



Welcome, SDSU Scholars!



Below please find a depository of resources related to Oakland Promise and San Diego State University. We hope this information will be helpful to you as you progress through your college journey. If there is anything you'd like to add or change, please contact Advising at advising@oaklandpromise.org.

Note about this doc: Accessing a website link or email from the [blue](#) links in this document is a two step process. First, you click on the [blue link](#). The web or email address will appear BELOW the word. You then click on the web or email address to access the site or send an email.

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Academic Calendar 2019-2020

Fall Semester 2019

Semester Begins	Thursday, August 22nd
First Day of Instruction	Monday, August 26th
Labor Day	Monday, September 2nd
Veterans Day	Monday, November 11th
Thanksgiving Holidays	Thursday-Friday, November 28th-29th
Instruction Ends	Friday, December 11th
Final Examinations	Monday-Friday, December 12th-18th
Semester Ends	Friday, December 31st

Spring Semester 2020

Winter Holidays	December 24th, 25th, 31st and January 1st
Semester Begins	Tuesday, January 21st
Instruction Begins	Wednesday, January 22nd
Martin Luther King, Jr. Day	Monday, January 20th
Presidents' Day	Monday, February 17th
César Chávez Day	Friday, March 27th
Instruction Ends	Thursday, May 7th
Final Examinations	Monday–Friday, May 8th–14th
Commencements	Friday-Sunday, May 15th–17th
Semester Ends	Friday, May 22nd

Summer Session 2020

Session 1 Begins	Tuesday, May 26th
Independence Day	Friday, July 3rd
Session 1 Ends	Monday, July 6th
Session 2 Begins	Tuesday, July 7th
Session 2 Ends	Friday, August 14th



Important Points of Contact at OP

Name	Email	Phone Number
Advising	advising@oaklandpromise.org	(510) 858-6054, dial 3 for College Completion



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San Diego State University Website Related Resources

1. [San Diego State University Website Related Resources](#)
2. [Academic Calendar](#)
3. [SDSU | WebPortal](#)
 - Student portal - register for classes, view financial aid award letter, class schedules, etc.
4. [Associated Students](#)
 - SDSU resource centers - rec & wellness, remote programs, museum tours, fun things to do, etc.
5. [Undergraduate Advising](#)
 - Virtual advising, phone advising, contact information
 - Requirements: GE, Major or Minor, and Graduation requirements
6. [Class Catalog](#)
7. [Financial Aid & Scholarships](#)
 - FAFSA and Dream Act application, grants, scholarships, and study abroad
8. [Career Center](#)



- Jobs, internships, events, workshops, meeting with a career coach, etc.

9. [Information for Transfer Students](#)

10. [On Campus Housing](#)

- a. Housing application, deadlines, fees

11. [Libraries](#)

- Online database, borrowing a laptop/ tech equipment, getting help on how to conduct research, etc.

12. [Student Health Services](#)

- [Counseling & Psychological Services](#), nutrition, optometry, laboratory, dental, pharmacy, eligibility, confidential self screenings, etc.

13. [Basic Needs](#) - Economic Crisis Response Team

- Crisis resolution, off-campus resources, on campus support: all related to food, housing, financial, mental health, and wellness

14. [Food Resources](#)

15. [Student Life and Leadership](#)

What is CalFresh?

- CalFresh, also known as the Supplemental Nutrition Assistance Program SNAP, is a nutrition program that can help you stretch your monthly budget! CalFresh can provide eligible students with the ability to buy and eat nutritious and healthy foods like fresh fruits, fresh vegetables, whole grains and much, much more!



- UC Santa Cruz also has: the student union pantry & lounge, ERC snack pantry, Cantu queer center food pantry, Slug support (dining meal vouchers)

National Hotline Numbers

[National Suicide Prevention Lifeline](#) toll-free at 800-273-8255

Try one of these free crisis chat services (Immediate Online Assistance):

- [Crisis Chat](#)
- [Crisis Text Line](#) (on your smartphone)
- [National Suicide Prevention Lifeline](#)
- [IMAlive](#)

AIDS

- [CDC AIDS Information website](#)
- AIDS Info: Treatment, Prevention and Research (800) HIV-0440

ALCOHOL

- Al-Anon for Families of Alcoholics (Automated meeting information)

(800) 344-2666
- Families Anonymous – 12-step program similar to Al-Anon, meeting information only

(800) 736-9805
- SAMHSA National Helpline 800-662-HELP (4357)



DOMESTIC VIOLENCE

- [National Domestic Violence Hotline](#) (800) 799-7233
- [Rape, Sexual Assault, Abuse, and Incest National Network \(RAINN\)](#)

(800) 656-HOPE

MEDICAL

- American Association of Poison Control Centers (800) 222-1222

OTHER

- Disaster Distress Hotline (SAMHSA) (800) 985-5990
- National [Eating Disorders](#) Center Helpline (800) 931-2237/ Open M-F, 9-9pm
- Veteran's Crisis Line (800) 273-8255

PREGNANCY

- Planned Parenthood Hotline (800) 230-PLAN (7526)

RAPE & SEXUAL ASSAULT

- [Rape, Sexual Assault, Abuse, and Incest National Network \(RAINN\)](#)

(800) 656-HOPE

- [National Domestic Violence Hotline](#) / Child Abuse / Sexual Abuse

(800) 799-7233

SUBSTANCE ABUSE

- SAMHSA's National Helpline (Substance abuse/ rehab) (800) 662-4357
- Poison Control (800) 222-1222
- National Institute on Drug Abuse Hotline (800) 662-4357



- [Cocaine Anonymous](#) (800) 347-8998