

Resource Guide for UCSD Students

A categorized list of on-campus, online, and local
resources

Note: All listed resources are **free for students or included in
student fees, unless indicated otherwise**

Last Updated: Fall 2021

Please Note: Some services may not be available in-person due to
Covid-19. Some resource descriptions may refer to services as they were
before the pandemic. Please refer to the associated links to check for any
changes in services due to the pandemic.

Please consider providing feedback here:

<https://forms.gle/FPbrAUB25AGF7Vbt7>

Or, reach out to Grace Ferber at ucsdresourceguide@gmail.com.

This guide was brought to you by the UCSD Student Resource Guide Project, a grassroots collaborative of students, campus organizations, and other caring community members.

Thank you to representatives of these organizations for collaboration and support:

Delta Alpha Pi National Honor Society for Students with Disabilities (DAPI), The HUB Basic Needs Center, The Black Resource Center, UCSD APIMEDA, UCSD Department of Psychiatry

Contributing individuals: Grace Ferber, Neve Foresti, Marina Zaher Nakhla, David Dávila-García, Zack Jafek, Alicia Magallanes, Ebadut Shahzada, Jasmine Ballard, Porsia Curry, Windi Sasaki, Dr. Lisa Eyler, Dr. Barbara Caplan

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Basic needs support

The Hub (<https://basicneeds.ucsd.edu/>)

The purpose of The Hub is to ensure that UCSD students have their most basic needs met. Their goal is to help you find any resources you might need, such as healthy food, housing, and financial support. Students do not need to provide financial information to receive support; you just need to have your Student ID number. See “Food and nutrition,” “Housing resources,” and “Financial support and scholarships” for more information about resources that The Hub can connect you with.

Basic Needs Assistance Form:

<https://basicneeds.ucsd.edu/forms/basicneeds/index.html>

CalFresh Assistance Form:

<https://basicneeds.ucsd.edu/forms/calfresh/index.html>

Innovation Grants: If you are a part of a student organization or departmental program and aim to promote basic needs security, you are welcome to apply for an Innovation Grant of up to \$1,000.

Hours: see website

Location: On the ground floor of the Old Student Center, by the grad student lounge and Food Co-op. For exact location see: [Google Map Link](#)

Email: basicneeds@ucsd.edu

Phone: 1-858-246-2632

Personal Hygiene Product Pick-Up

The Hub offers free personal hygiene products to all students. Products available include feminine products, deodorant, shampoo, conditioner, dish soap, condoms and more.

To request items and arrange a time for pick-up on campus, please fill out the following form: <https://basicneeds.ucsd.edu/forms/hygiene-googleform/index.html>

211 San Diego

A resource database and confidential phone service to connect San Diego residents to resources that help with basic needs, finances, and much more.

Website: <https://211sandiego.org/>

Phone: Call 2-1-1, operators available 24/7.

Housing resources

AS UCSD Local Housing Guide

https://basicneeds.ucsd.edu/_files/ASUCSD_Local-Housing-Guide.pdf

Created by UCSD's Associated Students, this comprehensive guide includes a list of local housing services and resources (including resources specifically available for individuals with disabilities); information on tenants' rights; off-campus housing tips; on-campus housing information; and more.

Off-Campus Housing Coordinator at The Hub

The Off-Campus Housing Coordinator is a full-time employee of The Hub whose job it is to help UCSD students find stable, inclusive, and accessible housing resources and solutions.

Please fill out this form for housing resource assistance:

<https://basicneeds.ucsd.edu/forms/basicneeds/index.html>

UCSD Emergency Housing

UCSD Emergency Housing is a resource for students who are currently unhoused, facing imminent loss of housing, or who are in another emergency situation that affects access to housing. Students may receive free emergency housing for up to 30 days while the Off-Campus Housing Coordinator works with them to find a more permanent housing solution.

Please fill out this form for housing resource assistance:

<https://basicneeds.ucsd.edu/forms/basicneeds/index.html>

Please note that Basic Needs Assistance Forms are reviewed frequently. However, it is suggested that **if you are in a time-sensitive emergency situation**, email basicneeds@ucsd.edu or call 1-858-246-2632 **in addition** to filling out the form.

Housing Accommodations for Students with Disabilities

The HDH Housing Liaison serves students with disabilities regarding disability-related housing accommodations. Students are encouraged to contact the Office for Students with Disabilities in order to obtain an Authorization for Accommodation (AFA) letter, and then to present the AFA letter to the HDH Housing Liaison.

Housing Liaison Contact: 858.534.8567; housingliaison@ucsd.edu

To register with the OSD: <https://osd.ucsd.edu/students/registering.html>

Gender-Inclusive and LGBT+ Housing

<https://lgbt.ucsd.edu/resources/on-campus-housing.html>

Gender-inclusive housing and the LGBTQIA+ Living-Learning Community are options for students who would like to live on-campus. Additionally, students are encouraged to

reach out to the residence life housing liaison office regarding any concerns regarding housing placement.

Food and nutrition

Triton Food Pantry

<https://basicneeds.ucsd.edu/triton-food-pantry/index.html>

The Triton Food Pantry provides free groceries to any UCSD student who would like them. The pantry offers dried goods, canned goods, and fresh produce, as well as services such as “care packages, meal vouchers, meal preparation sessions, food demonstrations, and pop-up pantry tabling.” Grocery items in the pantry are each assigned a point value, and students are allowed to pick up 10 points worth of items each week.

Meal ideas: <https://basicneeds.ucsd.edu/food-security/pantry/mealideas.html>

Location: Located at the Hub, in the Old Student Center: [Google Map Link](#)

Phone: (858) 534-5694

Email: foodpantry@ucsd.edu

Triton Food Pantry Food Delivery Service

The Triton Food Pantry Food Delivery Service provides free food delivery to students who are unable to pick up food pantry items in person. Students must live within a ten mile radius of the UCSD campus, and online order forms must be submitted 7 days prior to the scheduled delivery.

Food delivery form: <http://bit.ly/tfpdeliveries>

Triton Food Pantry Mobile Pantry

<https://basicneeds.ucsd.edu/food-security/pantry/mobilepantryhome.html>

The Triton Food Pantry Mobile Pantry makes food pantry items more accessible to students living off-campus. Items are pre-bagged and available for pick-up at predetermined off-campus locations.

Affordable Grocery Store Map

<https://basicneeds.ucsd.edu/food-security/map/index.html>

This map labels local grocery stores according to general item affordability.

The Grocery Shuttle

<https://basicneeds.ucsd.edu/food-security/grocery-shuttle/index.html>

The Grocery Shuttle provides rides from campus to local grocery stores every weekend.

The Food Recovery Network

<https://basicneeds.ucsd.edu/food-security/recovery/index.html>

The Food Recovery Network prevents food waste by collecting extra food from Dining Halls, Farmers Markets, and Grocery Stores and using it to prepare free hot meals for UCSD students. Students can sign up for weekly meal pickup using the link above.

Food Notification: UCSD App

<https://basicneeds.ucsd.edu/food-security/app/index.html>

The UC San Diego App has a Food Notification option. Students can download the app, turn on Food Notifications, and receive notifications when free food is available on campus. “To sign up for notifications, simply log in to the UC San Diego app, go to settings, tap ‘notifications,’ and turn the free food notification on.” -*UCSD Basic Needs*

Off-Campus San Diego Food Resources

List of additional food resources in San Diego:

<https://basicneeds.ucsd.edu/food-security/off-campus/index.html>

Food Allergy Accommodations

Students who have food allergies and/or intolerances are encouraged to make an appointment with the Office for Students with Disabilities (OSD) in order to acquire an Authorization for Accommodation (AFA) letter. Students may submit an AFA letter to the HDH Registered Dietitian in order to receive dietary accommodations in on-campus dining halls, such as specially made meals.

To register with the OSD: <https://osd.ucsd.edu/students/registering.html>

HDH Dietitian Consultation:

<https://hdhdining.ucsd.edu/nutrition-services/dietitian-request.html>

For questions, please contact the **HDH Housing Liaison**: 858.534.8567;
housingliaison@ucsd.edu

Nutrition Counseling

HDH and Student Health Services both employ Registered Dietitians who offer nutrition counseling. These health professionals can provide individualized advice regarding your diet, health, and overall wellness.

To request a consultation with the HDH Registered Dietitian:

<https://basicneeds.ucsd.edu/food-security/off-campus/index.html>

For information regarding nutrition counseling through Student Health Services:

<https://wellness.ucsd.edu/studenthealth/services/Pages/nutrition-counseling.aspx>

Mental health support and wellness

Counseling and Psychological Services (CAPS)

<https://wellness.ucsd.edu/CAPS/Pages/default.aspx>

Offers individual, group, couples, and family psychological counseling and crisis support. If you need frequent treatment or a specialist, they will help find an off-campus professional.

Appointment required: All first appointments will be scheduled during a 5-10 minute free phone call with a CAPS counselor.

Urgent Appointment: (858) 534-3755, can call for an urgent consultation any time.

More information about appointments:

<https://wellness.ucsd.edu/CAPS/services/Pages/Appointments.aspx>

Sexual Assault Resource Center (SARC)

<https://students.ucsd.edu/sponsor/sarc/about.html>

Offers confidential counseling and support to students “who are victims and/or survivors of sexual assault, relationship violence and stalking, as well as friends and families of the victim/survivor.” SARC offers individual counseling, group therapy, and an Advocate program for accompaniment and support during legal proceedings as well as other support. Can also provide assistance with arranging for accommodations on campus through OSD.

Advocate program: <http://care.ucsd.edu/get-help/talk-to-advocate.html>

To make an appointment: Visit the office or contact via phone or email.

Contact, hours, and location: <http://care.ucsd.edu/contact/index.html>

Map: <https://maps.ucsd.edu/map/default.htm>

Counseling and Psychological Services (CAPS) Workshops

Daily drop-in and weekly wellness workshops.

Signup: Signups generally not needed unless space is limited

Workshop schedule: <https://wellness.ucsd.edu/CAPS/services/Pages/groups.aspx>

Signup: <https://wellness.ucsd.edu/CAPS/services/Pages/signup.aspx>

SDSU and USD Psychology Clinics-- Open to the public--- No insurance needed

University of San Diego (USD): remote (online) therapy and evaluation offered at a sliding scale, ranging from **\$5 to \$40** per session. New patients must commit to at least three sessions.

<https://www.sandiego.edu/telehealth-clinic/about-us.php>

SDSU: mental health services (psychotherapy) for depression, anxiety, PTSD, eating disorders, etc.; also neuropsychological assessment/evaluation. Therapy ranges from **\$15 to \$95** per session, assigned on a sliding adjustable fee scale. Neuropsychological evaluation costs approximately \$450.

<https://clinpsyc.sdsu.edu/sdsu-psychology-clinic/>

https://sandiego.networkofcare.org/mh/services/agency.aspx?pid=SanDiegoStateUniversityPsychologyClinic_61_2_0

List of Black Therapists in San Diego

<https://sites.google.com/ucsd.edu/magnifyingsandiego/resources/healthcare?authuser=0>

This list is one of many resources included on the Magnifying San Diego website, an online resource guide created by Jaida Day, class of 2022.

Resources for Black Healing

https://uncw.edu/counseling/documents/resources-for-black-healing_updated_6_1_2020.pdf

This excellent resource guide was created by Micalah Webster, a Black mental health professional. It includes mental health resources, self-care tips, resources to share when you don't have the energy for a draining dialogue, and more.

A Digital Toolkit for Prioritizing Your Mental Health

<https://themighty.com/2020/10/digital-resource-tools-toolkit-prioritize-bipoc-mental-health/#affirmations>

Featured on The Mighty.com, an online community for people with disabilities, chronic illness, and mental health challenges. This extensive online guide features a wide variety of activities and resources. Specifically, it features a list of online resources and organizations created especially for Latinx, Black, Asian, Arab, Indigenous, and LGBTQIA+ individuals.

Minority Mental Health Toolkits

<https://medschool.ucsd.edu/som/psychiatry/education/trainee-resources/Documents/MH-M-Toolkit-2021.pdf>

utsouthwestern.edu/employees/hr-resources/assets/minority-mental-health-toolkit.pdf

These PDFs feature information and resources pertaining to the mental health needs of individuals in the Black community and other marginalized groups. Scroll down to the pages at the end for extensive lists of important resources and organizations.

Black Emotional and Mental Health Collective (BEAM)

<https://www.beam.community/>

An online community and resource, featuring mental health toolkits and activities, as well as guidance towards finding other resources dedicated specifically to the mental health needs of Black people. This community also features resources for Black individuals seeking to promote mental health in their own local communities.

Deaf Community Services (DCS) of San Diego, Behavioral Health Services

<https://deafcommunityservices.org/behavioral-health-services/>

"Behavioral Health Services offer comprehensive outpatient behavioral health services to Deaf, Deaf-Blind, late-deafened, and hard of hearing adults, youth and families in San Diego County. Such services are designed to provide culturally and linguistically appropriate care and ensure the highest quality of therapy services possible."

Contact: info@dcofsd.org

Student Health Services

Offers primary care services and walk-in Urgent Care. Also offers nutrition counseling, sexual health info sessions, optometry, transgender care, acupuncture, and more.

Services: Immunizations, pregnancy tests, prescriptions, and more. Full list

(<https://wellness.ucsd.edu/studenthealth/services/cost/Pages/default.aspx>)

Cost: Varies depending on service and insurance package (UC SHIP, RAFT).

<https://wellness.ucsd.edu/studenthealth/services/cost/Pages/default.aspx>

Appointment: Call central scheduling at (858)534-8089.

Urgent Care: No appointment needed. If after hours, call (858) 534-3300 to speak with a registered nurse.

Location:

<https://maps.ucsd.edu/mapping/viewer/default.htm?mkey=1&zoom=5&background=2&overlays=Bldg-471%251>

The Zone

<https://wellness.ucsd.edu/zone/about/Pages/default.aspx>

Offers wellness-related programming on a daily and weekly basis. Programs include: meditation workshops, therapy dog de-stress events (a.k.a. therapy fluffies), yoga, healthy eating workshops, and more. Serves as a quiet study or nap space when an event is not being held. Free tea and snacks are often available.

Cost: All programs are free for students.

Location and contact info:

<https://wellness.ucsd.edu/zone/Contact%20Us/Pages/default.aspx>

Acacia Roots

<https://acaciaw.com/roots/>

Acacia Roots strives to provide mental health access to all college and university students, regardless of financial circumstances. They seek to challenge our current healthcare system, build more equitable access, and promote individual growth. Students who need financial assistance can apply for an Acacia Roots grant as funds are available to cover co-payments, deductibles, or other costs associated with receiving mental health support.

Cost: Grants available to students with financial need, as funds are available

Location and contact info: <https://acaciaw.com/lajolla/>

Academic support

Office for Students with Disabilities (OSD): <http://disabilities.ucsd.edu/>

Students are paired with a “Disability Specialist,” whose job it is to help determine academic and housing accommodations for students. According to their website, “Disabilities can occur in the following areas: psychological, psychiatric, learning, attention, chronic health, physical, vision, hearing, and acquired brain injuries, and may occur at any time during a student’s college career.”

Appointments required:

<https://osd.ucsd.edu/students/registering.html#STEP-1:-Schedule-an-Intake-Appo>

Contact, location, and directions: <https://osd.ucsd.edu/contact/index.html> .

Hours: Monday – Friday, 8 a.m. – 4:30 p.m.

Note: OSD does not provide any tutoring to support directly, but may be able to connect you to resources and can provide accommodations that can be able to help make

coursework, classes etc easier to manage. You can also do weekly check-ins with a specialist to be accountable and work through academic progress.

Office of Academic Support and Instructional Services (OASIS)

<https://oasis.ucsd.edu/>

OASIS offers several awesome programs and services to help all students succeed academically at UCSD. They have transition programs to help students transition into college; Math, Science, and Language Arts tutorial services; Oasis Learning Communities and Seminars (OLC); and course-specific weekly support for challenging programs such as MMW, AWP, Chem 6 series, and more.

Contact: Visit in person or visit program-specific webpages for more info.

Or: “If you are interested and want to receive more information on any of our programs, please fill out [this Google doc](#) and we will contact you.” -OASIS

OASIS location: Located in Center Hall, on the Third Floor.

OASIS Programs:

2nd year experience: Mentorship, community building, and workshops designed to help 2nd-year undergrads succeed.

<https://oasis.ucsd.edu/programs/2nd-year/index.html>

Summer Bridge: Summer Program designed specially for first-year students the summer before starting college

<https://oasis.ucsd.edu/programs/summer-bridge/index.html>

Trio SSSP: <https://oasis.ucsd.edu/programs/trio/index.html>

“Our main goal at TRIO SSSP is to create a home-base environment where supportive learning takes place using a holistic approach focusing on a student’s academic, cultural and social experience at UC San Diego. Students receive academic support, develop supportive peer networks...” and more.

Hope Scholars Program:

<https://oasis.ucsd.edu/programs/hope-scholars/academic-year-services.html>

Holistic program designed to support the academic endeavors of former foster youth, as well as those who were formerly incarcerated as youth, houseless, or emancipated. The program includes scholarships, guaranteed 4-year on-campus housing, priority enrollment, academic support, student employment opportunities, 1-1 academic and career counseling, workshops, and more.

OASIS Tutoring and Workshops:

To sign up for individual tutoring or workshops: oasismatrix.ucsd.edu

Math and Sciences walk-in tutoring and more:

<https://oasis.ucsd.edu/services/math-science/index.html#Program-Components>

Writing walk-in tutoring and more:

<https://oasis.ucsd.edu/services/language-arts/index.html>

OASIS Learning Communities: <https://oasis.ucsd.edu/services/olc/index.html>

Teaching and Learning Commons:

Offers drop-in and online tutoring, writing support, study groups, and supplemental instruction. It also hosts special summer programs for sophomores, incoming freshmen, and students of color pursuing careers in STEM. The Teaching and Learning Commons also aids students in finding experiential learning opportunities, such as internships, research, and community service.

Academic support: <https://commons.ucsd.edu/academic-support/index.html>

Experiential learning: <https://commons.ucsd.edu/experiential-learning/index.html>

Writing Hub: <https://writinghub.ucsd.edu/>

Hours: <https://commons.ucsd.edu/about/hours.html>

Location: Located on the first floor of Geisel library, on the west side.

Undergraduate Academic Advising:

All students have access to online academic advising through the Virtual Advising Center (VAC), accessible through mytritonlink.ucsd.edu. Once you've logged in, click on the Advising & Grades tab, and then click on "Virtual Advising Center." This is a good place to start with any questions you might have.

For in-person advising, you can usually show up during "walk-in" hours at any academic department. Or, if you anticipate that your question(s) will take more than 10 minutes, you can make an appointment by calling or emailing the department, or by contacting them through the VAC. You can also visit an advisor at your college (Muir, ERC, etc.) to discuss your college writing requirement or general education requirements, to ask general questions, or to make a Four-Year Plan.

Financial support and scholarships

Financial Aid and Scholarships Office

<https://fas.ucsd.edu/index.html>

The Financial Aid and Scholarships Office helps students find and apply for grants, loans, scholarships, and work study. Individual counseling by appointment is available. Visit the Office's website for online resources such as scholarships and financial literacy guides.

Phone: 858- 534-4480 **Email:** finaid@ucsd.edu

Emergency Loans

<https://fas.ucsd.edu/types/loans/short-term-emergency-loans.html>

Emergency loans of \$500-1000 are available to students in "critical short-term Emergencies." Usually these loans must be repaid within 30 days. For more information, please visit the link above, or contact the Financial Aid and Scholarships office (see contact info above).

Financial resources and guidance through the Hub

<https://basicneeds.ucsd.edu/forms/basicneeds/index.html>

Emergency grants and other resources may be available to students who need them. Students are encouraged to fill out the Basic Needs Assistance Form, in order to connect with the Basic Needs team at the Hub. The folks at the Hub will review the form and share options that may be available.

Budget Add-On Appeals

<https://fas.ucsd.edu/forms-and-resources/forms/forms-2020-2021.html>

Students with special circumstances or unexpected costs, such as students with medical expenses, students undergoing a divorce, students whose families have survived a natural disaster, etc. are encouraged to fill out a Budget Add-On Appeal form to be considered for increased financial aid or decreased expected family contribution.

Community centers and student organizations

Campus Community Centers

<https://diversity.ucsd.edu/centers-resources/community-centers.html>

UCSD's Community Centers are amazing places to make friends, find resources and support, learn new things, and celebrate and explore your identity. The Community Centers are not only resource centers where you can find support--- they host welcoming, awesome small-scale events and student gatherings on an almost daily basis. They can also be great places to just hang out or study in a comfortable and safe space. The Campus Community Centers include the Women's Center, the Cross Cultural Center, the Black Resource Center, the Intertribal Resource Center, the LGBT Resource Center, the Raza Resource Centro, and APIMEDA (Asian Pacific Islander Middle Eastern Desi American) Programs and Services.

Student Organizations: Student Affirmative Action Committee (SAAC)

<https://studentorg.ucsd.edu/Home/Index/17>

SAAC student orgs are committed to the celebration of diversity and social justice. SAAC student orgs include: the Asian and Pacific Islander Student Alliance (APSA), the Black Student Union, Kaibigang Pilipin@, Movimiento Estudiantil Chicanola de Aztlán (MEChA), the Native American Student Alliance, and Queer and Trans* People of Color (QTPOC) at UCSD.

Student Organizations: Cultural Student Organizations

<https://studentorg.ucsd.edu/Home/Index/9>

UCSD is home to over thirty cultural student organizations, which aim to celebrate diversity and culture, while creating community.

SPACES

<https://spaces.ucsd.edu/>

SPACES is an amazing student-run and fully-funded organization on campus (located in Price Center). It is home to many programs run by student staff which aim to create resources for minority students at UCSD (retention), increase university access for underserved high school students (access), and cultivate community on campus (community).

Check out the free **SPACES textbook booklending program**: <https://spaces.ucsd.edu/>

Delta Alpha Pi (DAPI)

<http://deltaalphahonorsociety.org/>

Delta Alpha Pi, also known as DAPI, is an international academic honor society for students with disabilities. The organization aims to celebrate the achievements of university students with disabilities, and to advocate for the rights of people with disabilities. While there are GPA and unit requirements for official membership, all students are welcome to participate in Delta Alpha Pi events and projects.

Please feel free to reach out to dapi@ucsd.edu

Guide for Holding Accessible Events

<https://autisticadvocacy.org/wp-content/uploads/2019/05/Accessible-Event-Planning.pdf>

This guide was created to help organizations to plan events which are accessible to people with disabilities.

Legal support, rights advocates, and conflict resolution

Disability Rights California: <https://www.disabilityrightsca.org/>

Cost: Free

Location:

San Diego Office

530 B Street, Suite 400

San Diego, CA 92101

1-619-239-7861

Note: “Disability Rights California (DRC) defends, advances, and strengthens the rights and opportunities of people with disabilities.” If you believe you’ve been discriminated against on campus, they may be able to provide legal counsel or representation.

Student Legal Services (SLS): <http://sls.ucsd.edu>

Offers free, confidential legal counsel to students.

Cost: No additional cost for UCSD students

Appointments required.

Contact: Phone: (858) 534-4374. Email: sls@ucsd.edu .

Location and directions: Student Services Center, 5th floor, Suite 527.

See [map](#) and [directions](#).

Note: Recommended by students and alumni as “student-focused.” They won’t be able to represent you in court or a legal motion, but can give you an understanding about your rights and the legal obligation of the school. Recommended by students and alumni for issues of any kind, including and specifically disability-related discrimination.

Sexual Assault Resource Center (SARC):

<https://students.ucsd.edu/sponsor/sarc/about.html>

Offers confidential counseling and support to students “who are victims and/or survivors of sexual assault, relationship violence and stalking, as well as friends and families of the victim/survivor.” SARC offers individual counseling, group therapy, and an Advocate program for accompaniment and support during legal proceedings as well as other support.

Cost: No additional cost for UCSD students

Advocate program: <http://care.ucsd.edu/get-help/talk-to-advocate.html>

To make an appointment: Visit the office or contact via phone or email.

Contact, hours, and location: <http://care.ucsd.edu/contact/index.html> .

Map: <https://maps.ucsd.edu/map/default.htm>

Undocumented Student Services Center:

<http://students.ucsd.edu/sponsor/undoc/index.html>

Offers many kinds of support, including 1-on-1 guidance and legal support, to students.

Services offered: <https://students.ucsd.edu/sponsor/undoc/services/index.html>

For non-emergency immigration legal assistance: Call the UC San Diego Undocumented Student Services Attorney at **(530) 219-8856**.

To make an appointment: <https://students.ucsd.edu/sponsor/undoc/services/index.html>

General contact: <https://students.ucsd.edu/sponsor/undoc/contact/index.html> .

Location: Student Services Center 5th floor, Room 518.

Map: <https://maps.ucsd.edu/map/default.htm>

Rapid Response Hotline:

“If you or someone you know are witnessing or experiencing an **ICE complication** within San Diego County, contact this **24-hour emergency hotline: (619) 536-0823**. The San Diego Rapid Response Network (SDRRN) is a coalition of human rights and service organizations, attorneys, and community leaders dedicated to aiding immigrants and their families in the San Diego border region.” - *Undocumented Student Services*

Office for Prevention of Harassment and Discrimination (OPHD):

<https://ophd.ucsd.edu/about/index.html>

Allows students to make reports regarding harassment, bias, and discrimination at UCSD. It is the responsibility of the Office to take appropriate action to address the issue reported.

To make a report: fill out the form online: ReportBias.ucsd.edu or

make an appointment by calling (858) 534-8298 or emailing ophd@ucsd.edu

Please note: Students may make an **anonymous report** by omitting their name on the report

Cost: Free

Location: Campus Services Complex — Building B ([map](#))

Notes: Will look into the issue you face through a legal lens. They can require changes by the campus if they find discrimination has occurred. Even if they find discrimination has not occurred, or it has not risen to a legal standard of discrimination, they may still be able to provide relief for the issue you face.

Office of the Ombuds:

<http://ombuds.ucsd.edu/about-us/index.html>

“Provides confidential, neutral, and informal dispute resolution services for the UC San Diego community.”

Appointments required.

Contact, location and directions: <http://ombuds.ucsd.edu/contact-us/index.html>

UCSD Student Workers Union (UAW #2865):

<https://m.facebook.com/UCSDStudentWorkersUnion/>

A student-run union of UCSD student employees of the university. Advocates for the rights of student workers.

Contact: sandiego@uaw2865.org

Associated Students:

<https://as.ucsd.edu/>

The student governing body of UCSD. The job of AS council members is to advocate on behalf of UC San Diego students. AS oversees several commissions and programs at UCSD, such as Triton Food Pantry and the Women's Commission. They also provide funding for student-led events and research.

Weekly open meetings: 6 pm

Contact and location: <https://as.ucsd.edu/Home/Contact>

Contact info for student council members: <https://as.ucsd.edu/Home/Council>

Graduate and Professional Student Association:

<https://gpsa.ucsd.edu/index.html>

The Graduate Student Association (GSA) exists to advocate for the rights and interests of our diverse community, to provide for the enjoyment of social, cultural, and service-oriented events, and for the betterment of academic and non-academic life of all graduate and professional students at UC San Diego.

Graduate student resources: <https://gpsa.ucsd.edu/grad-resources/index.html>

Contact information: <https://gpsa.ucsd.edu/about/contact.html>

Office for Equity, Diversity, and Inclusion:

<https://diversity.ucsd.edu/about/index.html>

Administrative office with the responsibility of ensuring and promoting equity, diversity, and inclusion at UCSD.

Funding for student projects: <https://diversity.ucsd.edu/centers-resources/funding.html>

JAN- Job Accommodation Network

<https://askjan.org/about-us/index.cfm>

The Job Accommodation Network (JAN) provides extensive online resources and free one-on-one guidance for anyone (employees or job seekers) seeking to learn more about their accommodation rights as persons with disabilities.

DREAM- Disability Rights, Education, Activism, and Mentoring

<https://www.dreamcollegedisability.org/>

"A national organization for and by college students with disabilities [...] We strongly advocate for disability culture, community, and pride, and hope to serve as an online virtual disability cultural center for students who want to connect with other students." DREAM is associated with the National Center for College Students with Disabilities (NCCSD) and the Association on Higher Education and Disability (AHEAD).

Dream Mentor Mondays: Inspiring and informative online webinars for students with disabilities. 3-4:30 pm Pacific Time, first Monday of every month.

<https://www.dreamcollegedisability.org/monthly-mentor-mondays.html>

Contact: <https://www.dreamcollegedisability.org/contact-us.html>

Transportation and Mobility

Triton Mobility Services

<https://transportation.ucsd.edu/shuttles/ada.html#Establish-your-eligibility>.

Triton Mobility Services provides scheduled rides around campus to students with disabilities who have limited mobility. Students can begin scheduling rides after receiving approval from the Office for Students with Disabilities (OSD).

Safety Escorts and Triton Rides

<https://police.ucsd.edu/services/cso.html>

Safety Escorts, or Community Safety Officers (CSO), will walk with you to your destination on campus, anytime from sunset to sunrise. You can also get a ride to your on-campus housing or to destinations within one mile of campus.

Phone number: (858) 534-9255

Grocery Shuttle

<https://basicneeds.ucsd.edu/food-security/grocery-shuttle/index.html>

The Grocery Shuttle provides rides from campus to local grocery stores every weekend.

Medical Center Shuttle

<https://transportation.ucsd.edu/shuttles/hillcrest.html>

On weekdays, the shuttle stops at various medical facilities throughout San Diego.

Public Transportation

<https://transportation.ucsd.edu/alternatives/transit/u-pass.html>

UCSD students are eligible for a free pass during the academic year to use San Diego public transportation.

Parking Availability

<https://ucsdnews.ucsd.edu/feature/parking-on-campus-theres-an-app-for-that>

The UCSD mobile app can tell you how many parking spots are currently available at various parking lots and garages on campus.

Roadside Assistance

<https://transportation.ucsd.edu/resources/MAP.html>

If you are on campus and you need your car tire or bike tire re-inflated, a battery jump, or enough gas to get you to a nearby gas station, you can call for free assistance.

Phone number: (858) 534-8108

Ridesharing, Carpooling and Car-Sharing

<https://transportation.ucsd.edu/alternatives/ridesharing.html>

Visit the Transportation Services website for more information.

Career guidance, mentorship, and internships

Career Center

<https://career.ucsd.edu/>

The career center offers advising and assistance to help you choose the right career, find a job, find internships, create a strong resume, make a good impression at job interviews, get into grad school, and more. The career center offers walk-in advising, advising by appointment, and workshops. Its website and employees can also help you to find additional relevant resources.

Cost: Free for students

Walk-in advising: M-F, 10am-3pm

To make an appointment: <https://ucsd.joinhandshake.com/login>

Contact and location: <https://career.ucsd.edu/about/contact.html>

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Academic Internship Program

<https://aip.ucsd.edu/>

“The Academic Internship Program allows students to integrate academic theory and ‘real world’ practice, engage in research that explores the relationship between the two, and gain hands-on experience in professional settings.” In other words, the AIP program at UCSD helps students find internship and research opportunities, as well as scholarships and community service opportunities.

Peer Mentor Programs

Peer mentorships allow students to find support, guidance, and friendship in other students with shared goals, interests, identities, or life experiences.

List of peer mentorship programs at UCSD:

<https://thecolleges.ucsd.edu/fye/students/peer-mentor-programs/index.html#Student-Organizations>

Faculty Mentor Program

<https://aep.ucsd.edu/opportunities/academic-year/fmp/index.html>

Students in the Faculty Mentor Program complete an independent research project, with the guidance of a faculty mentor.

Professional Closet through Basic Needs

https://docs.google.com/forms/d/e/1FAIpQLSdg2QAYj3simpfRp5_UesZAAo2f6ludvn-pCR4h472TY4On7Q/viewform

Students can apply for a \$50 gift card which can be used to purchase professional attire to be used for job interviews, etc.

The McNair Program

<https://aep.ucsd.edu/opportunities/academic-year/mcnair/about.html>

“The McNair Program helps low-income, first-generation college students prepare for doctoral study. McNair students participate in research activities in the Winter, Spring, and Summer Quarters.”

AAPD Summer Internship Program

<https://www.aapd.com/summer-internship-program/>

“AAPD is a national cross-disability civil rights organization that works to increase the political and economic power of people with disabilities. In 2002, AAPD launched the Summer Internship Program to develop the next generation of leaders with disabilities. We place college students, graduate students, law students, and recent graduates with all types of disabilities in paid summer internships with Congressional offices, federal agencies, nonprofit and for-profit organizations within the Washington, DC area.”

Autism Campus Inclusion (ACI) Leadership Academy

<https://autisticadvocacy.org/projects/education/aci/>

Run by the Autistic Self-Advocacy Network, “ACI helps Autistic students learn to make their college campuses better for people with disabilities.” ACI Leadership Academy takes place in the summer.

Triton Research and Experiential Learning Scholars (TRELS) Program

<https://aep.ucsd.edu/opportunities/academic-year/trels/index.html>

“The Triton Research & Experiential Learning Scholars (TRELS) program is sponsored by the Council of Provosts of the Undergraduate Colleges at UC San Diego and the office of Academic Enrichment Programs. TRELS empowers students to pursue intellectual opportunities beyond the classroom, by providing support in the form of funding and mentorship.” Opportunities include summer research, study abroad scholarships, and funding to attend research conferences.

Summer Training Academy for Research Success (STARS) Program, UCSD

<https://grad.ucsd.edu/diversity/programs/stars/index.html>

STARS is an eight-week summer research academy for community college students, undergraduate students, recent college graduates, and masters students. Opened to all disciplines, STARS offers student participants a rigorous research opportunity with esteemed UC San Diego faculty, informative transfer and graduate school preparation workshops, and educational, cultural, and social activities in sunny San Diego.

UC Leadership Excellence through Advanced Degrees (LEADS) Program

<https://grad.ucsd.edu/diversity/programs/uc-leads.html>

The UC LEADS program prepares promising undergraduate students for advanced education in science, technology, engineering, and mathematics (STEM). This program is designed to identify educationally or economically disadvantaged undergraduates enrolled in UC San Diego who are likely to succeed in graduate school, and to provide these students with undergraduate educational experiences that will prepare them to assume positions of leadership in industry, government, public service, and academia following completion of a doctoral STEM degree.

Once chosen as UC LEADS scholars, the students embark upon a two-year program of scientific research and graduate school preparation guided by individual Faculty Mentors. Scholars are provided with an excellent opportunity to explore their discipline, experience a research environment, and improve their opportunities for future study in their chosen field. The scholar gains valuable educational experience, the University a better prepared and more diverse graduate applicant pool, and the state, well-educated future leaders. Each scholar is mentored by a member of the UC faculty, who assists the student in designing a plan of research and enrichment activities fitted to the individual interests and academic goals of the scholar.

Minority Biomedical Research Support Initiative for Maximizing Student Development (IMSD) Program

<https://medschool.ucsd.edu/education/CIHED/IMSD/Pages/default.aspx>

The goal of the IMSD program is to motivate, mentor, and facilitate the transition of students from disadvantaged economic and social backgrounds and students with disabilities from college education to Ph.D. programs in the sciences. The UCSD-IMSD program is composed of three consecutive phases starting with training during the first years of a student's college education, followed by hands-on research experience, and ending with the awarding of a Ph.D. degree in biomedical sciences.

Tritons Connect

<https://tritonconnect.com/>

Tritons Connect is an online community of UC San Diego alumni, students, staff and faculty. It's a Triton exclusive network where you can be matched with a mentor, post and apply for job opportunities, join a community group, access a directory of Triton community members, and so much more!

Disability-Specific Resources

Navigating College: A Handbook on Self-Advocacy

<https://autisticadvocacy.org/wp-content/uploads/2014/01/NavcollFinal.pdf>

This extensive guide was written “for autistic students, from autistic adults.” This project was organized by the Autistic Self-Advocacy Network (ASAN).

Autistic Self-Advocacy Network (ASAN)

<https://autisticadvocacy.org/about-asan/>

This non-profit organization is run by and for autistic people.

ASAN Resource Library: <https://autisticadvocacy.org/resources/>

Summer Leadership Academy: <https://autisticadvocacy.org/projects/education/aci/>

List of Service Animal Resources

https://resources.sdhumane.org/Resource_Center/Educational_Materials/Animals_in_Supportive_Roles/Service_Animal_Resources

Includes information and resources pertaining to accommodations, finding a service animal, and more.

Deaf Community Services

<https://deafcommunityservices.org/>

Deaf Community Services serves the Deaf and hard of hearing community of San Diego. DCS connects individuals with a myriad of resources, such as mental health services, interpreter services, and more.

Contact: info@dcsofsd.org

Housing Accommodations for Students with Disabilities

The HDH Housing Liaison serves students with disabilities regarding disability-related housing accommodations. Students are encouraged to contact the Office for Students with Disabilities in order to obtain an Authorization for Accommodation (AFA) letter, and then to present the AFA letter to the HDH Housing Liaison.

Housing Liaison Contact: 858.534.8567; housingliaison@ucsd.edu

To register with the OSD: <https://osd.ucsd.edu/students/registering.html>

Office for Students with Disabilities (OSD): <http://disabilities.ucsd.edu/>

Students are paired with a “Disability Specialist,” whose job it is to help determine academic and housing accommodations for students. According to their website, “Disabilities can occur in the following areas: psychological, psychiatric, learning, attention, chronic health, physical, vision, hearing, and acquired brain injuries, and may occur at any time during a student’s college career.”

Cost: No additional cost for UCSD students

Appointments required:

<https://osd.ucsd.edu/students/registering.html#STEP-1:-Schedule-an-Intake-Appo>

Contact, location, and directions: <https://osd.ucsd.edu/contact/index.html> .

Hours: Monday – Friday, 8 a.m. – 4:30 p.m.

Note: OSD does not provide any tutoring to support directly, but may be able to connect you to resources and can provide accommodations that can be able to help make coursework, classes etc easier to manage. You can also do weekly check-ins with a specialist to be accountable and work through academic progress.

Delta Alpha Pi (DAPI)

<http://deltaalphapihonorsociety.org/>

Delta Alpha Pi, also known as DAPI, is an international academic honor society for students with disabilities. The organization aims to celebrate the achievements of university students with disabilities, and to advocate for the rights of people with disabilities. While there are GPA and unit requirements for official membership, all students are welcome to participate in Delta Alpha Pi events and projects.

Please feel free to reach out to dapi@ucsd.edu

Disability Rights California: <https://www.disabilityrightsca.org/>

Cost: Free

Location:

San Diego Office

530 B Street, Suite 400

San Diego, CA 92101

1-619-239-7861

Note: “Disability Rights California (DRC) defends, advances, and strengthens the rights and opportunities of people with disabilities.” If you believe you’ve been discriminated against on campus, they may be able to provide legal counsel or representation.

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Additional resource guidance

Magnifying San Diego

<https://sites.google.com/ucsd.edu/magnifyingsandiego/home?authuser=0>

Created by student Jaida Day, the Magnifying San Diego website highlights Black-owned businesses throughout San Diego, as well as a variety of resources not included in this guide. Take a look!

Triton Transfers Website

<https://transferstudents.ucsd.edu/index.html>

This website was created especially for transfer students. It connects students to many resources, including several opportunities offered exclusively to transfer students, such as mentorship from a Transfer Peer Coach.