

4. Financial, medical, and personal support

- ➔ [Financial Aid](#)
- ➔ [Counseling Center](#)
- ➔ [DSPS \(Disability Support Programs and Services\)](#)
- ➔ [Student Health Services](#)
- ➔ [Mental Health Services](#)
- ➔ [Scholarships](#)
- ➔ [Child Development Center](#)
- ❗ Other support services (www.sdcity.edu/titleV/resources.asp)
- ❓ For questions or comments about student referrals, please contact Title V Program (cityt5@sdccd.edu)

⬇ Detailed information for student referral

➔ Financial Aid

General Student Eligibility Requirements

- Be a U.S. citizen or a permanent resident of the United States
- Have a high school diploma or equivalent or pass an approved Ability to Benefit test
- Be enrolled in a program leading to a degree, certificate or transfer
- Must maintain satisfactory academic progress based on the Financial Aid Office standards
- Not be in default of a student loan or owe an overpayment of a grant
- Must have financial need as determined by the federal methodology

"Free Application for Federal Student Aid" (FAFSA)

- **Application deadline** (*contact Financial Aid Office for specific date*)
- Must be completed for each school year
- Apply online at (www.fafsa.ed.gov) or pick up a FAFSA in the Financial Aid Office
- Aid is available to assist with the following educational expenses:
 - Tuition and enrollment fees
 - Books and supplies
 - Transportation
 - Housing
 - Food
 - Personal expenses

4. Financial, medical, and personal support – *Did you know?* (continued)

Federal/State Financial Aid Programs Available

- Federal Pell Grant
- Federal Supplemental Educational Opportunity Grant (FSEOG)
- Federal Work Study
- Federal Subsidized Direct Loan
- Parent Loans for undergraduate students (PLUS)
- Cal Grant B
- Cal Grant C
- Board of Governor's waiver
- Chafee Grant
- Child Development Grant

Available “walk-in” Services

- Assistance with completing financial aid applications and forms
- Health and Human services agency verification requests
- **Important:** Students may need to bring the following:
 - Student I.D.
 - Copy of past year's income tax return
 - Social security number

Contact

Phone: (619) 388-3501

Room: A-113

Website: www.sdccity.edu/studentresources/financialaid



[BACK TO THE TOP](#)



Counseling Center

Personal Counseling

- FREE Personal Counseling services are provided to assist students in dealing with personal concerns that might interfere with their academic performance at City College
- Personal Counseling services assist students with:
 - Self-evaluation
 - Goal-setting
 - Stress management
 - Decision making
 - Personal adjustment
- **Important:** Personal Counseling is provided in a safe and confidential atmosphere where students have an opportunity to talk about their individual concerns
- When appropriate, a student may be referred to other campus and community services for financial, medical or personal support.

4. Financial, medical, and personal support – *Did you know?* (continued)

How to Access Counseling Services

- Counseling services are offered on a “walk-in” basis and by appointment
- “Walk-in” counseling provides an opportunity to see a counselor for quick questions that can be answered in less than 10 minutes
 - “Walk-in” counseling is offered during the Counseling Center’s hours of operation. Contact the Counseling Center for specific hours.
 - No appointment is needed for “walk-in” counseling
- 1-hour counseling appointments are offered for comprehensive services involving academic, career and personal counseling. Contact the Counseling Center for available appointments. 1-hour appointments are recommended for in-depth, comprehensive services.

Other Counseling Services - the Counseling Center also offers academic and career counseling. See **Counseling Center** in “2. Plan your Career, Major or Educational Goal” (www.sdcity.edu/titleV/resources.asp)

Contact

Phone: (619) 388-3540

Room: A-110

Website: www.sdcity.edu/studentresources/counseling

 [BACK TO THE TOP](#)

DSPS (Disability Support Programs and Services)

Mission - Provide services and programs that facilitate educational access for City College students with verified disabilities.

Getting Started - *Students who receive DSPS services must:*

1. Be currently enrolled in classes at City College (online or on-campus)
2. Complete a DSPS orientation
3. Submit verification of disability
4. Meet with a DSPS counselor for intake appointment
5. Update DSPS file *every* semester

Disability Verification

- Disability documentation must be no more than three years old, and must include the specific diagnosis and educational limitations specific to the student.
- Documentation must be signed by a licensed health care professional. Examples of licensed professionals include: physicians, psychologists, audiologists, licensed clinical social workers, learning disability specialists and vocational rehabilitation counselors. (Verification from a chiropractor or holistic health practitioner CANNOT be accepted.)
- If the student does not possess verification of disability, a [DSPS Medical Verification Form](#) is available on the DSPS website.

4. Financial, medical, and personal support – *Did you know?* (continued)

Available Services

- Adapted Computer Software and Hardware
- AlphaSmart note taking keyboard
- Alternate Media (E-text)
- Assistive Listening Devices (FM Amplification)
- Audio Play Back Devices
- Campus and Community Liaison
- Campus Mobility Orientation
- Closed Circuit Television (CCTV)
- Learning Disability Assessment
- Note taking Paper
- Priority Registration
- Real Time Captioning
- Sign Language Interpreting
- Talking Calculators
- Test Accommodations

DSPS High Tech Center (HTC) - provides training and services for students in the use of adaptive hardware and software as well as individualized instruction in basic computers (including Internet, word processing and keyboarding) and skill development programs.

The HTC is located in A-222. Please contact the center for more information about the services that are provided and lab hours.

Phone: (619) 388-3995

TTY: (619) 388-3313

Email: CityDSPS@sdccd.edu

Available Adaptive Hardware and Software

- Braille Translation Software
- Closed Circuit Televisions (CCTV)
- Computer Assisted Learning Software
- Ergonomic Keyboards
- Optical Character Recognition Software
- Scan and Read Software
- Screen Reading and Magnification Software
- Specialized Mice
- Speech Recognition Software

Alternate Media

- Students with verifiable disabilities are able to have their print materials and textbooks converted to electronic text, Braille, large print, tactile graphics or audio recordings (DAISY, mp3).
- City College faculty may contact the High Tech Center for closed captioning of audio visual materials, web accessibility, and assistance with access strategies for their students with disabilities.

4. Financial, medical, and personal support – *Did you know?* (continued)

Academic Support Classes – available for Students with Disabilities

- Career Planning for Students with Disabilities
- College Success Skills
- Math Strategies for the Learning Disabled
- Individual Assessment and Educational Planning
- Introduction to Applied Skills Study Strategies
- Advanced Applied Study Strategies
- Effective Sentence Writing and Grammar
- Writing Structured Paragraphs
- Personal Growth: Designated DSPTS Section

Accessible Computer Classes

- Introduction to Accessible Computers
- Accessible Computer Lab

Adapted Physical Education

- Adapted Swimming
- Adapted Weight Training
- Adapted Physical Fitness

Additional Resources

- **For students:** *A Guide to Transition from High School to College*. This publication is designed to help students with disabilities transition from secondary school to college.
- **For faculty:** Students with verified disabilities have the right to receive academic accommodations and auxiliary aids to provide access to college programs and activities. Accommodations appropriate to the student's disability are identified with the DSPTS counselor to best demonstrate knowledge of the subject. Students are responsible for discussing the accommodations with instructors at the beginning of the semester. Faculty members are encouraged to consult with DSPTS to facilitate test proctoring and other services. (City College Faculty Handbook, June 2001, pg. 3)
 - **Suggested Syllabi Statements:** Instructors are encouraged to include a statement on their syllabus for students with disabilities. This encourages students with disabilities to practice self-advocacy.
 - **On campus Syllabus Statement:** Students with disabilities who may need academic accommodations should discuss options with their professors during the first two weeks of class.
 - **On-line Syllabus Statement:** Students with verified disabilities who may need academic accommodations should contact instructor as soon as possible. E-mail addresses and telephone #'s are listed on the syllabus. In order to coordinate with the Disability Support Programs and Services (DSPTS) department to identify appropriate accommodations, click here (add a link to City DSPTS email)

4. Financial, medical, and personal support – *Did you know?* (continued)

- **Test Proctoring Information:** It is the instructor's responsibility to collaborate with DSP&S to provide test proctoring services to students who are legally eligible. An [Instructor Notification of Student Testing Accommodations](#) form is available through the DSPS Office to facilitate the test proctoring process.

Forms – available on DSPS website

- Confidentiality and Informed Consent
- Access Problem Report (PDF)
- Report a Facility Access Barrier
- Disability Support Programs And Services Intake Form
- Authorization for the Release of Medical Information (*DSPS Medical Verification Form*)
- Services Policy

Contact

Phone: (619) 388-3513

Room: A-115

Website: www.sdcity.edu/dsps

 [BACK TO THE TOP](#)

Student Health Services (SHS)

In-Office Services

- Free Doctor, Nurse Practitioner (NP), and RN visits
 - Assessments by a nurse or MD or NP for diagnostic purposes
- Health education offered 1-on-1
 - Birth control education
 - Asthma control
 - Sexually transmitted infections education/evaluation
 - Nutrition guidance
- Dressing changes and suture removal
- Support and care of the student with health emergencies, and linkage with the Emergency Medical System. SHS helps stabilize the patient until 911 assistance arrives.

Testing

- Blood pressure monitoring
- Basic vision testing
- Pregnancy tests (low cost)
- Assessment of blood glucose (low cost)
- TB tests (low cost)
- Low cost physical exams for jobs, school, DMV
- Low cost Pap smears and annual exams for women
- Men's health exams
- Discounted lab tests
- Free HIV testing every Thursday morning in conjunction with Linda Vista Community Health Center

4. Financial, medical, and personal support – *Did you know?* (continued)

Medications

- Free single dose over-the-counter medicines
- Discounted or free medications by prescription
- Low cost vaccines (Flu, Measles, Mumps, Rubella (MMR); Tetanus)
- Condoms
- Emergency Contraception

Additional Services

- Community referrals
- Assistance with accident/injury forms for on-campus injuries/accidents

Contact

Phone: (619) 388-3450

Room: A-116

Website: www.sdcity.edu/studentresources/healthservices



[BACK TO THE TOP](#)



Mental Health Services

Note: Students requiring psychiatric or medication evaluation, or more specialized or intensive therapy than is available through Mental Health Services, will be referred to appropriate sources of assistance in the community

Therapy Services:

- Crisis Intervention
- Assessment and referral
- Individual psychotherapy
- Relationship and family therapy
- Group therapy
- Case management/linkage with community resources
- Medical social work
- Faculty/staff consultation
- Psycho-educational seminars

Specialized Programs - Structured cognitive behavioral therapy (CBT) for the treatment of:

- Generalized anxiety disorders
- Specific anxiety (performance, testing, math)
- Panic disorders
- Anger management

Additional Services:

- Social skills training
- Support for first time or re-entry students
- Assistance for persistently mentally ill students
- Addiction recovery

4. Financial, medical, and personal support – *Did you know?* (continued)

Staff:

- Full-time licensed faculty coordinator
- Adjunct LCSW therapist
- Graduate interns in placement for one year
- Professional campus and community volunteers

Contact

Phone: (619) 388-3539

Room: A-221

Website: www.sdcity.edu/studentresources/healthservices/mentalhealth.asp

 [BACK TO THE TOP](#)

Scholarships

Campus Scholarships

- Scholarship packet available 2nd week of the Fall semester
- **Deadline:** 3rd week of December
- Scholarships awarded based on academic major, career objective and special interest.
- Good candidates for scholarships:
 1. Students who have a history of high achievement and commitment to educational goals
 2. Students who have a recent or renewed commitment to academic achievement.
- Annual scholarship banquet 4th Saturday of April

Outside Scholarships

- Various scholarships available throughout Fall and Spring
- Deadlines vary
- Visit Scholarships Office for details

Contact – Carmen Ruffo

Phone: (619) 388-3498

Room: D-106

 [BACK TO THE TOP](#)

Child Development Center (CDC)

Services

- Child Development Center offers:
 1. an educational program for children **six weeks to five years old**
 2. an instructional lab for child development majors and other college students
- Enrollment is limited to children of **parents attending DAY classes at City College.**
- Parents **must participate** at the center three hours per week each semester that their child is enrolled and must take **Child Development 160** and **161** the first year they enroll a child in the program.

4. Financial, medical, and personal support – *Did you know?* (continued)

- Evening child development services are available for families that meet Head Start criteria. Contact CDC for details.
- CDC is open Monday - Friday. Hours vary. Contact CDC for details.
- CDC is accredited by the National Association for the Education of Young Children (NAEYC)

Enrollment - *Applications for enrollment are accepted during the following periods:*

- Fall: First two weeks in **July**
- Spring: First two weeks in **December**
- Summer: First two weeks in **May**

Fees - The CDC is funded by the California Department of Education which has an established sliding fee schedule. Contact the CDC for more details.

Program Philosophy

- Children's program is planned to nurture the whole child (social/emotional, cognitive, language and physical development) through an integrated curriculum. Children are guided through learning experiences appropriate to their individual capabilities and readiness.
- As a lab school for child development, CDC is a training facility that provides an environment for college students to observe, interact, and implement the ideas and theories that are presented as part of the college program.
- As a parent participation program, parents enroll in a specially designed child development course that includes a lab component. During lab participation, parents have an opportunity to observe children and gain an understanding of children's readiness and interaction skills. Interaction with other parents in the program provides them with a support group. Parents also have the opportunity to use their lab classes as a part of a child development career ladder.

Infants & Toddlers -

- Infant & Toddler Center serves children ages six weeks to 36 months
- Philosophy:
 - Infants and toddlers need an environment that is stimulating, challenging, consistent, and trustworthy
 - Infants and toddlers are allowed to develop at their own pace
 - When infants and toddlers are able to trust appropriate caregivers, to feel safe in their environments and to freely explore materials, they become competent individuals

Preschoolers

- Preschool program serves children ages 2.5 to 5 years
- Program provides a balance between structured and unstructured activities.
 - Structure may be provided either by the teachers or instructional assistants working with small groups of children on special projects or with materials in the learning centers.
 - Open-ended questioning leads to critical thinking and is essential for children growing up in a world of constant change and new technology with many problems to be solved.

4. Financial, medical, and personal support – *Did you know?* (continued)

Contact

Phone: (619) 388-3205

Room: 16th and B Street

Website: www.sdcity.edu/cd

 [BACK TO THE TOP](#)