

Student Safety	2
Student Health	3
Services and Programs SCC Offers	4
What Every Parent Should Know	5
Learning Styles and Recommendations	6
Paying For My Student’s Education	7
Frequently Asked Question from Parents	8

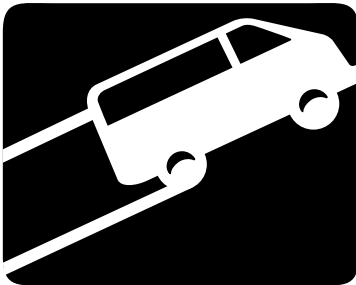
Student Safety

Safety Tips

The following Safety Tips were prepared in an effort to further provide a safer working and learning environment:

- Know the locations of Blue Emergency Phones on campus.
- If you park in the student parking area during the evening, ride the shuttle bus.
- Walk in lighted areas and with another person if possible.
- After entering, and before leaving your vehicle, make sure all window and doors are secured.
- Have your keys ready and in your hands before you go to your vehicle.
- Look in your vehicle before entering; check in the back seat and on the floor.
- Always be aware of your surroundings.
- Use a “carryall” of some type so that you will always have at least one arm free.
- Report suspicious activities or persons to the College Police immediately. Contact 558-2221.
- Do not leave your articles (books, purses, etc.) unattended.
- Use the crosswalks.
- Do not block or run on the stairs, and use the handrails.
- Please park on campus; it is much safer.

On-Campus Shuttle Services



There is a free Courtesy Shuttle provided for College students who park on campus. The Shuttle runs continuously on a 20 minute schedule between 7:00 AM and 10:30 PM (except during driver's breaks & lunch periods) based on ridership. There are four designated shuttle stops—beside the LRC, RT Light Rail Station, the North Student Lot, and by the College Store.

The SCC Police are located on the first floor of the parking structure and are there to assist you. Stop-in or call the College Police if you are parked on campus and need assistance with your vehicle, to report accidents, losses, and suspicious occurrences. You can call them at 558-2221, or pick up one of the Blue Emergency Phones, which will connect you directly with the College Police Office.

Student Health

7:30 a.m.-4:30 p.m.

Rodda North 125

Freedom to explore the possibilities of life is a big part of what college is all about. But college also can be physically and mentally demanding. Students may exercise their new-found freedom by:

- Studying too hard
- Working too hard
- Getting insufficient sleep
- Eating an unbalanced diet
- Playing too hard
- Ignoring a potentially serious illness

Issues about sex, sexuality, alcohol and drugs also confront today's college students. Is your student ready to handle these facts of life? Are you ready to have your student deal with these issues? Take time to discuss what to do in case of illness and the issues concerning alcohol and drug abuse. Sacramento City College has a nurse on campus that can offer information and/or brief treatment. Brief treatment consists of:

- Basic First Aid
- Common over the counter medication
- Counseling
- Stress management



Sexually Transmitted Disease testing is done every Tuesday from 10:00 a.m. to 3:00 p.m. in the health center. Students can come by the health center at any

time and receive condoms or schedule an appointment on a Tuesday to discuss alternative birth control methods. The health center is located in Rodda North 125 in the back of the counseling center. The health center has various partnerships with outside agencies including dentists, optometrists and doctors. Please instruct your student to stop by the health center if they would like a referral.

Health care is provided either directly or indirectly through referrals to community resources, so there is minimal loss of student time in attempting to achieve their goals. Students are encouraged to learn about the community resources available to them so they will be able to use them in meeting their health needs when they leave Sacramento City College. Contact 558-2367 for more information.

(Some text referenced from www.getreadyforcollege.org)

Services and Programs SCC offers

Counseling	558-2204
Job Services/Work Experience (on and off campus)	558-2676
Tutoring (available in many locations on campus)	558-2258
Disability Resource Center	558-2087
Financial Aid advising	558-2501
Campus Tours	558-2390
International Student Center	558-2486
High School Outreach	558-2200
Student Athlete Advising Program	558-2742/2081

Computer Labs—12 Locations

www.scc.losrios.edu

Student Organizations—cultural, leadership, athletics, clubs, etc.

<http://wserver.scc.losrios.edu/~lead/>

Student Support Programs

EOPS (Extended Opportunities Programs & Services) 558-2403

Provides opportunities in higher education for economically and educationally disadvantaged students

RISE 650-2782

Designed to inspire and assist ALL students

PUENTE 558-2338

Focus is on assisting students with their writing, academic skills, career goals, and learning about the Latino culture.

MESA (Math, Engineering & Science Achievement) 558-2497

Provides special support services to economically and educationally disadvantaged students majoring in math, engineering, science, and computer information science disciplines.

What Every Parent Should Know

The 10 Things that Every Parent Should Know

1. How to find, download, fill out, and print the FAFSA (Free Application for Federal Student Aid) form (www.fafsa.ed.gov) for Financial Aid. Apply as early as possible to increase your financial aid opportunities.
2. Look into what other options are available besides financial aid. Don't assume your student will handle it themselves because in the end, when registration fees are due or classes need to be chosen, they may need your help.
3. If your student decides to have and use a credit card, be sure to advise them to keep these thoughts in mind:
 - Make sure your student understands how to use the credit card in relation to his or her budget.
 - Emphasize that proper use of a credit card can help your student establish a good credit history.
 - Remind your student that over-charges and late or missed payments can cause severe damage to your own or your student's credit rating.
4. Find out your student's class schedule for a better understanding of where your student is headed and to know where to find them. There is no delivery system available in the college for messages to be handled. Classroom interruption for other situations is not permitted.
5. It is important to keep the lines of communication open for your student. Don't be afraid of asking them questions about their classes and decisions they have made. It lets them know you care and are there if they need you.
6. Be assured your student is ready for college and that you did a good job preparing them. Don't expect them to do things the way you did or the way you would.
7. Growth requires making mistakes. Letting your student make mistakes may be difficult but can develop their character in the long run. A big part of college is making decisions.
8. Supportive words work wonders: "You'll do fine; you're well prepared for that exam." or "I'm so proud of you for taking on the challenge."
9. Encourage your student to use on campus resources when they struggle in or outside of the classroom. Encourage them to seek tutoring early in the term rather than when an assignment seems difficult. SCC has tutoring services in various locations and times. The Learning Resource Center (LRC) is the hub for more information.
(<http://web.scc.losrios.edu/tutoring/>)
10. Urge your student not to give up if a class is challenging. Remind them to keep trying and to speak with their instructor or find a study group or other avenues of help like tutoring or counseling.

Learning Styles and Recommendations

People learn through different methods. Some people like to hear information, some need to see it. Others need to write everything down to fully understand what is going on. None of these styles of learning are right or wrong, they are just one of the things that make each person unique.

There are several different sites on the Internet that allow your student to take a basic learning style assessment. Once your student understands his/her learning style/s, then they can work with their teacher to match it with the type of class delivery mode and/or study skills that best suits their needs.

Here are just a few websites you can access:

www.learningstyles.org

www.ldpride.net/learning_style.html

agelesslearner.com/assess/learningstyle.html



Paying for My Students' Education

Frequent Questions Concerning Paying For Student Education

How do I know if my student's fees are paid in full?

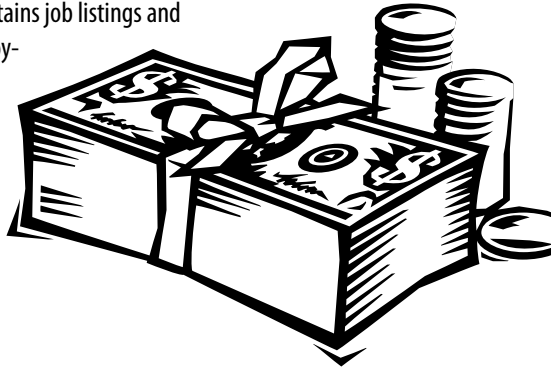
Your student can look up their current schedule on eServices and it will show amount due at the bottom of the screen. It will show the outstanding balance or a zero balance if enrollment is paid.

Does my student have to pay fees all at once?

Payment for enrollment fees is due within 10 calendar days from the day you register for classes. If your student's financial aid award is not enough to cover enrollment fees or is not in place by the registration date, you must still pay by the due date to avoid being dropped from class.

How do I pay for my student's education?

To find out more about how to apply for financial aid and scholarships go to <https://scholarship.losrios.edu/> and <http://wserver.scc.losrios.edu/~finaid/>. It is also recommended that your student check eligibility for the Board of Governors (BOGW) fee waiver. This waiver pays for all your student's enrollment fees for the school year. Contact the Financial Aid office for questions and concerns. The office of Job Services provides on campus employment, work-study options and maintains job listings and referrals for off campus employment. A job board is posted in the hallway outside the Counseling Department.



(Some text referenced from www.skagit.edu)

Frequently Asked Questions from Parents

Why is SCC unable to tell me anything about my student?

According to federal law, college students have the right to the privacy of all their education records including grades, financial information, and disciplinary records. It is the responsibility of the student to communicate with the parent and tell them how things are going.

How can I get a copy of my student's grades?

The easiest and fastest way to obtain information about your student's grades or records is for the student to provide it for you. Students can look up information by logging in to eServices online.

How do I know if my student is attending classes? Doing Homework?

The best way to receive this information is to communicate with your student. They are the only ones who will be able to answer this for you.

Are the courses transferable?

Our transfer courses were designed in cooperation with California's 4-year universities. If your student follows a pre-approved education plan created with a SCC counselor, he or she is guaranteed admission as a junior to UC Davis, CSUS, UOP and MANY others!

Do your career/technical programs offer job placement?

Our career/technical/vocational programs lead toward employment because recruiters are constantly seeking our graduates for their jobs! As a result of our professors working in the industry, our students receive top notch education and connections!

Why do I have to give my income information when my student applies for financial aid?

Congress has determined that parents are responsible for providing for their children's educational expenses until they achieve independent status. In general, to be classified as an independent student a person must fit into one of the following categories:

- 24 years of age
- married
- have own dependents
- be a veteran of the military
- working on a master's degree
- or have extreme extenuating circumstances.
- If a student cannot fit into one of these categories, then the parent is required to provide information on the FAFSA form to determine financial aid eligibility.

What is the deadline to apply for financial aid?

The priority filing period for Cal Gant (www.csac.ca.gov) and FAFSA (www.fafsa.ed.gov) is January 1st–March 2nd. You are encouraged to apply for financial aid even after the priority filing date of March 2nd. Your application will be considered late and will be processed after all priority applicants. **JUST APPLY!**

(Some text referenced from www.skagit.edu)