

RESOURCES FOR ALL STUDENTS

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“ Education is the most powerful weapon which you can use to change the world.”

-Nelson Mandela
South African activist, former president

ACADEMIC PROGRAMS AND SERVICES

Career Center: Academic and Career Advising Center

Gist Hall 114

www.humboldt.edu/career/

(707) 826-3341

ACAC unifies the functions of both academic and career advising to provide guidance to students concerning career aspirations and academic achievement goals. Services may include individualized or group work with staff concerning course selection, major exploration, career possibilities, class schedule-building, understanding graduation requirements (including general education) and mapping out coursework in order to graduate on time. ACAC also offers individual and group attention for students on various career-oriented topics, including: acquiring jobs and internships; writing resumes/cover letters; interviewing tips; career guidance; and applying to graduate school. The ACAC is where undeclared students receive academic advising.

Cross-Cultural Centers for Academic Excellence

Nelson Hall East, 2nd Floor; Brero House

#93, Warren House #38

www.humboldt.edu/cae

The mission of the Cross-Cultural Centers for Academic Excellence is to engage students in navigating 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. *All students are welcome to seek support, services, and community within any of the centers.*

There are currently five Centers: the African American Center, INRSEP/Center for Academic Excellence in STEM (Science, Technology, Engineering & Mathematics), the Latin@ Center, the MultiCultural Center, and the Native American Center (ITEPP). An Asian American/Pacific Islander Center and LGBTQ Center are planned for the future.

The various Centers offer a range of services, such as:

- culturally relevant academic mentoring and support
- academic and co-curricular engagement, such as involvement in internships, clubs, events, and activities
- support in clarifying academic interests, values, strengths, and talents
- leadership training in coordinating socio-cultural activities and events
- referral to appropriate campus and community resources

INRSEP/Center for Academic Excellence in STEM (Science, Technology, Engineering, and Mathematics)

Warren House #38

Samantha.Martinez@humboldt.edu

www.humboldt.edu/inrsep

(707) 826-4998

A program designed to support students who are pursuing degrees in the natural resource and science disciplines, and who are historically underrepresented in the STEM fields. Designed to provide culturally relevant facilities, activities, events, and opportunities that promote academic, intellectual, socio-cultural, and personal success and achievement. This Center houses multiple student support programs,

including INRSEP (Indian Natural Resource, Science and Engineering Program), HSU chapters of SACNAS (Society for Advancement of Chicanos and Native Americans in the Sciences), and LSAMP (Louis Stokes Alliance for Minority Participation).

Eric Rofes Multicultural Queer Resource Center

Warren House 53

theerc@humboldt.edu

www.humboldt.edu/erc

(707) 826-3795

Aims to create a focus of learning about issues facing the queer community and to bring students, faculty, and staff together for advocacy and education. Four paid student positions available each year.

Learning Center

Learning Commons

(Lower Library, Room 055)

www.humboldt.edu/learning

(707) 826-5217

Located below the University Library, the Learning Center provides tutoring, mentoring, and skills development for all HSU students. Students can get help with difficult courses, test preparation, and reading, math, and writing skills.

The Tutorial Program provides free small group tutoring for lower division courses. One-to-one tutoring is also offered for a small fee. The Tutorial Coordinator can help students find tutors and form study groups.

The Math Tutoring Lab, (Library 208) is a free walk-in support program where students receive assistance with mathematical problem solving.

The Writing Center offers free assistance with writing assignments and standardized writing exam preparation.

Supplemental Instruction provides an opportunity for students to study with peer leaders. Sessions – designed to help students develop course-specific academic and study skills – are scheduled for rigorous entry-level and core science courses from several departments.

MultiCultural Center (MCC)

Balabanis Family House 55
(on the south side of the HSU Library)
www.humboldt.edu/multicultural
mcc@humboldt.edu
www.facebook.com/HSU.MultiCulturalCenter
(707) 826-3364

The MCC, a student-initiated program, promotes understanding of diversity, celebrates our differences and welcomes multi-ethnic perspectives. At the MCC, people are invited to **explore** identity and history, **experience** culture and



traditions, **express** feelings and ideas and **empower** each other to work for social justice.

Student Disability Resource Center (SDRC)

Learning Commons (Lower Library)
www.humboldt.edu/disability
(707) 826-4678

Provides service, support, and resources for Students with Disabilities to maximize educational opportunities at HSU. SDRC can help with adaptive technologies, interpreters, note-taking, on-campus transportation, reading services, advising, registration assistance, test-taking facilitation, and more.

Women's Resource Center (WRC)

Balabanis House 55 (same as the MultiCultural Center)

www.humboldt.edu/hsuwomen

hsuwomen@humboldt.edu

(707) 826-4216

The WRC aims to provide the tools, support and safe spaces to empower people to dismantle systems of power, privilege, and oppression. It has an activist-oriented resource room, offers grants to students for events/workshops, and hosts workshops and events throughout the year.

Youth Educational Services (Y.E.S.)

www.humboldt.edu/yes

yes@humboldt.edu

www.facebook.com/YEShsu

House 91, (707) 826-4965

Y.E.S. supports HSU students in creating and implementing volunteer programs that provide services to people across a range of ages and backgrounds in our local community. This experiential learning opportunity allows for students to expand on their academic careers as they learn to balance academia and community-based activism.

DIVERSITY-RELATED DEPARTMENTS/MAJORS

Chinese Studies

www.humboldt.edu/wlc/chinese

Criminology and Justice Major

www.humboldt.edu/sociology/cjs.html

Critical Race, Gender & Sexuality Studies (CRGS) Major

www.humboldt.edu/crgs

International Studies

www.humboldt.edu/internationalstudies

Latin American Studies

www.humboldt.edu/internationalstudies/latinamericanstudies.html

Native American Studies

www.humboldt.edu/nasp

Religious Studies

www.humboldt.edu/religiousstudies

Social Work

www.humboldt.edu/socialwork

Sociology

www.humboldt.edu/sociology



HEALTH, WELLNESS, AND MEDICAL SERVICES ON CAMPUS

CHECK IT

www.checkithsu.com

CHECK IT is a student led project that is about preventing and responding to sexual assault, dating violence, and stalking at HSU. Visit the website to get involved!

Student Health Center

www.humboldt.edu/health

health@humboldt.edu

Northeast of the Library Circle
(707) 826-3146

An outpatient medical facility that provides HSU students with basic medical services at no charge, and elective services at low cost. Services include treatment for injuries or illness, women's health and preventative care, immunizations, lab and x-ray services, psychiatry, and pharmacy.

HSU Counseling & Psychological Services (CAPS)

www.humboldt.edu/counseling

hsucaps@humboldt.edu

Second floor of Student Health Center,
Northeast of the Library Circle
(707) 826-3236 (support and crisis
intervention 24/7)

(CAPS, continued)

Provides free counseling services to HSU students. Services include psychological assessment, short term individual and couples counseling, groups and workshops, information and referral, and crisis intervention, outreach and consultation.

Oh Snap! Food Pantry

www.humboldt.edu/socialwork/about/news/visit-oh-snap-food-pantry

Recreation and Wellness Center, Rm 122
(707) 826-4565

Free food and access to food-related resources for students. Check website for hours.

HEALTH, WELLNESS, AND MEDICAL SERVICES OFF CAMPUS

Open Door Community Health Centers

www.opendoorhealth.com/opendoor

List of clinic locations:

www.opendoorhealth.com/opendoor/all-locations

Facebook: search "Open Door
Community Health Centers"
(707) 826-8633

Clinics provide affordable/sliding scale health care and education to residents of Humboldt and Del

Norte counties. Services range from illness and injury treatment to dental services, a teen clinic, and pediatric care. Clinics are located in Arcata, Eureka, McKinleyville, Fortuna, Willow Creek, and Crescent City.

Salvation Army Eureka

2123 Tydd Street, Eureka
Web search: "Salvation Army Eureka"
(707) 442-6475

Offers a variety of health and wellness services, including emergency assistance, counseling, youth services, and worship services.

Six Rivers Planned Parenthood, Eureka

www.plannedparenthood.org/srpp
3225 Timber Fall Court, Eureka
(707) 442-5700

Provides women's and men's health care on an affordable, sliding scale, STD testing, LGBT services, family planning, birth control, pregnancy testing, abortion services.

Humboldt Mediation Services

www.humboldtmediationservices.org/
317 3rd Street , Suite 8 Eureka CA 95501
(707) 445-2505

Humboldt Mediation Services' mission is to promote the peaceful resolution of conflicts in our community by using trained volunteers to provide the best possible services in mediation and facilitation as well as education in conflict resolution skills.

HOSPITALS

Mad River Community Hospital (Arcata)

www.madriverhospital.com
3800 Janes Road, Arcata
(707) 822-3621

Provides a range of services, including emergency care, urgent care, surgery, physical therapy, and radiology.

St. Joseph Hospital (Eureka)

www.stjosepheureka.org
2700 Dolbeer Street, Eureka
(707) 445-8121

Offers comprehensive services including emergency, urgent care, cardiac services, Cancer Program, Childbirth Center, neurosurgery, and orthopedics and sports medicine.

SHELTERS AND FOOD BANKS

Raven Project

(services for homeless, runaway, or at-risk youth ages 12-21)

www.rcaa.org/division/youth-service-bureau/program/raven-project-street-outreach-program

www.facebook.com/ravenproject

523 T Street, Eureka
(707) 443-7099

Drop-in center and outreach program provides showers, laundry, meals, toiletries, clothing and shoes, mail and phone service, employment assistance, other psychosocial and educational supports.

Eureka Rescue Mission

www.eurekarescuemission.org

306 West Clark, Eureka
(707) 445-3787

Shelter and transitional housing, food, clothing.

Food For People

307 W. 14th Street, Eureka
(707) 445-3166

www.foodforpeople.org

Food bank for Humboldt County. Food For People manages several pantries in Humboldt County that distribute free food to people in need.



EMERGENCY/CRISIS CONTACTS

Emergency Calls

911

University Police

(707) 826-5555

Domestic Violence Hotline

(866) 668-6543

Humboldt County Crisis Services (24-hours)

(707) 445-7715

Humboldt Domestic Violence Services (24-hours)

(707) 443-6042 or (866) 668-6543

Legal Services of Northern California

(legal representation, low-income clients)

(707) 445-0866

National Runaway Hotline

(800) 621-4000

North Coast Rape Crisis Team (24-hours)

(707) 445-2881 or

(800) 656-4673

Suicide Prevention Lifeline

(800) 273-TALK (800-273-8255)

STUDENT GOVERNMENT

Associated Students

hsuas@humboldt.edu

www.humboldt.edu/associatedstudents

www.facebook.com/hsuassociatedstudents

(707) 826-4221

Associated Students (AS) is the vehicle for student involvement in the shared governance of HSU. AS allocates student fee dollars, educates students about current affairs that impact students, and advocates the student perspective across campus. Council elections happen each spring; campus committee positions are available year-round.

SCHOLARSHIPS AND OTHER FUNDING OPPORTUNITIES

HSU's Student Scholarship Opportunity Newsletter

www.humboldt.edu/diversity/student-resources

A listing of scholarships, fellowships, and funding opportunities, published once each semester.

HSU Scholarships and Local Area Scholarships

www.humboldt.edu/finaid/scholarships.html

California Forum for Diversity in Graduate Education

www2.ucop.edu/forum-for-diversity/recruiters

Annual fall event that brings together 1,000 students to participate in workshops and explore graduate opportunities and resources. HSU provides free lodging and transportation for approximately 45 students to attend. Contact the EOP office at (707) 826-4781.

Diversity Program Funding Grants

www.humboldt.edu/diversity/diversity-program-grants

Provide funding (ranging from \$100-\$3,500) to HSU student organizations to offer programs on campus that raise awareness, deepen understanding, and/or engage the campus community in dialogue about one or more of the multiple dimensions of diversity and/or increase the participation and retention of historically underrepresented groups in the campus community. Proposals are accepted in both the Fall and Spring semesters.



Associated Students

STARS Scholarship Tracking and Review System

www.humboldt.edu/finaid/scholarships.html

Lists scholarships that are available to HSU students and streamlines the application process. *Remember to apply for financial aid and scholarships as early as possible after January 1st.*

RECREATION

Center Activities

Located in the Recreation & Wellness Center, on the lower level of the West Gym.

cntract@humboldt.edu
www.humboldt.edu/centeractivities
www.facebook.com/pages/Center-Activities/273376997999
(707) 826-3357

Offers equipment rental and classes for a variety of outdoor recreational activities, including backpacking, rock climbing, surfing, kayaking, adventure photography, and many skill seminars. HSU students receive significant discounts.

Student Recreation Center

src@humboldt.edu
www.humboldt.edu/src
(707) 826-4197

The SRC includes a climbing wall, fitness center, strength training area, and indoor field space. Current students can use all of these facilities for free. Orientations and introduction classes are available for students who are not familiar with the facilities/equipment. The SRC is located near the Redwood Bowl area of campus (next to the Kinesiology & Recreation Administration building).

HSU Swimming Pool

www.humboldt.edu/kra/facilities/swimming.html
(707) 826-5451

Students can take classes or drop in for lap swimming (free with HSU ID) at HSU's pool. Located in the Kinesiology & Recreation Administration building.

TRANSPORTATION WITHIN HUMBOLDT COUNTY

Arcata and Mad River Transit System (A&MRTS)

www.arcatatransit.org
Service within Arcata. Students ride free with current HSU ID.

Blue Lake Rancheria Transit System

www.bluelakerancheria-nsn.gov/boTransit.html

Service between Arcata and Blue Lake.

Eureka Transit Service

www.eurekatransit.org

Hourly service (and better) in Eureka 6 days a week.

Redwood Transit System

www.redwoodtransit.org

Weekday and Saturday service from Trinidad to Scotia.

Taxi Services

City Cab (Eureka): (707) 442-4551
Plaza Cab (Arcata): (707) 822-4742
Yellow Cab (Eureka): (707) 442-4551

Zipcar (easy car rental)

www.zipcar.com/humboldtstate

Zipcar vehicles are available at the Humboldt State University campus for short-term or day-long use. A Zipcar membership is required, which is available for a \$25 annual fee (discount for HSU students).

TRANSPORTATION OUTSIDE OF HUMBOLDT COUNTY

Amtrak (bus to train transfers)

www.amtrak.com/home
(800) 872-7245

925 E Street, Arcata or 6th & C St (behind Denny's), Eureka

Arcata/Eureka Airport (ACV)

Located 10 minutes north of Arcata, with daily flights to Sacramento and San Francisco.



Greyhound Bus

www.greyhound.com

925 E Street, Arcata or
1603 4th St, Eureka

Tickets by phone: (707) 825-8934 or
(800) 231-2222

Redwood Coast Transit

www.redwoodcoasttransit.org

Service between Arcata, Crescent
City, and Smith River.

Trinity Transit

www.trinitytransit.org

Service within Trinity County, and
between Willow Creek,
Weaverville, and Redding.

Zimride

www.zimride.com/humboldtstate

Ridesharing network for HSU. If you
have a car, split costs by offering
rides. If you don't have a car, find
rides to where you need to go.

CHILD CARE

HSU Children's Center

www.humboldt.edu/childrencenter

Located on the HSU campus and
providing affordable high-quality
child care and education for HSU
students, staff, and faculty families.



Have You Experienced or Witnessed Bias?



Bias Is:

Any physical, spoken or written act of abuse, violence, harassment, intimidation, extortion, use of vulgarity, cursing, making remarks of a personally destructive nature toward another person, and any restriction or prevention of free movement of an individual.

Bias occurs whether that act is intentional or unintentional, and is directed toward an individual or group based on race, color, creed/religion, national origin, sex, sexual orientation, mental or physical disability, political or religious ideology, gender identity, gender expression, or other qualities that are central to an individual's identity.*

*Definition courtesy of University of Oregon Bias Response Team

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Easy Ways to Share a Concern about Bias

- 1:** *Stop by in person* to the Office of Diversity and Inclusion (Siemens Hall 209)
- 2:** *Call us at 826.4234(4BEI)* and leave us a message to call you back
- 3:** *Send us an email* at biaseducation@humboldt.edu
- 4:** *Drop a note in the box* outside the Office of Diversity and Inclusion (Siemens Hall 209)

Bias Education Initiative
Office of Diversity & Inclusion • Siemens Hall 209
707.826.4234 (4BEI)
www.humboldt.edu/biaseducation



HUMBOLDT
STATE UNIVERSITY

EVENTS CALENDAR

A listing of annual diversity-related events on campus

SEPTEMBER

Multicultural Convocation

Annual event that aims to help students get acquainted with cultural clubs and social justice programs; meet supportive staff, faculty, and administrators; meet new and returning students; and begin building community at HSU.

Coordinated by: MultiCultural Center
www.humboldt.edu/multicultural
(707) 826-3364

Creating Community Receptions

An opportunity for students to connect, make friends, build community, and meet supportive faculty and staff within a given cultural group. Receptions are usually held for the Asian/Pacific Islander, Black/African American, Latin@, Native American, and Queer communities. Events are open to all who identify with and/or support each community.

Coordinated by: MultiCultural Center
www.humboldt.edu/multicultural
(707) 826-3364

Autumn Moon Festival



An event designed to build community and share Chinese culture.

Coordinated by: Chinese Students Scholars Association (CSSA) and the MultiCultural Center

www.humboldt.edu/multicultural
(707) 826-3364

OCTOBER

Indigenous People's Week

Brings together students, faculty, staff, administrators, and community members to celebrate indigenous communities and acknowledge their rich diversity. Discussions, presentations, film screenings, guest speakers, and events focus on sharing indigenous stories, songs, culture and struggles.

Coordinated by: MultiCultural Center
www.humboldt.edu/multicultural
(707) 826-3364

Q-Fest (The Qross Cultural Queer Film Festival)

A film festival focused on promoting ongoing dialogue about sexuality.

Coordinated by: The MultiCultural Center, Eric Rofes Multicultural Queer Resource Center, Queer Student Union, and Women's Resource Center
www.humboldt.edu/multicultural
(707) 826-3364

National Coming Out Day

Celebrates individuals who identify as LGBTQ, or who are allies to the LGBTQ community, and provides a venue for students to connect with queer-friendly resources and support.

Coordinated by: The Eric Rofes Multicultural Queer Resource Center, Queer Student Union, The MultiCultural Center, Student Health Center, and the Critical Race, Gender, & Sexuality Studies Dept.
www.humboldt.edu/multicultural
(707) 826-3364

The Consent Project

With the aim of recognizing and honoring survivors of sexualized violence of all genders, the Consent Project offers space for survivors and allies to talk about how violence has affected them, and features community resources and interactive art projects to deconstruct our ideas of gender and sexualized violence.

Coordinated by: Student Health Center
www.humboldt.edu/health
(707) 826-5234

NOVEMBER

CAMPUS DIALOGUE ON RACE

Series of workshops, events, discussions, and film screenings that seek to enhance mutual understanding of issues surrounding race, gender, sexuality, ability and class. Academic credit available.

Coordinated by: MultiCultural Center
www.humboldt.edu/dialogue
(707) 826-3364

Día De Los Muertos

A traditional Mexican celebration in honor of people who have passed away. The campus community is invited to participate in events like sugar skull making, face painting, and other activities. Tribute altars dedicated to individuals are displayed in the Kate Buchannan Room.

Coordinated by: M.E.Ch.A (Movimiento Estudiantil Chicano de Aztlan) and the MultiCultural Center
www.humboldt.edu/multicultural
(707) 826-3364

International Education Week

Brings together the community to learn about international issues and events through panel discussions, workshops, presentations, and social gatherings. Academic credit available.

Coordinated by: Center for International Programs and Dept. of World Languages & Cultures
international@humboldt.edu
www.humboldt.edu/iiew
(707) 826-4142

JANUARY/FEBRUARY

Lunar New Year Celebration

An annual celebration of the new year, which weaves customs from countries across Asia, including traditional New Year's treats.

Coordinated by: the MultiCultural Center, Asian Pacific American Student Alliance, Chinese Student Scholar Association, and Global Connections Club
www.humboldt.edu/multicultural
(707) 826-3364

Black Liberation Month

During the month of February, students organize to create events, workshops, film screenings and community gatherings to celebrate, educate and highlight African American achievements and important milestones throughout U.S. history.

Coordinated by: African-American Center for Academic Excellence and the MultiCultural Center
bsu@humboldt.edu
www.humboldt.edu/multicultural
(707) 826-3364

Poetry is not a Luxury

This event offers a welcoming space for young artists of all cultures to share their work and expression through art and poetry. Usually February (varies from year to year)

Coordinated by: *African-American Center for Academic Excellence and the MultiCultural Center*
bsu@humboldt.edu
www.humboldt.edu/multicultural
(707) 826-3364

International Cultural Festival

An annual event that celebrates cultures worldwide. Includes traditional foods, live music and dance performances, and displays of cultural items.

Coordinated by: *International Center, Office of Extended Education, and Global Connections Club*
international@humboldt.edu
www.humboldt.edu/iew
(707) 826-4142

MARCH

Social Justice Summit

The Social Justice Summit is a 2-day event that promotes social change through workshops, discussions, speaker panels, and presentations. Academic credit available.

Coordinated by: *MultiCultural Center*
www.humboldt.edu/multicultural
(707) 826-3364

“ The learning process is something you can incite, literally incite, like a riot.”

-Audre Lorde
Poet/political activist



Women's HerStory Month

A series of events designed to mark the economic, political and social achievements of women. Includes El Dia de las Mujeres Punk and Hip-Hop Show.

Coordinated by:
Women's Resource Center
www.humboldt.edu/hswomen
(707) 826-4216

APRIL

California Big Time and Social Gathering

An annual gathering that brings together the Native communities of the area to celebrate their culture and heritage and share it with the rest of the community. Includes food, music, dance, and children's events.

Coordinated by: Native American Studies/Enduring Native Inherent Traditions Club; American Indian Alliance; Beta Sigma Epsilon Native Fraternity; Center for Indian Community Development; Council of American Indian Faculty & Staff; INRSEP; Native American Center for Academic Excellence (ITEPP); Native American Studies Department; and the MultiCultural Center
www.humboldt.edu/multicultural
(707) 826-3364



Take Back the Night

An annual event dedicated to ending sexualized violence and creating supportive and healing spaces for survivors of sexualized violence and their loved ones. Activities include workshops, film screenings, open mics, a mural project, and a rally and march.

Coordinated by: The Women's Resource Center, North Coast Rape Crisis Team, Eric Rofes Multicultural Queer Resource Center, the Student Health Center

www.humboldt.edu/hsuwomen

(707) 826-4216

National Day of Silence

An internationally observed civil awareness day celebrating LGBTQ individuals who publicly identify as gay, lesbian, bisexual, transgender and/or queer. HSU students, clubs, staff, faculty and community members come together to “break the silence” about sexual orientation and/or gender identity in the Art/UC Quad.

*Coordinated by: Eric Rofes
Multicultural Queer Resource
Center, Queer Student Union*

theerc@humboldt.edu

www.humboldt.edu/erc

MAY

Cultural Graduation Celebrations

Graduation celebrations for multiple communities on campus. Celebrations are usually held for the Asian/Pacific Islander, Black/African American, Latin@, Native American, and Queer communities.

Coordinated by: Cross-Cultural Centers for Academic Excellence

www.humboldt.edu/cae

(707) 826-3364



“ [We] must be taught how to think, not what to think.”

**-Margaret Mead
Cultural anthropologist**