



ELS San Francisco North Bay – San Rafael , California at Dominican University of California

ELS COUNSELING MANUAL

UPDATED :2024-08-01

ELS San Francisco North Bay – San Rafael

At Dominican University of California Campus

YouTube Video: <https://youtu.be/WNTUtSbywXY> / <https://youtu.be/TN3pmtWHnxU>



About This Center

ELS San Francisco North Bay - San Rafael Center is located on the campus of Dominican University of California (DUC), a picturesque campus north of San Francisco. San Rafael, where the DUC campus is located, is a safe and quiet city in beautiful Northern California with easy access to San Francisco by bus or ferry.

- Total number of ELS students: Average 70 (Maximum 250)
- Number of students per class: Average:15 (Maximum:18)

Why Choose ELS San Francisco North Bay - San Rafael

- Experience both San Rafael, a small city and San Francisco, a world-class metropolis.
- Access to campus gym, pool, library, health center, cafeteria, and student clubs
- Visit San Francisco and California attractions on weekends.
- Year-round mild weather

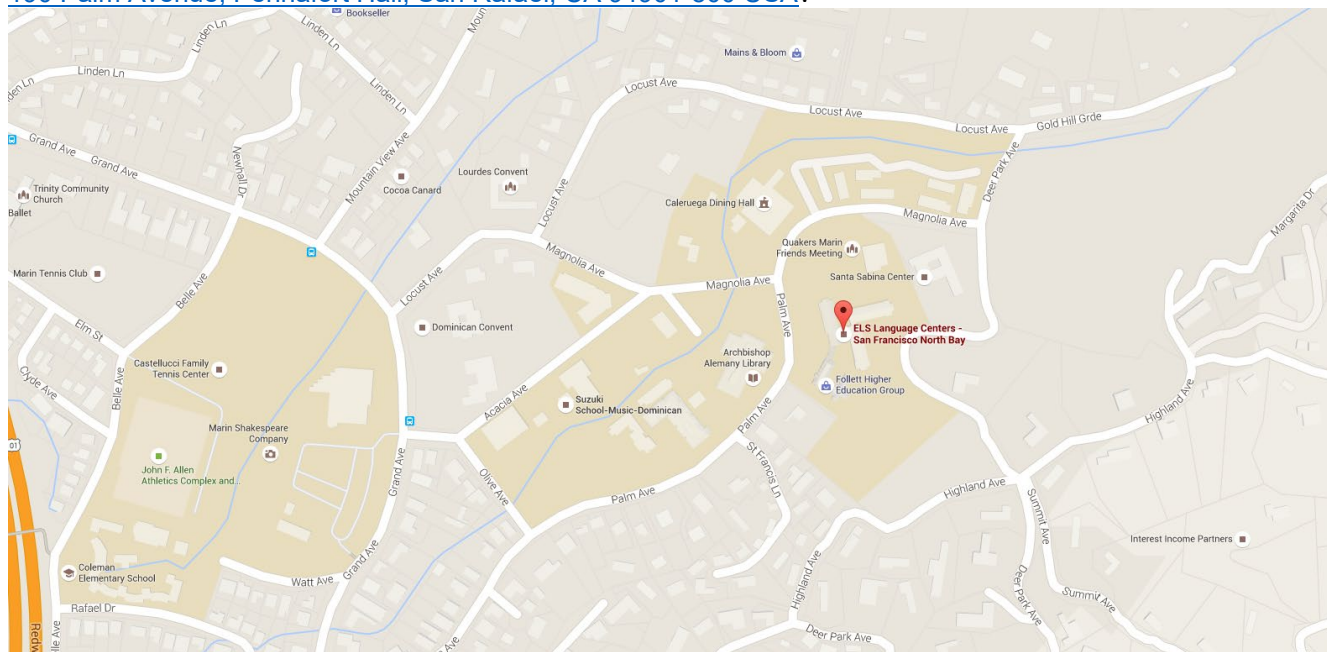
Programs at ELS San Francisco North Bay - San Rafael

- Intensive English (30 lessons/week)
- Semi-Intensive English (20 lessons/week)
- American Explorer (15 lessons/week)



Physical Address of ELS San Francisco North Bay - San Rafael

[190 Palm Avenue, Pennafort Hall, San Rafael, CA 94901-800 USA](#)



2023-24 Start Dates – Schedule B Center

(2023) 1/9, 2/6, 3/6, 4/3, 5/1, 5/30, 6/26, 7/24, 8/21, 9/18, 10/16, 11/13, 12/11

(2024) 1/8, 2/5, 3/4, 4/1, 4/29, 5/27, 6/24, 7/22, 8/19, 9/16, 10/14, 11/11, 12/9

* Students may start on any Monday. (Starting on the 4th week of the session is not recommended.)

* Centers with the same start schedule: LA County-La Verne, St. Paul, Tampa

About the Host University



Dominican University of California, DUC

Dominican University of California (DUC) is the only private four-year university in Marin County, less than a 15-minute drive from the Golden Gate Bridge. As a small university with a total student population of about 2,000, students' study on a charming 80-acre campus in harmony with nature. Because it is a small university with a student-to-faculty ratio of 9:1, students' study in a family-like atmosphere. DUC offers about 60 undergraduate courses and 1 master's course, and if you successfully complete ELS level 112, you can enter the undergraduate/master's course without an official English test such as TOEFL or IELTS.



Conditional admission available through ELS UAS: Yes
ELS Level Accepted: Level 112

University Rankings based on 2022-23 US News Ranking
 #18 in Regional Universities West
 #21 in Best Value Schools

Popular Majors

Graduate

MBA

Business Analytics

Undergraduate

Global Public Health, Business

Education, Psychology

Campus Facilities

Baseball field

Basketball court

Cafeteria

Computer lab

Fitness center

Free parking at the university

Gymnasium

Library

Music practice rooms

Soccer field

Student Health Center

Swimming pool (outdoor)

Tennis court

Wi-Fi



About the City and Region – San Rafael, California



Marin County, which includes San Rafael, is the 8th richest county in the United States. San Rafael is the largest city in Marin County, and it is a city with an outstanding natural environment and cute, high-end boutiques and restaurants. 80% of Marin County is a natural environment, and various activities are possible in nature, such as Mere Woods National Park, Golden Gate National Park, Stinson Beach, and Point Reyes Beach. It is also located approximately 35 minutes by car or 1 hour by bus to San Francisco, so you can visit major attractions in San Francisco and California every weekend.

Distances to Nearby Cities

- San Francisco: 35 minutes by car, 1 hour by bus
- Berkeley: 45 minutes by car, 1 hour by bus

Area Attractions

- Fabulous shopping opportunities at high-end shopping malls, numerous independent boutiques and several outlet malls
- Yosemite National Park, Muir Woods, Golden Gate National Recreation Area, Stinson Beach, Point Reyes National Sea Shore, Angel Island
- Six-Flags Amusement Park, Great America Amusement Park, Santa Cruz Beach Boardwalk
- San Francisco, Berkeley, Oakland, Sausalito, Silicon Valley, Santa Rosa

Local Transportation

- Using the local bus system, Marin Transit. (Monthly pass about \$40)
- DUC's local bus stop is a 5-minute walk from the ELS school and DUC campus.
- Bus, ferry, SMART Train from San Francisco, Berkeley, and Sonoma County.

Distances to Key Locations (from ELS Center)

Local Places:	Away	Mode of Transportation
Airport	60/90	Bus/Car
Bank	20/5/20/5	Walk/Bike/Bus/Car
Downtown San Rafael	20/15/15/5	Walk/Bike/Bus/Car
Post Office	30/14/30/6	Walk/Bike/Bus/Car
Restaurants	20/25/10	Walk/Bike/Bus/Car
Shopping Mall/Outlet	20/5/20/5	Walk/Bike/Bus/Car
Supermarket	20/5/20/5	Walk/Bike/Bus/Car
Public Transportation	5/5/2	Walk/Bike/Car
Pharmacy	20/5/20/5	Walk/Bike/Bus/Car
Sports Stadium	100/55	Bus/Car



Housing

Homestay



- Room Type: Single occupancy
- Meals: 14 meals per week (Breakfast and Dinner)
- Distance from homestay to ELS Center: Average 40minutes (Maximum 1hour)
- Minimum Age: 16
- Maximum age: 30

San Rafael Homestay families provide a warm and friendly environment. Most homestay families are located close to stops on the Golden Gate Transit bus route, making it easy for students to get to and from school using public transportation.

Check-in Time

8:00am - 10:00pm Sunday before session start date

Homestay students should notify their Host Families and ELS of their arrival times so that families will know to be home when they arrive. Students should contact their host at least 48 hours prior to arrival to introduce themselves and arrange arrival plans.

Check-out Time



8:00am - 12:00pm Saturday after session end date

As a courtesy to their host family, students must inform both the ELS office and their hosts of their departure plans several days prior to their day of departure.

Off Campus Residence - The Student Home (ELS students only)

179 Los Ranchitos Road, San Rafael, CA 94903



- Room Type: Double occupancy
- Meals: No meals included
- Distance to ELS Center: 5–10-minute free shuttle ride
- Minimum Age: 18
- The Student Home is in a very safe residential area, 5 minutes by car from the ELS San Rafael Center.
- 17 bedrooms, 7 bathrooms, 2 lounges, a game room, and fully equipped kitchen.
- Located within walking distance to a shopping mall with cinemas, restaurants, and inexpensive food choices..
- Each room offers linens, desk, and wardrobe.
- All students have access to plates, pots and pans, cutlery, and utensils.
- Males and females may NOT share the same room; however, males and females are housed in the same house.
- Free Wi-Fi access is available for all students.

Check-in Time

10:00 am - 10:00 pm Sunday before session start date.

Students go directly to the San Rafael International Student Home, where Paul, the Student Home Manager will be on-site ready to check them into their room. Paul can be reached by cell phone if needed at: 415-250-0184

Check-out Time

08:00 am - 12:00 pm Saturday after session end date

Students should make an appointment with Parmjeet, the Student Home Manager to have their room checked and to return their key.

College Class Visitation

Class Visitation allows student to visit a university class at the ELS Center's Host university. Student may only be allowed to visit a particular university class a limited number of times. Student cannot receive college credit for university course observation.

Students may also be eligible to take university classes upon completion of an ELS level in Intensive English. Levels and credits awarded vary among Host Institutions. Typically, students at the Advanced level or Master level 110 or higher can enroll in some university classes

Students will be able to attend certain classes at the Host university and will be able to start by requesting his option from the Center's Academic Director when they reach the required ELS level.

(However, the class professor will make the final decision on whether to accept the student)

(Additional costs are incurred for each class, and detailed costs should be checked with the Center Director or Academic Director.)

Required ELS level to visit or enroll in a class at Dominican University of California: Minimum Level 110

Example courses

- Intercultural Studies
- Business





ELS Levels

MASTERS

Upon completion of master's levels, students can:

- Level 112 Speak and understand English with ease.
- Level 111 Read and write with sufficient proficiency to satisfy professional and university requirements.
- Level 110 Conduct business competently in English
- Equivalent to CEFR: B2+/C1 upon completion of ELS Level 112
- Education option upon completion: Begin an undergraduate or graduate degree program.**

ADVANCED

Upon completion of Advanced levels, students can:

- Level 109 Communicate effectively in most social situations.
- Level 108 Understand and can use a wide range of idioms.
- Level 107 Participate fully in most conversations.
- Equivalent to CEFR: B2 upon completion of ELS Level 109
- Education option upon completion: Enter a two-year college.**

INTERMEDIATE

Upon completion of Intermediate levels, students can:

- Level 106 Communicate facts and opinions.
- Level 105 Understand most questions and statements at normal speaking speed.
- Level 104 Carry on conversations with native speakers
- Equivalent to CEFR: B1 upon completion of ELS Level 106

BEGINNER

Upon completion of Beginner levels, students can:

- Level 103 Communicate at a basic level in everyday situations.
- Level 102 Understand English when spoken slowly and clearly.
- Level 101 Respond to simple questions and directions.
- Equivalent to CEFR: A2+ upon completion of ELS Level 103

ELS Levels	101	102	103	104	105	106	107-108	109	110-111	112
IELTS				4.0	4.5	5.0	5.5	6.0	6.5	7.0



ELS Core Classes

Structure and Speaking Practice (SSP)

SSP classes focus on speaking, listening and structure (grammar). Every student in Levels 101-109 takes SSP.

Language Technology Center (LTC)

In the LTC, students study on computers at their own pace with the help of the LTC instructor. LTC supports what students are learning in other classes and can be especially helpful in improving listening, comprehension, grammar, vocabulary, and pronunciation.

Skills Enhancement

These classes focus on a variety of language skills and cover a range of topics to help students improve specific areas of language development. Examples of Skills Enhancement Classes include Pronunciation, Vocabulary Development, Idioms, Conversation and more.

Language Studies (LS)

This class focuses on listening, speaking and critical thinking skills. Every student in Levels 110-112 takes LS.

Reading and Writing (RW)

This class focuses on improving reading and writing. All Intensive English students take two periods of Reading and Writing in the afternoon, Monday-Thursday.

Sample Timetable

Sample Timetable				
<div>Time</div> <div>Programs</div>	Intensive 30Lessons/week	Semi-Intensive 20Lessons/week	American Explorer 15Lessons/week	
8:30 - 9:20 AM	Mon-Fri SSP, LTC & Skills Class	Mon-Fri SSP, LTC & Skills Class	Mon-Fri	
9:30 - 10:20 AM			SSP, LTC or Skills	Mon-Fri SSP, LTC or Skills Class
10:30 - 11:20 AM			Class	
11:30 AM - 12:20 PM				
12:20 -1:30 PM	Lunch			
1:30 - 2:35 PM	Mon-Thu Reading & Writing Class			
2:45 - 3:45 PM				

* 1 Lesson = 50 minutes



Programs - Intensive English Program [REG]

- 30Lessons/week (25 Hours/week)

Intensive English is our most comprehensive program, providing the highest level of proficiency for language learning. The curriculum is designed help students succeed by focusing on all elements of the language: listening, speaking, reading, writing, pronunciation, grammar, and vocabulary. Most students taking this program study with a plan to go to community college or university after completing ELS.

You must take this program to get the ELS level certificate required by the university.

Intensive English Program – Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 12:20pm	Structure and Speaking Practice OR Language Studies / Skills Enhancement / Language Technology Center				
12:20pm-1:30pm	Lunch				
1:30pm-3:45pm	Reading & Writing				

Intensive English Program Sample Timetable – Each Level

Level Time	BEGINNER Lv.101 - 103	INTERMEDIATE Lv. 104 – 106	ADVANCED Lv. 107 - 109	MASTERS Lv. 110 - 112
8:30am-9:20am	Structure and Speaking Practice	Structure and Speaking Practice	Skills Enhancement*	Skills Enhancement*
9:30am-10:20am	Structure and Speaking Practice	Structure and Speaking Practice	Language Technology Center	Language Technology Center
10:30am-11:20am	Skills Enhancement*	Skills Enhancement*	Structure and Speaking Practice	Language Studies
11:30am-12:20pm	Language Technology Center	Language Technology Center	Structure and Speaking Practice	Language Studies
12:20pm-1:30pm	Lunch			
1:30pm-2:30pm	Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing
2:40pm-3:45pm	Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing

*Exact courses offered at each Center may vary.



Programs - Semi-Intensive English Program [SEM]

- 20Lessons/week (16.7 Hours/week)

The Semi-Intensive English program allows students to learn English and get a true cultural experience at the same time. These classes are typically scheduled during morning hours and focus on all aspects of language and communication learning, including listening, vocabulary, grammar, and pronunciation. The classes are structured to provide speaking practice and tailored for real-world applications to give you the confidence to use your learning in social settings and in interactions with other students.

Semi-Intensive English Program Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 12:20pm	Structure and Speaking Practice OR Language Studies / Skills Enhancement / Language Technology Center				

Semi-Intensive English Program Sample Timetable – Each Level

Level Time	BEGINNER Lv.101 - 103	INTERMEDIATE Lv. 104 – 106	ADVANCED Lv. 107 - 109	MASTERS Lv. 110 - 112
8:30am-9:20am	Structure and Speaking Practice	Structure and Speaking Practice	Skills Enhancement*	Skills Enhancement*
9:30am-10:20am	Structure and Speaking Practice	Structure and Speaking Practice	Language Technology Center	Language Technology Center
10:30am-11:20am	Skills Enhancement*	Skills Enhancement*	Structure and Speaking Practice	Language Studies
11:30am-12:20pm	Language Technology Center	Language Technology Center	Structure and Speaking Practice	Language Studies

*Exact courses offered at each Center may vary.



Programs - American Explorer Program (ACP)

* This program is not available to F-1 students.

- 15Lessons/week (12.5 Hours/week)

Students who wish to study English while on vacation in the USA may do so in the ELS American Explorer program. This program features three morning lessons per day (Monday-Friday) for a total of 15 lessons per week. Afternoons are free for recreation and relaxation.

The American Explorer part-time program is cultural in nature and does not award certificates of language proficiency. Since the core class schedule may vary by Center and session, 15-hour students may have different programs at different Centers or in different sessions. The American Explorer program consists of 12 levels of instruction from Beginner to Masters, with four weeks of instruction per level.

American Explorer Program Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 11:20pm	Structure and Speaking Practice OR Language Studies / Skills Enhancement / Language Technology Center				

American Explorer Program Sample Timetable – Each Level

Level Time	BEGINNER Lv.101 - 103	INTERMEDIATE Lv. 104 – 106	ADVANCED Lv. 107 - 109	MASTERS Lv. 110 - 112
8:30am-9:20am	Structure and Speaking Practice	Skills Enhancement / LTC	Structure and Speaking Practice	Language Studies
9:30am-10:20am	Structure and Speaking Practice	Structure and Speaking Practice	Structure and Speaking Practice	Language Studies
10:30am-11:20am	Skills Enhancement / LTC	Structure and Speaking Practice	Skills Enhancement / LTC	Skills Enhancement Class or Language Technology Center

Sample Activity Calendars



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 WELCOME TO SAN RAFAEL</p> 	<p>3 </p> <p>New Student Orientation & Placement Test @ 8:30am</p>	<p>4 </p> <p>Play Soccer With Dominican Students 4:15</p>	<p>5 </p> <p>ENGLISH WORKSHOP WITH XANIA LARKSPUR CLASSROOM 4:00 - 4:50PM APRIL 5TH & 19TH</p>	<p>6 Easter EGG HUNT</p>  <p>PIZZA LUNCH AT 12:50!</p>	<p>7 </p> <p>GOOD FRIDAY No school!</p>	<p>8 </p> <p>Cherry Blossom Festival in Japan town in San Francisco 11:00 AM - 5:00 PM</p>
<p>9 </p> <p>Sunday Farmer's Market & Food Trucks at Marin Civic Center 8AM-1PM Every Sunday</p>	<p>10 </p> <p>Play Basketball with Dominican students every Monday and Volleyball every Wednesday at 9:00pm to 10:45 pm</p>	<p>11 </p> <p>HALF PRICE MOVIES AT NORTHGATE CINEMA EVERY TUESDAY!</p>	<p>12 </p> <p>Happy National Licorice Day! ENJOY NATIONAL LICORICE DAY! SAMPLES IN THE OFFICE!</p>	<p>13 </p> <p>FREE COFFEE & DONUTS ELS OFFICE 10:15-11:05AM</p>	<p>14 </p> <p>Dominican's LINES Ballet BFA in Angelico Concert Hall at 7 p.m. (free for Dominican students)</p>	<p>15 </p> <p>Ferry Trip to San Francisco 9:00am-4:00pm \$24-\$27</p>
<p>16 </p> <p>Need to go Shopping? Check out our Malls in Corte Madera or Novato</p>	<p>17 </p> <p>ENJOY HOT CHOCOLATE AT THE OFFICE EVERY MONDAY!</p>	<p>18 </p> <p>Play Soccer with Dominican students at 4:15</p>	<p>19 </p> <p>Free Zumba Dance class at Conlan Center Multipurpose room every Wednesdays 5-6 pm</p>	<p>20 </p> <p>Ask about University Partnerships</p>	<p>21 </p> <p>Try great comfort food in the Italian Café Arrivederci on H St. San Rafael</p>	<p>22 </p> <p>World Art Day Farmers' Market at Marin Country Mart Every Saturday from 9-2</p>
<p>23 </p> <p>Visit Muir Woods, one of the most iconic attractions in the San Francisco Bay Area.</p>	<p>24 </p> <p>English for International Opportunity Ask about IELTS test Visit https://ielts.els.edu/port-folio/ielts-els-san-francisco/</p>	<p>25 </p> <p>CELEBRATE BIRTHDAYS! Eat some Donuts! Come to the office at 1:20 PM</p>	<p>26 </p> <p>Make your payments for next session! quickpay.els.edu</p>	<p>27 </p> <p>Final Exam Good luck on your finals! Remember to Check Shuttle Bus schedule</p>	<p>28 </p> <p>GRADUATION & GRADES</p>	<p>29 </p> <p>SAFE TRAVELS HOME! COME BACK SOON!</p>

* ELS suggested activities. Prices are an estimate and can change. Please come to the office for more details.



Session First Day / Orientation Day Sample Schedule

The orientation will be conducted face-to-face at the center.

Below is the orientation sample schedule. Depending on the school, the actual orientation may be conducted differently.

8:30	Arrival at center
8:30-9:15	Paperwork completion and copying passports.
9:15-10:15	General, Housing and Academic Orientations
10:15-10:45	Campus Tour
10:45-12:30	Placement test for students who did not take in advance.

Minimum Age Requirements

- No ELS Housing: As low as 12 if living nearby with family.
- Homestay, Homestays in the area: 16/ Maximum age: 30 years old
- Student Residence (off campus), San Rafael International Student Home: 18

Contact information of ELS San Francisco North Bay - San Rafael

Dominican University of California

190 Palm Avenue, San Rafael, California, United States 94901

Phone (415) 485-3224

Email sra@els.edu