Orientation and Transition Programs

New Student Orientation
January 2017
Welcome to UAlbany

Meet your Family Leaders

Savanah Kelley
@OL_Savanah

Hong Huang
@OL_Hong

Aneliz Hernandez
@OL_Aneliz
WELCOME TO UALBANY

Meet your Orientation Hosts

Kayla James @OA_KaylaJ
Sean Johnson @OTL_Sean
Justin McCandless @OA_JustinM
Welcome to UAlbany

- Guidebook
  - Keep it in a safe place
  - Refer to it later as needed

- Make Connections
  - Faculty and Staff at UAlbany
  - Each other
    - Wristbands
Welcome to UAlbany

- Important Dates
  - Check Guidebook for 2017
  - Parents Website- albany.edu/parents

- Big Purple Growl 2017
  - February 4th
  - Ferocious Feast
  - Men’s Basketball against Stony Brook
Welcome to UAlbany

- Great Danes Give Back
- The RED Bookshelf
- Donate used children’s books
- Start doing service on Day 1!

- Have Questions?
- Holly Barker-Flynn
- hbarker@albany.edu
- 518-442-5875
Please rate and review this session on the UAlbany Events Guide.
Connecting students to what they need to be successful!

* Academic Enrichment
* Academic Support
Many students are used to sailing through school.
Academic Transitions

Is your student transitioning successfully?
Red Flags

I don’t have to go to class
I don’t have any homework
But I studied ALL night!
I need some balance.
That’s not how it worked at my old school!
It’s not my fault!
What to do?

Challenge the behaviors

Give them a chance to change

Call Advising PLUS
Advising PLUS can help!

Here’s how:

* **Individual Consultation**
* **Study Groups**
* **Specific Course Review Sessions**
* **Connection and Follow-up to Campus Services**
BARBARA BROWN
COORDINATOR

518-442-3971
ADVISINGPLUS@ALBANY.EDU
Welcome to uAlbany!

Undergraduate Education  518-442-3950
  ugeducation@albany.edu

Advisement Services Center 518-442-3960
  advisor@albany.edu

Advising PLUS 518-442-3961
  advisingplus@albany.edu
Please rate and review this session on the UAlbany Events Guide.
Career and Professional Development

New Student Orientation
January 2017
Careers and Professional Development

Our Services...

• Career counseling & decision-making
• Applied Learning
• Job Search assistance
  o Part-time, Summer & Full-Time, Internships
  o Resume and cover letter information & critiques
  o On-campus recruiting & career fairs
  o Job Fairs – Sponsor and co-sponsor
• Practice Interviews
• Graduate school
Upon Entering UAlbany

- Make appointment to meet with a counselor for a ½ hour to discuss values, skills and interests and how that leads to major and career choices.
- Register with Career and Professional Development by creating a profile on Handshake
- See and learn about the Career and Professional Development resources
- Set Career and Academic Goals
- Start following us on Social Media (LinkedIn, Facebook, Twitter)
- Focus on Grades
CONTINUING ON YOUR CAREER PLAN

• Update your Handshake profile
• Update your resume
• Seek to obtain a career-related internship to gain relevant experience
• Attend an On-Campus Recruiting orientation if you have not done so.
• Meet with a counselor to discuss alternative options to OCR or to conduct another assessment
• Conduct practice interview(s)
Final Year

- Update your Handshake Profile
- Update your resume
- Continue submitting resumes through OCR for jobs or meet with a counselor to discuss other job search strategies and tools
- Begin application process to graduate school if interested
- Conduct practice interview(s)
us on Facebook to see pictures and events (UAlbany Career Services)

Follow us on Twitter (@UAlbanyCareer)

Follow our peer career bloggers on Tumblr (uapeercareerblog)

Join our LinkedIn group (UAlbany Career Services)
Welcome to Career and Professional Development

Handshake Job and Internship Database
Search for jobs and internships posted specifically for UAlbany students and alumni. You can also schedule appointments through Handshake!
Create an account here

Summer Hours have begun
Our office hours are:
8:00am - 4:00pm, Mon - Fri

Drop In Hours
Have a quick career question? Need your resume critiqued?
Summer drop-in hours are:
MTh 10:00am - 12:00pm
W 1:00pm - 3:00pm

Blogs
Check back often for info about events, jobs and internships, advice and tips from CPD staff members and UAlbany students!
Peer Career Blog
Career and Professional Development Blog
General Information

Office Hours: M-F, 9:00 - 5:00, Summer, 8:00-4:00

Drop-in Hours: MWF 10 AM - 12 noon; TTH 1-3 PM

Office E-mail: career@albany.edu

Web Address: www.albany.edu/career

Phone: (518) 437-4900

All staff can also be contacted individually by locating directory information from main web page.
Please rate and review this session on the UAlbany Events Guide.
“Healthy Danes”
An Overview of Counseling and Psychological Services for Families

New Student Orientation
January 2017
College students turn to their friends and families in times of need.

- 2 out of 3 students would talk to a parent first if in emotional distress.*

Independence develops later for managing health concerns.

* Healthy Minds Study
Does Your Student Need Help?

- Persistent sleep problems
- Missing classes or other activities
- Low energy, interest, or mood
- Anxiety, sadness, or hopelessness
- Unexpected drop in academic performance
- Heavy use of alcohol or drugs
- Saying or doing uncharacteristic things
## Top 10 Factors Affecting Academics

1. Stress 34%
2. Anxiety 24%
3. Sleep Difficulties 22%
4. Depression 16%
5. Cold/Flu/Sore Throat 16%
6. Employment 15%
7. Internet Use/Computer Games 12%
8. Concern for Friends or Family 12%
9. Extracurricular Activities 10%
10. Relationship Difficulties 10%

(ACHA Spring 2016 Undergraduate Reference Group)
Confidentiality

For Students
– We do not share student information with anyone.
– Client information is *not* part of the academic record.

For Families
– Our consultation with you is private.
– We can talk with you about your concerns and explore options.
– We need a release to share information about your student, except…
Respect for Culture and Individuals

We value diversity in backgrounds, cultures, and individual personal characteristics.

Our staff is diverse.
Counseling and Assessment

- Individual and group counseling
- Variety of issues addressed
- Referrals as needed
- Comprehensive psychological evaluation when appropriate
Setting Up An Appointment

Students call 518-442-5800. Initial appointments are generally within 1-3 days. Let us know if the situation is urgent.

Already paid!
Consultation Service

For students and families
Call 518-442-5800 or email consultation@albany.edu

- Information about mental health topics
- Exploring options for responding to a concern
- Encouraging your student to come in
- Referrals to local providers
What is LET’S TALK?

Non-traditional student support
Convenient on-campus locations
Informal and confidential
Schedule & staff bios. listed on website
Prevention and Health Promotion

Alcohol and other drugs
Suicide prevention
Healthy relationships
Body image and eating awareness
Emotional & behavioral health
Peer Education

Middle Earth
Peer Assistance Program

Nationally recognized program
Opportunities to get involved on campus
Leadership and service
Course credit
Please rate and review this session on the UAlbany Events Guide.
Student Health Services

New Student Orientation
3 Required steps to complete

1. Submit MMR Information
2. Submit Required Health Form
3. Acknowledge Meningitis Statement
REQUIRES INFORMATION

1) MMR info (PHL 2165)-submit with Required Health Form

2) Required Health Form

3) Permission to treat (if <18 years old)
REQUIRED HEALTH FORM

• NO physician input necessary

• Takes less than 5 minutes to complete

• Accessible from the Welcome Website via the “Checklist”
• All students are screened through Required Health Form

• Only those with a Risk Factor are required to have further TB testing.
OPTIONAL MEDICAL INFORMATION

• Any physician summaries or other medical information you feel would be pertinent for the student’s medical record.

• Submit with Required Health Form and MMR info.
OTHER IMMUNIZATIONS

Recommended—not required:

• Meningococcal Vaccine (PHL 2167)
• Tetanus and Pertussis (TdAP)
  • Tetanus every 10 years
  • Pertussis booster in adolescence
LOCATION

• 400 Patroon Creek – 1 mile from center of campus to HC
  • Directions on the website—less than 5 minute drive from campus.

• Shuttle from campus
  • Round Trip every 30 Minutes
STAFF

- Medical Director
- 2 full time Physicians
- 1 part time Physician
- 3 full time Midlevels (NP and PA)
- 1 part time Midlevel
- 2 part time Psychiatrist
- 10 Nurses
SERVICES

- General Medical Clinic
- Women’s Health Clinic
- Immunizations
- Pharmacy
- Total Visits: over 14,000/year
APPOINTMENTS

Hours

M-F 9-4:30 in session
M-F 8-3:30 during break
Closed weekends

Call 442-5229 to schedule an appointment

ON-LINE appointment scheduling available
Fees

All visits to the UAlbany Student Health Services are at no cost:

• Covered by the Comprehensive Fee paid by all registered students.
• Some small fees for in house lab tests, some pharmaceuticals, durable medical goods.
PHARMACY

• Limited Formulary:
  – Antibiotics, OTC cough & cold meds, antidepressants, allergy meds, asthma meds, OCP’s & MAP.

• Co pays: allergy meds, OCP’s & MAP and Over the Counter meds (billed to student account)
BILLS

• We do not accept Insurance
• Go to Student Accounts to pay/ Epay
• We do not accept any payment at SHS
• Holds will result from late/non-payment
HEALTH INSURANCE

• Necessary for specialists, outside lab tests, x-rays/imaging and emergency room/hospital.
• Check to see if your insurance will “work” in Albany (do not assume it will.)
WHEN YOUR CHILD IS SICK AFTER HOURS

- FoneMed Nurse Hotline
- Go to an ER or Urgent Care Facility (list on Student Health’s website)
- Call 911 (5-QUAD) (within 5 miles of campus) 518-442-3131 from a non-campus phone
CONFIDENTIALITY

Healthcare info for patients > 18 y/o not shared with parents (or anyone) UNLESS:
• patient provides permission for that specific information
• medical emergency
PATIENTS <18 YEARS OF AGE:

• Info regarding sexual activity is protected as if the student is >18
• Any patient >12 y/o can specifically request that the treating Medical Provider not share information with a parent regardless of the nature of that information.
WHAT TO TELL YOUR STUDENT

• Wash your hands… OFTEN
• Respiratory Hygiene
• Sleep
• Bring a thermometer--PLEASE
• Bring Insurance Card
POLICIES ON OUR WEBSITE

- Allergy Policy
- Antibiotic Policy
- Confidentiality Policy
- Medical Excuse Policy
- Medical Records Release Policy
- Students Rights and Responsibilities
NEED HELP?

General Questions: askuhc@albany.edu

Required health information (including MMR): healthforms@albany.edu
Please rate and review this session on the UAlbany Events Guide.
Residential Life

New Student Orientation
January 2017
Welcome to Orientation

Residential Life:
- Inviting
- Intellectual
- Inclusive

Living on campus
- An environment to support your success
Our goal is to provide you with an environment that supports your academic success. Your residence is a place for you to make new friends, participate in social and educational programs and to take advantage of all the resources available to you as a student.

Welcome to the Department of Residential Life!

Residential Housing Staff: Who’s Who?

**Resident Directors (RDs)**
Each residence hall is supervised by a full-time, live-in professional Resident Director who will serve as a mentor to you.

**Resident Assistants (RAs)**
RAs are undergraduate students who will assist you in your transition to the campus community. These fellow students receive extensive training in basic helping skills, crisis intervention, intercultural relations, and conflict resolution. Your RA will sponsor educational and social events and help facilitate a community of scholars.

Stay Connected: Follow us on Facebook and Twitter

Facebook.com/UAlbanyResidentialLife

Twitter.com/ResLifeUAlbany
Quad Amenities

- Dining halls
- Mail service
- Fitness Centers (Indian, Colonial & Alumni Quads)
- Vending facilities
- Free laundry facilities
- Study lounges
- Game rooms
- Academic Support Center
- Bike racks/bike program
**In-Room Amenities**

- Wireless and wired Internet access
- Cable television service
  - 81 channels through Time Warner Cable
- On-campus telephone service
- Items you might want to consider:
  - MicroFridge
  - Linen program
  - Personal Property Protection

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**Student Affairs**

University at Albany State University of New York

reimagining

The Student Experience
SAFETY AND SECURITY

- Entrance doors to residence halls locked 24 hours a day
- Staff members available 24 hours a day
- On-campus Police Department:
  - 911 from campus phones
  - (518) 442-3131 from cell phones
- Personal and property safety programs
- Blue Light phones
Living on Campus Leads to Success!

- Top 10 Reasons to Live on Campus!
  - Grow academically and personally
  - Convenience
  - Develop lifelong friendships
  - Easier transition
  - Better grades
  - Leadership opportunities
  - Get involved
  - Know what’s happening
  - Resources
  - Develop lifelong skills
**IMPORTANT DATES**

- Mandatory Hall Meetings (Varies by RA - see in hall flyers)
- Wednesday, January 25th Involvement Fair LC Concourse 10-2
- Big Purple Growl
  - Women's Game January 28th at 2pm SEFCU Arena
  - Men's Game February 4th at 7pm SEFCU Arena
**Questions?**

Contact Information:
State Quad U-Lounge
1400 Washington Ave
Albany, NY 12222
(518) 442-5875
reslife@albany.edu
Please rate and review this session on the UAlbany Events Guide.
MONEY MATTERS

SPRING 2017
MONEY MATTERS

The Award Letter!
Money Matters

Let’s Make $ense of Financial Aid
The Student’s Award Letter

Why didn’t I get an award letter?

Did you file the 2016-17 FAFSA at www.fafsa.gov?

Did you report UAlbany’s School Code: 002835?

Did the Financial Aid Office Request Additional Documents?

Send in all requested information to the
Office of Financial Aid
Let’s Make $ense of Financial Aid
The Student’s Award Letter

Does award say TAP Estimate?

*NYS residents can link to the TAP application from the FAFSA confirmation page: UAlbany TAP code 0895*

*Tap Website:  [www.hesc.ny.gov](http://www.hesc.ny.gov)*
What Loan Programs Could be on my Award Letter?

Federal Direct Subsidized Loan 3.76%
The federal government pays interest during in-school status. Repayment begins after graduation or when you cease to attend at least half-time.

Federal Direct Unsubsidized Loan 3.76%
Interest begins accruing immediately after the first disbursement. Repayment begins after graduation or when you cease to attend at least half-time.
MONEY MATTERS

What are the next steps?

Accept, Decline, or Reduce Federal Loans, Athletic Awards on MyUAlbany

If Borrowing Direct Loans
Complete Entrance Counseling and Master Promissory Note on www.studentloans.gov
**Money Matters**

*Great Dane Sense*

- Only enroll in courses applicable to your degree
- Declare your major before earning 56 credits
- Full-time enrollment (12 credits +) is required for some awards
- Be aware of Academic and Financial Aid implications if you change your enrollment status
- Strive to always be in good academic standing
### Let’s Make Sense of Bills and Payments

**Per Semester Charges**

<table>
<thead>
<tr>
<th></th>
<th>NY Resident</th>
<th>Non-NY Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition &amp; Fees</td>
<td>$4,631.50</td>
<td>$12,171.50</td>
</tr>
<tr>
<td>Room &amp; Board</td>
<td>$6,471.00</td>
<td>$6,471.00</td>
</tr>
<tr>
<td><strong>Total Direct Costs:</strong></td>
<td><strong>$11,107.50</strong></td>
<td><strong>$18,642.50</strong></td>
</tr>
</tbody>
</table>

The amount of pending financial aid will be deducted from the Direct Costs that are billed to the student.

*Subject to change by action of SUNY Board of Trustees.*
E-BILLS
MONEY MATTERS

Epay.Albany.Edu

UNIVERSITY AT ALBANY
State University of New York

Students and Staff
*Indicates required information
*Net ID: 
*Password: 
Login

Authorized Users
Login for parents or others who have been granted access.
*E-mail: 
*Password: 
Login

Welcome
Welcome to University at Albany Student Account Suite. This site is available between 1:15 am and 10:30 pm EST daily to offer students and their families the ability to view bills, make payments and manage their student account.

Students and staff may log in using their Net ID and Password. Parents, guardians, or employers wishing to access the system require student permission via the student's authorized user process. If you have any questions about the system, please send e-mail to epay@albany.edu.

Student Account Suite Features
Student Account Center
- Check your balance.
- Make a payment towards your balance.
- View your payment history
- Store your payment methods for quick and easy payment.
- As a student, provide permission to others (parents, employers, etc) to view your bill and make payments.

E-Billing
- View and print your billing statement.

Payment Plan Management
- Enroll in a payment plan so you can pay your balance in installments.

Forgot your password?
Have a temporary password e-mailed to you.
Money Matters

What do I need to know about Tuition Bills?

- **E-Bills** are issued on or about the 20th of each month; Due on the 15th of following month
- **No paper bills are issued**
- December 20th – 1st Spring invoice
- July 20th – 1st Fall invoice
- E-mails and text messages are issued when E-Bills are available
If your E-Bill balance differs from your current balance, pay the lower of the two amounts.
There is more at epay.albany.edu than E-Bills!

- Save time!...Pay online!
- Become an Authorized User
- Sign up for Text Alerts
- Enroll in an E-Payment Plan
- Set up an E-Refund Account (Students Only)
BECOME AN AUTHORIZED USER!!..AT EPAY.ALBANY.EDU
Payment Plan Option at epay.albany.edu
To Summarize How the Payment Plan Works

- 4 Monthly Installments
- Spring 2017 semester payment dates: 1/15, 2/15, 3/15, 4/15
- $45 Application Fee per semester. Interest Free!
- May enroll each semester (or annually in Fall)
- Enroll when 1\textsuperscript{st} invoice is issued; if enrolling after January 15, make up missed installments
On-Campus Banking

SEFCU Branch in the Campus Center

ATMs Located on Campus

- SEFCU
- KeyBank
- TD Bank
- Bank of America (Downtown Campus)

www.albany.edu/uas/ATM_locations.php
GREAT DANES, DOLLARS AND $ENSE

Student Financial Literacy Program
Budgeting, Spending, Financial Aid & Loans, Credit & Identity Theft
Free Tuition!!!

For attending any of the workshops, a student is entered into a drawing to receive a scholarship for One Semester of Free Tuition (UG, in-state rate)
Money Matters

Still have questions?
Visit the Student Financial Center
Campus Center, Room G26
(518) 442-3202
http://www.albany.edu/sfc
Please rate and review this session on the UAlbany Events Guide.