

## Message to Student Athletes

### January 23, 2025

We know this is an emotional and challenging time, and we want you to know that we are here to support you in every way possible.

Your contributions as a student-athlete are invaluable, and we remain committed to helping you navigate the next steps, whether you continue your journey at Sonoma State or explore opportunities elsewhere.

### How We're Here to Help

- **Financial Aid and Scholarships:** Your athletic scholarship will continue to be honored for its original duration as long as you remain enrolled and meet eligibility requirements. For questions about your specific aid and eligibility, please contact the Financial Aid Office at [finaid@sonoma.edu](mailto:finaid@sonoma.edu) for further assistance.
- **Transfer Assistance:** Coaches and staff are also available to help you with the NCAA Transfer Portal. If you decide to transfer, the Registrar's Office can assist with transcripts and any documentation needed for the process. [Transcripts | Office of the Registrar at Sonoma State University](#).
- **Emotional Support:** This is a significant transition, and it's okay to feel uncertain or overwhelmed. Counseling and Psychological Services (CAPS) is here for you. Reach out to [caps@sonoma.edu](mailto:caps@sonoma.edu) or call (707) 664-2153 or attend a supportive space session reserved just for Student Athletes:
  - Friday January 24th 4pm-5pm, Russian River Valley Room
  - Tuesday January 28th 1pm-2pm, Russian River Valley Room
  - Thursday January 30th 3pm-4pm, Russian River Valley Room
  - Wednesday February 5th 2pm-3pm, Alexander Valley Room

We're also here to answer any lingering questions you might have, and thus Informational sessions for all student athletes will be held on:

- **Wednesday, January 29th**
  - 12:00pm-1:30pm Location: Stevenson 1400; Zoom Option: <https://SonomaState.zoom.us/j/88940924771>
  - 4:00pm-5:30pm Location: Alexander Valley Room; Zoom Option: <https://SonomaState.zoom.us/j/88940924771>
- **Thursday, February 6th**
  - 12:00pm-1:30pm Location: Stevenson 1301; Zoom Option: <https://SonomaState.zoom.us/j/85277766972>
  - 4:00pm-5:30pm Location: Stevenson 1301; Zoom Option: <https://SonomaState.zoom.us/j/85277766972>

This change doesn't diminish your impact as part of the Seawolf family, and we are so proud of what you've accomplished here. Thank you for all that you bring to Sonoma State.

Sincerely,

**Gerald L. Jones, J.D.**

Vice President for Student Affairs  
& Dean of Students  
Acting Senior Diversity Officer  
Sonoma State University