New Student Orientation
Summer 2015

Welcome to UAlbany!
Undergraduate Education at UAlbany

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Undergraduate Advisement

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(518) 442-3960
Success

WHAT PEOPLE THINK IT LOOKS LIKE

WHAT IT REALLY LOOKS LIKE
Follow your Passions!

Considering a career path and a plan of study is something that should be guided by what interests you and the areas that seem to motivate you to move forward—passion!
UAlbany Schools and Colleges

College of Arts and Sciences

School of Business

School of Criminal Justice

School of Education

School of Public Health

School of Social Welfare

College of Computing and Information

Rockefeller College of Public Policy
UAlbany Major Choices!

PROGRAMS OF STUDY

Actuarial & Mathematical Science  History
Accounting  Human Biology
Africana Studies  Interdisciplinary Studies
Anthropology  Italian
Art  Japanese Studies
Art History  Journalism
Atmospheric Science  Judaic Studies
Biochemistry & Molecular Biology  Latin American Studies
Biology  Linguistics
Business  Mathematics
Chemistry  Music
Chinese Studies  Philosophy
Communication & Rhetoric  Physics
Computer Science  Political Science
Criminal Justice  Psychology
Documentary Studies  Public Health
Earth & Atmospheric Science  Public Policy
East Asian Studies  Religious Studies
Economics  Russian & East European Studies
English  Social Welfare
Environmental Science  Sociology
French  Spanish
Geography  Theatre
Globalization Studies  Urban Studies & Planning
Greek & Roman Civilization  Women's, Gender and Sexuality
UAlbany Advisement

- Foster Intellectual Curiosity
- Support and Guide
- Empower Student Success
Specialized Advising Services:

- Pre-Law
- Pre-Health
- Academic Support
- Advising Plus
- Tutoring
- 3+3 Law

The UAlbany Academic Advisors

- Professional, full-time academic advisors
- Experts in developmental advisement
- Experienced in the first-year transition
Academic Requirements

ALL students will complete:
• Major
• Minor
• General Education

Great options include:
• A second major or minor
• Study Abroad
• Internships
• Research
• Experiential Learning
• Community Engagement
Working with Advisors!

Individual advising sessions at least once a semester

Unlimited individual advising sessions available year-round!

Never hesitate to ASK US!

Call us,

Email us,

Skype us,

We’re excited to help you on your journey!
We share a common objective... the success of “our” student!
New Student Orientation
Summer 2015

Advising Plus
Advise PLUS

Barbara Brown

Coordinator
Advising PLUS connects students to what they need to be successful.

Academic Enrichment
Academic Support
Academic Support

Many students are used to sailing through school.
Is your student transitioning successfully?
Old, familiar behaviors don’t work
Bumps in the road

 Require self-adjustment
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.
- 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
Advising PLUS

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
New Student Orientation
Summer 2015

Involved Danes
Student Involvement & Leadership

WHAT HAVE THEY DONE?

WHAT WILL THEY DO?
Student Involvement & Leadership

Student Involvement: A Developmental Theory for Higher Education

“According to the theory, the greater the student's involvement in college, the greater will be the amount of student learning and personal development”

Journal of College Student Development, Sep/Oct 1999 by Astin, Alexander W
Student Involvement & Leadership

Because of their INVOLVEMENT . . .

90% Said They:
Gained skills and abilities to use after college

“As President of an organization, I have learned how to operate a group of people in a way that includes all of their voices but still gets things done effectively. I have learned to network with other people and other organizations as well. I have also learned how to conduct myself against others in times of conflict without the situation having to escalate.”
Because of their INVOLVEMENT . . .

73%
Said They:
Felt more CONNECTED to their campus community

“The various groups I am involved in on campus have helped me develop better interpersonal skills, public speaking skills, and has helped me forge connections between myself and faculty which I feel will be useful after my studies at the University at Albany “
Because of their INVOLVEMENT . . .

65%
Said They:
Were now happier with their college experience
Student Involvement & Leadership

Because of their INVOLVEMENT . . .

70% Said They:
Were more PRODUCTIVE

“Being involved with campus activities has improved my organizational and time management skills...”
Student Involvement & Leadership

Involvement Leads to

SUCCESS
GETTING INVOLVED

✓ Attend
✓ Participate
✓ Volunteer
✓ Organize
✓ Lead

"Success is a ladder that cannot be climbed with your hands in your pocket.”
Student Involvement & Leadership

A Great Dane Welcome!

8/22 Convocation
8/23 Great Dane Pre-Game
8/24 Explore UAlbany
8/25 Great Danetopia
8/29 Dance-A-Thon
9/5 Involvement Fair
9/12 Great Dane Game Day
STUDENT CLUBS AND ORGANIZATIONS

- The Acchords Accounting Club
- African Students Association
- Albany Anime Club
- Albany Breakin’ Club
- Albany Criminal Justice Association
- Albany Entrepreneurs Club
- Albany Handball Club
- Albany Optometry Club
- Albany Pagan Society
- Albany Roller Hockey Club
- Albany In-Line Skating Club
- Albany Running Exchange
- Albany State Ice Hockey Club
- Albany State Indian Alliance (ASIA)
- Albany State University Black Alliance (ASUBA)
- Albany Student Press (ASP)
- Albany Student Television (ATV)
- Albany Women’s Rugby Club
- Alpha Chi Rho
- Alpha Epsilon Pi
- Alpha Omicron Pi
- Alpha Phi
- Alpha Xi Delta
- American Marketing Association (AMA)
- ASIST
- Association
- ASIST
- American Society for Information Science & Technology (ASIST)
- Amnesty International
- Angelic Voices of Praise (AVP)
- Anime Gamers Alliance
- Anthropology
- Anthropology (GSO)
- Asian American Alliance (AAI)
- Association
- A.S.I.S.T.
- Delta Delta Sigma
- Delta Nu Delta
- Franklin
- Greek and Cypriot Association Graduate Student Organization (GSO)
- Haitian Student Association (HSA)
- Hindu Student Organization (HOSU, Undergrad)
- Impact Christian Fellowship
- Interfraternity Council
- Irish Student Association ISO
- Indian Student Association (GSO)
- Japanese Student Association (GSO)
- Jewish Organization of Graduate Students (JOGS)
- JSC/Hillel
- Kappa Phi Lambda
- Koach
- Kristina
- Lambda Phi Chi Lambda Pi Eta
- Lambda Upsilon Lambda
- Latin Grant Council L’Chaim
- Le Cercle
- Filipina
- PSLS
- Rocky Horror Fan Club
- Middle Earth Peer Assistance Program
- Minerva Actuarial Club
- Muslim Student Association (MSA)
- Multicultural Greek Council
- NAACP National Communication Association (SAC, Students Association of Communication)
- National Society of Collegiate Scholars
- Nefer
- Newman Association
- Omicron Delta Kappa (ODK)
- Outdoors Club
- Pan Caribbean Association
- Panhellenic Association
- Philosophy
- Phi Delta Lambda
- Theta Alpha
- History Society
- Pre Health Fraternity
- Phi Iota Alpha
- Phi Sigma Sigma
- Phi Lambda Psi
- Psi Omega Plus
- Political Science
- Pi Delta Psi
- Sigma Xi
- Sigma Phi Epsilon
- Sigma Phi Epsilon Business Fraternity
- Precison
- Pre Dental Club (PDC)
- Pre Law Association
- Presidential Honor Society (PHS)
- Pride Alliance Project SHAPE
- Psi Chi – The National Honor Society of Psychology
- Psi Gamma Rowdies
- Renaissance Universal
- Serendipity Sigma Beta
- Sigma Chi
- Sigma Sigma Delta
- Sigma Sigma Gamma
- Sigma Iota Alpha
- Sigma Iota Sigma
- Sigma Lambda
- Sigma Lambda Upsilon
- Sigma Psi Zeta
- Ski & Snowboard Club
- Ski Team
- Spread the Word
- Student Yoga Society (GSO)
- Students Against Coca Cola
- Students for the Ethical Treatment of Animals (SETA)
- SUNY Albany Cycling Club
- SUNY Big Brothers / Big Sisters
- Tagar (formerly RZA)
- Tau Kappa Epsilon
- The Guild
- Theatre Council
- Torch
- UAlbany Anthropology Club (UAC)
- UAlbany Bailers Club (UABC)
- UAlbany Sketch and Situational Comedy Club
- UAlbany Table Tennis Association
- UAlbany Voice for Life
- University at Albany Auto Group
- University at Albany Christian Association (UACA)
- University at Albany Club Baseball Team
- University at Albany College of Liberal Arts
- University at Albany Cricket Club (UACC)
- University at Albany Golf Club
- University at Albany P.E.P. Squad
- University at Albany Swim Club
- University at Albany Swing Dance Organization
- University Dance Council
- Unplugged
- Upside Down Club
- VOX: Voices for Planned Parenthood
- WCDB
Student Involvement & Leadership

SPECTATOR SPORTS

Homecoming

Great Dane

Game Day!

Every home football game
Student Involvement & Leadership

SPECTACULAR SERVICE

6,800 students Participated in community service

UAlbany Named to U.S. President’s Community Service Honor Roll
Emerging Student Leaders
10 week Leadership Development program for freshmen and sophomores.

Higher Retention Rates

<table>
<thead>
<tr>
<th>Year</th>
<th>ESLP Graduates</th>
<th>Non-ESLP Graduates</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>88.9%</td>
<td>85.8%</td>
</tr>
<tr>
<td>2010</td>
<td>94.4%</td>
<td>83.6%</td>
</tr>
<tr>
<td>2011</td>
<td>97.7%</td>
<td>83%</td>
</tr>
<tr>
<td>2012</td>
<td>97.2%</td>
<td>80.8%</td>
</tr>
<tr>
<td>2013</td>
<td>95.1%</td>
<td>80.4%</td>
</tr>
</tbody>
</table>

Higher GPA

- ESLP Graduates: 3.23
- Non-ESLP Graduates: 2.88

Fall 2014 Sophomores
Participation in the Pathways to Success program is easy and begins by becoming an Involved Dane.

Then Become a(n):
- Academic Dane
- Intercultural Dane
- Athletic Dane
- Purple and Gold Dane
- Civic Dane
- Wellness Dane

Become one Dane or ALL six Danes, it is your choice! After all…

…the best pathway to success is your own!

Meet Other Students ★ Feel Connected to the University ★ Populate Involvement Record
Become an Involved Dane!

Higher Retention

- 2012: Involved Danes = 99.20, Non-Involved Danes = 78.20
- 2013: Involved Danes = 90.40, Non-Involved Danes = 80.10

Higher GPA

- All Undergraduates: Involved Danes = 3.14, Non-Involved Danes = 2.74
- Freshmen 2014: Involved Danes = 3.02, Non-Involved Danes = 2.52
Student Involvement & Leadership
Student Involvement & Leadership
Campus Recreation

Get Involved & Stay Connected

Student Involvement & Leadership

UAlbany Go
Get Involved. Stay Active. Go.
Questions? Comments?

Office of Student Involvement & Leadership

Campus Center 130

Get Involved at UAlbany

#OurUAlbany

www.albany.edu/involvement
The University Counseling Center

An Overview For Families
We Want To Get To Know You

- 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
How Do You Know If Your Student Needs 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 33%
2. Sleep difficulties 29%
3. Anxiety 23%
4. Internet use/computer games 20%
5. Relationship difficulties 14%
6. Depression 14%
7. Employment 14%
8. Finances 11%
9. Alcohol 9%
10. Homesickness 6%
Confidentiality

• For Students
  o We do not share student information with anyone
  o Client information is not part of the academic record

• For Families
  o Our consultation with you is private
  o We can talk with you about your concerns and explore options
  o 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 generally within 1-3 days
- Already paid!
- Let us know if the situation is urgent
Consultation

- 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
Learn More About Us

- Resource Fair
- www.albany.edu/counseling_center
- Find us on Facebook
  - UAlbany Counseling Center
- Call 518-442-5800
- Email consultation@albany.edu
New Student Orientation
Summer 2015

UAlbany Health Center
Welcome!

New Student Programs

University Health Center

REQUIRED HEALTH FORM

• NO physician input necessary

• Takes less than 5 minutes to complete

• Accessible from the Welcome Website via the “Checklist”
Welcome!

New Student Programs
University Health Center

REQUIRED INFORMATION

1) MMR info (PHL 2165)-submit with Required Health Form
2) Health Questionnaire (9 questions)
3) Permission to treat (if <18 years old)
Welcome!

New Student Programs

University Health Center

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.
TUBERCULOSIS

- All students are screened

- Only those with a Risk Factor are required to have further TB testing.
OTHER IMMUNIZATIONS
(recommended—not required):

1. Meningococcal Vaccine (PHL 2167)
2. Tetanus and Pertussis (TdAP)
   • Tetanus every 10 years
   • Pertussis booster in adolescence
   • Referenced on Required Health Form
Welcome!

New Student Programs
University Health Center

FLU VACCINE CLINIC

- Every Fall Semester
- Campus Center
- $25 -payable by check & many Insurances
- Students will be notified via-UAlbany e-mail address and FAMILY PROGRAMS NETWORK. (Albany.edu/parents -to join).
Welcome!

New Student Programs

University Health Center

LOCATION

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

• Shuttle from campus
  o Round Trip every 30 Minutes
Welcome!

University Health Center

STAFF

• 2 full time Physicians
• 1 part time Physician
• 4 full time Midlevels (NP and PA)
• 1 part time Midlevel
• 1 part time Psychiatrist
• 10 Nurses
Welcome!

New Student Programs

University Health Center

SERVICES

• General Medical Clinic
• Women’s Health Clinic
• Lab
• Immunizations
• Pharmacy
• Total Visits: over 17,000/year
Welcome!

HOURS

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

Call 442-5229 to schedule an appointment
  < 3 minutes 99% of time

ON-LINE appointments available
Welcome!

New Student Programs

University Health Center

All visits to the UAlbany Health Center are at no cost:

- Covered by the Health Fee paid by all registered students.

*Health Fee is part of the Comprehensive Fee*

- Some small fees for in house lab tests, some pharmaceuticals, durable medical goods.
Welcome!

New Student Programs
University Health Center

BILLS

- We do not accept Insurance
- Go to Student Accounts to pay
- We do not accept any payment at the HC
- Holds will result from late/non-payment
Welcome!

New Student Programs

University Health Center

HEALTH FEE   VS.   HEALTH INSURANCE

- **Health Fee**—covers visits to Health Center and Health Center Pharmacy

- **Health Insurance**—necessary for specialists, outside lab tests, x-rays/imaging and emergency room/hospital
PHARMACY

- Limited Formulary:
  - Antibiotics, OTC cough & cold meds, antidepressants, allergy meds, asthma meds, OCP’s & MAP.
- Co pays: allergy meds, OCP’s & MAP and OTC cold meds (billed to student account)
HEALTH INSURANCE

• “Uninsured Health care costs are the leading cause of personal bankruptcy in the US today.”

• Health Insurance is a requirement at all SUNY Universities and most colleges.

• Affordable Care Act (ACA) will require all US citizens to have Health insurance.

• Be sure your insurance will “work” in Albany (do not assume it will)
HEALTH INSURANCE CONT.

• All full time (12 credits) undergraduate students will be required to carry Health Insurance. (Students taking less than 12 credits are not required to have health insurance)

• Students with private health insurance must “waive out”.

• Failure to waive out results in the Health Insurance being billed to the student along with all UAlbany charges.
Welcome!

New Student Programs

University Health Center

HOW TO COMPLETE WAIVER

• Waiving out of the UAlbany Student Health Insurance Plan (SHIP)-done at www.albany.edu/ship/

• Must be registered Full time (12 credits) to complete the waiver (may take up to 4 days after registration for the waiver option to be active).
Welcome!

Don’t Miss the Deadline

- If you do not actively waive out of the UAlbany SHIP on-line—you will be billed for health insurance.
- Deadline to submit waiver is October 19, 2015.
Welcome!

New Student Programs
University Health Center

SHIP OPTIONS

1. Waive out online to avoid the irreversible Health Insurance charge
2. Actively enroll if you KNOW you want the SHIP
   • Allows early access to insurance cards rather than waiting for mid-semester waive out deadline
3. Do Nothing—enrolled automatically and irreversibly
ALLERGY SHOTS

• Not performed at the HC
• Available at local ENT’s

Please review the UAlbany Health Center website’s Allergy Injection Policy.
Welcome!

New Student Programs

University Health Center

WHEN YOUR CHILD IS SICK

- Call you for advice
- Call their doctor at home
- Go to an ER or Urgent Care Facility
- Call 911 (5-QUAD) (within 5 miles of campus)
  - 518-442-3131 from a non-campus phone
- ? Health Insurance Nurse Hotline
- Fone-Med Nurse Hotline
STUDENT SATISFACTION:

• Over 90% satisfaction in general based on surveys and comment cards

• Reason for dissatisfaction:
  ○ Unmet treatment expectations
    ▶ Viral syndrome/Antibiotic expectations
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.
Welcome!

New Student Programs

University Health Center

WHAT TO TELL YOUR STUDENT

• Wash your hands... OFTEN
• Respiratory Hygiene
• Sleep
• Sex/Alcohol/Drugs
• Bring a thermometer--PLEASE
• Bring Insurance Card
Welcome!

University Health Center

New Student Programs

POLICIES ON OUR WEBSITE

• Allergy Policy
• Antibiotic Policy
• Confidentiality Policy
• Medical Excuse Policy
• Medical Records Release Policy
• Post Graduation and Summer Medical Care Policy
• Students Rights and Responsibilities
Welcome!

Welcome Website

4 Required steps to complete
1. Submit MMR Information
2. Submit Required Health Form
3. Acknowledge Meningitis Statement
4. Hard Waiver Student Health Insurance Requirement
Welcome!

NEED HELP?

General Questions: askuhc@albany.edu

Student Health Insurance Plan : ship@albany.edu

Required health information (including MMR): healthforms@albany.edu
Welcome!

New Student Programs
University Health Center

QUESTIONS?
New Student Orientation
Summer 2015

Announcements!