



STEM PATHWAYS

Student Guidebook



We are a community of STEM faculty, staff and students that offer support to those pursuing a degree in STEM. Take advantage of clear course schedules, holistic advising and a variety of resources to support you in your college journey and help you make informed decisions about your future career.



visit our website



Prepared by

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STEM Pathways Coordinator

STEMsupport@lasierra.edu

STEM PATHWAYS

STUDENT GUIDEBOOK

Students who participate in STEM Pathways will receive enhanced support to achieve their academic goals, and be given additional opportunities for networking, research and internships. Coordinators, Faculty, Advisors and Peer Mentors will work together to provide holistic support for STEM Pathways students.

REVISED

**AUG
2022**

Prepared For

La Sierra University

www.lasierra.edu

951-785-2000

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Background

STEM Pathways is a Guided Pathways to Success Title V grant initiative. Title V is a 3-million-dollar grant awarded by the Department of Education to La Sierra University in Oct. 2019. Title V aims to increase access to science, technology, engineering and mathematics degrees and career opportunities to Hispanic and low-income students across the Inland Empire. The grant assists in increasing enrollment for STEM degrees, enhancing facilities, upgrading equipment, supporting student services that positively affect graduation rates and developing faculty and staffing needs.

Grant Target

Provide equitable access for Hispanic and low-income students to complete articulated STEM degrees and go on to STEM-related career opportunities.

Grant Objectives

- Increase the number of first-time and transfer STEM students enrolled
- Increase retention and graduation rates in STEM students
- Increase in students who participated in grant-supported services or programs and completed a degree or credential

Objectives

Short-term: Increase by 15% the number of Hispanic and low-income STEM students who participate in grant-supported services or programs and complete a STEM degree or credential.

Long-term: Increase by 15% the number of Hispanic and low-income first-time, full-time degree-seeking undergraduate students graduating within six years of enrollment with a STEM degree.

Purpose

STEM Pathways aims to improve college completion and career success by streamlining students' journey through college via structured choice, holistic support and clear learning outcomes. This program will collaborate with STEM departments and university resources to enhance the systems already in place with the goal of institutionalization.

The Problem

La Sierra University is a proud Hispanic Serving Institution with a population of 46% Latino. Unfortunately La Sierra has among the lowest graduation rates for Hispanics in California. The Education Trust research found that La Sierra's 6-year graduation rates for Hispanic students falls well below similar private non-profit Hispanic-serving institutions in the surrounding area. Student under preparedness is the single most significant factor affecting Hispanic college success and under-represented students, particularly in STEM. Our undergraduates, especially Hispanics and under-represented, have the characteristics of the most high-need students, struggling to address STEM rigor.

The Solution

STEM Pathways aims to make STEM degree programs more accessible to local Hispanic and under-represented students so that they can access higher paying STEM jobs. STEM Pathways offers clear curriculum pathways for both 2-year college and high school students as well as full time students at La Sierra. In addition to assisting students choose a STEM Path, we ensure they remain on track by offering holistic advising and career exploration and development.

STEM Pathways Program

STEM pathways offers enhanced support to students pursuing a bachelor's degree in STEM. Students can take advantage of clear course schedules, holistic advising, peer mentoring, priority access to internships, research and directed study opportunities and a variety of resources to support their college journey and help them make informed decisions about their future careers.

STEM Majors Able to Apply

- Biochemistry
- Biology
- Biomathematics
- Biophysics
- Chemistry
- Computer Science
- Exercise Science
- Health Science
- Mathematics
- Neuroscience
- Physics
- Psychology

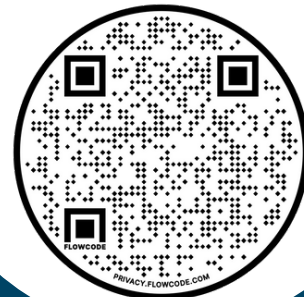
Programs & Resources

- Peer Mentoring
- Peer Led-Learning
- Support Mapping
- STEM Support Group
- Clear Course Schedules
- Connection with STEM Faculty and Alumni
- STEM Workshop
- STEM Summit
- Financial Literacy
- STEM Bridge
- Summer Research Experience
- AVID Club
- STEM Social Events
- Access to Internships, Research and Directed Study Opportunities

Questions? email STEMsupport@lasierra.edu

STEM PATHWAYS

PROGRAMS & RESOURCES



1 STEM Peer Mentoring

Relationship building, connection to valuable resources, and guidance of the university system

2 STEM Socials

Social events where students, faculty, staff, and alumni participate in a STEM related activity or discussion

3 Peer Led Learning

Study sessions for STEM classes that have lower-than-average pass rates led by students who have already successfully taken the course

4 Support Mapping

Academic tracking and goal setting designed for each individual

5 STEM Summit

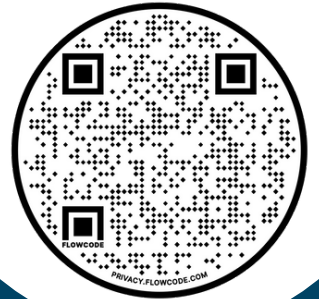
Panels and presentations on subjects imperative to STEM majors with an emphasis on career exploration

6 STEM Support Group

Group sessions to discuss career exploration and the opportunity to share and assess goals, struggles and solutions

ADDITIONAL

PROGRAMS & RESOURCES



7 Financial Literacy

Success in college finances. This resource includes workshops, assistance in scholarship search, budgeting and more

8 STEM Bridge

Hands-on experience working with container farming and learning the science to make it work

9 Research Opportunities

Priority access to internships, research, and directed study opportunities

10 Summer Research Experience

Students assist with experiments and research while earning real-life experience in the lab. STEM Pathway students receive priority registration

11 Connect

Connect with La Sierra STEM Alumni for advice and shadowing opportunities

12 AVID Club

Promotes AVID strategies and helps students navigate college through peer mentoring and social events



For more email STEMsupport@lasierra.edu

Student Expectations

Students in the Guided Pathways program will be expected to:

- Work with the Guided Pathway Coordinator to maintain a 2.5 GPA and earn no lower than a C in all STEM coursework
- Connect with a La Sierra academic advisor each term (semester for community college students and quarter for La Sierra students)
- Attend a minimum of two Guided Pathways events per quarter (any combination of workshops, social events, speaker events, STEM skill sessions, etc.)
- Agree to tracking of academic performance and participate in additional recommended supports (such as regular Peer-Led Learning attendance), as needed to maintain academic performance

Benefits

Though all La Sierra students will have access to basic support, Guided Pathways students will be provided enhanced support and additional opportunities. California community college and high school students in the Guided Pathways program will be able to take advantage of these La Sierra supports prior to transfer, and be given preference for the Summer Research Experience. The differences below highlight the program benefits.

- STEM peer monitoring
- customized advising quarterly
- Access to STEM Workshops
- STEM Summit and Social Events
- Access to Peer-Led Learning
- Minimum 2.5 GPA + grades of C or above in all STEM courses
- Priority access to internship, research and directed study opportunities

Questions? email STEMsupport@lasierra.edu

How Does STEM Pathways Work?

There are three different tracks for entering STEM Pathways:

Track 1 is for **registered La Sierra students** (sophomores and juniors),

Track 2 is for **first-year and transfer students** at La Sierra and

Track 3 is the **2+2** for **community college students and high school seniors** that are not yet ready to transfer

Registered Students (Track 1)

Step 1: Application

- Returning La Sierra students will apply here: <https://apply.lasierra.edu/register/?id=de62b252-bd74-4e99-a07b-64d601cf8975>

Step 2: Review

- Once the application is submitted the STEM Pathways coordinator will review it and reach out to the student for a one-on-one meeting.

Step 3: Choose a Path

- If the student is eligible (see pg. 5) and is accepted into the Program, the STEM Pathways coordinator will set up a one-on-one meeting to go over Pathways. A meeting will also be set up with a faculty advisor to help the student choose a STEM Path.

Eligibility

In order to be accepted to STEM Pathways returning students must:

- Be a returning sophomore or junior in STEM at La Sierra
- Submit a STEM Pathways Application
- Work to maintain a minimum 2.5 cumulative GPA
- Commit to program requirements

Questions? email STEMsupport@lasierra.edu

First Year Students and Transfer Students (Track 2)

First year and transfer students in a STEM degree are eligible to apply to the La Sierra STEM Pathways and take advantage of the programs and resources we offer to ensure a smooth transition into college/ Students will have access to all Guided Pathway support, including Peer-Led Learning and mentoring, STEM-focused workshops and social events.

Step 1: Application

- Students who are ready to enroll at La Sierra should apply via www.lasierra.edu/apply
 - Tip: Create an account > start a new application > select “STEM Pathways Programs” from the drop down menu

Step 2: Interview

- Once the application is submitted the STEM Pathways coordinator will review it and reach out to the student for an interview.

Step 3: Choose a Path

- If the student is eligible (see pg. 5) and is accepted into the Program, the STEM Pathways coordinator will set up a one-on-one meeting to go over Pathways. A meeting will also be set up with a faculty advisor to help the student choose a STEM Path.

Eligibility

In order to be accepted to STEM Pathways returning students must:

- Be a first year or transfer student in STEM at La Sierra
- Submit a [STEM Pathways Application](#)
- Work to maintain a minimum 2.5 cumulative GPA
- Commit to program requirements

Questions? email STEMsupport@lasierra.edu

2+2 Community College Students & High School Seniors (Track 3)

Students who begin their college career at a California community college or are high school seniors are eligible to apply to the La Sierra STEM Pathways and take advantage of the programs and resources we offer to ensure a smooth transition when ready to transfer. Students will have access to all Guided Pathway support, including Peer-Led Learning and mentoring, STEM-focused workshops and social events. Community college Guided Pathway students will be given priority to La Sierra's Summer Research Experience, an 8-week paid research internship.

Step 1: Application

- Students who are in a two year college or are seniors in high school and are not ready to enroll at La Sierra can still take advantage of all the resources we offer. In order to enroll students must first fill out the following application:
<https://apply.lasierra.edu/register/?id=de62b252-bd74-4e99-a07b-64d601cf8975>

Step 2: Interview

- Once the application is submitted the STEM Pathways coordinator will review it and reach out to the student for an interview.

Step 3: Choose a Path

- If the student is eligible (see pg. 5) and is accepted into the Program, the STEM Pathways coordinator will set up a one-on-one meeting to go over Pathways. A meeting will also be set up with a faculty advisor to help the student choose a STEM Path.

Eligibility

In order to be accepted to STEM Pathways community college students must:

- Submit a Community College STEM Pathways Application
- Be a current high school senior, California community college student in good standing
- Work to maintain a minimum 2.5 cumulative GPA
- Commit to program requirements

Questions? email STEMsupport@lasierra.edu

STEM Guided Pathways

STEM Guided Pathways (GPS) show you a clear roadmap of all the courses you will need to take in order to graduate on time from your desired degree. Please take a look at which Pathway you want to commit to:

- [BS in Mathematics](#)
- [BS in Biophysics](#)
- [BS in Physics](#)
- [BS in Health Science: Nutrition](#)
- [BS in Health Science: Clinical Health Studies](#)
- [BS in Exercise Science](#)
- [BS in Computer Science](#)
- [BS in Biology: Biological Science](#)
- [BS in Biology: Biomedical Science](#)
- [BS in Biomathematics](#)
- [BS in Biochemistry: Health Professions](#)
- [BS in Biochemistry: Biochemical Science](#)
- [BS in Chemistry](#)
- [BA in Chemistry](#)
- [BA in Psychology](#)

Once you have been accepted to STEM Pathways you will need to **set up a meeting with our GPS developer and STEM Faculty Dr. Helbley to review your Guided Pathway and make sure you are on track.**


To schedule a meeting with Dr. Helbley follow this link:
<https://tidycal.com/jhelbley>

Campus Resources

If you are feeling a bit disoriented, here are some campus maps and resources to help you get started. If you don't find what you are looking for please reach out to us at STEMsupport@lasierra.edu



Campus Resources



La Sierra
UNIVERSITY

4500 Riverwalk Parkway
Riverside, CA 92505
(951) 785-2000
(800) 874-5587
info@lasierra.edu
www.lasierra.edu

IMPORTANT PHONE NUMBERS

La Sierra University toll-free
1-800-874-5587

Area code (951)
Campus Safety & Security Patrol
785-2222

Administration
University Operator
(951) 785-2000
Records, Office of
(800) 874-5587
Athletics, Main Offices
Business, Zapara School of
College of Arts and Sciences

Divinity School, H.M.S. Richards
Education, School of
Financial Aid (See Student Financial Services)
Public Relations
Registrar, Office of
Student Financial Services, Office of
Student Life, Office of
Visitor & Campus Tour Information

Residence Halls
Angwin Hall (Women's residence)
Callans Hall (Women's residence)
Sierra Towers (Men's residence)
South Hall (Men's BA)
South Hall (Women's BA)

785-2041
785-2266
785-2001
785-2006
785-2175
785-2100
785-2422
785-2025
785-2212
785-2229
785-2537
785-2546

Galleries & Museums
Bancroft Gallery
Museum of Natural History

Centers
Allied Center for Financial Literacy
Center for Conflict Resolution
Center for Philanthropy
Center for Near Eastern Archaeology
Center for Research on Adventist Education
Enhanced Learning & Teaching
Women's Resource Center

785-2959
785-2209
785-2064
785-2064
785-2041
785-2997
785-2266
785-2470



- Departments by Name, Code**
- Academic Recovery
 - Accounting, AD
 - Accounts & Loans, AD
 - Accounts Payable, AD
 - Administration & Leadership, SE
 - Admissions, AD
 - Advancement, AD
 - Adventist Colleges Abroad, GH
 - Adventist Heritage Room, LI
 - Advising & Career Success (OACS), SVH
 - Alumni Relations, AD
 - Art + Design, VAC
 - Art History, PCA
 - Biology, PSC
 - Bookstore, (lasierra.edu/bookstore)
 - Bursar, AD
 - Business Development & Property Management, AD
 - Cafeteria, DC
 - Career Services, SVH
 - Chemistry, PH
 - Child, UC
 - College of Arts & Sciences, LS
 - Comm. & Integrated Marketing, AD
 - Communication, GH
 - Community Music School (AVPA), HMA
 - Computer Science, PSC
 - Counseling & School Psychology, SE
 - Curriculum & Instruction, SE
 - Dental Services, SVH
 - Distance Learning, SE
 - Division of Continuing Studies, CC
 - Drama, HUM
 - Eagle's Nest Café, DC
 - Education, SE
 - EMACTUS, ZSB
 - English and American Culture, GH
 - English, HUM
 - English Writing & Teaching, SE
 - Enrollment Services, AD
 - Film & Television, PH
 - Film & Television Sound Stage, ACE
 - Financial Administration, AD
 - General Education, Division, LS
 - Health & Exercise Science, HES
 - History, Politics & Sociology, HUM
 - HMS Richards Divinity School, LS
 - HMS Richards Library, LI
 - Honors Program, SO
 - Human Resources, AD
 - Information Technology, IT
 - Institutional Research, AD
 - International Student Services, AD
 - La Sierra Online, LI
 - Library, PP
 - Maintenance, PP
 - Mathematics, PSC
 - Music, HMA
 - Natural Foods, NF
 - (OACS) Advising & Career Success, SVH
 - Basics Café, NF
 - Physical Plant & Grounds, PP
 - Physics, PSC
 - Post Office, PP
 - Pre-Health Professions Programs, SVH
 - President, AD
 - Property Management, AD
 - Provost, AD
 - Psychology, AH
 - Purchasing, AD
 - Recruitment, AD
 - Registrar, SE
 - Risk Management & ADA, AD
 - SALSU, DC
 - Service Learning, GH
 - Social Work, GH
 - Spiritual Life, LS
 - Student Center, DC
 - Student Financial Services, AD
 - Student Involvement, Office of, DC
 - Student Life, GH, SVH
 - Testing Services, SVH
 - Theater, MC
 - Title IX, CC
 - Tom & Vi Zapara School of Business, ZSB
 - University & Public Relations, AD
 - University Studies, LS
 - World Languages, GH
 - Writing Center, HUM
 - Writing Center, Yng
 - Wellness Services, CC
- Chapels**
Angwin Chapel, AN
Meier Chapel, ST
Sierra Vista Chapel, SVC
- Museums & Galleries**
Bancroft Gallery, VAC
World Museum of Natural History, CH
- Student/Staff Housing**
Raley Cottages, RC
Sierra Vista Apartments, SVA
Student/Staff Housing, HO
Walnut Grove Apartments, WGA
- Outdoor & Fitness Areas**
Alumni Pavilion, AP
Clough Park, CP
Common Ground Pond, CG
Fitness Center, AP
Hamilton Terrace, HT
Path of the Just (PJ), PJ
Psychology Courtyard, AH
Sierra Courts, TC
Outdoor Fitness Center, AP
- Centers**
Allied Center for Financial Literacy, ZSB
Center for Conflict Resolution, ZSB
Center for Near Eastern Archaeology, AR
Center for Outreach & Missions Service, LS
Center for Research & Adventist Education, SE
Women's Resource Center, CC
- Conferences & Meeting Rooms**
Board Room, AD
Cactus Room, DC
Faculty Lounge, DC
Palm Room, DC
Troesh Conference Center, ZSB
- Security**
Campus Safety & Security Patrol, CC
Security Kiosk, SK
- Criminal Justice Program Location**
1305 Corona Pointe Court
Corona, CA 92879
(951) 272-6300
- Residence Halls**
Angwin Hall, AN
Callans Hall, CA
Sierra Towers, ST
South Hall (Honors), SO
- Affiliated Buildings by Code**
- AC Alumni Center
 - ACE Ace Building
 - APP Alumni Pavilion Annex
 - AR Near Eastern Archaeology
 - CC Conference Center
 - CCJ Communication Center
 - FFL Food For Life
 - HES Health & Ex. Science
 - NF Natural Foods
 - PDB Paul Damazo Building
 - PUCY Adventist Risk
 - SECC Southeastern California Conference HQ
 - SVA Sierra Vista Apts.
 - SVC Sierra Vista Chapel
 - SVH Sierra Vista Hall
 - UC Tennis Courts
 - VE La Voz de la Esperanza
 - WGA Walnut Grove Apts.

Campus Resources

STEM Clubs

Have you thought about joining a club? Here is a list of STEM related clubs on campus that you might want to check out!

- **Chemistry Club**
email: hemclub@lasierra.edu
insta handle: @lasierrachemclub
- **Pre-Dentistry Club**
email: preidentsociety@lasierra.edu
insta handle: @lasierrapredient
- **Pre-Law Society**
email: prelawclub@lasierra.edu
insta handle: @prelaw.lasierra
- **Pre-Medical Society**
email: premedsociety@lasierra.edu
insta handle: @premedlasierra
- **Pre-Nursing Club**
email: lasierrapnc@lasierra.edu
insta handle: @lasierrapnc
- **Pre-Physicians Assistant Club**
- **Pre PT/OT Club**
email: preptotclub@lasierra.edu
insta handle: @lasierrapreptotclub
- **Psi Chi: Honors Psychology**
email: psichi@lasierra.edu
insta handle: @psichi_lasierra
- **Tri-Beta: Honors Biology**
email: tribeta@lasierra.edu
insta handle: @lasierratribeta

Other Clubs

- **Investment Club**
email: invest-club@lasierra.edu
insta handle: @lasierrainvest
- **AVID club**
email: avidclub@lasierra.edu
- **Environmental Club**
email: environmentalclub@lasierra.edu
insta handle: @lasu_envo
- **Hispanic Business Club**
email: hbi@lasierra.edu
insta handle: @hbi_lasierra

Study Related Resources

Library

Location: 4600 La Sierra Ave, Riverside, CA 92505

Contact: library@lasierra.edu

Website: <https://lasierra.edu/library/>

Collaborative Learning Center (CLC)

- Provides free tutoring and other academic assistance to La Sierra University students
- Location: Library room 325
- Contact: clc@lasierra.edu
- Hours: Available once the quarter starts

Website: <https://lasierra.edu/oacs/clc/>

Peer-Led Learning (PLL)

- A co-curricular support program for STEM classes that typically have a lower class pass rate
- led by students who have successfully taken the course previously.
- Location: Palmer Hall 254
- Contact: rguzenski@lasierra.edu

Website: <https://lasierra.edu/title-v/guided-pathways/peer-led-learning/>

Writing Center

- Location: Humanities Hall 101 OR online
- Appointment: <https://www.lasierra.mywconline.com/>
- Contact: writingcenter@lasierra.edu

Website: <https://lasierra.edu/english/writing-center/>

Virtual Resources

To view a **[list of virtual resources on campus click here](#)**
compiled by Lynneth Guzman

Campus Organizations

SALSU

The Student Association of La Sierra University (SALSU) represents the student's voice. They are a group of students leaders, elected and hired, who advocate for student issues, plan events, release publications, and most importantly, build up our campus community.

OSI

The Office of Student Involvement provides students with opportunities for entertainment, leadership development, administrative support, advertisement, student organizational support, and numerous ways to get involved on campus. Our aim is to create an active environment with servant leaders through Christian fellowship on the La Sierra University campus.

Food on Campus

- **The Eagle's Nest Cafe**
Location: Next to the Dining Commons and Student Lounge
- **The Dining Commons** (aka The Caf)
Location: Next to the Eagle's Nest and Student Lounge
- **Vending machines across campus**
Snack and drinks
- **Golden Eagle Food Pantry**
For more visit their website:
<https://lasierra.edu/slife/golden-eagle-food-pantry/>

Food off Campus

- **Oasis Vegetarian Cafe**
Location: across the street at the La Sierra Natural Foods Store
offers discount to students that show ID
- **Rohey's Wok and Grill**
Location: Pierce St.
Japanese fusion restaurant
- **Pho Ha**
Location: Tyler st. across the mall
authentic Vietnamese food
- **Restaurante Salvadoreno**
Location: Next to Stater bros. at La Sierra

Health and Fitness

Fitness Center

- Location: Alumni Pavilion
- Contact: (951) 785-2514
 - Due to class schedules and athletic practice schedules, availability may be limited at certain times
 - Contact to check for availability

Website: <https://lasierra.edu/fitness-center/>

Aquatics

- Location: Alumni Pavilion
- Contact: (951) 785-2346

Website: <https://www.lsugoldeneagles.com/Aquatics>

Alumni Pavilion Gymnasium

- Location: Alumni Pavilion, next to the Fitness Center
- Includes basketball, volleyball, and badminton courts
- Can borrow equipment
- Contact: (951) 785-2514
- Due to class schedules and athletic practice schedules, availability may be limited at certain times
- Contact to check for availability

Student Wellness Services

Student Wellness Services is continuing to provide health services to the campus, while protecting both the university community and our office staff from exposure. Student Wellness provides various physical and mental health services, including physical exams, TB testing, individual therapy, couples therapy, family therapy, Psychiatry, and more.

For full details visit: <https://lasierra.edu/medical-services/list-of-medical-services/>

Counseling Services

- Individual & Couples Counseling
- stress
- depression
- loneliness
- eating concerns
- relationship and family conflicts
- sexual assault
- self-improvement
- test anxiety

Workshops

- Workshops dealing with all types of mental health and career exploration concerns on our campus.

Groups

- Join other students with common interests in a supportive group.

Finding a Therapist

- **Hera Counseling** (Redlands)
- **Collaborative Psych Group** (Riverside)

Mental Health Apps

- **Wysa**: For depression and anxiety
- **Reflectly**: Journal and mood tracker
- **Habit Tracker**: Goal tracker & daily planner
- **ADHD Test for Adults**: Quiz, definitions and symptoms
- **iBreath**: Meditation app for breathing
- **Calm**: Sleep, meditation, relaxation
- **Dare**: Panic & anxiety relief
- **Tappy**: Self care, fidgeter

In Case of an Emergency

IF YOU ARE EXPERIENCING A LIFE THREATENING EMERGENCY CALL 911!

- If you are experiencing a **non-life threatening** but time-sensitive emergency you can call **Brenda, STEM Pathways Coordinator at (951) 405-2162**
- **Parkview Community Hospital (4.2 miles)**: 3865 Jackson Street, Riverside, CA 92503 (951) 688-2211 (ER); (951) 353-1021 (Urgent Care)
- **Kaiser Permanente (2 miles)**: 10800 Magnolia Avenue, Riverside, CA 92505 (833) 574-2273
- **Pacific Grove Hospital** (24-hour): (951) 330-3649; 5900 Brockton Avenue, Riverside, CA 92506
- **Riverside County Psychiatric Care Facility** - Arlington Campus: (951) 358-6858; 9990 County Farm Road, Suite 4, Riverside, CA 92505

Important Crisis Numbers

- Suicide and Crisis (24 hr. help line)
(951) 686-4357
- CARES
(800) 706-7500
- Sexual Assault Services
(909) 885-8884
- Riverside Rape Crisis Center
(951) 686-7273
- Peer Navigation Line
(888) 768-4968
- Emergency Treatment Services ETS:
(951)-358-4881
- 24/7 Mental Health Urgent Care
(951) 509-2499
- Alcoholics Anonymous
(909) 825-4357

Local Therapy (out of network)

- **Psychology Today**: www.psychologytoday.com/us
- **Good Therapy**: www.goodtherapy.org/
- **Mental Health Crisis Services**: www.rcdmh.org/Crisis-Resources/County-Mental-Health-Triage-Services
- **Dogon Behavioral Medical Group**: www.dogonmentalhealth.com

Medical Services

Contact

- Location: Convenience Center
 - 11498 Pierce Street Suites #A & #B Riverside, CA 92505
- Email: wellness@lasierra.edu
Phone: (951) 785-2200

* For more information visit <https://lasierra.edu/wellness/>

What type of appointment do you need?

<h3 style="margin: 0;">EMERGENCY</h3> <p style="margin: 5px 0;">Call 911 OR Go to the nearest hospital immediately!</p>  <div style="text-align: center; margin-top: 10px;"></div>	<h3 style="margin: 0;">URGENT</h3> <p style="margin: 5px 0;">Call Student Wellness Services at (951) 785-2200</p> <p style="margin: 5px 0;">to speak with our staff and determine whether treatment or a future appointment is appropriate.</p>  <div style="text-align: center; margin-top: 10px;"></div>	<h3 style="margin: 0;">NON-URGENT</h3> <p style="margin: 5px 0;">Schedule a future appointment with Student Wellness Services</p> <p style="margin: 5px 0;">By phone: (951) 785-2200 Online: PnCweb.lasierra.edu</p>  <div style="text-align: center; margin-top: 10px;"></div>
<p>You have a life- or health-threatening medical or psychiatric condition that requires immediate medical attention.</p> <p>Examples:</p> <ul style="list-style-type: none">• Severe Pain (abdominal, chest, etc.)• General difficulty breathing OR shortness of breath• Seizure• Sudden loss of consciousness• Inability to talk or move part of your body• Severe panic attack• Plans to commit harm to self or others• Severe, persistent bleeding• Major injuries from a vehicle or other accident, gunshot(s) or stab wounds	<p>You have an illness or injury that requires prompt medical attention but is NOT life-threatening.</p> <p>Examples:</p> <ul style="list-style-type: none">• Fever• Cough or sore throat• Minor scrapes• Joint sprains• Minor aches and pains (ear, head, back etc.)• Frequent urination or burning sensation when urination	<p>You have a new concern or change in an existing health condition OR if you have health care needs or preventive screening you know about in advance.</p> <p>Examples:</p> <ul style="list-style-type: none">• Sexually transmitted infection screenings• Gradual skin changes• Vaccinations• Unplanned weight loss or gain• Ongoing anxiety• Physical exams for sports• Pap tests

COVID Information

On Campus

- limited resources contact the Wellness center by phone at [\(951\) 785-2200](tel:9517852200)

Off Campus

- <https://curative.com/>
- [COVID-19 Screening and Testing \(Riverside County Resource\):](#)
- <https://www.projectbaseline.com/study/covid-19/>
- <https://tinyurl.com/RiversideCountyCOVID19Testing>

I was exposed to someone with COVID-19. What do I do?

Modified Quarantine

Fill out the Covid-19 screening Survey

- Click [here](#) to access the survey
- Log In using your campus credentials
- Verify Date of Birth
- Click on the 'Complete Survey' button

After being exposed to Covid-19, take precautions immediately!

Modified Quarantine
Regardless of vaccination status, if you are exposed to a positive case, you do not need to stay home unless symptoms develop

- Wear a well-fitting mask for 10 full days
- Monitor for symptoms
- Even if you don't have symptoms, get tested at least 5 days after your last contact

Was your test positive on or after Day 5?

YES Send test results to covidcompliance@lasierra.edu
STAY HOME AND ISOLATE and follow instructions for what to do when testing positive.

NO Send test results to covidcompliance@lasierra.edu
End Quarantine. Continue to wear your face mask for the next 5 days.

For COVID-19 Resources visit lasierra.edu/covid-19

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WHEN TO GET TESTED FOR COVID-19?

IF YOU HAVE COVID-19 RELATED SYMPTOMS - STAY HOME AND TEST IMMEDIATELY!
PCR TESTING IS AVAILABLE AT STUDENT WELLNESS SERVICES
ANTIGEN (AT HOME TEST) IS AVAILABLE TO PICK UP AT HR AND STUDENT WELLNESS SERVICES

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

IF YOU HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

Test at least five days after your last exposure.

IF YOU HAVE AN APPROVED MEDICAL OR RELIGIOUS EXEMPTION

Test once a week
Saliva Testing Hours:
Morning: 9am - 11am
Afternoon: 2pm - 3pm

If you had Covid-19 in the past 90 days:

- 1-30 days or less:
 - With symptoms - use antigen test (take two antigen tests - 48 hours apart)
 - No symptoms - testing is not recommended
- 31-90 days:
 - With symptoms - antigen test (take two antigen tests - 48 hours apart)
 - No symptoms - use antigen test

For COVID-19 Resources visit lasierra.edu/covid-19

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COVID Testing

I tested Positive for Covid-19. What do I do?

Isolation

'Stay Home'

Fill out the Covid-19 screening Survey

- Click [here](#) to access the survey
- Log in using your campus credentials
- Verify Date of Birth
- Click on the 'Complete Survey' button
- Send test results to covidcompliance@lasierra.edu

TAKE SURVEY

Stay home for at least 5 days.

Test again on or after Day 5 using an **Antigen Test**. Send test results to covidcompliance@lasierra.edu

Do you have symptoms at Day 5?

YES NO

Did you get tested on or after Day 5?

NO YES


Was your test positive on or after Day 5?


YES NO

Continue to stay home for at least 10 days

Send Test results to covidcompliance@lasierra.edu
End isolation after Day 5. Wear a mask for a full 10 days

For COVID-19 Resources visit lasierra.edu/covid-19

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The Team



Brenda Delfino
STEM Pathways Coordinator

Brenda works on developing STEM Pathways programs as well as overseeing the STEM Peer Mentoring Program. Reach out to her for questions regarding STEM Pathways and STEM Peer Mentoring, as well as campus and community resources. she is an alumna and a poet who has served the community for over 10 years.

STEMsupport@lasierra.edu
951-405-2162



Katharine "Rose" Guzenski
Peer-Led Learning Coordinator

Peer-Led Learning Coordinator, Katharine "Rose" Guzenski is in charge of developing and increasing pass rates for gateway courses. STEM students struggling in core courses can reach out to her to schedule a session with a peer who has successfully completed the course.

kguzensk@lasierra.edu



Tabetha Johnson
STEM Services Development Coordinator

STEM Services Development Coordinator, Tabettha Johnson is responsible for assisting with both the Guided Pathways to Success and STEM Teacher Training grants. **She is also the coordinator and student mentor for STEM Bridge** and manages the Title V webpages.

tjohnson@lasierra.edu

The Team



aschroer@lasierra.edu

Andrea Schröer

Community College Liaison, Financial Literacy Specialist

Andrea is a La Sierra alum and the Title V **Financial Literacy specialist** and empowers students in their financial success. Reach out to her if you need help finding scholarships, need assistance budgeting or have questions about money related concepts.



mgutierr@lasierra.edu

Michael Gutierrez

Summer Research Experience Coordinator

As Guided Pathways Mentor, Dr. Michael Gutierrez works with STEM pathway students on a regular basis. **He is responsible for the development of the 8-week summer research program** to be held for select community college students on La Sierra's campus each year.



evega@lasierra.edu
951-785-2341

Eric Vega

Summer Bridge Coordinator

As Summer Bridge Coordinator, Dr. Eric Vega **collaborates with various STEM departments on campus to create an intensive, annual hybrid program for incoming freshmen and transfer students.** The program strengthens their gateway skills and helps them feel better equipped before starting their degree paths at La Sierra.

The Team

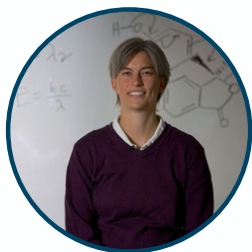


awolf@lasierra.edu
909-709-1138

Amy Wolf

Title V Grants Coordinator

Amy Wolf is a La Sierra alumna and the Title V Grants Coordinator, assisting with management across the university's Title V grants. She **provides support to the Title V team, gathers data for reporting and grant guidance, and works to contribute to student success across the university.**



jhelbley@lasierra.edu

Jennifer Helbley

Guided Pathways Academic Leader

Dr. Jennifer Helbley serves as the Guided Pathways Team Leader **developing academic degree pathways and working with faculty to create multi-year roadmaps.** She also assists with the grant by mentoring advisors, implementing intervention and retention programs for student success, and working with university outreach.



mpayne@lasierra.edu
951-235-3761

Marvin Payne

Title V Director

Dr. Marvin Payne serves as **Project Director for Guided Pathways to Success.** He has a background in biochemistry and biology as well as numerous leadership roles on campus over the years. He is leading both of the university's Title V grants.