New Student Programs

New Student Orientation
Summer 2016
Welcome to UAldany

Meet your Family Leaders

Savanah Kelly
@OL_Savanah

Hong Huang
@OL_Hong

Aneliz Hernandez
@OL_Aneliz
Welcome to UAlbany

Meet your Orientation Hosts

Kayla James @OA_KaylaJ

Justin McCandless @OA_JustinM

Callie Frost NODA Intern

Sean Johnson @OTL_Sean

Berenice Andaluz NODA Intern

Callie Frost NODA Intern

Berenice Andaluz NODA Intern
Welcome to UAlbany

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

• Transfer Advising vs. Orientation
  • Advising - finalize course schedule, complete necessary business items
  • Orientation - Personalized introduction to UAlbany
    • 8/26 - student chooses which sessions interest them
Welcome to UAlbany

- Homecoming 2016
  - October 7-9, 2016
  - Great Dane Game Day
  - Parent Speaker on Undergraduate Research
  - UAlbany Speaker Series

- Important Dates
  - Check Guidebook for 2016-17
  - Parents Website- albany.edu/parents
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.
Barbara Brown
Coordinator

New Student Orientation
Summer 2016
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
umedication@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 SUMMER 2016
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)
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)

Connect 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.
Transfer Student Services
In the Office of Student Engagement

New Student Orientation Summer 2016
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!
• GREAT DANES!!
**What do our transfer students care about?**

**Credits!**

- Read and understand your DARS audit
- Problems with General Education credit? Come see me in the Advisement Services Center (after meeting with your advisor)
- Problems with major/minor credit? Discuss with your advisor before you leave
WHAT DO OUR TRANSFER STUDENTS CARE ABOUT?

**Academic Success!**

- SO many majors and minors to choose from!
- Get to know your professors!
- Research, internships, study abroad
SUCCESSFUL BEGINNINGS – TRANSFER SEMINARS & CHALLENGES COURSES

Transfer Seminars

- One credit course that meets once a week for 55 minutes
- Faculty instructors who CARE about transfer success
- Small classes
- Opportunity to make new friends
- TTL gatherings after class
- Introduction to University resources
- Helps you get acclimated to UAlbany academic expectations
- Professor Bronner (Personal Financial Planning for Transfers) and Professor Schwaller (Examination of the European Conquest of the Americas)
Successful Beginnings – Transfer Seminars & Challenges Courses

Challenges of the 21st Century

• Ability to fulfill your gen. ed. requirement with other new transfers
• Discussion sections will be small and JUST for NEW transfer students
• Opportunity to make friends
• TTL gatherings after class
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
**Commuter Resources**

- **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?**
  - YES! Join “The Driving Force” or one of UAlbany’s other 200 groups on campus. Check out MyInvolvement.org
Be Successful! Get Involved!

Clubs/Organizations

- Tau Sigma: national transfer student honor society

The Driving Force

- Club for Commuter Students to discuss commuter issues and make friends!
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!
What If I Want To Live On-Campus?

- Get your housing application done ASAP
- Living-Learning Communities for Transfers!
  - World of Business & Accounting on Colonial (for conditionally admitted students)
  - World of Criminal Justice on Alumni
  - World of NY Politics and Policies on Alumni
  - World of Transfer Engagement on Alumni (for ALL majors)
  - The World of Transfer Excellence on Colonial (3.5 GPA needed)
- Alumni Quad - A home for new transfers
Option 1: Living on Campus? Join an L-LC!

• Why join an L-LC?
  • More likely to make friends
  • More likely to do well in classes
  • More connections made with key faculty and staff in your major!
Option 2: Register for a Transfer Seminar
• Why was this beneficial?

Option 3: Register for one of the transfer discussion sections in the Challenges Courses

Transitioning to a new place can be challenging. Let us make it easier for you!
Have Questions?

Come see me today in the Advisement Services Center (take the stairs below the main entrance to the library).

Darlene Poirier
Transfer Services Coordinator
dpoirier@albany.edu
Please rate and review this session on the UAlbany Events Guide.
COUNSELING AND PSYCHOLOGICAL SERVICES: AN OVERVIEW FOR FAMILIES

TRANSFER ADVISEMENT DAY
SUMMER 2016
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 32%
2. Anxiety 23%
3. Sleep Difficulties 22%
4. Cold/Flu/Sore Throat 16%
5. Employment 14%
6. Depression 14%
7. Internet Use/Computer Games 13%
8. Extracurricular Activities 12%
9. Concern for Friends or Family 11%
10. Relationship Difficulties 10%

(ACHA Spring 2014 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…
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

Student Affairs
University at Albany State University of New York

Reimagining the Student Experience
Please rate and review this session on the UAlbany Events Guide.
STUDENT HEALTH SERVICES

NEW STUDENT ORIENTATION
SUMMER 2016
REQUIRED 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”
TUBERCULOSIS

• 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
- 1 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
< 3 minutes 99% of time

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)
• 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
COMPREHENSIVE FEE VS. HEALTH INSURANCE

• Comprehensive Fee - covers visits to Student Health Services.

• Health Insurance - necessary for specialists, outside lab tests, x-rays/imaging and emergency room/hospital. Be sure your insurance will “work” in Albany (do not assume it will.)
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
- FoneMed 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.
WHAT TO TELL YOUR STUDENT

• Wash your hands… OFTEN
• Respiratory Hygiene
• Sleep
• Sex/Alcohol/Drugs
• Bring a thermometer--PLEASE
• Bring Insurance Card
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
3 Required steps to complete

1. Submit MMR Information
2. Submit Required Health Form
3. Acknowledge Meningitis Statement
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
Summer 2016
WELCOME TO ORIENTATION

Residential Life:
- Inviting
- Intellectual
- Inclusive

Living on campus
- An environment to support your success
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/ResLifeUAlbany
Transfer Programs

- Transfer Living Area
  - Alumni Quad
- Living-Learning Communities
  - World of Criminal Justice for Transfers
  - World of NY Politics and Policies
  - World of Transfer Engagement
  - Two L-LCs on Colonial Quad (by invitation only)
Students will receive notification of their housing assignment to their UAlbany email account on or around August 1st. This email will include:
- Roommate/Suitemate information
- Mailbox number
- Quad, building, room number

Increased Rooms/Temporary Assignments
- Some of our transfer students will be assigned one additional roommate. There will be a discount for each student in an increased situation until we have reached 100% occupancy.
Quad Amenities

- Dining halls
- Mail service
- Fitness Center (Alumni Quad)
- 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
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
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.
  - Tip: Carry items in large Tupperware containers that can be stored underneath your bed!
- Communicate with your roommates and suitemates to avoid duplication of large items, such as TVs.
What to Bring
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

- Transfer students will move into their assigned residence hall on Thursday, August 25th
- Check into your assigned residence hall
- Parking & Unloading
Welcome New Students!

GREAT DANE BEGINNINGS...

Welcome Week is UAlbany’s way of welcoming new students to our Great Dane community. You’ll meet friends and participate in UAlbany traditions. We have many events planned for you! For a complete listing, visit albany.edu/GO.

- Friday, August 26th: Mandatory RA Hall Meeting at 2pm
- Friday, August 26th: Convocation in SEFCU Arena at 4pm
- Friday, August 26th: New Student and Family BBQ
- Saturday, August 27th: Explore UAlbany
- Sunday, August 28th: Great DANETopia
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

Summer 2016
MONEY MATTERS

The Award Letter!
Your Award Letter
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
Money Matters

What Loan Programs Could be on my Award Letter?

Federal Perkins Loan 5%
Repayment begins after graduation or when you cease to attend at least half-time.

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.
Let’s Make Sense 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
Accept, Decline, or Reduce Federal Loans and accept Athletic Awards on MyUAlbany

What are the next steps?

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
### Money Matters

**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>$4,582.00</td>
<td>$12,122.00</td>
</tr>
<tr>
<td>Room &amp; Board</td>
<td>$6,496.00</td>
<td>$6,496.00</td>
</tr>
<tr>
<td><strong>Total Direct Costs:</strong></td>
<td><strong>$11,078.00</strong></td>
<td><strong>$18,618.00</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
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
- July 20th – 1st Fall invoice
- December 20th – 1st Spring invoice
- E-mails and text messages are issued when E-Bills are available
A credit indicates no payment due.

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 AUTHORIZE USER!! AT EPAY.ALBANY.EDU
Payment Plan Option at Epay.Albany.edu
To Summarize How the Payment Plan Works

- 4 Monthly Installments
- Fall 2016 semester payment dates: 8/15, 9/15, 10/15, 11/15
- $45 Application Fee per semester. Interest Free!
- May enroll each semester (or annually in Fall)
- Enroll when 1st invoice is issued; if enrolling after August 15, make up missed installments
MONEY MATTERS
MONEY MATTERS

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
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

Not finding the answer on our site?
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.
WELCOME!

NEW STUDENT ORIENTATION
SUMMER 2016