New Student Orientation
Summer 2015

Undergraduate Education
&
Advisement Services Center
Jeanette Altarriba, Ph.D.

Vice Provost
and
Dean for Undergraduate Education
University at Albany, SUNY
Welcome and Congratulations!

A first step on your way to greater success!
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
PROGRAMS OF STUDY

UAlbany
Major Choices!

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

Explore Internships
Opportunities are Plentiful!

- Engage in research across the curriculum!
Study Abroad and Meet New People...

- Over 70 programs and 34 Countries through UAlbany
- Over 300 programs and 80 Countries throughout the SUNY System
- ALL available to UAlbany students!
On-Campus Events and Activities

- Speaker Series
- Over 200 Student Organizations
- Professional Organizations
- Campus Recreation Intramural Sports
- Division 1 Athletics
Success

WHAT PEOPLE THINK IT LOOKS LIKE

WHAT IT REALLY LOOKS LIKE
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
Some final words of advice...

- We encourage students to be active learners and participate in their own learning
- Remain open-minded about your possible interests and career aspirations
- Foster relationships with mentors and Professors
- Approach the future with a positive attitude!
The University at Albany

Thank you and Good Luck!
New Student Orientation
Summer 2015

Office of Transfer Student Services
Who Are Our Transfer Students?

• 1/3 of UAlbany student body
• 50% of each graduating class
• From community colleges, private 4-year schools, public 4-year schools, the military, online institutions, technical colleges, moms, dads, etc...
• You are living on campus, commuting, living with parents, raising a family, working full or part-time, under 20 AND over 40!

YOU ARE A GREAT DANE!
What do our transfer students care about?

Credits!

- Read and understand your DARS audit
- Problems with General Education credit? Come to LC 30 TODAY (after meeting with your advisor)
- Problems with major/minor credit? Discuss with your advisor before you leave
What do our transfer students care about?

Academics!

• SO many majors and minors to choose from!
• Know your professors!
• Research, internships, study abroad
Successful Beginnings – Transfer Seminars

- One credit course that meets once a week for 55 minutes
- Faculty instructors
- Small classes, limited to 25 students
- Opportunity to new friends
- Personal attention
- Introduction to University resources
- Helps you get acclimated to UAlbany academic expectations
Common Commuter Questions

- Where do I go between classes?
  - Transfer/Commuter Student Lounge
  - 1st Floor of the Campus Center
  - Great place to socialize or relax between classes
  - Programs held JUST FOR TRANSFERS every month
Common Commuter Questions

• Are there meal plans for me?
  ○ YES! There are Commuter Meal Plans! Check MyUAlbany

• Where can I put my belongings?
  ○ Over 100 lockers available in the Campus Center
  ○ Contact Campus Center at 518-442-5490 to sign up
  ○ $30 for the academic year

• Can I get involved even though I don’t live on campus?
  ○ YES!
Involvement

• **Clubs/Organizations**
  - Tau Sigma: national transfer student honor society
  - Plus over 200 other groups to choose from (check out MyInvolvement.org)

• **Food for Thought Program**
Transfer Student Network

• Transfer Transition Leaders
  ○ Programs on Alumni Quad and on the main campus in the Transfer/Commuter Lounge!

• Transfer Connections!
  ○ Get a mentor and later become a mentor!
Making Connections / Building Friendships

- Great way to find a familiar face who can fill you in on UAlbany culture and how to succeed here academically and socially!

- Sign up at the UATC table TODAY, or email UGEducation@albany.edu to sign up.

- New mentors are recruited every semester!
What If I Want To Live On-Campus?

- The earlier you get your housing application done, the better.
- Living-Learning Communities for Transfers!
  - The World of Transfer Excellence
  - The World of NY Politics and Policies
- Reach for Transfer Success
  - Involvement like a L-LC without the class tied to it.
- Alumni Quad - A home for new transfers
Questions?

Thank You!

Find more information at:
www.albany.edu/transfer_students
New Student Orientation
Summer 2015

Welcome to Family Orientation!
Introduction of Family Leaders

Reid Kisselback
@OA_Reid

Vanessa Hernandez
@OA_VanessaH

Lester Ledgister
@OA_Lester

Caitlin Briggs
@OA_Caitlin

Francesca McGuire

Shaun Richardson

Your Hosts
New Student Programs

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

- **Schedule**
  - Separate student program
  - Plan to meet by Main Fountain

- **Orientation Assistants**
  - Bus and Walking Tours
New Student Programs

• Stay Connected to UAlbany
  o Receive email updates
  o Career Services updates
  o Safety messages
    • SUNY NY Alert- MyUAlbany

• Homecoming 2015
  o October 9-11, 2015
  o Great Dane Game Day
  o Parent Speaker –
    • Author Marjorie Savage
New Student Orientation
Summer 2015

Enjoy Family Orientation!
New Student Orientation
Summer 2015

Advising Plus
Advising 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

Career Services
Career Services

• Our Services...
  o Career counseling & decision-making
  o Job Search assistance
    ▪ Part-time, Summer & Full-Time, Internships
    ▪ Resume and cover letter information & critiques
    ▪ On-campus recruiting & career fairs
    ▪ Job Fairs – Sponsor and co-sponsor
    ▪ Mock interviews
  o Graduate school - Reference files

• All University at Albany students and alumni
• ANYTHING career related
• Welcome to Orientation
Upon Entering Albany

- 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 Services by creating a profile on Handshake
- See and learn about the Career Services resources
- Set Career and Academic Goals
- Start following us on Social Media (LinkedIn, Facebook, Twitter)
- Focus on Grades
Continuing your Career Growth

- Update your Handshake profile
- Explore activities, volunteer experiences and summer job to develop skills and gain relevant experience
- Create a resume and have it critiqued and upload it onto Handshake
- Learn to write an effective cover letter
- Begin searching for internships
- Learn about other internship/job search tools (CareerShift)
- Attend an On-Campus Recruiting orientation (OCR)
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 mock interview(s)
Final Year

- 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 mock interview(s)
After Undergrad

• Graduate Students: Comprehensive services identical to undergrad and alumni

• Alumni
  o Can meet with counselor up to an hour
  o Discuss possible career and/or job change
  o Can conduct an assessment
  o Discuss best job search strategies and ways in which Career Services can be of assistance
    ▪ Updating marketing materials
    ▪ Networking and other forms of job search
    ▪ Mock interviews
Social Media

• Like us on Facebook to see pictures and events (UAlbany Career Services)

• Follow our internship and job postings on Twitter (@UAlbanyCareer)

• Follow our peer career bloggers on Tumblr (uapeercareerblog)

• Join our LinkedIn group (UAlbany Career Services)
Congratulations Graduates!

You can still come to Career Services for help
Make an appointment with a counselor to help with
job search and choosing a career. It is never too late.

Our summer hours have begun
We will be open 8:00am - 4:00pm Mon. - Fri.

Summer Drop-in hours have begun
Mon. 10am - 12noon
Wed. 1pm - 3pm
Thurs. 10am - 12noon
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.
New Student Orientation
Summer 2015

University Counseling Center
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%
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
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
What is LET’S TALK?

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

Life happens...Let’s talk.
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
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
Welcome!

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.
Welcome!

New Student Programs

University Health Center

TUBERCULOSIS

• All students are screened

• Only those with a Risk Factor are required to have further TB testing.
Welcome!

New Student Programs

University Health Center

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
  - Directions on the website—less than 5 minute drive from campus.
- Shuttle from campus
  - Round Trip every 30 Minutes
Welcome!

New Student Programs

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!

SERVICES

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

**University Health Center**

**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
Welcome!

New Student Programs

University Health Center

PHARMACY

• Limited Formulary:
  o 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)
Welcome!

New Student Programs

University Health Center

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 requires 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!

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).
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
Welcome!

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
Welcome!

New Student Programs

University Health Center

STUDENT SATISFACTION:

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

• Reason for dissatisfaction:
  o 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

UNIVERSITY AT ALBANY
State University of New York
THE WORLD WITHIN REACH
Welcome!

New Student Programs

University Health Center

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!

New Student Programs

University Health Center

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!
Danes, Dollars and $ense

Let’s Make $ense of Financial Aid

The Student’s Award Letter

• Why didn’t I get an award letter?
  Did you file the 2015-16 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

• Does it 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
What Loan Programs Could be on my Award Letter?
For Aid Year 2015-2016

- **Federal Perkins Loan** 5%
  *Cannot be awarded to new borrowers after September 30, 2015*

- **Federal Direct Subsidized** Loan 4.29%
  *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 4.29%
  *Interest begins accruing immediately after the first disbursement. Repayment begins after graduation or when you cease to attend at least half-time*
Danes, Dollars and $ense

What do Students do next?

Accept, Decline, or Reduce their Loan, Athletic Award or Federal Work-Study on MyUAlbany

For Direct Loan

Complete Entrance Counseling

www.studentloans.gov

Complete Master Promissory Note

www.studentloans.gov

For Perkins Loan

Complete Entrance Counseling

http://slsc.albany.edu/ecsi/prom.html

Complete Master Promissory Note

http://slsc.albany.edu/ecsi/prom.html
Federal Direct Parent Loan (PLUS) Program 2015 - 16

- A credit based and qualified loan with a fixed interest rate of 6.84%
- Assists with remaining Cost of Attendance after student loans and grants
- Keep in mind that the current loan fee of 4.272% gets deducted from the amount borrowed --

**For Example:** With a loan amount of $10,000 and a loan fee of 4.272%, you would receive a net amount of $9,573

- Payments begin 60 days after loan is fully disbursed
  In school deferment of principal can be requested on PLUS application or by contacting the loan servicer
- PLUS denials – additional Direct Unsubsidized Loan may be borrowed
How do I apply for a PLUS Loan?

Instructions available under “Parent Quick Links” on the Financial Aid webpage (www.albany.edu/financialaid)

Two step process – visit www.studentloans.gov

1. Application and credit check
2. Master Promissory Note
Danes, Dollars and $ense
Danes, Dollars and $ense

Good Dane Sense

• Only enroll in courses applicable to your degree

• 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

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<th>Non-NY Resident</th>
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<tr>
<td>Room &amp; Board</td>
<td>$6,211.00</td>
<td>$6,211.00</td>
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<td><strong>Total Direct Costs</strong></td>
<td><strong>$10,709.00</strong></td>
<td><strong>$17,269.00</strong></td>
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The amount of pending financial aid will be deducted from the Direct Costs that are billed to the student.

Your tuition invoice may include optional charges such as the mandatory Student Health Insurance Plan (SHIP), $479, and the Alumni Student Partnership Fee, $20.

*Subject to change by action of SUNY Board of Trustees.*
Danes, Dollars and $ense

Epay Your Way!!!
at

epay.albany.edu

- Pay your Bill
- Become an Authorized User
- Receive Text Alerts
- Sign up for a Payment Plan
- Set up an E-Refund Account (Students Only)
What do I need to know about Tuition Bills?

- **E-Bills** are issued on the 20th of each month. Due on the 15th of following month
- **No paper bills are issued**
- **July 20\textsuperscript{th}** – 1\textsuperscript{st} Fall invoice
- **Dec. 20\textsuperscript{th}** – 1\textsuperscript{st} Spring invoice
- E-mails and text messages are issued when E-Bills are available
How Does the Payment Plan Work?

• 4 Monthly Installments.
• Fall 2015 semester payment dates: 8/15, 9/15, 10/15, 11/15
• $45 Enrollment Fee per semester. Interest Free!
• May enroll each semester or annually
• Enroll when 1st invoice is issued in July. If enrolling after August 15, make up missed installments
Danes, Dollars and $ense

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

- 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.
Danes, Dollars and $ense

If your E-Bill balance differs from your current balance, you may pay the lower of the two amounts.
### Item Description

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<td>Sprg 2015</td>
<td>2014-12-08</td>
<td>84.42</td>
</tr>
</tbody>
</table>

**TOTAL NEW ACTIVITY:** 2465.23

**ANTICIPATED AID:** 2226.00

**Grand Total:** 239.23

Grand Total = (Previous Balance + Total New Activity) – Anticipated Aid.
Danes, Dollars and $ense

What Important Checklists are on MyUAlbany?

• Student Health Insurance Plan (Ship)
  • If you do not need insurance, waive out by October 19 ([www.albany.edu/ship/](http://www.albany.edu/ship/))
  • You must be registered full-time (12+ credits)
• Authorize Use of Financial Aid to Pay (FA2Pay)
  • After Bills are issued, if you want financial aid to pay other charges besides tuition and fees select the option on MyUAlbany
What if I Have a 529 College Savings Plan?

- Contact your plan administrator to have funds disbursed
- If you participate in the NYS 529 College Savings Program you can access the website at: www.nysaves.org
- You may need to provide a copy of your invoice
- Visit www.albany.edu/studentaccounts/payments.php for the Bursar’s Office mailing address if your 529 plan mails checks
Danes, Dollars and Sense

On-Campus Banking

- SEFCU Branch in the Campus Center
- ATMs Located on Campus
  - SEFCU
  - KeyBank
  - TD Bank
  - Bank of America (Downtown Campus)
- http://www.albany.edu/uas/ATM_locations.php
Danes, Dollars and $ense

SUNY Smart Track

http://www.suny.edu/smarttrack/

• SUNY wide financial literacy tool for students
• Financial decisions – paying your tuition, purchasing a home, buying a car...
• Register for an account and Get on the Smart Track to a healthy financial future!
Danes, Dollars and $ense

• Questions?
• Visit the Student Financial Center
• Campus Center, Room G26
• (518) 442-3202
• http://www.albany.edu/sfc
New Student Orientation
Summer 2015

Welcome!
Residential Life

Welcome to Orientation

Residential Life:
- Inviting
- Intellectual
- Inclusive

Living on campus -
- An environment to support your success
Residential Life - Staff

Welcome to the Department of Residential Life!
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 fun and informative programs and to take advantage of all the resources available to you as a student.

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/ResLifeUAldany
Residential Life - Housing

Notification of Housing Assignment

You will receive your housing assignment during the first week in August to your UAlbany email address. Your housing assignment will include:

- Name of your quad/residence hall/room number.
- Name of your roommate(s) and suitemates, along with their UAlbany email addresses.

Reach out prior to coming to campus to get to know each other!

MicroFridge Rentals

Refrigerators up to 6 cubic feet are permitted in the Residence Halls, however only microwaves that are part of MicroFridge units are allowed. Refrigerator Leasing Co. offers purchase and rental options for MicroFridge units. Contact Refrigerator Leasing Co. at (607) 431-9525 to pre-order.

Cable

Basic cable is included with your housing. Time Warner Cable offers packages to upgrade your cable by adding premium channels and services such as DVR. Contact TWC at (518) 640-8621 to subscribe to additional services.

Internet

All residence halls have reliable, high-speed wired and wireless access to the internet and 24/7 customer support. Optional services, including internet telephone service and upgrades to faster speeds, are available for an additional fee. Create your network account and ensure you’re connected the day you arrive! Pre-register for internet after receiving your housing assignment by visiting myresnet.com.
Residential Life

Quad Amenities
- Dining halls
- Mail service
- Fitness Centers
- Vending facilities
- Free laundry facilities
- Study lounges
- Game rooms
Residential Life

Safety and Security

- 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
Residential Life

What to Bring!

- Things that are important to you and help you feel comfortable and at home.
- Avoid bringing large items that may need to be stored.
- Communicate with your roommates to avoid duplication of large items such as TVs.

Tip: Carry items in large Tupperware containers that can be stored underneath your bed!
Residential Life

WHAT SHOULD I BRING?

ROOM
☐ Alarm clock
☐ Cell phone/ charger
☐ Fan
☐ Pictures/ Posters
☐ Under-bed storage containers
☐ TV
☐ Desk lamp
☐ Wastebasket
☐ Area rug
☐ Surge protectors (other extension cords are not permitted)

COMPUTER RELATED
☐ Desktop/ laptop computer
☐ USB drive
☐ Printer
☐ Paper
☐ Network/ Ethernet cable

CLOTHING
☐ Your favorite jeans and hoodies
☐ Dress clothes (for job interviews and other events throughout the year)
☐ Gloves/ hat/ jacket
☐ Bathing suit (there is a pool in the PE building)
☐ Hangers
☐ Workout clothes

RENTER’S INSURANCE - Get it. For more details, visit albany.edu/housing

BED
Your bed is a twin extra-long, meaning it is slightly longer than a normal twin.
☐ Twin XL bed sheets (available at most stores - just ask!)
☐ Extra blankets/ comforter
☐ Mattress pad/ egg crate (makes things extra-comfy)
☐ Pillow/ pillow case
☐ Bed risers

MEDICAL
Bring any items you use regularly, but you may also find these helpful.
☐ Antacid
☐ Advil/ Aspirin/ Tylenol
☐ Antibiotic cream
☐ Band-Aids
☐ Decongestants
☐ Allergy medication

BATH
☐ Towels and washcloths
☐ Hair items (brush, comb, hair dryer, etc.)
☐ Toothbrush/ toothpaste/ dental floss
☐ Shampoo, conditioner, hair products
☐ Nail clippers
☐ Shower caddy/ shower flip-flops

“You are going to want to make your room feel like home. Bring items that will keep you motivated to do your best!”

Sean | @OA_Sean
Junior | English
Residential Life

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
Residential Life

MOVE - IN SCHEDULE FOR FALL 2015

Thursday, August 20 | Beginning at 9 AM
Freshmen admitted to the Honors College

Friday, August 21 | Beginning at 8 AM
Freshmen assigned to one of the Living-Learning Communities, Adirondack, Cayuga, Tappan, or Whitman Halls
Freshmen assigned to floors 10-21 in Eastman Tower (State Quad) or Mohawk Tower (Indian Quad)

Saturday, August 22 | Beginning at 8 AM
All remaining Freshmen MUST be checked-in by 1PM
Resident Students have a MANDATORY HALL Meeting @ 2PM CONVOCATION BEGINS PROMPTLY AT 4 PM

Sunday, August 23 | Beginning at 9 AM
Transfer Students are encouraged to move in on this day.

PARKING AND UNLOADING
✓ Refer to your housing assignment email and go directly to the quad or apartment complex indicated.
✓ There will be a 15 minute unloading area in the front of each quad for you to unload your car and then move your vehicle to a designated parking area.

CHECKING INTO YOUR ROOM
✓ When you arrive at your residential area, you will be directed to the check-in area.
✓ Quad check-in areas are located at the front of each quad (Alumni, Colonial, Dutch, Indian, State).
✓ Apartment check-in areas (Empire Commons, Freedom, Liberty Terrace) are located at the complex office.
✓ A limited number of moving bins and handcarts are available for your use during move-in. These will be issued on a first-come, first-served basis so we recommend you bring your own handcart.

BEFORE YOU LEAVE HOME
Bring your SUNYCard!

QUESTIONS REGARDING MOVE-IN?
Contact Residential Life
(518) 442-5875 | reslife@albany.edu
New Student Orientation
Summer 2015

See You In The Fall!