

## WELLNESS RESOURCES

### Talk with a Therapist

619-594-5220, M-F, 8am-4pm.

Appointments are available online or in person for both distance and on-campus students.

### Wellness Counseling Groups

Common university life issues addressed in group sessions (e.g. Mindfulness and Meditation, Living with Loss, etc). Dates may change every semester.

### Center for Well-Being

Quiet space to relax; M-F, 8am-4:30p

## ACADEMIC RESOURCES

SDSU Writing Center - appointments available online, in person, e-tutoring)

### Library Assistance Online

#### Writing Tools

- **PERLA** (paid subscription) - APA citation and reference formatting
- **Endnote** (free through SDSU) - citation and reference manager
- **Grammarly**
- **Purdue OWL** - free APA 7th ed guide

### Free Campus Licensed Software for Students

- Adobe, Microsoft Suite

## STUDENT RESOURCE GUIDE

URL links embedded

# RCSA

### REHABILITATION COUNSELING STUDENT ASSOCIATION

### SAN DIEGO STATE UNIVERSITY

## ON-CAMPUS RESOURCES

### Associated Students Food Pantry -

provides nutritious food and food program referral services for SDSU students experiencing food insecurity. Hours may vary by semester.

### Aztec Recreation Center (ARC) -

free membership for currently enrolled SDSU students.

### Office for Graduate Life and Diversity -

offers a wide range of services, such as workshops and events, printing services, and much more.

## SOCIAL PLATFORMS

- **WhatsApp** (mobile app) - create a cohort group chat
- Follow RCSA on **Facebook** and **Instagram**

## ADDITIONAL RESOURCES

Current Student Resources through College of Education

SDSU Graduate Virtual Writing Center

Interwork Institute

RCSA Resources

How to Obtain an SDSU ID Card

(online and on-campus students)

Financial Aid/Scholarships

my.SDSU log in