University Scholars and Honors College

Helpful tips for the first two weeks of the Fall 2020 semester

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Useful Resources

- **Your Advisor(s)**
  - As members of an honors program, take advantage of the fact that you have the same Advisors for the entirety of your time at Stony Brook. Remember, WE are your Advisors, not the UGC Advisors, or Academic and Transfer Advising Services.
    - Honors College – Jessica Klare ([jessica.klare@stonybrook.edu](mailto:jessica.klare@stonybrook.edu))
    - Faculty Director for Honors College – Dr. Anne Moyer
    - University Scholars – Jeremy Marchese ([jeremy.marchese@stonybrook.edu](mailto:jeremy.marchese@stonybrook.edu))
    - Nancy Puchner ([nancy.puchner@stonybrook.edu](mailto:nancy.puchner@stonybrook.edu))
    - Faculty Director for University Scholars – Dr. Brian Colle
  - BE SURE TO INCLUDE YOUR STUDENT ID IN ALL EMAILS TO YOUR ADVISORS! This saves a lot of time instead of us having to email you back to get this information to access your file.
  - Only email ONE Advisor at a time regarding an issue.

- **Your 101 Instructors and Fellows/Teaching Assistants**
- **Peer Assistant Leaders (Scholars) and Big Siblings (Honors College)**
Resources, cont’d.

- **Undergraduate Bulletin** [here](#)
  - Includes degree requirements for all majors and minors at SBU (under “Programs and Courses”); as well as all graduation requirements (under “Policies and Regulations”)
  - Includes all Stony Brook Curriculum (SBC) requirements
    - Course Planning Guides are available for each major to show you which SBC categories will (or can) be satisfied by required and/or elective courses for your major(s) – again, this is important for any student receiving a TAP Award or the Excelsior Scholarship.
  - Includes Departmental contact information for each major/minor

- **Academic Calendar**
  - Contains information on all academic deadlines for the semester. If bookmarking the calendar, please make sure to bookmark the page [here](#), and not the actual calendar for the semester. If updates to deadlines are made, they will not show up on the actual calendar if you have bookmarked it prior to the changes.
  - Please contact your Advisor early on if you are experiencing any difficulties. Once certain deadlines hit in a semester, there may be nothing we can do at that point.
Resources, cont’d.

- Major Declaration period ends on **Friday, August 28th at 4PM**
- Changing your “intended major” on your APF this summer was **not** officially changing your major.
- Online process for most majors; can be found [here](#).
- There are certain majors you cannot just declare on your own and you must APPLY to (CEAS majors, Business, Art, Music) if you were not admitted directly to Stony Brook under that major. Typically requires completing necessary prerequisite coursework before you can apply.
- If your declared major on your record is accurate, you do NOT need to submit the Declaration of Major form.
- You cannot remain “Undeclared” once you reach the 57-credit point.
Resources, cont’d.

- **Video tutorials**
  - Navigating some of the technology at SBU can be a bit challenging, but there are video tutorials that can help you learn the ropes. The full listing of tutorials can be found [here](#).
    - One tutorial that you should pay special attention to (particularly during the add/drop/swap period, which is during the first two weeks of the semester) is the “Swap a class on SOLAR” tutorial. You should ALWAYS utilize the swap function in SOLAR if you are making changes to your schedule (never drop something first and then try to add something else). Courses sometimes appear open on SOLAR when, in actuality, they are closed due to reserves, etc.
    - If you are swapping out one SBC class for another that satisfies the same category, there is no need to contact your Advisor first; you can do this on your own.

- **Academic Success and Tutoring Center (ASTC)**
  - Tutoring is a service that is covered by your tuition, so you should take advantage of it. The science and math courses at SBU are VERY different from similar courses taught at other institutions. It is important to get off to a good start, so we STRONGLY recommend signing up for a tutor if you are taking a math or science class this semester. The tutoring website can be accessed [here](#) and you will see under the “Announcements” portion that students can start requesting tutoring appointments beginning on **August 31st at 9AM**. We highly recommend logging on and creating a profile for yourself prior to that time and then going on IMMEDIATELY at 9am as tutoring slots (especially in the courses mentioned) fill up very quickly. It is much easier to build off a strong first semester GPA than it is to recover from a mediocre one.
Course Information

- There are two types of online courses – synchronous and asynchronous.
  - Synchronous courses mean that you must be logged in on the day/time the course is scheduled for every single day it meets.
  - Asynchronous courses mean that you can log in to view the video of the lesson on your own schedule. BE VERY CAREFUL NOT TO PUT THESE COURSES ON THE BACK BURNER.
  - To find out which type your specific class is, you can follow the instructions here.
  - Individual instructors for online courses may have different rules for whether you must have your camera on or not; so please be sure to ask them.

- In-person classes all have social distancing guidelines in place. Note that masks are REQUIRED in all classes (except where there is a medical exemption that has been approved by Student Accessibility Support Services), and public areas of the University. Failure to abide by this rule will result in being referred to the Office of Community Standards and can result in suspension and/or expulsion from the University.
Course Information, cont’d.

- Students must be enrolled in at least 12 credits in order to be at full-time status.
  - TAP/Excelsior recipients must pay special attention to this.
  - Courses that you are on the waitlist for do NOT count toward the minimum number of credits required to be full-time. Once/if you get off the waitlist, then those credits will count toward full-time standing.

- Take advantage of your Instructors’ Office Hours. It is important to connect with your Instructors, and office hours are a great way to do this.
  - Remember, when you’re applying to graduate programs and/or professional schools, you’ll need letters of recommendation so you should start building good connections with your professors.
Other Resources

- **Campus Residences**
  - For students living on campus, please know that you can seek out assistance from your Resident Assistant (RA) or Residence Hall Director (RHD).
  - Campus Residences can be reached via email at reside@stonybrook.edu

- **Counseling and Psychological Services (CAPS)**
  - Again, this service is provided free of charge to students. Their website can be found [here](https://www.stonybrook.edu/commcms/studentaffairs/shs/).

- **Student Health Services**
  - [https://www.stonybrook.edu/commcms/studentaffairs/shs/](https://www.stonybrook.edu/commcms/studentaffairs/shs/)

- **Other students*  
  - The asterisk is there for a reason. Upperclassmen try their hardest to be of help, but each student is unique and may not have the same requirements as someone else, so it is always best to reach out to an Advisor with regard to anything pertaining to your major and/or requirements. Other students can be very helpful, though, in terms of asking which SBCs they have taken and enjoyed, which instructors they have had good experiences with (keep in mind, sometimes there's no choice when it comes to an instructor if there is only one section of that course being offered in a given semester).
Courses

Now that you are in college there will be times when you take a certain class that you may not be the most interested in/excited about (or with an instructor who you don't necessarily mesh with). This is a fact of life being a college student. Sometimes you have to take a course you ordinarily wouldn’t want to, and you have to find a way to work through it. We’ve all been there; we’ve all come through and so will you.

It’s important to note that you will have to adapt your learning style to the way each of your instructors teach; they will not modify their teaching style to each individual student (it would be impossible).

You may need to reframe the way you are used to thinking about grading.

- Many of the science and math classes grade based on how you do as compared to the average. So if you take your first CHE 131 or MAT 132 exam and get a 35 (yes, it happens...a lot) don’t automatically freak out. Look at what the class average was for the exam and base your performance off of that. If the class average was a 20 and you got a 35, you’re actually doing well.
Remember, **WE ARE HERE FOR YOU!** Your Advisor(s) are here to help with more than just your academics and courses. If you’re feeling sad, homesick, anxious…whatever you may be going through; always feel free to reach out to us. There may be times when there is nothing we can actually do to solve the problem at hand, but sometimes just having someone to talk to can be a tremendous help.

Honors College website - [https://www.stonybrook.edu/honors-college/](https://www.stonybrook.edu/honors-college/)

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