

THE CAMPUS COMMUNITY

Academic Support Services

Academic Advising. At Humboldt State, academic advisors play a vital role in a student's educational experience using a developmental academic advising approach. Developmental academic advising is an intentional process that facilitates students' academic, professional, and personal development. Using student development theory to establish learning outcomes, advisors help students get the most out of their college experience. They connect students to campus and community resources, provide information about opportunities to enhance their education (e.g. study abroad, internships) support timely progress to degree, and discuss how students can integrate their education into their personal and professional goals. Students are encouraged to meet with their advisor throughout the academic year and must meet at least once a semester to facilitate registration for their next term.

Humboldt State is in the process of transitioning to professional academic advisors for all first and second year students) with students in their third year and beyond assigned to a faculty academic advisor in their major.

Students are required to apply for graduation upon completion of ninety units, after developing a plan for their final semesters with their faculty academic advisor. For application for graduation guidelines, see the Registration Guide at humboldt.edu/registrar/ClassSchedule.

Pre-professional advising for admission to health science professional schools (including medical, dental, veterinary, optometry, and pharmacy) is available from designated faculty in our Biological Sciences and Chemistry departments. Please refer to the "Pre-Professional Health Programs" on the Preparatory Courses of Study page of this catalog. **Pre-law** advising is also available. For details, visit the pre-law advising website at www.humboldt.edu/prelaw.

Academic & Career Advising Center (ACAC). ACAC unifies the functions of both academic and career advising to provide holistic and comprehensive guidance to students concerning academic, personal, and professional goals.

ACAC advisors help students explore and identify majors and careers best suited to their strengths, interests, and abilities, while helping them achieve timely progress

towards a degree. They prepare students to enter the professional workplace by helping them connect the knowledge and skills gained from their campus experience to future careers. ACAC staff regularly engage with faculty, staff and student programs to collaborate and educate on academic and career topics in order to foster student success.

Academic Advising. Academic advisors assist advisees with their transition to college life and guide them through the resources they need to become successful college students. Advisors help students create academic plans that incorporate both educational and career related experiences, while working towards a timely completion of their degree requirements. ACAC advisors also assist the larger student population with questions concerning academic policies and procedures, major exploration, bachelor's degree requirements and other general questions.

Career Advising. Career advisors help students identify their strengths, interests and abilities and based on those, find careers and majors that are well suited to them. They also offer individual and group sessions for students on various career-oriented topics including acquiring jobs and internships, writing resumes and cover letters, interviewing tips, career guidance, and applying to graduate school.

ACAC also provides assistance to students searching for part-time, summer, temporary, work-study, or full-time work. Jobs are posted on HSU Handshake at humboldt.edu/acac, the Center's online job board. All students are encouraged to gain experience in their desired career fields while at Humboldt State.

Employers and representatives from business, industry, government, non-profit organizations and education visit campus to interview candidates as well as attend the Annual Part-Time Job Fair, Graduate & Professional School Fair, Educator Fair, and the Career and Volunteer Expo.

ACAC houses a resource library and computer lab where students can research career options, graduate/professional schools, internships and major and class information. In addition, a Career Clothing Closet has donated professional attire available to students at no cost.

The ACAC is located in Gist Hall 114.

humboldt.edu/acac
[facebook.com/HumboldtACAC](https://www.facebook.com/HumboldtACAC)
acac@humboldt.edu
707-826-3341

Office of the Registrar. Students can find information and assistance at the Office of the Registrar. Staff provide help with registration, enrollment verification, applications for graduation, transcript request forms, petition information, and clarification on academic regulations and deadlines. After students have filed an application for graduation, they can make appointments for a degree audit or graduation review with a Transfer & Graduation Counselor by contacting the Office of the Registrar, SBS 133; phone 707-826-4101; email records@humboldt.edu; website humboldt.edu/registrar.

Student Support Services. Student Support Services assist those from low-income families who need academic support to complete their education. Priority goes to students whose parents do not have a college degree.

These services, tailored to the needs of the individual, include academic and personal counseling, tutorial help, study skills programs, and assistance with English, mathematics, spelling, and reading.

The U.S. Department of Education funds the program. Call 707-826-4781 or drop by Hadley House 56.

Alumni Activities (see Forever Humboldt)

Art Galleries

The Reese Bullen Gallery and Goudi'ni Gallery located on campus, and Third Street Gallery in Old Town Eureka, bring major exhibitions to the university community and serve as exhibition spaces for national, regional, and local artists. Our students regularly exhibit in three on-campus student galleries, all over campus in our annual Sculpture Walk, and in the Reese Bullen Gallery each spring for our annual Student Exhibition.

Athletics (also see Recreation)

Students participate in a wide range of sports through intercollegiate athletics and student clubs. Club sports include, among others, rugby, crew, and lacrosse.

Humboldt's intercollegiate teams have produced many championships over the years. Five men's and seven women's teams compete at the Division II level of the National Collegiate Athletic Association (NCAA). Men's sports include football, soccer, basketball, cross country, and track and field. Women's sports include soccer, volleyball, cross country, basketball, softball, track and field, and rowing.

Humboldt State University is committed to providing equal opportunities to all students in all campus programs, including intercollegiate athletics. Information concerning athletic opportunities available to male and female students and the financial resources and personnel Humboldt dedicates to its men's and women's teams may be obtained from the Athletics Office in the Kinesiology & Athletics Building (707-826-3666) or visit our website at hsujacks.com.

Facilities. Humboldt State has a modern physical education complex with areas for basketball, volleyball, wrestling, dance, yoga, fencing, and archery. Humboldt also offers soccer, softball, and football fields, and a swimming pool. An indoor climbing wall and a modern weight-training facility are housed in the newly-renovated fieldhouse, which also contains a large artificial turf field used for classes, intramural sports, and as an indoor practice facility.

Bookstore

The HSU Bookstore, conveniently located on the third floor of the University Center, carries everything a student needs throughout their tenure at Humboldt State University. From textbooks to HSU t-shirts, they have you covered. They offer many cost saving programs, including textbook rental and Brytewave digital books.

Bookstore staff works directly with professors on campus to ensure that everything that is required for your classes is available for purchase at one convenient location. They carry a large selection of lab, school, and art supplies, as well as any course specific supplies required by your professor. The Bookstore also stocks a varied selection of non-course related merchandise; ranging from a local interest section, HSU clothing, gifts, supplies, a full service Post Office and a variety of convenience items.

Located inside the Bookstore is the Jacks Technology Center; an authorized Apple Campus Sales Center and Apple Certified Repair Center for Apple computers, iPads and iPhones. HSU students, faculty, and staff receive academic pricing on Apple merchandise. Come in to see some of our amazing offers or visit bkstr.com/humboldt-statestore for more information.

Center for International Programs

The Center for International Programs (CIP) is home to international services for both domestic and international students. The CIP promotes the intellectual and cultural diversity that participation in international experiences brings to the university community. Located in the Feuerwerker House, the CIP leads Humboldt State University's efforts in recruiting international students and supporting them throughout their career at HSU by providing them with immigration orientation, advising, advocacy, and programming support. The CIP also provides assistance and services to all HSU students interested in studying abroad.

Additional CIP services include an intensive English as a second language program, the **International English Language Institute (IELI)**. IELI helps non-native English learners develop the knowledge and language skills necessary to achieve their academic goals. IELI offers instruction in English for Academic Purposes in all core skill areas: grammar, writing, reading, listening, and speaking.

For more information regarding our programs, please call the Center for International Programs at 707-826-4142, see our website at humboldt.edu/international, or email us at international@humboldt.edu.

Center for Community Based Learning

The **Center for Community Based Learning** is dedicated to continuing the long history of HSU's service to the community by helping faculty incorporate community-based learning into curriculum in the form of Service Learning and Academic Internships. HSU's strategic plan calls for deeper connections to the community, hands-on opportunities for students, and wider implementation of High Impact Practices. Service Learning and Academic Internship courses meet all three of these expectations by connecting curriculum within the classroom to hands-on experience and real needs in the community. In these significant learning experiences, students make connections that deepen

their understanding of course learning objectives, broaden their perspectives on diversity, social and environmental justice, and civic engagement issues, while experiencing personal and professional growth.

Service Learning is a collaboration between students, community partners, and faculty that connects academic coursework with service to address community defined needs. Service Learning promotes reciprocity – all parties share responsibility and gain benefits. Students typically conduct 25-30 hours of service.

An **Academic Internship** integrates the student's academics with practical experience at a collaborating organization. The emphasis is on the student's academic, professional and personal development; organizational goals may also be met. These courses require the student to conduct 60+ hours of service.

The Center for Community Based Learning manages two integrated programs:

The **Faculty Support Program** supports faculty in three primary ways. By coordinating faculty development opportunities including Service Learning pedagogy, best practices for Academic Internships and Service Learning, course design, and managing community partnerships; promoting the creation of new Service Learning and Academic Internship courses; and providing in-class activities as well as behind-the-scenes support for best practices and logistics.

The **Community Partner Program** provides bridges between community agencies and Service Learning and Academic Internship courses, while supporting the development of safe, welcoming and meaningful experiences for students involved in these community based practices. The Center works with regional communities to develop hands-on learning opportunities that foster students' academic, professional and personal development while addressing community-defined needs.

For more information, visit the Center at Gist Hall 122, call 707-826-4964, or visit humboldt.edu/ccbl.

Child Care

The Children's Center provides a care and education program for infants, toddlers, and preschool children. Priority is given to university students' children. Children of university staff and faculty members are welcomed on a space-available basis. Fees are based on parental-income. Call 707-826-3838 or stop by Jensen House 94.

Clubs & Organizations

Over 180 clubs and organizations allow students to pursue a variety of activities. Clubs and organization involvement are a great way to explore your classroom knowledge and skills within a co-curricular environment. For a complete listing and further information, go to clubs.humboldt.edu or call the Clubs Office in the University Center at 707-826-3776. For recreation/sport clubs, go to humboldt.edu/recreation/sport-clubs, go to humboldt.edu/recreation/sport-clubs or call 707-826-6011.

Community Service

(see Center for Community Based Learning and Youth Educational Services)

Computers

(see Resources for Research)

Counseling & Psychological Services (CAPS)

counseling.humboldt.edu

Counseling services are available for regularly enrolled HSU students, international (IELI) students, and under certain circumstances (e.g. for couples therapy), the non-student partner/spouse of an HSU student. If interested in counseling services, students should schedule an intake appointment (by phone or in person). Intake sessions may lead to further counseling at CAPS, participation in a CAPS therapy or support group, and/or to on- and/or off-campus referrals.

For emergencies (such as having the intent to commit suicide, to act violently toward someone else, or having recently experienced a trauma), CAPS has an on-call therapist available at all times (24/7). For immediate assistance (emotional support, emergency help) when the CAPS office is closed (e.g. evenings and weekends), students can reach a CAPS counselor by phone (707-826-3236). For mental health emergencies, students can also opt to call the crisis line of Humboldt County Mental Health at 707-445-7715. For police assistance in an emergency, students should call 911.

CAPS services include:

- Emergency intervention and urgent care;
- Individual, couples, and group therapy;
- Psychoeducational workshops;
- Consultation and referral;
- Support and wellness groups.

For regularly enrolled and IELI students, CAPS services are paid for by the mandatory health and counseling fee. There is a \$20 fee for missed appointments and late can-

cellations. The non-student half of a couple (seeking couples therapy) will be charged \$30/session. Counseling services are confidential. Call 707-826-3236 or come to the office (Student Health and Wellbeing Services, Room 205, second floor) during open hours (9:00 A.M. - 4:30 P.M.). Bring your student ID card. For additional information and resources (including anonymous mental health screenings, self-help material, resources, recommendations, community referrals, etc.), visit our website at counseling.humboldt.edu.

Cultural Centers for Academic Excellence (CCAEE)

ccae.humboldt.edu

We are culturally based support programs designed to provide HSU students with networks that blend cultural, community and faculty engagement with structured mentoring to assist students in reaching their academic and career goals.

The mission of the Cultural Centers for Academic Excellence is to empower students as they navigate successful pathways through college in a way that honors, preserves and sustains diverse cultural value systems. Our programs, services, and mentoring promote the individual and academic advancement of our students in a culturally welcoming and dynamic environment.

The goals of CCAEE are:

- To create community-centered environments and opportunities that stimulate learning, academic engagement and student leadership.
- To assist students in leveraging the various academic and social resources and opportunities on campus and off campus.
- To facilitate cross-cultural learning experiences across campus.
- To support identity development within a culturally grounded framework.

For more information, ccae@humboldt.edu, ccae.humboldt.edu/ or call 707-826-4589.

Our Center's include:

African American Center for Academic Excellence (AACAE). The mission of the AACAE is to cultivate, coordinate and contribute to institutional efforts to support Humboldt State University students that identify as African American, Black, and/or of African descent. Through social and academic programming, campus collaborations, and a commitment to advancing the rich cultural and intellectual heritage of the Black community and the African diaspora, the AACAE provides students with

institutional knowledge and advocacy, quality support services, as well as opportunities for leadership and identity development.

Five pillars: **Educate, Innovate, Elevate, Advocate, and Celebrate.**

The Center's programming educates the campus community about the Black diasporic experience. Through guest lectures, films and programming, we add to the intellectual landscape on campus. We also recognize that Humboldt State is a uniquely situated campus with many traditions. The AACAE is a new space and we honor those traditions while exploring innovative ways to support HSU students and the campus community. The Center is part of a larger campus-wide effort to elevate the campus climate. We contribute to existing and developing efforts to make the campus more welcoming and inclusive. The Center staff operates with an orientation towards service leadership. We may not always have a solution to your problem, but we will look for ways to help and advocate for students. We also recognize how important it is to acknowledge student achievements and will seek to celebrate student accomplishments and Black culture more generally.

For more information, aacae@humboldt.edu, aacae.humboldt.edu, or call 707-826-4588.

Latinx Center for Academic Excellence (LCAE). The mission of Latinx Center for Academic Excellence (aka El Centro Académico Cultural) is to be a space, a strategy, and a community that works with all students in navigating pathways to success that honors and respects their cultural and historical trajectory. The LCAE is committed to student success with a responsive approach, which includes the development of academic, intellectual, personal, and professional growth, by providing an open space of encuentro (encounter) where students explore and express shared values, differing experiences, distinct histories, and multi-dimensional identities to foster powerful individuals and communities.

The LCAE strives to provide programming that is relevant and responsive to students' needs. Check out the space and meet the student staff to learn more about our cultural, academic, personal, and professional programming geared toward empowering students to succeed at HSU and beyond.

Promotorx Model (peer mentorship). We employ a community-centered strategy to engage with students to develop approaches that nurture the strategies that will help students navigate the field of higher education successfully. In our context the strategy is focused on the students' academic well-

being as well as their health. We do this by both using this student peer-mentorship model and by facilitating mentorship relationships between student and faculty.

Ateneos. Ateneos are cultural spaces that bring individuals together to increase their knowledge on scientific, literary, and artistic topics to enhance students' personal, socio-cultural, intellectual and professional growth. In our context, we reclaim the ateneo as an open critical space of encounter committed to facilitating learning and convivial research.

Apapacho (well-being and self-care). At the center, we employ apapacho to foster student growth in a holistic manner that takes into consideration students diverse needs. Apapacho is a nauhatl word that at its root means, "to give care" it can also be understood to mean, "To hug or caress with your soul." At the Centro we strive to offer our students relief, comfort, and affection, in all aspects that entail apapacho which include the physical, emotional, mental, and spiritual wellbeing.

For more information, lcae@humboldt.edu, lcae.humboldt.edu or call 707-826-4590.

Native American Center for Academic Excellence (NACAE). The Indian Tribal & Educational Personnel Program (ITEPP) and the Cultural Resource Center (CRC) are the anchor programs of the Native American Center for Academic Excellence.

ITEPP staff assist student with reaching their goals by drawing on their cultural identity, building strong support networks (both on and off campus), academic advising, connecting with tribal representatives, engaging with faculty, setting educational and career goals, and applying for scholarships, internships and graduate schools. For more information, email hsuitepp@humboldt.edu or call 707-826-3672.

The CRC is a multimedia collection of materials on, about or authored by Native Americans. This is a public lending library. For more information refer to page 161.

The **MultiCultural Center (MCC)** is a student-centered program that honors and celebrates the diversity of people. Supported by Associated Students, it is a dynamic learning community where students, faculty, staff, and community members are empowered to cross boundaries, challenge the status quo, break through stereotypes, and work for social justice.

Often referred to as a "home away from home," the MCC is located on the south side of the Library in the historic Balabanis family home (House 55). The MCC is a welcoming

and safe place where students can find opportunities to:

- Explore identity and history;
- Experience cultures and traditions;
- Build community and network;
- Express feelings and ideas; and
- Empower and educate each other to work for social justice.

For more information, call 707-826-3369 or visit our website mcc.humboldt.edu.

Dining Services

Dining services at Humboldt offer students, faculty, and staff a number of options to satisfy their dining needs. For more in depth information, please see dining.humboldt.edu.

The **Jolly Giant Dining Commons ("the J")** serves as the main dining facility for students living in the residence halls. Service is cafeteria style for breakfast, lunch, and dinner from Monday through Friday, and brunch and dinner on weekends. Special efforts are made to meet diverse student needs: vegetarian and vegan entrées at every meal, a build-your-own salad bar, fresh fruit, desserts, and a variety of snack items.

In addition to the J, **The Giant's Cupboard**, a convenience store located in the Jolly Giant Commons, is open seven days a week. The Cupboard offers numerous beverages and snack items, frozen foods, sandwiches, and food staples.

The Depot, a food court setting, serves the main campus as well as resident students. The Depot offers made-to-order sandwiches, a Mexican burrito bar, salad bar, pizza, assorted bottled and fountain beverages, burgers, fresh soups, espresso, and specialty coffees. Several local products are featured at The Depot.

Windows Café offers full table service and is open Monday through Friday at lunchtime. The menu highlights local and seasonal ingredients.

College Creek Marketplace is a mini grocery store located at the corner of Harpst and Rossow Streets. College Creek Marketplace offers pizzas, broasted chicken, made to order sandwiches, salad and fruit bar, snacks, coffee, espresso, and other beverages, as well as school and test supplies for students.

The **Hilltop Marketplace** is a convenience store located next to the Behavioral & Social Sciences Building and offers a variety of beverages and snacks. Please stop in and see the view out our window!

The **Library Café**, part of HSU's Learning Commons, provides a modern café setting for those studying in the library. The café serves hot beverages (including tea, coffee, and espresso), fresh snacks, salads, and sandwiches. The relaxed atmosphere includes a variety of seating options — from sofas to stools — where students can relax, study, recharge their cell phones or laptops, and enjoy wireless Internet access.

Meal Plans. Students living on campus (with the exception of Campus Apartments and College Creek) are required to purchase a meal plan. Three options provide flexibility to accommodate individual needs. All plans are à la carte, which means students pay only for what they eat. Purchases are electronically deducted from a student's account when using a student ID card.

Each meal plan contains a different amount of meal points that can be used at any of our campus dining operations. This provides students maximum flexibility with their meal plans. Students living off campus may also purchase meal plans.

For answers to questions about any of the dining services locations or meal plans, call 707-826-3451 or email director Ron Rudebock, rlr4@humboldt.edu; or visit our website at dining.humboldt.edu.

Disability Resource Center, Student (SDRC)

disability.humboldt.edu

The **Student Disability Resource Center (SDRC)** provides service, support, and resources for students with disabilities to maximize educational opportunities at Humboldt State University. We serve both permanent and temporary disabilities and can offer a variety of reasonable accommodations and academic adjustments to meet the access needs of qualified individuals. To learn more about our program and to see if you may be eligible for reasonable modifications, please contact the Student Disability Resource Center located in the Learning Commons, Lower Library, or call us at 707-826-4678, 707-826-5392 (TDD), 707-826-5397 (FAX).

Dormitories (see Housing & Residence Life)

Exchange Programs

You may be eligible for financial aid while participating in an approved exchange program. Arrangements must be made with the Financial Aid Office prior to departure.

National Student Exchange. HSU no longer participates in the National Student Exchange program. We will no longer recruit and place HSU students at other campuses, nor will we accept students from other campuses through this program.

Intrasystem Enrollment Programs. See Admission Information section.

Study Abroad Programs & California State University International Programs. See “Study Abroad Programs.”

Extended Education & Global Engagement (CEEGE)

Open University. Enrollment through Open University allows one to sample regular university courses, get a head start on college while still in high school/ community college, continue education while establishing residency, or renew student eligibility.

Participants select courses from the regular schedule of classes and complete an extended education registration form. If space is available at the first class meeting, they have the instructor and departmental office sign the form, then return the form and pay the fees at the College of Extended Education and Global Engagement (Student & Business Services Building, Room 211.)

Humboldt’s undergraduate programs accept up to 24 units; graduate programs up to nine units. Open University is not available to matriculated students (those officially admitted to and eligible to register at HSU during the current semester or the previous two semesters). Also, regularly enrolled students who are academically disqualified from HSU are not eligible to enroll in coursework through Extended Education and Global Engagement for the academic year.

The **College of Extended Education and Global Engagement** offers (with no admission requirements) courses and programs for professional and personal development, for meeting professional licensing requirements, or for maintaining health and physical conditioning. Some Extension courses are available for optional academic credit, others are offered on a non-credit basis. Most courses are taught live, but many are available online.

Courses range from teacher skill enhancement to organic gardening, from music to foreign languages. Register and pay fees at the College of Extended Education and Global Engagement, Student & Business Services Building. For the coming semester’s *Extension Bulletin*, call 707-826-3731.

ELITE Scholars

ELITE (Excelling and Living Independently Through Education) Scholars is a support program for former foster youth attending Humboldt State University. We have structured a program that embraces liaisons from seven pertinent departments from our university to become actively trained and prepared to assist students overcome the barriers facing their post-secondary education. We have selected liaisons from Admission, Educational Opportunity Program/Student Support Services, Disabled Support Services, Counseling & Psychology Services, Financial Aid, Registrar and Housing. Students are closely monitored in regards to grades, progress towards graduation, student engagement, and general mental well-being.

Financial Aid (see Fees & Financial Aid)

Forever Humboldt

forever.humboldt.edu

Forever Humboldt is Humboldt State’s version of an Alumni Association, and it’s not just for alumni. It’s a dues-free association for the whole Humboldt State family—alumni, students, families, faculty, and staff. As a student, you can get involved by joining Forever Humboldt Students. Open to all current HSU students, this club focuses on creating an engaging campus experience while providing valuable opportunities to network with HSU alumni. Club members help promote school pride, participate in campus and community outreach, establish and uphold campus traditions, advocate for the university, and give back to HSU through student-funded projects.

After graduation, you’ll be able to stay connected with HSU and other alumni through *Humboldt* magazine and the monthly alumni newsletter. Plus, as a Forever Humboldt member, you’ll keep your HSU email for life and receive exclusive discounts. You’ll also have access to events, career services and resources, the alumni directory, free and discounted educational opportunities, and more.

Government, Student

Associated Students (AS). A student who pays the student association fee is a voting member of the Associated Students and is eligible to hold office in student government, serve on university committees, participate in club activities, and receive student discounts.

Students are represented by the Associated Students Council (ASC). Its members are elected each spring and include representatives from each of the three colleges, two at-large representatives, an environmental sustainability representative, a social justice and equity representative and a graduate student representative. Students also elect a president and three vice presidents. Terms are for one year. The ASC also appoints three council advisors: external affair representative, AS Presents representative and the Elections Commissioner. The ASC is committed to “furthering the educational, social, and cultural interests of Humboldt students, as well as ensuring the protection of student rights and interests.”

One chief ASC responsibility is administering the annual budget, derived from student fees. More than 20 programs receive funds from the Associated Students, including the Campus Center for Appropriate Technology, the Marching Lumberjacks, the Children’s Center, club support, drop-in recreation, and the MultiCultural Center. ASC also provides travel funds and grants to recognized clubs for on-campus events.

The ASC meets regularly in open session. To become involved, drop by the Associated Students Office in the South Lounge of the University Center, call 707-826-4221, or visit us on the web at associatedstudents.humboldt.edu.

Serving on Committees. Thirty-nine university committees have students as voting members. To serve on a committee, contact the AS office early in the academic year. The *Committee Handbook*, published by the AS, lists committee openings.

Health Services

wellbeing.humboldt.edu

The **Student Health Center** is an accredited outpatient clinic staffed by physicians, nurse practitioners, and other health professionals who provide basic health care services to currently enrolled students.

Services available include:

1. Diagnosis and treatment of acute illness and injuries;
2. Reproductive health services;
3. Immunizations (additional fee may be required);
4. Health education;
5. Pharmacy, laboratory, and X-ray (additional fee may be required);
6. Limited elective services, such as psychiatric consultation, physical examinations

for employment on campus (additional fee may be required);

7. Referral to outside medical specialists and facilities for complex and chronic health problems;
8. FONEMED, a free after-hours nursing advice line (877-256-3534).

Services not available include: dental and vision care and long-term care of chronic illnesses and conditions (such as psychiatric care).

The Health Center *strongly recommends* that students have supplemental **health insurance** for services beyond the scope of the Health Center, such as emergency room care, ambulance service, hospitalization, and outside specialist care. Students who do have insurance are advised to check with their carriers to determine the coverage of their plan while they are at HSU.

Immunizations. Measles and rubella (MR, MMR) and hepatitis B immunizations are available for a charge to eligible students who are required to have these immunizations as a condition of enrollment (see "Immunizations & Health Screening" in the Admission Information section).

Emergency. In case of emergency when the Health Center is closed, there is a hospital approximately two miles north of campus with a 24-hour emergency room. Call 911 for emergency services.

Chronic Conditions. Students with chronic physical or psychiatric conditions, such as ADHD, are strongly advised to obtain local care (if necessary) prior to coming to campus, as these services are limited in the community and not available on campus.

Housing & Residence Life

housing.humboldt.edu

On-Campus Housing. Humboldt State University is a residential campus. Most Humboldt students come from long distances, and many reside on campus their first and second years.

Life on campus is much more than studying, eating, and sleeping. The residence halls offer a place to live and learn, make lifelong friendships, and experience community living. Students get involved in social and educational programs, serve in leadership positions with the residence hall student government, and participate in special living communities.

The benefits of living on campus are numerous. Studies show that students living in residence halls get better grades, are more active in academic activities, and have a higher

graduation rate than the general university population. Another benefit is convenience. Campus residents don't have to spend time shopping, preparing meals, or commuting to school, and they are close to resources such as the library, recreational facilities, and classrooms. Living on campus is a great way for students to begin their academic careers.

Humboldt's facilities, located in a spectacular natural setting, consist of six different residence hall living areas. Each is unique and provides various options for individual styles and personal preferences. All rooms are equipped with computer connectivity and each student may connect to the Internet via the campus's computer network or wireless access.

Redwood and Sunset Halls, known as "The Hill," are traditional residence halls. Each of the three-story buildings houses 225 students in double, single, and triple rooms.

The **Canyon** consists of eight separate buildings, each three stories and home to about 50 students. There are doubles, singles, triples, and four-person suites.

Cypress Hall is a series of suites built up the slope of a hillside. Each suite houses 7-12 people in double and single rooms and has a common bathroom, living room, and small kitchen.

Creekview Apartments and Suites consist of four three-story buildings, each home to 12 apartments and suites. Each apartment houses 6 students in double and single rooms and has a kitchen, living room, and bathroom. Each suite houses 6 students in double and single rooms and has a mini-kitchenette, living room, and bathroom.

The **Campus Apartments** are home to 220 students in a four-level complex. Each apartment has two rooms with private entrances that share an adjoining kitchen. Rooms house either one or two residents and have private bathrooms.

College Creek includes a community center and convenience store, lounge, and four apartment buildings housing 453 students. Four to six students live in each apartment in double, bunk bed double or single rooms with two bathrooms, kitchen, and living room.

Each residence hall room comes equipped with a bed, mattress pad, desk, chair, dresser, carpet, wastebasket, recycling container, and window covering. Traditional rooms (non-suite, non-apartment) come with a mini-refrigerator and a microwave. All rooms come with complimentary WiFi with free streaming movies. Students must provide their own linens, towels, pillow, blankets, study lamps, and personal items.

Students living in the residence halls (with the exceptions of Campus Apartments and College Creek) are required to purchase a meal plan (see "Dining Services").

What does it all cost? Rates will be finalized and posted online in February. Information on current rates can be found online at housing.humboldt.edu.

Applying for on-campus housing is easy! The housing application process begins the first week of March for the upcoming academic year. It begins in late October for the spring semester only. Housing will send an email to all admitted students when the online application is available. More information on the housing application process is available online at housing.humboldt.edu. For additional information contact Housing, 355 Granite Ave., Arcata CA 95521, call 707-826-3451, or email housing@humboldt.edu.

Off-Campus Housing. Most off-campus students live in Arcata. Housing provides information and links to online listings of available local housing at housing.humboldt.edu/resident-resources.

Indian Natural Resources, Science and Engineering Program (INRSEP)

The Indian Natural Resources, Science and Engineering Program (INRSEP) provides academic and research support to underrepresented, low income, and historically disadvantaged students in STEM disciplines with a specific focus on American Indian and Indigenous students. INRSEP serves students by connecting them to research opportunities, providing academic and career counseling, assisting with entrance into graduate programs, and fostering an inclusive and supportive learning community within the INRSEP house.

International Study (see Study Abroad Programs)

Intramural Sports

Humboldt State's intramural sports program provides recreational leagues and activities Monday through Thursday evenings and Sunday afternoons on the HSU campus. The goal of our program is to provide a wide variety of leagues and activities to suit the skill levels of all university students. Participation in the program allows students to meet new people, learn new sports, test one's physical ability, and just have fun. Sports include softball, flag football, volleyball, basketball, and soccer. Special events include disc golf, softball, and badminton tournaments. We

also provide drop-in activities (sponsored by Associated Students) such as lap swimming, badminton, soccer, volleyball, and basketball. All intramural activities are free for full-time HSU students (faculty and staff pay a fee). For more information, please call 707-826-6011.

Learning Center

learning.humboldt.edu

The Learning Center, located on the first floor of the Library, offers comprehensive skill development and tutoring services to support student success in the classroom. Tutoring services include individual and group writing assistance, drop-in math and science tutoring labs, and supplemental instruction. Staff also provide support for study and organizational skills, such as time management, note taking, test preparation, and college reading. Office hours are Monday - Friday, 9:00 A.M. - 5:00 P.M.; some programs have evening and weekend hours as well. For more information, call 707-826-5217 or visit learning.humboldt.edu.

The **General Tutoring Lab** provides free peer tutoring for more than 50 lower-division and select upper-division courses on an appointment basis. Check the Learning Center website for a current list of courses. All peer tutors are recommended by faculty and must have earned an A or B in target courses. The program also offers internationally recognized tutor certification for peer tutors.

The **HSU Writing Studio**, located on the Library first floor, offers free assistance with writing projects and standardized writing examination preparation. Trained peer consultants work with writers from all majors at all phases of the writing process, including brainstorming, organizing, and revising. To schedule an appointment and view our drop-in schedule, visit our website: learning.humboldt.edu/writing-studio. Email-based consultations are available for distance learners.

The **Math Tutoring Lab**, located on the first floor of the Library, is a walk-in tutoring service where students can receive assistance with mathematical problem solving free-of-charge. Visit the Learning Center website for current schedule and a list of math courses for which tutoring is available.

Science Tutoring Lab located in the Library, offers drop-in tutoring for many lower-division and select upper-division science courses. Check the Learning Center website for a current schedule.

Supplemental Instruction (SI) provides specialized peer support for students in rigorous entry-level and core science courses

from several departments in the College of Natural Resources and Science. Weekly sessions are designed to help students develop course-specific academic and study skills while reviewing course content. The class times and locations are announced the first week during target science course meetings. Registration is open for students three to four weeks prior to the semester. To participate, students register for the SI course prior to the start of the term through the enrollment section of Student Center. For more information, contact the Learning Center, 707-826-5217, or visit the Learning Center website.

Library

library.humboldt.edu

Transforming the Learning Environment. HSU Library is committed to its mission of connecting people and ideas, supporting research and scholarship, and inspiring learning through discovery, inquiry, and creativity. HSU Library joins and leads the evolution of university libraries to support research and scholarship with collaborative workspaces, access to equipment and technology, digital publishing, internships, workshops, and a variety of services. Building creative learning environments and curating meaningful experiences is essential to student success and for a sustainable intellectual and entrepreneurial culture.

The Library continues to create dynamic new spaces. All students now have access to the Digital Media Lab, Data & GIS Visualization Lab, Humboldt Scholars Lab, Library's Special Collections and Humboldt Room Collections. The Library also provides collaborative work spaces to facilitate group work and peer to peer learning.

Services. Librarians are available to assist students with in-depth research assignments, including selecting a topic, locating resources, and evaluating sources. Visit the Research Help Desk in the Library, Sunday through Friday for in-person research help. Online help is available anytime with 24/7 chat reference help and discipline-specific research guides. If we don't have what you are looking for, Interlibrary Loan can be used to request books, journal articles, and more, free of charge.

The Library Checkout Desk makes it easy for students to conveniently access the materials they need to succeed. Along with over half a million print books and e-books, students can check out textbooks, laptops, graphing calculators and more. The Checkout Desk also circulates digital media equipment such as video cameras and microphones. Students can also check out bluetooth 3D-glasses for the 3D-projector located in

the Humboldt Scholars Lab on the third floor of the Library.

Public Programming and Exhibits. The Library showcases faculty, student, and staff creative activities and scholarship through a variety of events and programs promoting cultural awareness and lifelong learning. Annual student events in the Library include: IdeaFest, unConference, Life Long Learning Lounge, SkillShops, Authors Hall Celebration, Sculpture Walk, book/poetry readings, and traveling exhibits. Visit the Library website for more details.

Student Scholarship. There are many opportunities to participate in scholarship and advanced research in the Library. Located on the third floor, the Humboldt Scholars Lab is a place dedicated to foster collaboration between HSU students and faculty in advanced studies or digital humanities and scholarship projects that require consultation, planning, and technology. The Library Scholar Internship program provides students an opportunity to learn professional skills in a team-based environment.

Students can design their own learning by attending Skillshops. These are 50-minute workshops focusing on learning skills in the areas of technology, academics and research, self-care, professional and leadership.

The Digital Media Lab (DML) provides the tools, training and software to create video, audio, photo, and web-based projects. New technology facilitating new ways to tell stories and innovative ways to think about the world around us. The DML hosts events and competitions to stimulate the imagination and boost student confidence and interdependence. Borrow cameras, microphones, and more from the Checkout Desk.

HSU Library's Special Collections and Humboldt Room Collections connect our present with our past by providing research assistance and instruction in the use of primary sources, advanced research, and digitization projects. At the same time, we are carefully curating and digitizing the growing archives of historical materials focused on HSU and Humboldt County. Students and researchers from around the world utilize the Library's Special Collections to explore the history of Humboldt State University, local natural resources, Native peoples, and primary industries from our extensive collections that make this unique research possible. Special Collections houses historic maps, photographs, rare books, and manuscript collections that cannot be found anywhere else.

Humboldt State University Press publishes a broad scope of print and electronic publications, including books, journals, conference proceedings, and open textbooks. The mission of Humboldt State University Press is to publish high-quality scholarly, intellectual, and creative works of regional interest, to support lowering the cost of a college education, and to foster the development of a sustainable academic friendly publishing model.

Music

The Music Department presents active and varied seasons of concerts and recitals. Performance groups include the Humboldt Symphony, Symphonic Band, Jazz Orchestra, Humboldt Chorale, University Singers, Madrigal Choir, Mad River Transit (vocal jazz), Opera Workshop, Percussion Ensemble, Calypso Band, Humboldt Bay Brass Band, and Jazz Combos. Audiences also enjoy student recitals and a faculty artist concert series.

Natural History Museum

The HSU Natural History Museum is a learning laboratory for students interested in any of the many facets of museum work. Located three blocks from campus at 1242 G Street, the museum houses a magnificent fossil collection and regional natural history displays. The fossil exhibits cover the Precambrian period to the Present.

The regional natural history exhibits include Redwood Forest ecology, native bees, biodiversity, rocks and minerals, insects, and marine life. Many hands-on exhibits make the museum a popular destination for all ages. The museum also houses the Museum Store, which carries many nature-related books and gifts.

Humboldt State students from majors including biology, geology, wildlife, anthropology, elementary education, environmental management and protection, art, journalism, and business, gain experience at the museum. They are involved through volunteering, internships, teaching youth programs, special projects for course credit, and artwork for publications and exhibits among other jobs. Many HSU students are trained as education interns to lead programs for visiting school groups.

Humboldt opened the Natural History Museum in 1989 thanks to a generous gift by Wells Fargo Bank. The museum and its store are open to the public Tuesday through Saturday, 10:00 A.M. to 5:00 P.M. Visit the museum website at humboldt.edu/natmus to see museum news and upcoming activities and events.

Ombudsperson

If there's a problem a student can't work out with an instructor or staff member, an ombudsperson serves as an impartial mediator to settle disputes. Students should try to resolve conflicts by talking with the instructor (or staff member) and then, if necessary, discussing the problem with the department chair or college dean.

If a problem remains unresolved, the student may contact an ombudsperson. Please refer to the Ombuds Office website at humboldt.edu/president/ombuds for more information.

Orientation

Freshman Orientation is a required, on-campus program for incoming students. Orientation welcomes students to the campus and surrounding community and provides a strong foundation for a successful experience at HSU. All new students go through an online registration tutorial where they learn the basics of class registration and get connected to an advisor.

During orientation, students work together in small groups led by peer counselors in order to become more familiar with the campus, its resources, and each other. Peer group sessions orient new students to academic regulations, degree requirements, and to the registration process. Students also meet with faculty and staff who assist them with academic advising and schedule planning.

Families of new students are encouraged to attend the HSU family and guest orientation which offers support to families during students' transition to college. Campus tours, receptions with HSU representatives, and special workshops are available to those who choose to register.

Information is sent to all admitted applicants. Further questions may be directed to the Office of Orientation, New Student Programs, and Campus Tours at 707-826-3510, or online at admissions.humboldt.edu/orientation.

Parking & Commuter Services

parking.humboldt.edu

Many students, living on campus or off, get around without a car. Downtown Arcata, restaurants, shopping centers, health care services, and many apartments are within easy walking distance of the campus. Because parking is at a premium, commuting to campus is often easier for those who walk, bicycle, or ride the bus.

Except for parking meters, campus parking requires a permit, purchased by the semester or the day. See "Fees at Humboldt State University" for dollar amounts.

Visitors may obtain a parking permit from the drive-up window service at the Parking Booth located on the north end of Rossow Street. Parking permit dispensers are also located in the parking lots at Harpst and Rossow Streets, 14th and Union Streets, JGC lot, and 17th and Union Streets. One additional permit dispenser is located in the Library parking lot but doesn't begin operating until 4:45 P.M., as this is a "Staff Only" lot until 5:00 P.M. Semester-long parking permits for motorcycles and mopeds are only one quarter of the cost of automobile permits.

Commuter Services. The university and local governments have encouraged alternatives to cars by establishing bicycle lanes, mass transit, carpool services and more. For information, visit parking.humboldt.edu, call 707-826-3773 or email parking@humboldt.edu.

Jack Pass Bus Program. A portion of every student's registration fees subsidizes Humboldt State University's Jack Pass program. This program provides all HSU students, with a current ID card, unlimited free rides on the city's Arcata & Mad River Transit System, the county's Redwood Transit System, and the city of Eureka's Eureka Transit System. Between these three bus systems, a student can ride between the communities of Trinidad, in the north, to Scotia, in the south, and throughout the cities of Arcata and Eureka. Riders may take their bicycles on the Redwood Transit System buses. For details, go to Humboldt Transit Authority's website at hta.org.

Bicycles. Bicycles are very popular in Arcata and on campus, where more than 800 bicycle racks are available. The Bicycle Learning Center and the Campus Center for Appropriate Technology periodically offer free bicycle maintenance workshops. The city of Arcata officially encourages bicycling. A bicycle license may be purchased at the Arcata Police Department. Call 707-822-2428.

Zagster Bike Share is a convenient and economical transportation option for trips around campus or to Arcata. Bike stations are located on campus at Harry Griffith Hall and Jolly Giant Commons. For more information see bike.zagster.com/arcata/

Car Pools and Ride Sharing. Humboldt State has partnered with Zimride, to offer a private ridesharing network for students, staff, and faculty, to help people find others

who share their commute. Visit zimride.com/humboldtstate for more information.

For ride sharing out of the area, a ride board allows drivers and riders to find each other; a service particularly useful during holiday times and weekends. The board, located in the Jolly Giant Commons, has a large map of destinations divided into several regions.

Car-Sharing Program. Humboldt State has partnered with Zipcar to bring two rentable cars to campus. Cars are available on-demand 24/7, to be reserved by the hour or day. Visit humboldt.edu/green/resources/zipcar.php for more details.

The **Homeward Bound Bus Charter Program** provides students with discounted round-trip transportation from Arcata directly to San Francisco or Los Angeles. For more information visit parking.humboldt.edu/homeward-bound-program.

Air Travel. Humboldt County has a full-service airport (the Arcata/Eureka Airport) located north of campus in McKinleyville (about a 15-minute drive from campus). United Express is the airline serving this region.

Performing Arts (also see **Art, Music, or Theatre, Film, and Dance**)

CenterArts/University Ticket Office. Humboldt State's performing arts presenter; is hailed as the region's most exciting arts organization. People on the North Coast can fill their nights with the inspiration and excitement of live music, theatre, and dance.

High quality professional performances by nationally-recognized artists encompass the classical, the traditional, the contemporary, and the experimental. World-class entertainers such as Eddie Izzard, Willie Nelson, Brandi Carlile, Ziggy Marley, Mike Birbiglia, and Stomp have performed and given workshops for students and the public. Students receive discounted tickets, opportunities to meet the performers, and the rare experience of enjoying urban arts experiences in a rural setting.

CenterArts (centerarts.humboldt.edu/Online) publishes an annual brochure describing the season's selection of art events. Newsletters and calendars are mailed throughout the year. To join the mailing list, call 707-826-4411.

The **University Ticket Office**, located in the University Center, provides ticketing services for all CenterArts and HSU Music and Theatre, Film & Dance Department productions. The University Ticket Office also provides copy services. Call 707-826-3928 for more information.

Community Events. Humboldt County is rich in cultural activity, with performances and exhibits throughout the county each month. The Dell'Arte Players, an international touring company, is based in nearby Blue Lake. Community actors have established theatre companies in Arcata, Eureka, and Ferndale. Local musicians play to fans of classical, rock, jazz, and folk music, while art exhibits, craft fairs, and cultural festivals abound year round. The Eureka Symphony is a regional community orchestra that includes many former HSU students and faculty members.

AS Presents is an Associated Students Program that offers the University community entertainment and programming for students including, but not limited to, lectures, concerts, film screenings, workshops, comedy shows and festivals.

Police, University police.humboldt.edu

Humboldt State's University Police strive to maintain a safe and secure environment for the Humboldt State community 24 hours a day, 365 days a year.

The professionally trained staff protects life and property. They oversee crime prevention, multihazard emergency planning, general security, and parking administration and enforcement. Their duties also include criminal and traffic investigation, law enforcement, escorts of valuables and equipment, reporting of safety hazards, assistance to motorists, and assistance to other law enforcement and social service agencies.

Crimes and incidents posing threats to the campus community are communicated by way of electronic messaging and web-based communication, crime alert bulletins posted throughout campus, the campus newspaper, the campus radio station, newsletters, and through appropriate meetings. The Crime Awareness and Campus Security Act of 1990 established a minimum standard for disclosure of crime statistics, found in the Student Rights, Responsibilities & The Fine Print section of this catalog.

Publications

The award-winning student newspaper, *The Lumberjack*, is published weekly by students. Students in any major may learn journalism, editing, photography, layout/design, and advertising by working on the paper. *The Lumberjack* also publishes an online edition each week. University credit is offered along with practical experience.

The Lumberjack has won more than two dozen California Newspaper Publishers'

Association awards in the past 20 years, including being named best college newspaper in the state six times. It has also won several Society of Professional Journalists awards.

Osprey magazine, published each semester by students in journalism, includes feature-length articles on various subjects and color or black-and-white photography.

English students annually publish *Toyon*, a high-quality book of the poetry and prose of student and community writers. It includes occasional photos and drawings plus the winner and other entries in annual short story and poetry contests.

Campus achievements, alumni updates, and more are featured in the award-winning *Humboldt* magazine, published twice each year by University Advancement. It is mailed to alumni, students, faculty, and staff.

Center Activities Magazine, printed every semester, is a comprehensive catalog of recreation and leisure programs offered through Center Activities. For a free copy, call 707-826-3357.

The *Humboldt Journal of Social Relations* (HJSR) is a peer reviewed free online journal published and housed since 1973 in the Department of Sociology at Humboldt State University. This internationally recognized journal produces one annual themed spring edition focused around current issues and topics. While the articles primarily draw authors from the social sciences, the journal has also facilitated interdisciplinary collaborations among authors from the arts, humanities, natural sciences, and the social sciences. View HJSR at digitalcommons.humboldt.edu/hjsr.

Radio

KHSU-FM. Humboldt State provides regional broadcast service to the Redwood Coast through its public radio station, KHSU-FM.

Since its small beginnings in 1960, KHSU has evolved into a major broadcast facility, providing service from northern Mendocino County to southern Oregon. The station is acclaimed for its diversified programming: talk shows, news, overseas reports, debates, radioplay dramas, and music ranging from classical to rock.

Newcomers to the area are pleased to find many of their favorite programs from National Public Radio and other national programs in the fine arts and public affairs. KHSU also broadcasts a wide variety of programs locally produced by staff, students, and volunteers (involving the coordinated activity of over 130 people). Programs are

selected on the basis of quality and service to the community. Programming standards reflect a continuing commitment to excellence in public broadcasting.

KHSU-FM helps Humboldt pursue its goals of academic excellence by providing training facilities, internships, and on-air experience for students. Professional staff serve as guest lecturers and work side-by-side with students in practical situations.

KHSU-FM, 90.5 MHz, is licensed to Humboldt State University and affiliated with National Public Radio, Public Radio International, The National Federation of Community Broadcasters, California Public Radio. Studios are on the third floor of the theatre arts building. Offices are in Wagner House 73. A live Internet audio stream is available at khsu.org.

KRFH-AM. The campus carrier-current station, KRFH-AM 610, fully prepares students to apply mass communication principles, regulations, laws, and personal skills in radio. Entirely student operated, KRFH offers an additional outlet for journalism students to present radio newscasts and public affairs programming. KRFH students also program for, and participate in, KHSU.

Recreation

The **Recreation and Wellness Center** is a campus collaborative effort to centralize activities and services that focus on the physical and mental wellbeing of the student population. The Recreation and Wellness Center is home to Center Activities, intramurals and sports clubs, and the wellness component of the Student Health Center programs.

Center Activities. This University Center program offers a variety of recreational opportunities and services for the university community including the Student Recreation Center, the Humboldt Bay Aquatic Center, outdoor adventures, aquatics programs, certification courses, and leisure activities.

The HSU **Student Recreation Center** offers a full range of fitness equipment, weight training facilities, an indoor climbing wall, and a large multiuse indoor turf field. Detailed information on hours of operation, policies, and fees are available online at humboldt.edu/src.

The **Humboldt Bay Aquatic Center** is located next to the Adorni Center on Eureka's waterfront. The Aquatic Center's purpose is to provide recreation and education opportunities for the HSU campus & local community and to host various events which will enrich the opportunity for off-campus activities. Programs include boating safety

classes, Extended Education classes, special events, Center Activities leisure and aquatic classes, an aquatic-based environmental education program. It is also the on-water headquarters for the HSU Intercollegiate Rowing team. More information is available at www.humboldt.edu/hbac.

The **Center Activities** office, located in the Recreation and Wellness Center, is open Monday through Friday. The Center Activities office services include course registration, an equipment rental department, and an outdoor resource/reference library for outdoor activities on the North Coast.

The **Outdoor Adventure and Aquatic Programs** offer seasonal classes in back-packing sailing, kayaking, surfing, as well as various other outdoor activities. These experiential outings take place in our local mountains and waterways. The services provided by Center Activities are designed to foster student interest and involvement in Humboldt County's outstanding outdoor recreational opportunities. No experience is required for most activities unless otherwise listed. Whether one is a beginner or an experienced outdoors person, Center Activities has an adventure for you. These courses provide an opportunity to meet new friends, learn new skills, and have lots of fun. Center Activities can provide assistance with planning group outings for interested groups or clubs. Activity choices include rafting, surfing, sea kayaking tours, and rock climbing adventures. Group rentals are also possible.

The **Leisure Activities** program offers music, dance, self-development, language, martial arts, and skills and training, to name a few. The leisure activities offered are intended for personal enrichment and skill acquisition. A variety of programs are offered which accommodate many interests and skill levels. Certification courses include EMT-I, Wilderness First Responder, CPR and First Aid, and Swiftwater Rescue.

For a complete listing of classes and services, please call 707-826-3357 or visit us online at humboldt.edu/centeractivities.

Intramurals and Sports Clubs. Students can get involved on campus and meet new people by joining other students on intramural recreational sport teams in volleyball, basketball, soccer, softball, and football. Also, if you are interested in more competitive sports, try our sports club program that offers lacrosse, rugby, crew, and ultimate frisbee, to name a few. The Recreational Sports Office is in the Recreation and Wellness Center (RWC), Room 101. Call us at 707-826-6011 for our current semester schedule.

Recycling

The **Waste Reduction and Resource Awareness Program** (WRRAP) is a student-led organization funded by the Associated Students that provides opportunities for students who are interested in waste reduction to educate the campus community on consumption reduction.

WRRAP has five main programs that serve the campus. The Compost Demonstration Site allows students to learn how composting works through hands-on experience. The Reusable Office Supply Exchange (ROSE) provides the campus with an alternative disposal of office supplies, which are made available to departments and students in need of office and school supplies. The Zero-Waste Program is available to help make events on the HSU campus zero-waste by collaborating with dining services to divert waste from landfills and to provide reusable place settings. The Take Back the Tap Program is a student-led campaign that opposes the privatization of water, particularly the bottling of water and its negative environmental, social, and health impacts. The Education Program produces educational events on campus including the Clothing Swap, Trash Mountain, and Donation Dash.

WRRAP is located in Warren House 53. To learn more about the program, please visit the website (humboldt.edu/wrrap) or call 707-826-4162.

Reentry Services

More and more college students are not entering right out of high school. Over one third of Humboldt's student body is 25 or older. Humboldt is well prepared to assist non-traditional students in their college experience.

Already-enrolled reentry students should seek the guidance of the advisors assigned from within their departments. They can also obtain advice from the university's Academic & Career Advising Center in Gist Hall 114, 707-826-3341.

Residence Halls (see Housing & Residence Life)

Resources for Research & Study

Arcata Marsh & Wildlife Sanctuary. The 307 acre Arcata Marsh and Wildlife Sanctuary (AMWS), located at the north end of Humboldt Bay, includes freshwater marshes, salt marshes, tidal sloughs, grassy uplands, mudflats, brackish marshes, and trails for walking and biking. The sanctuary is home to the City of Arcata's wastewater

treatment facility, combining conventional treatment processes with ponds and constructed wetlands. The AMWS is situated along the Pacific Flyway, and provides homes and migratory resting places for over 270 species of birds, along with year-round habitat for over 70 bird species and numerous species of plants, mammals, insects, and amphibians. The AMWS is used as an educational and research resource for numerous disciplines at HSU, including environmental resources engineering, botany, biology, fisheries, wildlife, environmental science and management, and chemistry.

Art Foundry. The university's art foundry is one of the largest on the West Coast. Almost 4000 pounds of bronze is poured each year. With each event, crowds gather to watch the fascinating molten flow. Students in the metal sculpture program learn sand mold and ceramic shell techniques for the lost-wax process of casting bronze or aluminum sculptures. The foundry offers excellent metal sculpture equipment, including welders and cutters for metal fabrication. Humboldt's broader sculpture curriculum encourages creativity through a variety of materials, including laminated paper, stone, plastics, wood, and found objects.

Biochemistry and Protein Nanostructures Laboratory. Students will have opportunities use modern biochemistry and biotechnology techniques under the supervision of a faculty member. Students will have hands-on research opportunities to design, construct, and characterize protein nanostructures for biotechnology and bioremediation applications. Student presentations of research results, typically at national conferences and meetings, will be highly encouraged.

Biological Anthropology Research Center. The Biological Anthropology Research Center (BARC) offers opportunities for students and faculty to engage in research and learn methods in biological anthropology. Research at BARC span the discipline, including comparative anatomy, bioarchaeology, forensics (including consultation with law enforcement), zooarchaeology, curation, bioacoustics, primate behavior and conservation, human evolution, evolutionary medicine, and nutrition. Additionally, BARC offers specialized technology for skeletal morphology and primate vocalization analysis projects, a stable isotope prep facility, and resources for DNA barcoding. Student research through BARC is presented at local and national conferences, in publications, and through community outreach projects.

Biological Sciences Greenhouse. Humboldt State's splendid greenhouse contains plant specimens from more than 187 families — one of the most diverse collections in California. Individual rooms, ranging from a desert room to a fern room, offer students a unique opportunity to study the world's plant life in one setting.

Biotechnology Laboratory. The Biotechnology Laboratory supports state-of-the-art instruction for students in Cell Biology, Genetics Laboratory, Stem Cell Biology, and Biotechnology. Major equipment and facilities include ultracentrifuges, walk-in cold room, thermal cyclers, microplate reader, laminar flow hoods, inverted microscopes, and computers.

Chemical and Molecular Dynamics Laboratory. Students find modern research opportunities using vacuum technology, techniques in mass spectrometry, and the interaction between light and matter to probe fundamental physical chemistry. Students will have research opportunities using a hands-on approach through construction and design of modern equipment under the supervision of a faculty member. Student presentations of research results, typically at national conferences and meetings, will be highly encouraged.

The CNRS Core Research Facility. The College of Natural Resources and Sciences (CNRS) Core Research Facility houses specialized instrumentation and equipment available to advance learning, training, and research within and across all of the College's departmental disciplines. Some of the resources our faculty, students, and staff have access to include qPCR instruments, PCR thermal cyclers, Atomic Absorption Spectrometry, Histology, Experimental Greenhouse and Growth Chambers, GC/MS, Carbon/Nitrogen analyzer, and an automated DNA Sequencer allowing the pursuit of research on biological, organic, and inorganic components of our environment.

Committee for the Care and Use of Laboratory Animals. The Animal Welfare Act (AWA) and Animal Use Regulations require that institutions that receive federal funds and conduct research or educational activities involving the use of vertebrate animals (i.e. fishes, amphibians, reptiles, birds, and mammals) must establish an Institutional Animal Care and Use Committee (IACUC). The IACUC's role is to ensure that vertebrates are treated humanely following the AWA and the principles outlined in the *Guide for the Care and Use of Laboratory Animals* published by the National Research

Council. Faculty and students who wish to conduct research or educational activities involving vertebrates must submit an IACUC protocol for review. Upon approval by the IACUC, investigators or educators may initiate their project. Facilities that hold vertebrate animals in captivity for research or education are inspected twice each year by the IACUC. Individuals with concerns over animal care and use issues for vertebrates associated with campus research or instruction should contact the Office of the Dean, College of Natural Resources and Sciences.

Committee for the Protection of Human Subjects in Research. Humboldt State University supports an Institutional Review Board (IRB) in compliance with federal regulations to enable students and faculty to conduct research using human subjects. The IRB's function is to protect research subjects, including student volunteers, from risks of physical, psychological, or social harm. The IRB promotes the human rights and dignity of research subjects by providing voluntary, informed consent and risk/benefit analysis of research proposals. All research involving human subjects must be reviewed and approved for safety before recruitment of subjects may begin.

Human subjects research includes, among other categories, surveys, interviews, observations of public behavior, psychological research, social research, and physiological research. This applies to all research conducted at Humboldt State University, using university facilities, by employees, students, or other persons otherwise affiliated with the university, or using university employees or students as subjects. This policy applies to the university and its auxiliaries. Human Subjects in Research training is available through CITI, and is required for all individuals included on an IRB Application for Review. For further information, please contact irb@humboldt.edu.

Computer Access. Students can access HSU computers from numerous sites on campus. Interdisciplinary labs have Macintosh and/or PC computers, and are available for use by classes, students, and faculty. These labs offer a large suite of industry-standard software applications, plus programming languages and databases. In addition, many academic departments have computer labs that offer software specific to their discipline, and short-term computer use is available at quick print stations around campus.

The HSU Virtual Lab (VLab) allows access to certain on-campus applications from on- or

off-campus, some of which can be streamed to both HSU and personal computers and devices. The VLab software library is accessible from Windows, Macintosh, and Linux systems, as well as popular mobile devices.

All HSU students are provided with personal email, file storage, and web accounts on the campus network. A Technology Help Desk is available for walk-in (Library 101), call-in (707-826-4357), email (help@humboldt.edu), and web support (its.humboldt.edu).

Wireless network access is available across most of the campus. HSU recommendations for student computer capabilities can be found on the HSU website at its.humboldt.edu.

Dunes Preserve. Students find instructional and research opportunities in a protected ecosystem at the 300-acre Lanphere Dunes Preserve, part of the Humboldt Wildlife Refuge. The dunes, bounded by the Pacific Ocean and the Mad River Slough, contain rare natural habitats of the California coast.

Earthquake Education. Students and faculty working with the Humboldt Earthquake Education Center take an active role in studying local and regional earthquakes. Both science and non-science majors help prepare and disseminate information through publications, workshops, the Humboldt Earthquake Hotline, 707-826-6020, and the Internet at humboldt.edu/shakyground.

Evolutionary Anthropology Research. The Humboldt Center for Evolutionary Anthropology (HCEA) offers opportunities for undergraduates to engage in research and learning methods in biological anthropology by working closely with faculty and other researchers. Research projects at HCEA focus on a variety of topics that are relevant to the understanding of human evolution, primate behavior, and conservation, including studies in evolutionary medicine, bioacoustics, genetics, evolutionary epidemiology, and evolutionary processes, such as genetic drift and speciation. Additionally, HCEA offers state of the art technology for skeletal morphology and primate vocalization analysis projects. Faculty in HCEA are actively involved in working with local law enforcement agencies by assisting in the processing of forensic anthropology cases. Student research through HCEA is presented at national conferences, in publications, and through community outreach projects.

Fish Hatchery. Humboldt is one of the few universities with an on-campus fish hatchery. The hatchery minimizes water use by recirculating 900 gallons of water each minute. Fish-rearing facilities at the hatchery include

a high-capacity biofilter system, experimental streams and flumes, outdoor concrete raceways and ponds, indoor fiberglass tanks, an egg incubation rack, and a quarantine area. Students spawn trout and rear them from the egg to adult. Hatchery fish are used for classroom instruction and research by both undergraduate and graduate students.

Fish and Wildlife Research Unit. The only one of its kind in the state, the California Cooperative Fish and Wildlife Research Unit conducts research on fish and wildlife in their habitats in response to state, regional, and national trends. The Unit supports graduate students who work on fisheries and wildlife problems as part of their degree and provides research opportunities to undergraduate students. The Unit is a cooperative effort of the university, the California Department of Fish and Wildlife, the U.S. Fish and Wildlife Service, Wildlife Management Institute, and the U.S. Geological Survey. To learn more, visit the Unit at Wildlife & Fisheries Bldg., Room 212 or call 707-826-3268.

Forests, University. Humboldt State has two forests dedicated to the educational and research needs of the students and faculty.

The **L.W. Schatz Demonstration Tree Farm** was donated to the university (along with an endowment) as a classroom and laboratory. In this 385-acre mixed-species forest, about 25 miles east of campus, research focuses on the needs of the small landowner.

The **Freshwater Forest**, a coastal conifer forest owned by Humboldt Redwood Company, is used as a teaching facility through the generosity of the owner. The 300-acre tract, seven miles south of campus, is excellent for studying local conifers.

Game Pens. Students receive firsthand experience with wildlife at the campus game pens. The facility features a huge flight cage where animals move with much freedom. It also has waterfowl ponds and several large holding pens.

Gravitational Research Laboratory. The Gravitational Research Lab provides physics majors with hands-on research experience testing fundamental properties of gravity and Einstein's General Theory of Relativity. Through application of the skills and methods studied in the undergraduate Physics & Astronomy curriculum, students gain valuable skills in experimental apparatus design, construction and characterization, as well as data analysis and presentation. The methods and results of the laboratory's

research are of wide interest to researchers in many areas of experimental and theoretical physics and astronomy. Students regularly author peer-reviewed papers and give oral presentations at national conferences such as the National Conference on Undergraduate Research (NCUR) and meetings of the American Physical Society (APS). The research skills developed in the laboratory also provide the Physics & Astronomy graduates with the necessary background to successfully secure graduate school and industrial positions.

Human Performance Laboratory. Humboldt's laboratory is a resource center for those wanting a baseline assessment of their health. The lab also serves as a training facility for exercise science students to develop skills in testing and promoting an active lifestyle.

From athletes with an Olympic fitness agenda, to persons with special conditions (e.g. arthritis, asthma, heart problems, pregnancy), everyone can benefit from the laboratory's resources: dietary analysis, body composition testing, aerobic fitness testing, exercise prescriptions, and specialized exercise programs are available to both the campus and surrounding community. The lab actively educates both graduate and undergraduate students through hands-on experience in the basic and applied aspects of exercise and how to properly prepare for careers in this field. State-of-the-art equipment advances graduate research and puts Humboldt on the map in human performance technology.

Library. See "Library."

Marine Laboratory. In the coastal town of Trinidad, 11 miles north of campus, students in fisheries biology, oceanography, geology, and the biological sciences take classes and conduct research at the Telonicher Marine Laboratory. The lab includes a circulating seawater system, lecture rooms, several research labs, a computer lab, and various kinds of microscopes and instrumentation for faculty and student use. Nearby Trinidad and Humboldt Bays and the Pacific Ocean provide rocky and sandy intertidal and subtidal habitats for further study.

The lab is open for visitors from 9:00 A.M. to 4:30 P.M. during the week and from noon to 4:00 P.M. on weekends when HSU is in session. Local fishes and invertebrates are on display, and there is a simulated tide pool area containing invertebrates that may be touched. For more information, call 707-826-3671. To schedule group tours, call the Marine Naturalist at 707-826-3689.

Marine Wildlife Care Center. The center operates both as a training complex for students in the wildlife program and as a regional rescue center for marine birds injured as a result of oceanic oil spills. The 4,500 square-foot facility serves the coastal region from Point Arena to the Oregon border.

Music Ensemble Library. The music ensemble library houses over 14,000 titles, including roughly 1,000 pieces each for orchestra, symphonic band, jazz ensemble, and mixed chorus. In addition, there are two separate collections of chamber music, one owned by HSU and one co-owned by the Humboldt Chamber Music Workshops, that have been serviced by the library for over 50 years. These combined collections number over 8,700 and include most standard chamber music works as well as many non-standard and/or out-of-print works which are difficult to obtain elsewhere.

Natural History Collections. Humboldt State maintains some of the most important collections of plants and animals in the Pacific Northwest. Most of these collections are the only ones of their kind between central California and northern Oregon. Each collection is available to qualified undergraduate and graduate students:

The **University Herbarium**, largest in the CSU system, contains over 100,000 specimens of algae, fungi, mosses, ferns, gymnosperms, and flowering plants. It stores reprints, monographs, and floras.

The **Forestry and Range Herbarium** is national in scope and supports the instructional programs in those areas.

The **Marine Invertebrates Collection** focuses on invertebrates from central to northern California. Approximately 1,000 species are represented by over 5,000 specimens.

The **Fisheries Collection**, largest in the CSU and fourth largest in California, contains approximately 46,000 specimens. The focus is on the freshwater and marine fishes of the Pacific Northwest, but it also has representatives of groups worldwide.

The **Wildlife Museum** is the primary regional repository for birds. It contains about 14,000 specimens, including birds, nests and eggs, and mammals. Its scope is worldwide and includes specimens collected in the late 1800s, and extinct, rare, and endangered species.

The **Vertebrate Museum** houses approximately 15,000 mammal specimens with worldwide representation.

Additionally, about 1,500 amphibian and reptile specimens are maintained. The mammal collection is accredited by the American Society of Mammalogists and the museum is part of the federal Marine Mammal Stranding Network.

Observatory. Astronomy students venture up Fickle Hill in Arcata to use the university observatory. It is located only 10 miles from campus but over 2,000 feet above sea level. Far from city lights, the site has two observatory buildings, housing two 14-inch telescopes and six 8-inch telescopes. Students go far beyond textbook photos in observing stars, planets, and galaxies.

Scanning Electron Microscopes (SEM) & Transmission Electron Microscope (TEM). HSU currently has three SEMs: two Topcon ABT-32 scopes used primarily in teaching, and an FEI Quanta 250 environmental SEM with energy dispersive spectroscopy for elemental analysis and digital image acquisition. The SEMs are used by faculty and advanced students in the biological sciences, geology, and natural resources to examine the surface structure of organisms and other natural objects.

The TEM is an instrument that generates extremely highly magnified images of small objects (such as bacteria or viruses) or of ultra-thin sections of larger material through the use of a concentrated electron beam. The conventional light microscope allows magnifications of up to about 1000x while the TEM can be used to obtain higher magnifications greater than 100,000x.

Schatz Energy Research Center. The Schatz Energy Research Center promotes the use of clean and renewable energy. The Center's research and project areas include smart-grid design, off-grid energy access, bioenergy, clean transportation, policy and planning, and education. Located on the Humboldt State campus, the Center provides opportunities for students to gain experience with cutting-edge energy technologies.

The Center's 40 plus person staff includes engineers, scientists, policy experts, administrative staff, and educators. The Center is closely affiliated with the Environmental Resources Engineering (ERE) program at HSU, and offers three fellowships annually for graduate students in either the ERE or Energy, Technology, and Policy options of the Environmental Systems graduate program. The Center also employs and trains undergraduate and graduate research assistants and docent volunteers. Student researchers address diverse energy challenges

by working in the Center's solar products testing lab, helping rural communities in Africa and Asia integrate new technologies, assessing biochar conversion quality, and implementing innovative renewable energy designs. Student docents lead workshops for Humboldt County schools and summer camps, teaching youth about power, energy, and engineering.

The Schatz Center was founded in 1989, thanks to a generous grant from Dr. Louis W. Schatz. Early projects included the Schatz Solar Hydrogen Project, which demonstrated the use of hydrogen to store solar energy. The Center holds patents on fuel cell technology, and built the first fuel cell car licensed to drive in the United States and the first solar-powered hydrogen fueling station. The Center continues to work in regional planning for clean transportation and alternative fuel adoption.

The Schatz Center collaborates with public institutions, private industry, local, regional, national, and tribal governments, and international agencies to implement clean, renewable energy world-wide. The Center plays a leading role in the World Bank Group's Lighting Africa and Lighting Asia initiatives, which support high quality, affordable energy solutions for people in off-grid and marginal-grid communities.

Recent projects at the Center include the design and implementation of the Blue Lake Rancheria (BLR) Microgrid, which integrates Humboldt County's largest solar array to date with onsite energy storage and sophisticated control software. This new microgrid allows the Rancheria to reduce its environmental footprint, decrease its energy costs, and maintain power indefinitely in the event of a regional grid outage—which allows the BLR to serve as an American Red Cross emergency shelter as needed. In the fall of 2017, the Center began a two-year "Solar Plus" demonstration project, which will integrate solar, storage, and demand response technologies to increase onsite renewable power generation at a pilot location in Blue Lake, California, and then package this design for distribution statewide. The Center also began a three-year evaluation of bioenergy production methods and their associated impact on greenhouse gas emissions. This project will generate a Life Cycle Assessment tool that can be utilized for biomass feasibility studies across California.

Seagoing Vessels. Biology, fisheries, geology, oceanography, and wildlife classes use the university's 90-foot, 143-ton research vessel, the *Coral Sea*, for field trips to support

both undergraduate/graduate instruction and advanced undergraduate and graduate research. Besides the *Coral Sea*, a number of smaller watercraft are used for instructional and research purposes.

Wildlife Refuge. The Wright Wildlife Refuge is a 5.5 acre parcel on the eastern edge of Eureka, jointly managed by the Humboldt Area Foundation and the Wildlife Department. Ms. Wright's endowment supports wildlife management, research, and education on the refuge. The area provides many opportunities for independent research by Humboldt State students. Students also participate in a bird-banding program ongoing on the site.

Study Abroad Programs

There are many opportunities for students at Humboldt State University to study abroad for a year, a semester, or the summer and receive academic credit. Students are advised to attend one of the informational meetings held throughout the year where they can learn about the various programs available to them. For further information, contact The Center for International Programs at 707-826-4142 or internat@humboldt.edu, or visit the website at humboldt.edu/goabroad. The Study Abroad Office is located in the Feuerwerker House.

CSU International Programs. Developing intercultural communication skills and international understanding among its students is a vital mission of The California State University. Since its inception in 1963, the CSU International Programs (CSU IP) has contributed to this effort by providing qualified students an affordable opportunity to continue their studies abroad for a full academic year. More than 20,000 CSU students have taken advantage of this unique study option.

International Programs participants earn resident academic credit at their CSU campuses while they pursue full-time study at a host university or study center abroad. CSU IP serves the needs of students in more than 100 designated academic majors. Affiliated with more than 50 recognized universities and institutions of higher education in 18 countries, CSU IP also offers a wide selection of study abroad destinations and learning environments.

Australia - Griffith University, Macquarie University, Queensland University of Technology, University of Queensland, Western Sydney University,

Canada - Concordia University

Chile - Pontificia Universidad Católica de Chile

China - Peking University (Beijing)

Denmark - Danish Institute for Study Abroad

France - Institut Catholique de Paris, Institut Supérieur d'Electronique de Paris, Université d'Aix-Marseille (Aix-en-Provence), Université de Cergy-Pontoise, Universités de Paris I, III, IV, VI, VII, VIII, X, XI, XII, XIII, Université Paris-Est Marne-la-Vallée, Université d'Evry Val d'Essonne, Université de Versailles Saint-Quentin-en-Yvelines

Germany - University of Tübingen and a number of institutions of higher education in the Federal state of Baden-Württemberg

Ghana - University of Ghana

Israel - University of Haifa

Italy - CSU Florence Study Center, Accademia di Belle Arti Firenze

Japan - Waseda University, University of Tsukuba

Mexico - Instituto Tecnológico y de Estudios Superiores de Monterrey, Campus Querétaro

South Africa - Nelson Mandela Metropolitan University

South Korea - Yonsei University

Spain - Universidad Complutense de Madrid, Universidad de Granada, Universidad de Jaén

Sweden - Uppsala University

Taiwan - National Taiwan University

United Kingdom - University of Bradford, University of Bristol, University of Hull, Kingston University, Swansea University

Students participating in CSU IP pay CSU tuition and program fees, and are responsible for airfare, accommodations, meals and other personal expenses. Financial aid, with the exception of Federal Work-Study, is available to qualified students and limited scholarship opportunities are also available. All programs require students to maintain good academic and disciplinary standing many programs are open to sophomores or graduate students. California Community College transfer students are eligible to apply (to select programs) directly from their community colleges. Students must possess a current cumulative grade point average of 2.75 or 3.0, depending on the program, and must fulfill all coursework prerequisites. Additional program information and application instructions can be found on our website at calstatele.edu/ip.

Additional program information and application instructions can be found on the HSU Study Abroad website at humboldt.edu/

Students can also participate in the bilateral exchange, summer, and semester programs offered at HSU. More information can be found here: humboldt.edu/goabroad.

Support Services

The Educational Opportunity Program and Student Support Services (EOP/SSS) provide admissions assistance and academic support for low-income and first-generation college students. The program is designed to improve access and retention of historically low-income and educationally disadvantaged students.

Once admitted into EOP, students receive academic and financial aid advising, tutoring, learning skills assistance, mentoring, and participate in academic enrichment activities.

The EOP application is included in the Cal State application available at calstate.edu/apply. Application also requires the submission of two recommendation forms.

Students who do not qualify for admission to the university may be recommended for special admission through EOP.

Only a limited number can be admitted through EOP, so those with the greatest need for program services are selected.

Native American Support Programs. See "Indian Tribal & Educational Personnel Program (ITEPP)" and "Indian Natural Resources Science and Engineering Program (INRSEP)" in the Academic Programs section.

Early Outreach Programs include: Early Assessment Program (EAP), Gear Up, TRIO Upward Bound, and TRIO Educational Talent Search. These programs provide outreach services designed to inform students and their parents about admission requirements, financial aid, and educational opportunities. Culturally relevant activities are designed for high school and community college students to assist them in planning their attendance to a four-year college. Special outreach events include admission and financial aid staff and faculty representatives from academic departments. These programs strengthen college preparation and support, particularly for low-income and/or first-generation college going students, preparing to enter a post-secondary institution. For additional information call 707-826-5381.

Testing Center

The Testing Center, located in the Library Basement (Room 24), administers and provides information for a wide variety of tests, including those for college/university admission (undergraduate, graduate, and credential), for course placement, for pro-

iciency, and for vocational interest. (See Admission Information for descriptions of some of the tests.) The Testing Center also proctors standardized tests, accommodated classroom testing for students with disabilities, make-up exams, and correspondence tests. All exams are administered by appointment only. For additional information call 707-826-3611.

Theatre, Film & Dance

The Department of Theatre, Film, and Dance presents a season of mainstage productions, one-act plays, dance performances, and film screenings. Students participate in all levels of production as choreographers, dancers, filmmakers, cinematographers, editors, scriptwriters, directors, actors, staging, costuming, lighting, and sound design.

A limited number of free student tickets are available for most performances through the University Ticket Office.

The department also sponsors the annual Humboldt International Film Festival, the oldest student-run festival in the world (since 1967). Every spring the festival presents award-winning short films.

Transportation

(see **Parking & Commuter Services**)

Undeclared Students

Many students begin their studies at Humboldt undecided about which major is right for them. These students are assigned advisors from the Academic & Career Advising Center (ACAC) who help them select courses that satisfy degree requirements while guiding them through the process of selecting an academic program.

Students have an excellent opportunity to make progress towards their degree by completing general education and other all-university requirements as they clarify their educational and career goals, and explore various majors.

Students must declare a major by the time they have earned 45 units.

University Center

The University Center (UC) is the student union on campus and the heart of student activities and services. The 54,000 sq. ft. building is located at the foot of Founders Hall. The UC has conference rooms, two lounges, and two multipurpose rooms available for use by the university community.

Campus services located in the building include the University Ticket Office, Information Counter, The Depot, Windows

Café, and the HSU Bookstore. The UC also houses the offices of Associated Students, CenterArts, Clubs, and the University Center Administration.

For more information, please visit the University Center's website at humboldt.edu/uc.

Veterans Enrollment & Transition Services (VETS)

veterans.humboldt.edu

Student veterans and staff at Humboldt State University are committed to the academic success and career goals of our military affiliated students. Located in the Lower Library, Room 58, we offer program and services to assist with academic, financial and career goals. VETS processes enrollment certifications for the Montgomery GI Bill® and processes the California Department of Veterans Affairs fee waiver. Information about veteran's education benefits, tutorial services, military credit evaluation, and the VA work-study program is also available. We have an on-campus counselor from the local Veteran Center to assist with transitional counseling. All military affiliated students are invited to join our Student Veterans Association and become an integral part of Humboldt State's student life and the veteran's community. We have signed on to the Principles of Excellence to best serve our military affiliated population as well as the Department of Defense Memorandum of Understanding for our active duty members. You can find us online at veterans.humboldt.edu or by calling 707-826-6272

Women's Resource Center

Located in House 55, the Women's Resource Center, funded by the Associated Students, offers support groups, educational activities, and resource materials. The center sponsors workshops, speakers, films, concerts, and other events to promote an awareness of the roles, achievements, and concerns of women.

Youth Educational Services

Youth Educational Services (YES) offers leadership and volunteer opportunities through student-directed programs addressing social issues and under-met needs in the community. These programs engage with children, youth, seniors, LGBTQ and marginalized cultural communities, families experiencing homelessness and the environment.

YES trains students to become community advocates and organizers, giving them the knowledge, skills, and service learning experi-

ence to participate in their community with positive effects.

YES can offer practical experience which:

- Complements classroom learning;
- Offers an avenue for leadership;
- Gives the chance to initiate a community-based project;
- Fosters respect for human diversity;
- Provides an opportunity to volunteer in a career field;
- Offers management experience helpful in a job search following graduation.

Volunteers serve an average of four hours each week. For information, visit Youth Educational Services, Hagopian House 91, call 707-826-4965, or visit yes.humboldt.edu.