



Online Student Support Services

Student support services have gone remote!

We are still here to help you, even though San Diego Miramar College has transitioned to an online environment. Our counselors, staff and administrators are working **remotely** to support our students. Check the links below for more information about our online services. You can email your questions, schedule an online appointment, or view the workshops, materials and tutorials available for each office.

Stay up to date on the latest COVID-19 related news

Miramar College: <https://www.sdmiramar.edu/covid-info>

San Diego Community College District: <https://www.sdccd.edu/coronavirus/>

Office/Program	How to Contact – webpage, email, Canvas, Social Media, etc.
Accounting	Website: https://www.sdmiramar.edu/campus/accounting Email: mmaracctg@SDCCD.edu
Admissions and Records	Website: http://sdmiramar.edu/campus/admissions Email: miraadm@sdccd.edu
Bookstore	Website: https://www.bookstore.sdccd.edu/miramar/ Email: mira-book@sdccd.edu
Counseling	Website: http://sdmiramar.edu/campus/counseling Email: mira-coun@sdccd.edu
Career Services	Website: http://www.sdmiramar.edu/campus/careerservices Email: mira-jobs@sdccd.edu Canvas: https://sdccd.instructure.com/enroll/RW4EH8
Dreamers	Website: http://sdmiramar.edu/campus/dreamers-support-services Email: mira-dreamers@sdccd.edu Social Media: https://www.facebook.com/MiramarDreamerSupportProgram
EOPS, CARE, NextUp and CalWORKs	Website: http://sdmiramar.edu/campus/eops Email: mira-eops@sdccd.edu Remote Appointment Request

Financial Aid	<p>Website: http://sdmiramar.edu/campus/financial-aid Email: miraaid@sdccd.edu</p>
International Students	<p>Website: http://sdmiramar.edu/campus/international-students Email: miraadm@sdccd.edu</p>
Library	<p>Website: http://sdmiramar.edu/library/ Voicemail: 619-388-7310</p>
Outreach and School Relations (prospective and new students)	<p>Website: https://www.sdmiramar.edu/campus/outreach Email: miraoutreach@sdccd.edu</p> <p>Social media: https://www.instagram.com/miramaroutreach/ Virtual campus tour: https://www.youvisit.com/tour/sdmiramar</p>
Promise Program	<p>Website: http://sdmiramar.edu/campus/promise Email: sdpromisemiramar@sdccd.edu</p> <p>Social media: https://www.instagram.com/sdpromise_miramar/</p>
Student Health, including Mental Health	<p>Website: http://sdmiramar.edu/campus/healthcenter Email: miramarhsa@sdccd.edu</p> <p>Mental Health Canvas: https://sdccd.instructure.com/enroll/8Y7966 Physical Health Canvas: https://sdccd.instructure.com/enroll/BBKDKY</p> <p>Tele-medicine available M-TH 9- 3pm, and Fridays 9-1pm Call (619) 388-7881</p>
Tutoring: Academic Success Center Math Lab Writing, English Language Lab	<p>Websites: http://sdmiramar.edu/campus/asc https://www.sdmiramarmathlab.com/ https://sdmiramar.edu/campus/well Email: miramarasc@sdccd.edu</p> <p>ASC Canvas: https://sdccd.instructure.com/enroll/7H4HYN WELL Canvas: https://sdccd.instructure.com/enroll/GXXRMJ</p>

Transfer Center	Website: http://sdmiramar.edu/campus/transfer Email: miratran@sdccd.edu Canvas: https://sdccd.instructure.com/enroll/F7T3CB Social Media: https://www.instagram.com/miramartransfercenter/ https://www.facebook.com/SanDiegoMiramarCollegeTC https://twitter.com/SDMiramarTC
Veterans	Website: http://sdmiramar.edu/campus/veterans Email: MiramarVeterans@sdccd.edu

Grading Options Due to COVID-19 Public Health Emergency

Are you thinking about dropping your classes, switching to Pass/No Pass, or taking and Incomplete?

We want to help you make the best decision for both your immediate needs and long-term academic goals. Please contact a counselor in either the [Counseling Office](#) or in your special program (DSPS, EOPS, etc.) for assistance in making this important decision.

Community Resources

Technology Resources

Free and reduced cost internet	<p>https://shop.collegebuys.org/articles/calconnects_landing.htm</p> <p>Free Spectrum broadband and WiFi access for 60 days in home with K-12 and/or college students that don't have an existing Spectrum service level up to 100 Mbps. Installation fees will be waived for new student households and the company said those interested should call 1-844-488-8395.</p> <p>https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more</p> <p>California Connects California Community Colleges students are eligible for this mobile hotspot service, powered by Sprint, which offers nationwide 4G LTE connectivity and allows users to connect up to 10 WiFi enabled devices for up to 10 hours on a single charge</p> <p>Link: https://foundationccc.org/What-We-Do/Student-Success/California-Connects</p> <p>Comcast offers 2 free months to Internet service for users: Link: https://www.internetessentials.com/covid19 https://corporate.comcast.com/covid-19</p> <p>Xfinity WiFi Public Hotspots</p> <p>UPDATE: Until further notice, all Xfinity WiFi Public Hotspots are now open to everyone on the "xfinitywifi" SSID. Public hotspots can be found in small/medium businesses and outdoors in commercial areas. Non-Xfinity subscribers need to accept Terms and Conditions to access the network and repeat when requested to continue to receive free unlimited access. Please refer to the map below for available public hotspots.</p> <p>Free Hotpots: https://wifi.xfinity.com/</p>
Laptops	<p>https://www.sdmiramar.edu/covid-info/laptop</p>
Software for disability support	<p>Freedom Science is offering Jaws, ZoomText and Fusion for free for personal home computers until June 30th. Link: https://www.freedomscientific.com</p>

Resources for Basic Needs

CalFresh (SNAP)	If your income is impacted due to the COVID-19, you could be eligible for CalFresh (SNAP). To learn more and apply for CalFresh go to: https://students.getcalfresh.org/
Food Pantries	<p>San Diego Food Bank For your local distribution site, call (866) 350-FOOD (3663) or visit www.sandiegofoodbank.org Distribution site closest to Miramar College: SDSU Research Foundation WIC Office, Mira Mesa Phone: (888) 999-6897 10737 Camino Ruiz Suite 135 San Diego, CA 92126 Hours: M-F, 8am - 5pm</p> <p>Feeding San Diego For your local distribution site, call (858) 452-3663 or email info@feedingsandiego.org. Here are some that are closest to Miramar College: The Community Food Connection Phone: (858) 751-4613 14047 Twin Peaks Road Poway, CA 92064 Hours: M, W, and F 3pm-6pm</p> <p>Unions United/Labor Participation Phone: (858) 492-2000 4699 Murphy Canyon Road San Diego, CA 92123 Hours: M-F, 8am-4:30pm</p>
Housing Resources, Homeless Shelters	<p>San Diego Shelter Bed Availability https://my211.force.com/OpenBeds</p> <p>San Diego Housing Commission https://www.sdhc.org/housing-opportunities/help-with-your-rent/</p> <p>San Diego County Housing and Community Development Resources https://www.sandiegocounty.gov/content/sdc/sdhcd/</p>
Resources for K-12 students and their parents	<p>Information on distance learning, food services and computers for San Diego USD students https://sites.google.com/sandi.net/covid19</p> <p>Information for Poway USD students https://www.powayusd.com/en-US/Departments/Student-Support-Services/Raising-Awareness/Coronavirus</p> <p>San Diego Children’s Fund http://www.sandiegoforeverychild.org/covid19/</p>

	<p>Parents with kids and teens 18 years old and under can use the USDA Meals 4 Kids mapping tool to find sites near them where they can pick up free nutritious meals and snacks. To maintain social distancing, kids and teens may take their meal home to eat.</p>
<p>Suicide Prevention</p>	<p>Calls to suicide hotlines across the country have increased during the coronavirus pandemic. We encourage everyone in need to reach out for help.</p> <p>The California Youth Crisis line runs 24 hours a day, seven days a week: (800) 843-5200.</p> <p>The National Suicide Prevention Lifeline provides confidential assistance to anyone in crisis and their loved ones through a live chat and free 24-hour hotline at (800) 273-8255. You can also text the Crisis Text Line at 741741.</p>
<p>Domestic Violence, Sexual Assault</p>	<p>Sexual Assault/Intimate Partner Violence Crisis Line & Referral (Available 7 days a week/24 hours a week) 1-888-385 4657 Center for Community Solutions: https://www.ccssd.org/</p>

The EOPS office is also maintaining an [ongoing list of resources](#) related to COVID-19 emergency, including food, parenting resources, diaper distributions, healthcare resources and more.