

# Student Welcome Checklist

## Welcome to Stony Brook

Now that you have completed Orientation and registered for classes, you're on your way to joining the SB family. There are just a few more things you need to do before you start class on Monday, January 25, 2010.

### Follow these steps to ensure that you will be ready for your first day of class:

#### ❑ 1. Check Your Schedule.

During your Orientation you will be introduced to the SOLAR System (Student On-Line Access to Records) and register for your classes. When you return home, visit the SOLAR System to check your schedule and review the academic calendars. If you have questions about your schedule of classes, please contact the Transfer Office at (631) 632-7028 or the Academic and Pre-Professional Advising Center at (631) 632-7082.

#### ❑ 2. Buy Your Textbooks.

Shop early for the best selection of used books and to avoid the rush at the beginning of the semester, or reserve your textbooks online prior to the start of the semester (visit [sunysb.bncollege.com](http://sunysb.bncollege.com)). To shop in person: visit the University Bookstore, located on the lower level of Melville Library, or Matthew's Health Sciences Center Bookstore on Level 2 of the Health Sciences Center. For hours, call (631) 632-6550 for the University Bookstore or (631) 444-3685 for Matthew's. You may also open a Bookstore Campus Account (632-6517), which may be charged to your University student account. Open an account online, then you can purchase books and school supplies at the campus bookstore using your University ID.

#### ❑ 3. Obtain Your Parking Permit.

If you bring a car to campus, your vehicle must have a valid parking permit. To obtain your permit, visit Parking Services online ([www.stonybrook.edu/parking](http://www.stonybrook.edu/parking)). Resident students must have at least Junior status to be eligible for a Resident permit. Commuter students entering the University in January should register for a free "commuter permit" via the parking Web site. You will have the option to have your permit mailed to you or to pick it up in the Administration Building. When registering for your permit, you will notice a section for purchasing a Stadium Lot Parking Permit (Premium Parking) for \$150/year. If you choose, you can put your name on the waiting list for the opportunity to obtain this permit in the future. If you have any questions about life as a commuter student, visit the Office of Commuter Student Services, Suite 224 in the Student Activities Center (SAC), or call (631) 632-7353.

#### ❑ 4. Make a Computer Connection.

There are many ways to get online at SB. The first thing you must do is set your NetID password in SOLAR. You need your NetID to log into computers at the 16 SINC Sites (computer labs) on campus, to connect to ResNet from the residence halls, and to access the campus wireless networks. Your NetID also provides access to your Stony Brook e-mail account (MySBmail) and your 500 MB of network file storage and Web space called MySBfiles. If

you are living on campus and have a Windows computer, you must have the latest Microsoft Windows Updates and anti-virus software installed. You can obtain Symantec AntiVirus free of charge from <http://softweb.cc.stonybrook.edu>. For more information, please call Client Support at (631) 632-9800 or visit the Division of Information Technology Web site at [www.stonybrook.edu/it](http://www.stonybrook.edu/it)

#### ❑ 5. Stay Healthy.

All full-time students are automatically billed for the University Health Insurance plan at the beginning of each semester. The cost is \$1,031\* for the 2009 to 2010 academic year (\$433 for Fall 2009 and \$598 for Spring/Summer 2010). If you already have health insurance, waivers will be accepted online through the SOLAR System until **February 28, 2010**, for the Spring semester. For questions regarding health insurance and waivers, contact the Student Health Insurance Office at (631) 632-6331.

In addition, to help keep you healthy, Student Health Services requires documentation of your immunizations. Details are available at [studentaffairs.stonybrook.edu/shs/healthrequirements.shtml](http://studentaffairs.stonybrook.edu/shs/healthrequirements.shtml)  
**Important Note: Failure to submit your Student Health/Immunization Form will result in deregistration from school.** (Mail form to Student Health Services, Stony Brook, NY 11794-3191 **prior** to start of classes.)

\*2010-2011 charges/premiums are subject to change.

#### ❑ 6. Arrange Your Finances.

There are many ways to have easy access to your money while at school. Teachers Federal Credit Union (TFCU) has two branches on campus, one on the lower level of the SAC, the other on Level 2 of the Health Sciences Center. Your Campus ID card can double as an ATM/debit card. Those wishing to take advantage of these services will receive a free checking account with a \$1 deposit into a TFCU savings account.

#### ❑ 7. Pay Your Bills.

Pay your tuition on time to avoid late fees, service fees, and fees in general. For questions regarding billing, visit the Billing Cashier in the Student Services Lobby of the Administration Building or call (631) 632-2455.

#### ❑ 8. Attend Experience Stony Brook on January 24.

The most important thing you must do to finally become a Stony Brook student is to attend part II of your **required** Orientation on **Sunday, January 24**. You must attend several **mandatory** events and presentations on this date, starting with New Student Sign-In (11:00 am to 11:45 am), where you will receive your Experience Stony Brook schedule and your *SuccessBook*—your all-in-one guide/planner to your first year at Stony Brook. Commuter students will also receive their Campus ID Card at Sign-In.

For access to all campus resources, visit [www.stonybrook.edu/success](http://www.stonybrook.edu/success)

## Do you have a question about...

### ...ADVISING and SCHEDULING?

Freshmen with academic advising and scheduling questions should contact their Undergraduate College Advisor at (631) 632-4378. Transfer students with AP or college coursework transfer credit questions should speak with a Transfer Advisor—visit 134 Administration Building or call (631) 632-7028. Transfers with other academic advising and scheduling questions should contact their SBU 101 instructor or the Academic and Pre-Professional Advising Center—visit E-2360 Melville Library or call (631) 632-7082.

All students with majors in the College of Engineering and Applied Sciences (CEAS) should go to the CEAS Undergraduate Student Office, Room 127, Engineering Building, for academic advising. In addition, the office provides major-specific information, help with internships, scholarships, and more. Call (631) 632-8381 to make an appointment or drop by during open advising hours Monday through Friday, 10:00 am to 4:00 pm.

The Health Sciences Center Office of Student Services provides direct service to students in the Health Sciences Center and also assists the Schools of Health Technology and Management, Nursing, and Social Welfare, and in some cases, the Schools of Dental Medicine and Medicine, with the processes leading to admissions, registration, and financial aid. Call the office at (631) 444-2111 or visit the staff in the Health Sciences Center, Level 2.

Looking for a schedule or help with the SOLAR System? Try the Registrar's Office; it produces the Schedule of Classes, which is provided via the SOLAR System each semester. You may also enroll in person or request an address change through the office. The office is located in the Administration Lobby.

### ...DISABILITY ASSISTANCE?

Disability Support Services (DSS) assists and provides services for students in accessing the many resources of the University. If you have a physical, psychological, medical, or learning disability, call or visit the office in 128 Educational Communications Center (ECC), which is located directly behind the Psychology Building. The professional counseling staff is available for confidential consultation. They will determine with you what accommodations are appropriate. Students who anticipate requiring assistance should contact DSS as early as possible to allow for implementing recommended services. All information on student disabilities is confidential. Call (631) 632-6748 for more information.

### ...FOOD?

Visit the Campus Dining Web site for information on dining hours and locations (click "Dining Options" on [www.stonybrook.edu/success](http://www.stonybrook.edu/success)). New resident students are required to be on a meal plan. If you have not already filled out your preference form to select your meal plan, please do so online. Commuter students are strongly urged to open a meal plan, which can save you the sales tax on food and beverage purchases. Open your commuter meal plan online. Click the Dining Options link on the New Student Success site for more information or call (631) 632-6517.

### ...HEALTH and COUNSELING?

The Student Health Center, located behind Mendelsohn Quad, is your source for health-related services. The Center is home to Student Health Services, the Student Health Insurance Office, and the Counseling Center. All registered students are eligible for medical care. Health services include a pharmacy, laboratory, a social worker, gynecological services, a dermatology clinic, and health educators. Call (631) 632-6740 to make an appointment. Stony Brook bills all full-time domestic students for a required health insurance plan. Timely waivers must be completed through a student's online SOLAR account. Complete insurance information and waiver instructions are mailed separately. In addition, the University bills all international students for a SUNY-wide mandatory health insurance plan; there are no waivers granted for this plan. For information about any of the health insurance plans, please contact the Insurance Office at (631) 632-6331.

The Counseling Center provides help in a crisis, psychological counseling, and psychiatric services for all students taking at least six credit hours. Services are free. The Center provides help for any psychological problem that may interfere with doing well at Stony Brook. The Triage counselor will speak with you and together you will decide what is needed. Just call (631) 632-6720 and say that you "need to speak to a counselor." You will be given the next available appointment that fits your schedule. If it is an emergency, you will be seen immediately. Having emotional problems is normal. Getting help is really smart. Check us out and see for yourself.

### ...JOBS and MONEY?

The Office of Financial Aid and Scholarship Services, located on the first floor of the Administration Building, will answer any questions you have about your financial aid awards. An appointment is not required. Visit, call (631) 631-6840, or e-mail [finaid@stonybrook.edu](mailto:finaid@stonybrook.edu) for assistance. If you have not already done so please add the Stony Brook federal school code (002838) to your 2010-2011 FAFSA. If you are a TAP-eligible New York State resident, please add our state code (0875) to your TAP application for the spring term. Your financial aid award package and To Do List Items can be viewed on SOLAR ([www.stonybrook.edu/solarsystem](http://www.stonybrook.edu/solarsystem)).

Career planning and academic planning go hand in hand. The Career Center's friendly staff can help you relate majors to careers and locate part-time jobs and internships. The Career Center is located on the ground level of the Melville Library, or call (631) 632-6810. For information on other on-campus jobs, visit the FSA Student Staffing Resources Office, located in the Stony Brook Union Building, Suite 250. Call (631) 632-9306 for assistance. Also check the SOLAR System for a listing of on-campus jobs.



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For access to all campus resources, visit [www.stonybrook.edu/success](http://www.stonybrook.edu/success)