

Health Services

Health Services Center

The CSM Health Center is staffed by a full-time nurse practitioner, part-time physician and a health services assistant that are available to help students maintain their health needs.

Basic services include:

- First Aid treatment for illnesses and injuries
- Over-the-counter medications
- Condoms/Pregnancy testing
- Strep A testing
- Health counseling/Screenings
- Vision/Hearing
- Blood Pressure
- Off-Campus referrals as needed

Health Center

Gloria D'Ambra, Health Center Assistant

Health services can be used:

On a drop-in basis

By appointment

Location: Bldg. 1, Room 226

Mon and Thurs 8:30am-4:30pm

Hours: Tues and Wed 8:00am- 7pm

Fri 8:30am-2pm

Phone: 650-574-6396

Email: dambra@smccd.net

Psychological Services

Our personal counseling center provides free, confidential counseling to students enrolled at College of San Mateo.

For appointments visit the **Health Center** Gloria D'Ambra, Health Center Assistant

Location: Bldg. 1, Room 226

Hours: Mon-Thurs 8:30am-7pm
Fri 8:30am-12pm

Phone: 650-574-6396

Email: dambra@smccd.net

Disability Resource Center

The DSPS Program provides support services and accommodations to students with verified physical, psychological and specific learning disabilities. The services we provide depend upon the nature and severity of each individual's disability. Services may include:

- Counseling
- Priority Registration
- Special Parking
- Learning Disabilities Assessment
- adapted physical education
- assistive computer technology training
- instructional materials in alternate formats
- test taking accommodations (extended time, distraction-reduce setting)
- note taking assistance

Disability Resource Center

Kevin Sinarle, Counselor

To find out what kinds of services you may qualify for, please call the DRC and make an appointment for an intake interview.

Location: Bldg. 16, Room 150

Hours: Monday through Friday, 8:00 am to 4:30 pm and evening hours by arrangement
Tuesdays 8:00 am to 7:00 pm

Phone: (650) 378-7227

Email: sinarle@smccd.edu

Counseling Services

Academic Counseling Services



- **Counseling Appointments:**

Meeting with an academic counselor at least once a semester is your path to success. An appointment may be scheduled in advance at the front desk of the Counseling Center or by calling (650) 574-6400.

- **Student Education Plans (SEP):**

Every student collecting on the GI Bill needs an SEP. One should be developed during your first semester. An SEP outlines a suggested course of study for the individual student based on major, transfer plans and sequence of courses. You will need to update your plan each when a change is made to your educational objective.

- **Transfer Advising:**

Counselors provide transfer information, such as: General Education Requirements, (IGETC and CSU Breadth), preparation for major courses, general admissions requirements, and information on the UC and CSU systems, as well as California independent and many out of state colleges and universities. With counselor guidance, you can explore your options.

- **Degrees/ Certificates:**

With the option of over 87 degrees and 51 certificates, a student often remains undecided on a major. Counselors are available to discuss options and give general information on each major offered. They can also provide Major Sheets, discuss prerequisites and general career information.

**Dean Chowenhill,
Counselor for Veterans**

Location: Building 1, Room 241

Hours: By Appointment

Email: chowenhill@smccd.edu

Academic Counseling Services

Location: Building 1, Room 205

Hours: By Appointment

Phone: (650) 574-6400

- **Probation/Disqualification:**

When a student is placed on Academic Probation/Disqualification, or Progress Probation/Disqualification, counselors are available to counsel students on the most effective ways to achieve good academic standing. It is strongly recommended that students seek counseling as soon as possible to preserve their academic record.

Counseling Services

Transfer Services & Transfer Club



My experience at CSM was wonderful! The resources provided by this school are endless. I have gained guaranteed acceptance to UC Davis (*through UC Davis's Transfer Admission Agreement Program*) and I have been accepted to UC Santa Barbara, UC Merced and UC San Diego which is the school that I have decided to go to.

Transfer Services Mike Mitchell, Coordinator

Location: Building 1, Room 115
Monday 8 a.m.–7 p.m.
Tuesday-Thursday 8 a.m.–4 p.m.
Fridays, 8 a.m – Noon
Phone: (650) 574-6116
Email: mitchellm@smccd.edu

Career Development Center

The Center is a college resource designed to assist students in making decisions about their college major and/or career. It contains information about career opportunities, internships and college transfer programs, plus: labor market information; Internet access to jobs, video materials on majors and careers; and the career/academic information database.

Career Development Center
For a complete listing of workshops and events please come by the center.

Location: Building 1, Room 213
Hours: See www.collegeofsanmateo.edu
Phone: (650) 574-6116
Email: stalker@smccd.edu

Financial Services

Financial Aid



The rules that govern the financial aid programs can sometimes be complicated. However, the staff at the CSM Financial Aid Office is available to answer your questions and provide special assistance if and when you need it.

Financial Aid Office
Karen Chadwick, Financial Aid Tech.

Location: Bldg. 1, Room 217

Hours: See
www.collegeofsanmateo.edu

Phone: (650) 574-6514
(650) 574-6146

Email: chadwick@smccd.edu

Scholarships

College of San Mateo offers many scholarships, with awards ranging from \$100 to approximately \$2,000. Applications are generally available the beginning of November and due by the beginning of February. For specific dates and additional information, please contact the Scholarship Office.

Financial Aid Office
Karen Chadwick, Financial Aid Tech.

Location: Bldg. 1, Room 217

Hours: See
www.collegeofsanmateo.edu

Phone: (650) 574-6514
(650) 574-6146

Email: chadwick@smccd.edu

Bookstore



A book rental program is available for a growing number of class sections. For example, a new Psychology 100 textbook costs \$92.70 and buying it used costs \$69.35, while renting it costs \$38.25. Rented books must be returned at the end of the semester.

The following classes offer book rentals.

*****Please note:** Not all sections of these classes offer book rentals. Not all books for a section can be rented. Check the bookstore for more details.

ACTG	CHEM	LIT.	MATH
100	192	110	125
PLSC	PSYC	SPCH	
210	100	120	

CSM Bookstore
Judy Worster, Manager

Location: Building 36

Hours: Varies. See website:
bookstore.collegeofsanmateo.edu

Phone: (650) 574-6277

Email: worster@smccd.edu

Extended Opportunity Programs and Services (EOPS)

In order for a student to be considered for the EOPS program, the following criteria must apply: 1) full-time (12 units) enrollment, 2) qualification to receive the BOG Fee Waiver, 3) completion of fewer than 70 college-level units, and 4) meet the educational and low income guidelines. Among the more notable benefits offered are 1) transfer application fee waivers, 2) book service, and 3) additional counseling and tutoring time.

EOPS
Tami Hom, Coordinator

Location: Bldg. 20, Room 107
Monday and Tuesday,

Hours: 8:00am - 6:30pm
Wed. - Fri.,
8am - 4:30pm

Phone: (650) 574-6154

Email: homt@smccd.edu

Off-Campus Services

Peninsula Veterans Center



There may be benefits you are not taking advantage of that are due to you, or assistance that can be useful. James Horvath and the folks at the Peninsula Veterans Center are here to help! The Veterans Center is community based and provides a broad range of counseling, outreach, and referral services to eligible veterans in order to help veterans make a satisfying post-war readjustment to civilian life.

Peninsula Veterans Center James Horvath, OEF/OIF Outreach Coordinator

Location: 2946 Broadway St. (10B/RC)
Redwood City 94062
Hours: Mon-Fri 8:00am-4:30pm
Cell Phone: (650) 333-4450
Email: james.horvath2@va.gov

VA Hospitals

Getting help early can prevent PTSD and other problems from becoming chronic. VA is growing counseling and mental health services to meet the needs of the returning veterans and provide early treatment.

Palo Alto VA Hospital

The VA Palo Alto Health Care System (VAPAHCS) consists of three inpatient facilities located at Palo Alto, Menlo Park, and Livermore plus six outpatient clinics in San Jose, Capitola, Monterey, Stockton, Modesto, and Sonoma. These facilities provide some of the world's finest medical care and cutting-edge technology.

San Francisco VA Hospital

A patient-centered integrated health care organization for veterans providing excellent health care, research, and education; an organization where people choose to work; an active community partner; and a back-up for National emergencies. Outpatient clinic located in San Bruno and downtown San Francisco.

PALO ALTO VA HOSPITAL

Location: 3801 Miranda Avenue
Palo Alto 94304
Phone: (650) 493-5000
Website: www.palo-alto.med.va.gov

SAN FRANCISCO VA HOSPITAL

Location: 4150 Clement St.
San Francisco 94121
Phone: (415) 221-4810
Website: www.sanfrancisco.va.gov

Suicide Hot Line

VA has established a 24-hour suicide prevention hotline number:
1-800-273-8255

San Mateo County Veterans Services



The Veterans Service Office can assist you and your family in submitting claims for benefits to the VA and will provide follow-up service to insure that you receive your entitled benefits.

- Service connected disability compensation claims
- Non-service connected pension claims
- V.A. life insurance
- V.A. burial benefits
- California state veterans benefits
- V.A. Home Loan Guarantee

San Mateo County Veterans Services Michelle Payne, Vets Service Officer

Location: 260 Harbor Blvd., Bldg. A
Belmont 94002-4047
Hours: By appointment.
Tues.-Fri. 7a.m.-5:30p.m.
Phone: (650) 802-6598
Website: www.co.sanmateo.ca.us
Keyword search:
Veterans

Other organizations

Iraq and Afghanistan Veterans of America www.iava.org

Are you a veteran of Iraq or Afghanistan? If so, then you can join IAVA now. Membership is free, and you'll be linked in on the latest resources, local events, IAVA campaigns and news for and about veterans.

Vets4Vets

www.vets4vets.us

Founded in 2005 by a Marine Corps combat veteran of Vietnam, Vets4Vets is a place for veterans of today's wars in Afghanistan and Iraq to use peer support to help each other through speaking and listening.