



WE'LL BEGIN SHORTLY! IN THE MEANTIME, PLEASE CONSIDER :

- 1. MATERIALS CHECK:** At-a-Glance Card / QR Survey Code Card
New Student Handbook Supplement
Notepad
- 2. QUICK INTRO:** Introduce yourself to others around you (Name, Student's Major, Where you're from!)
- 3. BIG TAKE AWAYS:** Using the pads of paper in your bags, each person write one BIG TAKE AWAY that you want to know by the end of the day. We will collect the BIG TAKE AWAYS just prior to the program and do our best to address these topics if we have additional time.

CSUN®

**PARENT & FAMILY
PROGRAMS**

Christopher Aston

Director | Office of Student Involvement & Development

Overview of the Day

- Check-in & Tours
- Welcome & Overview
- Presentation: *Student Engagement & Well-being*
- Presentation: *Supporting your Student's Academic Success*
- Presentation: *Creating a Safe & Supportive Environment*
- *Lunch*

OPTIONAL SESSIONS

- Presentation: *Financial Services*
- *OR*
- Presentation: *Health & Wellness*
- *Soccer Game (later this evening)*

Goals for today

- To help you become a partner in your student's success.
- To learn information about resources and services available to CSUN students.
- To provide an opportunity to ask questions based on real experiences.
- To meet the campus community including university administrators, faculty, staff, and other students

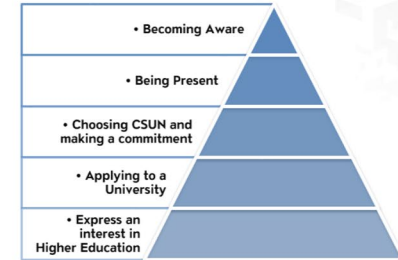
So...what's going on with my student? NSO

Expectations

Choices

Steps to Success

An ongoing process



CSUN

Expectations

Academics

Cultural



Social

CSUN

Expectations

INSTAGRAM!

TIKTOK

SNAPCHAT

TWITTER OR THREADS?

CSUN Choices

CSUN Choices

12 Units per Semester
 X
 2 Semesters
 X
 4 Years =

96 units

CSUN Choices

1 more year in college... currently

Expense	Semester	Year
Tuition Fees	\$2,871	\$5,742
Other Fees	\$615	\$1,230
Room & Board	\$4,405	\$8,810
Transportation	\$600	\$1,200
Personal/Misc.	\$1,500	\$3,000
TOTAL:	\$9,991	\$19,982

CSUN Choices



Dr. William Watkins

Vice President for Student Affairs & Dean of Students

Land Acknowledgement

- CSUN recognizes and acknowledges the Sesevitam, the first people of this ancestral and unceded territory of Sesevenga that is now occupied by our institution; and it honors their elders, past and present, and the Sesevitam descendants who are citizens of the Fernandéño Tataviam Band of Mission Indians. We recognize that the Sesevitam are still here and we are committed to lifting up their stories, culture and community.

CSUN



NSO Parent Orientation
October 2024

Student Engagement & Well-Being

Presenters:

Dr. Shelley Ruelas-Bischoff

Associate Vice President for Student Affairs,
Student Engagement and Well-Being



Christopher Aston

Director
Student Development & Transitional Programs



Topics for Today's Presentation

- ✓ What is Student Life
- ✓ How does this contribute to Student Success?
- ✓ Co-curricular activities at CSUN
- ✓ Ways to support your students' involvement.



CSUN Student Life!



What is Student Life?

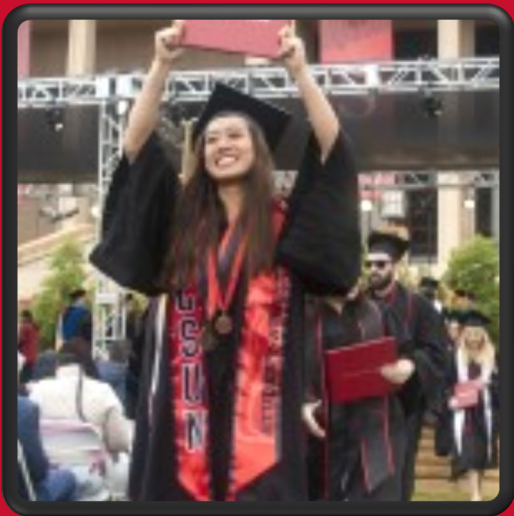


- Co-curricular Activities – Outside of the Classroom
- Activities where Personal Growth & Learning Takes Place
- Where Relationships & Connections are Built

Learning Skills to Succeed in Addition to a Degree !

CSUN

Why is it Important?



- Research Shows – Helps Students reach their academic goals!
- Enriching and Engaging Environment = Students **More Likely to Persist**
- Develops Interests, Talents & Enhances Learning (Leadership, People Skills)
- Creates sense of **Community & Belonging**
 - Negotiating Road Bumps

Taking a closer look: Student Engagement as a Pathway to Success :

- Navigating Career Options – is this a good fit?
- Maintaining Relationships & Negotiating Differences
- Developing Health and Wellness Foundation
- Balancing Demands with Relaxation & Renewal



Holistic Student Development Continued (cont.):

- Exploring Identity Development
- Cultural Awareness
- Considering faith and spirituality
- Strengthening Confidence!



Let's take a look...

Building Leadership Skills & Networks!

- Associated Students / Student Government
- University Student Union Board of Directors
- New Student Orientation Leader
- Peer Mentor or Ambassador



Campus Involvement Opportunities

- Clubs & Organizations
- Fraternities/Sororities
- CSUN Athletics & Sports Clubs



Research, Volunteering & More

- Undergraduate Research
- Volunteering
- Part-time Campus Employment
- Tutoring / Academic Coaching
- Campus Committees and Boards



Key Campus Departments

- Matador Involvement Center
 - University Student Union
 - Associated Students

 - Dream Center
 - Pride Center
 - Veterans Resource Center
 - Cultural Houses
 - International & Exchange Student Center

 - Learning Resource Center
 - University Library
- ...and many MORE!



Student Engagement & Connections with Career Success

Holistic Preparation for our Rapidly Changing World

“...neither classroom nor co-curricular experiences alone offer the range of learning opportunities that will enable students to acquire the skills and competencies required to survive and thrive in our rapidly changing and increasingly complex world.”

NACE Research

CSUN

Student Engagement & Connections with Career Success

**National
Association of
Colleges &
Employers
(NACE)**

- Critical Thinking
- Problem Solving
- Oral/Written Communication
- Teamwork/Collaboration
- Leadership
- Professionalism/Work Ethic

What can you do to support your students' involvement?



- Encourage your student to stretch and explore.
- Allow them to go at their own pace
- Ask the question: “What do you think you will get from this?”
- Encourage balancing of priorities and ultimate GOAL: Graduation!

CSUN Student Success !



Commencement and Honors Convocation

Thank You!

Questions?

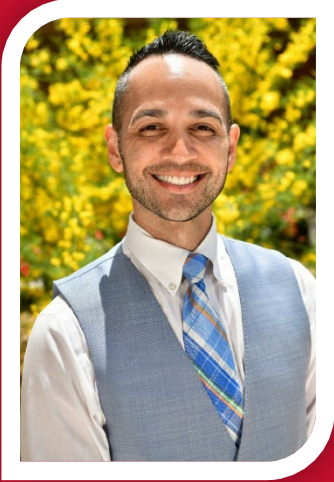
CSUN[®]

**PARENT & FAMILY
PROGRAMS**

Creating a Safe and Supportive Campus Environment

Student Expectations | Campus Safety | Rules, & Regulations

Presenters



Christopher Aston
Director
Student Development
& Transitional Programs



Mark Benavidez
Deputy Chief
Department of Police Services



Kevin Velez
Sr. HERE & Conduct Coord.
Office of Dean of Students



Suzannah Rogan [she/her]
Assistant Director
Prevention & Education
Office of Equity & Compliance

Outcomes

Recognize your student's roles and responsibilities inside and outside the classroom as a member of the CSUN community.

Understand mandated topics and related services that universities are required to inform students about

Become aware of university expectations as it relates to the student conduct code, and its references to cheating and plagiarism.

Learn CSUN services, resources, and responses surrounding various laws, policies, and executive orders promoting student safety and education
(incl. AB 1088, EO 1098 - Title IX, Sexual Assault, Violence Against Women Act, FERPA, etc.)

Understand enforced campus security and safety implements.

Topics

- *Classroom Conduct*
- *Students' Rights and Responsibilities*
- *Student Safety Resources, Education, and Prevention*

Classroom Conduct

Professor Expectations

SYLLABUS: an agreement of expectations that outlines/summarizes topics covered in a course along with important dates, and instructors policies. It includes academic and behavioral expectations, resources, and course material

ASSIGNMENTS: Students are responsible for all assignments whether given in class or outside of class

ONLINE INTERFACES: CANVAS, ZOOM (be present, be live)

Classroom Conduct

Respecting the Classroom Environment

DEVICES

Know the rules on: Cell Phones, Laptops, Tablets ,etc.

PUNCTUALITY

- Attend every class (sometimes grades depends on it!)
- Arriving late is disruptive

PAY ATTENTION IN CLASS

- Eating
- Sleeping
- Disruptive side Conversations
- Sit near the front
- Focus and take notes
- If you don't understand – ASK
- Get involved in class discussions
- Be aware of deadlines
- Utilize office hours
- STUDY
- Be attentive to your CSUN email

CSU Student Conduct Code

“Students are expected to be good citizens and to engage in responsible behaviors that reflect well upon their university, to be civil to one another and to others in the community, and contribute positively to student and university life.”

Community Standards from the Conduct Code

- The Student Conduct Code is the Title V California Code of Regulations.
- Ultimately the goal of student conduct under the CSU is educational and developmental in nature.
- If warranted, violations can result in a warning, probation, suspension, or expulsion.
- Separate of the code, criminal laws are enforced on campus by CSUN Department of Police Service.
- <https://catalog.csun.edu/policies/student-conduct-code/>

CSU Student Conduct Code

- **Examples of prohibited conduct include academic dishonesty, conduct that threatens or endangers, threats, harassment, hazing, use of illegal drugs, illegal use of alcohol and misuse of computer facilities or resources.**
- **Most referrals are incidents of academic dishonesty:**
 - **Plagiarism – Using/borrowing other’s work without proper attribution**
 - **Cheating – copying on exams/homework, hiring others to do the work, buying essays**
 - **Artificial Intelligence and Detection Tools**
- **Classroom Academic Expectations**
 - **Every faculty has different expectations – Example: Collaboration**

Zero Tolerance for Hazing

What is Hazing?

Any action taken or situation created, intentionally, whether on or off fraternity premises, to produce mental or physical discomfort, embarrassment, harassment or ridicule. Such activities may include but are not limited to the following: use of alcohol; paddling in any form; creation of excessive fatigue; physical and psychological shocks; quests, treasure hunts, scavenger hunts, road trips or any other such activities carried on outside or inside of the confines of the chapter house; wearing of public apparel which is conspicuous and not normally in good taste; engaging in public stunts and buffoonery; morally degrading or humiliating games and activities; and any other activities which are not consistent with academic achievement, fraternal law, ritual or policy or the regulations and policies of the educational institution or applicable state law.

Zero Tolerance for Hazing

- **Violation of state laws and the student conduct code**
- **It can happen in different group settings such as athletics, clubs, and fraternities/sororities**
- **Students who want to engage in Greek Life will not be allowed to continue in recruitment processes if they do not attend required educational programs.**
- **Safety is our priority and if your student has experienced any form of hazing, please reach out to:**
 - **Matador Involvement Center: 818-677-5111**
 - **Office of the Vice President of Student Affairs: 818-677-2391**

New Member Education – Recruitment - Intake - Initiation



Student Records & Privacy Act

Student Records

The Family Educational Rights and Privacy Act (FERPA) is the primary law governing student records. Once enrolled at a university, the rights under FERPA pass from the parent to the student, irrespective of the age of the student.

Those Rights Include:

- *The right to consent to the disclosure of records to a third party, including parents*
- *The right to prohibit the release of “directory information”*
- *A right of access to student records*
- *The right to challenge the contents of student records*

Parent Access to Student Records

Generally speaking, parents should not expect direct access to student records (including student grades). A student may share with parents any record in the student's possession. Students may grant permission for parents to gain access to their records by providing a written statement or completing records release forms. The information should include:

The name of the specific record to be disclosed

The purpose of the disclosure

The name of the person to whom the record is to be released

These documents and forms can be found in the SOLAR/Portal or by contacting the Office of the Vice President of Student Affairs 818-677-2391

Student Safety Resources, Education and Prevention

Equity & Compliance

California State University, Northridge (CSUN) is committed to maintaining an equitable and inclusive learning and working environment for all campus community members. Any form of discrimination, harassment (inclusive of sexual misconduct as defined under Title IX) and/or retaliation based on a protected classification is strictly prohibited as it erodes our foundational values of justice, equity, diversity and inclusion.

The University will not tolerate behavior that denigrates, humiliates, or stigmatizes individuals on the basis of any protected status classification such as age, disability, ethnicity, gender, gender identity/expression, national origin, race, religion, sexual orientation, veteran status, among others.

Prevention & Education

Legal Guidance

Jeanne Clery Act (including the Violence Against Women Act Amendments), California Affirmative Consent, 2024 Department of Education Title IX Guidance

Prohibited Conduct

Sex-based Harassment:

- Hostile environment or Quid Pro Quo Harassment
- Specific offences: dating violence, domestic violence, sexual exploitation, and stalking
- Sexual misconduct: sexual assault (rape, fondling, incest, statutory rape)

At CSUN, student safety is our primary concern. The University:

- Strictly prohibits all acts of discrimination, harassment, and retaliation; including sex-based harassment under Title IX (prohibited conduct);
- Responds promptly when we know or have reason to know of incidents of prohibited conduct;
- Communicates to students their rights and options, including the right to file a university complaint as well as a criminal complaint;

Prevention & Education

- Has a Title IX Coordinator and Discrimination, Harassment, and Retaliation Administrator, based in the Office of Equity & Compliance, that receives all issues relating to violations of the Nondiscrimination Policy; and
- Provides educational opportunities and awareness programs to prevent incidents that violate the Nondiscrimination Policy, including, but not limited to:
 - Mandatory Not Anymore Title IX Training
 - Providing definitions of prohibited conduct (including sexual harassment, sexual assault, dating violence, domestic violence, and stalking);
 - Disseminating information about confidential resources and reporting options;
 - Strategies for safely intervening;
 - Setting and communicating boundaries; and many more.

CONCERNS? Contact

Title IX Coordinator at (818) 677-2077

University Police at (818) 677-2111

Campus Care Advocate at (818) 677-7492

*More information can
be found in the New
Student Handbook:*



Compassionate Response

Affirm

Connect

Empower

- Listen actively and without judgment; don't ask probing questions
- Acknowledge their experience; validate their emotions
- Thank them for telling you; tell them it isn't their fault

- Share on-campus and community-based confidential resources and reporting options
- Offer to call to schedule an appointment with them

- Let them decide what steps they would like to take; ask them how you can best help them
- Support their decisions, even if it isn't the decision you would make
- Follow up with them about self-care and compassion

Additional Safety Resources

Department of Police Services
(818) 677-2111
<https://www.csun.edu/police>

Student Health Center
(818) 677-3666
<https://www.csun.edu/shc>

Title IX Coordinator
(818) 677-2077
<https://www.csun.edu/eqd/title-ix>

University Counseling Services
(818) 677-2366
<https://www.csun.edu/counseling>

Student Affairs (Student Conduct, etc.)
(818) 677-2391
<https://www.csun.edu/studentaffairs>

Campus Police

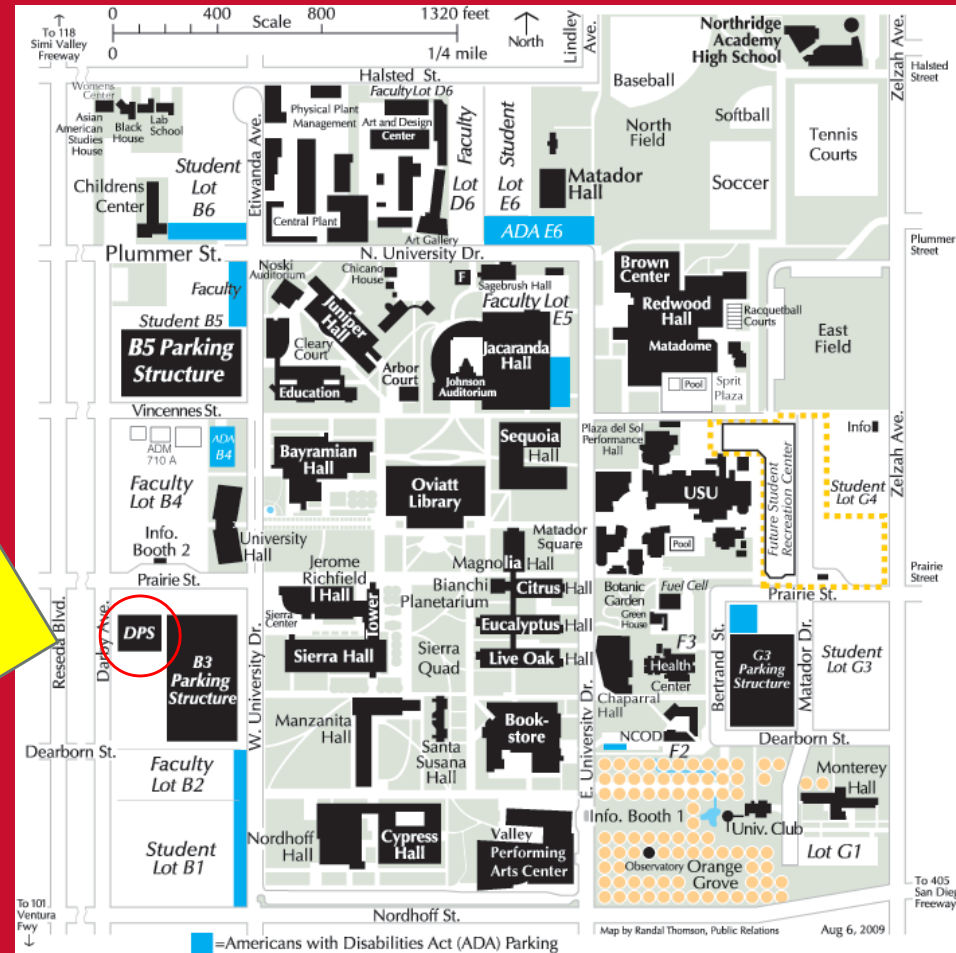


Police Services General Overview

CSUN | DEPARTMENT OF
POLICE SERVICES

Corner of Darby Avenue & Prairie Street

Campus Police



Campus Police

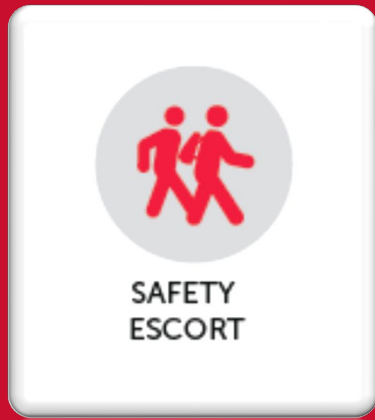


24-hour Police Services Dispatch

- **Emergency (police, fire or medical) Dial: 911**
- **Non-emergencies Dial: (818) 677-2111
(2111 from any campus phone)**

Emergency blue light phones & yellow TTY call boxes

Throughout campus & parking structures.
Connection to a CSUN PD dispatcher.



Matador Patrol

- Personal Safety Escorts, Dusk – 11:30 p.m.
Monday - Thursday
- Call: 818-677-5042 / 5048
- Use the CSUN app to request a safety escort.

Bicycle Registration

- *FREE bicycle registration!*
- Available at the DPS Building



Amber Light Patrol

- FREE on-campus vehicle jump starts & lock out assistance.
- Call: 818-677-2111



Campus Police

Community Service Officers



- **Non-sworn DPS professional security staff**
- **Partnerships between DPS & residents**
- **Conduct crime prevention education presentations**
- **Provide assistance and resources**
- **Complex Security: Staffed access points for Residents**
- **Hours of operation: 7:30 p.m. – 3:00 a.m. Everyday**

MOBILE CAMPUS RESPONSE TEAM

**EMERGENCY MENTAL HEALTH
ASSISTANCE**

California State University, Northridge
University Counseling Services (UCS) &
Department of Police Services (DPS)



**ARPI VARDUMIAN,
MACLP
MENTAL HEALTH
RESPONSE
COORDINATOR**



**JODEE ANN CONUI, BA
MENTAL HEALTH
RESPONSE ASSISTANT**



**DEPUTY CHIEF MARK
BENAVIDEZ, MA**

MOBILE CAMPUS RESPONSE TEAM

EMERGENCY MENTAL HEALTH ASSISTANCE

California State University, Northridge
University Counseling Services (UCS) &
Department of Police Services (DPS)

1. **Crisis Response:** Suicidal ideation, severe distress, psychosis
2. **Mental Health Wellness Checks:** Phone or in-person check-ins
3. **Case Management/Referrals:** On-campus and off-campus referrals
4. **Outreach Programs and Workshops:** De-stigmatizing mental health, recognizing signs of distress

Can my student carry pepper spray on campus?

Yes. 2.5oz canisters are allowed.

Can my student carry a folding knife on campus?

Yes. Fixed-blade 2.5" or shorter

Can my student carry a stun gun on campus?

NO!! (626.10 (i) Penal Code – misdemeanor)

Does the campus offer self-defense classes?

Yes. RAD for credit, DPS non-credit class

Emergency Operations Plan

The purpose of CSUN's Emergency Operation Plan (EOP) is to establish policies, procedures and an organizational structure for response to an emergency. The EOP is designed to provide optimal coordination between responding agencies, and to facilitate the rapid deployment of resources in the event of an emergency.

CSUN | **PARENT & FAMILY
PROGRAMS**

THANK YOU



Financial Aid & Scholarships Overview



Presented by the Financial Aid & Scholarships Department



Agenda

- About Us, Financial Aid and Scholarships Department
- FERPA Guidelines
- Types of Applications, Deadlines, and Common Mistakes
- What is the Student Aid Index?
- Cost of Attendance
- Types of Financial Aid and Packages
- Satisfactory Academic Progress (SAP)
- 2025 - 2026 Financial Aid Application Process
- Scholarships Overview
- Available Scholarships
- Letters of Recommendation
- Scholarship Considerations



About Us

- Over \$399 Million provided to students through Grants, Scholarships, Work - Study, student loans
- Over 31,000 CSUN students receive some form of financial assistance
- About 37 Staff Members
- In addition to processing financial aid, we conduct various workshops on financial matters such as managing a student budget, borrowing responsibly, Satisfactory Academic Progress and financial aid basics



Family Educational Rights and Privacy Act (FERPA)

- Federal Law that protects the privacy of student educational records
- Prohibits schools from releasing student education records without consent of the student

CSUN Authorization to Release Information to Parent Form

- Form authorizes the Financial Aid & Scholarships Department to release student information to the parent
- Must be completed every academic year



Applications and Deadlines

Free Application for Federal Student Aid (FAFSA)

- www.studentaid.gov
- Oct. 1– March 2nd every year (May 2nd for 2024-2025 AY)
- Must include the school code: 001153 for CSUN
- U.S citizens permanent resident, or eligible non-citizen with a valid SSN
- Requires FSA ID to complete application
- Contributors submit their income information separately by linking it to an active application. By invitation only
- IRS directly transfers income data to the application after contributors accept student's invitation
 - Federal Tax Information must be highly secured by the campus



Applications and Deadlines

California Dream Act Application (CADAA)

- <https://dream.csac.ca.gov>
- Oct. 1– March 2nd every year (May 2nd for 2024/2025 AY)
- Must include the school code: 001153 for CSUN
- AB540 status with Admissions Office
- Information is manually entered online by the student
- Requires student/parent PIN to sign application

Scholarships

- Visit www.csun.edu/financialaid/scholarships
- various scholarship opportunities and deadlines
- CSUN deadlines are typically in May



Common Application Errors

- CSUN school code is not added to aid application
- File the application for the wrong year
 - Ex. 2024- 2025 application applies to Fall 2024, Spring 2025 and Summer 2025
- Name on the application doesn't match the name with CSUN
- Legal name changes are not updated with Social Security Administration



Student Aid Index (SAI)

- Comes from the FAFSA/CADAA application
 - Collects demographic and financial information
 - Information used to calculate the SAI
 - Based on a federal formula
- Stays the same regardless of college
- Colleges use SAI to award financial aid and to determine eligibility
- Not a price, charge, or payment



What is Cost of Attendance?

The Cost of Attendance is an ESTIMATE of student educational expenses:

- **Direct Costs** – examples are tuition and fees, room and board
- **Indirect Costs** – examples are books, supplies, personal expenses

2024-2025	At Home	On Campus	Off Campus
Tuition & other fees	\$7,458	\$7,458	\$7,458
Books/Supplies	\$1,338	\$1,338	\$1,338
Room/Board	\$8,752	\$13,804	\$21,350
Transportation	\$1,742	\$1,246	\$2,420
Personal/Misc.	\$2,416	\$2,144	\$3,196
Loan fees	\$76	\$76	\$80
*TOTAL (9 months)	\$21,782	\$26,066	\$35,838

*Financial aid is intended to help pay tuition, fees, room and board, books and supplies

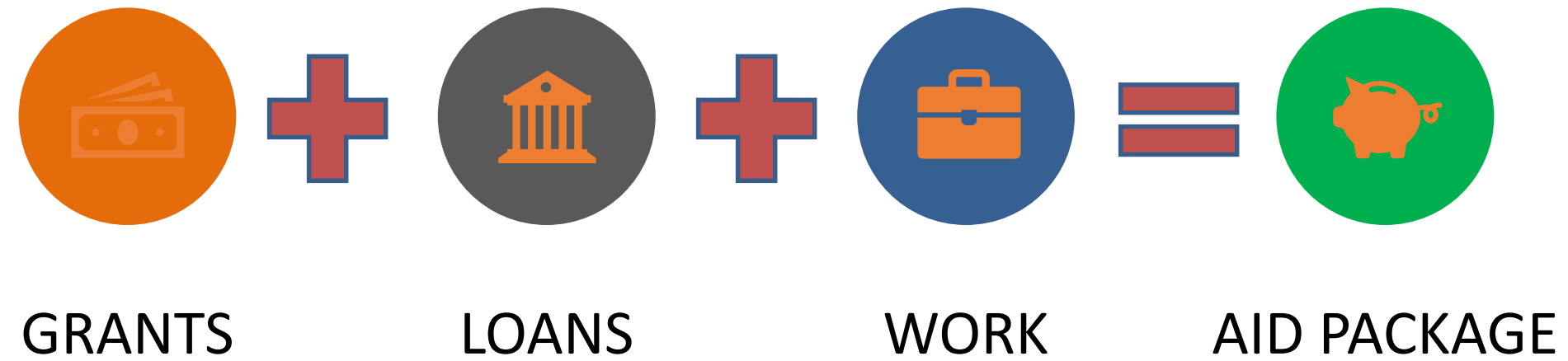


Types Of Aid

Federal		State	Campus	Private/ Public
Grants	Loans	Grants	Grants	Scholarships
Federal Pell Grants	Direct Subsidized Loans	Cal Grants A, B & C or SWD	State University Grant (SUG)	Fee Sponsorships
TEACH Grants (Teacher Education Assistance for College and Higher Education)	Direct Unsubsidized Loans	Middle Class Scholarship 2.0	Federal Work Study (FWS)	Fee Waivers
Federal Supplemental Educational Opportunity Grants (FSEOG)	Direct PLUS Loans	CA Chafee Grant	Educational Opportunity Program (EOP)	Private Education Loans
		DREAMLoan	Matador Scholarships	
		GSTG (Golden State Teachers Grant)		



Financial Aid Package



Completing the FAFSA/CADAA provides eligibility consideration for 3 types of aid



Satisfactory Academic Progress (SAP)

- SAP is an academic review process **required** by Federal law, State and Institutional policies as a condition for Financial aid consideration.
- Students who are **NOT** meeting the SAP requirement must appeal to the Financial aid & Scholarship Department to be reconsidered for Financial aid eligibility.
- Review is completed at the end of every Spring semester and students are notified mid - June if they are not meeting SAP



2025 - 2026 Application Process

- Applications will tentatively be available December 2024
- Application will use 2023 income tax information
- Mid - March – notifications are sent to confirm receipt of application or if documents are missing
- June – SAP is reviewed
- July – continuing students are reviewed for eligibility and packaged if eligible
- Late - August – First disbursement for Fall 2025 semester



Scholarships Overview

Types of Scholarships

- On-Campus
 - Matador Scholarship Program (MSP)
 - Northridge Scholars Program (NSP)
 - Departmental Scholarships
- Off-Campus

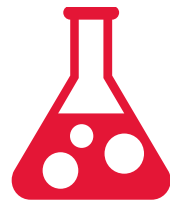
Tips

- Letters of Recommendation
- Considerations



MSP SCHOLARSHIPS

Scholarships can range from \$500 to \$10,000. Some types include:



By major

- Pacific Rim Assurance Company Scholarship – Business Majors



For volunteers and students with extracurricular activities

- Associated Students Phyllis Perkins Scholarship



For transfer students (students from a community college or another four - year institution)

- Osher Scholarship



Merit - based scholarships

- James R. Simpson Merit Scholarship



CSUN Dreamers Scholarship

Visit csun.edu/scholarships for more information.
*DEADLINES VARY, most are between May 1 – June 15.

UNDERCLASSMEN SCHOLARSHIPS



GE Honors Rising (NSP)

**Application opens soon for the 2024 - 25 Academic Year*

CRITERIA:

- 3.75 minimum high school GPA
- Admitted as a first - time Freshmen
- Applied to & accepted admission to the GE Honors program
- Submit 2024 - 25 FAFSA/CADAA
- Submit resume & 2 essay prompts
- Full- time enrollment for 2024 - 25

AWARD:

\$5,000!!!

**Renewable for a second year*

Dianne F. Harrison Leadership Award (MSP)

**Applicants apply during the Spring term of their first year*

CRITERIA:

- Applicants must complete at least 30 units by the end of the first year
- 3.0 minimum CSUN GPA
- Full- time enrollment for 2025 - 26
- Submit resume & 2 essay prompts
- 2 Letters of Recommendation

AWARD:

\$8,000!!!

NORTHRIDGE SCHOLARSHIP PROGRAM (NSP)

**Application opens in December 2024 for the 2025 - 26 Academic Year*



University Scholarship

CRITERIA:

- For continuing students
- Applicants must complete at least 24 units by the end of Spring 2025
- Full-time enrollment for 2025 - 26
- 3.25 minimum cumulative GPA
- Must attend a pre-application workshop
- Letter of Recommendation
- Must plan to engage in scholarly activities

AWARD:

\$7,500!!!

- Textbook discount at the Matador Bookstore
- Priority registration

Presidential Scholarship

CRITERIA:

- For upperclassmen
- Applicants must complete at least 60 units, but no more than 96 units by the end of Spring 2025
- Full-time enrollment for 2025-26
- 3.5 minimum cumulative GPA
- Must attend a pre-application workshop
- Faculty Mentor Statement
- Must complete a year-long project if selected

AWARD:

\$10,000!!!

- Textbook discount at the Matador Bookstore
- Priority registration



DEPARTMENTAL

CSUN has 8 colleges & 78 academic departments to support **YOU in your major!!!**

Consider connecting with your academic department or advisor regarding scholarships.

OFF-CAMPUS

- Community Partners
- Employers
- High school alumni associations
- Places of worship
- Hispanic Scholarship Fund
- Search engines *(PLEASE BEWARE OF SPAM)*

***Some are in the myMatador Scholarship Portal*



CSU – SYSTEMWIDE OPPORTUNITIES

Trustees Award *(\$18,000)*

- Minimum 3.0 GPA
- Open to ALL majors and must be a current CSUN student
- Must be full-time for 2024-25
- Submit two letters of recommendation, personal statement prompts & resume

***Due April 1, 2024*

***Many other CSU Systemwide Opportunities can be found in the myMatador Scholarship Portal*



LETTERS OF RECOMMENDATION

Outstanding Letter



- Official letterhead
- Business letter format
- 1-page length
- Contact information
- Experience with student
- Student's potential
- Very insightful

Weak Letter



- Very short or brief
- Not much insight about student
- Recommender is a family member or friend
- Recommendation letter does **NOT** match scholarship opportunity
- Letter is outdated/old (more than a year)



CONSIDERATIONS



 Maintain good grades

- Tutoring available
- Talk with your teachers & professors (office hours)
- Not always about taking the most difficult classes

 Get Involved!

- Volunteer, join a student group, work, etc.
- *Do you have a "brag sheet"?*
- Grows your resume
- Helps with career exploration too!

 Brainstorm your Approach

- Essay & resume – DO NOT WAIT UNTIL THE LAST MINUTE
- Ask for letter of recommendation 1 month in advance; provide recommender with supplemental information
- Visit Writing Lab for proofreading

 Check out CSUN myMatador Scholarship Portal

- Do **NOT** ignore emails!



CONTACT US



1-818-677-4907 – Scholarships
1-818-677-4085 – Financial Aid



www.csun.edu/financialaid



Scholarships@csun.edu
Financialaid@csun.edu



11811 Nordhoff Street, Northridge, CA 91330



All Opportunities Show Filters

Welcome to the Scholarship Opportunities Homepage.

Below you will find a listing of scholarships available to students with brief information about the scholarship qualifications. To apply to scholarships which require an application, you must first sign in with the same user name and password you use to access the campus login portal. You will then have the opportunity to complete a general application and, if applicable, apply for specific scholarships.

Search by Keyword

Award	Name
Varies	Marketing Department Scholarship The main objective of the Marketing Department is to provide students majoring in...
\$10,000.00	NSP Presidential Scholarship This prestigious scholarship award affords significant projects....
\$7,500.00	NSP University Scholarship The University Scholarship encourages an experience provides...

CSUN FINANCIAL AID AND SCHOLARSHIP DEPARTMENT

My Applications | Opportunities | References | Minnie Low

Application Progress

- General Application
- Other Recommended Opportunities

Recommended Opportunities Show Filters

PLEASE NOTE: Based on your General Application, below are scholarships for which you may possibly be eligible. Keep in mind that "Recommended" does not constitute qualified. The system will identify you from your student record and match you to potential opportunities. Further review of each opportunity will be necessary to ascertain if you meet all requirements. Next to each recommended opportunity, click "Apply" to review additional criteria and questions. If you are qualified, answer questions specific to each recommended scholarship, then click "Finish and Submit."

Search by Keyword

\$1,000.00	Latino Educational Fund Scholarship The Latino Educational Fund established the Latino Educational Fund Scholarship to advance their foundation's Mission Statement. To provide Latinos...	Apply by 06/30/2017
Varies	Mabel Wilson Richards Scholarship The Mabel Wilson Richards Scholarship Fund was created by the will of the late Mabel Wilson Richards. This scholarship is reserved for students who...	Apply by 09/15/2017
\$8,000.00	Dianne F. Harrison Leadership Award Endowment Created upon the occasion of President Dianne F. Harrison's investiture, the Harrison Leadership Award will recognize a California State...	Apply by 07/14/2017
\$1,000.00	Jolene Koester Presidential Scholarship Endowment In honor of President Jolene Koester's 11-year Legacy of Leadership at California State University, Northridge, a scholarship endowment has been...	Apply by 08/19/2017
10,000	CSU Dale M. Schoettler Scholarship for Visually Impaired Students The Dale M. Schoettler Scholarship for Visually Impaired Students was established in 1991 for legally blind San Francisco and San Jose State...	Apply



THANK YOU





Klotz Student Health Center Information and Services

Hours & Location



Hours of operation:

Monday: 8am-5pm

Tuesday: 8am-5pm

Wednesday: 8am-5pm

Thursday: 9am-5pm

Friday: 8am-5pm

Weekends: **Closed**



Contact Info

(818) 677-3666

www.csun.edu/shc

SHCinfo@csun.edu



Location

South of the USU.

Between Chaparral Hall
and the G3 parking lot.



Klotz Student Health Center (SHC)

- ❑ Klotz SHC clinicians are experts in college health and are board certified and licensed in their specialties.
 - ❑ Approximately 50 full-time and 30 part-time employees.
 - ❑ More than 10,000 patients seen last year.
- ❑ Klotz SHC services are available to enrolled CSUN students.
 - ❑ Students pay a Student Health Fee with their registration fees each semester.
 - ❑ Entitles them to access services at the Klotz SHC.
- ❑ The Klotz Student Health Center is accredited by the Accreditation Association for Ambulatory Health Care, Inc.



Services



Free Services

- Primary Care Visits
- Basic Wellness Physical Exams
- Birth Control Education and Pregnancy Options Counseling
- Nutrition Counseling
- Tobacco/Nicotine Education
- Sexual & Reproductive Health Exams (some lab costs may apply)
- Sports Medicine
- X-rays

Low-cost Services

- Acupuncture
- Chiropractic Care
- Immunizations
- Laboratory Services (some tests may be free)
- Optometry (exams, glasses, contacts)
- Pharmacy (prescriptions and OTC)
- Physical Therapy
- Travel Medicine

Appointments and Records

- Students should call (818) 677-3666. Some appointments may be scheduled online via the Klotz Student Health Center patient portal: MyHealth.csun.edu.
- Appointments are available both in-person and through telehealth.
- Masks are currently required and will be provided at entry.
- A student's medical information is NOT tied to academic records or available to anyone without the student's permission unless required by law. We follow federal HIPAA guidelines.



ADDITIONAL RESOURCES



FamilyPACT

The SHC is a FamilyPACT provider. FamilyPACT is a California program that provides free sexual and reproductive health services to eligible low-income individuals. Students can contact us for information on how to apply.



After-hours Care - Fonemed

Fonemed nursing staff can answer medical questions, provide information on self-care, and help direct students to urgent/emergency care, if needed. Please note that costs for any urgent/emergency care are the student's responsibility.



IMMUNIZATION REQUIREMENTS

All incoming students are required to comply with the California State University (CSU) systemwide immunization policy.

Students must provide immunization records or proof of immunity to the following:

 **Hepatitis B:** Required for students 18 years of age and younger at the time of the first day of attendance.

Additionally, California State University Northridge requires that students provide the same records or proof of immunity for:

 **Measles, Mumps and Rubella (MMR):** Two doses are required, with the first dose on or after first birthday.

IMMUNIZATION REQUIREMENTS

Students must complete this requirement at the start of their first semester.

➤ Submit Official Immunization Records

Students can upload records to the Klotz Student Health Center MyHealth patient portal. Records will be processed within five business days.

➤ Obtain a Titer Test

A titer test is a laboratory test used to determine immunity to an infection/disease. Students can schedule an appointment for a titer test at the Klotz Student Health Center or with their healthcare provider. Titer test records are official immunization records.

➤ Submit an Exemption Request

A student may be exempted from these requirements with a verified medical or religious exemption.

Scan the QR code to learn more about immunization requirements:



IMMUNIZATION RECOMMENDATIONS

The CSU strongly encourages students to obtain the following immunizations and screening. Please discuss these immunizations with your healthcare provider. Information on these immunizations is available on the California Department of Public Health webpage and other sites listed on our immunization webpages.

Recommended Immunizations

- Influenza vaccine
- Meningococcal Conjugate (Serogroups A, C, Y, W-135) Vaccine
- Serogroup B Meningococcal Vaccine
- Tetanus-Diphtheria-Pertussis (Tdap) Vaccine
- Varicella (Chickenpox) Vaccine
- Hepatitis A (Hep A) Vaccine
- Hepatitis B (Hep B) Vaccine – Ages 19 and older
- Human Papillomavirus (HPV) Vaccine
- Pneumococcal Vaccine
- Polio Vaccine

Recommended Screenings

- Tuberculosis screen/risk assessment

FAQS

Do you take insurance?

- Health insurance is not required to use the health center. However, we may be able to bill a student's insurance for a few services. Also, we can provide a receipt that can be submitted to an insurance company. Please note that any costs not covered by the insurance company are the student's responsibility.

If a student uses a service that has a fee, how do they pay for it?

- All fees are applied to their CSUN financial account. They will pay for these services the same way they pay for registration and other fees. We do need them to bring their ID.

Do you only see students?

- The majority of our services are only available to enrolled CSUN students. We do have some services available to staff/faculty.

Can students request their medical records to take to their own medical provider?

- Yes, all records can be requested to take to their medical provider with a Release of Information form. Students can also bring in personal medical records to add to their health center records.



STUDENT HEALTH



2,578 CSUN students participated in the 2024 National College Health Assessment (NCHA).

Top academic impacts



45.8% Procrastination



33.3% Stress



26.6% Anxiety



25.6% Finances

NARCAN Saves Lives

Naloxone, or “NARCAN”, is a life-saving medication that can be used to reverse an opioid overdose.

Due to the rise in fentanyl related overdoses, the CSUN Klotz Student Health Center now offers free NARCAN to currently enrolled students.

Call the Klotz Student Health Center Pharmacy (818) 677-3671 or scan the QR code to get more information on accessing NARCAN training and free NARCAN.



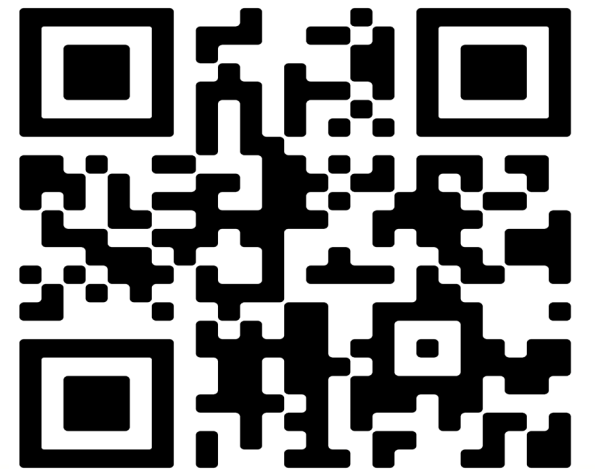
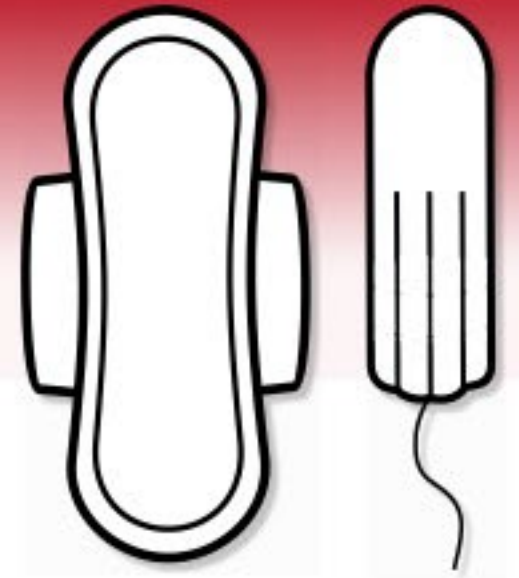
FREE MENSTRUAL PRODUCTS

WE'VE GOT YOU COVERED. PERIOD.

CSUN recognizes that menstrual products are a basic necessity and is providing FREE pads and tampons in select restrooms across campus.

For product locations (including reusable products) scan this QR code or visit:

csun.edu/shc/free-menstrual-products-campus



CSUN.

klotz
student health center

Free Flu Shots!



The Klotz Student Health Center is offering free flu shots to the first 400 students.*
Flu shots can reduce the likelihood of getting the flu, and can make the symptoms less severe if you do get the flu.

Let Klotz help you stay well this cold and flu season!

When: Beginning September 16th (while supplies last)

How: Make an appointment for your free flu shot by calling (818) 677-3666.

*After the first 400 students, flu shots will be available for \$10.

LET'S STAY CONNECTED



CSUNStudentHealth



CSUNStdntHealth



KlotzStudentHealthCenter



SHCinfo@csun.edu



csun.edu/shc



Questions?

How to Support Your Young Adult Student

University Counseling Services





Agenda

- ▶ What challenges do students face
- ▶ Ways in which you can support your student/child
- ▶ Learn about UCS resources to which students have access



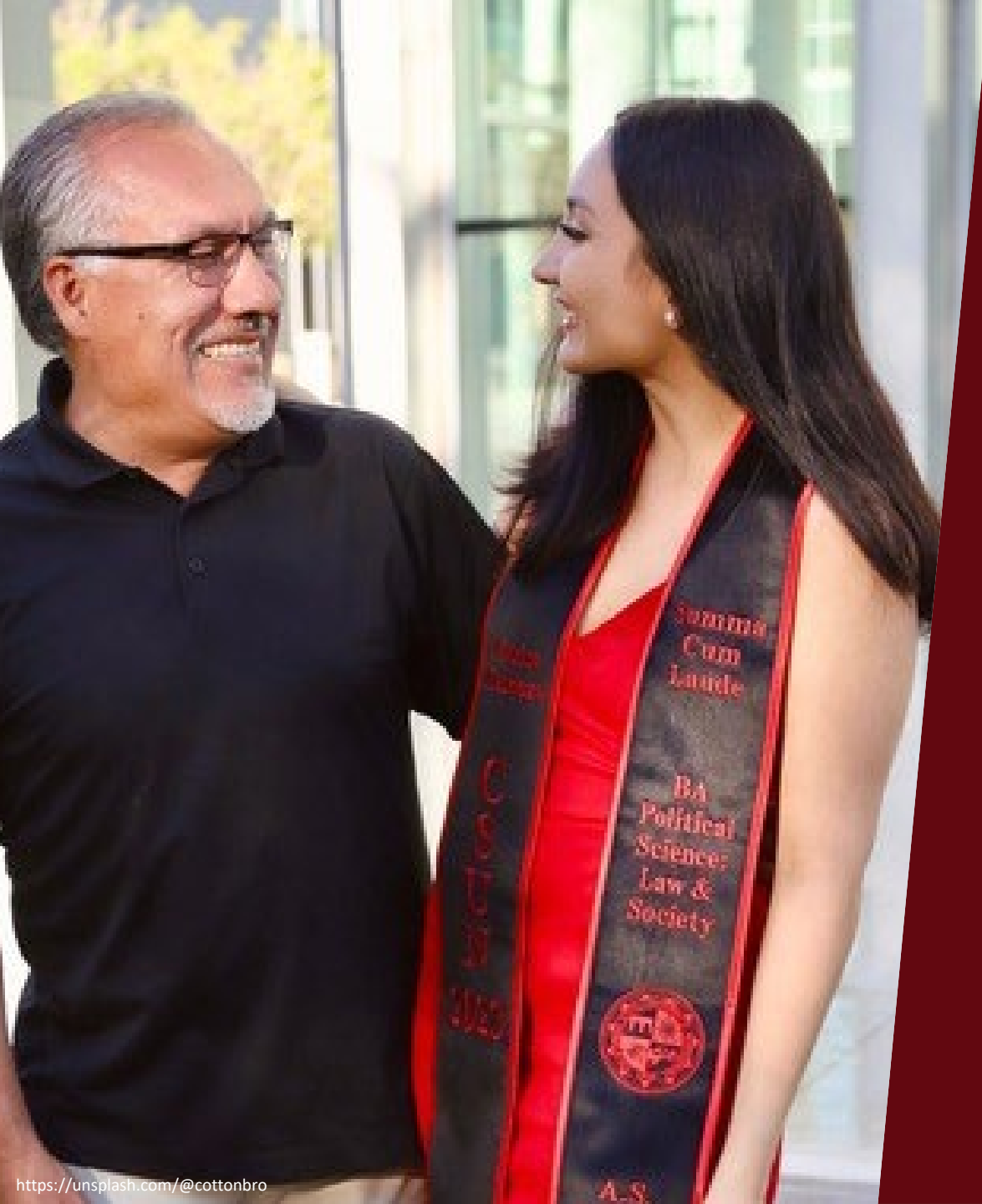
Student Challenges

- ▶ Academic workload
 - ▶ Different expectations than high school
- ▶ Adulting responsibilities!!!
- ▶ Social interaction
- ▶ Physical wellbeing
- ▶ Emotional wellbeing
- ▶ Time management /Finding balance between all of these



Supportive Listening

- ▶ Try your best to listen without judging or pressuring
- ▶ Try to avoid distractions
 - ▶ Private space
 - ▶ No phones, texting, multi-tasking, etc.
- ▶ If in-person or video, check your body language
 - ▶ Uncross arms, eye contact, nodding, etc.
- ▶ Manage your own anxiety
 - ▶ Leaning into patience
 - ▶ Mistakes will be made and that is ok



Supportive Communication

- ▶ Use encouragers (“uh-huh”, “sure”, “yeah”)
- ▶ Ask open-ended questions
- ▶ Express appreciation that they’re being open with and trusting you, **it will encourage more of it**
- ▶ If you have concerns, be direct about observations of changes
- ▶ Try to not **overuse** potentially minimizing statements (“Don’t worry about it”, “You’ll be fine”)

The best thing you can do for your student is to get them to ask for help.





Know Your Resources

UCS Support Services Available to Students

- Brief individual and couples counseling/therapy
- Groups and workshops
- Crisis support
 - 24/7 phone support
 - 8a-5p weekday walk-ins
- Psychiatric/Medication services
- Professor/Staff consultation about how to support students
- Referral support
- **OUR SERVICES ARE FREE AND CONFIDENTIAL!!**
- **(818) 677-2366**
- **www.csun.edu/counseling**



Questions & Survey

