



New Paltz
STATE UNIVERSITY OF NEW YORK

2015-2016 Parent Handbook and Calendar





Welcome

Dear New Paltz Family,

On behalf of the State University of New York at New Paltz, I am very pleased to welcome you to the New Paltz community. The faculty and staff on our campus take pride in the work they do as a team, and I know the decision your son or daughter has made to attend our university will be reinforced as they become part of the "New Paltz family".

The goal of the summer Student Orientation and Registration program your student attended was to introduce them to keys for succeeding academically and socially at New Paltz. Your student was assisted by faculty in the selection of their first semester schedule, met new people, and had the opportunity to see what it will be like to make the transition from high school to college. The first month of school can be challenging for students, but we recognize that their journey results in a transition for you as well.

To help ease your own transition as your student starts at New Paltz, we have developed this calendar and handbook as resources for you. From our experience, parents and family members have many common questions and concerns. We have included within these pages information on academics, student life, typical first-year adjustment issues, campus policies and ways to get involved with the college.

It is our intention to provide useful tips and resources for parents and family members, but if you still have questions, we encourage you to contact us. We welcome you, and look forward to helping you make this journey a fulfilling and successful one for you and your student.

Sincerely,

Donald P. Christian

Dr. Donald P. Christian
President



Dear New Paltz Parent,

Thank you for being a part of your child's decision to join the New Paltz campus community. We know that there are many fine colleges and universities from which to choose, and we are pleased to be the selection your child made.

The work for us is just beginning, and our goal is your goal.....to make your child's time with us on campus as safe, rewarding, and educational as possible. The comprehensive services we provide at SUNY New Paltz are designed to fulfill the widest range of needs we could imagine in supporting your child's growth both in and outside the classroom.

Our services anticipate the many challenges your child will face as they grow intellectually, socially, occupationally, spiritually, and emotionally. From our Health and Counseling Centers to the many Outdoor Pursuit programs (and everything in between), our commitment to our students is to challenge them on many aspects of life, and then provide to support to foster their growth and learning.

Our services to students also run the range of needs from providing academic and psychological support to providing social and recreational programming. These many programs take place year round, and throughout the campus. Our venues are as wide ranging as the Student Union Building, the Athletic & Wellness Center, the many theaters on campus, and the residence halls, as well as beyond the campus at Minnewaska State Park, Mohonk Preserve, and Hunter Mountain.

The services are many and the possibilities for growth are endless. Help us by encouraging your child to seek out our services as needed, participate in our programs when possible, and challenge them immerse themselves in all that is offered here at SUNY New Paltz.

Sincerely,

L. David Rooney, Ph.D.
Vice President for Student Affairs



Dear Parents and Family Members,

As you embark on sending your student to New Paltz for their first year of college, we want to assure you that they are in good hands with us. It is a privilege to guide your "most prized possession" through what will be some of the most valuable experiences they will have in life. Our philosophy is based on the foundation that you are our partners in this mission, and we are eager to involve you in meaningful and appropriate ways as we share the same goal - your college student's academic and personal success. Research shows that connecting to just one person on the campus is the best predictor of that success. The Orientation Leaders continue to serve as Peer Mentors to first-year students throughout the year, and RAs, RDs and endless staff members will be there for your student as well.

In an effort to provide a smooth and positive transition for you and your student, the Center for Student Development is pleased to present you with this calendar/handbook. Included in this publication is information about resources, activities, and opportunities for involvement. The calendar also provides you with dates and academic deadlines, so that you can discuss these with your student. Highlights include: Moving-In Day & Welcome Week, Parent & Family Weekend, holidays, breaks, academic deadlines, midterms and finals. Also included is transitional information based on the most frequently asked questions we hear in our work with parents and family members. We hope this publication will serve as a valuable resource in the months ahead. Once again, welcome to the New Paltz family!

Sincerely,

Michelle Combs, M. Ed.
Director of Student Development



Tara Sestanovich '08
Coordinator of First-Year Programming





August 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday







Survival Tip for Families*

Don't ask if they are homesick.

The power of suggestion can be a dangerous thing. A friend once told me, "The idea of being homesick didn't even occur to me, with all the new things that were going on, until my mom called one of the first weekends and asked, 'Are you homesick?' Then it hit me." The first few days/weeks of school are packed with activities and friends, and the challenge of meeting new people and adjusting to new situations takes the majority of a freshman's time and concentration. So, unless they're reminded of it (by a well-meaning parent), they'll probably be able to escape the loneliness and frustration of homesickness. Even if they don't tell you during those first few weeks, they do miss you.

What Can Families Do?

- Call your students often at first to listen, provide encouragement, and reassurance.
- Encourage your students to participate in Welcome Week and take advantage of the festivities.
- Write to your students (small care packages and hand written letters in the mail are often a nice touch).
- If your students are living in the residence halls, encourage them to interact with their Resident Assistant.
- If your student is commuting, encourage him or her to get involved on campus by attending the organizations fair in September.

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
• Welcome Week	• Official First Day of Classes • Add/Drop classes (no fee) Period Begins			• New Student Move-In Day • Hall Check-in 10:00AM - 4:00PM • Orientation Part II	• Orientation Part II • Fall Convocation • Welcome Week	• Welcome Week
23	24	25	26	27	28	29
• Add/Drop classes (no fee) Period Ends	• Add/Drop classes w/ PI (no fee) Period Begins					
30	31					

September 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Write (even if they don't write back).

Although freshmen are typically eager to experience all the away-from-home independence they may experience within those first few weeks, most are still longing for those family ties and the security it brings. Sensitive parents may misinterpret this surge of independence as rejection, but I'd bet that most freshmen (about 99 percent won't ever admit it) would give anything for some news of home and family, however mundane it may seem to you. There's nothing more depressing than a week of empty mailboxes.

What Can Families Do?

- Send hand written letters to students.
- Keep preaddressed postcards on hand.
- Create stationery with preaddressed and stamped envelopes.
- Try to commit to sending a letter to your student once a month; it will brighten your student's day.
- Keep in touch using email and social media.
- Pick a special time in the day when you and your student can share a conversation over the phone.
- If your students are living at home, it is still helpful to send electronic messages as well as put little cards and notes in their rooms, bookbags, and cars to let them know you are thinking of them as a new college student.

		<ul style="list-style-type: none"> • MS vs Mount St. Mary 4PM 					<ul style="list-style-type: none"> • WS vs Lehman College 1PM 						
		1	2	3	4	5							
<ul style="list-style-type: none"> • Add/Drop classes w/ PI (no fee) Period Ends 	<ul style="list-style-type: none"> • Labor Day (No Classes) • Late Registration/Add (\$40/\$20) Period Begins • Course Withdrawal (\$20 fee) Period Begins • MS vs John Jay College 4PM 	<ul style="list-style-type: none"> • Labor Day Break (No Classes) • WS vs Ramapo 4PM 	<ul style="list-style-type: none"> • FH vs Montclair State 4PM 		<ul style="list-style-type: none"> • Patriot Day 	<ul style="list-style-type: none"> • WV vs Mount St. Mary 11AM • MS vs Old Westbury 1PM • WV vs Richard Stockton 3PM 	6	7	8	9	10	11	12
	<ul style="list-style-type: none"> • Rosh Hashanah (Classes in Session) • Fall 2015 Registration Ends • Late Registration/Add (\$40/\$20) Period Ends 	<ul style="list-style-type: none"> • Rosh Hashanah (Classes in Session) • FH vs Union 4PM 	<ul style="list-style-type: none"> • WS vs Union 4PM 			<ul style="list-style-type: none"> • FH vs Skidmore 1PM • WT vs RPI 1PM • MS vs Vassar 1PM • WS vs RPI 1PM 	13	14	15	16	17	18	19
			<ul style="list-style-type: none"> • Yom Kippur (Classes in Session) • First Day of Autumn 		<ul style="list-style-type: none"> • WS vs Cortland 4PM 	<ul style="list-style-type: none"> • Parent & Family Weekend • WS vs Oswego 1PM 	20	21	22	23	24	25	26
<ul style="list-style-type: none"> • Parent & Family Weekend 		<ul style="list-style-type: none"> • MS vs Union 4PM 					27	28	29	30			

NOTE: For the complete schedule of athletic events please go to: www.nphawks.com

October 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Ask questions (but not too many).

College freshmen are “cool” (or so they think) and have a tendency to resent interference with their newfound lifestyle, but most still desire the security of knowing that someone is interested in them. Parental curiosity can be obnoxious and alienating or relief-giving and supporting, depending on the attitudes of the persons involved. “I-have-a-right-to-know” tinged questions with ulterior motives should be avoided. However, honest inquiries and other “between friends” communication and discussion will go a long way to further the parent-freshman relationship.

What Can Families Do?

- Keep the lines of communication open between family members.
- Be sure to be engaged in your students’ lives and aware of what they are involved in, but not too much. Remember that they are in a new place in their life now, are in the process of discovering who they are, as well as trying to find their place in this world.
- Be there for your student. The next couple of years will be easier if your students know they can count on their family when times are tough.

							
				1	2	3	
	• De-registration for non-payment Fall 2015	• MS vs Western Connecticut 4PM • WV vs Williams 7:30PM	• FH vs Stevens 4PM		• MS vs Plattsburgh 4PM	• FH vs Geneseo 1PM • MS vs Brockport 1PM	
4	5	6	7	8	9	10	
	• Columbus Day • Fall Break (No Classes)	• Fall Break (No Classes)	• Mid-Point of Fall 2015 Semester • FH vs Oneonta 4PM			• WS vs Oneonta 1PM	
11	12	13	14	15	16	17	
		• MS vs Elmira 3PM	• FH vs RPI 4PM		• WS vs Buffalo State 3PM • WV vs Cortland 5PM	• WV vs Oneonta 10AM • WV vs Brockport 12:30PM • WS vs Fredonia 1PM	
18	19	20	21	22	23	24	
		• FH vs Kean 4PM			• Course Withdrawal (\$20 fee) Period Ends	• Halloween	
25	26	27	28	29	30	31	

November 2015

Survival Tip for Families

Don't worry (too much) about depressing phone calls and letters.

Parenting can be a thankless job, especially during the college years. It involves a lot of giving and taking very little in return. Often when troubles become too much for a freshman to handle (a flunked test, ended relationship, and a shrunken t-shirt all in one day), the only place to turn, write, or dial is home. Often, unfortunately, this is the only time that the urge to communicate is felt so strongly, so you never get to hear about the "A" paper, the new girlfriend/boyfriend, or the domestic triumph. In these times of crisis, but after the catharsis is over they very well may return to their normal routine, relieved and enlightened, while you inherit the burden of worry. Be patient with these nothing-is-going-right- I-hate-this-place phone calls or letters. You're providing a real service as an advice dispenser, sympathetic ear, or punching bag. Granted, it's a service that makes you feel lousy, but it works wonders for a frustrated student. As we said before, parenting can be a thankless job.

What Can Families Do ?

- Be there! Students will often turn to the safety of family when times are tough, and it is important to know that you will always remain close by their side.
- Encourage your student to share the good things that they are experiencing while they are at school. When you hear about the "A" paper send a "congrats" card or when you get the phone call about the recent break up, send a care package filled with chocolate chip cookies and a letter from home. The small things will make your student feel good.
- Realize that although your students may not tell you that they appreciate you, they truly do. They often forget to share with you their thanks, but remember that they are grateful for all you do.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • Daylight Saving Time Ends <p>1</p>	<ul style="list-style-type: none"> • Black Solidarity Day (Classes in Session) <p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<ul style="list-style-type: none"> • Last Day for Student Elected S/U Option <p>6</p>	<ul style="list-style-type: none"> • FH vs Vassar 1PM <p>7</p>
<p>8</p>	<p>9</p>	<p>10</p>	<ul style="list-style-type: none"> • Veteran's Day (Classes in Session) <p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>	<ul style="list-style-type: none"> • Advance Registration for Spring 2016 begins <p>16</p>	<ul style="list-style-type: none"> • Course Registration <p>17</p>	<ul style="list-style-type: none"> • Course Registration <p>18</p>	<ul style="list-style-type: none"> • Course Registration <p>19</p>	<ul style="list-style-type: none"> • Course Registration <p>20</p>	<ul style="list-style-type: none"> • MBB vs Hamilton 4PM <p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<ul style="list-style-type: none"> • Thanksgiving Recess (No Classes) <p>25</p>	<ul style="list-style-type: none"> • Thanksgiving Recess (No Classes) <p>26</p>	<ul style="list-style-type: none"> • Thanksgiving Recess (No Classes) <p>27</p>	<ul style="list-style-type: none"> • SWM vs Vassar 1PM <p>28</p>
<p>29</p>	<ul style="list-style-type: none"> • Classes Resume 8:00 AM • Last Day to Withdraw from College w/o Failing Grades <p>30</p>					



New Paltz
STATE UNIVERSITY OF NEW YORK

December 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Expect change (but not too much).

Your son or daughter will change (either drastically in the first few months, slowly over four years, or somewhere in between that pace). It's natural, inevitable, and it can be inspiring and beautiful. Often, though, it's a pain in the neck. College, and the experiences associated with it, can effect changes in social, vocational, and personal behavior and choices. An up-to-now wallflower may become a fraternity sweetheart; a pre-med student may discover biology is not his or her thing; or a high school rebel may become a college bookworm. You can't stop change, you may not ever understand it, but it is within your power to accept it. Remember that your freshman will be basically the same person you sent away to school, aside from a few new interests and personality revisions. Maturation is not an instantaneous or overnight process, and you might well discover your freshman returning home with some of the habits and hang-ups, however unsophisticated, that you thought he/she had grown out of. Be patient.

What Can Families Do?

- Be open minded that your student may change and evolve into a new person.
- Be understanding with your student and yourself. You both may have difficulty with a few of these changes and adapting to the new lifestyle.
- Be patient with these changes and difficulties your students may have adjusting to their first year at college.

						
		1	2	3	4	5
		• Last Day of Classes	• Study Day/Make-up Class Day	• Study Day/Make-up Class Day	• Common Exam Day	
6	7	8	9	10	11	12
	• Final Exams	• Final Exams	• Final Exams	• Final Exams	• Final Exams • End of Fall 2015 Semester	• Residence Halls Close 10:00AM
13	14	15	16	17	18	19
		• First Day of Winter	• Last Day for Faculty to Submit Final Grades		• Christmas Day	• Kwanza Begins
20	21	22	23	24	25	26
				• New Year's Eve		
27	28	29	30	31		

NOTE: Your student will receive his or her bill for Spring 2016 at their my.newpaltz.edu site. Speak to your student to view and print the bill, and make payment arrangements to process the bill online or by mail by the deadline listed.



New Paltz
STATE UNIVERSITY OF NEW YORK

January 2016

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Survival Tip for Families Visit (but not too often).

Visits by parents (especially when accompanied by shopping sprees and/or dinners out) are another part of the first-year events that freshmen are reluctant to admit liking but appreciate greatly. A pretended disgust of those visits is just another part of the first-year syndrome. These visits give the student a chance to introduce some of the important people in both of his/her worlds to each other. Additionally, it's a way for parents to become familiar with (and hopefully more understanding of) their student's new activities, commitments, and friends.

What Can Families Do?

- Come to campus in the fall to visit your student in September and enjoy the exciting festivities of Family Weekend.
- Talk to your students to see what they are involved with on campus and attend events that they may be participating in such as theatre productions, musical events, and dance performances.
- Call your students occasionally about a visit from their family and maybe a dinner out and a trip to the movies or the mall.

					• New Year's Day	
3	4	5	6	7	1	2
10	11	12	13	14	15	16
17	• Residence Halls Open 10:00AM	19	• Official First Day of Classes • Add/Drop Classes (no fee) Period Begins	21	22	23
24	• Martin Luther King Jr. Day Observed (Classes in Session)	• Add/Drop Classes (no fee) Period Ends	• Add/Drop Classes w/ PI (no Fee) Period Begins	28	29	30

31

NOTE: For the complete schedule of athletic events please go to: www.nphawks.com

February 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

**Do not tell your student
“These are the best years of
your life.”**

The first year can be full of indecision, insecurities, disappointments, and most of all, mistakes. They're also full of discovery, inspiration, good times, and new people. Except in retrospect, it's not the good that stands out. It takes a while for students to accept that being unhappy, afraid, confused, and disliking people and making mistakes are all part of the show—all part of this new reality—all part of growing up. It takes a while for parents to accept it. Any parent who believes all college students get good grades, know what they want to major in, always have activity-packed weekends, thousands of close friends, and lead carefree lives is wrong.

What Can Families Do?

- Don't be afraid to let your students make a mistake. Although, this may be difficult, we all make mistakes and this is all a part of growing up.
- Give your students the time to find their own way while they are at college. The first few semesters can be quite difficult at times, but students will find their way through at their own pace.
- Let them make their own decisions. Let your students choose their own major, decide which classes they want to take, and determine their class load. This will serve them well as they progress through the next few years, on their own, through college.

	1	<ul style="list-style-type: none"> • Groundhog Day • Add/Drop Classes w/ PI (no Fee) Period Ends 	2	<ul style="list-style-type: none"> • Course Withdrawal (\$20 fee) Period Begins • Late Registration/Add (\$40/\$20) Period Begins 	3	4	5	6
7	8	<ul style="list-style-type: none"> • Late Registration/Add (\$40/\$20) Period Ends • Spring 2016 Registration Ends 	9	<ul style="list-style-type: none"> • Ash Wednesday 	10	11	12	13
<ul style="list-style-type: none"> • Valentine's Day 	<ul style="list-style-type: none"> • President's Day (Classes in Session) 	14	15	16	17	18	19	20
21	22	23	24	25	26	27		
28	29							

- When you share your opinion, thoughts, and values with your students, encourage them to utilize on-campus resources, advisers, or support services. Your students' success is our first priority; we are here to help them.



New Paltz
STATE UNIVERSITY OF NEW YORK

March 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families Trust them.

Finding oneself is a difficult enough process without feeling that the people whose opinions you respect the most are second-guessing you.

What Can Families Do?

- Have faith in your student's ability to make his or her own decisions.
- Your students may be experiencing a great deal of independence for the first time. Some students may handle this sense of independence well, and get involved in activities and make friends whereas others may find it challenging to adjust to a new environment.
- Remember, that although we want our students to call home every day and hear about their triumphs and tribulations, there may be times when they just need to have some time of their own.
- Ask questions and offer advice, but avoid telling them what to do.
- Tell them you trust them to make the best decision or to do the right thing.

Survival Tips for Families: Excerpted with permission. McManus, M. (1994). Orientation Director's Manual. National Orientation Directors Association. Minneapolis, MN.

						
		1	2	3	4	5
	• De-registration for Non-Payment of Spring 2016	• Mid-Point of Spring 2016 Semester				
6	7	8	9	10	11	12
• Daylight Saving Time Begins				• St. Patrick's Day		
13	14	15	16	17	18	19
• Palm Sunday • First Day of Spring	• Spring Break (No Classes)	• Spring Break (No Classes)	• Spring Break (No Classes)	• Spring Break (No Classes)	• Good Friday • Spring Break (No Classes)	
20	21	22	23	24	25	26
• Easter	• Classes Resume 8:00AM					
27	28	29	30	31		

NOTE: If your student lives on campus and plans to do so in Fall 2016, they will get an e-mail when it's time to submit the Advance Room Deposit (ARD) of \$100, and choose their room! To pay the deposit, the student will need to go to my.newpaltz.edu, "Residence Life", and "Pay Advance Room Deposit"

April 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Books for Families

The Kids College Almanac: A First Look at College

By: Barbara C. Greenfield and Robert A. Weinstein

Chicken Soup for the College Soul

By: Jack Canfield, Mark Victor Hansen, Kimberly Kirberger, & Dan Clark

Chicken Soup for the Parent's Soul

By: Mark Victor Hansen, Raymond Aaron, Kim Kirberger, & Jack Canfield

Letting Go: A Parent's Guide to Understanding the College Years

By: Karen Levin Coburn and Madge Lawrence Treeger.

Don't Tell Me What to Do, Just Send Money

By: Helen Johnson and Christine Schelhas-Miller

Once my Child, Now my Friend

By: Elinor Lenz

You're On Your Own (But I'm Here if You Need Me): Mentoring Your Child During the College Years

By: Marjorie Savage

When Your Kid Goes to College: A Parents Survival Guide

By: Carol Barkin

						<ul style="list-style-type: none"> Course Withdrawal (\$20 fee) Period Ends 		
							1	2
3	4	5	6	7	8	9	<ul style="list-style-type: none"> Last day for student elected S/U option 	
	<ul style="list-style-type: none"> Summer Session 2016 Registration Begins 							
10	11	12	13	14	15	16		
	<ul style="list-style-type: none"> Advance Registration for Fall 2016 Begins 	<ul style="list-style-type: none"> Course Registration 	<ul style="list-style-type: none"> Course Registration 	<ul style="list-style-type: none"> Course Registration 	<ul style="list-style-type: none"> Passover (No Classes after 3:00PM) Earth Day Last Day to Withdraw from College w/o Failing Grades 			
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

May 2016

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

More Books for Families

133 Ways to Avoid Going Cuckoo When the Kids Fly the Nest
By: Lauren Schaffer and Sandy Feischl Wasserman

Empty Nest...Full Heart: The Journey from Home to College
By: Andrea VanSteenhouse, Ph.D.

Helping Your First Year College Student Succeed
By: Richard H. Mullendore and Cathie Hatch of the National Orientation Director's Association

Let the Journey Begin: A Parent's Monthly Guide to the College Experience
By: Jacqueline Kiernan MacKay

Studying Smart: Time Management for College Students
By: Diana Schart-Hunt and Pam Hait

When Kids Go to College: A Parents Guide to Changing Relationships
By: Barbara M. Newman and Philip Newman

The Parents Guide to College for Students on the Autism Spectrum
By: Jane Thierfeld Brown, Lorraine Wolf, Lisa King and G. Ruth Bork

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 • Last Day of Classes	4 • Study Day/Make-up Class Day	5 • Study Day/Make-up Class Day	6 • Common Exam Day	7
8 • Mother's Day	9 • Final Exams	10 • Final Exams	11 • Final Exams	12 • Final Exams	13 • Final Exams • End of Spring 2016 semester	14 • Residence Halls Close 10:00AM
15 • Undergraduate Commencement Ceremony 10:00AM-12:00PM	16	17	18 • Last Day for Faculty to Submit Final Grades	19	20	21
22	23	24	25	26	27	28
29	30 • Memorial Day	31 • See NOTE below for August 2016 dates				

NOTE: Returning students move into Residence Halls:
Saturday, August 22, 2016, 10:00am - 5:00pm
Sunday, August 23, 2016, 10:00am - 5:00pm
First Day of Classes: Monday, August 24, 2016

Academic Calendar At-a-Glance

Fall 2015

August 20	New Student Move-In Day 10AM - 4PM
August 21	Fall Convocation
August 24	Official First Day of Classes
August 24-30	Add/Drop Classes (no fee charged)
Aug. 31-Sept. 6	Add/Drop: Course Add requires electronic permission of the instructor (no fee charged)
September 7	Labor Day Break - No Classes
Sept. 7-Oct. 30	Course Withdrawal Period: A student may withdraw from a course which started at the beginning of the semester (w/ fee)
September 8	Labor Day Break - No Classes
September 14	Fall 2015 Registration Ends
September 14-15	Rosh Hashana - Classes in session
September 23	Yom Kippur - Classes in session
October 12	Columbus Day - No Classes
October 13	Fall Break - No Classes
October 14	Mid-Point of Fall 2015 Semester
November 2	Black Solidarity Day - Classes in Session
November 6	Last Day for Student-Elected Satisfactory/Unsatisfactory Option
November 16	Advance Course Registration for Spring 2016 begins
November 25-27	Thanksgiving Recess - No Classes. Classes will resume at 8AM on Monday, November 30
December 8	Last Day of Classes
December 9-10	Study Days (May use these day as a make-up class days, if needed)
December 11	Common Exam Day
December 14-18	Final Examinations
December 19	Residence Halls close at 10AM



Spring 2016

January 18	Residence Halls open at 10AM
January 20	Official First Day of Classes
January 20-26	Add/Drop (no fee charged)
January 25	Martin Luther King Jr. Day Observed - Classes in Session
Jan. 27-Feb. 2	Add/Drop: Course add requires electronic permission of the instructor (no fee charged)
Feb. 3-Apr. 1	Course Withdrawal Period: A student may withdraw from a course which started at the beginning of the semester (w/ fee)
February 9	Spring 2016 Registration Ends
February 15	President's Day- Classes in session
March 8	Mid-Point of Spring 2016 Semester
March 21-25	Spring Break - No Classes. Classes will resume at 8AM on Monday, March 28
April 8	Last Day for student-elected Satisfactory/Unsatisfactory option
April 11	Summer Session 2016 Registration Begins
April 18	Advanced Course Registration for Fall 2016 Begins
April 22	Passover- No Classes after 3PM
May 3	Last Day of Classes
May 4-5	Study Days (May use these day as a make-up class days, if needed)
May 6	Common Exam Day
May 9-13	Final Examinations
May 14	Residence Halls close at 10AM
May 15	Undergraduate Commencement 10AM

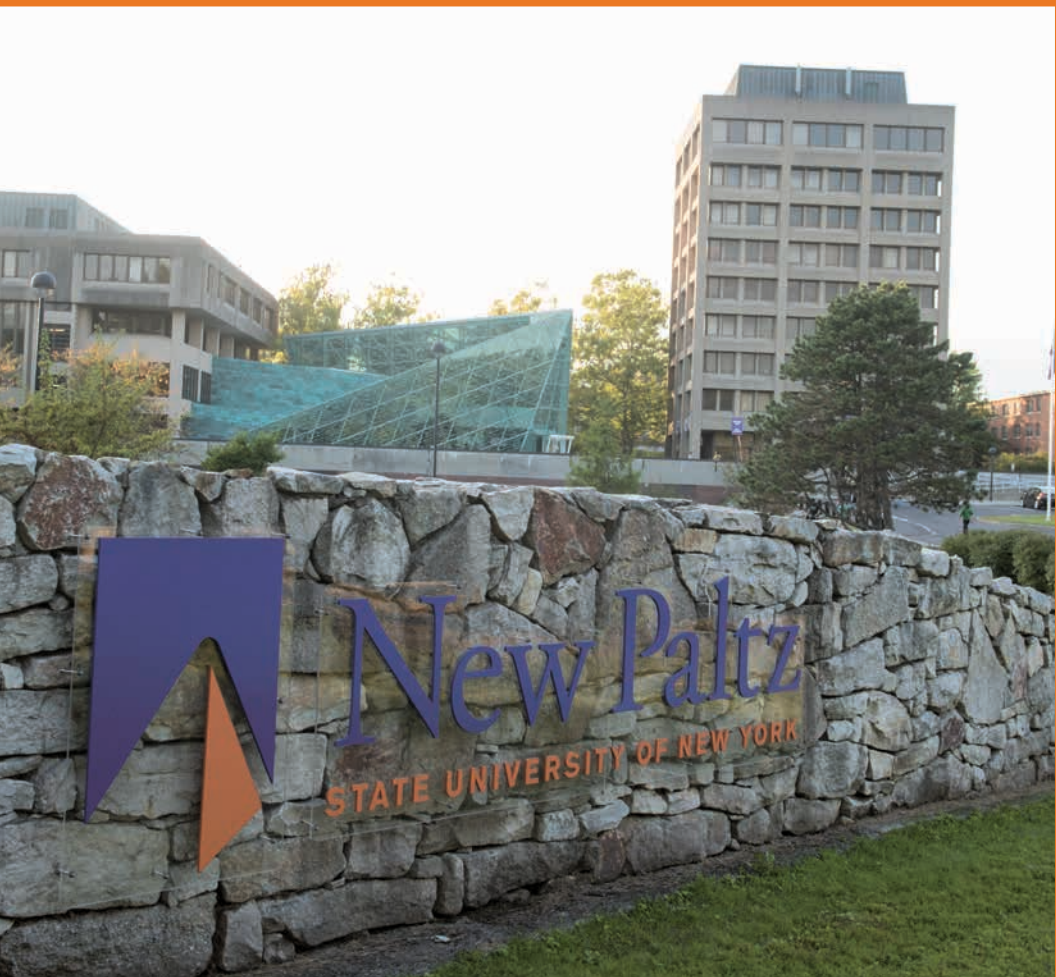


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*Orientation Leaders/Peer Mentors and
EOP, SMP & Honors Liaisons*

Parent & Family Weekend 2015

September 26th and 27th

The Fall is a beautiful time to visit your student, celebrate their first six weeks of experiencing college, and observe the transition they are making to university life. In addition, since New Paltz is nestled in a region named “One of the last great places on earth” by the Nature Conservancy, it makes it a beautiful place for you to have an autumn getaway!

We have planned a weekend of activities, and there is also much to see and do on your own as well. You can find a complete Parent & Family Weekend brochure online at the end of August. For details and event reservation instructions, go to www.newpaltz.edu/parentsweekend (Please register even if you are planning to go to free events.)

Saturday, September 26th is the day that features structured on-campus events. Some families choose to make a “day trip” on Saturday, while others stay in the area and make a weekend of it — creating plans based on your student’s preferences. (You may not be surprised that many students just want to be taken shopping and out to eat!)

Campus Events At-a-Glance

MAIN EVENT: “A Night of Comedy” with “STAND UP DADS”
Boat Trip on the Hudson River

Free Raffle • Free Museum Exhibits & Gallery Talk • Free Planetarium Shows
Free Athletic Events • The Makerbot Innovation Lab

Lodging Websites

www.newpaltzchamber.org • www.ulsterchamber.org
www.ulstertourism.org • www.dutchesscountyregionalchamber.org
www.orangechamber.com



Welcome

Parent Involvement

The Center for Student Development

The Center for Student Development is dedicated to fostering student success and a sense of belonging for all students and families connected to New Paltz.

Student Development provides accepted students with a positive transitional experience beginning with Student Orientation and Registration prior to their first semester. We continue to provide mentoring and outreach to students in their first year, as well as health promotion programs to foster healthy decision-making throughout a student's college career.

Our Goals

Our goals are: to maximize the retention and success of students, to offer opportunities for leadership and social development to the campus and local community, to serve as a primary link to the campus for the parents and family members of our new and continuing students and to foster a campus environment that promotes healthy and responsible decision-making.

The Center for Student Development
Student Union 301
845.257.3088

Valuing the relationship we have with parents and family members is one of the goals of the Center for Student Development. By providing you with this calendar/handbook, we can efficiently offer responses to questions most parents and family members pose during their student's first year at New Paltz. Once those issues are addressed, we can move on to the next stages of building and strengthening the college's relationship with parents, and develop more of a 'partnership' with you as the parent of a New Paltz student.

We recognize your role as an essential one, and know that it is extremely important to work cooperatively together to help your student make the adjustment to college life. In addition, family involvement is an essential component of student achievement, success and persistence to graduation. Informed and involved parents maximize their student's connection to the university.

To remain connected, the university will: contact you with ***Parent & Family Weekend*** information, maintain the ***Resources for Parents link*** on the New Paltz website at www.newpaltz.edu/parents/ and add you to the e-mail list in Fall 2015. From your perspective, there are numerous ways to develop your own relationship with New Paltz:

- ***The Parent Campaign*** – New Paltz is an extraordinary community of outstanding faculty, students, and staff. Parents can enhance the vitality and quality of the college through their gift to the Fund for New Paltz. Campus programs, master classes, guest lecturers and scholars, concerts, and exhibitions provide a superior, enriched learning experience, raising the quality of discussion among students and faculty. For more information about how your gift impacts the success of your students, please take a moment to visit www.newpaltz.edu/give.
- ***Parents' e-Newsletter*** – Have a potential topic you would like to see included in the newsletter, or something to contribute that would be of interest to parents? Please email parents@newpaltz.edu or call (845) 257-3088.

Keeping Your First-Year Student Posted

Through campus-wide outreach, SUNY New Paltz provides a huge number of opportunities for student involvement, with a significant effort directed towards first-year students. As the Coordinator of First-Year Programming, I aim to better understand first-year student experiences and to make those experiences as rewarding as possible. By coordinating with a variety of campus departments and student organizations, your student will be informed of (and encouraged to attend and participate in) numerous events and programs every week. Through regular contact with your first-year student, I strive to make them become aware of what is going on, how much there is to do on campus, and encourage them to become active members of the campus community during their first two semesters.

Tara Sestanovich, Coordinator of First-Year Programming

Weekly Events

- **First-Year Fridays**
 - Series of Friday night events during the fall semester specifically targeting first-year students while offering both on-campus and off-campus activities.
www.newpaltz.edu/keepingyouposted/fyf.html
- **Saturday Night Live Entertainment & Movie Nights**
Free weekend campus entertainment featuring live performances and pre-released movies
www.newpaltz.edu/keepingyouposted/snl.html

Promotional Initiatives

- **“Keeping You Posted” Weekly Calendar of Events Posters**
 - Distributed in Residence Halls, Academic Buildings, Student Union Building and first-year related offices and departments
- **“Keeping You Posted” Web site**
www.newpaltz.edu/keepingyouposted/
- **“Keeping You Posted” Monthly E-Newsletter**
 - Focuses on health & wellness plus campus events
- **“Keeping You Posted” Weekly E-mail Event Updates**
- **“SUNY New Paltz Class of 2019” Official Facebook Group**
- **NPAAlert Text Message updates** of upcoming programs & events

When a Student Commutes from Home

Many of our students choose to live at home and commute to New Paltz for their classes. Here are some things to consider – with the hopes of making the transition as simple as possible for your student.

Campus Resources

MEAL PLANS – Commuter Meal plans are available at Campus Card Services. These plans are ideal for commuter students who want to grab a quick bite to eat between classes.

CAMPUS SERVICES – All campus services that residential students utilize are equally available to commuter students. Whether it is the library, health center, athletics and wellness center facilities, student clubs and governance, or computer labs, use them. They are for commuters, too!

STUDENT UNION – It is the best place to hang-out, socialize, and meet fellow commuters.

COMMUTER LOCKERS – Commuter lockers can be rented to store away items or other personal belongings while on campus. See the Office of Student Activities and Union Services for rental information.

NP ALERT – NP Alert notifies students of any campus closures, delays, or emergencies, and texts about events through the “Commuter Student Group.”

Commuting Conversations

BOUNDARIES – Even if students live at home, they will now be a college student. Be prepared that they may want to renegotiate issues of personal space and privacy. Have a conversation about autonomy and independence being a good thing!

STUDY TIME – Help create a space for them to do their schoolwork and accept that they may be more sensitive to noise and interruptions. Encourage them to also use the spaces on campus – like the library, the Student Union, or various computer labs.

CURFEW – Discuss expectations now that they are in college.

MONEY – Gas money, paying for books, and contributing to the household should be discussed honestly before classes begin.

MEALS – Talk about how meal times may change or stay the same on certain days, and consider a commuter meal plan for meals or snacks between classes.

COMMUTING – Have you discussed how the student will get to and from campus for classes? Will they share a car or have to plan ahead? Be sure they get a Commuter Hang Tag in the Parking Office, HAB 35.

Office of Student Activities and Union Services
Student Union Room 211 | www.newpaltz.edu/sub/commuters.html
845-257-3025 | sub@newpaltz.edu

From a Student's Perspective

Dear Parents of Incoming First-Year Students,

When I came in to SUNY New Paltz, I remember packing up to move the morning of, and filling my parent's minivan full of things as I "moved" away. I was shy and reserved, but I soon made friends with some of the other girls in my hallway. I had company for trips to the dining hall, and the welcome week activities. I went through some roommate troubles, those first few months, but I held on, and worked things out with my roommate and my Resident Assistant. Becoming involved in emerging leaders that first year was my first taste of extra curricular activities, and spurred me on to many more things on campus.

My first year here at New Paltz was spent learning the stresses and joys of college, just as all freshmen do. I learned how to study ahead of time, not just the night before. I learned how to call home to see if they would send food, or money. I also found a passion for leadership. Getting involved in the Residence Hall Student Association my second year here was the best thing I could have done. I met people who lived in many different places on campus, and learned the skills of leading a group and how to connect with people.

I believe that one of the most important elements of a productive and



enjoyable college experience is getting involved and meeting other people. The social skills that a student learns at college are necessary in knowing how to work with people for the rest of that student's life. I have been a resident assistant, an executive board member of a large campus organization, and president of a new organization.

I realize now that through the stress of schoolwork and outside activities, and through my triumphs here at New Paltz, I called my parents most when things were not going well. My mother was more likely to hear about a horrible test than a good one, and the person who had let me down than the one who had saved the day. As I became more involved on campus, I also stopped visiting home more. I have a wonderful, supportive family, and I am very grateful that they understood that the larger and larger gaps between my visits were due to my involvement in activities on campus, not an attempt to stay away.

College is about learning how to compromise and make the best of a situation. It's also about learning to take responsibility and initiative. There are many opportunities and ways to enjoy college here at New Paltz, and I hope your student gets out there and involved and makes the most of the opportunities here at New Paltz.

Sincerely,

Jessica Green

Jessica Green
New Paltz Alumna

Conversations About Expectations

College is a big step for students and parents. Talking about this new experience will help your son or daughter prepare for leaving home. It is a good idea to share your expectations with them and hear their expectations of you.

Topics:

- Campus resources: how and where to get help
- Attending classes/study habits (professors don't assign 'homework' anymore)
- Balancing school, social time and part-time work
- Staying in touch (by phone, e-mail, writing letters, visits)
- Getting involved on campus
- Working on or off campus – do you agree?
- Issues presented in Orientation skits ("Realities")
- Choices regarding drinking
- Rules when home on breaks
- Balancing independence vs. responsibility

Conversation Starters:

- What is going well with you?
- Which classes do you like best?
- What is challenging for you?
- What kinds of activities are available?
- Are you enjoying residence hall life?
- How are you getting along with your roommate?
- Are you meeting some people?
- What is the social scene like?
- What do people do in the evening and on the weekends?
- What can we do to help?

Adapted from "Your Child's First Year of College – A Guide for Parents" and "Parents, you're not done yet- by The Century Council"

Untying the Apron String - Tips for “Letting Go”

From Dr. Gweneth M. Lloyd
 Director, Psychological Counseling Center
 SUNY New Paltz

Chances are as you prepare to engage in the actual and final process of sending your child off to college, you will encounter a crescendo in your relationship like no other. It may be one that can be comforting as a few piano notes, loud as the bangs on a drum or as unpredictable rhythms of a musical composition. The struggle between parent and child to “let-go” of each other is a process that begins during labor and delivery and extends through the lifetime of the relationship and sometimes even well beyond that.

In our society it is socially sanctioned that somewhere between ages 18-21, the child-to-adult rites of passage begins. Colleges and universities have come to represent one of the experimental grounds for exploring and experiencing the tasks, activities, rights and responsibilities of becoming an adult. Parents have the breath-holding challenge of standing back and observing their child apply, test, evaluate and select the morals, values and standards that they have been ‘spoon-fed’ over the last seventeen to eighteen years. The physical departure of your child to college will come to represent one of the pivotal points in your relationship status with your child and likewise for your child too. Colleges and universities perceive and manage any enrolled student as an “adult” with all the rights, privileges, responsibilities, benefits and liabilities that such a status holds.

Strategies for working through the “letting-go” process: Loosening the apron string

- To maximize the growth of your now young “Adult-Child” it is necessary for you to manage your responses and interactions in a manner consistent with their newly acquired adult status. You start doing so by gradually changing your perception of them as a “child,” even when they behave as one. You will need to remind him/her that they are now young adults and that their decisions and actions carry consequences that may have positive or negative outcomes.
- It is not unusual for him/her to call you and demand that you come and pick him/her up to return home. Transitioning to college can be very anxiety provoking. Talk to him/her about feelings, fears, and concerns. This is a time to refine your listening skills. Talk less and listen more. Listen with your ears and not your heart. Be mindful of knowing when to “hold” your opinion, “fold” your opinion or “walk-away” with your opinion. Partialize the problem by breaking it down and focus on one or two things at a time. Before ending the conversation, have an understanding of what action he/she will take by the time you talk again. Don’t take control of the situation unless it is life threatening or he/she has demonstrated that he/she has done everything possible to manage or solve the problem. It will be necessary for you to remember that in this new status role change, in some situations there will be nothing more you can do. As painful as it may be, you may even discover that the best you can do, is to do nothing. Remember, crisis provides an opportunity for change and change produces and enhances growth.
- Gradual change in your perception will lead to your young “Adult-Child” assuming greater ownership for his/her life. This will mean in your role as parent, you are

transitioning from commander and chief to “consultant”. You will need to squelch the urge to direct or control. Instead, be a good listener and redirect the decision back to him/her. Build his/her self-confidence by empathizing and reminding him/her of a similar time or situation which he/she managed by exercising good judgment and problem-solving skills. When he/she makes a decision with an undesirable outcome, again, squelch the urge to say, “I told you so.” Instead, focus your response on talking about what he/she thinks can be done differently without commanding or controlling the process.

- One of the roles of a consultant is to offer options. Try not to be the problem-solver but instead a resource director/facilitator. There is not one problem related to the student’s overall academic, social, psychological and physical success that a corresponding campus resource is not available to assist. For almost every conceivable problem a student may encounter, there is an established campus based resource office professionally staffed to assist the student. Therefore, in your role as a consultant-parent redirect him/her to the appropriate office for assistance. Keep the resource folder you received during orientation next to your bedside and/or in your work bag. Use it as your reference/resource guide. As you already know, the college website can also be very resourceful.
- Establish clear and mutual expectations with your young “Adult-Child” about finance management, reasonable academic performance including communication of final grades, your visitation to campus and his/her visitation home centered on frequency of visits. Address these issues early on as they tend to be the general problem areas. It is not unusual that he/she may want to come home almost every weekend, especially if he/she is experiencing home-sickness or is involved in a dating relationship with someone at home. Certainly this behavior has the potential for limiting the kind of campus-based experience that he/she could have. The downtimes of weekends are opportunities for making connections with room-mates, suite-mates and others across campus. If this is a potential problem, talk about it and have a mutual understanding about the frequency of home visit trips. You may consider limiting trips home to one weekend per month. As his/her campus residence is now home turf, resist the urge to do surprise visits. You may be more surprised than you want to be. Therefore tell him/her that you are considering visiting and give a time/day range. When you visit, resist the commander and chief role of firing one question after the other or commenting on what he/she looks like. Be constructive in your communication especially about room condition, roommates and friends you will meet. Remember, your non-constructive comments can have lasting consequences.
- Remember, a good consultant is always open, seeking consultation for themselves in order to effectively support and assist. As your “Adult-Child’s” personal consultant, the Psychological Counseling Center welcomes your call/ inquiry for assistance, especially in the psychological/emotional health and safety of your young “adult-child.”
- Remember, your son/daughter lives in a supportive community of peers and countless professionals. Your son/daughter is “able” and “capable.”

What's On Your Student's Mind

First-Year Student Stress Timeline*

July

- College Orientation
- Working summer job/going on family vacation

August

- Resident – students connect with roommate about what to bring; deal with the stress of packing and leaving home
- Non-residential – continue with summer activities
- Moving-In Day and Welcome week – meeting new people
- First week of classes – where am I going?

September

- Homesickness
- Value crisis – confronted with challenges of personal value system/social expectations/status in high school versus college
- Academic performance – may begin to see discrepancy in high school grades and college performance
- Cultural adjustment – sense of displacement from familiar cultural environment

October

- Reality Check – college life does not measure up to the expectations led to believe
- Loneliness – if have not found a peer group to join
- Mid-term grades – the academic load and test results can bring about low self-esteem
- Sexual conflicts/confusions – pressure to sexually perform

November

- Academic pressure – projects mounting and load difficulty increases. Effects of not attending classes realized
- Depression/anxiety – money, relationships, academic load, etc.
- Pre-Registration for next semester's classes

December

- Finals anxiety
- Pre-holiday depression – especially those with concerns for family conflicts
- Financial strain – holiday buying with limited resources and next semester's bills

January

- Post-holiday depression – returning from the security of home and positive experiences
- Grade shock – first college grades
- Hometown honey break-ups (if did not happen during Thanksgiving time)

February

- Optimism – anticipation better academic performance; nearing home stretch to end of academic year
- Depression-seasonal, academic, relationships, personal recognition in community

March

- Mid-terms – projects/papers/tests
- Cabin fever – waiting for Spring
- Spring Break – financial needs for break/search for summer employment begins
- Housing sign-up where to live and whom to live with next year

April

- Spring – outside distractions make academic work difficult
- Search for summer job pressures
- Fall pre-registration begins – need to meet with academic advisor/focus on major (decide)

May

- Academic anxiety – finals/year ending/realized deficiency in some academics
- Depression – leaving friends and freedom/facing family and conflicts at home

** Content printed with permission from The Office of Student Academic Affairs and Advising, The Freshman Center and The Academic Advising Center at George Mason University*

The First-Year Experience

The Division of Student Affairs works in partnership with the Division of Academic Affairs to provide your student all of the tools they will need for a successful transition to college life. Your student's development and his or her educational experience are of the utmost importance to us.

In your own way, *their* first year experience forces *you* to readjust as well. Please remember that you are not alone in your hopes and concerns. Thoughts such as, "are they taking care of themselves?.....going to all of their classes?....managing well on their own?" are common for the parent of a first-year student. Our strategic plan at New Paltz is based upon a "student-centered" philosophy, placing the needs of students at the forefront of all of our administrative decisions.

The Developmental Process of a First-Year Student

Although most of a human being's physical growth happens between birth and two years of age, most of their emotional growth takes place between the ages of 18 and 24. Welcome to the college years, an exciting and difficult stage for both students and parents. Developmental theorists share the same core concept regarding this process. The first-year student goes to college, leaving his or her childhood world – a world with a simplistic, categorical, dualistic view of life. In college, he or she begins a growth process toward independence and a relativistic, committed view associated with adulthood.

Students at this developmental stage are developing intellectual, physical and interpersonal competence. They will learn to work on: managing emotions, establishing a sense of identity as an independent adult, developing interpersonal relationships and purpose, and integrating the values instilled in them over the years as they develop personal integrity. For parents, one of the hardest parts of the transition is watching their student make the separation from previous life experiences, transition from the old to the new, and then begin to integrate into their new social and academic communities. Some face the transition with excitement; others with great reluctance. The student who most succeeds in the college experience is the one who becomes involved, embraces the opportunities offered, and invests physically and emotionally in the collegiate experience.

Keys for Success

As you reflect on your student's transition to higher education, you should congratulate yourself on your achievements in supporting your child in his or her first 17 or 18 years. Obviously, they were successful thus far because you are here. As your student's journey continues, the university 'partners' with you to encourage, motivate, and be a resource to help with your student's continued success.

The First-Year Experience (continued)

Transitions that Students Make from High School to College*

Role as a student:

Having a learning environment provided for them by teachers and or family, ***versus*** being responsible for their own learning environment.

Time and structure:

Having a highly structured schedule with marked activities and expectations to be on time, ***versus*** being responsible for one's own time with considerable freedom, no reminders to attend class, and attendance not taken regularly.

Instructor contact:

Meeting five times a week in a class of 20 to 30 where the instructor is aware of individual student progress, ***versus*** meeting one to three times a week in a class ranging from 20 to 130, where instructors often not aware of weekly student progress and only see students after class when the student seeks assistance.

Academic pace:

Having daily assignments monitored by an instructor with minimal out-of-classroom work, ***versus*** having comprehensive assignments with little or no monitoring that require extensive work outside of class, and being responsible for material or readings assigned that are not always covered in class.

Grading:

Competing with all levels of academic ability and having improvement and effort considered in grading, ***versus*** competing with high achievers with good grades, and having grades based on mastery of the content and application of the material.

Class location:

Having classes in one building, ***versus*** having classes in buildings all over campus.

Personal environment and health:

Having a private bedroom with a routine sleeping and eating schedule, ***versus*** having a communal living environment with a continually changing eating and sleeping routine and limited exercise.

Network:

Having a daily support system of family, friends and teachers, ***versus*** being separated from family and teacher support. As a result, the student is beginning the development of adult independence and learning to seek out support as needed.

Having a familiar circle of childhood friends, ***versus*** developing social skills to make new acquaintances and future lifelong friendships.

* Adapted with permission from The Office of Student Academic Affairs and Advising, The Freshman Center and The Academic Advising Center at George Mason University

Academic Success

From the Academic Advising Center:
Ways You Can Support Your Student

Students Need To:	You Can Help by:
Learn the rules	<ul style="list-style-type: none"> ✓ Reminding your student that he or she is responsible for learning college policies and ✓ Encouraging your student to take personal responsibility for finding answers and resolving problems. ✓ Telling your student to call the Academic Advising Center whenever s/he has questions about a policy or procedure. ✓ Trying not to do things for them. <p>Note: We know you want to help, but we ask that you try not to do things for them for two important reasons: (1) Students will more readily learn how to navigate the college if they undertake responsibility themselves; and, (2) College officials are actually prohibited from talking to anyone other than the student about the academic record (unless a signed release from the student is on file) due to federal guidelines known as FERPA. (The release submitted to Financial Aid applies only to financial records.)</p>
Utilize their advisors	<ul style="list-style-type: none"> ✓ Reminding your student that advising is a two-way relationship and to do his or her share in creating a strong relationship with her or her advisor. ✓ Telling your student to introduce him/herself to the advisor early in the semester for any help in adjusting to college and to meet any time during semester about majors, careers, and academic policies. <p>Note: All students are assigned academic advisors who are required to hold office hours and must be on campus four days a week. Students are required to meet with advisors every semester prior to registration to review a student's draft schedule, but students can meet with advisors at any time.</p>
Manage their time wisely	<ul style="list-style-type: none"> ✓ Telling your student that college is very different from high school and that most learning takes place outside of the classroom necessitating very disciplined study habits. ✓ Reminding your student that time outside of class must be quality time. Students need to engage the material in a critical and analytical way, not simply through memorization. <p>Note: College really is a full-time job, requiring at least 45 hours a week devoted to one's studies: Approximate 15 hours in class and 30 hours outside of class to master the material of a course.</p>
Choose their own majors	<ul style="list-style-type: none"> ✓ Encouraging your student to identify his/her strengths, weaknesses, and passions. ✓ Encouraging your student to investigate majors and careers by talking with advisors and, professors, professional staff, and peers. ✓ Actively listening to your student and discussing issues concerning major selection with them. ✓ Remembering that trying to steer your student in one direction or another is usually counterproductive. <p>Note: Declaring a major should be done no later than the end of sophomore year to facilitate a timely graduation. Most students need time to explore. Remember that people do best when they study a subject that really interests them. Few academic majors prepare a person for a specific career but most can prepare your student for a variety of options.</p>

Faculty and staff at SUNY New Paltz share a common goal with parents – to help students prepare for and make sound academic and career decisions.

Let's work together for your student's success!

Academic Advising

The Academic Advising Process

The Academic Advising Center and professional advising staff advises “exploring” or “undeclared” students as well as those who have not yet qualified for their intended major. We orchestrate advising at Orientation and throughout the summer. All students may use the Academic Advising Center at any time during their time at New Paltz.

Faculty Advisors are assigned when students enter a pre-major or are ready to declare a major. Faculty Advisors also teach, conduct research, or hold administrative positions on campus. Faculty Advisors focus on the major, graduate school entrance requirements, and help students make connections to future career options. The Faculty Advisor is a resource but should not be viewed as in charge of a student’s progress to degree. That is the student’s responsibility, a new concept for many students entering college. However, the faculty and staff at New Paltz are here to help any student who takes the initiative.

The Academic Advising Center

Old Main 127, (845) 257-3015

OPEN ALL SUMMER

- Verify student schedules after Orientation
- Add/drop classes after Orientation
- Understand Progress Report & college degree requirements
- Understand Transfer Course and AP Equivalencies
- Adjust Math Placement Level (MPL)
- Understand major & minor requirements
- Declare majors & minors
- Make referrals to other campus services

THROUGH THE DOOR IN FOUR!

What students can do to ensure a timely graduation (which means, what can you nudge them about to help that happen!):

- Know their degree and major requirements by reading the undergraduate catalog online and reviewing departmental materials.
- Check their Progress Report (DARS) regularly and follow up with an advisor if there are questions.
- Declare a major by end of sophomore year (60 credits earned). For some majors, such as those in the sciences, education and engineering programs, students should declare earlier!
- Plan their course schedule carefully each semester.
- Meet with their Academic Advisor. *Ask questions, be engaged and prepared!*
- Take an average of 15 credits per semester.
- Consider taking GE courses during the summer.

Ask us in the Academic Advising Center if you have questions about requirements or procedures. Meet with a Senior Advisor for a graduation audit two semesters before graduation.

Academic Advising (continued)

Academic Policies

Attendance

Attendance is expected at all classroom sessions. The taking of attendance and attendance requirements, such as the number of allowed absences in a course, are at the discretion of the individual instructor. Each student is responsible for all work presented in the classroom sessions of each course for which the student is registered. Students who absent themselves from class, therefore, do so at their own risk, and in determining a student's grade, the instructor may consider absences.

Semester Workload

A student's semester workload is the combined total of the academic credits and registration units for which he/she is registered. The abbreviation "CR" in the Schedule of Classes and the transcript designate courses that generate academic credit.

Students must carry a semester workload of twelve credits/registration units to maintain full-time status. The offices of Financial Aid, Residence Life, and Intercollegiate Athletics, among others, require students to be full-time to remain eligible for their services. Students who are considering dropping below twelve credits should consult with the appropriate offices about the impact of that action on their status. Fifteen credits is the average workload needed to graduate in a timely fashion.

Grade Point Average (GPA)

Semester and cumulative grade point averages (GPA), which are the basis for assessing students' academic standing and eligibility to graduate, are derived as follows. Each credit graded "A" through "F" is given a corresponding numerical value called "quality points." The following chart shows the quality points earned by one credit:

A 4.00	C 2.00
A- 3.67	C 1.67
B+ 3.33	D+ 1.33
B 3.00	D 1.00
B- 2.67	D- 0.67
C+ 2.33	F 0.00

Grade point averages are determined by dividing the credits graded "A" through "F" into the number of quality points those credits earned. The semester GPA includes just the credit and quality points of that semester. The cumulative GPA is based upon the totals for all semesters and summer sessions at New Paltz. Both computations exclude credits graded "S", "S*" (Satisfactory), "R" (Repeat), "U", "U*" (Unsatisfactory), and "P" (Pass). Credits and quality points earned at other institutions are also excluded. New Paltz grade point averages reflect only the averages earned in courses taken in residence at New Paltz.

Academic Advising (continued)

General Education III Requirements

The General Education III Program was developed collaboratively by the faculty and students of SUNY New Paltz. It reflects the mission and characteristics of the university and an appreciation for the changing conditions of knowledge, pedagogy, and the contemporary world. The program exposes students to the areas of knowledge that characterize a broadly educated person and it is designed to assist them in developing a global perspective as well as an understanding of the traditions and complexities of a democratic society. Balancing learning experiences in four different knowledge areas; Arts and Humanities, Scientific Investigations, The United States and Its Traditions, and Global Perspectives, the General Education program provides both discipline-based and interdisciplinary opportunities for advancing knowledge. A defining feature of General Education III is its attention to developing the capacities of students to think critically while providing them with the breadth and depth of knowledge that will allow them to become active citizens and productive members of their society. Students develop the capacity for critical thinking as their competencies in the areas of Effective Expression, Systematic Inquiry, Information Literacy, and Ethical Reflection are addressed in both lower-division and upper-division courses throughout the program.

Critical Thinking Competencies; embedded in Knowledge Area courses	Knowledge Areas Refer to the Schedule of Classes to determine the courses being offered in each category.			
	Arts & Humanities	Scientific Investigations	The United States and Its Traditions	Global Perspectives
Systematic Inquiry (SI)	Composition (two courses)	Mathematics (one course)	United States Studies (one course)	World Civilizations & Cultures (one course)
Effective Expression (EE)				
Information Literacy (IL)				
Ethical Reflection (ER)	Humanities (one course)	Natural Sciences (two courses)	Western Civilization (one course)	Foreign Language (one or two courses depending on placement)
	Arts (one course)	Social Sciences (one course)	Diversity (one course)	
	12 Credits minimum	12 Credits minimum	9 Credits minimum	6-9 Credits minimum

For more information please visit www.newpaltz.edu/advising/

College Wide Degree Requirements

1. **Completion of 120 academic credits.**
2. **Completion of the General Education Program.**
3. **Completion of a minimum number of liberal arts credits:**
 - 90 for the Bachelor of Arts degree
 - 60 for the Bachelor of Science degree
 - 30 for the Bachelor of Fine Arts degree
 - 48 for the Bachelor of Science in Art Education degree

Most courses offered by the College are liberal arts courses. Liberal arts courses are designated in the Schedule of Classes with an "LA". Courses that are technical or skill oriented are called "Non-liberal Arts" courses and have no designation in the Schedule of Classes. The difference between a Bachelor of Arts (BA) and a Bachelor of Science (BS) degree is the number of credits completed in liberal arts courses.

4. **Completion of a minimum of 45 credits of upper division courses:** Any course at the 300 or 400 level satisfies this requirement. The course level number is the first number of the course code. For example, Economics 303, a 300-level course in Money and Banking, is listed in the Schedule of Classes as Eco303. Freshmen may take only lower division courses, unless they are placed into an upper division course due to proficiency.
5. **Completion of a minimum of 30 credits in residence. Of these 30 credits, the final 15 must be in residence.** Work taken "in residence" is sponsored by SUNY New Paltz or any SUNY-funded overseas program. Residence credit also includes courses taken while enrolled as a non-matriculated student at the College. Transfer credits and credit earned through examination are not residential credit. New Paltz courses offered on-line are considered residency credits, but on-line courses taken elsewhere, including Open SUNY, are considered transfer credits and therefore do not count towards residency.
6. **Completion of curriculum and academic major requirements:** Students will be expected to fulfill the major requirements that are in effect at the date of the declaration of their major. One-half of the major credits must be taken in residence, as defined above. No student may graduate under major requirements obsolete more than eight years.
7. **A minimum cumulative grade point average of C (2.00 on a 4.00 grading scale):** For information on how to compute a cumulative average, see the Academic Advising website.
8. **A writing intensive course taught at New Paltz.** This applies to all New Paltz students, including transfer students, except those who are pursuing a second Bachelors degree.

Campus Resources (Academic)

Academic Departments (845) 257-XXXX

Anthropology	2990
Art Education	3850
Art History	3875
Art Studio	3830
Asian Studies	3505
Biology	3770
Black Studies	2760
Business Administration	2909
Chemistry	3790
Communication & Media	3450
Communication Disorders	3620
Computer Science	3990
Economics	2969
Educational Studies	2831
Electrical/Computer Engineering	3720
Elementary Education	2860
English	2720
Geography	2995
Geological Sciences	3760
History	3545
Languages, Literature & Cultures	3480
Mathematics	3532
Music	2700
Philosophy	2980
Physics	3740
Political Science & International Relations	3540
Psychology	3470
Secondary Education	2850
Sociology	3505
Special Education	2831
Theater Arts	3865
Women, Gender, & Sexuality Studies	2978

Academic Services

Academic Advising	3015
Academic Computing	3816
Admissions	3207
Career Advising (Career Resource Center)	3265
Continuing & Professional Education	3130
Counseling Center	2920
Disability Resource Center	3020
Educational Opportunity Program (EOP)	3220
English as a Second Language (ESL)	3595
Financial Aid	3250
Honors	3456
International Education	3125
Records and Registration	3100
Scholar's Mentorship Program	2760
Sojourner Truth Library	3710
Student Accounts (Bursar)	3150
Student Resources and Academic Support	3592
Student Development	3088

Department Deans

Business	2931
Education	2800
Fine & Performing Arts	3860
Liberal Arts & Sciences	3520
Science & Engineering	3728
Academic Advising	3015

Provost

Academic Affairs	3280
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Campus Services and their Websites

ACADEMIC ADVISING – See page 9 in this handbook for a complete description of services. www.newpaltz.edu/advising/

ACADEMIC COMPUTING SERVICES – Provides computer ‘user names’ to students, serving as their login access to computer services including: high speed internet access in residence halls; public and departmental computer labs running windows and MAC computers; e-mail; course management (Blackboard); online access to software; mass storage and a computer help desk. www.acs.newpaltz.edu The Help Desks’ goal is to assist student with the numerous questions and problems encountered both at home and on campus with computers and their accessories.

ADMINISTRATIVE SERVICES – Phones in room: Free local and long distance (non-international) calling with a valid PBN (personal billing number)- this refers to voice calls, non-data calls; monthly billing for international calls; bringing your own phone is necessary- phones are NOT provided. Mail: Please print full name and complete address as noted, not ‘nicknames’; do not send cash in the mail; mail is not delivered on Saturday or Sunday. www.newpaltz.edu/parking/freshmen.html

ATHLETIC & WELLNESS CENTER – Housed in a brand new 57,000 square ft. facility! Intercollegiate varsity team sports; athletic trainers; home page with a list of sports offered and schedules of sporting events, coaches and team performance updates. www.athletics.newpaltz.edu A comprehensive wellness program for all can be found at www.newpaltz.edu/recreation with workshops, fitness classes, cardio and resistance machines, pool and many indoor and outdoor activities.

CAMPUS AUXILIARY SERVICES – Food Service, meal plans, adding \$ to meal plans (\$100 for \$110; \$200 for \$225), Hawk Dollars, ID Cards, Bookstore, laundry machines, vending, card access (room key on ID card), campus cable, refrigerator rentals. You will receive forms in the mail with all meal plan and rental details. Largest on-campus employer for non-work study jobs – food service and bookstore. newpaltzcas.com

CAMPUS BOOKSTORE – Bookstore accounts; on-line ordering of texts for courses and easy pick-up on arrival; clothing and logo items – including car decals, stationery supplies, snacks and sundries. <http://www.neebo.com/suny-college-at-new-paltz>

CAREER RESOURCE CENTER – Individual assistance with career planning, choosing a major, learning through practical experience (internship and part-time AmeriCorps listings), resume writing, interviewing techniques, job fairs, & resume exchange. www.newpaltz.edu/careers/

DEPARTMENT OF VETERAN AND MILITARY SERVICES offers assistance to Veterans, Military, Dependents and their parents with a wide arrange of programs such as; GI BILL benefits, student services, off campus referrals and much more. For more information please feel free to contact us with any questions. <http://www.newpaltz.edu/veterans/>

DISABILITY RESOURCE CENTER –Coordinates special arrangements for classes, assists in the provision of academic support in both academic and physical accommodations, and functions was the liaison with faculty and other college personnel about the special needs of eligible students who have registered with the office. www.newpaltz.edu/drc/

FINANCIAL AID – Confirms eligibility & packages financial aid. www.newpaltz.edu/financialaid/

MATH LAB – The Math Lab is a Walk-in Tutoring Center offering help with mathematics for students enrolled in any course on campus. The lab is currently open 44 hours per week and is staffed primarily by adjunct faculty and student assistants. <http://www.newpaltz.edu/math/lab.html>

PSYCHOLOGICAL COUNSELING CENTER – Offers group and short-term individual counseling. A series of workshops fostering Academic Success is offered each semester as well. Staff includes four Ph.D. level staff and M.A. Practicum students. Trains & supervises peer-based 24-hour hotline. www.newpaltz.edu/counseling/

RECORDS AND REGISTRATION – Registration for courses, processes transcript requests, maintains academic records & student grades (available to your student on my.newpaltz.edu) www.newpaltz.edu/registrar/

STUDENT ACCOUNTS – Responsible for the invoicing and collection of tuition, fees, room and board, and other tuition-related charges consistent with SUNY policies and procedures. www.newpaltz.edu/student_accounts/

STUDENT ACTIVITIES AND UNION SERVICES – Motto is “where students come first”; oversees all student activities programs, coordinates planning with student clubs and organizations, Greek life, and the management of the Student Union Building. An annual activities fair is held on campus in the fall. www.newpaltz.edu/sub The Student Association has its own web page at www.newpaltzsa.com

STUDENT HEALTH SERVICE – Primary medical care services; pre-enrollment health report should be completed by a health provider familiar with the student’s medical history, and submitted by July 30th; send students with a copy of all of your insurance information –copies of insurance card, medical coverage, etc.; insurance is not needed for services, but for payment of any necessary teats, specialist consultations prescriptions. www.newpaltz.edu/healthcenter/

STUDENT RESOURCES AND ACADEMIC SUPPORT is the university’s center for tutoring and developmental studies. They offer a series of non-credit remedial/developmental courses and computer skills workshops. The Tutoring Center provides individual and small group tutoring in more than 60 courses. The Writing Center provides individual and small group tutoring for writing and literature, and also offers short-term writing assistance. Tutoring is free of charge to all New Paltz students. www.newpaltz.edu/tutoring_center

STUDY ABROAD (CENTER FOR INTERNATIONAL PROGRAMS) Offers 40 study abroad programs on 5 continents in 17 countries. Four choices of semesters: fall, intercession, spring and summer. Credit earned abroad can be applied to degree programs with prior approval; financial aid can be applied to tuition/program costs. Peer Advisors and Study Abroad Advisors are available and no appointment is necessary. www.newpaltz.edu/studyabroad/

SUNY at NEW PALZ FOUNDATION /ALUMNI AFFAIRS – Phon-a-thons and fundraising to enhance university programs. Collaborates with The Center for Student Development on programs for parents. Provides Alumni programs (if any family members have attended New Paltz, go to www.newpaltz.edu/alumni/generations) and services to current students and alumni.

UNIVERSITY POLICE – Information regarding safety on campus; trains police officers, creates and oversees prevention programs in residence halls (DWI, SAFE program, RAD.) Has a co-policing arrangement with Town of New Paltz Police. University Police Newsletter. www.newpaltz.edu/police/

Campus Services

Student Affairs

All numbers are area code 845

Academic Advising	257-3015
Academic Affairs	257-3280
Athletics	257-3910
Bookstore	257-3050
Campus Escort Service	257-FEET
Campus Media Center	257-3084
Career Resource Center	257-3265
Center for Student Development	257-3088
Computer Help Desk	257-3597
Credit Union	257-3120
Dean of Students	257-3261
Disability Resource Center	257-3020
Educational Opportunity Program	257-3220
Financial Aid	257-3250
ID/Meal Plan/Hawk Dollars	257-3034
International Programs/Study Abroad	257-3125
Office of Student Affairs	257-3260
Psychological Counseling Center	257-2920
Records and Registration	257-3100
Residence Life	257-4444
Samuel Dorsky Museum of Art	257-3844
Sojourner Truth Library	257-3714
Student Accounts	257-3150
Student Activities and Union Services	257-3025
Student Association	257-3070
Student Health Center	257-3400
Student Resources and Academic Support	257-3590
University Police	257-2222
Vice President for Student Affairs	257-3260
Welcome Center	257-SUNY
Wellness & Recreation Info Line	257-3914

Transportation

Adirondack Trailways & Arrow Bus Station

The Trailways and Arrow bus stations are located on the corner of Main Street and Prospect Street in New Paltz; within a 5-7 minute walk from campus. Buses travel south to points in N.Y.C., Rockland, Westchester, Queens and on Long Island, as well as points north.

Trailways tickets are on sale in the Student Activities office in Student Union room 211, Monday – Friday from 9:00 AM – 4:00 PM.

For more information call **(845) 255-6520** or visit www.trailwaysNY.com

Classic Trans (Runs a direct service from campus to Long Island locations on holiday breaks) Reserve and pay online, student just shows I.D. Card when boarding the bus.

www.classictrans.com/CollegeEx/collegex.html

Amtrak Metro North out of Poughkeepsie, NY

Train station is approximately 15-20 minutes from the campus by car.

For more information call **(800) 872-7245** or visit www.amtrak.com

Metro North Located just 15-20 minutes away from SUNY New Paltz, this train station has trains that travel to Grand Central Station in Manhattan as well as Amtrak service north and west of the campus.

For more information call **(800) METRO INFO** or visit www.mta.info/mnr/

New Paltz Taxi Be sure to call ahead when you need a ride around the New Paltz area. For more information call **(845) 255-1550**

Stewart International Airport (SWF)

Located one exit south on the NYS Thruway from campus in New Windsor, NY. (approximately 20 minutes away)

For more information call **(845) 564-2100**

The LOOP Bus/UCAT (Ulster County Area Transit)

This is the local bus that loops through the campus and goes to town. SUNY New Paltz students, faculty, and staff board the local bus shuttle for free with a SUNY New Paltz ID. All other riders pay \$.50 (subsidized by the Town of New Paltz).

For more information call **(845) 340-3333** or visit

www.ulstercountyny.gov/ucat/

The 3Rs

3Rs for Students

Rights.

- To determine your own destiny.
- To pursue your academic interests.
- To be safe.
- To express yourself.
- To follow your dreams.

Respect.

- Yourself.
- Others.
- Differences.
- The environment.
- The community around you.

Responsibility.

- To be an active learner.
- To take advantage of all the activities college has to offer you.
- To be a global citizen.
- To make smart choices and own the choices you make.

3Rs for Parents

Rights.

- To expect that your student will have the opportunity to pursue a quality education
- To access services as needed
- To get involved with the University

Respect.

- The natural challenges of transitioning to college life
- The choices your student may make
- That University Professionals have the best interests of your student and the college as a whole in mind when implementing University policies and procedures

Responsibility.

- To allow and empower your student to be independent
- To encourage your student to get involved
- To help your student learn by letting them manage their own personal and business affairs



Rights **R**espect **R**esponsibility

Rights. Respect. Responsibility.
Make it your Reality.

Parent Involvement in Career Decisions

How Parents Can Help Their Student Make Good Career Decisions

Helping them on their Journey

Freshmen and sophomores particularly do not have a sense of urgency to explore careers; they generally perceive career exploration a “senior thing.” It’s important to realize that there is a readiness factor and that each student is different. For those students in career-track majors (accounting, engineering, teaching, etc.), the career choice is more straightforward. However, for many liberal arts majors (philosophy, history, etc.), the options are much more diverse. There are more than 20,000 existing occupations, making it very likely that there’s an unknown career out there about which your student could become passionate about beyond what is familiar to them.

College career counselors and faculty advisors share a common goal with parents – to help students prepare for and make sound academic and career decisions. In a recent NACE (National Association of Colleges and Employers) survey, students report that among the top influences with the career decision-making process are college career centers and parents. Therefore, parents can be most helpful if you see your role as supporting your student as they navigate the decision-making process so that they can make choices that are right for them. If they are struggling with their decision making, encourage them to visit the Career Resource Center (CRC), located in Humanities Building, Room 105, where they can work with a counselor and utilize the many resources available. The CRC offered a variety of services geared towards helping parents and students tackle career decisions.

Since it is known that parents do play a significant role in helping their students make informed decisions about their future, you can help by encouraging your student to begin early in seeking out ways to explore careers. Four important ways for YOU to help are:

1. Help Them Understand Their Interests, Skills, Values and Passions

- Listen for interests, look for skills, and acknowledge values and personality. Some students have an easier time than others in articulating what they like, what is important to them and what they excel in. If your student seems unsure, talk about personal qualities you see as talents and strengths. You can also recommend that they meet with a counselor in the Career Resource Center to discuss a “self-assessment inventory,” such as the Strong Interest Inventory or Discover.
- Find their passion. Are there things that they have a passion for? Talk to them about how this can translate into majors and/or careers.

2. Promote Learning About Majors and Careers

- Encourage your student to explore different classes, majors, internships, and career fields to help them determine the best fit for their skills, values, and personality.
- Talk to your student about their thoughts and ideas regarding majors or careers based on their interests, skills and values. Don’t judge, but listen carefully to what they are saying. Before offering your opinion or coming to your own conclusions, get your own information on the majors and careers your student is considering.
- Keep in mind that “major” does not equate to “career”, and it is not unusual for a

student to change majors. Many students change majors after gaining more information about different disciplines and/or career fields of interest. Many students end up doing something very different than they originally planned, so don’t freak out when they come up with an outrageous or impractical career idea. Chances are plans will develop and change. It’s okay to change majors – and careers. Source: NACE (National Association of Colleges and Employers)

3. Help Them Understand the Value of “testing” careers of interest

- Encourage your student to sample career options through internships, summer employment opportunities, or volunteer work. These options serve as the deepest level of career exploration where your son or daughter can experience careers of interest over a substantial period of time.
- Encourage participation. Part of college life is to be involved and active outside the classroom. Interpersonal and leadership skills – qualities valued by future employers - are often developed through extracurricular activities.
- Teach them the value of networking. Encourage your student to actively seek opportunities to talk with professionals in their fields of interest.
- Tell your friends, family and colleagues that your college student wants to get experience.

4. Affirm the Value of Gaining Experience and Building a Resume

- Share with your student that colleges grant degrees, but not job guarantees, so having relevant experience in this competitive job market is critical. Almost 75% of employers say they prefer to hire students who have relevant work experience, and a little less than 20% said they are willing to consider any type of real-workplace experience. Source: NACE (National Association of Colleges and Employers)
- Encourage your student to gain marketable skills in communication, problem-solving, and administrative skills. Most employers today put more emphasis on graduates’ skills than on their academic majors.
- Inform your students that employers look for experience on a student’s resume which tells that they’ve tested their interests and learned some of the basics of the workplace.
- Let your student know that having a high GPA is not enough.

A Final Note

As you well know, a career is a very important part of one's life. Encourage your son or daughter to become active in exploring careers before and during college, and offer unconditional support as he or she grapples over one of life's major decisions. The SUNY New Paltz Career Resource Center is available to help you and your student throughout their four years. Feel free to stop in Humanities Building, Room 105, give a call 845-257-3265, email us at careers@newpaltz.edu, or visit our website www.newpaltz.edu/careers. Services include:

- resources to research majors and a wide range of careers
- workshops on writing resumes and covers letters
- a database of internships and job opportunities
- individual career advising

Maximizing Internship Options for Your Student

What are the top qualities employers look for in new college graduates?

1. Communication Skills
2. Motivation/Initiative
3. Teamwork Skills
4. Leadership Skills
5. Academic Achievement/GPA
6. Interpersonal Skills
7. Flexibility/Adaptability
8. Technical Skills
9. Honesty/Integrity
10. Work Ethic
11. Analytical/Problem Solving Skills

Why are Internships important?

Through internships and volunteer experience, your student can explore various career paths and validate their major choice during college. In addition to the skill sets listed above, they can gain experience that improves their marketability when they are looking for summer jobs and permanent employment after graduation. Internships and volunteer experiences bring a student into real-life settings, allowing them to apply what they have learned in the classroom, build perspective, and gain confidence in their abilities.

How can you become involved?

Think about the fact that you hope that your son or daughter has a good variety of internships to choose from. With parents as our partners, we can increase the number and type of opportunities available to your student. Especially in the metropolitan New York City area and Nassau and Suffolk Counties, many of our students would like to live at home for a summer or semester while they gain valuable experience in their potential field. Consider the following questions about your own employment situation:

- Is there an established internship program at your place of work?
- Would it be a suitable environment for a student to gain some hands-on, “real-world” experience?
- Even if your employer doesn’t currently have a formal internship program, is there still the possibility of employing a student as an intern?
- Are there ‘summer jobs’ that exist in your work setting that could conceivably be valuable for someone in a given major?

Networking with all parents, and enlisting you in the effort to expand the range and number of available internship opportunities will have an impact on your student as well. If you are able to become an internship resource for the college, or if you know or work with anyone interested in hiring interns, please contact the Career Resource Center at (845) 257-3265 or fax them at (845) 257-3674. They will follow up on all leads! Thank you in advance for your assistance!

Residence Life

Department of Residence Life

Mission

Our Residence Life Program strives to enhance each resident student's University experience by providing a variety of participatory opportunities for personal development through creating a purposeful living-learning environment that fosters leadership development, citizenship, and civility, while embracing the celebration and understanding of diversity.

Residence Life Staff

The Department of Residence Life strives to create a community for students by providing programs, services, and facilities that promote the educational, social, and cultural development of all residents. Approximately 100 students are employed by the Department of Residence Life to work in the halls. Known as **Resident Assistants (RAs)**, these students live in each house (wing) of the residence halls and maintain a comfortable environment for 35- 50 students. The **Senior Resident Assistants (SRA's)** are students who will work in conjunction with the RA staff to ensure the safety and security of each building. A **Peer Career Advisor (PCA)** has been added to each staff within the halls. These students are trained to assist on career related questions, concerns and referral information on services of the Career Resource Center.

Professional staff members select individuals because they are outstanding students and leaders. Each is a New Paltz student with experience living in residence halls and dealing with academic, personal, and social problems. They are trained to handle

emergencies, provide assistance regarding room changes and work order requests. Information regarding available resources on campus and in the community can be obtained from the staff. Your student's Resident Assistant will be happy to share this information with you or to discuss any questions you may have about New Paltz.

The **Complex Director** is primarily responsible for the overall operation of the residence hall. Complex Directors are full-time professional staff members who live and work within the hall and provide assistance to students with social, academic and personal concerns. The Complex Director supervises the Resident Assistant staff in each hall and is available to residents on a daily basis. All Complex Directors possess a minimum of a Bachelor's degree and are often pursuing or hold a Master's degree. Our Department has Complex Directors that are certified in Conflict Mediation.

The Residence Halls

There are fifteen (15) residence halls on the New Paltz campus. This allows students to choose from a variety of coed living options including contract study, corridor and/or suite style, as well as a 10-month housing option. The halls are divided into three complexes. Parker Complex is composed of the traditional corridor style hallways with a single sex bathroom shared by all residents of the floor or house. Rooms are adjacent to each other with an entrance/exit into a common hallway. The Hasbrouck Complex is made up of suites, each having 2-4 double student rooms, a common bath, and a small lounge area. Students living in suite styles halls are responsible for cleaning their own

bathroom and common living area space. Custodial staff performs scheduled cleanings of suite bathrooms on a monthly basis. Suite and Corridor style double room rent is the same (except for Lenape Hall). The South Complex is composed of three buildings. Esopus and Ridgeview are corridor style buildings with a single sex bathroom shared by 2-4 rooms of residents. Lenape is a designed triple hall with two types of rooms; some have a suite area and some do not. All buildings offer a number of student oriented facilities and services including a laundry room, computer lounge, a main lounge for hall government meetings and activities, and a study lounge. Additionally, the halls also have at least one television lounge, a kitchen area, and a microwave oven maintained and provided by hall government, for use by all residents of the building. All residents' rooms have a working cable, data, and telephone receptacle.

ELECTRICAL APPLIANCES AND ILLEGAL ITEMS

Electrical Appliances

Because of the danger of fire and the limits on the amount of electricity which can be safely used on any given electrical circuit, the Department of Residence Life requests that good judgment be exercised in using electrical appliances in University housing facilities. Televisions, VCRs, stereos, and computer equipment are permitted provided that all occupants of the room agree.

Refrigerators must be UL approved, cannot exceed five (5) cubic feet in volume and must require three (3) or less amps of electrical power. Microwave ovens are not permitted in the student rooms. Micro-fridges are

permitted and are available for rent or purchase at the beginning of each semester through Campus Auxiliary Services.

Illegal Items

SUNY New Paltz makes a concerted effort to comply with state health and fire safety standards. As such, there are several items that are not allowed in students' rooms. Items not permitted:

Illegal Electrical appliances

- Microwaves
- Hot Plates
- Hot Pots
- Grills
- Portable Ranges
- Toasters
- Toaster Ovens
- Air Conditioners
- Space Heaters
- Electric Pots/Pans/Woks
- Crock Pots
- Rice Cookers
- Popcorn makers
- George Foreman Grills
- Fondue Pots/Fountains
- Lasko box fans
- Electric Blankets
- Sun Lamps
- Clamp-On Lamps
- Halogen lamps or bulbs
- Lava Lamps
- Lamps with plastic or cloth lamp shades/ covers
- Sound Amplifying Equipment
- Coffee makers with exposed heating elements (single serve coffee makes such a Keurig are permitted)
- Appliances in need of electrical repair or which may be considered hazardous

Residence Life (continued)

- Extension cords and outlet adapters
 - Students may use UL approved surge protector power strips ONLY if they have a reset button.

Other prohibited items include:

- Incense
- Cinder Blocks
- Bed Risers
- Candles
- Kegs
- Beer balls
- Funnels used for drinking
- Weapons
- Knives of any kind
- Box Cutters
- Power Tools
- Construction or wood working tools such as saws
- Scented oil, wax or candle warmers of any kind
- Firearms (this includes paint, air or BB guns)
- Hazardous athletic/recreational equipment such as nun-chuka sticks, throwing stars, swords and archery equipment.)

The State of New York will occasionally instruct campuses to add items (especially new products) to the list of prohibited items if it is determined that they pose a health or fire hazard. Residence Life will inform students if this happens. At that point, any student in possession of such an item will need to remove it from the premises immediately.

Safety Precautions

Each residence hall has a Senior Resident Assistant, who is responsible for educating students regarding safety and security. Their primary responsibility is to oversee the Night Host program. The campus is also patrolled 24/7 by University Police.

Changing Room Assignments

Residence Life maintains an open hall and room change process, which begins after the first two weeks of classes for both fall and spring semesters. Vacancies are posted online to inform students of openings on campus. All room changes, paperwork, and communication about room and/or hall concerns should be addressed with the Complex Director of each hall.

For Questions or Problems within the Hall

Complex Directors are full-time, live-in professionals that manage the residence hall facilities. They are responsible for maintaining regular office hours within the buildings to serve resident student needs. They supervise a staff of 6-10 Resident Assistants (RA). Each RA is responsible for a smaller “house” community ranging from 30-50 students. RAs provide programming, referrals/counseling services, and academic/support to students as they transition into college life.

Accessing the SUNY New Paltz Internet Connection (Resnet)

All the residence halls have a computer lounge for residents’ use. Individual rooms have Ethernet connections, which allow students to establish an account with Computer Services and access the library, Internet, and other computer data within the university’s computer network from their room. All residence halls and buildings on campus are equipped with wireless internet capability. If your student has any problems connecting to the college’s network, they can call the Student Help Desk at x3597 for assistance.

Mailing Address

Personal mail is delivered to the residence halls Monday through Friday. Roommates will be assigned a locked mailbox located in the main lobby of each residence hall. Special delivery, certified, insured, express, registered and postage due mail will be held at the downtown New Paltz Post Office. Packages and telegrams will be held at the Campus Mailroom located in the basement of the Haggerty Administration Building. Students need to produce an I. D. and sign for these items in person at that location.

This will be the student’s mailing address while attending New Paltz:

Student’s Full Name
SUNY New Paltz
Hall Name and Room Number
Corresponding Hawk Drive number
New Paltz, NY 12561-2455

RESIDENCE HALL NAMES WITH CORRESPONDING CODES:

Bevier Hall

1001 Hawk Drive
New Paltz, NY 12561-2455

Bliss Hall

1002 Hawk Drive
New Paltz, NY 12561-2455

Bouton Hall

1003 Hawk Drive
New Paltz, NY 12561-2455

Capen Hall

1004 Hawk Drive
New Paltz, NY 12561-2455

College Hall

1006 Hawk Drive
New Paltz, NY 12561-2455

Crispell Hall

1005 Hawk Drive
New Paltz, NY 12561-2455

Deyo Hall

1007 Hawk Drive
New Paltz, NY 12561-2455

Dubois Hall

1008 Hawk Drive
New Paltz, NY 12561-2455

Esopus Hall

1009 Hawk Drive
New Paltz, NY 12561-2455

Gage Hall

1010 Hawk Drive
New Paltz, NY 12561-2455

Lefevre Hall

1011 Hawk Drive
New Paltz, NY 12561-2455

Lenape Hall

1012 Hawk Drive
New Paltz, NY 12561-2455

Ridgeview Hall

New Paltz, NY 12561-2455

Scudder Hall

1014 Hawk Drive
New Paltz, NY 12561-2455

Shango Hall

1015 Hawk Drive
New Paltz, NY 12561-2455

Student Health Service

Mission Statement

To provide quality medical care in a compassionate environment.

To interact with students in a manner that will teach them how to interact with the healthcare system in the future.

To begin a dialogue with students on how to make healthy choices in life with regard to diet, exercise, sleep, relaxation, interpersonal relationships, tobacco use, alcohol use, drug use, and receiving immunizations.

- 1) Student Health Services (SHS) serves currently registered students when the college is in session. The scope of practice is non-emergency treatment of medical problems. There is an emphasis on preventative health care. Students are encouraged to submit a completed Health Report (HR) at least one month before classes begin. The information on the HR becomes the foundation of the student's health record at New Paltz. The HR is completed by the student, their parents and the student's primary physician or health care provider. It may be mailed, faxed or hand delivered once it has been completed.
- 2) New York Public Health Laws require certain immunizations and forms. NYS requires students born on or after January 1, 1957 to provide proof of immunity to Measles, Mumps and Rubella. Also since August 2003 all students who do not document a Meningitis vaccination date must submit a completed Meningitis Response Form (MRF) after reading an informational document about Meningitis. Proper documentation for both laws is to be received at SHS well before the first day of classes. Documentation that is not received within 30 days from the start of classes can lead to de-registration.
- 3) Appointments at SHS are available Monday - Friday when classes are in session. It is recommended that the student call SHS for an appointment. If you are ill or injured a nurse will triage your call and help you arrange an appointment at the Health Center (HC) or direct you to the proper facility for treatment. Walk-in students are also accepted for triage but their waiting time may increase for an appointment or they may need to return at a later time.
- 4) Parents sometimes wonder if they will be notified routinely when a student contacts SHS. If the student is less than 18yo then parents are notified as per NYS law. If students are 18yo or older parents are notified with the student's consent. (Normally parents are contacted to obtain more medical history or to help arrange for further testing or medical care.)
- 5) After hours help for urgent medical problems is available. The student should call the SHS number and one of our on-call physicians will return the call and advise the student if they should seek care immediately or what treatment they should start until an appointment is available at the HC.
- 6) Laboratory, Radiology and Pharmacy services are located in the Town of New Paltz. Some tests are done at the HC and sent to laboratory. These services are usually covered by insurances and this will be discussed with the student. When students are seen for an illness or an injury they may be given a small quantity of commonly used medications to use until they are well enough to go to the pharmacy.
- 7) Every student needs some form of Health Insurance. Students don't need health insurance to visit the HC. They do need health insurance for emergency room care, hospital care, prescription medications, radiologic tests, laboratory tests and specialty physician care. Students who carry the Student Insurance coverage need to obtain referrals for services provided outside the HC. This is similar to the referrals most insurance require for many medical services and helps lower student's health insurance premiums.

Address: Student Health Service
SUNY New Paltz
1 Hawk Drive
New Paltz, NY 12561-2443

Phone: 845-257-3400 / Fax: 845-257-3415

Website: www.newpaltz.edu/healthcenter

Student Health Services Hours: Monday - Friday, 8:30 am -4:30 pm

Inter-Session Hours: Monday - Friday, 8:00 am - 3:30 pm

Emergencies: Dial 911 to activate emergency transport to the hospital.

FERPA

Family Educational Rights & Privacy Act (FERPA)

The State University of New York at New Paltz is bound by the Family Educational Rights and Privacy Act of 1974 (FERPA), as amended. This law assures that privacy rights concerning student academic (education) records belong to the parents or legal guardian ***through the child's high school years***. Confidential education records generally covered by federal privacy laws and exceptions include: grades; test scores; I.D. Numbers or Social Security numbers; financial records; housing information; disciplinary records (or results of hearings); class schedule; enrollment or attendance information; semester, cumulative, or major GPA; academic continuation, dismissal or probationary status; and Dean's List status.

Once the student enrolls at the university level, the privacy rights are given to the student and no longer belong to the parent, regardless of who is paying the student's tuition. The university expects your son or daughter to take full responsibility for his or her education, including the academic policies set forth by New Paltz. The student can directly access their academic records and grades through their online "my.newpaltz.edu" account. Because of FERPA, your access to your child's education records is limited to those documents that he or she shares with you.

Having said this, it may be helpful in discussions with your son or daughter to have an understanding of New Paltz's ***academic policies***. While a few of the policies are summarized in this handbook, parents will find it helpful to acquaint themselves with the appropriate section of the undergraduate catalog at www.newpaltz.edu/ugc/policies.html

In addition, for a complete description of campus regulations that govern ***student behavior***, you can refer to the Student Handbook at www.newpaltz.edu/studentaffairs/regulations.html

Frequently Asked Questions about FERPA

How can I learn how my child is doing?

The best approach is to ask your student. Communicating with young adults, as you may well know, sometimes isn't easy. They are not always as forthcoming as we would like. The college years, however, reflect a period of remarkable growth and transformation. The ability and willingness of students to share information and insights usually grows, especially as they acquire the confidence that comes with assuming greater responsibility for their own lives.

How can I find out about my student's grades, and will I be notified if my student is put on academic probation, or is subject to academic dismissal?

Information about grades and academic standing is given directly to students. Most parents get this information by asking their student. Doing so fosters trust and a sense of mutual responsibility. You can, of course, ask your student to keep you routinely informed about his/her academic performance, and ask to sit down with them to access and review the academic records through their "my.newpaltz.edu" page on the college website. If your student chooses to select a "FERPA Release" to you on their my.newpaltz.edu page, that would pertain only to grades and billing.

I had easy access to my child's school records before, so why don't I have the same access to records kept by the college?

Under FERPA, the access rights that you had through high school are transferred to the student – once they have turned 18, or once they attend a post-secondary institution, whichever comes first.

Will I be informed if my son or daughter is treated at Student Health Services or the Psychological Counseling Center?

Health and counseling services' records are subject to even more restrictions than are educational records. Those restrictions extend to the need to keep the identity of students seeking services confidential. There are important reasons for these confidentiality requirements; including the proven therapeutic benefits associated with encouraging students to talk openly and candidly with a physician, psychologist or other health professional without fear that their conversations will be reported to others. Many students, however, welcome their parents' interest in their physical and mental health and are willing to give consent to treatment providers to communicate with their parents.

Will I be notified if my child is hurt or in danger?

In the event of a potentially life-threatening emergency, FERPA does allow parents or guardians to be notified without prior consent from the student. In those rare events, a senior level Student Affairs administrator will make every reasonable effort to notify parents about the situation. Most situations, however, don't constitute an immediate, life-threatening danger and parents would not be contacted without the student's permission.

Portions of this document were taken from Synfax Weekly Report, July 2, 2001, pp.2021-23. The FERPA policy information is reprinted with the permission of the Office of the Dean of Students at SUNYGeneseo.

Parental Notification

PARENTAL NOTIFICATION POLICY for VIOLATIONS OF RULES CONCERNING ALCOHOL & CONTROLLED SUBSTANCES

Purpose

In keeping with its institutional mission, SUNY New Paltz seeks to provide a residential environment that is conducive to academic pursuits and fosters the social, cultural and intellectual growth of students. In doing so, the campus has established rules and policies for our campus community that enhance and support student success while upholding and reinforcing behavioral standards. Each person, upon entrance to the academy, is obligated to adhere to institutional rules and standards, including those concerning the possession or use of illicit drugs and the underage possession or abusive use of alcohol. Campus regulations and policies concerning illicit drugs and alcohol are contained in the *Campus Regulations and Judicial Procedures* document and our pamphlet *Institutional Response to the Use of Illicit Drugs and Alcohol*. Both documents are disseminated to all incoming students, faculty and staff and are also available on the campus web site at www.newpaltz.edu/studentaffairs/regulations.html.

Underage Students and Alcohol

New York State laws and SUNY New Paltz policies prohibit the possession and consumption of alcohol by persons under 21 years of age. SUNY New Paltz holds persons responsible for their conduct at all times, including behavior that occurs while under the influence of alcohol. Students who violate campus regulations or policies concerning use or abuse of alcoholic beverages are subject to disciplinary action, including possible dismissal from college.

Parental Notification

The Federal Higher Education Amendments of 1998 revised the Federal *Family Educational Rights and Privacy Act (FERPA)* to permit disclosure of violations of campus policies concerning possession and consumption of alcohol and/or controlled substances to parents of students who are under 21 years of age. The amendments to *FERPA* were enacted to encourage a partnership between college administrators and parents toward proactive intervention with students when there are indications of behaviors related to possession and use of controlled substances and alcohol use that could lead to a student's separation from the institution. Beginning in fall 2000, SUNY New Paltz implemented a policy of notifying the parent(s) of students under the age of 21 years who have violated campus policies concerning the possession, use or abuse of alcohol or controlled substances. Written notification to the parent(s) at the address of record will occur under the following circumstances and **before** a student would be subject to dismissal.

- Transport to a local hospital for emergency medical treatment or evaluation due to presumed consumption of alcohol and/or controlled substances.
- Determination of a violation of campus regulations or policies concerning alcohol or controlled substances when **subsequent** violation(s) could result in the student's separation from the institution (e.g. Suspension or Expulsion from SUNY New Paltz).

University Police

What Every Family Member Should Know

The University Police Department at New Paltz is a professional, full-time police department staffed by New York State certified Police Officers with all full arrest and law enforcement duties. Operating 24/7, every day of the year we get many inquiries ranging from safety on campus to emergency messages that need to be delivered to students. The following list has been compiled of the most frequently asked questions of New Paltz Students' family members:

The Top Ten Questions Are:

1. *How safe is the campus? Are crime statistics published?*

- New Paltz is as safe as any community in the state. We believe that an informed public is a safety conscious public. For campus crime statistics please see the Student Right to Know and Campus Security Act published yearly by our department. You can obtain this info via the web at: www.newpaltz.edu/police/securityact

2. *How accessible are residence halls to non-students?*

- The entrance doors to student residence halls remain locked 24 hours a day. Unlimited access is available to residents only. Telephones are located in the foyer of each residence hall and visitors should call for admission to the building.

3. *I've seen blue light phones around campus, what are they?*

- The phone system aids in expediting calls concerning criminal incidents or emergencies. These phones are located in areas of high pedestrian traffic throughout campus. In addition, each campus building has an exterior telephone. Each campus residence hall has a direct-ring emergency telephone in the entrance of each building.

4. *If I need some information regarding my student who do I call?*

- **Your Student.** It is college policy for offices not to provide information regarding your student. This is to ensure their safety.

5. *What is the lighting like on campus?*

- The New Paltz campus is well lit, and each semester a committee does regular checks of all areas to ensure students safety.

6. *Is it safe for students to bring cash, credit cards, stereos, TV etc... with them?*

- No campus is completely safe and students need to take some precautions. With a 24 hour ATM in the Student Union, and many banks in town (under a mile walk from campus) there is no reason for students to carry large sums of money at any time. Make sure students have credit card #'s in a safe place (other than wallets) and check with your insurance company to see if the items your student takes to campus are covered under your home policy, you may want to consider obtaining renter's coverage.

7. *Tell me about parking on campus, is there a fee to have a car parked on campus?*

- There is no freshman parking on campus. Students with 30 credits or more must have a valid parking hang tag permit which can be purchased through the Parking Office, located in HAB 35B. The current cost is \$60.00 for the year. Please visit www.newpaltz.edu/parking for more information.

8. *Does the Police Department offer any kind of escort service?*

- **Yes!** Between the hours of 9pm and 2am the New Paltz Escort Service is running whenever school is in session. All students have to do is call 257-3338 to obtain an escort to their room or parked car.

9. *Where can I call to leave a message for a student living on campus?*

- The Police Department cannot deliver messages to students unless it is a severe emergency and you must have the information to help us! Make sure you know their social security number and address. Have them give you a detailed list of their classes each semester, including classroom location, meeting day, and time.

10. *When is the department open, and how do I get in touch with the police?*

- The University Police Department is open 24 hours a day, 7 days a week. If you need to get in touch with our department the number is (845) 257-2222. All emergency calls just need to dial 911 from an on campus phone.

Arts & Cultural Events



ART AND CULTURAL EVENTS ARE OFFERED ALL YEAR LONG!

The School of Fine & Performing Arts enjoys a strong reputation in the creative and cultural life of the Hudson Valley and beyond. Plan your visit to include some of the wide range of arts experiences offered by the college. Attend a concert or theatre production; meet and speak with internationally renowned, critics, scholars and cutting-edge artists at the Art Lecture Series; visit the Samuel Dorsky Museum of Art and its rich and varied collections.

SUNY New Paltz calendar of events lists all of the exhibitions, concerts, lectures, and productions. Visit www.newpaltz.edu/artsnews for up-to-date information.

Samuel Dorsky Museum of Art

(845) 257-3844

www.newpaltz.edu/museum

Hours: Wednesday thru Sunday, 11 a.m. – 5 p.m.

Closed on Mondays, Tuesdays and during University holidays and Intersession

Wheelchair accessible, Admission is free



Theatre Productions

Box Office (845) 257-3880

www.newpaltz.edu/theatre

Tickets for theatre productions and special events are available 10 days prior to the opening performance. Order online or call to reserve your tickets 11:30 a.m. – 4:30 p.m. Monday through Friday. Our theatres are wheelchair accessible and equipped with assisted listening systems. Please notify the Box Office staff when placing your order if you have any special needs.

Art Lecture Series

(845) 257-3830

The Student Art Alliance hosts an impressive line-up of contemporary artist lectures scheduled on Thursdays at 6 p.m. in Lecture Center 102. Lectures are free and open to all.

Music Concert Series

(845) 257-3872

The Department of Music offers concerts on Tuesday evenings at 8:00 p.m. in McKenna and Julien J. Studley Theatres. Some concerts are free. Tickets for performances are available at the door one-half hour prior to performance.

Alumni Relations



Office of Development and Alumni Relations

**Did any of your family members
(aunts, uncles, parents, siblings, grandparents, etc.)
also attend New Paltz?**

Submit your name and fellow family member's name(s) to the

Office of Development and Alumni Relations

alumni@newpaltz.edu or 1-877-HAWK-001 (option #1) or 845-257-3230

or register online at

www.newpaltz.edu/alumni/generations

We enjoy hearing from students who are part of Generations families, as well as any alumnus/a who has a family member currently enrolled or enrolling at SUNY New Paltz. We look forward to connecting with you at an alumni event. For information on upcoming events, visit

www.newpaltz.edu/alumni/events

Some photos in this calendar were taken by Lester Photography

**Center for Student Development
SUNY New Paltz
Student Union Building 301
1 Hawk Drive
New Paltz, NY 12561-2443**

**845-257-3088 (phone)
845-257-3617 (fax)
studev@newpaltz.edu (email)
www.newpaltz.edu/studentdevelopment/ (web site)
www.newpaltz.edu/parents/ (resource web site)**

