New Student Orientation
Summer 2014

Welcome to Family Orientation!
New Student Programs

- Email: parents@albany.edu
- Phone: 518-442-5875
- Web site: albany.edu/parents
- Twitter: @UAlbanyNSP
- Facebook: facebook.com/UAParent

Holly Barker-Flynn
Director

Sari Khatib
Assistant Director
New Student Programs

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

- **Schedule**
  - Separate student program
  - Joint Money Matters session

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

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

• How to Join
  ○ Create a text
  ○ Send to 22828
  ○ Message=Uafamily
  ○ Enter email address
New Student Orientation
Summer 2014

Enjoy Family Orientation!
NEW FRESHMAN STUDENT ORIENTATION
SUMMER 2014
The Office for Undergraduate Education
Suzanne K. Freed
Assistant Vice Provost
Welcome to our World!

- Dr. Jeanette Altaribba, Vice Provost for Undergraduate Education
- Responsible for the coordination of the academic experience of undergraduate students
  - Academic policies
  - Existing and developing areas of study
  - Students’ needs
Freshmen

- Definite ideas.................................................No idea

- Same old, same old.................................Panic!

- Programs and people to address the whole range of student needs.
Transition

• “I can do it myself/why didn’t you do it for me?!”

• Opportunities and resources designed to strengthen “I can do it myself”
Choices

- 56 majors
- 63 minors
- Student-initiated majors
- Double majors, double minors
- Bachelors/Master’s degrees
Enhance Your Education

• Community and Public Service Program (SSW 290)

• Research with your professor

• Study Abroad

• Internship related to your major

• University internship (UUNI 390)
Enhance Your Education

- Honors College
- Student Engagement Initiatives
Honor’s College- LC 31

• Four year program

• Students who excel in their first semester may apply for admission before their second semester.

• Honors College students complete honors programs in their majors in addition to Honors College classes
Facilitating the connection between students and the academic community

Living Learning Communities

Freshman seminars
General Education Program- LC 30

- Well-rounded liberal arts degree
- Ensure content meets student learning objectives
- Ensure adequate access
Writing and Critical Inquiry- BA 323

- All freshmen are required to successfully pass our Writing and Critical Inquiry class.

- Introduces freshmen to intellectual inquiry, with a focus on academic writing.

- Small class, all freshmen.
Assistance

- Academic Community
  Professors
  Librarians
  Advisors
  Advising PLUS

Office of Undergraduate Education, LC 30
Thank you and Good Luck!
New Student Orientation
Summer 2014

Welcome!
New Student Orientation
Summer 2014
Advisement Services Center
• Dr. JoAnne Malatesta
• Interim Director

• Advisement Services Center
• jmalatesta@albany.edu
• (518) 442-3960
Who Are We?

- Professional, full-time academic advisors
- Advisors to students starting the freshman year and continuing until major is “declared”
- Pre-professional advisement, law and health
What we do...

Foster Intellectual Curiosity
Encourage Student Responsibility
Support and Guide
How do we help?

- Walk-in advisement is available to all students
- Advisors are available informally even after you declare a major~
Each student must earn 120 credits

- Most classes are worth 3 credits
- 5 classes per semester for 8 semesters is the traditional way to graduate in 4 years!

But there are OPTIONS:
- 4 classes per semester and 2 summer courses...
  - Or...include winter courses...
    - Or...8 week Courses...
What are the Academic Requirements?

ALL students will complete:

- Major
- Minor
- General Education

Great OPTIONS include:

- A second major or minor,
- Study Abroad,
- Internships,
- Skill-building courses
- Community Engagement
We’re here to help navigate!
MyUAlbany

A Complete Student Information Source
The Tools You Need for Success

A MAP to Guide You!

<table>
<thead>
<tr>
<th>Major Academic Pathway (MAP)</th>
</tr>
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<tbody>
<tr>
<td><strong>Accounting</strong></td>
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<tr>
<td><strong>Bachelor of Science</strong></td>
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<tr>
<td><strong>Fall Semester 1</strong></td>
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<tr>
<td>Core - APay 101/Asoc 115 SS</td>
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<tr>
<td>Or AMat 108 MS</td>
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<tr>
<td>Core - Eco 110</td>
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<tr>
<td>BLaw 220/IO Arts Gen Ed AR</td>
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<tr>
<td>Natural Science Gen Ed NS</td>
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<tr>
<td>Humanities Gen Ed HU</td>
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<tr>
<td><strong>Spring Semester 1</strong></td>
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<tr>
<td>Core - ASoc 115/AMat 101</td>
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<tr>
<td>Or AMat 108</td>
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<tr>
<td>Core - AEco 111</td>
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<tr>
<td>BLaw 220/IO Arts Gen Ed</td>
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<tr>
<td>UUNI 110 WCI</td>
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<tr>
<td>Prof Development/Elective</td>
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<tr>
<td><strong>Summer 1</strong></td>
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<tr>
<td>Consider coursework</td>
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<tr>
<td>Look for a summer job in the area of your studies</td>
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<tr>
<td><strong>Fall Semester 2</strong></td>
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<tr>
<td>Core - BAnc 211 (fall only)</td>
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<tr>
<td>Core - APay 101/Asoc 115</td>
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<td>Or AMat 108</td>
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<td>Foreign Language 1 FL</td>
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<td>US History Gen Ed US</td>
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<td>Liberal Arts Elective</td>
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<td><strong>Spring Semester 2</strong></td>
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<tr>
<td>BAnc 222 (spring only)</td>
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<tr>
<td>Core - BLib 215</td>
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<tr>
<td>AMat 108/AMat 112</td>
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<td>Information Literacy IL</td>
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<tr>
<td>Prof Development/Elective</td>
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<tr>
<td><strong>Summer 2</strong></td>
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<tr>
<td>Study abroad?</td>
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<tr>
<td>Look for shadowing opportunities</td>
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<tr>
<td><strong>Fall Semester 3</strong></td>
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<tr>
<td>BAnc 311</td>
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<tr>
<td>BAnc 381 (Fall only)</td>
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<tr>
<td>BMkt 310/EMgmt 341/BLaw 321</td>
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<tr>
<td>BLaw 300 (1 credit)</td>
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<tr>
<td>Challenges 21st Century Gen Ed CH</td>
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<tr>
<td><strong>Spring Semester 3</strong></td>
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<tr>
<td>BAnc 312</td>
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<tr>
<td>BAnc 361</td>
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<td>BLib 330</td>
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<td>BMkt 310/EMgmt 341/BLaw 321</td>
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<tr>
<td>International Perspectives Gen Ed IP</td>
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<td><strong>Summer 3</strong></td>
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<td>Summer internship?</td>
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<td><strong>Fall Semester 4</strong></td>
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<td>BAnc 411</td>
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<tr>
<td>BMkt 310/EMgmt 341/BLaw 321</td>
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<td>BFin 300</td>
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<td>AEco 300-level course ***</td>
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<tr>
<td>Liberal Arts Elective</td>
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<tr>
<td>Liberal Arts Elective</td>
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<tr>
<td><strong>Spring Semester 4</strong></td>
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<tr>
<td>BAnc 440</td>
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<tr>
<td>BMkt 481W, BFin 301 or BFin 375 or AEco 350</td>
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<tr>
<td>Liberal Arts Elective</td>
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<tr>
<td>Liberal Arts Elective</td>
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<tr>
<td><strong>Congratulations!</strong></td>
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</tbody>
</table>

The Department of Accounting and the School of Business adhere strictly to all prerequisites.

General Education Requirements, for students matriculating Fall 2013 - Summer 2014
The Degree Audit Report (DARS) shows students Individual graduation Requirements

DARS is available on MyUAlbany
Today’s Orientation and Fall Classes

Meet with your advisor!

Get your schedule...

Change your schedule?

- Talk about ideas, goals, objectives and consider selecting an *intended* major
Working with Advisors!

Individual advising sessions twice each year in October and March

Unlimited individual advising sessions available year-round!

Never hesitate to ASK US!

Call us, Email us, Skype us,

We’re here to help you bring the pieces together!
Parents and advisors have a common objective. . . the success of “our” student!
Welcome to the University at Albany!
Barbara Brown
Coordinator

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

• Provides Academic Enrichment and Academic Support.
Academic Support

- Many Students are used to sailing through school.
Academic Support

- Is your student transitioning successfully?
Academic Support

- 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- 518-442-3971
Advising PLUS can help!

- Individual consultation
- Study groups
- Specific course review sessions
- Connection and follow-up to campus services
Barbara Brown
Coordinator

- 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 2014

Student Life
Student Involvement & Leadership
Campus Recreation

WHAT HAVE THEY DONE?

WHAT WILL THEY DO?
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
Because of their INVOLVEMENT . . .

80% Said They:
MET PEOPLE THEY WOULD HAVE NOT OTHERWISE MET
Because of their INVOLVEMENT . . .

78%

Said They:

Felt more CONNECTED to their fellow students
Because of their INVOLVEMENT . . .

66%

Said They:
Were now happier with their college experience
Because of their INVOLVEMENT . . .

65% Said They:
Were more
PRODUCTIVE
Student Involvement & Leadership
Campus Recreation

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
Campus Recreation

First Run Movies
Comedians
Poetry Slams
Motivational Speakers

UAlbany Live!
Danetopia
Podium Pandemonium
Free Give-A-Ways

Yankees and Red Sox
Games
Ski Trips
Albany Devils Games
Student Involvement & Leadership
Campus Recreation

[Image of UALBANY CPB logo]

[Images of students holding stuffed animals and event signs]

[Event photos]

[Images of students participating in activities]

[University at Albany logo]
Student Involvement & Leadership

Campus Recreation

- Intramurals
- Aquatics
- Outdoor Recreation

- Group Ex
- Fitness
- Club Sports
STUDENT CLUBS AND ORGANIZATIONS


STUDENT INVOLVEMENT & LEADERSHIP

CAMPUS RECREATION

The University at Albany is a public research university located in Albany, New York, with a focus on students' involvement and leadership. The campus offers a wide range of student clubs and organizations, including various sports teams, cultural clubs, academic societies, and community service organizations. Students can engage in activities that suit their interests, from arts and music to sports and academic pursuits. The university also provides opportunities for leadership, such as through class councils and student associations. For more information, students can visit the Student Involvement & Leadership office or check out the campus recreation programs.
Student Involvement & Leadership
Campus Recreation

SPECTATOR SPORTS

19 Division I teams
Championships
Trips to NCAAs
March Madness
Football Playoffs
SPECTACULAR SERVICE

6,800 students Participated in community service

UA Named to 2010 – 2013 U.S. President’s Community Service Honor Roll
Student Involvement & Leadership Campus Recreation

FRATERNITY & SORORITY LIFE

PRE-PROFESSIONAL AND SOCIAL

Leadership Opportunities

Academic Support

Social Interaction

Increased Satisfaction

REQUIREMENTS FOR MEMBERSHIP:

• First semester freshmen students are not allowed to participate in a new member education programs

• Minimum 2.65 GPA
10 week Leadership Development program for freshmen and sophomores.

Topics covered: Theories of leadership, teambuilding, professionalism, public speaking, time management, conflict resolution, cultural competency, leadership ethics, marketing yourself as a leader, and stress management.
Traditions and Pride in UA
Candlelighting Ceremony
Clash of the Quads
Homecoming
Relay for Life
Student Involvement & Leadership
Campus Recreation

Get Involved & Stay Connected

Student Involvement & Leadership

UAlbany Go
Get Involved. Stay Active. Go.

My Involvement
Participation in the Pathways to Success program is easy and begins by becoming an Involved Dane.

Then Become a(n):

- Academic Dane
- Athletic Dane
- Civic Dane
- Intercultural Dane
- Purple and Gold Dane
- Wellness Dane

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

...the best pathway to success is your own!
Student Involvement & Leadership
Campus Recreation

Become an Involved Dane!

✓ **Attend Orientation**  (Already done!)

☐ **Attend UAlbany’s Welcome Candle Lighting Ceremony**
   Thursday, August 21\textsuperscript{st}, 9:00pm

☐ **Attend an Academic Event**
   Explore UAlbany – Friday, August 22\textsuperscript{nd}, 1:30pm

☐ **Attend an S.A. or CPB Sponsored Event**
   CPB Presents: Illusionist Joel Myers – Wednesday, August 20\textsuperscript{th}, 9:00pm

☐ **Attend an Athletic Event**
   UAlbany Football v. Holy Cross – Saturday, August 30\textsuperscript{th}, Time:TBA

☐ **Learn More About a Student Organization**
   Attend S.A.’s Block Party – Sunday, September 7\textsuperscript{th}, 2:00pm
Student Involvement & Leadership
Campus Recreation

Other GREAT Involvement Opportunities! Fall 2014

First Night Fest, August 21
Podium Pandemonium, August 23
Great DANEtopia, August 24
Family Weekend, October 10-13
Student Involvement & Leadership
Campus Recreation

Being Involved Leads To Success!!
Student Involvement & Leadership
Campus Recreation

What will THEY do?
Questions? Comments?

Office of Student Involvement & Leadership

Campus Center 130

Get Involved at UAlbany

#UAInvolved

www.albany.edu/involvement
New Student Orientation
Summer 2014

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

Consult with us
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
  ○ 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 & 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
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](http://www.albany.edu/counseling_center)
- Find us on Facebook
  - UAlbany Counseling Center
- Call 518-442-5800
- Email consultation@albany.edu
New Student Orientation
Summer 2014

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"
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)
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
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).
HOW TO FIND US?

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
• 2FT Physicians
• 1 PT Physician
• 4 FT Midlevels (NP and PA)
• 1 PT Midlevel
• 2 half time Psychiatrists
• 10 Nurses
SERVICES

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

- Accepts outside written prescriptions
- 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)
- $100 Cap
  - After $100 (excluding co pays) student account is billed.
“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 in 2014.

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

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 14, 2014.
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 Allergist

Please review the UAlbany Health Center website’s Allergy Injection Policy.
WHEN YOUR CHILD IS SICK

WHAT SHOULD THEY DO?

• 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
TRUE or FALSE?

- Viruses are treated with antibiotics?
- Discolored (green/yellow/brown) nasal mucous requires an antibiotic?
- All sore throats with a fever require an antibiotic?
- Bronchitis requires antibiotics?
WHAT CAN WE TELL YOU?

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
- Sex/Alcohol/Drugs
- Bring a thermometer—PLEASE
- Bring Insurance Card
CHECK OUT OUR POLICIES

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 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
NEED HELP?

General Questions: askuhc@albany.edu

Student Health Insurance Plan: ship@albany.edu

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

QUESTIONS?