Welcome to Stony Brook and the start of a journey that will take you far beyond the expected.

You are joining us at an incredible time. During the past year, we have reached unprecedented heights in medicine, research and discovery, the arts and athletics. But we are not one to rest on our laurels — we are constantly adding new programs and facilities to enhance our students’ lives and help you better prepare for your future.

Enhancements include the addition of a dining facility, East Side Dining, now open in our new residence hall complex on Toll Drive. And the Campus Recreation Center has added new Lateral X machines and Zero Runners. An outdoor ropes course will debut this spring. When not eating or exercising, make sure to check out the renovated Knowledge Commons in the Melville Library, a great space to study or recharge between classes.

Stony Brook is dedicated not only to your academic success, but also to your well-being. We are a caring community, a university where all are welcome and students are encouraged to become the best they can be. We are all Seawolves and we are here for you.

To stay informed about all the services and activities going on at our remarkable university, I recommend that you follow our popular Twitter account, @stonybrooku.
Connecting Commuters

The Office of Commuter Student Services and Off-Campus Living (CSS & OCL for short) is dedicated to assisting students who live off campus. The office is a comprehensive, centralized location for all things related to commuter life. Located in SAC 225, “the staff in CSS & OCL is committed to helping our students connect to resources, both on and off campus, and to be successful here at Stony Brook,” said Emily Snyder, assistant director for the department.

CSS & OCL maintains a detailed website at stonybrook.edu/commuters with easy-to-access information about campus life and issues of concern specific to commuters. Additionally, the office provides specific information geared toward students intending to attend the off-campus. The office is a resource on which to rely if they have any questions. To learn more about the program, visit studentaffairs.stonybrook.edu/css/cap/ca_program.shtml.

CSS & OCL anticipates a great semester full of productive and enjoyable events. The first event of the semester will be a Commuter Connection on Tuesday, February 7, from 9 am to 10:30 am in 144 SAC (Commuter Commons), at which time information will be provided about resources on campus, as well as free breakfast. Typically, this event is held on the first Tuesday of each month.

OTHER SPRING EVENTS INCLUDE:
- February 13, 1 pm, SAC Lobby
- March 1, 1 pm, SAC Lobby

For more comprehensive lists of events, check out the weekly Commuter Contact emails you’ll be receiving this semester!

CAPS After Hours
Sometimes you’d like to talk to someone who will listen to your concerns, but it is 3 am. Who can you call? You can call CAPS After Hours at (631) 632-6720 to speak with one of the counselors for support, problem solving or just to talk. 24/7, 365 days a year.

PET AWAY LIFE STRESS (PALS)
CAPS recently initiated the PALS Program: Pet Away Life Stress!

Through animal-assisted interactions, PALS offers an opportunity for stress reduction for our student community. Animal-assisted interactions are consistently known to decrease anxiety and feelings of self-reported loneliness. Friendly pups are usually on campus during midterms and finals. Times for when the dogs will be on campus will be posted on the CAPS website. For more on all of CAPS services, visit stonybrook.edu/caps.

Feeling stressed by a tough class? Not getting along with your girlfriend or boyfriend? Overwhelmed by your studies? Talking about your concerns may help. At Stony Brook, there are many people who are here to listen. If you need a friendly ear, Counseling and Psychological Services (CAPS) offers students help for personal, emotional, psychological and family problems. CAPS provides free counseling to any student taking six or more credits per semester. Services include individual or group therapy. In particular, group therapy can be an easy way to feel more connected and get support not only from professionals, but also from other students dealing with similar stresses in a safe, welcoming place.

You can visit us on the second floor of Student Health Services, Monday through Friday, from 9 am to 5 pm, for confidential counseling, crisis intervention or even stress-reducing meditation workshops.

For more information about CAPS, visit studentaffairs.stonybrook.edu/css/cap/.

We’re all in.

Stony Brook University is now implementing its Plan for Equity, Inclusion and Diversity. View the plan and its progress at stonybrook.edu/diversityplan

We encourage you to visit the site to learn more about our initiative to enhance our diversity and build a more inclusive campus community.

SABRINA MCCORMACK

BUSINESS MAJOR • TRANSFER STUDENT • COMUTER

Activities: American Marketing Association, Orientation Leader

Any advice for new transfers?
I know it’s easy to be overwhelmed in a completely new environment. However, I think transfer students have an advantage because they’ve experienced being in a college setting before. Just remember, a new environment means new opportunities. Especially with SBU having such a large campus, there are immense opportunities for students to do great things. Take advantage of it all!

And don’t be afraid to challenge yourself and step out of your comfort zone. In my first semester at SBU, I took ADV 101. One of our assignments was to attend an event or club meeting. This assignment made me do something I thought I wasn’t going to do. I went to a meeting for the American Marketing Association because of that assignment. I decided to go back the following week to participate in elections and run for a position on their e-board. I’m currently the president. I wouldn’t have had this valuable experience without challenging myself and going above my own expectations.

We’re all in.
SBU SUPPORTS GENDER EQUALITY & HEFORSHE

SBU has long been devoted to fostering diversity and equality. To further our commitment, we joined the UN Women’s HeForShe solidarity movement as an IMPACT 10x10x10 champion in 2015.

SBU is one of 10 universities around the world — and only two in the United States — that have committed to taking bold game-changing action to achieve gender equality within and beyond their institutions.

This past December, SBU hosted its first “Ideathon” to end gender-based violence. Students brainstormed ideas and the top three ideas were videotaped and will be shared with UN Women. These videos — along with the best ideas from the other University IMPACT champions — will be voted on through the HeForShe social media outlets. The one with the most votes will be implemented across all campuses. The top Stony Brook ideas will also be utilized on campus. Throughout the year, SBU will look for more ways to champion gender equality. Learn more about HeForShe and how students can participate by visiting stonybrook.edu/heforshe.

THE ACADEMIC SUCCESS AND TUTORING CENTER

Ensuring Academic Success

The Academic Success and Tutoring Center (ASTC) provides you with the extra guidance you need to excel. The Center provides FREE one-on-one and small-group peer tutoring for a variety of courses. In addition, through the Peer Academic Success Coach program, the ASTC assists students with enhancing their study skills, time management, test-taking strategies and much more. You can even enroll in a six-week not-for-credit public speaking seminar to help you conquer those public speaking jitters and master giving class presentations.

To learn more about the Academic Success and Tutoring Center’s services, visit its website at stonybrook.edu/tutoring or stop by Psychology B, Room 205. You can make tutoring appointments online and watch videos of Peer Coaches to see which one would be best for you, as well as check out profiles of the tutors.

As a student of STONY BROOK UNIVERSITY you could be saving 18% on the monthly service charge of qualified wireless plans.

In addition to the AT&T Wireless discount, you could also enjoy these benefits:

• The hottest Smartphones and tablets
• Live Life Uninterrupted - TV, Internet and wireless with reliability that exceeds 99%*

To find the AT&T Store closest to you, visit: att.com/find-a-store. If you visit a local AT&T store, please have a proof of eligibility. Mention Discount Code: FAN46001.

*In addition to the AT&T Wireless discount, you could also enjoy these benefits: the hottest Smartphones and tablets
• Live Life Uninterrupted - TV, Internet and wireless with reliability that exceeds 99%*
SATURDAY, JANUARY 21
Experience SB – Day 2

8 am to 9:30 am
New Resident Breakfast

Family Farewell Mixer, Wang Center Chapel, 2 pm to 4 pm

New Resident Quad Meetings, SAC Third Floor, 5 pm to 6 pm. Required for all new residents

Wolfie’s Welcome Dinner. SAC Ballrooms A & B, 6 pm to 7 pm. Required for all new resident students.

SUNDAY, JANUARY 22
New Resident Breakfast. On Your Own, 8 am to 9:30 am

Experience Stony Brook New Student Welcome Convocation, Staller Main Stage, 1:30 pm to 2:25 pm. Your official welcome to SBU. Required for all new students.

Non-Traditional Student Program, Wang Center Chapel, 1:30 pm to 4 pm. By invitation only.

This Community Belongs to All of Us, Staller Main Stage, 2:35 pm to 5:00 pm. Required for all new students.

Catholic Mass, Tabler Black Box Theater, 5 pm to 7 pm (every Sunday)

Women’s Basketball vs. Binghamton, 4 pm, Island FCU Arena. Free for students with ID.

MONDAY, JANUARY 23

FIRST DAY OF CLASSES

TUESDAY, JANUARY 24
Cookies & Coca. SAC Ballroom A, 5 pm

THURSDAY, JANUARY 26
Lit Lunar Festival. SAC Ballroom A, 7 pm

FRIDAY, JANUARY 27

Weekend Life Council (WLC) Mind Games: An Interactive Hypnotist Show, SAC Gelber Auditorium, 8 pm to 10 pm

Shabbat Dinner. SAC Ballroom B, 5 pm

Intramural K&B NBA Tournament, Campus Recreation Center, 7 pm to 11 pm

Movies: The Last Gold, 7 pm, The Apprentice, 9:15 pm, Staller Center Main Stage (S)

SATURDAY, JANUARY 28

USG Spring Leadership Conference. SAC Ballroom A, 10 am to 2 pm

MONDAY, JANUARY 30
ASTC Peer Academic Coach Schedule Opens.
Back to School Bingo. SAC Ballroom A, 6:30 pm

TUESDAY, JANUARY 31

Variety Show. SAC Ballrooms A & B, 8 pm to 10 pm. Required for all new students.

WEDNESDAY, JANUARY 30

Study Abroad Fair, Melville Library Lobby, 12 am to 2 pm

Involvement Fair. SAC Ballrooms, 12:30 pm

Black History Month Opening Ceremony. SAC Gelber Auditorium, 12 pm to 2:20 pm

ISO Welcome Back QBG, SAC Ballroom A, 7 pm

THURSDAY, FEBRUARY 1
Project Sunshine Masquerade Ball. SAC Ballroom B, 7 pm to 11 pm

CASB's Matrimonial Tournament, SAC Ballroom A, 7 pm to 9 pm

FRIDAY, FEBRUARY 3

Movie Night. Newsroom, 7 pm, Loving. 9:15 pm, Staller Center Main Stage (S)

SATURDAY, FEBRUARY 4

Green Dot Bystander Intervention Training. GLS/HDV Multiple Room, 9 am to 9 pm

WLC Casino Night, SAC Ballroom A, 7 pm

SUNDAY, FEBRUARY 5

RHA Super Bowl Party. GLS Center, 6 pm

MONDAY, FEBRUARY 6

ASTC Tutoring Schedule Opens

Appreciation Night for Clubs & Orgs. SAC Ballroom A, 5:30 pm to 10:30 pm

Intramural 5v5 Basketball. Campus Recreation Center Courts 2 B, 7 pm (through 3/2)

Intramural Wiffleball. Campus Recreation Center, MAC Courts, 7 pm (through 3/2)

Bob Marley Night. SAC Ballroom B, 8 pm

TUESDAY, FEBRUARY 7

Commuter Connector. SAC Center Commuter Commons (SAC 146), 9 am to 10:30 AM

Tien Len Tournament. SAC Ballroom B, 7 pm

WEDNESDAY, FEBRUARY 8

Involvement Fair. SAC Ballrooms, 12:30 pm

Black Student Union Town Hall. SAC Ballroom B, 9 pm to 10:30 pm

THURSDAY, FEBRUARY 9

Computer Science Tech Day/Information Technology Job & Internship Fair. SAC Ballrooms, 11 am to 1 pm

Christian Fellowship Welcome Back Mixer. GLS/HDV Multiple Room, 7 pm to 11 pm

Diversity Discussion Series. The Mask You Live In, ISO Lounge 122, 7 pm

FRIDAY, FEBRUARY 10

Engineering Job & Internship Fair. SAC Ballrooms, 12 pm to 3 pm

Red Watch Band Training. SAC 311, 1 pm to 2:30 pm

LGBTQ* Services Frozen Song Along. SAC Ballroom B, 6 pm to 11:30 pm

WLC Comedian. SAC Gelber Auditorium, 7:30 pm to 10:30 pm

MONDAY, FEBRUARY 13

Stuck on You. SAC Lobby, 1 pm to 2:30 pm

Red Watch Band Training with CPR. Irving Lounge, 4 pm to 7 pm

Valentine’s Day Social. SAC Ballroom A, 6:30 pm to 9:30 pm

WEDNESDAY, FEBRUARY 15

Involvement Fair. SAC Ballrooms, 12:30 pm

Study Away Event. SAC Ballroom B, 1 to 2 pm

Cosplay Café. SAC Ballroom A, 7 pm to 11 pm

WFTV Trivia Night Sponsored by GPO, Ruth ISO Lounge, 7 pm to 9 pm

Gospel Route. SAC Ballroom B, 8:30 pm

THURSDAY, FEBRUARY 16

Chillfest All Campus Festival. SAC Ballroom B, 7 pm to 10 pm

Deeast Night. SAC Ballroom A, 7 pm to 10 pm

FRIDAY, FEBRUARY 17

She’s Royal! A Queen in Her Own Right. GLS/HDV Multiple Room, 6 pm to 8 pm

WLC Passport to Africa. SAC Ballroom A, 8 pm

NPCH Open House, Tabler Black Box, 7 pm

Xbox Game Night. Campus Recreation Center, 7 pm to 11 pm

This is only a partial schedule. For all events, visit stonybrook.edu/studentactivities