UA, YOU SHOULD KNOW!

Succeeding in Class:

1. Professors want to get to know you, don’t be afraid to strike up a conversation.
   - Office hours are a perfect time to do this
   - You can also take them to lunch with the “Food for Thought” program: [http://www.albany.edu/student_engagement/food_for_thought.php](http://www.albany.edu/student_engagement/food_for_thought.php)

2. Don’t stress out about getting your work done. Try breaking it down into smaller pieces and going from there.

3. Learn who your professors are before taking a class by asking other students, or looking up their credentials online.

4. Tutors are readily available to you and eager to assist! Advising Plus offers general study skills sessions and review sessions for many classes. Visit the Advisement Services Center in LI36 to get more information! [http://www.albany.edu/advisingplus/](http://www.albany.edu/advisingplus/)

5. Proofread your work before submitting it.
   - If writing is not your strong subject, you can take your essay to the Writing Center located in the Humanities building! [http://www.albany.edu/writing/index.html](http://www.albany.edu/writing/index.html)
   - Have a friend proofread your work.
   - Finish your work ahead of time. Some Professors will review your work and give you feedback.

6. One bad grade will not ruin your life. Use it as a learning experience and work to improve yourself so that it never happens again.

7. The libraries on campus are great places to study.
   - The main University Library is located right near the LC’s.
   - The Science Library is located next to the campus center.
   - Dewey Library is located on the downtown campus.

8. Learn about study abroad opportunities by attending the study abroad fair located the LC’s at the beginning of each semester, or by visiting the study abroad office in the Science Library. [http://www.albany.edu/studyabroad/](http://www.albany.edu/studyabroad/)

9. Changing your major is okay! Not everyone knows what they want to do for the rest of their lives; college is your time to figure that out.
10. Your advisor is a wonderful resource for you during your college career, get to know them well and make sure they know who you are.

11. The University at Albany may seem large, but things like small discussion classes, getting involved in co-curricular activities, and attending UAlbany events, will allow you to get to know other people better and make the University seem much smaller.

12. If you don't feel confident with a grade there is a pass/fail option (S/U) that can be used twice in your academic career for a course below the 300 level.

Getting Involved:

13. There is a transfer student lounge located on the first floor on the campus center and it has tables, lockers, and comfortable seating! This provides a comfortable place to hang out with other students, or just relax on your own, between classes.

14. The school chant is great during sporting events, “UA U KNOW!”

15. Your housing number is based on the number of credits you have earned and GPA. It pays to get good grades!

16. You receive points for attending games and events, which can win awesome prizes! It will also help you build an Involvement Record which is like an extra-curricular transcript that you can use when applying for jobs and graduate school. Find out more information by visiting albany.edu/pathways

17. The UAlbany mascot is a Great Dane who goes by the name of Damien.

18. Learn about clubs and activities before you arrive on campus by using MyInvolvement.org: http://www.albany.edu/involvement/myinvolvement.shtml

19. Attending the Block Party on Dutch Quad in the fall is a great way to learn more about clubs and organizations, meet current and active members, and sign up to join!

20. Learning and practicing good time management skills early in your college career will help you to balance your academic and social lives better.
21. There is a pool located in the Physical Education building that frequently has open swim hours for UAlbany students. Located in the SEFCU arena is also a popular gym. Visit http://www.albany.edu/campusrecreation/ for more information on this and club sports!

22. Each quad has its own gym and game room! Resident Assistants also put on some cool programs for the floors and it is a great way to get to know other people you live with.

23. The Campus Center is a busy place where a lot of people go to hang out. There are plenty of spaces, so go ahead grab something to eat and start making new friends.

24. Practice safe sex. There is a quad office located on each quad. They usually have free condoms there. There are also sexual health peer educators on campus led by Carol Stenger. A lot of students call her the “Sex Lady”. She presents really fun programs on sexual health. You can find more information by visiting this website: http://www.albany.edu/outreach/Project_SHAPE.php

Gaining Professional Experience & Making Money:

25. Career Services helps current students and alumni with anything career related - from job searches and resume critiques, to internship search assistance and practice interviews. It’s never too early to visit the Career Services Center! They are located on the first floor of the Science Library! http://www.albany.edu/career/index.shtml

26. Work Study is an excellent way to make some money and gain valuable skills that will help you when you graduate. Ask a financial aid advisor at the Student Financial Center by emailing sfo@albany.edu or calling 518-442-3202 to see if you qualify!

27. If you do not qualify for Work Study, no problem! UAlbany offers many on campus jobs to students on campus. Connecting to Career Services and signing up for their email list-serve will keep you up to date. Your academic advisor may also send out job opportunities, so stay in touch or reach out to them to take advantage of these jobs. You can log in to Myualbany to see what jobs are posted.

28. Many opportunities are also present in the area to get a job, so have a resume ready and apply!

29. Residential Life has many job opportunities and is an excellent way to gain skills that will help you in any job field. Go here for more information: http://www.albany.edu/housing/jobs.shtml
30. Joining one of the professional fraternities (fraternities that encourage scholarship and service in a specific career field) on campus is a great way to network, gain professional skills, and have fun. Find more information here: http://www.albany.edu/involvement/rec_org.shtml

31. Learn about scholarship options offered through the University and Alumni Association: http://www.albany.edu/alumni/scholarships.php

32. Students often forget that they are required to reapply for Financial Aid each year. Find out more information about aid and scholarships you may qualify for by emailing the Student Financial Center at sfo@albany.edu or calling 518-442-3202.

Getting Around & Shopping:

33. There are different parking lots on campus but don’t forget to register your car before parking or you will be ticketed and fined. Visit the Parking and Mass Transit page here http://www.albany.edu/pmts/parking.php for more information on how you can order your parking decal.

34. The CDTA bus and the UAlbany Shuttle are both free for UAlbany students from a swipe with your SUNY card. These buses go to a variety of stores and restaurants. There is also a Mega Bus that does cheap trips down to New York City and many other places! Visit here http://www.albany.edu/pmts/mass_transit.php to get bus schedules and up-to-date announcements.

35. You can track where the UAlbany shuttles are! There is a QR code where you can download a GPS tracker to your SmartPhone. Visit gogreen@albany.edu for more information and other ways you can be more earth friendly! Or LIKE their Facebook page here https://www.facebook.com/uagreenscene.

36. There is a mall and many different stores close to campus that are easily accessible by bus. Take the 10 or the 12 bus to get to Wal-Mart, Crossgates Mall, and many other places!

37. Tired of the bus and just want to drive somewhere but don’t have a car? That is ok! We have Hertz On Demand on campus where there are several cars available that you can rent by the hour. Get more information here: http://www.hertz247.com/UniversityAtAlbany/Reservation/Index
38. Many local businesses offer student discounts, so don’t be afraid to ask about student specials. Just be sure to have your SUNY ID with you!

39. When you move in you get a coupon book loaded with great deals for local businesses. It’s a great way to check out new places and save money!

40. The Health Center is not located on campus but a shuttle from campus can get you there quickly and easily. The shuttle will pick students up from Collins Circle every 30 minutes to bring you over. The Counseling Center is located there too. You can easily make an appointment online for the Health Center at http://www.albany.edu/health_center/. If you need to see a counselor, just call 518-442-5800 to make an appointment by phone.

Other Things I Wish I Knew As A New Student:

41. After your first semester students have different options for meal plans, so you are able to choose the one that best matches your personal eating habits. See ualbanydining.com for more information!

42. College books can be expensive, so be sure to explore different resources for buying books before you make any purchases.

43. Being a college student means having a lot of responsibilities; one of which is maintaining and budgeting your money. SEFCU is credit union that is located right on campus. Not only can you do your banking there but they also provide seminars to students on how to properly manage money. Find out more information here: http://www.albany.edu/uas/sefcu-at-ua.php

44. During the warmer months the dorms can get really hot. Bringing a fan, will be a decision you won’t regret. There are a lot of other great tips for living on campus on the Residential Life website here: http://www.albany.edu/housing/index.shtml

45. Take time before your first class to see how long it takes you to get from your quad (or your parking lot) to your classes.

46. UAlbany has vending machines all over campus that provide lots of different snacks and food. Visit this webpage http://www.albany.edu/uas/files/Vending-Info.pdf to find ones near you!
47. The underground tunnels are great for those long winter months when it’s too cold to walk above ground.

48. Check your UAlbany email a few times a day to make sure you don’t miss anything important. This is one of the main ways the University at Albany communicates to students.

49. Alumni Quad is located downtown, but easily accessible by many bus routes. The U Albany Shuttle, and the CDTA #10 and #12 buses can take you to and from the main campus. It is a unique quad because it is a live-on option with an off campus feel. It offers larger rooms and a close knit community since it is smaller than the other quads.

50. Enjoy the time! It goes by quickly!