



Resources
for Student
Success

success.ucsf.edu





Multicultural
Resource
Center

Veteran
Support
Services



First Generation
Support Services

LGBT
Resource
Center

International
Students
& Scholars
Office



UCSF

community



community

First Generation Support Services

about

Supporting students who are of the first generation in their family to graduate from college.

services & resources

- Attend community events
- Take a professional development workshop
- Access first generation mentors
- Set up an individual appointment

contact



firstgen.ucsf.edu



firstgen@ucsf.edu



415/514-0840



community

International Students & Scholars Office

about

Supporting the social, cultural, and immigration needs of our international community.

services & resources

- Attend campus events
- Support with visa paperwork and all immigration matters with federal government
- Use education, program, and training resources including English language assessments

contact



isso.ucsf.edu



visa@ucsf.edu



415/476-1773



community

LGBT Resource Center

about

Providing education, support, and advocacy to our campus community.

services & resources

- Attend campus events
- Leverage support and resources
- Discover committees and campus groups
- Receive education and training
- Take advantage of mentoring and professional development opportunities

contact



lgbt.ucsf.edu



lgbt@ucsf.edu



415/476-7700



community

Multicultural Resource Center

about

Promoting inclusion, raises cultural consciousness, and nurtures under-represented learners.

services & resources

- Attend campus events like Cultural Heritage Month celebrations
- Learn and dialogue about multiculturalism and gain tools for diversity actions
- Professional development for diverse learners

contact



mrc.ucsf.edu



mrc@ucsf.edu



415/502-1911



community

Veteran Support Services

about

Helping our students navigate UCSF by providing a welcoming space, mentoring from other veterans, and tools to succeed.

services & resources

- Meet student veterans and active duty service members
- Attend veteran-related events
- Review educational benefits
- Discover on- and off-campus resources
- Join the student veteran organization

contact



veterans.ucsf.edu

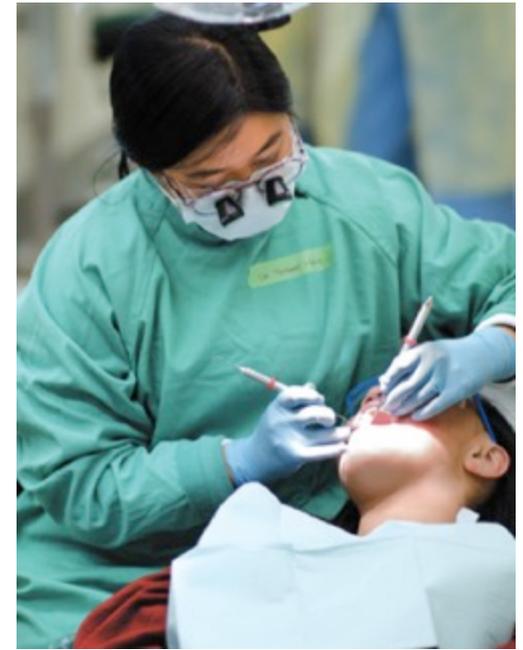


veterans@ucsf.edu





Synapse:
UCSF
Student
Voices



Office of Career
& Professional
Development

professional
development



UCSF



professional development

Office of Career & Professional Development

about

Teaching our students and postdoctoral scholars professional skills to navigate successful careers.

services & resources

- Engage in career exploration and job search programs
- Review online resumes, CVs, cover letters samples and interview questions at our website
- Schedule 1:1 appointments with career counselors
- Check our website for upcoming programs and resources!

contact



career.ucsf.edu



ocpd@ucsf.edu



415/476-4986



professional development

Synapse: UCSF Student Voices

about

Providing information of value to our students and the entire campus community.

services & resources

- Learn the latest student news and browse upcoming events, interesting activities, programs, resources, and activities
- Develop your writing and editing skills
- Hold a leadership position
- Meet students from different academic programs

contact

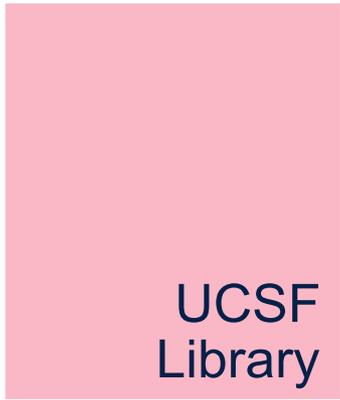
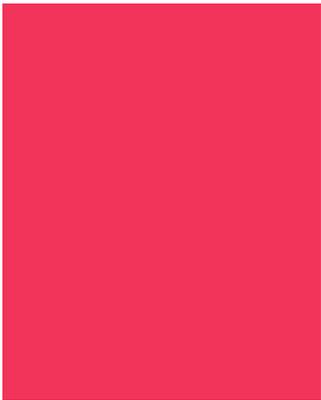


synapse.ucsf.edu



synapse@ucsf.edu





UCSF
Library



Student Disability
Services



academics



Learning Resource Services



UCSF



academics

Learning Resource Services

about

Providing tools for academic and clinical success through individual consultations and workshops.

services & resources

- Develop learning strategies for classes and clinicals
- Increase memory
- Sharpen test-taking techniques
- Manage time
- Handle test anxiety
- Hone organizational skills
- Improve focus

contact



learn.ucsf.edu



415/502-1484



academics

UCSF Library

about

Advancing science, fostering excellence in teaching and learning, and promoting health.

services & resources

- Search health science knowledge bases
- Attend workshops on Endnote, PubMed, Learning Clinic, and more
- Utilize study space at Parnassus and Mission Bay

contact



library.ucsf.edu



415/476-2336
Parnassus

415/514-4060
Mission Bay



academics

Student Disability Services

about

Supporting the clinical and didactic settings, to ensure equal access for students with disabilities throughout enrollment.

services & resources

- Review requests and provide appropriate accommodations
- Facilitate implementation of approved accommodations
- Educate faculty and staff about disability issues and laws
- Support students' disability-related needs

contact



sds.ucsf.edu



studentdisability@ucsf.edu



415/476-6595





Food
Security

Student
Financial Aid



finances



UCSF



finances

Student Financial Aid

about

Helping students meet the challenge of funding their education and building a healthy financial future.

services & resources

- Apply for federal and university-based financial aid
- Get budgeting advice and learn how to spend financial aid dollars wisely
- Learn about responsible student loan borrowing
- Apply for short-term emergency loans
- Learn about student loan repayment options and debt management

contact



finaid.ucsf.edu



finaid@ucsf.edu



415/476-4181



finances

Food Security for Students Program

about

Providing gift cards for groceries and campus eateries to registered students who need help urgently.

services & resources

- Program provides a grocery gift card (\$50) and a Nutrition and Food Services gift card (\$20) to *any student* requesting urgent support
- Same-day order fulfillment in most cases

contact



finaid.ucsf.edu/food



fsfs@ucsf.edu



415/476-4181





Registered Campus Organizations



Student Government

leadership





leadership

Student Government

about

Serving the collective interests of our graduate and professional students in order to improve student life.

services & resources

- Develop leadership skills
- Discuss student priorities and concerns
- Keep abreast of student issues
- Advocate student interests
- Build relationships with students from all academic programs
- Initiate actions and proposals to better student life

contact



gpsa.ucsf.edu



gpsa@ucsf.edu



leadership

Registered Campus Organizations

about

Supporting and enhancing the activities undertaken by student organizations.

services & resources

- Meet like-minded students
- Develop a sense of community
- Organize campus wide events
- Develop lifelong friendships
- Access support and assistance:
 - › Registration
 - › Outreach
 - › Funding
 - › Supplies
 - › Events
 - › Leadership Transition

contact



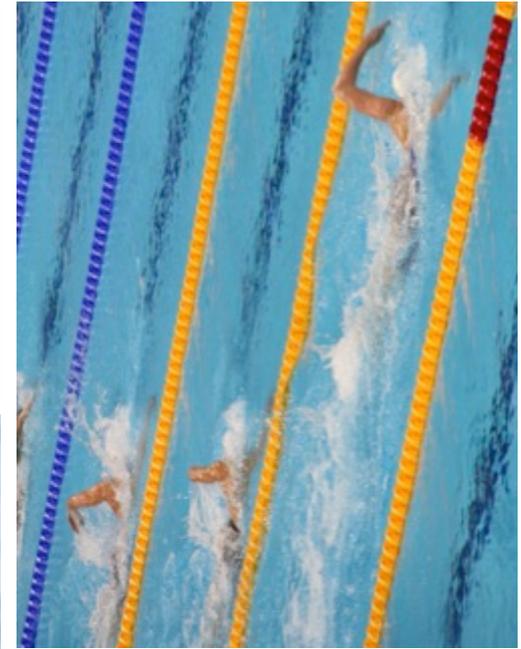
studentlife.ucsf.edu



studentlife@ucsf.edu



wellness



Student Health and
Counseling Services



Fitness and
Recreation

wellness

UCSF



wellness

Fitness and Recreation

about

Supporting fitness lifestyle including: cardio, weights, group fitness classes, pools, leagues, massage, climbing wall, and more.

services & resources

- Access to Millberry and Bakar Fitness & Recreation Centers
- Unlimited Group Exercise or Group X, 170+ week – \$25/month
- Get a [Rec Pass](#) – save money on kayaking, backpacking, and leagues

contact



campuslifeservices.ucsf.edu/fitnessrecreation



millberry.memberships@ucsf.edu



415/476-1111



wellness

Student Health & Counseling Services

about

Offering primary care, mental health, and wellness and health promotion services for all students (even those who waived UC SHIP).

services & resources

- First stop for any physical or mental health related need
- Book an appointment online at: MyHealthRecord.ucsf.edu
- Primary care, mental health, travel health, nutrition, and nurse consult services
- Lunch-time programs to support wellbeing
- Insurance support for students with UC SHIP

contact



studenthealth.ucsf.edu



shs@ucsf.edu



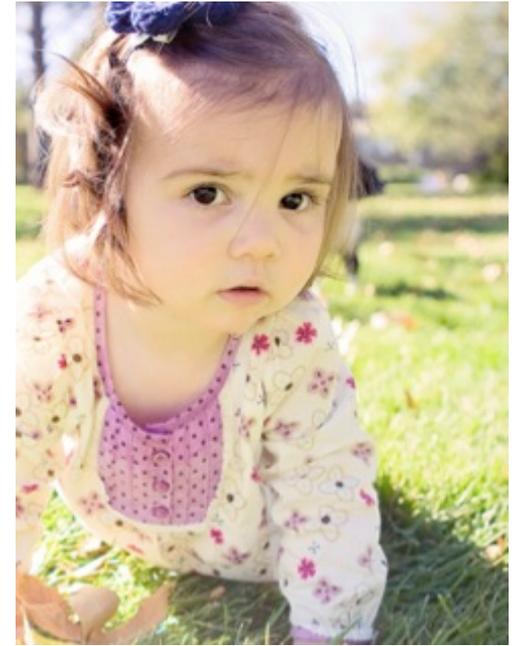
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UCSF
Police
Department



Family
Services



Office of the
Ombuds



Transportation
Services

**other
resources**

CARE Advocate

UCSF



other resources

CARE Advocate

about

Supporting survivors of sexual assault, intimate partner/dating violence, sexual harassment, and stalking.

services & resources

- Counseling & accompaniment
- Explanation of reporting and non-reporting options
- Academic, housing, and other accommodations
- Education, training and consultation

contact



[shpr.ucsf.edu/
confidential-care-
advocate](https://shpr.ucsf.edu/confidential-care-advocate)



[denise.caramagno
@ucsf.edu](mailto:denise.caramagno@ucsf.edu)



415/502-8802



other resources

Family Services

about

Providing for information on family support services for UCSF parents.

services & resources

- Find campus and referral based child care solutions
- Enroll in *Sittercity* – for sitters, adult care and other home help
- Find resources for lactation accommodation, parent education, parent networks, and more
- Discover community resources

contact



myfamily.ucsf.edu



myfamily@
ucsf.edu



415/502-6312



other resources

Office of the Ombuds

about

Providing a confidential, impartial, informal and independent problem-solving resource.

services & resources

- Use mediation and group facilitation services
- Learn about UCSF principles of fairness, equity, and respect
- Access individual services, two or multiple-party mediation, or group trainings/facilitation

contact



ombuds.ucsf.edu



415/502-9600



other resources

Transportation Services

about

Getting you where you need to go on campus and throughout the Bay Area by offering options as varied as our community.

services & resources

- Learn about parking options
- Ride the intercampus shuttles
- Utilize rideshare services, such as carpools and vanpools
- Rent a car when you need it through CityCarShare
- Learn about CityBikeShare and bicycle services
- Purchase and add value to your Clipper card
- Rent a on-campus scooter (Scoot)

contact



campuslifeservices.ucsf.edu/transportation



shuttles@ucsf.edu
parking@ucsf.edu



415-476-2566
Parking

415-476-4646
General Transit



other resources

UCSF Police Department

about

Providing community policing, security services, crime prevention and emergency management for the UCSF community.

services & resources

- 24/7 police, security and dispatch services to all UCSF affiliates
- Walking safety escorts provided
- Crime prevention, active shooter, and self-defense presentations
- ID card services and building access performed by WeID
- Register for WarnMe, UCSF's life safety alerts, at warnme.ucsf.edu

contact



police.ucsf.edu



police@ucsf.edu



415/476-1414

Non-emergency

415/476-6911

Emergency

ucsf

resources

academics

- learning resource services
- ucsf library
- student disability services

finances

- financial aid
- food security

professional development

- office of career & professional development
- synapse: the ucsf student newspaper

community

- first generation support services
- lgbt resource center
- international students & scholars office
- multicultural resource center
- veteran support services

resources

- care advocate
- family services
- office of the ombuds
- transportation services
- ucsf police department

leadership

- student government
- registered campus organizations

wellness

- fitness & rec
- student health & counseling services

success.ucsf.edu



all resource websites listed on
success.ucsf.edu