

Sonny's Survival Guide to Cal

By Sonny (they/them) Spring 2020

For questions, comments, concerns, reach me at sonnybcarlton@gmail.com or message me on [Facebook](#).

Background on why I made this (very unofficial) survival guide: I struggled while at Cal and found that although there are resources, it can be hard to find and access them. This guide is written by myself, gathering all the resources that I learned about during my time at Cal to help other people after I leave this institution. I didn't make any of these resources. I have merely accumulated them so that it makes it easier to find for other people. Shout out to all the people who have done the advocacy to make these resources possible. While I have done my best to research these resources, I haven't necessarily used all of them or have personal experience with them. (But I do have experience or second-hand experience on many of them). Feel free to share widely!!

Trigger Warnings: Domestic Violence and Sexual Assault in regards to resources regarding those topics.

Disclaimer: This is in no way official or associated or approved by UC Berkeley. I wrote this independently as an alumni of the school who struggled with finding resources and wanted to make sure that other people might not have as much trouble in the future.

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Basic Needs

See Also: [Basic Needs Center | UC Berkeley](#)

See Also: [Connect@Cal](#)

- About: If you can't find a resource or need help with finding things on campus or campus communities contact these people!
 - "We believe that the overabundance of information, siloed resources, and the state of UC Berkeley's support system have inhibited students from achieving holistic wellness on campus. Our program will serve as a trusted resource hub connecting students to the most relevant services and programs."
- Where: [Connect@Cal](#)

Housing

Rental Issues

City of Berkeley Rent Stabilization Board

- TL;DR: If your landlord is trying to screw you over or help for renters in Berkeley
 - Protects against unwarranted rent increases and evictions and to provide a fair return to property owners.
 - "Call or email the Berkeley Rent Board with any questions or concerns you may have regarding housing or tenants' rights in the City of Berkeley:
- Where:
 - [Tenant Page](#)
 - [Berkeley Rent Stabilization Board | Basic Needs Berkeley](#)
 - Phone: (510) 981-RENT (981-7368)
 - E-mail: rent@cityofberkeley.info
 - Website: [Rent Stabilization Board Home Page](#)
 - [Berkeley Rent Board](#): 2125 Milvia St, 510.981.7368 (free appointments and consultation)
 - Mon, Tues, Th, Fri: 9am-4.45pm
 - Wed: 12-6.30pm
- Online Resources
 - [Eviction Support](#)
 - [Mediation Services for Landlord-tenant disputes](#)
 - [Calculate the rent ceiling on your apartment](#)
 - [Security deposit information](#)
 - Filing a [petition to change a rent ceiling, etc.](#)

Eviction Defense Center Oakland

- About: “The Eviction Defense Center ("EDC") provides free and low-cost legal services to tenants facing eviction in Alameda County and the City of Richmond. All services are offered on a sliding scale basis.”
- Where:
 - [Eviction Defense Center](#)
 - 350 Frank Ogawa Plaza, Suite 703 Oakland, California 94612
 - T: +1 510 452 4541

ASUC Renters' Legal Assistance

- About: “ASUC Renters’ Legal Assistance (RLA) is an undergraduate student organization at UC Berkeley that provides information to the community regarding rental issues. If you have a problem with your landlord, your lease, or anything concerning your rights as a renter, we are here to help! Around 20 student interns have been carefully trained in California rent law to help you out.”
- Where:
 - [ASUC Renters' Legal Assistance](#)
 - asucrlastaff@gmail.com
 - Monday - Friday 10 AM - 3 PM Cubicle 83 312 Eshleman Hall

[See Also: Student Legal Services](#)

Emergency Housing

Emergency Rental Assistance Program

- About: “This fund aims to help stabilize housing for undergraduate and graduate students in emergency financial situations by providing them with a month’s rent. For information on how to apply, read through the info sheet: [Cal Rental Assistance Info](#)”
- Where: [Emergency Rental Assistance Program](#)

City of Berkeley

- About “Berkeley’s Coordinated Entry System (CES) is part of Alameda County’s comprehensive strategy to address homelessness more efficiently and equitably.”
- Where:
 - Call 211 (Monday - Friday 9am - 12pm)
 - [Homeless Entry | City of Berkeley](#)

City Team: Overnight Shelter

- About: Multiple programs for people experiencing homelessness, poverty, hunger and addiction including men’s housing and a meal program

- Where:
 - [Oakland | City Team](#)
 - Call 510.452.3758
- Sonny's note: Seems based in Christianity

A Safe Place

- About: Emergency Shelter for Women, focuses on domestic violence
- Where:
 - In Oakland
 - [24 HOUR CRISIS SHELTER | A Safe Place](#)
 - Call 24 hr crisis line: 510.536.SAFE

“Affordable Housing”

Affordable Housing For Ok People: Bay Area

- About: Like the name sounds
- Where: [Affordable Housing For Ok People: Bay Area Public Group](#)

Berkeley Co-ops

- TL;DR: Cooperative housing near Berkeley campus, lower cost, also has theme housing for different communities
 - “Our mission is to provide a quality, low-cost, cooperative housing community to university students, thereby providing an educational opportunity for students who might not otherwise be able to afford a university education.
 - Presently the BSC has over 1300 student members living in or eating at our seventeen houses and three apartment cooperatives around the UC Berkeley campus. Each house is democratically run, and we all contribute our labor to help keep our housing costs affordable”
- Where: [Berkeley Student Cooperative: Home](#)

Casa Joaquin Murrieta

- TL;DR: Multicultural residential house, founded for Chicano/Latino students
 - In 2004, Casa became part of the Greenlining Institute's Leadership Academy, becoming a multi-ethnic residential leadership program and a home away from home as it continues to serve low-income, first-generation students.
 - Casa is home to 38 students per academic year and is conveniently located blocks away from the UC Berkeley campus. Casa has a long tradition of supporting and meeting the needs of first-generation, low-income, UC Berkeley students, with the goal of increasing recruitment and retention.
 - Casa Joaquin Murrieta is a multi-ethnic residential community that supports leadership development and academic success while providing a nurturing living

environment for UC Berkeley students. It was founded in 1970 by Chicano/Latino students at a time when there were only 150 Chicano students on campus. Over the years, Casa made history through its involvement as headquarters for social justice effort.

- Where: [Casa Joaquin Murrieta](#)

Housing Security Deposit Award Fund

- TL;DR: Help with housing security deposits
 - “The Housing Security Deposit Award Fund was established to empower student success in the face of economic injustice. This self-generating award is funded by student fees and was created through a popularly supported student fee referendum. Students are now helping enrolled students who need assistance in paying security deposits to obtain safe, secure, and stable housing.
 - This award is intended to be repaid once you have moved out and your security deposit is returned. These funds will go towards helping the next student, like you, find safe, secure, and stable housing.
 - To be considered for the Housing Security Deposit Award, complete [the application](#) and schedule an in-person appointment with us here at the Financial Aid and Scholarships Office. We want to ensure that all of your basic needs are being met during our assessment. However, we recognize that in some cases an in-person appointment may not be possible. To move forward in the process, please upload or fax the application through [Cal Central](#).”
- Where: [Housing Security Deposit | Financial Aid and Scholarships](#)

[See Also: General Renting Information](#)

- From USP but really good information for everyone

[See Also: Best Practices for Finding Housing from the GA](#)

Food

Direct Food Assistance

UC Berkeley Food Pantry

- TL;DR: Free food on campus
 - “Students and staff can visit the pantry as many times as they need and take as much as they need while being mindful that it is a shared resource. The pantry operates on a self-assessed need basis; there are no eligibility requirements.
 - The pantry is not for students and staff who need supplemental snacking food, but rather, core food support.
 - Please bring your Cal ID to each visit.”
- Where:
 - [UC Berkeley Food Pantry – Battling food insecurity and malnourishment](#)
 - Basement of MLK

Bear Pantry

- TL;DR: Food and diaper assistance for those with Dependents
- Where:
 - [The Bear Pantry](#)

- University Village In Albany

Alameda County Community Food Bank

- About: “Our Helpline will connect you to a source for groceries or a hot meal the same day you call us.”
- Where:
 - [Alameda County Community Food Bank](#)
 - Call our Helpline at: 1-800-870-FOOD (3663) or 1-510-635-3663
 - Or, visit [FoodNow.net](#)
 - Hours of operation: Monday – Friday, 9 a.m. – 4 p.m

Berkeley Food Pantry

- About: “All **Albany and Berkeley residents** in need of emergency groceries are welcome to visit the pantry.”
- Where:
 - We are open 2 - 4pm, Monday, Wednesday and Friday.
 - We are located at 1600 Sacramento Street in Berkeley, at the corner of Sacramento and Cedar Streets.
 - [Berkeley Food Pantry](#)

Longer-Term Food Assistance

Cal Fresh

- TL;DR: Up to \$194 a month on a debit card for food for DSP, Cal Grant A & B, and work-study students
- “Also known as the Supplemental Nutrition Assistance Program SNAP, CalFresh can provide eligible students with the ability to buy and eat nutritious and healthy foods.
- The application takes about 10-30 minutes on your own at [getcalfresh.org/en/apply](#)
- Students who generally qualify include but aren’t limited to DSP students, Cal Grant A & B recipients, and those who are eligible for work-study.”
- Where:
 - Apply Here: the application takes about 10-30 minutes on your own at [Apply to CalFresh](#)
 - The campus offers CalFresh clinics and CalFresh appeal help. [Berkeley Cal Fresh](#)
 - CalFresh Clinics on campus: [CalFresh Clinics](#)
- Commonly Asked Questions:
 - Who qualifies?
 - DSP, Work-study, Pell Grant, Cal Grant A & B
 - Who doesn’t qualify?
 - Generally, those who don’t get financial aid, undocumented students or students living in dorms with a meal plan
 - What if I have an off-campus meal plan?

- If you don't live in a dorm aka you live in university-owned apartments or off-campus housing then they don't ask about meal plans so just don't say anything. Usually, it won't count anyway because it doesn't cover above 12 meals per week
- How do I report income, financial aid, rent?
 - For work-study income use a pay stub or go on [UC Path](#) and find your most recent paycheck
 - Take a screenshot of your MyFinances page
 - Either upload your lease or have your house manager write and sign a piece of paper that says X person pays \$X amount a month, another option is a Venmo screenshot
- Sonny's Thoughts: Just apply there's no harm, worse comes to worst you get rejected and it was a waste of 10 mins, best you get money for food!

Food Assistance Program

- TL;DR food assistance from the school for undocumented students or who aren't eligible for Cal Fresh for whatever reason
 - "Available to non-[CalFresh](#) eligible students with financial need and [CalFresh](#) eligible students in extreme need (who have yet to receive their CalFresh debit card) who have exhausted other funding options, including student loans (if applicable). Eligible students need to be in the process of applying for [CalFresh](#) or be ineligible for CalFresh benefits in order to be considered for the Food Assistance Program.
 - Currently enrolled graduate and undergraduate students who are US citizens, permanent residents or AB 540 eligible who have not completed a FAFSA or a Dream Act application, or are not eligible to receive financial aid per federal, state or institutional regulations, and have short-term needs may also be eligible for Cal 1 Card dollars."
- Where:
 - Apply under Application for Additional Food Assistance: [Berkeley Financial Aid Forms | Financial Aid and Scholarships | UC Berkeley](#)
 - [Food Assistance Program | Financial Aid and Scholarships](#)

General Online Food Resources

- [Microwave Map](#) (Map of microwaves on UC Berkeley campus)
- [Budgeting meal points](#)
- [Affordable grocery stores near campus](#)
- [7 day menu for less than \\$5/day](#)
- [Winter break food on a budget](#)
- [Food Pantry recipes](#)

Financial

Financial Aid Appeal

- About:
 - Parent contribution, student contribution, satisfactory academic progress
- Where:
 - [Appeals & Special Circumstances | Financial Aid and Scholarships](#)
 - Cal Student Central Office: 120 Sproul Hall, 9 AM-Noon and 1-4 PM;
510.664.9181
- Sonny's Advice:
 - Did a parent lose their job this year or last year? SUBmit a parent contribution appeal

Cost of Attendance Adjustment Request

- About: Appealing how much it costs for you to attend Cal:
- Where: [Cost of Attendance Adjustment | Financial Aid and Scholarships](#)
- Sonny's Advice:
 - Did you just get a new computer? Submit a cost of attendance appeal! (Keep in mind they will probably just give you an additional loan and not actually money in the form of a grant 99% of the time)

Bears for Financial Success

- TL;Dr: financial literacy and planning assistance
- About:
 - “We are a peer-to-peer financial wellness program housed in the Financial Aid and Scholarships Office at UC Berkeley.
 - Our mission is to give all Berkeley students the tools and resources that will empower them to make informed financial decisions now and in the future.”
- Where
 - Walk-In appointments Sproul 102: M-Th 10 am-2 pm; Fri: 10 AM-1 PM
 - [Schedule an online appointment](#)
 - [Bears for Financial Success](#)
- Other Resources From Them
 - [Create a spending plan](#)
 - [Managing debt](#)
 - [Understanding credit](#)
 - [Credit cards](#)
 - [Identity Theft](#)
 - [Snack-eNOMics](#)
 - [Financial Literacy](#)

Short Term Emergency Loans

- About:
 - The Financial Aid and Scholarships Office offers short-term emergency loans to graduate and undergraduate students. These interest-free loans are designed to help students meet unanticipated expenses directly related to the cost of education.
 - Interest-Free but does have a \$20 fee
 - Split up into Fees loans (For tuition) and Cost of Living Loan (For housing expenses)
- Where:
 - Through Cal Student Central
 - [Short Term Emergency Loan](#)
 - [Emergency Loans](#)

Scholarship information

- [Scholarships | Financial Aid and Scholarships](#)
- [Alumni Scholars Program](#)

Educational Opportunity Program Specific Financial Resources

- [Financial Assistance](#)

EFT Set Up

- About: Getting financial aid funds direct deposit rather than waiting in line for a check
- “The most efficient and timely way to receive funds from campus is via Electronic Funds Transfer. [Learn how to set-up your EFT here.](#)”

General Financial Advice by Sonny

Note: Very not a financial expert whatsoever, this just my own experience

Credit Cards

- Get a credit card! The second you turn 18. Also get your own bank account if you haven't already that isn't directly tied to your parents. If you want them to still give you money (or vice versa) they can do that via Zelle or Venmo. It's just overall good to establish your own bank account
- If you already have a savings/check account just get the college credit card that your bank offers.
 - If you don't have a bank account: go make one!! Right now. I'm not going to advocate for any specific one but national branches are generally good since you can access them both near campus, back home, and in the future wherever you end up moving
 - Don't get one of the ones you get in the mail or if you do read the fine print really carefully.
- Open **1** credit card and just keep it open for a long long time. Buy some things on it (but carefully it's not free money, just normal things you would buy anyways with your debit card or cash) , pay it in full every month and just grow that credit score. A credit score will be useful when you want to get an apartment or a car later on or want a bank to lend you money

Investing

- Unless you're making hella money right now don't worry about investing your money, but if you really want to read below

Retirement Investing

- Open up a Roth Ira with etrade or Vanguard. ROTH is the best right now because you don't pay taxes or the tax bracket is super low so it's cheaper in the long run
 - [Vanguard: Helping you reach your investing goals](#)

Normal Investing

- Don't buy individual stocks. Invest in mutual funds (tbh don't know much about this) Get an Etrade account to invest
 - [Etrade](#)
 -
- If you want use an app like acorns which rounds up every purchase you make and automatically invests it for you
 - [Sonny's Personal Acorns Referral Link](#)
 - [Normal Acorn Link](#)

Keeping Track of Your Money

- This is a tricky one, it can be really easy to buy Boba every day and then you look at your bank account and it's in the negatives :(
- Set your bank account to text you once you get past a certain threshold
- Use an app like Mint! It categorizes your spending so it's easier to visualize.
 - [Mint: Budget Tracker & Planner | Free Online Money Management](#)

Health & Social Services

Physical Health

Tang Center

- TL;DR: Student health services, fairly expensive if you don't have SHIP but sometimes you can pay out of pocket and then submit to insurance for reimbursements.
 - "Students can use the medical services at the Tang Center just as they would their regular doctor's office and urgent care center. Our facility is fully accredited, staffed by licensed and/or board-certified physicians, nurse practitioners, physician assistants, a nutritionist, and nurses."
- Where: [Tang Center Medical](#)
- Sonny's Comments:
 - Fairly shit when you're sick-- appointments are impossible to get most times going to URgent Care is the best options
 - Good for getting vaccines and stuff like that
 - Offers HRT and Trans and queer related healthcare (Idk anything about that because I never used it)
 - Offers free anonymous HIV testing on certain days
 - Also has easy to access birth control (don't have to even go in just request on eTang)

Suitcase Clinic

- About: Offers free health and social services to underserved populations.
 - Operates three weekly multi-service drop-in centers in the city of Berkeley: the General Clinic, the Women's Clinic and the Youth/LGBTQ+ Clinic.
- Where:
 - [Suitcase Clinic Berkeley](#)

Berkeley Free Clinic

- About: Clinic offers free limited medical care from lay healthcare workers and medical professionals
 - Good for STI testing and close to campus, however they have limited resources
 - Also offers free naloxone and harm reduction for those who use drugs
- Where
 - (510) 548-2570
 - 2339 Durant Avenue, Berkeley, CA 94704
 - [Berkeley Free Clinic](#)

Planned Parenthood

- About: Beautiful I love them, amazingly health care providers.
 - "We offer life-saving cancer screenings, birth control, sex education, and STD testing and treatment including PEP and PrEP to prevent HIV infection, infertility services, and more.
 - Planned Parenthood Northern California serves all people regardless of immigration status, race, ethnicity, gender, sexual orientation, religion, disability, or ability to pay.
 - Care. No matter what."
- Where
 - El Cerrito, Oakland
 - [Planned Parenthood Northern California](#)
 - [Planned Parenthood Get Care](#)
- Sonny's Advice:
 - Great place to go for sexual health related things like STI/ HIV testing, birth control overall sexual wellness
 - Also great for HRT referrals, overall really trans and queer friendly in my experience
 - Does require show them a photo ID
 - However like all places that offer healthcare usually want you to have health insurance, however this could show up on your parent's insurance if you are still under them
 - More on this: [Paying for Your Visit](#)

- Options for this are either talk to Planned Parenthood when you're there about your options and how to not get it to show up
- Option 2 (that i cannot endorse but I'm putting it out there) Lie. There's a program called Family Pact which is state paid for insurance for things related to reproductive health (so STI testing but not things like HRT). Say you make some money like \$1-2 k a month but dont have insurance and you'll qualify based on current standards. Also don't say you're a student because then they expect you to have student health insurance

Mental Health

Tang Center Mental Health Services:

- "Meet the Staff: Worried about finding a provider who looks like you? Or is knowledgeable about first-gen, low income, POC, queer issues? Find one here
 - [Meet the CAPS Staff](#)
- Satellite Offices:
 - Free consultations in different locations around campus including Cesar Chavez and Bechtel
 - [Satellite Offices](#)
- Counseling and Psychological Services: Counseling for academic, personal and career concerns. Psychiatry services for when medication can help with counseling
 - [Counseling and Psychological Services](#)
 - Get started in counseling:
 1. A brief telephone triage appointment with a CAPS staff member to assess a student's needs and to direct you to the most appropriate counselor. Please call the CAPS front desk to schedule this telephone triage appointment with a counselor. During the triage appointment, the counselor will assist you with determining appropriate next steps. This might include any of the following:
 - i. A 45-minute in-person counseling appointment (generally available within 1-2 weeks)
 - ii. Crisis drop-in counseling (available Monday-Friday 10am-5pm for urgent concerns)
 - iii. Group counseling
 - iv. A referral to other resources
 - b. For questions or to set up a phone triage:
 1. Visit our [FAQ page](#).
 2. Call (510) 642-9494, or

3. Schedule a CAPS phone triage appointment online through [eTang patient portal \(link is external\)](#)
 2. [Urgent counseling](#) available on a drop-in basis: Monday – Friday, 10 am-5 pm (3rd Floor Tang Center)
 3. Drop-in hours at our [Satellite Locations](#)”
- Individual vs Group Counseling?
 - You might want to try both! Group counseling can be a good way to learn from others' experiences and feel less alone (also it's free unless you skip your appointment even without SHIP). The groups range in variety each semester from groups just for men, grad students, survivors of sexual harm or intimate partner violence.
 - Individual counseling might be better if you don't want to talk about your experiences in front of others (keep in mind the groups have confidentiality rules though), or want focused help.
 - For group counseling: Call UHS Social Services at (510) 642-6074
 - For individual counseling follow the steps above.
 - [UHS Counseling](#)
 - Commonly Asked Questions:
 - How many sessions do I get
 - At the time of writing this 5 a semester. But if you ask nicely they can give you more sessions.
 - What if I can't afford it
 - I'm sorry this is a shitty situation. You can ask for more sessions. You can also ask for a referral to an outside agency that might do a sliding scale or take insurance.
 - What if I just need something quick?
 - Check out satellite offices! They are walk in and short appointments so there's not as much of a wait for them. Also on campus so not as far of a walk.
 - What if I don't want long term services but just enough to get DSP accommodations?
 - Just make an appointment and ask the first person you get assigned to. They know how to fill out DSP paperwork.
 - What if I didn't like the person I saw
 - It's tough to find someone who resembles you perfectly, especially at Tang. Try to pick the most important characteristics for you, maybe POC identifying is more important than queer, or female or ethnicity. Which characteristics are you willing to compromise on vs are immediately crucial to your mental health. Because honestly, it's going to be hard to find someone with all your identities. Either research on meet our staff or during your intake appointment ask for someone with those

characteristics. If you don't like them for other reasons, try someone new, it can take a couple of tries for the personalities to match.

Social Services

Tang Center Social Services

- About: Counseling for specialized concerns such as chronic medical illnesses, pregnancy, eating disorders and nutrition, violence, and alcohol or other drugs
- Where:
 - [UHS Social Services](#)

Sexual Assault & Domestic Violence

Path to Care

- About: Supports survivors through advocacy and education
 - Really amazing organization on campus
 - Can get you confidential help with medical care, reporting options, emotional support, accommodations
 - “The PATH to Care Center leads the efforts to transform our campus into a community that is free of sexual violence, sexual harassment, intimate partner violence, and stalking through prevention, advocacy, training, and healing. We collaborate with the campus community to make social change with the goals of preventing, intervening in, and responding to harassment and violence, eliminating oppression, and creating the culture and environment we all aspire to and deserve.”
- Where:
 - Call our 24/7 Care Line at 510-643-2005
 - “The Care Line is a 24/7, confidential, free, campus-based resource for urgent support around sexual assault, sexual harassment, interpersonal violence, stalking, and invasion of sexual privacy.
 - The Care Line will connect you with a confidential advocate for trauma-informed crisis support including time-sensitive information, securing urgent safety resources, and accompaniment to medical care or reporting.

- Advocates are available to support UC Berkeley community members as well as those who have been harmed by someone from the UC Berkeley community.
- PATH to Care Center advocates answer The Care Line Monday – Friday, 9:00am to 4:30pm. During evenings, weekends, and holidays, The Care Line is answered by a partner agency”
- [Homepage - Path to Care](#)

Sexual Assault

National Sexual Assault Hotline

- The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.HOPE (4673) and through [chat](#).
- Where:
 - [About the National Sexual Assault Telephone Hotline](#)
 - [Online Chat Hotline](#)

Bay Area Women Against Rape

For all survivors not just women

- About: Will go with you to a hospital after a sexual assault/ guide you through the process if you so desire
 - “Founded in 1971, BAWAR was the first rape crisis center in the country. It was founded with the two-part goal of establishing a place where survivors of sexual violence could receive the quality counseling and advocacy they need, and to provide community education around these issues.
 - Although our name is Bay Area Women Against Rape, we serve anyone affected by sexual violence. BAWAR defines sexual violence by the narratives of the survivors who experienced the violence. We are here to believe and validate the community we serve in a trauma-informed, culturally appropriate and accessible way.
 - All of our counseling services are confidential and free of charge.”
- Where:
 - <https://www.bawar.org/>
 - Hotline: (510) 845-7273

Domestic Violence

National Domestic Violence Hotline

- “At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
- The Hotline provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. We also provide support to friends and family members who are concerned about a loved one. Resources and help can be found by calling 1-800-799-SAFE (7233). Individuals who are [Deaf or hard of hearing](#) may use TTY 1-800-787-3224. Additionally, advocates who are Deaf are available 24/7 through the National Deaf Hotline by video phone at 1-855-812-1001, Instant Messenger (DeafHotline) or email (nationaldeafhotline@adwas.org).
- If it's not safe for you to call, or if you don't feel comfortable doing so, another option for getting direct help is to use our [live chat service](#) here on this website. You'll receive the same one-on-one, real-time, confidential support from a trained advocate as you would on the phone. Chat is available every day from 24/7/365. El chat en español está disponible de 12 p.m. a 6 p.m. Hora Central.”
 - Where
 - [Get Help | The Hotline](#)
 - The National Domestic Violence Hotline is also available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)
 - [Live Chat | The Hotline](#)

Asian Women's Shelter

Welcomes all survivors

- “We have the cultural and language capacity to address the specific needs of individuals from Pan-Asian backgrounds, we welcome all survivors.”
- Where:
 - [Asian Women's Shelter](#)
- AWS 24/7 emergency shelter
 - “Safe, confidential housing Emergency services, including food, clothing and ongoing health services Multilingual support and culturally competent services Intensive case management Individual and group support Coordination of support services such as legal advocacy and assistance, transportation, counseling, training/employment, and mentoring Follow-up services, including resources to establish permanent or transitional housing. The average stay for residents is three months. However, recognizing the overwhelming hardships that survivors often face after leaving domestic violence, including homelessness, poverty, as well as immigration and legal hurdles, we evaluate length of stay on a case by case basis.”

- AWS has a 24-hour, confidential, toll-free crisis line:
 - 1-877-751-0880
 - Trained crisis line workers respond to calls and connect callers with language advocates when needed. Callers can get over-the-phone support, safety planning, access to AWS services, and information and referrals.

WOMAN Inc

(Pretty sure inclusive but can't find a definite answer)

- About: Resources for crisis lines, transitional housing and counseling.
 - "Women Organized to Make Abuse Nonexistent, Inc. (W.O.M.A.N., Inc.) has operated since 1978 as a community-based, multi-service agency, serving survivors of domestic violence in San Francisco and the larger Bay Area.
 - The W.O.M.A.N., Inc. 24-hour support line offers support via peer counseling, safety planning, and referrals for needed resources. Very often our support line is used as a safe space for survivors to openly share details of their lives including the abuse they survive. As peer counselors, our role is to support them. Many times a survivor just needs someone to listen without judging, to help them better understand their experience, and to validate their feelings and choices."
- Where: [Welcome | WOMAN Inc](#)
 - [Support | WOMAN Inc](#)
 - 24 hours a day, 7 days a week Hotline at: (877) 384-3578

Identity Based Sexual Assault & Domestic Violence Resources

Community United Against Violence (CUAV)

LGBTQIA+

- CUAV "provides remote counseling available for LGBTQI+ survivors of violence, domestic violence, hate violence and police violence
 - "Founded in 1979, CUAV works to build the power of LGBTQ (lesbian, gay, bisexual, transgender, queer) communities to transform violence and oppression. We support the healing and leadership of those impacted by abuse and mobilize our broader communities to replace cycles of trauma with cycles of safety and liberation. As part of the larger social justice movement, CUAV works to create truly safe communities where everyone can thrive."
- Where:
 - [CUAV](#)
 - (415) 333-HELP
 - Email at info@cuav.org

Asian Women's Shelter's Queer Asian Women and Transgender Support (QAWTS) Program

- About: “Since its creation in 1991, Asian Women's Shelter's Queer Asian Women and Transgender Support (QAWTS) Program, one of the first and only programs of its kind in the nation, has been at the forefront in addressing intimate partner violence in the LGBTQ community. In addition to providing comprehensive services for queer survivors of violence, QAWTS works on innovative programs and prevention strategies.”
- Where:
 - [SFAWS | Programs](#)
 - [Asian Women's Shelter *Welcomes all survivors*](#)

BAWAR Latinx Program

- Where: [Latinx Program](#)
- [Bay Area Women Against Rape *For all survivors not just women*](#)

BAWAR LGBTQIA+

- Where: [LGBTQIA+](#)
- [Bay Area Women Against Rape *For all survivors not just women*](#)

WOMAN Inc. Latinx Program

- About:
 - “The Latinx Program offers in-depth case management to Spanish-speaking survivors of domestic violence, and works to support survivors in a culturally appropriate setting. Working collaboratively with a team member, the survivor creates short and long-term goals designed to help overcome the obstacles preventing them from creating a life free of violence.”
- Where: “For more information about the Latinx Program, or to talk with a member of the team, simply come to the office during our drop-in support hours:
 - Wednesdays 11:00am – 12:30pm
 - Fridays 2:00pm – 3:30pm”
 - [WOMAN Inc](#)

StrongHearts Native Helpline

- About: “The StrongHearts Native Helpline (**1-844-762-8483**) is a culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.”
- Where: [StrongHearts Native Helpline | Find Healing | 1-844-762-8483](#)

Crisis Lines

Note: I have tried to find out which ones report to police and which don't and have tried to note when I have this information

SF Suicide Prevention Crisis Line

- Where: Available 24/7 at 415-781-0500,

California Peer-Run Warm Line

- The California Peer-Run Warm Line offers free nonemergency emotional support and referrals via phone or instant messaging.
- Where:
 - Its toll-free number is 855-845-7415 and it operates 7 a.m.-11 p.m. Mondays-Fridays, 7 a.m.-3 p.m. Saturdays and 7 a.m.-9 p.m. Sundays.
 - Chat: [California Peer-Run Warm Line](#)

Crisis Support Services of Alameda County

- Available 24/7 at **1-800-309-2131**. Callers do not have to be experiencing suicidal thoughts or feelings to call.
- Crisis Support Services of Alameda County has a free Text Line Program available 4:00 p.m. -- 11:00 p.m. 7 days. Text SHARE to 20121. Standard text message rates apply. Texters do not have to be experiencing suicidal thoughts or feelings to text. More info: [Local Text Line](#)

National Suicide Prevention Life Line

- Where: [National Suicide Prevention Lifeline](#)
 - 24/7 1-800-273-8255
 - [Lifeline Chat](#)

Queer Crisis Lines

Trevor Project

- About: "Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386."
- Where: [The Trevor Project — Saving Young LGBTQ Lives](#)
 - Text and Chat at: [Get Help Now](#)
 - TrevorLifeline at 1-866-488-7386."

Trans LifeLine

Does not call police

- About: Peer support for trans folks by trans folks
 - This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.
- Where: [Peer Support Hotline](#)

- 9am-3am CT: 1-877-565-8860

Accommodations

Disabled Students Program

- TL;DR Offers resources and accommodations to those with physical, learning or psychological disabilities
- Get started with DSP
 - [Submit an online application for DSP services\(link is external\)](#)
 - Schedule your Intake appointment with a Disability Specialist by calling the DSP receptionist at (510) 642-0518.
 - Provide DSP with verification of your disability preferably at least 48 hours in advance of your Intake appointment with a Disability Specialist.
 - Meet with your Disability Specialist for an interactive appointment to discuss the accommodations or services you may require (Note: if your medical documentation verifying the severity level of your disability has not been received by DSP 48 hours prior to your appointment, a follow-up appointment may be required). For more information on documentation go to [Documentation](#).
- Where:
 - [Disabled Student's Program](#)
 - 260 César E. Chávez Student Center, #4250
 - dsp@berkeley.edu
 - Voice: (510) 642-0518
 - TTY: (510) 642-6376
 - Fax: (510) 643-9686
- Commonly Asked Questions:
 - What if I don't like the specialist I got?
 - It's really important to jive with your specialist because they are going to be the one supporting you the next couple of years. Talk to the front desk person and ask for a new person or talk about your concerns.
 - What are examples of accommodations?
 - So many! The Loop (on campus van for mobility access accommodations)
 - ASL, audio versions of books, extended time on tests and assignments, quiet space when taking tests, note taking, audio recording for lectures, ability to use technology in class, tutoring, just ask for what will help you!
 - What if my professors won't accommodate me?
 - Fight them! Keep track of conversations or emails, go to your DSP advisor, if that doesn't help go to the Student Advocates office.
 - Will this affect me getting a job or grad school?
 - Nope, these are confidential services. It doesn't show up on your transcript or resume anywhere. The only way jobs would know is if you

ask for accommodations during your interview or during the onboarding process. Same for grad school!

- Sonny's Advice: DSP accommodations can be really stigmatized like oh it's just people making up disabilities just to get extra time, this is hella false. Anxiety and depression (for myself were hella real and made it really hard to concentrate even though other people couldn't see that) For me joining DSP was one of the main things that helped me get through Cal. ALthough I do wish I had advocated for myself more because originally my DSP advisor sucked and wouldn't give me certain accommodations that I didn't get until I got a new advisor 2 years later who was like no totally you should have gotten those accommodations the first time you asked for them. So fight for yourself! I know it's scary but it's really really really worth it. And overall DSP is just there to help you succeed.
 - Going back to the stigmatizing part, getting a DSP accommodation isn't easy but once you're in the system you're good for your time at Cal. If you already have a doctor you see for your disability then ask them to fill out the paperwork. If you don't have a doctor then go to the Tang center and ask them for help. Since DSP takes so long it doesn't particularly matter if you like the person you're assigned as long as they will fill out your paperwork for you. Later you can find a professional you actually like.
 - DSP can take a while and they can get really busy. So get started early! Even if you don't think you'll need to just sign up and you don't have to use your accommodations. Better to have them and not use them than later in the semester when they are busy to have to need them.

Academic

Tutoring

SLC

- About: Free tutoring! Including math, writing, english, social sciences, sciences. Offers support for mostly lower division courses, but also some upper div ones. Other great aspects of the SLC are their adjuncts (kinda like small classes specific to a certain class that have examples and reviews) and study groups.
 - “The Student Learning Center is the premier undergraduate academic support unit at UC Berkeley. Founded in 1973, the Center was established to provide a rigorous and inclusive space for undergraduates to collaborate, learn, and grow. We view peer collaboration as the touchstone of academic and personal success.
 - The Student Learning Center has grown to serve more than 10,000 undergraduates annually—approximately 30% of the university’s undergraduate population. Today, we’re recognized for our process-oriented, research-driven, and culturally informed approach to collaborative peer pedagogy.
 - With a wide range of classes, programs, and events, the SLC seeks to push the boundaries of traditional learning models, while advancing our mission of undergraduate empowerment. To further foster academic excellence, we will continue to expand the breadth and depth of our innovative services.”
- Where:
 - [Student Learning Center: Home](#)
 - César E. Chávez Student Center (Behind GBC on the first floor)
 - Email: slc@berkeley.edu
 - Phone: (510) 642-7332

CAEE

- About: Center for Access to Engineering Excellence (Side note I love this place, I worked here for 2 years, it’s amazing and only grown as a resource)
 - Meant as a resource for engineering students, open to anyone with a Cal ID. Has tutoring for all lower division engineering classes and pre reqs like math and physics. Also offers tutoring for upper division engineering subjects.
 - Also has resources such as textbooks, success closet with formal clothes for interviews and conferences, and a snack closet with food.
 - “The Center for Access to Engineering Excellence (CAEE), located in 227 & 240 Bechtel Engineering, is a hub for student engagement and academic success. It is open to all Berkeley Engineering students for use as study space.

- We offer drop-in tutoring services for most engineering core courses. Our tutors are current students who have shown both a strong grasp of the material and a talent for assisting those who need some added support with their coursework.
- Below is the complete tutoring schedule for the current semester at Berkeley Engineering. Tutoring is located in 227 & 240 Bechtel Engineering Center.”
- Where:
 - 227 & 240 Bechtel Engineering Center
 - [Academic Support: CAEE](#)
 - Email: caee.berkeley@gmail.com

Testing

HKN

- About: EECS honors society has EECS tests
- Where: [Eta Kappa Nu](#)

TBP

- About: Berkeley wide test bank (also course syllabi)
- “A database of student-submitted syllabi, exams, and solutions, intended for use as a source of practice problems, exam preparation, and historical perspective. This database is not organized or maintained by the course instructors, so all materials should be recognized as incomplete and potentially obsolete. Many instructors maintain a current course website, which should be consulted first.”
- Where: [Exam and Syllabus Database - Tau Beta Pi, California Alpha Chapter](#)

Research

Underrepresented Researchers of Color

- About:
 - “Welcome to our student-led organization, Underrepresented Researchers of Color (UROC)! We serve as a pipeline to increase representation of marginalized students in research programs and grad schools, and seek to build a community of researchers of color. As research is an extremely isolating and exclusive process at this institution, we seek to dismantle this. Furthermore, students of color perform low rates of research at this research institution, alongside research programs on campus having low representation and acceptance rates of students of color. In other words, marginalized students receive little to no mentorship and access to resources to conduct their research/projects. We exist to bridge this gap.

- UROC events/workshops are open to the public (on or off campus) and held regularly. Part of how we're cultivating this community is to provide students with necessary tools and resources – such as mentorship, panels/mixers, research methodology workshops, and decolonizing research workshops – for students to envision research that is relevant to their identities and communities with which they're engaging.”
- Where: [About UROC | Underrepresented Researchers of Color, UC Berkeley](#)

OURS

- About: Office of Research stuff. Literally exists just to help you get research
 - “The Office of Undergraduate Research and Scholarships (OURS) is UC Berkeley’s hub for undergraduate research and prestigious scholarships. Established in 1997, OURS seeks to integrate undergraduates more fully into the dynamic and diverse research life of UC Berkeley. The center does so through a wide range of programs, workshops, partnerships, and communication platforms that:”
- Where: [Undergraduate Research - Letters & Science - UC Berkeley](#)
- [OURS Peer Advisors](#) offers drop-in hours each week to discuss undergraduate research.
 - [Peer Advisors](#)

Pathways to Science

- About: Database of lots and lots and lots of STEM opportunities
 - “The mission of the Institute for Broadening Participation is to increase diversity in the Science, Technology, Engineering and Mathematics (STEM) workforce. Since 2003, IBP has connected underrepresented students with STEM funding and research opportunities, and has provided faculty and administrators with tools and resources to help promote the positive factors that keep underrepresented students on the STEM pathway into successful STEM careers. We design and implement strategies to increase access to STEM education, funding, and careers, with special emphasis on diverse underrepresented groups. We believe that diversifying the STEM workforce is the best way to ensure our nation's economic vitality and solve global challenges”
- Where: [PathwaysToScience.org: Increasing Diversity in Science, Technology, Engineering, and Mathematics \(STEM\)](#)

URAP

- About: Research Apprentice program for undergrads, so you apply to work on specific projects with specific professor
 - “The Undergraduate Research Apprentice Program (URAP) is designed to involve Berkeley undergraduates more deeply in the research life of the

University. The Program provides opportunities for you to work with faculty on the cutting edge research projects for which Berkeley is world-renowned. Working closely with faculty, you will deepen your knowledge and skills in areas of special interest, while experiencing what it means to be part of an intellectual community engaged in research.

- New research opportunities are open at the start of each semester. Student applications are due in the second week of classes each term. For detailed information, please see [URAP Application](#).”
- Where: [URAP - Undergraduate Research Apprentice Program at UC Berkeley](#)

Textbooks & iClickers

Online Textbooks

Just gonna link these cuz it's pretty self explanatory

- [Open Textbook Library](#)
- [Free Online Textbooks/E-Books](#)
- [Library Genesis](#)
- [TextBookGo.com | Free Online Textbooks For College](#)
- [How to find PDF and public ebook versions of your textbooks](#) (Reddit)
- [Guide for Finding Textbooks : Piracy](#) (Reddit)

Cheap Textbooks

- UC Berkeley Library
 - Often in course reserves so you can't check them out but you can scan them for free
 - [OskiCat - UC Berkeley Library Web Catalog](#)
 - Scanning: [Print/scan | UC Berkeley Library](#)
- [Save up to 90% on rental, new, used, and digital textbooks](#) | Amazon

iClickers

EOP:

- Where [EOP STEM](#) (Towards the bottom on the page)

CAEE

Ask the front desk assistant

- Where:
 - 227 & 240 Bechtel Engineering Center
 - [Academic Support: CAEE](#)

- Email: caee.berkeley@gmail.com

ASUC AAVP

- [AAVP](#)
- <https://asuctech.berkeley.edu/#>

Computers

Computer Help

Student Tech Support

- About: "UC Berkeley, paid for by your [Student Tech Fee](#) each semester.
- We can assist with:
 - Resolving WiFi problems and getting online
 - Installing and optimizing free campus software (incl. Adobe, Matlab, Microsoft, and LinkedInLearning)
 - Troubleshooting device issues, e.g. blue screens, slow performance, data recovery, etc.
 - Setting up CalNet 2-Step, removing malware, and ensuring security
 - Locating campus resources for printing, laptop lending, creative labs, and much more"
- Where: [Get Tech Support | Student Technology Services](#)

Help Desk's on Campus

- [Computer Facilities](#)

Computer Access

On Campus Computers

OCF

- About: Computers in MLK
- Where: 171 MLK Student Union
 - [Computer lab](#)

Student Tech Support

- [Student Technology Resources | Student Technology Services](#) -> Computer Labs

Laptop Loaners

Library

- [Electronic Devices Lending Policy](#)

CAEE

Generally only for engineering students with need

Ask the front desk assistant

- Where:
 - 227 & 240 Bechtel Engineering Center
 - [Academic Support: CAEE](#)
 - Email: caee.berkeley@gmail.com

Free Software

[Software @ Berkeley](#) | [Software @ Berkeley](#)

[Software Downloads](#) | [Student Technology Services](#)

Printing on Campus

Vaguely Low Cost

- Map of printers: <https://studenttech.berkeley.edu/printing>

Free

OCF

- For all Berkeley students
- “200 pages per semester & 20 pages per day”
- Where: 171 MLK Student Union
 - [Printing](#)

DECF

- About: Printing and computer lab for engineering except EECS cuz they get their own printing
 - During building open hours if there isn't a class in there you can print for free as long as you have DECF account
- Where: 1111 Etcheverry
 - [DECF](#)

- [DECF Services](#)
- [DECF 1111 Lab](#)

Higher Education

General Info: [Graduate & Professional School](#)

How to apply to Grad school if you're poor

- [How to Prep for Grad School if You're Poor](#)

Testing

Ginormous Drive of GRE resources

- [GRE](#)

Check out your local library they have lots of test books you can check out

EOP Discounts

- [Financial Assistance](#) -> Bottom of the Page

Scholarships

GEM

- About: For African Americans, American Indians, and Hispanic Americans students
 - "The mission of The National GEM Consortium is to enhance the value of the nation's human capital by increasing the participation of underrepresented groups (African Americans, American Indians, and Hispanic Americans) at the master's and doctoral levels in engineering and science.
 - GEM recruits high quality underrepresented students looking to pursue Master's and Doctoral degrees in applied science and engineering, and matches their specific skills to the specific technical needs of GEM employer members."
- Where: [The National GEM Consortium | The National GEM Consortium | GEM Fellowship Program](#)

Point Foundation

- About: For Queer students
 - "Point Foundation (Point) is the nation's largest scholarship-granting organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ) students of merit.

Point promotes change through scholarship funding, mentorship, leadership development, and community service training.”

- Where:
 - [Point Foundation | The National LGBTQ Scholarship Fund](#)
 - [Apply](#)

GRAPES

- About: From UCLA
 - “Search for awards from among 625 scholarships, grants, fellowships, and postdoctoral awards. Free-to-search for applicants to any graduate program, to graduate students working on a master’s thesis or doctoral dissertation, and to postdoc scholars.”
- Where: <https://grad.ucla.edu/funding/#/>

[Cal Grad School FinAid Resources](#)

Career

Specific [Career Center Resources](#)

- [Career Center offers 30 min appointments](#)
 - Meet with a Career Counselor to go over in-depth questions about career exploration, internship/job search strategies, LinkedIn reviews, and much more.
- [Resume and Letter Writing](#)
- [Workshops and Job Fairs and Info Sessions](#)
- [For specific affinity groups](#)
- [Sign up for specific career mails](#)
 - Get specific events and resources for your major/job category
- [Offers and Negotiations](#)

Finding Jobs

- [Handshake](#)
 - About: Internal job board for Cal students
- [LinkedIn](#)
- [Indeed](#)
- [Ziprecruiter](#)

Identity & Community Resources

Queer Students

- [OUT Faculty at Cal](#)
 - List of Out faculty at Cal
- [Gen Eq](#)
 - About: Space on campus with staff, provides resources workshops, community
 - Where: [About Gender Equity](#)
 - Behind GBC, 202 Cesar Chavez #2440
- QARC
 - About: Student run umbrella for all queer orgs on campus, lots of resources
 - Where: [Queer Alliance Resource Center - Home](#)
 - 4th floor MLK left side, 416 MLK Student Union, Bancroft Way
- [Trans and Queer Free Pile](#)
- [Tang \(LGBTQ+ Services\)](#)
- Pacific Center
 - About: Offers counseling & community groups
 - “Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQ+ center in the Bay Area, the third oldest in the nation, and operates the only sliding scale mental health clinic for LGBTQ+ people and their families in Alameda County.
 -
 - The Pacific Center fosters and enhances the well-being and self-respect of diverse Lesbian, Gay, Bisexual, Transgender, and Queer, youth, seniors, adults, and families through the delivery of LGBTQ-proficient mental health and wellness services, and through the training of a strong and inclusive community of LGBTQ-proficient mental health care professionals.”
- Where:
 - [Pacific Center for Human Growth: Home | LGBTQ+ Services | Berkeley](#)
 - 2712 Telegraph Avenue
 - info@pacificcenter.org
 - 510-548-8283

Undocumented Students

Undocumented Student Program

- About: “USP practices a holistic, multicultural and solution-focused approach that delivers individualized service for each student. The academic counseling, legal support, financial aid resources and extensive campus referral network provided

by USP helps students develop the unique gifts and talents they each bring to the university, while empowering a sense of belonging. The program's mission is to support the advancement of undocumented students within higher education and promote pathways for engaged scholarship."

- Where: <https://undocu.berkeley.edu/>
 - Dreamer's Resource Center
 - 119 Cesar Chavez Center, Berkeley, CA 94720-4210
 - (510) 642-7224
 - undocu@berkeley.edu

Low Income and/or First-Gen Students

EOP

- About: Hella resources for low-income, first gen and/or historically underrepresented students
 - "All EOP students benefit from individualized academic counseling, various support services, and extensive campus referral network. In addition, students who meet the "low-income" criteria are also offered the services and benefits listed under the financial assistance section of our website (including various grants and fee reductions).
 - Students are notified with a confirmation of their EOP status through a Cal Central notification regarding the EOP Survey or a direct email from our office once they are admitted. If you received either of these, please visit our office in 119 Chavez to show confirmation and begin using our services.
 - If you have not received any of these notifications, but feel you meet criteria, the quickest way to be verified is visiting our front office in 119 Cesar Chavez or calling 510-642-7224 Monday-Friday 9am-4pm."
- Where: [Students](#)
 - Bottom floor of Cesar Chavez: 119 Cesar Chavez

Students With Disabilities

Lime Connect

- About: Resources including scholarships, career stuff, and workshops for students with disabilities
- Where: [LIME](#)

Disabled Students Program

- See Also: [Disabled Students Program](#)

Center for Independent Living

- About: “Provided services for people with disabilities that included wheelchair repair, assistance finding accessible and affordable housing, and vocational training.”
 - Offers various programs such as vocational training, assistive technologies, connecting communities of people, as well as providing advocacy and counseling.
- Where:
 - In Berkeley: 3075 Adeline Street, Suite 100, Berkeley, CA. 94703
 - Also Has locations in Alameda and Fruitvale as well
 - [TheCIL | Center For Independent Living, Berkeley](#)
 - Main Phone: 510-841-4776
 - Video Phone for the Deaf: 510-356-2662
 - Email: info@thecil.org

Students of Color

MultiCultural Community Center

- About: Community space on campus with resources such as counseling, free printing and a library for POC
- Where: [MCC](#)
 - 2nd floor of MLK

Bridges

- About: “The bridges Multicultural Resource Center is a coalition made up of 7 recruitment and retention centers.”
 - “Provide support for newly admitted first year, transfer, as well as continuing and re-entry students of color”
- Where: [bridges | Multicultural Resource Center](#)
 - 2495 Bancroft Way, Berkeley, CA, 94720
 - Huichin Ohlone Land
 - Martin Luther King Jr. 4th Floor
 - Room 404, 406, & 410
 - University of California - Berkeley

Student Development Centers

- About: Resources for specific race & ethnic groups

- “The Centers for Educational Justice & Community Engagement (EJCE) at UC Berkeley is a collaborative of offices and centers that advocate for, build capacity with and dialogue among and across diverse communities. Our community engagement approach enriches the academic success of students while fostering a campus climate that honors the dignity of all people. Each partner space is steeped in rich and vibrant legacies and established community-centered praxes of educational justice: leadership development, access, activism, academic excellence and social justice. Our work reflects interconnected identities and experiences through our collective and individual commitments to support and advance future global leaders.”
- Where:
 - [EJCE](#)
 - Each center is located within Cesar Chavez

Grievances

Student Legal Services

- TL;DR: Free legal consultations for registered Cal Students.
 - Can help with basically anything that's a legal matter as long as it's not against the school itself
 - If it's a grievance against another student you'll both have to sign an agreement.
 - Gotta make an appointment, it doesn't have walk-in appointments
- Where:
 - Located in Sproul Hall
 - [Student Legal Services | Basic Needs](#)
 - [Student Legal Services](#)
- Sonny's Thoughts: You pay for the lawyer through your student fees, to begin with so you might as well consult with them initially

Student Advocates Office

- About: Amazing resource for students by students
 - 4 main divisions: academic, financial aid, conduct, and grievance but not limited to these categories
 - “The ASUC Student Advocate's Office (SAO) — effectively the campus public defender — is an executive, non-partisan office of the student government at UC Berkeley. We offer representation, help, and advice to any student or student group involved in a dispute with the University.
 - Our caseworkers have experience and knowledge about all sorts of problems, including conduct violations, grade disputes, enrollment issues, financial aid

problems, establishment of residency, discrimination, and harassment. All assistance is free and confidential.”

- Where:
 - [Student Advocate's Office – Problems with the University? We can Help!](#)
 - [Contact Us](#)
 - 412B Eshleman Hall

East Bay Community Law Center

- TL;DR: Free legal services in east bay with regards to housing, health, immigration, eviction and others
 - “At EBCLC, the largest provider of free legal services in Alameda County and home to eight community-based clinics, students gain training and tools to address the many interrelated causes of injustice to promote justice and a more secure, productive, healthy, and hopeful community.”
 - “To promote justice and build a community that is more secure, productive, healthy, and hopeful by providing:
 - Legal services and policy advocacy that are responsive to the needs of low-income communities, and
 - Law training that prepares future attorneys to be skilled and principled advocates who are committed to addressing the causes and conditions of racial and economic injustice and poverty.”
- Where:
 - <https://ebclc.org/>
 - Hours M-F, 9-5 at 2921 Adeline St., Berkeley, CA
 - TEL: 510.548.4040
 - EMAIL: info@ebclc.org