial need to qualify, but interest does accrue while the student is in school. Your school determines the amount you can borrow based on your cost of attendance and other financial aid you receive. You are responsible for paying the interest on a Direct Unsubsidized Loan during all periods. If you choose not to pay the interest while you are in school, during grace periods, deferment or forbearance periods, your interest will accumulate and added to the principal amount of your loan.

Here are some helpful links to websites that offer loan information, weekly updates, and tips on financing your college education:

https://www.usfca.edu/admission/financial-aid/types-of-aid/loans
http://www.studentlendinganalytics.typepad.com
http://www.salliemae.com/plan

ON-CAMPUS WORK OPPORTUNITIES

For many students, a big part of being in college is taking on a job to have supplemental income to help pay for school expenses. There are plenty of resources offered by USF that make getting jobs very accessible. The One Stop office, in particular, offers an on-campus job board, which shows students part-time work opportunities on-campus.

USF offers several different types of student employment that you may be eligible for. This include Federal Work-Study, Campus Job Opportunity, and Non-Need Based Employment. These are all described below; but it is important to note that regardless of type of job, there is no guarantee of employment. Students must apply to these jobs, and be hired for a position. There are many positions available throughout campus in a variety of administrative offices, libraries, sporting and health facilities, academic departments, and food service operations.

FEDERAL WORK STUDY
Federal work study provides part time jobs for students who demonstrate financial need. Most jobs are typically located on, or near campus. In order to participate in the FWS program, you must apply for financial aid through FAFSA or the CA Dream Act. If you have been awarded a FWS award, you can use your award to work on campus or with an approved public agency or private non-profit organization. The work study amount may be limited, and you will need to go through an application, and interview process. You can access a list of available work study jobs on the One Stop student employment page.

CAMPUS JOB OPPORTUNITY

Campus Job Opportunity is a USF financial aid program designed to assist students with meeting their educational expenses by providing employment opportunities for on-campus jobs. Because Campus Job Opportunity is awarded to students with demonstrated financial need, students receive hiring priority for available non-work-study positions. An additional benefit of Campus Job Opportunity eligibility is that the salaries earned may be an income exclusion on the Free Application for Federal Student Aid (FAFSA). This exclusion applies to the aid application for the following year.

NON-NEED BASED EMPLOYMENT

Regular Student Employment: All students enrolled full-time in a degree granting program can seek employment on campus. On campus jobs are available through the various University administrative offices. Visit the One Stop website to find further information about on-campus employment. http://www.usfca.edu/onestop/Student_Employment/Students/

PERSONAL MONEY & BUDGETS

College may be the first time that you will manage a complete personal budget. This can include paying for tuition, food, and other things. It is important to plan your spending to make sure you don’t run out of money. Here is a checklist via Investopedia.com to get that budget started. Work out your available funds. Before you can set up a budget, you will need to know what you have to work with. Particularly, it is good to know what your funding sources will look like (i.e. college savings plans, loans and grants, scholarships, part time jobs and parents) and the timing of when these resources will be available to you.

Plan Out Your Spending - Most of your college spending will be on tuition, books, room and board, and other school costs. Expenses such as groceries or utilities are not as certain and you will have to estimate what you will need to spend. Be sure to budget for extras such as outings with friends and try to be realistic with your projections.

Set Aside Emergency Funds - Nothing ever goes exactly as planned, especially when it comes to finances. Keep at least a few hundred dollars in a savings account in case you have an unexpected expense so that you won’t find yourself out of money part way through the term.

Track All of Your Spending - In order to budget effectively, it is important to keep track of what you spend and compare against what you thought you were going to spend. There are several ways to do this, from simply writing it down in a notebook, to using a computerized spreadsheet,
to using free websites like mint.com (see below) that keep track of your budget and automatically download your bank transactions.

*Pay Attention to Your Credit Card* - Credit cards can be a useful way to build your credit score, but credit cards can also ruin your credit score for several years if you are not responsibly with them. Keep your credit limit low, pay your balance every month on time, and if you must carry a balance, pay at least the minimum required every month and keep your balance less than 30% of your credit limit.


**HELPFUL BUDGETING APPS**

Mint.com: Mint.com pulls all your financial accounts into one place, sets a budget, and tracks your goals. It also automatically organizes your spending into categories like rent, gas, clothes, and shows you where your money goes through charts so that you can manage your money better. It is a tool available to you for free.

Goodbudget Budget Planner: Unlike Mint, this account allows you to add account information manually. Users are allowed to create budget lists, and input spending amounts. Budgets can be viewed as pie charts, and can also be shared with others.

Wally: Users are allowed to track expenses, upload receipts, and can export their financial data to excel, or save it on icloud. The location services feature also identifies, and categorizes the location of the spending.

CreditKarma.com (Free Credit Score Tracking Resource): Credit Karma gives you access to all of your financial information, bank accounts, credit cards, bills, mortgages, loans, and your credit scores are all in one location, all under one account, all for free.

**4: CAMPUS RESOURCES**

**STUDENT CLUBS AND ORGANIZATIONS**

Joining student clubs and organizations is a great opportunity to develop and foster a variety of skills, some of which involve serving others, networking, discovering yourself, making new friends, and creating change. These skills will help you be competitive in when applying for jobs and internships throughout your college career and beyond. Student Leadership and Engagement (SLE) will be a primary place of contact regarding student clubs and organizations and they have developed USF’s Club Connect via Orgsync to assist you with your search: [http://sle.orgsync.com/BrowseOrganizations](http://sle.orgsync.com/BrowseOrganizations)

USF has a number of different types of Clubs and Organizations on campus
Greek Orgs: Fraternity and sorority life provides opportunities for leadership, scholastic support, networking, community service, and philanthropy. Each organization’s membership will vary depending on the level and type of engagement in each fraternity and sorority.

Culturally Focused Clubs: Culturally focused clubs provide students with the opportunity to engage in leadership development, cultural competency, and ally building.

Academic Orgs: Academic organizations provide support for students who show interest in one, or more academic disciplines.

While at USF, we suggest you check out the following clubs and organizations:

Alpha Kappa Alpha: Alpha Kappa Alpha Sorority, Incorporated began as a vision of nine college students on the campus of Howard University. The sorority has grown into a union of thousands of college-trained women who are bound by a powerful mystique, a real moving factor in the lives of students in more than four hundred institutions of higher learning; it is one of the most solvent corporations in the world today. As Alpha Kappa Alpha has grown, it has kept in balance two very important themes: the importance of the individual and strength of an organization of women of courage and ability. As the world became more complex, there was a need for associations which cut across racial, geographical, political, physical and social barriers.

*Greek Organization

Alpha Phi Alpha: Alpha Phi Alpha Fraternity, Incorporated was founded on Ice Cold Tuesday, December 4th, 1906 on the prestigious Ivy League Campus of Cornell University in Ithaca, NY. Vision Statement: The objectives of this Fraternity shall be: to stimulate the ambitions of its members; to prepare them for the greatest usefulness in the causes of humanity, freedom, and dignity of the individual; to encourage the highest and noblest form of manhood; and to aid down-trodden humanity in its efforts to achieve higher social, economic, and intellectual status. Mission Statement: Alpha Phi Alpha Fraternity Incorporated develops leaders, promotes brotherhood and academic excellence while providing service and advocacy for our communities. Aims: Manly deeds, Scholarship, and Love for All Mankind. Motto: First of All, Servants of All, We Shall Transcend All.

*Greek Organization

Arab Student Association: To build a community of Arab, and American students from an Arab origin to interact and help each other to feel home. The Arab Union will serve Arabs at USF to get involved with the USF community. Introduce the Arab culture, history, news, and entertainment to the USF community.

*Culturally Focused Club

Baile Folklorico de San Pancho (Folkloric Dance Group of San Francisco): Baile Folklorico de San Pancho is a cultural club that specializes in expressing Mexican folk dancing. Anyone of any ethnic background are welcome to join. We perform at a variety of events, in school and
outside of school. We have a weekly practice, and always have loads of fun! No experience is necessary, just a willing attitude to learn and be a part of a great dance team.

*Culturally Focused Club*

Black Student Union: The core mission of the Black Student Union is to examine and collaborate through valuable interaction to increase historical and cultural awareness of the African Diaspora. Recognizing that pluralism and diversity add value to the university experience and society as a whole, BSU seeks to educate and involve the university community in the African American experience.

*Culturally Focused Club*

Brother Connection: Brother Connection is an organization on the University of San Francisco's campus that functions as a supportive network that seeks and men of color, however all students are welcomed.

*Culturally Focused Club*

Chinese Students and Scholars Association: Chinese Students and Scholars Association is a non-profit student organization. It has been officially register at University of San Francisco since 1998. For 18 years we continue to growth. The goals of our organization are: to promote Chinese culture and customs and provide opportunities for people who want to know more about China; to devote themselves to the multi-cultural school life and get involved in the campus activities; to facilitate members' transition to their new lives in San Francisco and help them make more friends. Help students to get to know friends and help improve their university experience. It is also our goal to help the students to be better prepared for their future career.

*Culturally Focused Club*

Culturally Focused Club Council: Culturally-Focused Clubs Council (CFCC) is a council of culturally-focused club representatives designed for intergroup communication and collaboration. Representatives meet bi-monthly to participate in leadership development, cultural competency, and ally-building training.

*Culturally Focused Club*

Delta Sigma Theta Sorority Inc., Tau Tau Chapter: Delta Sigma Theta Sorority Inc. is a non-profit organization whose purpose is to provide assistance and support through established programs in local communities throughout the world. A sisterhood of more than 200 000 predominately African American college women, the Sorority currently has over 900 chapters. The major programs of the sorority are based upon our organization's Five Point Programmatic Thrust. Delta Sigma Theta is an equal opportunity organization, and we welcome all women to apply for membership.

*Greek Organization*

Esther Madriz Activist Scholars: Esther Madriz Activist Scholars is a club that works alongside the Esther Madriz Diversity Scholars Program to bring awareness to social inequalities occurring in the world around us. Our hope is that by bringing awareness, to these often overlooked issues, an opportunity will be created for students to meaningfully engage with one
the University of San Francisco's Hawaiian Ensemble is a campus organization dedicated to promoting and preserving Hawaiian cultural traditions through na mele (song), hula (dance), and olelo Hawaii (language). The Hawaiian Ensemble has formed as a way of spreading awareness of Hawaiian culture to Hawaiians and non-Hawaiians alike thereby preserving the culture we are so proud of.

* Cultural Organization

Hui O Hawaii: Hui O Hawai‘i is a cultural organization that observes and appreciates the Hawaiian culture in efforts to promote the Aloha Spirit and the concept of ‘Ohana (family). Hui O Hawaii is a way for both students from Hawaii and elsewhere to come together and familiarize themselves to a new culture while preserving where we are from.

* Cultural Organization

Indonesian Students Association (PANAH): ISAUSF is a student organization that will focus on creating a strong bonds for Indonesian communities in the University of San Francisco.

* Cultural Organization

International Student Association (ISA): ISA serves as the voice of international students by promoting cultural education, advocating for the USF international student body, providing a social community, creating social interaction, and developing educational opportunities for cultural enrichment.

* Cultural Organization

Japan Club: We are a cultural club focusing on traditional Japanese culture, the Japanese language, and Japan as a nation. However, you do not have to be Japanese to join our club! Every semester we have 1-3 big cultural events that include Tea Ceremony, Kimono, Ikebana, and Sword Demonstrations. We have different workshops and screenings such as J-pop workshops, food-making workshops, and documentary and anime screenings. We also have monthly Japanese conversation tables that welcomes all levels of Japanese speakers to come and practice and meet new friends. In order to build community we try to have group outings like trips to Japantown, cooking nights or eating dinner together, and Japanese movie/drama nights! We have general meetings every first Wednesday and second Thursday of the month. We are a very chill and fun group and we hope you join us on our email list and our Facebook.

* Cultural Organization

Kasamahan at USF: Kasamahan is the Filipino-American Student Organization of the University of San Francisco. The general purpose of Kasamahan is to promote the unity and solidarity of the Philippine American community by creating a campus wide environment that assertively
affirms the richness and uniqueness of the many cultural experiences of members and by actively involving educational and pre-professional programs that aid the group in the assessment, development, and actualization of each member's human potential and personal talents. Kasamahan also strives to share, encourage participation, and educate others of the Filipino culture and community issues.

*Cultural Organization

Lambda Theta Nu Sorority, Inc: To promote and foster Latina leaders through educational and professional development, relationship building, and community involvement. Our intent is to provide our members exposure to resources for continued growth.

*Greek Organization

Latinas Unidas: The purpose of Latinas Unidas is to serve as a conduit for the formation of a community amongst the students and the Latin community of USF. Our primary focus is to provide a network of support for academic and social endeavors. Latina Unidas promotes the development of its members through involvement in various social and scholarly events as well as reaches out to the community to help improve the world. We support each other's academic and personal goals, particularly that of pursuing excellence in higher education. Latinas Unidas also strives to create an atmosphere conducive to personal development and understanding within a network of peer support.

*Cultural Organization

Muslim Student Association: An organization where Muslims and non-Muslims can get together to learn more about Islam and get involved with the community.

*Cultural Organization

Queer Alliance: Queer Alliance is a student organization that strives to create an inclusive and affirming space for all members of USF’s lesbian, gay, bisexual, transgender, questioning, queer, intersex, pansexual, asexual, aromantic, and agender communities, as well as other Gender and Sexual Minorities (GSM) in an effort to support each other and continue to grow through higher education. By raising awareness of issues such as homophobia/heterosexism, sexism, racism, transphobia/cissexism, biphobia, identity erasure, classism, and ableism, the Queer Alliance will strive to develop brave spaces where all individuals will be free from harassment, discrimination, isolation, violence, and undue judgment. Through educational workshops, peer discussions, outreach, campus activism, and other public events, Queer Alliance aims to build an inclusive and intentional community, working in solidarity with our friends and allies in other cultural clubs and with other marginalized peoples on campus.

*Cultural Organization

Sino-Heritage Association: 搭建中西平台 • Create the integrated platform for providing a learning environment for exchanging the Chinese traditional wisdom and culture with both Eastern and Western perspectives; • 习君子之道 Navigate the multicultural path for cultivating the individual social responsibility; • 弘扬传统文化 Rejuvenate the glorious Chinese treasure for sustainable development.

*Cultural Organization
Sister Connection: Addresses the needs of womyn of color on the USF campus through meetings, social programs and community service. The goals are to inspire, empower and connect with the womyn on campus and beyond.

*Cultural Organization

Taiwanese/Chinese American Student Association: Section 1. The Taiwanese Students Association @ University of San Francisco was created in the nature of serving others. The main reason for establishment is to provide a channel for Taiwanese students to find and communicate with each other. We also provide information about USF and vital information about living in San Francisco for Taiwanese students who are prepared to attend school here. The main purpose of this student association is to serve Taiwanese students at USF, and the main services include: 1. To provide advice and information to new students. 2. To accommodate new students and help them adapt to living abroad. 3. To hold activities and events for students to exchange communication. 4. To provide information on other USF student associations. 5. To promote contact with Taiwanese Student Associations in other schools in the bay area. 6. To provide job opportunities and guidelines to career success. 7. To share the Taiwanese culture with the other students who are interested. This purpose does not contradict the University’s mission or its Catholic, Jesuit character.

*Cultural Organization

Union Salvadorena de Estudiantes Universitarios: The Purpose of the Organization is to empower the Salvadoran community through: 1. Developing an interest towards higher education amongst the Salvadoran community. 2. Developing awareness about cultural, political and economic issues that directly affect the Salvadoran community. 3. Preserving the historical and cultural identity of El Salvador. 4. Mobilizing the Salvadoran student population to take action.

*Cultural Organization

Go here to contact these organizations and learn more about them:
http://sle.orgsync.com/BrowseOrganizations

If you are interested in starting your own club, SLE has a Peer Advising Team (PAT) to support you through the process. https://myusf.usfca.edu/student-life/sle/peer-advising-team/contact

CAMPUS RESOURCES AND DEPARTMENTS

In addition to student organizations, USF offers other resources on campus that can be instrumental in transitioning to college life. Students are encouraged to stay active on campus and continuously build their network to strengthen their academic, leadership, and social skills. The following on-campus resources are available to all students:

ASUSF SENATE

ASUSF Senate creates legislation to address the needs of students at USF. Our resolutions are aimed either at issues that affect students or at improving our own structure. Passed resolutions by the ASUSF Senate will be frequently updated throughout the school year. To find out more about how resolutions work and what effects they have, join us at our public meetings.
CAREER SERVICES CENTER (CSC)
Say hello to the future you at the Career Services Center. Whether you are a freshman figuring out your career path or a senior looking for your first full time opportunity, our team is here to ensure your success every step of the way. The Center provides support for students and alumni on LinkedIn profiles, writing resumes and cover letters, interview practice, finding a job or internship, and exploring careers and majors.
Location: University Center, 5th Floor • (415) 422-6216 • careerservices@usfca.edu
https://www.usfca.edu/student-life/career-services-center

CENTER FOR ACADEMIC AND STUDENT ACHIEVEMENT (CASA)
The Center for Academic and Student Achievement offers one-on-one academic coaching, peak performance sessions, and evaluations to help keep students on the road to graduation.
Location: University Center, 3rd Floor • (415) 422-5050 • casa@usfca.edu
https://myusf.usfca.edu/student-life/casa

CENTER FOR GLOBAL EDUCATION (INCLUDES STUDY ABROAD)
The Center for Global Education is dedicated to the development of academic and immersion programs throughout the world and to the creation of an educational environment at home and abroad where students are challenged and inspired to enhance their social and intellectual awareness by exploring different cultures, lifestyles, values, and beliefs. The Center for Global Education achieves its goals through its three offices: study abroad, international students and scholar services, and short term immersion programs.
Location: University Center, 5th Floor • (415) 422-6848 • studyabroad@usfca.edu
https://www.usfca.edu/academics/undergraduate/study-abroad

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
USF Counseling & Psychological Services (CAPS) provides ten free individual, couple and group counseling for students as well as consultation and outreach services to support students’ wellness and success. Detailed information can be found throughout this website.
Location: Gillson Residence Hall – Lower Level • (415) 422-6352 • www.usfca.edu/caps

HEALTH PROMOTION SERVICES (HPS)
Health Promotion Services (HPS) provides student health services that promote an optimal state of health, stimulate better health awareness, and foster a vibrant and safe community for
student success. Services include: health insurance, health clinic, immunization, drugs, alcohol, and sexual assault education, nutrition education, a peer educator program, and health events.

Location: University Center, 5th Floor • (415) 422-5797 • hps@usfca.edu
http://www.usfca.edu/hps

INTERNATIONAL STUDENT AND SCHOLAR SERVICES

There are many programs and events for USF international students seeking social interaction, educational opportunities and cultural enrichment. Signature programs include: the international student association, international student week, Culturescape which is an event hosted by international students that celebrates all cultures, with emphasis on cultures represented at USF.

Location: University Center, 5th Floor • (415) 422-2654 • isss@usfca.edu
http://www.usfca.edu/isss/

KORET HEALTH AND RECREATION CENTER

The Koret Health and Recreation Center offers two levels of cardiovascular equipment (80 stations) featuring WiFi and TV on personal viewing screens of state-of-the-art treadmills, ellipticals, bikes, AMTs, PowerMills as well as an interactive biking zone. A new renovated weight room, largest indoor pool in San Francisco, and supports 27 sports clubs.

Location: Corner of Turk and Parker • (415) 422-6821 • khrc@usfca.edu
http://www.usfca.edu/koret/

LEARNING & WRITING CENTER

The Learning & Writing Center offers academic assistance to all USF students in the form of tutoring, writing assistance, individual appointments, and group workshops. We want students to thrive in the classroom, so we provide every extra opportunity to enhance their academic skills and abilities.

Location: Cowell 215 • (415) 422-6713 • lwc@usfca.edu
https://www.usfca.edu/student-life/learning-writing-center/services

THE LEO T. MCCARTHY CENTER FOR PUBLIC SERVICE AND THE COMMON GOOD

The McCarthy Center provides a forum for education, service and research in public policy-making and programs for the common good. It supports undergraduate and graduate academic programs, provides service learning, and government experiences for students and generates publishable research. A curriculum that blends rigorous intellectual training with fieldwork experience prepares students to articulate and promote the common good of all society’s members through careers or service in government, non-profits or the private sector.

Location: 281 Masonic – Corner of Turk and Masonic • (415)422-5662
mccarthycenter@usfca.edu
https://www.usfca.edu/mccarthy
USF PUBLIC SAFETY

The Department of Public Safety ensures a safe learning, working, and living environment at the University of San Francisco. Our 24-hour communication center and uniformed public safety officers proactively prepare against and respond to all reports of accidents, crimes, suspicious persons, hazards, and other emergencies. We provide: patrol dispatch services, One Card, campus shuttles and safety escorts, disaster preparedness programs, and parking services. Phone- (415) 422-4222 • Emergencies: (415) 422-2911 or extension 2911 from on-campus phones • parking@usfca.edu
http://www.usfca.edu/Public_Safety/

STUDENT DISABILITY SERVICES

The mission of Student Disability Services (SDS) is to help USF students with disabilities serve as fully contributing and actively participating members of the university community while acquiring and developing the knowledge, skills, values, and sensitivity to become women and men for others. SDS promotes a fully integrated university experience for students with disabilities by ensuring that students have equal access to all areas of student life and receive appropriate educational support and services to foster their academic and personal success. We provide a wealth of accommodations for students to feel at home from orientation to graduation. Learn more about our offerings for students, as well as information for faculty and families. Location: Gleason Library – Lower Level, 20 • (415) 422-2613 • sds@usfca.edu
www.usfca.edu/sds

STUDENT HOUSING AND RESIDENTIAL EDUCATION (SHaRE)

SHaRE facilitates the development of skills, knowledge, and values required for socially responsible community living both on- and off-campus. We are dedicated to creating diverse, safe, equitable, and inclusive communities that promote academic achievement. SHaRe hosts a number of student events including the New Student Orientation. Location: University Center, 5th Floor • (415) 422-6824 • orl@usfca.edu
http://www.usfca.edu/residence_life/

STUDENT LEADERSHIP & ENGAGEMENT (SLE)

Our mission is to provide programs and services that support students’ leadership development and promote student engagement in co-curricular activities. USF encourages its students to change the world from here. Location: University Center, 4th Floor • (415) 422-7256 • sle@usfca.edu
http://www.usfca.edu/sle/
UNIVERSITY MINISTRY (UM)

University Ministry creates opportunities for University of San Francisco students, faculty, staff, and alumni to explore principles of Ignatian spirituality and apply them to their studies, careers, and personal lives.

Location: Phelan Residence Hall - Lower Level • 415-422-4463 • um@usfca.edu
http://www.usfca.edu/universityministry/

5. COMMUNITY SPECIFIC RESOURCES

SUPPORTING THE LGBTQ COMMUNITY ON CAMPUS

COMING OUT

Deciding to come out to friends and/or family members is generally an involved, complex, and ongoing decision. For most folks it takes a significant amount of soul searching and a bit of courage to feel comfortable revealing your true self to the people you are close to. This guide provides definitions, frequently asked questions, and helpful strategies for people who are considering starting the coming out process. Regardless of how and when you come out it is important that the decision is made for you and by you. No matter what the outcome is you ultimately have to navigate your own journey of self-discovery. This publication cannot ask or answer every question, but we hope it gives you a place to start.
https://www.pflag.org/sites/default/files/Be%20Yourself.pdf

RESOURCES FOR FAMILY & FRIENDS OF LGBTQ+ PEOPLE:

When an LGBTQ+ person comes out to you, no matter the context, it is difficult to know the “correct” way to react. The first thing to understand is that person is no different than they were before, but in sharing this information with there is an expectation that your relationship will deepen and evolve. Whether you had suspicions beforehand or were completed blindsided by this revelation it is important to provide support and understanding for your family member or friend in this vulnerable time. There is no wrong reaction, but it is important to

Family: https://www.pflag.org/sites/default/files/Our%20Daughters%20And%20Sons.pdf
Friends: http://www.straightforequality.org/pflag

NAVIGATING FAIGHT AND SEXUALITY FOR LGBTQ+ PEOPLE

Sexuality and faith are generally put at odds with each other. This diminishes the fact that there are LGBTQ+ people who have strong faith backgrounds
https://www.pflag.org/sites/default/files/Faith%20In%20Our%20Families.pdf

RESOURCES AT USF FOR THE LGBTQ+ COMMUNITY:

STUDENT HOUSING AND RESIDENTIAL EDUCATION (SHaRE)
University Center, 5th Floor

The University of San Francisco and SHaRE are committed to providing living and learning environments that are inclusive of our exceptionally diverse student population. If you have needs that may be unique or are not otherwise addressed by any of the living options described in the housing publication, the SHaRE department Operations, at 415-422-6824 for confidential assistance in creating a positive and supportive residential experience.

GENDER INCLUSIVE HOUSING OPTIONS
The University of San Francisco is one of the first Jesuit Universities to offer gender-inclusive housing. Gender inclusive housing provides a safe, affirming, and inclusive community living option for students of gender-non conforming and trans identities and lived experiences.

You can apply within the housing application and be entered into a lottery for a room in the gender inclusive community. For more information about Gender Inclusive Housing at USF: https://www.usfca.edu/housing/gender-inclusive-housing

GENDER AND SEXUALITY CENTER
Location: University Center, UC413 • (415) 422-4431 • gsc@usfca.edu

The Gender and Sexuality Center offers LGBTQ Allies Workshops where participants have a supportive space to learn more about the issues faced by the lesbian, gay, bisexual, transgender, queer, questioning, intersex and their allies (LGBTQQIA) community. Participants develop skills to confront homophobia and learn about the LGBTQQIA resources at USF and in the community.

For more information on programs and events hosted by the Gender and Sexuality Center please check our calendar: https://myusf.usfca.edu/student-life/cultural-centers/calendar

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
Gillon Hall, Lower Level • (415) 422-6352
Counseling and Psychological Services (CAPS) seeks to assist students in developing greater self-understanding and help resolve problems that interfere with their optimal personal functioning. It is normal to experience adjustment problems, especially during periods of transition. Consultation Services are available to students, faculty, family members, roommates, friends and staff. Commonly addressed issues include: stress, anxiety, depression, romantic difficulties, sexual concerns, identity development, spiritual concerns, and healthy lifestyle choices.

LGBTQ STAFF AND FACULTY CAUCUS
https://myusf.usfca.edu/lgbtq-caucus | lgbtq.caucus@usfca.edu

The LGBTQ Caucus is composed of lesbian, gay, bisexual, transgendered, queer, and allied and straight USF faculty and staff. The mission of the organization is to promote LGBTQ
scholarship, community, and social justice. The Caucus’ activities are grounded in the Jesuit and world religions traditions of respect for the dignity of every person and the use of reasoned discourse toward the pursuit of truth. The LGBTQ Caucus also organizes a constituency of faculty, staff, and students each year to walk in the San Francisco Pride Parade.

QUEER ALLIANCE https://orgsync.com/7348/chapter | usfqueeralliance@gmail.com

Queer Alliance is a student organization that strives to create an inclusive and affirming space for all members of USF’s lesbian, gay, bisexual, transgender, questioning, queer, intersex, pansexual, asexual, aromantic, and agender communities, as well as other Gender and Sexual Minorities (GSM) in an effort to support each other and continue to grow through higher education. By raising awareness of issues such as homophobia/heterosexism, sexism, racism, transphobia/cissexism, biphobia, identity erasure, classism, and ableism, the Queer Alliance will strive to develop brave spaces where all individuals will be free from harassment, discrimination, isolation, violence, and undue judgment. Through educational workshops, peer discussions, outreach, campus activism, and other public events, Queer Alliance aims to build an inclusive and intentional community, working in solidarity with our friends and allies in other cultural clubs and with other marginalized peoples on campus.

LGBTQ+ HEALTH SUPPORT:
If you are in crisis or thinking about suicide you deserve immediate support.

-Please call The Trevor Lifeline: 1-866-488-7386 or use Trevor Chat at www.thetrevorproject.org


-USF Student Health Services: https://myusf.usfca.edu/student-health-safety/hps/health-clinic/

BAY AREA LGBTQ RESOURCES
Aguilas: http://sfaguilas.org/
Asian and Pacific Islander Family Pride: http://www.apifamilypride.org/
Asian Pacific Islander Queer Women & Transgender Community: http://www.apiqwtc.org/
Bay Area American Indian Two Spirits: http://www.baaits.org/
Bay Area Bisexual Network: http://bapd.org/gbaerk-1.html
Rafiki Coalition: http://www.bcoa.org
Brown Boi Project: http://www.brownboiproject.org/
Gay Asian Pacific Alliance: http://www.gapa.org/
GLBT Historical Society: www.glbthistory.org
History About The Castro: www.webcastro.com
LGBT Bookstore Online: http://www.gladdaybookshop.com/
LGBTQ Talk Radio Online: http://tunein.com/radio/Gay-g240/
List of Queer Events in San Francisco: www.sfqueer.com
The Queer Cultural Center Supporting Queer Artists: www.queerculturalcenter.org
Resources on Queer Comedy in the Bay Area: http://www.qcomedy.com/
San Francisco LGBTQ Community Center: www.sfcenter.org
San Francisco Gay Men's Chorus: www.sfgmc.org
San Francisco International LGBT Film Festival: www.frameline.org
South Bay Queer and Asian: http://www.sbqa.com/

TRANSGENDER SUPPORT AND SOCIAL GROUP: www.tgsf.org
TransGender San Francisco is a support and social group for the entire TransGender and Gender-Non-Conforming community. This site is considered NSFW (Not Safe For Work) because gender is often confused with sex and sexuality. Why sex and sexuality are not “safe” topics is a discussion we need to have too!

TRANS THRIVE: http://www.transthrive.org/
We’re a safe space by and for the transgender community. Connect to community, explore your identity, and grow. You’ll always be respected here.

TRIKONE: http://www.trikone.org/
Trikone offers a supportive, empowering & non-judgmental environment where LGBTQ South Asians & their allies can meet, make connections, & proudly promote awareness & acceptance of their sexual identity.

SUPPORTING UNDOCUMENTED STUDENTS ON CAMPUS

There are an estimated 65,000 undocumented students — children born abroad who are not U.S. citizens or legal residents — who graduate from U.S. high schools each year. These children are guaranteed an education in U.S. public schools through grade 12, but may face legal and financial barriers to higher education. Undocumented students may incorrectly assume that they cannot legally attend college in the United States. However, there is no federal or state law that prohibits the admission of undocumented immigrants to U.S. colleges, public or private. Federal or state laws do not require students to prove citizenship in order to enter U.S. institutions of higher education. Yet institutional policies on admitting undocumented students vary. (“Advising Undocumented Students,” College Board).

Some undocumented parents live with the fear of deportation and they strongly caution their children to keep their immigration status private. Therefore, undocumented students heed their
parents’ warning and are sometimes reluctant to talk to teachers and counselors about the constraints of being undocumented. If undocumented parents are fearful about disclosure, it may be helpful to know that there is a law that protects the privacy of Kindergarten-12th grade students, parents and college students. That law is called FERPA, the Family Educational Rights and Privacy Act. (20 U.S.C. § 1232g; 34 CFR Part 99).

At USF we support Dreamers and have resources for Undocumented Students (USF/College Board). Please follow this link to learn more about how USF support undocumented students. https://myusf.usfca.edu/undocumented/resources

WHO ARE AB 540 STUDENTS? (HTTP://AB540.COM)

To qualify as an AB540 student, undocumented students must:

* Have attended a California high school for 3 or more full academic years (between grades 9 through 12. They do not need to be consecutive years);

* Have or will graduate from a California high school or have attained a G.E.D.; or received a passing mark on the California High School Proficiency Exam (CHSPE);

* Register or be currently enrolled at an accredited institution of public higher education in California

* File or plan to file an affidavit as required by individual institutions, stating that he/she will apply for legal residency as soon as possible;

* Not hold a valid non-immigrant visa (F, J, H, L, A, E, etc.)

ON CAMPUS RESOURCES FOR UNDOCUMENTED STUDENTS

For Enrollment Questions Contact One Stop:
Norman Caito | (415) 422-2624 | caiton@usfca.edu

OTHER SOURCES FOR INFORMATION ABOUT SCHOLARSHIPS AND FINANCIAL AID

How to Support College Bound Undocumented Students: Advice for Parents
INFORMATION FOR COLLEGE BOUND UNDOCUMENTED STUDENTS
https://bigfuture.collegeboard.org/get-started/for-undocumented-students

Certain scholarships don’t require US citizenship and are available for undocumented students: http://www.latinocollegedollars.org/
1. http://www.collegegreenlight.com/blog/
4. Everything AB 540: http://ab540.com

Note: AB 540 students can apply for any scholarship that does not require U.S. citizenship and/or state residency. Even if the application asks for this, it is wise to inquire as to whether an Individual Tax Identification Number (ITIN) will be sufficient.

SUPPORTING FIRST GENERATION STUDENTS ON CAMPUS
The National Center for Education Statistics defines first-generation students as “undergraduates whose parents never enrolled in postsecondary education.”

OBSTACLES AND CHALLENGES
First-generation students tend to come from working class families from various cultural and ethnic backgrounds. First-generation students may start at a community college, attend college part-time, live off-campus or with family or relatives, delay entering college after high-school graduation, or work full-time while they are enrolled. While certainly immersed in an exciting experience, some first-generation college students receive less support from their families while attending college. Their families may not understand the demands of college work. Students may also feel added responsibility from families to be ‘the one who succeeds’ in college. Because of these numerous obstacles, and because they may have to manage the demands of family, and different cultures of home and college, first generation students may find it difficult to feel integrated socially and academically. Fortunately, there are things these students can do to gain confidence and feel more comfortable. Without guidance from a parent who experience college, first-generation students are at a disadvantage because parents who never enrolled in college are less likely to be academically prepared for college and, even those who are prepared, are less likely to enroll in postsecondary education according to the NCES.

First-generation students who enroll in postsecondary institutions have lower degree completion rates. While 56 percent of students whose parents have a bachelor’s degree attain a degree within five years of enrolling, only 44 percent of first-generation college students earn a degree.
ON CAMPUS RESOURCES

The MUSCAT SCHOLARS PROGRAM (MSP) The Muscat Scholars Program is a community designed to provide incoming first-year, first-generation USF students with mentors, structured support, previews to the academic and social experience, and seamless transition through the first year and beyond.  
https://myusf.usfca.edu/student-life/casa/muscat

ENROLLMENT AND FINANCIAL SERVICES (415) 422-2020  
https://www.usfca.edu/admission/financial-aid

CENTER FOR ACADEMIC AND STUDENT ACHIEVEMENT (415) 422-5050  
https://www.usfca.edu/academics/resources/academic-advising

ONLINE RESOURCES

The University of San Francisco’s “I’m First” resource page for First Generation College Students:  
http://www.imfirst.org/university-san-francisco/#.V5jcg9ArLY0

I’M FIRST:  
http://www.firstgenerationstudent.com/  
Offers advice from other first generation students, includes tips, checklists and

ACT.ORG:http://www.act.org/path/parent/college/firstgeneration.html  
For Parents: Helping your child become a first-generation college student.

HELPFUL SUGGESTIONS FOR FIRST GENERATION STUDENTS

- Get involved with campus activities to form a support network of friends and professors. A network makes the college experience more manageable.
- Consider taking a lighter load your first semester to acclimate yourself to the transition from high school to college.
- Maintain a balance of academics, work, family and a social life. This is done with planning ahead.
- Communicate with your family, counselors and support groups with what you are experiencing.

PEAK PERFORMANCE HACK SERIES

The University of San Francisco offers the Peak Performance Hack Series every semester to assist students in areas of Academia, Career Planning and Life skills, and Mind, Body and Spirit. More information can be found at the Student Success workshop
6: HANDLING STRESS, TRANSITION AND CRISIS

Coming to college is an exciting time and it can be a very stressful time. We hope that during your time at USF you stay safe and healthy, but we also know sometimes bad things can happen and want you know the resources that are available to you.

Counseling & Psychological Services (CAPS): CAPS provides individual, couple and group counseling for students as well as consultation and outreach services to support students’ wellness and success. Detailed information can be found throughout their website.
Location: Gillson Residence Hall – Lower Level • (415) 422-6352 • CAPS After Hours 415-422-6352 • Counseling@usfca.edu
www.usfca.edu/caps

UNIVERSITY MINISTRY (UM) University Ministry creates opportunities for University of San Francisco students, faculty, staff, and alumni to explore principles of Ignatian spirituality and apply them to their studies, careers, and personal lives. They can also provide spiritual and emotional support to students in need.
Location: Phelan Residence Hall - Lower Level • 415-422-4463 • um@usfca.edu
http://www.usfca.edu/universityministry/

SELF CARE TIPS

1. Get Enough Sleep: The average adult needs 6-8 hours of sleep a night in order to function at their best. Finding your perfect sleep schedule may be trial and error, but you can utilize different time management strategies and relaxation techniques such as a white noise machine, or avoiding electronic devices before bed to ensure that you are well rested, and wake up ready to take on the day.

2. Eat Well: Maintaining a balanced diet helps keep you healthy, and feeling physically, and emotionally well. Take a snacks to class to avoid resorting to fast food options, and be cautious of portion control in the dining halls.

3. Go Outside: It is easy to stay inside (especially in the winter), but going outside is a great mood booster. Spending even five minutes outside can greatly improve your mood. Try taking a short walk or bike ride or even just sit outside and enjoy the day.

4. Set Aside Time To Relax: Think of something that makes you feel calm and relaxed. Is it reading a good book? Yoga? Sports? Video Games? Crocheting? Set aside a short window of time to do those things regularly. Even if your schedule is packed, setting aside some time just for you will make it much easier to accomplish all your other tasks.
5. Prioritize Your Loved Ones: Ideally you should always be able to spend lots of time with people that you like (and you should if you are able to), but there are some times when that just isn’t possible. When you’re swamped with projects and deadlines, take a little bit of time to reach out to your friends and family. Send a short text, contact them on social media, or talk to them briefly on the phone. It may not seem like much, but reminding yourself of the people on ‘Team You’ can be a huge mood booster.

6. Unplug For A Few Hours: Though checking your email every hour might seem like a productive habit, self-care is about learning how to balance your work, and personal life. Similarly, social media is often more distracting than it is useful at connecting us to our loved ones. When we “unplug” we have the opportunity to spend time out with friends or family instead of an electronic screen.

7. Treat Yo’ Self: Hard work deserves some time to indulge and relax. This does not mean that you spend your college budget on expensive items you will later not use, but rather find simple rewards like a meal from your favorite restaurant, or explore a new coffee shop.

8. Find Community: Finding your community is a key factor to build support for yourself during your college experience. Your community will help support you when things get tough, and motivate you to keep going. Take time to explore the different community spaces offered at your campus, and explore different clubs, and organizations.

9. Spend Time With Yourself: College is a great time to meet new people, and try new things. It is also a great opportunity to learn about yourself, develop your identity, and reflect on your goals.

10. Check Out Your Campus Resources: Many colleges offer mental health services and other support for free or for reduced prices. If you’re feeling overwhelmed, check and see if your school has a counseling center. Sometimes when you’re going through a stressful time, it can help to have a professional put your challenges into perspective.

Via: https://www.educationquest.org/blog/self-care-tips-for-college-students/

WHAT TO DO IF YOU EXPERIENCE HATE OR BIAS ON CAMPUS

BIAS EDUCATION RESOURCE TEAM

The University of San Francisco Bias Education and Resource Team (BERT) is a University-wide team that works to gather information about bias incidents and to support those individuals who have witnessed, or themselves become a target of, an act of bias. BERT is intended to educate the USF community and support those who experience bias and harassment. Actions taken by BERT in pursuit of these goals will be grounded in the University’s mission and values as a Jesuit Catholic institution committed to equity and social justice. BERT will not violate rights to freedom of expression; it strives to foster respectful and humanizing free expression of ideas, beliefs and opinions. To learn more or to make a report: https://myusf.usfca.edu/bias
RESOURCES THAT SUPPORT VICTIMS OF SEXUAL ASSAULT The Title IX office continually strives to maintain and strengthen a climate which fosters civility, mutual respect, and inclusivity for all community members. Our primary concern is your safety and well-being and we are tasked with following up on all reports of sexual misconduct experienced by our community members.

Sexual misconduct is prohibited by federal and state law and by University policy. Sexual misconduct is also contradictory to the University’s mission and values and will not be tolerated in our community.

Title IX Website: https://myusf.usfca.edu/title-ix
Callisto: https://usfca.callistocampus.org
Counseling & Psychological Services: www.usfca.edu/caps - 415-422-6352
Public Safety: https://www.usfca.edu/public-safety - 515-422-4201

San Francisco Women Against Rape: www.sfwar.org - 415-861-2024
SF Women Against Rape - San Francisco Women Against Rape provides resources, support, advocacy and education to strengthen the work of all individuals, and communities in San Francisco that are responding to, healing from, and struggling to end sexual violence. At SFWAR, we believe that no single individual, organization, foundation, or business alone can stop the epidemic of sexual assault, but by responding as a whole community, we each bring our piece of the solution. 24 Hour Rape Crisis Line: 415-647-7273