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The Fall is a beautiful time to visit your student, celebrate their first five 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 29th** 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 EVENTS:** Boat Trip on the Hudson River
“A Night of Comedy” with Comic/Hypnotist Frank Santos Jr.
Free Raffle • Free Museum Exhibits • Free Planetarium Shows
Free Athletic Events • The Makerbot Innovation Lab Tour

**Lodging Websites**

www.newpaltzchamber.org • www.ulsterchamber.org
www.ulstertourism.org • www.dutchesscountyregionalchamber.org
www.orangechamber.com
Dear New Paltz Parent,

We are so pleased that you and your student selected SUNY New Paltz as their institution of higher education. Our admissions process this year was more competitive than ever, and you can be proud that your student has joined an esteemed community of learners.

The college transition is difficult for everyone - students and their families! Whether your student will be living on campus or commuting for classes, they are not only being challenged academically they are learning to act as independent agents in the real world. We at SUNY New Paltz are here to support them in both endeavors, and have been successfully assisting students with their development for generations.

While we aim to make learning seamless inside and outside of the classroom, it is helpful to know that the Division of Student Affairs is made up of 13 separate departments ranging from Athletics to the University Police Department. Collectively, we are committed to the holistic development of students by providing a safe community that celebrates human differences and promotes civic responsibility and a sense of local and global citizenship. We focus on all aspects of student wellness, including physical, social, emotional, financial, career, intellectual and spiritual. We achieve these outcomes by providing opportunities for engagement and interaction, challenge, support, and even failure with feedback and reflection.

You may be surprised at specifically what your student struggles with, but rest assured that struggle will lead to growth and that we are walking alongside our students every step of the way.

Sincerely,

Stephanie Blaisdell
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 you and 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 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

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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 you 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 Advisement program your student attended was to introduce them to the college. 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 advice 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,

Dr. Donald P. Christian
President

Michelle Combs, M. Ed.
Director of Student Development

Tara Sestanovich ‘08
Coordinator of First-Year Programming
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.

For more resources for parents and to view the monthly Parent Newsletter, go to www.newpaltz.edu/parents
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 handwritten 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.

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

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October 2018
### 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. 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.

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### Calendar

**Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
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#### Daylight Savings Time Ends

#### Black Solidarity Day (Classes in Session)

#### Last Day for Student Elected S/U Option

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#### Veteran’s Day

#### Advance Registration for Spring 2019 begins

#### Course Registration

#### Course Registration

#### Course Registration

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#### Last Day to Withdraw from College without Failing Grades

#### WBB vs Hartwick 7PM

#### Thanksgiving Recess (No Classes)

#### Thanksgiving Day (No Classes)

#### Thanksgiving Recess (No Classes)

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### 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.

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### December 2018

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**NOTE:** Your student will receive their bill for Spring 2019 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.
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 for 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

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

*“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.
- 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.
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.

**March 2019**

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**NOTES:**
- If your student lives on campus and plans to do so in Fall 2019, 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”.

- De-registration for Non-Payment of Spring 2019

- WLX vs Hartwick 1PM
## April 2019

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### 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

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New Paltz
STATE UNIVERSITY OF NEW YORK
<table>
<thead>
<tr>
<th>Sunday</th>
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<td>• Ramadan Begins</td>
<td>• Last Day of Classes</td>
<td>• Study Day/Make-up Class Day</td>
<td>• Study Day/Make-up Class Day</td>
<td>• Common Exam Day</td>
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| • Mother’s Day | • Final Exams | • Final Exams | • Final Exams | • Final Exams | • Final Exams | • Final Exams  
  • Undergraduate Commencement Ceremony 10:00AM |
| 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| • Memorial Day | • See NOTE below for August 2019 dates |        |           |          |        |          |
| 25     | 26     | 27      | 28        | 29       | 30     | 31       |

**NOTE:** Returning students move into Residence Halls: Sunday, August 25, 2019, 10:00am-5:00pm  
First Day of Classes: Monday, August 27, 2019
## FALL 2018

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 23</td>
<td>New Student Move-In Day 10AM - 4PM</td>
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<tr>
<td>August 24</td>
<td>Fall Convocation</td>
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<tr>
<td>August 27</td>
<td>Official First Day of Classes</td>
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<tr>
<td>Aug. 27-Sept. 2</td>
<td>Add/Drop Classes (no fee charged)</td>
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<tr>
<td>September 3</td>
<td>Labor Day Break - No Classes</td>
</tr>
<tr>
<td>Sept. 3-Sept. 10</td>
<td>Add/Drop: Course Add requires electronic permission of the instructor (no fee charged)</td>
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<tr>
<td>September 10-11</td>
<td>Rosh Hashana - Classes in session</td>
</tr>
<tr>
<td>Sept. 11-Oct. 30</td>
<td>Course Withdrawal Period: A student may withdraw from a course which started at the beginning of the semester (w/ fee)</td>
</tr>
<tr>
<td>September 17</td>
<td>Fall 2018 Registration Ends</td>
</tr>
<tr>
<td>September 19</td>
<td>Yom Kippur - Classes in Session</td>
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<tr>
<td>October 8</td>
<td>Columbus Day - No Classes</td>
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<tr>
<td>October 9</td>
<td>Fall Break - No Classes</td>
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<tr>
<td>October 16</td>
<td>Mid-Point of Fall 2018 Semester</td>
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<tr>
<td>November 5</td>
<td>Black Solidarity Day - Classes in Session</td>
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<td>Advance Course Registration for Spring 2019 begins</td>
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<tr>
<td>November 6</td>
<td>Last Day for Student-Elected Satisfactory/ Unsatisfactory Option</td>
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<tr>
<td>November 21-23</td>
<td>Thanksgiving Recess - No Classes. Classes will resume at 8AM on Monday, November 26</td>
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<tr>
<td>December 10</td>
<td>Last Day of Classes</td>
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<tr>
<td>December 11-12</td>
<td>Study Days (May use these day as a makeup class days, if needed)</td>
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<tr>
<td>December 13</td>
<td>Common Exam Day</td>
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<tr>
<td>December 14-20</td>
<td>Final Examinations</td>
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<tr>
<td>December 21</td>
<td>Residence Halls close at 10AM</td>
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## SPRING 2019

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<tr>
<th>Date</th>
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<tr>
<td>January 20</td>
<td>Residence Halls open at 10AM</td>
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<tr>
<td>January 22</td>
<td>Official First Day of Classes</td>
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<tr>
<td>January 22-28</td>
<td>Add/Drop (no fee charged)</td>
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<tr>
<td>January 28</td>
<td>Martin Luther King Jr. Day Observed - Classes in Session</td>
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<tr>
<td>Jan. 29-Feb. 4</td>
<td>Add/Drop: Course add requires electronic permission of the instructor (no fee charged)</td>
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<tr>
<td>Feb. 5-Apr. 2</td>
<td>Course Withdrawal Period: A student may withdraw from a course which started at the beginning of the semester (w/ fee)</td>
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<tr>
<td>February 11</td>
<td>Spring 2019 Registration Ends</td>
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<tr>
<td>February 18</td>
<td>President’s Day- No Classes</td>
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<tr>
<td>February 19</td>
<td>Monday classes meet, no Tuesday classes</td>
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<tr>
<td>March 12</td>
<td>Mid-Point of Spring 2019 Semester</td>
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<tr>
<td>March 18-22</td>
<td>Spring Break - No Classes. Classes will resume at 8AM on Monday, March 25</td>
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<tr>
<td>April 9</td>
<td>Last Day for student-elected Satisfactory/ Unsatisfactory option</td>
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<tr>
<td>April 15</td>
<td>Advanced Course Registration for Fall 2019 Begins</td>
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<td>April 19</td>
<td>Summer Session 2019 Registration Begins</td>
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<td>May 7</td>
<td>Last Day of Classes</td>
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<td>May 8-9</td>
<td>Study Days (May use these day as a make-up class days, if needed)</td>
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<td>May 10</td>
<td>Common Exam Day</td>
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<td>May 13-17</td>
<td>Final Examinations</td>
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<td>May 18</td>
<td>Residence Halls close at 10AM</td>
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<td>May 19</td>
<td>Undergraduate Commencement (LA&amp;S) 10AM</td>
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Welcome

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 on campus and around the 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

Parent Involvement

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 2018. 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 & Monthly 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/studentdevelopment/fyf.html](http://www.newpaltz.edu/studentdevelopment/fyf.html)

- Saturday Movie Night Series
  - Free weekend entertainment featuring pre-released movies
  - [www.newpaltz.edu/studentdevelopment/snl.html](http://www.newpaltz.edu/studentdevelopment/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” Monthly E-Newsletter
  - Focuses on health & wellness plus campus events

- “Keeping You Posted” Weekly E-mail Event Updates

- NP Alert 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](http://www.newpaltz.edu/sub/commuters.html)
845-257-3025 | sub@newpaltz.edu
Dear Parents of Incoming First-Year Students,

As you pack your car filled with your student’s belongings for college, think about the first phone call your student will make after being at school for a few days or weeks. I know you’ll be looking at your phone the moment you drop them off waiting for an “I miss you!” or a “Come pick me up this weekend!” text. While you’re waiting for that message, your student is making memories to tell you about: trying the latest dish at the dining hall, meeting residents in the halls, or attending programs and events. Look forward to these memories you’ll hear about on the ride back home after picking your student up – and just know, they will vent to you, too – I know I did my first year.

My first year at New Paltz was a roller coaster ride filled with managing my schedule of friends, academics, and extra-curricular activities. I was learning how to juggle all of my responsibilities and make a routine for myself. By my second year, I hit the ground running with five classes, being an Orientation Leader and Peer Mentor for incoming first-year students, and joining two clubs. As your student attends college, they’ll learn more about themselves than they ever have before. Being an Orientation Leader helped me to learn how to be more open and involved in a student’s life, but also empowered me to create goals of becoming a leader on campus. Some of the skills your student will learn, they will keep for the rest of their life – whether or not it’s being a member of an organization, having a job, volunteering, studying abroad, etc. It’s important for your student to know that you are just as excited about these experiences as they are.

Between the stress of schoolwork or applying for jobs, my parents always gave me a listening ear, brought me goodies when I was feeling down, or attended my choral concert even though I was too embarrassed to invite them. Throughout my college career, my parents and I developed a stronger relationship even though I visited home fewer times each year. I learned how to be more involved on campus, how to balance two majors and a minor, and how to network and build relationships that I will carry into my future endeavors. In return, my parents and I learned about flexibility, responsibility, time management, and trust. As you drop off your student on their first day, think about the relationships they are going to build, the classes they are going to attend, and the stories they are going to tell you. I congratulate you and your student on a journey filled with opportunities that lay ahead at SUNY New Paltz!

Sincerely,

Amanda Maldonado
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
- 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”
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
Psychological Counseling Center

Student Health & Counseling Building
845-257-2920

The Mission of the Psychological Counseling Center (PCC)
Is to promote retention through interventions specific to the diverse college community, service members and veterans. Facilitate social, psychological, emotional and moral learning processes that constitute academic success and student well-being, and to contribute to academic programs in related disciplines, campus life, and the educational/cultural life of the region.

To Schedule an Appointment
Currently registered New Paltz students are eligible for services when clinically appropriate and available. Call or walk into the Center to arrange an appointment. Individual therapy sessions are generally available within a week, whereas urgent needs are accommodated the same day. Twenty-four hour emergency crisis consultation and assessment are provided to the campus community by the Center’s staff through liaison with the residence halls and university police.

Staffing
Is by a diverse and multi-disciplinary staff of licensed psychologists, clinical social workers, mental health counselors and consulting psychiatrist. The Center’s Staff has specialized expertise that responds to the needs of the diverse student population.

Psychiatric consultation and treatment are available for those students who are in ongoing therapy at the Psychological Counseling Center and who are referred by PCC staff to our psychiatrist. We are a training site for the College’s Masters in Mental Health Counseling program and are also a highly competitive training site for other selective regional graduate schools both Mental Health Counseling and Social Work. Professional staff are responsible for supervision of interns and trainees who provide therapy within our Center. Ethical and legal policies and procedures follow guidelines of the State of New York, American Psychological Association, American College Counseling Association, and the National Association of Social Workers.

Individual/Group Therapy and Referral
We offer individual psychotherapy sessions based on a model of brief psychotherapy. Group therapy topics include: Bereavement, Anxiety Management, Women’s Empowerment, Sexual Trauma, LGBTQIA+, Wellness and Dialectical Behavior Therapy (DBT) informed treatment.

Crisis Intervention
Emergency psychological services are provided to the campus community by the Center’s staff when the College is in session. Nights and weekend emergency services can be accessed by contacting University Police at 845-257-2222 and request an Emergency Contact for Student Consult (ECSC).

Outreach Programs
The Center works collaboratively, especially with the Office of Residence Life and other offices including academic departments to provide early intervention, education and prevention programs.

Examples - “Let’s Talk”, a weekly drop in mental health consultation service; Emergency Contact for Student Consult (ECSC) 24/7 Crisis Consultation; Workshops in time management, test anxiety, writing blocks, etc. Referral to community based mental health resources are made when clinically indicated.

OASIS/HAVEN
Crisis Intervention Peer Support for New Paltz students
OASIS/HAVEN is the student-staffed crisis intervention center and telephone hot-line.

OASIS/HAVEN volunteers are trained and supervised by the PCC to respond to telephone calls and walk-in requests for support, information, and referral. The student staff does peer crisis intervention in areas such as loneliness, depression, suicide, drug and alcohol-related problems, and relationship and family difficulties. Additionally, the Center partners with other campus based student organizations to facilitate outreach programs on various topics especially suicide and sexual assault prevention.

Location: Deyo Hall G13-C
Oasis Phone Number: 845-257-4945
Hours: 8:00pm to 1:00am, when classes are in session

HAVEN
Peer services for New Paltz students who are survivors of rape and other unwanted sexual experiences. HAVEN provides a student staffed hotline and walk-in support, information, and referral for students who have been the target of rape, attempted rape, or other unwanted sexual experiences. Students may call or walk in when classes are in session.

HAVEN works in close consultation with PCC to ensure students reporting an incident of any unwanted sexual experience has been given appropriate information in accordance to Title IX.

Location: Deyo Hall G13-C Haven
Phone Number: 845-257-4930
Hours: 8:00pm to 1:00am, when classes are in session

www.newpaltz.edu/counseling
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 read just 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.

<table>
<thead>
<tr>
<th>Transitions that Students Make from High School to College*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Role as a student:</strong></td>
</tr>
<tr>
<td>Having a learning environment provided for them by teachers and or family, versus being responsible for their own learning environment.</td>
</tr>
<tr>
<td><strong>Time and structure:</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Instructor contact:</strong></td>
</tr>
<tr>
<td>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 are often not aware of weekly student progress and only see students after class when the student seeks assistance.</td>
</tr>
<tr>
<td><strong>Academic pace:</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Grading:</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Class location:</strong></td>
</tr>
<tr>
<td>Having classes in one building, versus having classes in buildings all over campus.</td>
</tr>
<tr>
<td><strong>Personal environment and health:</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Network:</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Having a familiar circle of childhood friends, versus developing social skills to make new acquaintances and future lifelong friendships.</td>
</tr>
</tbody>
</table>

* 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 Advising

### From the Office of Academic Advising

**Ways You Can Support Your Student**

<table>
<thead>
<tr>
<th>Students Need To:</th>
<th>You Can Help By:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Build Relationships with their Advisors</strong></td>
<td>• Remind them that advising is a two-way relationship and that communicating with their advisor early and often is beneficial to their success. They can do this by locating their office on campus and introducing themselves early in the semester and meeting with them any time during to discuss the transition to college, majors/minors, course selection, academic policies, and much more!</td>
</tr>
</tbody>
</table>
| **Manage their Time Wisely** | • Tell them that college is different than High School and that most learning takes place outside of the classroom.  
• Remind them that time outside of class must be quality time. Student need to be engaged in the material in a critical and analytical way, not simply memorization. |
| **Choose their Own Majors and Minors** | • Encourage students to identify their strengths and passions and to investigate majors and careers by talking with advisors as well as faculty.  
• Actively listen to your student and discuss issues concerning major selection with them.  
• Remembering that trying to steer your student in one direction or another is usually counterproductive. |
| **Know what is Expected of Them** | • Encourage your student to learn college policies and take personal responsibility for finding answers and resolving problems.  
• Telling them to reach out to the Office of Academic Advising or a Peer Academic Advisor whenever they have a question about a policy or procedure. |

### The Academic Advising Process

The Office of Academic Advising and professional advising staff advises undeclared students as well as those who have not yet qualified for their intended major. All Students may visit the Office of Academic Advising at any point during the semester. Faculty Advisors are assigned when students enter a pre-major or have declared a major. Faculty Advisors focus on the major, graduate school entrance requirements, and help students make connections to future career options.

*Office of Academic Advising*: Wooster Hall 106 (845) 257-3015 advising@newpaltz.edu
Academic Advising

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.

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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.0</td>
</tr>
<tr>
<td>A-</td>
<td>3.67</td>
</tr>
<tr>
<td>B+</td>
<td>3.33</td>
</tr>
<tr>
<td>B</td>
<td>3.00</td>
</tr>
<tr>
<td>B-</td>
<td>2.67</td>
</tr>
<tr>
<td>C+</td>
<td>2.33</td>
</tr>
<tr>
<td>C</td>
<td>2.00</td>
</tr>
<tr>
<td>C-</td>
<td>1.67</td>
</tr>
<tr>
<td>D+</td>
<td>1.33</td>
</tr>
<tr>
<td>D</td>
<td>1.00</td>
</tr>
<tr>
<td>D-</td>
<td>0.67</td>
</tr>
<tr>
<td>F</td>
<td>0.00</td>
</tr>
</tbody>
</table>

Grade point averages are determined by dividing 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 totals for all semesters and summer sessions at New Paltz. Both computation 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.

Semester Workload
A student’s semester workload is the combined total of the academic credits and registration units for which they are registered. The abbreviation “CR” in the Schedule of Classes and the transcript designate courses that generate academic credit. Student may 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 theses 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.
Academic Advising

General Education III Curriculum
Your students’ classes at New Paltz will provide the basis of their intellectual development. Not only will they gain exposure to knowledge, but they will also explore new perspectives, ways of thinking, arguing and being. We want to cultivate their habits of ethical reflection and empathy, critical thinking, and make or critique arguments about the important issues that face our world. Through their courses, they will learn how to think instead of what to think and develop a capacity for lifetime learning. Through their university education, they will: acquire a foundation of knowledge that will enable them to engage with different aspects of our world, specialize in one area of knowledge, and know how to use and communicate this knowledge. While they will specialize in their major, SUNY New Paltz’s General Education program will provide them with a broad knowledge base and essential communication skills.

The General Education program is organized around three basic areas:
1. skills in basic communication, mathematics, and foreign language.
2. disciplinary knowledge in art, the humanities, and the natural and social sciences.
3. study of the regions of the world.
For more information please visit: http://www.newpaltz.edu/ge/

College Wide Degree Requirements
1. Completion of 120 academic credits
2. Completion of the General Education Curriculum
3. Completion of a minimum number of liberal arts credits (BA – 90, BS – 60, BFA – 30, 48 - Bachelor of Science in Art Education Degree)
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. Freshman may only take 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. Transfer credits and credit earned through examination are not residential credit.
6. Completion of curriculum and academic major requirements: Student will be expected to fulfill the major requirements that are in effect at the date of 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 a 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 Bachelor’s degree.
For more information please visit: http://www.newpaltz.edu/ugc/college_wide.html
Our focus is on student learning and student success

The Center for Student Success (CSS) offers peer-to-peer academic support services including: academic success coaching, tutoring services, and writing assistance.

- **Peer Academic Success Coach (PASC):** The Peer Academic Success Coach (PASC) Program helps students refine their time management skills, identify and achieve SMART goals, apply strategies to study effectively, and identify campus resources designed to promote student learning and development. The primary focus of the programs is the successful transition of first-year and first-semester transfer students to the university’s academic life.

- **Subject Based Tutoring:** The multidisciplinary tutoring program offers trained peer tutoring support for a variety of foundational, historically challenging courses.

- **Writers’ Studio:** Students from all majors who would like to develop their academic writing skills may sign up to work collaboratively with a peer writing consultant. In one-on-one sessions, students develop successful writing strategies for any stage of the writing process.

Students can log in to my.newpaltz.edu/CSS. Choose Find Tutoring Sessions and then select Academic Coaching, Subject Based Tutoring, or Writers’ Studio, to view schedules and make an appointment.

Visit www.newpaltz.edu/studentsuccess to learn more!

Old Main Building B106
(845) 255-3580
css@newpaltz.edu
Parent Involvement in Career Decisions

Parents as Partners in the Career Development Process

It is important to encourage your son or daughter to actively explore careers before and during college. It is equally important to be supportive as they consider one of life’s major decisions. From the moment a new student steps foot on campus, the SUNY New Paltz Career Resource Center is prepared and available to help them take positive steps towards a meaningful career. You will find us in the Humanities Building, Room 105. Call us at 845-257-3265, email us at careers@newpaltz.edu, or visit our website www.newpaltz.edu/careers.

FIRST YEAR:

- Encourage your son or daughter to meet with a career counselor/advisor during his or her first year to explore possible majors and careers.
- Serve as a resource. Discuss possible majors/careers and what they could do with them. Refer them to family, friends and co-workers that are working in fields of interests.
- Familiarize yourself with campus facilities and resources (e.g. library, health center, math lab, writing and tutoring center).
- Encourage your daughter or son to participate in the CRC’s First Year Internship Program, Saturdays of Service, and/or Alternate Spring Break.
- Tell your student to start looking for internships and/or research opportunities. The CRC can help with this search.

SOPHOMORE YEAR:

- Become familiar with our Wednesday Workshop series and encourage your daughter or son to attend presentations that address his or her career related issues.
- Encourage them to attend career-related events both on campus and off. The CRC provides transportation to several off campus events.
- Advise them to start looking for hands-on experience through internships, fieldwork, volunteer opportunities and/or study abroad.
- Recommend setting up a profile on LinkedIn and join the CRC LinkedIn group.
- Continue to suggest contacts within your own network that are in your child’s field of study and/or interest.
- Encourage your child to ask a CRC career advisor to identify contacts (alumni, employers, etc.) and to develop networking strategies to connect with these individuals.
- If you daughter or son doesn’t have a resume by now, encourage them to work with the CRC staff to develop a first draft.

JUNIOR YEAR:

- Continue to have your child update their resume and cover letter.
- Strongly encourage them to attend career fairs both on campus and off.
- Discuss life after college (graduate school, future jobs, financial expectations, field experience).
- Help them research graduate school options using www.petersons.com.
- Recommend that they take a practice GRE, MCAT, LSAT, GMAT, or other required entrance exams.
- Instruct them to practice their interviewing skills including a practice interview at the CRC.
- Continue to urge them to secure professional experiences (internships, employment, and community service).

SENIOR YEAR:

- Make sure they have a quality resume, cover letter and portfolio (if appropriate) that demonstrates their professional skills and experiences.
- Positively reinforce your child’s job search by focusing on their interests and strengths.
- Share job postings or resources with your child, but be careful to not take over the job search process.
- Encourage your child to perfect their interviewing skills with practice interviews.
- Encourage networking with New Paltz alumni and other professionals in their field of interest before they graduate. This includes job shadowing and informational interviewing.
- Have your child meet with the CRC staff to develop an effective job search and social media strategy.
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 a community for students by providing programs, services, and facilities that promote the educational, social, and cultural development of all residents. Over 200 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.

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.

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 style 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.

The South Complex is composed of three buildings. Esopus is corridor style building with a single sex public bathroom shared by four - five rooms of residents. Lenape Hall consists of two types of rooms. 1) Corridor rooms are a bedroom designed to house three students who share a private bathroom. 2) Suites are two bedrooms designed to house four students who share a private bathroom.

Ridgeview Hall rooms are corridor style rooms. Each hallway/house contains 8 – 9 lockable, single user public bathrooms, each of which are shared by two or three bedrooms.

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. All of the residence halls, whether corridor style or suite style, are uniform in their room rent pricing.

Fire, Health, Safety Guidelines, & Prohibited Items
Please be advised that each summer, the Office of Residence Life, in consultation with the campus Health & Safety and Fire Safety Offices, reviews and updates a list of prohibited items. Please refer to this site before making any purchases: https://www.newpaltz.edu/reslife/guidelines.html
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:

<table>
<thead>
<tr>
<th>Hall Name</th>
<th>Corresponding Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bevier Hall</td>
<td>1001 Hawk Drive</td>
</tr>
<tr>
<td></td>
<td>New Paltz, NY 12561-2455</td>
</tr>
<tr>
<td>Bliss Hall</td>
<td>1002 Hawk Drive</td>
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<td></td>
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<td>Bouton Hall</td>
<td>1003 Hawk Drive</td>
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<td>Capen Hall</td>
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<td></td>
<td>New Paltz, NY 12561-2455</td>
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<td>College Hall</td>
<td>1006 Hawk Drive</td>
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<td></td>
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<tr>
<td>Crispell Hall</td>
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<td>Deyo Hall</td>
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<td>Dubois Hall</td>
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<td>Lenape Hall</td>
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<td>Ridgeview Hall</td>
<td>1016 Hawk Drive</td>
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<td>Shango Hall</td>
<td>1015 Hawk Drive</td>
</tr>
<tr>
<td></td>
<td>New Paltz, NY 12561-2455</td>
</tr>
</tbody>
</table>

3Rs for Students
- To learn
- To be an active learner.
- To pursue your academic interests.

3Rs for Parents
- To be proud of your student
- To help your student learn by letting them have the responsibilities
- To encourage your student to get involved
- To allow and empower your student to be accountable for their own personal and business affairs
- To access services as needed
- To help your student learn by letting them manage their lives independently
- To help your student learn by letting them make their own personal and business affairs
- To help your student learn by letting them make their own destiny
Disability Resource Center

Assistive Technology
Training & Support
The DRC supports students with visual limitations, learning disabilities or other cognitive or physical limitations that significantly affect the ability to read and/or comprehend print material through the use of alternative text services. The DRC will provide students with information regarding sites where audio and digital books can be purchased. Many digital text books are available for purchase at the College Bookstore. When books are not available in alternate formats, the DRC will convert print material into a format that is more compatible to a student’s abilities and train the student to utilize assistive technology to provide access to printed information. Note-taking accommodations including software programs are available to students with hearing, visual, motor limitations or those who have learning/cognitive disabilities that significantly affect the process of taking notes in class.

ASD Support Services
The DRC provides support to students with Autism Spectrum Disorders through regularly scheduled individual appointments and through workshops focusing on interpersonal and academic skills. A generous gift from the Kressner Family is providing us the opportunity to offer two series of seminars for students on the spectrum. In the fall, an eight session Seminar Series will focus on transitioning to New Paltz. Students will learn all about the campus as well as services and activities offered throughout the year in a small group setting. The goal is to assist students with developing the skills needed to successfully navigate New Paltz. Focus of the sessions will include topics such as how to use Blackboard, organization and time management as well as note taking strategies, how to prepare for group presentations, and public speaking, breaking down assignments, and writing research papers.

A second seminar series is offered in coordination with the Career Resource Center. These sessions are designed to assist juniors and seniors with transitioning to the workplace. The focus is on recognizing strengths acquired and how to develop a Resume and cover letter that highlights those skills. Students will have an opportunity to practice interviewing skills and will be offered tips and recommendations for successfully navigating a job interview.

The gift from the Kressner Family also supports continued training of staff and social programs for students.

Learning Support Services
The DRC offers support with organization and time management through one on one sessions with a Learning Support Specialist as well as group sessions and workshops that focus on specific skills and techniques.

Navigating New Paltz:
This is a workshop designed as an orientation to the campus for first time and transfer students with disabilities that have registered with the DRC. Students will learn all of the various campus support services that are available to them while attending New Paltz.

Delta Alpha Pi
Honor Society for students with disabilities. DAPi plans and offers activities on campus to heighten awareness of disability issues on campus and in the community. The DAPi Mentor Program provides first year freshman and transfer students with a peer mentor to assist with the transition to life at SUNY New Paltz. All mentors are members of the DAPi honor society and have been recognized for their academic success. These mentors provide new students with information on campus life including clubs and events.

Students are often referred to:
- The Center for Student Success
- The Student Health Center
- The Psychological Counseling Center
- The Career Resource Center
- Workforce Recruitment Program
  WRP is a Federal job recruitment program for students with disabilities.
- The Office of Veteran and Military Services
- ACCES – VR (off campus agency)
- CBVH (off campus agency)

Contact Information
Disability Resource Center
Student Union, Room 210
SUNY New Paltz
1 Hawk Drive
New Paltz, NY 12561-2443

845-257-3020 Voice
845-257-3952 Fax
drc@newpaltz.edu
www.newpaltz.edu/drc

The DRC is a NVRA (National Voter Registration Act) site.
**MISSION STATEMENT**

The Student Health Service (SHS) strives to provide quality medical care in a compassionate environment, teaching students how to interact with the healthcare system and teaching them how to make healthy life style choices.

These services are available to currently registered students when the college is in session. We provide non-emergency care for illness, injury and chronic conditions. SHS emphasizes prevention. In order to receive maximum benefit from the SHS, students are encouraged to submit a completed Health Report at least one month before the commencement of classes. This form is to be completed by the student, their parents and their primary care health practitioner.

**NEW YORK STATE (NYS) HEALTH LAW IMMUNIZATION REQUIREMENTS**

NYS Public Health Law requires all students born on or after January 1, 1957 to provide proof of immunity to Measles, Mumps and Rubella when taking six or more credits a semester at New Paltz. Students can accomplish this in two ways: First, showing proof of receiving two Measles, one Mumps, and one Rubella vaccinations (or two MMRs) after their first birthday; second, by obtaining a blood test that demonstrates immunity to Measles, Mumps, and Rubella. Also, all students who do not have a documented meningitis vaccination within the past five years must submit a completed Meningitis Vaccination Response Form after reading a Meningococcal Disease Fact Sheet.

**APPOINTMENTS**

Student calls are triaged by one of our RNs. Sometimes, an inquiry can be satisfied by one these professionals. If an appointment is needed, one of our MDs or our Nurse Practitioner will see the student. Usually ill students can be accommodated on the same day they are triaged. Call as early in the day as possible. Students who walk-in will be triaged but may require a re-turn trip for an appointment. Your student health fee pays for visits at the SHS with nurses (RNs), nurse practitioner and physicians. It also pays for your yearly flu shot, a tetanus shot if you are injured, initial doses of com-monly used medications, medical tests performed at the SHS and medical supplies used by our health care professionals to treat injuries or wounds.

**HOURS DURING FALL & SPRING SEMESTERS**

Monday—Friday, 8:30am to 4:30pm  
Saturday, 12pm to 3:45pm

**INTER-SESSION & SUMMER HOURS**

Monday—Friday, 8am to 3:45pm

**MEDICAL PROBLEMS WHEN THE STUDENT HEALTH SERVICE (SHS) IS CLOSED**

There is a physician on call if you need advice for an urgent problem when SHS is closed. They are accessed by calling the SHS number, (845) 257-3400. Many times a problem doesn’t need immediate treatment and can wait until SHS reopens. If this is the case the physician may make suggestions about how the student may treat symptoms until he/she can be seen. If a student has an urgent problem and needs to be seen before the HC reopens they will be referred to one of the area’s walk-in centers or one of the area’s three hospital emergency rooms.

If a student has an emergency situation on campus but is not at SHS, then an ambulance should be summoned by calling the University Police Dept. (UPD) at (845)257-2222 or by calling 911.

**LABORATORY TESTING AND RADIOLOGIC TESTS HEALTH INSURANCE**

Every student needs health insurance. This is not used for most services performed at SHS. Those services are paid for by the student health fee. Insurance is needed for prescription medication, lab tests obtained at SHS then sent to an outside lab, lab tests obtained outside SHS, imaging, specialty physicians, emergency room visits and hospital stays.

**PRESCRIPTIONS**

Medications that are prescribed at SHS may be obtained at one of the three pharmacies in town. Frequently used medications, both prescription and over the counter medications, are stocked at SHS. We will dispense a one to two day supply so students can wait until they are feeling better before going to a pharmacy.

**FOR MORE INFORMATION**

[www.newpaltz.edu/healthcenter](http://www.newpaltz.edu/healthcenter)  

Please visit to find out more  

SUNY New Paltz  

Student Health Service  

1 Hawk Drive  

New Paltz, NY 12561-2443  

(845) 257-3400 | Fax (845) 257-3415  

Email: healthservice@newpaltz.edu
# Campus Resources (Academic)

## Academic Departments (845) 257-XXXX

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Anthropology</td>
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<tr>
<td>Art Education</td>
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<td>English</td>
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<td>History</td>
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## Services

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<td>Center for International Programs</td>
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<td>Center for Student Success</td>
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<td>Disability Resource Center</td>
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<td>Sojourner Truth Library</td>
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<td>Veteran and Military Services</td>
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## Provost

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<tr>
<td>Academic Affairs</td>
<td>3280</td>
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</tbody>
</table>


**ACADEMIC ADVISING** – See page 9 in this handbook for a complete description of services. [www.newpaltz.edu/advising](http://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](http://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](http://www.newpaltz.edu/parking/freshmen.html)

**ATHLETIC & WELLNESS CENTER** – Housed in a 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.nphawks.com](http://www.nphawks.com) A comprehensive wellness program for all can be found at [http://nphawks.com/index.aspx?path=recreation](http://nphawks.com/index.aspx?path=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](http://newpaltzcas.com)

**CAMPUS BOOKSTORE** – Offers rental options, buybacks, and price matches and includes online ordering of textbooks and easy pick-up on arrival. Find apparel and logo items including car decals, stationary supplies, gift items, and more. [www.sunynewpaltzshop.com](http://www.sunynewpaltzshop.com)

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

**CENTER FOR STUDENT SUCCESS** – The Center for Student Success (CSS) offers peer-to-peer academic support services including: academic success coaching, tutoring services, and writing assistance. [www.newpaltz.edu/studentsuccess](http://www.newpaltz.edu/studentsuccess)

**DEPARTMENT OF VETERAN AND MILITARY SERVICES** offers assistance to Veterans, Military, Dependents and their parents with a wide array 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/](http://www.newpaltz.edu/veterans/)

**DISABLEMENT 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/](http://www.newpaltz.edu/drc/)

**FINANCIAL AID** – Confirms eligibility & packages financial aid. [www.newpaltz.edu/financialaid/](http://www.newpaltz.edu/financialaid/)

**LGBTQ COORDINATOR** – SUNY New Paltz fosters an inclusive and respectful campus culture for all members of the LGBTQ+ community and offers an array of support services for our LGBTQ+ students. Learn more at [http://www.newpaltz.edu/lgbtq/](http://www.newpaltz.edu/lgbtq/)

**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](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/](http://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/](http://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/](http://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](http://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 tests, specialist consultations prescriptions. [www.newpaltz.edu/healthcenter/](http://www.newpaltz.edu/healthcenter/)

**STUDY ABROAD (CENTER FOR INTERNATIONAL PROGRAMS)** Offers 40 study abroad programs on 5 continents in 17 countries. Four choices of semesters: fall, intersession, 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/](http://www.newpaltz.edu/studyabroad/)

**SUNY at NEW PALZ FOUNDATION/ALUMNI AFFAIRS** – Phone-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](http://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/](http://www.newpaltz.edu/police/)
### Student Services

All numbers are area code 845

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Academic Advising</td>
<td>257-3015</td>
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<td>Academic Affairs</td>
<td>257-3280</td>
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<td>Athletics</td>
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<td>Bookstore</td>
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<td>Campus Escort Service</td>
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<td>Campus Media Center</td>
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<td>Center for Student Development</td>
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<td>Computer Help Desk</td>
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<td>Educational Opportunity Program</td>
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<td>ID/Meal Plan/Hawk Dollars</td>
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<td>LGBTQ Coordinator</td>
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<td>Samuel Dorsky Museum of Art</td>
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<td>Student Activities and Union Services</td>
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<td>Welcome Center</td>
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<td>Wellness &amp; Recreation Info Line</td>
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### 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](http://www.trailwaysNY.com)

**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](http://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/](http://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) 838-8200

**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](http://www.ulstercountyny.gov/ucat)
What is Title IX?

Title IX is 37 words with broad scope and broad responsibility. No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

Title IX of the Education Amendments was passed by the U.S. Congress in June 1972, and signed into law on July 1, 1972. Though most notable for advancing equity in girls and women’s sports, Title IX provides federal civil rights that prohibits sex discrimination in education programs and activities such as:

- Admissions or financial aid
- Housing and facilities
- Courses, academic research and other educational activities
- Career guidance, counseling or other educational support services
- Athletics (scholastic, intercollegiate, club, or intramural)
- Employment, training for employment or advancement in employment

More information on title IX and strategies for safety can be found on the Compliance & Campus Climate website: www.newpaltz.edu/titleix

Title IX On A College Campus

Sexual discrimination, harassment, assault, misconduct or violence can take many forms, including any sexual contact that lacks mutual consent. Harassment may take the form of stalking or the distribution, the display or discussion of any written, graphic, visual or auditory material that is sexual in nature and has the purpose or effect of threatening, intimidating or interfering with a person or person’s ability to study or work would constitute violations of College policy, NYS State and/ or Federal law and should be reported immediately.

The Title IX Coordinator or designated deputy coordinator will work with you to gather information and provide you with guidance on the reporting process. You will also receive information on resources and learn about immediate steps that we can take to help you feel safer. We also offer support through academic accommodations. You may change your mind about participating in this process at any time.

If you chose to move forward, the Title IX Coordinator will work with appropriate offices to ensure that the reporting individual, respondents and witnesses are treated equitably and that respectful and timely communication occurs.

Retaliation against anyone who reports in good faith or participates in the investigative process is prohibited and may be subject to sanctions as determined by the college.

Additional information on the expectations of conduct or prohibit conduct and the Title IX reporting process can be found at www.newpaltz.edu/titleix/reporting.html.

What Should I Report?

We encourage any member of the campus community to report, confidentially discuss, or raise questions and concerns regarding any instance of sexual assault, stalking or interpersonal violence (intimate partner violence). We also encourage anyone who is undecided about proceeding with criminal or campus charges as well as those who may not label a given experience as rape, sexual assault, stalking or interpersonal violence (intimate partner abuse) to speak to someone about their questions or concerns. Please contact the following offices for assistance and support.

Sexual Violence, Harassment/Discrimination Issues

Affirmative Action Officer and Title IX Coordinators

Office of Human Resources, Diversity & Inclusion HAB 602
(845) 257 3172

Judicial Action and Administrative Support

Dean of Students, Office of Student Affairs HAB 702
(845) 257-3261

Police Action and Criminal Information

University Police
(845) 257-2222

Emotional Support and Advice: Psychological Counseling Center

Medical Assistance: Student Health
Student Health & Counseling Center Building Confidential Reporting/There is no cost to access these services
(845) 257-2920

Administrative Support and Action

Resident Director/Resident Assistant
Office of Residence Life
(845) 257-4444

Peer Support

OASIS (Peer Crisis Line)
Deyo Hall G3C
845-257-4945, 8:00 pm to 1:00 am, (closed during all breaks)
24 hr. Emergency Line, (845) 802-3307

HAVEN (Peer Hotline)

Deyo Hall G3C
845-257-4930, 8:00 pm to 1:00 am, (closed during all breaks)
24 hr. Emergency Line, (845) 802-3383
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.
**Alcohol and Substance Use Prevention and Intervention**

SUNY New Paltz was one of 20 SUNY/CUNY universities awarded a five-year grant in May 2017 through the state Office of Alcoholism and Substance Abuse Services (OASAS). Jaclyn Cirello, the College Prevention Coordinator, will provide all funded prevention and intervention activities on campus. While the primary goal is to prevent and reduce college underage drinking and other drug use, prevention efforts may also reduce excessive alcohol use and other drug use among students who are 21 years of age and older.

**College Screening, Brief Intervention and Referral to Treatment:**
Beginning Fall 2018, the college will use STEPS (Screening, Targeting, Engaging, Preventing and Sustaining) Comprehensive Alcohol and Substance Use Screening and Brief Intervention Program to actively screen students to identify those that are at risk for or in need of help for alcohol and substance related problems. Students who screen positive will be evaluated to determine whether they require a referral to a treatment program or to a brief intervention. The STEPS brief intervention is a two session preventive health approach provided to students on campus.

**Campus-community coalition:**
The campus-community coalition’s mission is to make the community safe, healthier and drug-free. The campus-community coalition will assess availability and problems associated with college drinking, substance use and misuse of prescription drugs. The campus-community coalition has representation from 12 sectors including youth (college students); parents; businesses; community; media; schools; youth-serving organizations; law enforcement agencies; religious or fraternal organizations; civic and volunteer groups; healthcare professionals; and state, local or tribal agencies. If you are interested in being a part of this coalition, please contact the College Prevention Coordinator (CPC).

**Recovery Resources:**
There are 12-Step meetings (AA, NA) on campus and the surrounding community. For more information or a list of meetings, please contact the CPC.

**Tips to Tell Your Student for Living Safely in Our Community**
- Program local emergency numbers into your phone, including University Police Department (UPD) 845-257-2222.
- Stay tuned in to your surroundings. Be aware that texting, talking and listening to music can make you less alert.
- Stick with friends. There is safety in numbers if you know the people you are with.
- Keep an eye on your cup/ drink. An unattended cup gives someone an opportunity to alter your drink.
- Be mindful of your drinking. Drinking alcohol can cloud your judgement and impair your ability to be mentally alert.
- Trust your gut. If something doesn’t feel right, it probably isn’t.
- Those who regularly use a plan to prevent themselves from drinking too much are five times less likely to binge drink.

**Contact Information:**
Jaclyn Cirello, College Prevention Coordinator  
Student Union 314  
845-257-3028  
cirelloj@newpaltz.edu
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).
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. Our campus crime statistics are published monthly on our website. We also include the last three years of crime statistics in our Annual Security and Fire Safety Report. You can obtain this info via the web at: http://www.newpaltz.edu/police/annual-security-and-fire-safety-reports/.

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 $80.00 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 10pm and 4am 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 University 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.