



New Paltz
STATE UNIVERSITY OF NEW YORK

2016-2017 Parent Handbook and Calendar





Welcome

Dear New Paltz Family,

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

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

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

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

Sincerely,

Donald P. Christian

Dr. Donald P. Christian
President



Dear New Paltz Parent,

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

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

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

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

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

Sincerely,

Linda Eaton

Linda Eaton
Associate Vice President
for Student Affairs



Dear Parents and Family Members,

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

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

Sincerely,

Michelle Combs, M. Ed.
Director of Student Development



Tara Sestanovich '08
Coordinator of First-Year Programming





August 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families*

Don't ask if they are homesick.

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

What Can Families Do?

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

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
• Welcome Week	• Official First Day of Classes • Add/Drop classes (no fee) Period Begins	30	31	 		

• New Student Move-In Day
• Hall Check-in 10:00AM - 4:00PM
• Orientation Part II

• Orientation Part II
• Fall Convocation
• Welcome Week

• Welcome Week

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



New Paltz
STATE UNIVERSITY OF NEW YORK

September 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

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

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

What Can Families Do?

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

											
<ul style="list-style-type: none"> • Add/Drop classes (no fee) Period Ends • WS vs Sage 1:30PM 		<ul style="list-style-type: none"> • Labor Day (No Classes) • Add/Drop classes w/ PI (no fee) Period Begins 		<ul style="list-style-type: none"> • WS vs Vassar 4PM 				<ul style="list-style-type: none"> • WS vs Ithaca 11AM • WT vs Rutgers 1PM 			
4		5		6		7		8		9	
<ul style="list-style-type: none"> • Patriot Day • Add/Drop classes w/ PI (no fee) Period Ends 		<ul style="list-style-type: none"> • Late Registration/Add (\$40/\$20) Period Begins • Course Withdrawal (\$20 fee) Period Begins 		<ul style="list-style-type: none"> • WV vs Stevens 7PM 				<ul style="list-style-type: none"> • WV vs Sage 2PM • WV vs Clarkson 4PM 		<ul style="list-style-type: none"> • WV vs Stockton 11AM • WV vs NYU 5PM 	
11		12		13		14		15		16	
				<ul style="list-style-type: none"> • MS vs Bard 4PM 		<ul style="list-style-type: none"> • First Day of Autumn 		<ul style="list-style-type: none"> • FH vs Morrisville 4PM • Fall 2016 Registration Ends • Late Registration/Add (\$40/\$20) Period Ends 		<ul style="list-style-type: none"> • WT vs Geneseo 1PM • MS vs Oswego 3PM 	
18		19		20		21		22		23	
<ul style="list-style-type: none"> • Parent & Family Weekend 								<ul style="list-style-type: none"> • WS vs Brockport 3PM 		<ul style="list-style-type: none"> • Parent & Family Weekend • MS vs Cortland 1PM 	
25		26		27		28		29		30	
											

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



New Paltz
STATE UNIVERSITY OF NEW YORK

October 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Ask questions (but not too many).

College freshmen are "cool" (or so they think) and have a tendency to resent interference with their newfound lifestyle, but most still desire the security of knowing that someone is interested in them. Parental curiosity can be 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.

					<ul style="list-style-type: none"> • FH vs Rochester 1PM • WS vs Geneseo 1PM • WT vs Brockport 1PM 	
2	<ul style="list-style-type: none"> • Rosh Hashanah (Classes in Session) 	<ul style="list-style-type: none"> • Rosh Hashanah (Classes in Session) 	<ul style="list-style-type: none"> • FH vs Stevens 4PM 	6	<ul style="list-style-type: none"> • De-registration for non-payment Fall 2016 • WS vs Potsdam 3PM • WV vs Geneseo 5PM 	<ul style="list-style-type: none"> • WV vs Brockport 10AM • WV vs Plattsburgh 12:30PM • WS vs Plattsburgh 1PM
9	<ul style="list-style-type: none"> • Columbus Day • Fall Break (No Classes) 	<ul style="list-style-type: none"> • Fall Break (No Classes) 	<ul style="list-style-type: none"> • Yom Kippur (Classes in Session) 	13	<ul style="list-style-type: none"> • Mid-Point of Fall 2016 Semester 	<ul style="list-style-type: none"> • MS vs Oneonta 1PM
16	17	18	19	20	<ul style="list-style-type: none"> • MS vs Fredonia 3PM • FH vs Oswego 4PM 	<ul style="list-style-type: none"> • FH vs Cortland 1PM • MS vs Buffalo State 1PM
23	24	25	<ul style="list-style-type: none"> • FH vs RPI TBA • WV vs Vassar 7PM 	27	28	<ul style="list-style-type: none"> • FH vs Vassar 1PM
30	<ul style="list-style-type: none"> • Halloween 	31				



New Paltz
STATE UNIVERSITY OF NEW YORK

November 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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.

					• Course Withdrawal (\$20 fee) Period Ends	
		1	2	3	4	5
• Daylight Savings Time Ends	• Black Solidarity Day (Classes in Session)				• Veteran's Day (Classes in Session) • Last Day for Student Elected S/U Option	
6	7	8	9	10	11	12
	• Advance Registration for Spring 2017 begins	• Course Registration	• Course Registration	• Course Registration	• Course Registration	
13	14	15	16	17	18	19
	• Last Day to Withdraw from College w/o Failing Grades		• Thanksgiving Recess (No Classes)	• Thanksgiving Recess (No Classes)	• Thanksgiving Recess (No Classes)	
20	21	22	23	24	25	26
	• Classes Resume 8:00AM					
27	28	29	30			



New Paltz
STATE UNIVERSITY OF NEW YORK

December 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Expect change (but not too much).

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

What Can Families Do?

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

				1	2	3
4	5	6	7	8	9	10
11	• Last Day of Classes	• Study Day/Make-up Class Day	• Study Day/Make-up Class Day	• Common Exam Day	• Final Exams	17
18	• Final Exams	• Final Exams	• Final Exams • First Day of Winter	• Final Exams • End of Fall 2016 Semester	• Residence Halls Close 10:00AM	24
• Christmas Day	• Kwanzaa Begins	• Last Day for Faculty to Submit Final Grades				• New Year's Eve
25	26	27	28	29	30	31

NOTE: Your student will receive his or her bill for Spring 2017 at their my.newpaltz.edu site. Speak to your student to view and print the bill, and make payment arrangements to process the bill online or by mail by the deadline listed.



New Paltz
STATE UNIVERSITY OF NEW YORK

January 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Visit (but not too often).

Visits by parents (especially when accompanied by shopping sprees and/or dinners out) are another part of the first-year events that freshmen are reluctant to admit liking but appreciate greatly. A pretended disgust 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.

<ul style="list-style-type: none"> • New Year's Day 						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
<ul style="list-style-type: none"> • Residence Halls Open 10:00AM 	<ul style="list-style-type: none"> • Official First Day of Classes • Add/Drop Classes (no fee) Period Begins 					
22	23	24	25	26	27	28
<ul style="list-style-type: none"> • Add/Drop Classes (no fee) Period Ends 	<ul style="list-style-type: none"> • Martin Luther King Jr. Day Observed (Classes in Session) • Add/Drop Classes w/ PI (no Fee) Period Begins 	31				
29	30					

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



New Paltz
STATE UNIVERSITY OF NEW YORK

February 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families

Do not tell your student
"These are the best years of
your life."

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

What Can Families Do?

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

				• Groundhog Day		
			1	2	3	4
• Add/Drop Classes w/ PI (no Fee) Period Ends	• Course Withdrawal (\$20 fee) Period Begins • Late Registration/Add (\$40/\$20) Period Begins				• Spring 2017 Registration Ends • Late Registration/Add (\$40/\$20) Period Ends	
5	6	7	8	9	10	11
		• Valentine's Day				
12	13	14	15	16	17	18
	• President's Day (No Classes)					
19	20	21	22	23	24	25
26	27	28				
		• De-registration for Non-Payment of Spring 2017				

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



New Paltz
 STATE UNIVERSITY OF NEW YORK

March 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Survival Tip for Families Trust them.

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

What Can Families Do?

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

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

		• Ash Wednesday				
		1	2	3	4	
5	6	7	8	9	10	11
• Daylight Saving Time Begins	• Mid-Point of Spring 2017 Semester				• St. Patrick's Day	
12	13	14	15	16	17	18
	• First Day of Spring • Spring Break (No Classes)	• Spring Break (No Classes)	• Spring Break (No Classes)	• Spring Break (No Classes)	• Spring Break (No Classes)	
19	20	21	22	23	24	25
	• Classes Resume 8:00AM				• Course Withdrawal (\$20 fee) Period Ends	
26	27	28	29	30	31	

NOTE: If your student lives on campus and plans to do so in Fall 2017, 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"



New Paltz
STATE UNIVERSITY OF NEW YORK

April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Books for Families

The Kids College Almanac: A First Look at College

By: Barbara C. Greenfield and Robert A. Weinstein

Chicken Soup for the College Soul

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

Chicken Soup for the Parent's Soul

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

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

By: Karen Levin Coburn and Madge Lawrence Treeger.

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

By: Helen Johnson and Christine Schelhas-Miller

Once my Child, Now my Friend

By: Elinor Lenz

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

By: Marjorie Savage

When Your Kid Goes to College: A Parents Survival Guide

By: Carol Barkin

						1
2	3	4	5	6	• Last day for student elected S/U option	8
• Palm Sunday	• Passover (No Classes after 3:00PM) • Summer Session 2017 Registration Begins	• Passover (No Classes)			• Good Friday	
9	10	11	12	13	14	15
• Easter	• Advance Registration for Fall 2017 Begins	• Course Registration	• Course Registration	• Course Registration	• Course Registration • Last Day to Withdraw from College w/o Failing Grades	• Earth Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2017

More Books for Families

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

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

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

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

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

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	• Last Day of Classes	• Study Day/Make-up Class Day	• Study Day/Make-up Class Day	• Common Exam Day	13
• Mother's Day	• Final Exams	• Final Exams	• Final Exams	• Final Exams	• Final Exams • End of Spring 2017 semester	• Residence Halls Close 10:00AM
14	15	16	17	18	19	20
• Undergraduate Commencement Ceremony 10:00AM-12:00PM	22	23	24	25	26	27
21	• Memorial Day	• See NOTE below for August 2017 dates	31			
28	29	30				

NOTE: Returning students move into Residence Halls:
Sunday, August 27, 2017, 10:00am-5:00pm
First Day of Classes: Monday, August 28, 2017

Academic Calendar At-a-Glance

Fall 2016

August 25	New Student Move-In Day 10AM - 4PM
August 26	Fall Convocation
August 29	Official First Day of Classes
Aug. 29-Sept. 4	Add/Drop Classes (no fee charged)
September 5	Labor Day Break - No Classes
Sept. 5-Sept. 11	Add/Drop: Course Add requires electronic permission of the instructor (no fee charged)
Sept. 12-Nov. 3	Course Withdrawal Period: A student may withdraw from a course which started at the beginning of the semester (w/ fee)
September 19	Fall 2016 Registration Ends
September 3-4	Rosh Hashana - Classes in session
October 10	Columbus Day - No Classes
October 11	Fall Break - No Classes
October 12	Yom Kippur - Classes in Session
October 18	Mid-Point of Fall 2016 Semester
November 7	Black Solidarity Day - Classes in Session
November 11	Last Day for Student-Elected Satisfactory/Unsatisfactory Option
November 14	Advance Course Registration for Spring 2017 begins
November 23-25	Thanksgiving Recess - No Classes. Classes will resume at 8AM on Monday, November 28
December 12	Last Day of Classes
December 13-14	Study Days (May use these day as a make-up class days, if needed)
December 15	Common Exam Day
December 16-22	Final Examinations
December 23	Residence Halls close at 10AM



Spring 2017

January 22	Residence Halls open at 10AM
January 23	Official First Day of Classes
January 23-29	Add/Drop (no fee charged)
January 30	Martin Luther King Jr. Day Observed - Classes in Session
Jan. 30-Feb. 5	Add/Drop: Course add requires electronic permission of the instructor (no fee charged)
Feb. 6-Mar. 31	Course Withdrawal Period: A student may withdraw from a course which started at the beginning of the semester (w/ fee)
February 10	Spring 2017 Registration Ends
February 20	President's Day- No Classes
March 13	Mid-Point of Spring 2017 Semester
March 20-24	Spring Break - No Classes. Classes will resume at 8AM on Monday, March 27
April 7	Last Day for student-elected Satisfactory/Unsatisfactory option
April 10	Summer Session 2017 Registration Begins
April 10	Passover- No Classes after 3PM
April 11	Passover- No Classes
April 17	Advanced Course Registration for Fall 2017 Begins
May 9	Last Day of Classes
May 10-11	Study Days (May use these day as a make-up class days, if needed)
May 12	Common Exam Day
May 15-19	Final Examinations
May 20	Residence Halls close at 10AM
May 21	Undergraduate Commencement 10AM



Table of Contents

Parent & Family Weekend 2016	back of this page
Welcome	1
Keeping Your First-Year Student Posted.....	2
When a Student Commutes from Home.....	2
From a Student's Perspective	3
Psychological Counseling Center.....	4
What's On Your Student's Mind.....	5
The First-Year Experience	6
Academic Success.....	8
Academic Advising.....	9
Campus Resources (Academic)	12
Campus Services and Websites.....	13
Campus Services / Transportation	14
What is Title IX?	15
Parent Involvement in Career Decisions	16
Maximizing Internship Options for Your Student	17
Residence Life	18
Student Health Service	20
FERPA	21
Parental Notification	22
University Police	23
Disability Resource Center.....	24
Campus Map	inside back cover



2016 Orientation Staff

Parent & Family Weekend 2016

September 24th and 25th

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

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

Saturday, September 24th 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 & Gallery Talk • Free Planetarium Shows

Free Athletic Events • The Makerbot Innovation Lab

Lodging Websites

www.newpaltzchamber.org • www.ulsterchamber.org

www.ulstertourism.org • www.dutchesscountyregionalchamber.org

www.orangechamber.com



Welcome

Parent Involvement

The Center for Student Development

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

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

Our Goals

Our goals are: to maximize the retention and success of students, to offer opportunities for leadership and social development on the 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

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 2016. From your perspective, there are numerous ways to develop your own relationship with New Paltz:

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

Keeping Your First-Year Student Posted

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

Tara Sestanovich, Coordinator of First-Year Programming

Weekly Events

• First-Year Fridays

- Series of Friday night events during the fall semester specifically targeting first-year students while offering both on-campus and off-campus activities.

www.newpaltz.edu/keepingyouposted/fyf.html

Saturday Night Live Entertainment & Movie Nights

Free weekend campus entertainment featuring live performances and pre-released movies

www.newpaltz.edu/keepingyouposted/snl.html

Promotional Initiatives

- **“Keeping You Posted” Weekly Calendar of Events Posters**
 - Distributed in Residence Halls, Academic Buildings, Student Union Building and first-year related offices and departments
- **“Keeping You Posted” Monthly E-Newsletter**
 - Focuses on health & wellness plus campus events
- **“Keeping You Posted” Weekly E-mail Event Updates**
- **“SUNY New Paltz Class of 2020” Official Facebook Group**
- **NPAAlert Text Message updates** of upcoming programs & events

When a Student Commutes from Home

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

Campus Resources

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

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

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

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

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

Commuting Conversations

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

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

CURFEW – Discuss expectations now that they are in college.

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

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

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

Office of Student Activities and Union Services

Student Union Room 211 | www.newpaltz.edu/sub/commuters.html

845-257-3025 | sub@newpaltz.edu

From a Student's Perspective

Dear Parents of Incoming First-Year Students,

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 chorale 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"

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 GI3-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 GI3-C Haven

Phone Number: 845-257-4930

Hours: 8:00pm to 1:00am, when classes are in session

www.newpaltz.edu/counseling

What's On Your Student's Mind

First-Year Student Stress Timeline*

July

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

August

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

September

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

October

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

November

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

December

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

January

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

February

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

March

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

April

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

May

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

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

The First-Year Experience

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

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

The Developmental Process of a First-Year Student

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

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

Keys for Success

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

The First-Year Experience (continued)

Transitions that Students Make from High School to College*

Role as a student:

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

Time and structure:

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

Instructor contact:

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

Academic pace:

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

Grading:

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

Class location:

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

Personal environment and health:

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

Network:

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

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

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

Academic Success

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

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

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

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

Academic Advising

The Academic Advising Process

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

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

The Academic Advising Center

Old Main 127, (845) 257-3015

OPEN ALL SUMMER

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

THROUGH THE DOOR IN FOUR!

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

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

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

Academic Advising (continued)

Academic Policies

Attendance

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

Semester Workload

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

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

Grade Point Average (GPA)

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

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

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

Academic Advising (continued)

General Education III Requirements

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

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

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

College Wide Degree Requirements

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

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

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

Campus Resources (Academic)

Academic Departments (845) 257-XXXX

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

Services

Academic Advising	3015
Academic Computing	3816
Admissions	3207
Career Advising (Career Resource Center)	3265
Continuing & Professional Education	3130
Counseling Center	2920
Disability Resource Center	3020
Educational Opportunity Program (EOP)	3220
English as a Second Language (ESL)	3595
Financial Aid	3250
Honors	3456
International Education	3125
Records and Registration	3100
Scholar's Mentorship Program	2760
Sojourner Truth Library	3710
Student Accounts (Bursar)	3150
Student Resources and Academic Support	3592
Student Development	3088
Veteran and Military Services	3120

Department Deans

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

Provost

Academic Affairs	3280
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Campus Services and their Websites

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

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

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

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

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

CAMPUS BOOKSTORE – 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

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

DEPARTMENT OF VETERAN AND MILITARY SERVICES offers assistance to Veterans, Military, Dependents and their parents with a wide 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/>

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

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

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

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

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

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

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

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

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

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

SUNY at NEW PALZ FOUNDATION /ALUMNI AFFAIRS – 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) and services to current students and alumni.

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

Campus Services

Student Services

All numbers are area code 845

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

Transportation

Adirondack Trailways & Arrow Bus Station

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

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

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

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

www.classictrans.com/CollegeEx/collegex.html

Amtrak Metro North out of Poughkeepsie, NY

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

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

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

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

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

Stewart International Airport (SWF)

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

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

The LOOP Bus/UCAT (Ulster County Area Transit)

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

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

www.ulstercountyny.gov/ucat/

What is Title IX?

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](http://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/Title IX Coordinator The Office of Compliance and Campus Climate HAB 602A
(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 G13C
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 G13C
845-257-4930, 8:00 pm to 1:00 am, (closed during all breaks)
24 hr. Emergency Line, (845) 802-3383

Parent Involvement in Career Decisions

Parents as Partners in the Career Development Process

A career is a very important part of one's life. Encourage your son or daughter to become active in exploring careers before and during college, and offer unconditional support as he or she grapples over one of life's major decisions. The SUNY New Paltz Career Resource Center is available to help you and your student. 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 your 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 to create 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 is a designed triple hall with two types of rooms; some have a suite area and some do not.

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.

ELECTRICAL APPLIANCES AND ILLEGAL ITEMS

Electrical Appliances

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

Refrigerators must be UL approved, cannot exceed five (5) cubic feet in volume and must require three (3) or less amps of electrical power. Microwave ovens are not permitted in the student rooms. Micro-fridges are permitted and are available for rent or purchase at the beginning of each semester through Campus Auxiliary Services.

Below is a partial list of 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 the list**

of prohibited items. All students will receive an updated list via the school e-mail (hawk-mail) accounts the first week in August.

Prohibited Items

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

Extension Cords & Power Strips

Students may ONLY use UL approved surge protector power strips and must have a button or switch that specifically says 'Reset' on it. No other types of extension cords, power strips or outlet adapters are permitted.

Furniture

Only college issued furniture is permitted in the residence halls. Students may not bring outside furniture of any kind.

Kitchen Appliances

- Microwaves
- Hot Plates
- Hot Pots
- Portable Ranges
- Griddles
- Toasters
- Toaster Ovens
- Rice Cookers
- George Foreman Grills
- Popcorn makers
- Fondue Pots/Fountains
- Crock Pots
- Electric Pots/Pans/Woks
- Microfridges without SafeT Sensor on microwave
- Coffee makers or electric kettles with exposed heating elements (single serve coffee makes such a Keurig ARE permitted)

Lamps

- Lamps with plastic or cloth lamp shades/ covers
- Halogen lamps or bulbs

Residence Life (continued)

- Sun Lamps
- Clip-On Lamps
- Lava Lamps

Other Prohibited Appliances

- Window fans
- Electric Blankets
- Air Conditioners
- Space Heaters
- Sound Amplifying Equipment
- Appliances in need of electrical repair or which may be considered hazardous

Alcohol/Drug Paraphernalia

- Kegs
- Beer balls
- Funnels used for drinking
- Any smoking apparatus determined to be drug use related is strictly prohibited.

Weapons and Recreational Equipment

- Knives of any kind
- Box Cutters
- Firearms of any type (including BB, paint or air guns)
- Hazardous athletic/recreational equipment such as nun-chukka sticks, throwing stars, swords archery equipment and metal tipped darts.

Flame Producing & Flammable Items/Liquids

- Candles with a wick
- Incense
- Fireworks
- Grills of any type
- Butane/lighter fluid /gasoline
- Torches, including culinary torches
- Scented oil, wax or candle warmers of any kind
- Art supplies consisting of flammable materials such as oil based paints, stains, paint thinner, aerosol paint cans, etc. These can be stored in lockers provided in the art building.

Other Prohibited Items

- Cinder Blocks
- Power Tools
- Scented Plugs
- Bed Risers

- Construction or wood working tools such as saws
- Non-school issued bed and/or mattresses
- Taxidermy, e.g. animal trophies or displays of any type, as well as items or tools used to perform taxidermy.

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

Safety Precautions

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

Changing Room Assignments

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

For Questions or Problems within the Hall

Complex Directors are full-time, live-in professionals that manage the residence hall facilities. They are responsible for maintaining regular office hours within the buildings to serve resident student needs. They supervise a staff of 6-10 Resident Assistants (RA). Each RA is responsible for a smaller "house" community ranging from 30-50 students. RA's provide programming, referrals/counseling

services, and academic/support to students as they transition into college life.

Accessing the SUNY New Paltz Internet Connection (Resnet)

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

Mailing Address

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

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

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

RESIDENCE HALL NAMES WITH CORRESPONDING CODES:

Bevier Hall
1001 Hawk Drive
New Paltz, NY 12561-2455

Bliss Hall
1002 Hawk Drive
New Paltz, NY 12561-2455

Bouton Hall
1003 Hawk Drive
New Paltz, NY 12561-2455

Capen Hall
1004 Hawk Drive
New Paltz, NY 12561-2455

College Hall
1006 Hawk Drive
New Paltz, NY 12561-2455

Crispell Hall
1005 Hawk Drive
New Paltz, NY 12561-2455

Deyo Hall
1007 Hawk Drive
New Paltz, NY 12561-2455

Dubois Hall
1008 Hawk Drive
New Paltz, NY 12561-2455

Esopus Hall
1009 Hawk Drive
New Paltz, NY 12561-2455

Gage Hall
1010 Hawk Drive
New Paltz, NY 12561-2455

Lefevre Hall
1011 Hawk Drive
New Paltz, NY 12561-2455

Lenape Hall
1012 Hawk Drive
New Paltz, NY 12561-2455

Ridgeview Hall
1016 Hawk Drive
New Paltz, NY 12561-2455

Scudder Hall
1014 Hawk Drive
New Paltz, NY 12561-2455

Shango Hall
1015 Hawk Drive
New Paltz, NY 12561-2455

Student Health Service

Mission Statement

To provide quality medical care in a compassionate environment.

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

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

- 1) Student Health Services (SHS) serves currently registered students when the college is in session. The scope of practice is non-emergency treatment of medical problems. There is an emphasis on preventative health care.
Students are encouraged to submit a completed Health Report (HR) at least one month before classes begin. The information on the HR becomes the foundation of the student's health record at New Paltz. The HR is completed by the student, their parents and the student's primary physician or health care provider. It may be mailed, faxed or hand delivered once it has been completed.
- 2) New York Public Health Laws require certain immunizations and forms. NYS requires students born on or after January 1, 1957 to provide proof of immunity to Measles, Mumps and Rubella. Also since August 2003 all students who do not document a Meningitis vaccination date must submit a completed Meningitis Response Form (MRF) after reading an informational document about Meningitis. Proper documentation for both laws is to be received at SHS well before the first day of classes. Documentation that is not received within 30 days from the start of classes can lead to de-registration.
- 3) Appointments at SHS are available Monday - Friday when classes are in session. It is recommended that the student call SHS for an appointment. If you are ill or injured a nurse will triage your call and help you arrange an appointment at the Health Center (HC) or direct you to the proper facility for treatment. Walk-in students are also accepted for triage but their waiting time may increase for an appointment or they may need to return at a later time.

- 4) Parents sometimes wonder if they will be notified routinely when a student contacts SHS. If the student is less than 18yo then parents are notified as per NYS law. If students are 18yo or older parents are notified with the student's consent. (Normally parents are contacted to obtain more medical history or to help arrange for further testing or medical care.)
- 5) After hours help for urgent medical problems is available. The student should call the SHS number and one of our on-call physicians will return the call and advise the student if they should seek care immediately or what treatment they should start until an appointment is available at the HC.
- 6) Laboratory, Radiology and Pharmacy services are located in the Town of New Paltz. Some tests are done at the HC and sent to laboratory. These services are usually covered by insurances and this will be discussed with the student. When students are seen for an illness or an injury they may be given a small quantity of commonly used medications to use until they are well enough to go to the pharmacy.
- 7) Every student needs some form of Health Insurance. Students don't need health insurance to visit the HC. They do need health insurance for emergency room care, hospital care, prescription medications, radiologic tests, laboratory tests and specialty physician care. Students who carry the Student Insurance coverage need to obtain referrals for services provided outside the HC. This is similar to the referrals most insurance require for many medical services and helps lower student's health insurance premiums.

Address: Student Health Service

SUNY New Paltz

1 Hawk Drive

New Paltz, NY 12561-2443

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

Website: www.newpaltz.edu/healthcenter

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

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

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

FERPA

Family Educational Rights & Privacy Act (FERPA)

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

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

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

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

Frequently Asked Questions about FERPA

How can I learn how my child is doing?

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

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

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

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

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

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

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

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

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

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

Parental Notification

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

Purpose

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

Underage Students and Alcohol

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

Parental Notification

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

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

University Police

What Every Family Member Should Know

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

The Top Ten Questions Are:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Disability Resource Center

Disability Resource Center

The Disability Resource Center provides services to academically qualified students with permanent or temporary disabilities in accordance with the ADA (Americans with Disabilities Act) and Section 504 of the Rehabilitation Act to ensure access to programs and activities in the pursuit of attaining their educational objectives. The philosophy of this office is to encourage independence, and to assist students in realizing their academic potential and to ensure recognition of their abilities, not disabilities, as they become active participants in a diverse and global society. Disability Resource Center serves as a resource for information about disability and higher education.

Access, Advocacy and Achievement

Students with disabilities who utilize the Disability Resource Center will be able to:

- Identify their disability/functional limitations and possible accommodations he/she may need
- Demonstrate self-advocacy and the ability to communicate his/her need for academic accommodation
- Make use of the services available through the Disability Resource Center to assist in reaching his/her academic potential

Services and Accommodations

Accommodated Testing Program

The ATP provides proctoring services to students with disabilities who are registered with the DRC. Students are advised to set up their testing accommodations as close to the beginning of the semester as possible by meeting with a DRC staff member.

Alternate Text Services

The DRC provides alternative text for students with visual limitations, learning disabilities or limitations that significantly affect the ability to read and/or comprehend print material. Alternate Text Services converts print material into a format that is more compatible to a student's abilities in order to provide access to printed information.

Note Taking Services

Note-taking services are available to students with hearing, visual, physical, learning/cognitive disabilities that significantly affect the ability to take 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.

Programs

The DRC also offers several programs throughout the academic year to provide additional support to students with disabilities.

Navigating New Paltz is an orientation workshop for first-time and transfer students. This workshop educates students with disabilities about the support services that are available to them while attending SUNY New Paltz.

Girl Talk is a group formed for the purpose of empowerment and self-acceptance. The group allows female students with disabilities to come together and share their experiences with each other as well as discuss any challenges or barriers they face due to their disability.

Disability Awareness Events are planned each semester for students and faculty on campus to further their education and awareness of disability. Events will be announced in the beginning of the semester and will be planned during a time where most students would not be in class.

Additional Disability Resource Center Services

- Accessible classrooms
- Assistance with accessible routes around campus
- Training on assistive technology
- Coordination of Sign Language Interpreters/Captioning Services
- Referral to Center for Student Resources and Academic Support
- Referral to campus Specialist for Disability and Learning
- Liaison with ACCESS-VR and CBVH
- Information on Disability and Higher Education
- Support Services for Veterans

Additional Campus Services

SUNY New Paltz offers a full range of services for students with disabilities:

- Tutoring Services
- Center for Student Development
- Speech and Hearing Clinic
- Student Health Center
- Psychological Counseling Center
- Career Resource Center

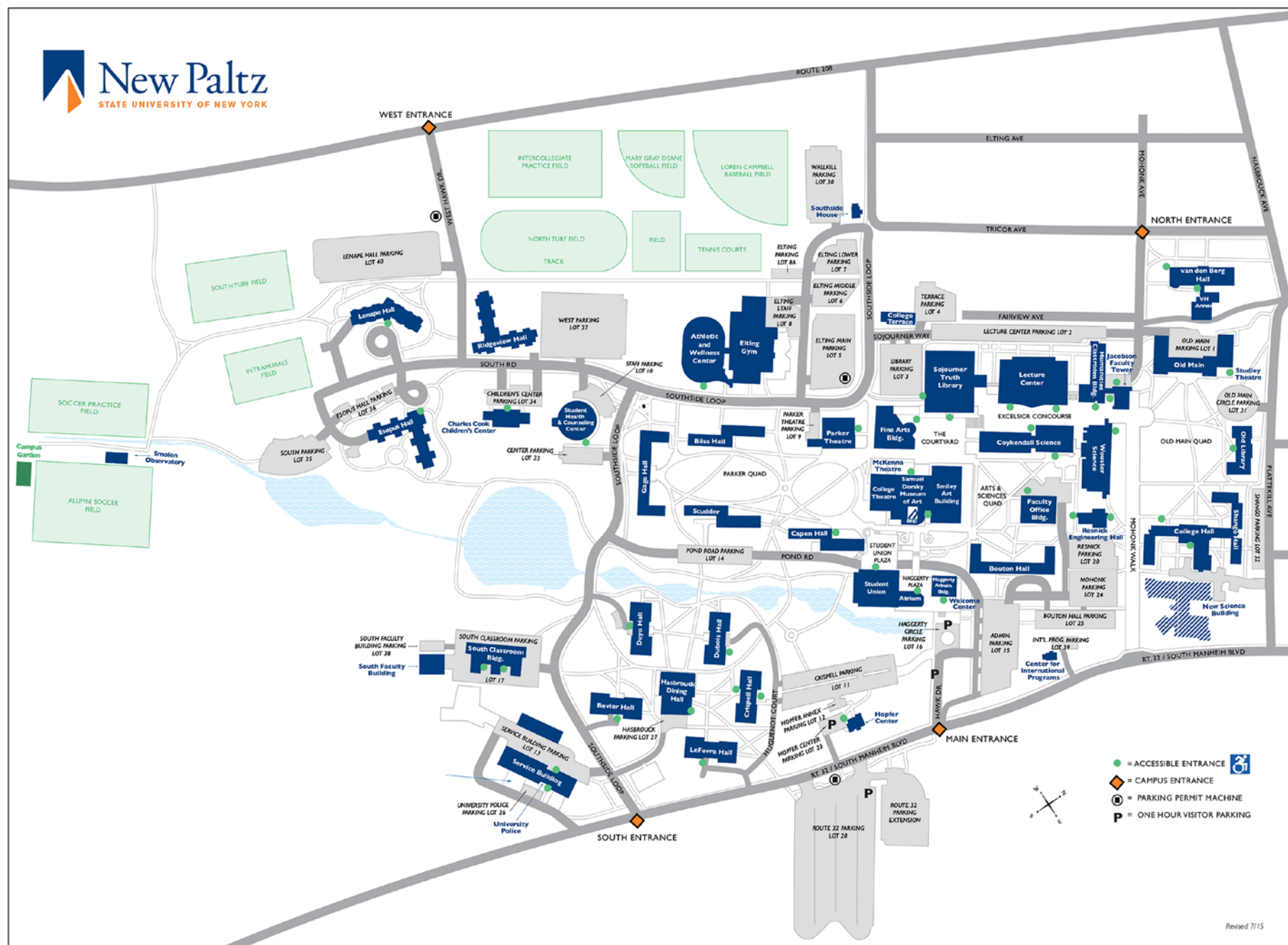
Contact Information

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

845-257-3020 Voice
845-257-3014 TTY
845-257-3952 Fax

drc@newpaltz.edu
www.newpaltz.edu/drc

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



Revised 7/15

PARKING PERMITS ARE NEEDED Monday–Friday 6:30 a.m.–6:30 p.m. year round. Visitors please purchase a permit at the Welcome Center in the Haggerty Administration Building or at the permit machines (see key for locations).
NO VISITOR PARKING IN RESIDENT STUDENT LOTS • NO PARKING ON COLLEGE ROADS • CAMPUS SPEED LIMIT 20 MPH • CAMPUS INFORMATION: (845) 257-SUNY

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

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

