

Career Services
Student Health Services
Accessibility & Disability Services

## CAREER SERVICES

#### **Career Services**

Career Services seeks to complement the academic mission of Cal Maritime by educating and empowering students to take ownership of their professional development as lifelong learners; while functioning successfully in a global society.

- In partnership with students and alumni, career services will facilitate career exploration, career decision-making, and provide guidance towards career selections.
- In partnership with *faculty and university staff*, career services will provide information, programs, and consultations to help address the career-related needs of students.
- In partnership with employers, career services will maintain and develop new relationships that align with the employment/career needs of students and alumni.





- Career Fairs
- Company Presentations
- Panel Discussions
- One-to-One Counseling
- Alumni Connections

- Career Conversation
   Series
- Workshops
- Virtual Interview Prep
- Career Mapping
- Services for Life





## Student Health Center

- We specialize in college health!
- Primary Care
- Mental Health Care
- Health Education





# Integrated Health Care

The Student Health Center is here to support cadet learning and academic success by promoting physical and mental health and through health education.





# Offering Compassionate and Competent Care to All

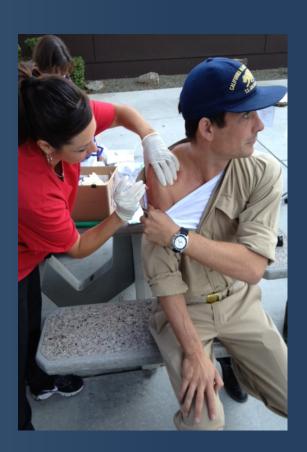


We pride ourselves
 on being student
 advocates,
 embracing and
 celebrating diversity
 and inclusivity



# Services at a Glance

- Primary care services
  - Nurse Practitioner/Physician
- Counseling
- Many common medications
- Orthopedic Supplies
- Health Promotion
- Physical Exams
- Basic Lab & X-RAY(off site)
- Vaccinations such as Flu Vaccine





## Counseling and Psychological Services

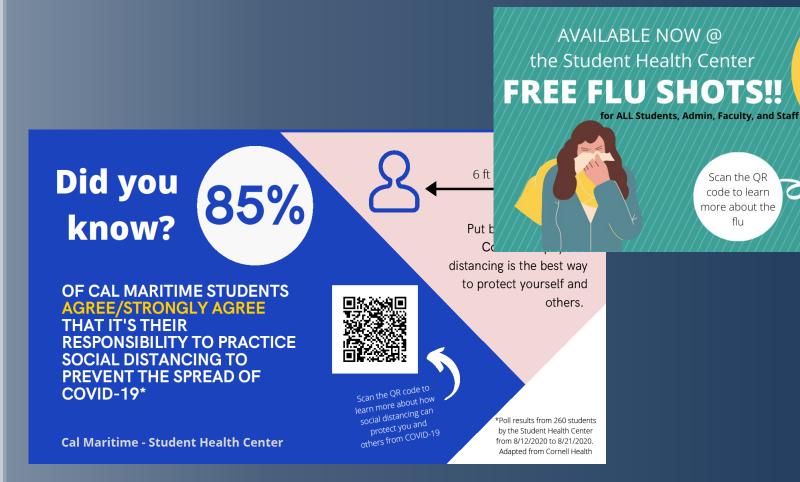
#### **Services Offered**

- Individual, couple & group counseling
- By appointment or Daily Walk-in Hour from 2-3pm
- Call the SHC at (707) 654-1170 for an appointment or after-hours advice line
- Confidential in compliance with Federal and state laws.





## Health Education





flu

Call

707 654 1170

to make an

appointment



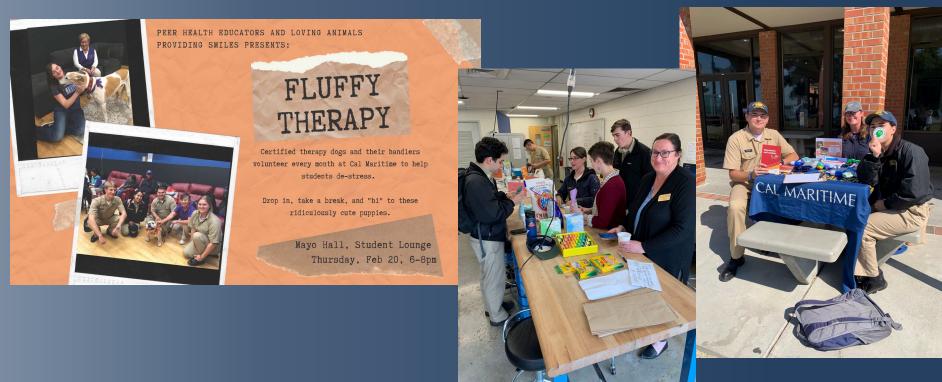
## Peer Health Educators



maritime\_phe



calmaritimephe





#### Student Health Center Services

- No Co-pays. All students can use the Student Health Center at no cost. Services are included in Student Health Fees.
- SHC carries many medications both prescription and over the counter for most common conditions at no cost.
- Xray services are provided at an off-site facility at no cost.
- Counseling services are available at <u>no cost</u>.
- Flu vaccines are available annually.



## Mandatory Health Insurance

- All Students are required to have Health Insurance to attend Cal Maritime.
- Students are automatically enrolled in and billed for the campus endorsed health insurance plan. If you have your own health insurance you will have the opportunity, annually, to waive the campus plan.
- For more information on the campus health insurance please visit our Health Center pages under Cadets on the Cal Maritime Website or aetnastudenthealth.com



## ACCESSIBILITY & DISABILITY SERVICES

# **Application Process**

The student is responsible to do the following:

- Self-identify or disclose to disability services
- Provide documentation- IEP, 504, or medical report
- Complete the intake process
- Choose when to use the approved accommodations
- Each semester submit request for accommodations for classes



## Accommodations

#### <u>Academic</u>

- Reduced distraction testing
- Additional test time
- Use of non-graphing calculators
- Use of laptop
- Use of audio recorders
- Note taking
- Use of accessible technologies
- Preferential seating

#### <u>Campus</u>

- Housing
- Dietary including food allergies
- Uniform-modified due to injury
- Medical-injury, illness



### Postsecondary institutions are not required:

- Reduce or waive any of the essential requirements of a course or program.
- Conduct testing/assessment of learning, psychological or medical disabilities.
- Provide personal assistants.
- Provide personal or private tutoring.
- Prepare Individualized Education Plans (IEPs).



#### Recommendations

- Have testing done senior year of H.S. to have current documentation and determine accommodations.
- Keep a copy of IEP, 504 and Testing Documents.
- To answer specific confidential questions please email to schedule a meeting.
   scase@csum.edu



## QUESTIONS?

For personal health questions, please join us immediately following this session.

Zoom link posted in the chat.