A Message From President Maurie McInnis

This past year, Stony Brook University and our larger community have worked together, thought critically, and ultimately persevered through one of the most challenging times in contemporary memory. Like many of you, we’ve learned important collective lessons about who we are and the future we want to build. So it is with a renewed vigor that we welcome you to Fall 2021.

There’s nothing quite like a bustling, busy campus in fall. It’s a place of growth, meaning, and inspiration (not to mention some stunning scenery). In fact, some of my most profound moments as an undergraduate took place in my campus bookstore, when I was simply sifting through the titles and letting my curiosity lead the way. I’m so happy to offer you the same kind of opportunities: to pursue your interests while discovering new ones; to make friends and allies and find mentors; to collaborate with different disciplines; to gather, organize, and celebrate; to stand face-to-face with great art and artists; to debate and challenge each other across a study group table; to do hands-on research and arrive at new knowledge. Access to a strong intellectual community is a key part of a world-class education, and we’re proud to provide this at Stony Brook University.

As we kick off the academic year, know that your health and well-being are integral to the dynamic education for which Stony Brook is renowned. We will continue to be compliant with all NYS and CDC guidelines in protecting against COVID-19 and deliver transparent communications in this effort. We’ll be hosting a Welcome Week activities to help our new students settle in and to get to know their new home, and we’ll also be offering many opportunities for returning students to reconnect and participate, once more, in campus life. You can expect further details in the coming months.

It’s true that there’s a bit of a social learning curve as we all see friends, meet new people, and engage again in our communities. But in many ways, this sense of newness is present at the start of every semester. That’s what makes this time so special, and thrilling. I look forward to meeting you and, finally, seeing our campus mall filled with students on their way to class.

Welcome to Stony Brook!

NEW SEAWOLF WELCOME WEEK • AUGUST 16 TO 22

The Seawolves community is excited to welcome all our new first-year and transfer students to the start of what we hope will be an incredible year of self-discovery, friendship and growth. This year, we have created an all-new Welcome Week, giving you more opportunities to connect with other like-minded students and have time to get to know your new home before classes start on August 23. Below is the initial schedule you will receive when you arrive for your Move-In Day or your first commuter-required activity. (Please go to page 2 for a sneak peek at the 100+ Choose Your Own Programming activities.)

MONDAY, AUGUST 16
First-Year (FY) Move-In Day 1 (assigned times)
Family Lunch, 12:30 pm to 3 pm, Staller Steps
Evening Program, 9 pm

TUESDAY, AUGUST 17
FY Move-In Day 2 (assigned times)
Family Lunch, 12:30 pm to 3 pm, Staller Steps
Commuter Student Expo, Union Ballroom, 5 pm to 6 pm
First Night Out, 7 pm to 11 pm

WEDNESDAY, AUGUST 18
FY Seawolf 101, 10:30 am to 12 pm
FY New Student Convocation, 2 pm to 3:15 pm
Playfair and Choose Your Own Programming (CYOP) Rotation
FY Undergraduate Colleges Dinner Event, 6 pm to 8 pm
Evening Program, 7 pm to 11 pm

THURSDAY, AUGUST 19
New Resident Transfer Move-In (assigned times)

FRIDAY, AUGUST 20
Transfer Tell All, 10:30 am to 11:30 am or 1 pm to 2 pm
Transfer This is Us, 10:30 am to 12 pm or 12:30 pm to 2 pm
New Transfer Community Convocation, 2:15 pm to 3 pm

SATURDAY, AUGUST 21
Service Projects, 10 am to 3 pm
Wolfie’s Welcome FY Pep Rally and Dinner, 5:30 pm to 7 pm, LaValle Stadium
Evening Program, 7 pm to 12 am

SUNDAY, AUGUST 22
CYOP, all day
Our Undergraduate Colleges (UCs) learning communities have been enhanced this year to provide even more support for our first-year students than ever before.

For the first time ever, the entire SBU community has banded together to create more than 100 different workshops, activities and programs just for YOU! Do you want to get to know SBU better? Make liquid nitrogen ice cream? Go on a scavenger hunt? Or practice taijiquan meditation?

You get to choose what activities you want to do during Welcome Week!

Here’s a sampling of the fun that awaits you:

- Wang Center
- Staller Center
- Stony Brook Union
- Stony Brook Village/Port Jefferson
- Mechanical Engineering Lab
- Newsroom
- WUSB Radio Station

**TOURS**

- Bike Safety Tour
- Avalon Park Hike
- David Weld Nature Sanctuary
- Shinnecock Bay Boat Trip
- Swim for Success
- Yoga
- Meditation
- Major in Tennis
- Self-Defense

**OUTDOOR/HEALTHY ACTIVITIES**

- CREATE Tour
- DIY Decor
- Tie-Dye Shirts
- Art Enthusiast Tour
- Cross-Stitch 101

**GET CREATIVE**

- Earth Bowls
- Kitchen Warriors
- Shark Week Desserts
- Allergen-Friendly Cooking
- Garden Harvest
- Instagram-Worthy Meals

**FOR FOODIES**

- Vietnamese cuisine with its different tastes and vibrant colors and will demonstrate how to make fresh summer rolls.

Experience firsthand how cooking Vietnamese foods is fun, simple and healthy.

Huyen Tran, administrative coordinator from Microbiology and Immunology, will talk about Vietnamese cuisine.

Join staff from Undergraduate Admissions on a pizza tour of delivered to campuses from several local pizza restaurants. Students will do a blind taste test and rank their favorite options. Who will be the winner?

Go “Beyond the Breach” with a boat tour led by Marvin O’Neal from Undergraduate Biology. Explore, by boat, the breach at Otis Pike Fire Island High Dune Wilderness to observe ecosystem diversity and interconnectedness. This four-hour journey will bring students, science and faculty together for a memorable adventure to our nearest national park.

Do you love a good mystery? Unraveling riddles and solving puzzles? Bring your inner Sherlock Holmes and Harry Houdini to the Breakout Challenge. Working in teams, you’ll have to follow the clues and open a lot of locks in a race to be the first team to the answer.

For more details, visit stonybrook.edu/undergraduate-colleges.
Emerging Stronger After a Year Like No Other

With unparalleled determination, Stony Brook’s resilient students, faculty, staff and healthcare heroes went above and beyond this past year to battle COVID and keep our community safe. Thanks to the efforts of so many (and to quick implementation of vaccines), our campus reopens to almost full capacity in-person learning on August 23.

Even as we roll out the welcome mat and plan many of our traditional back-to-school activities, the University realizes that for many, COVID continues to cast a shadow. You or a loved one may have become ill with the virus; you or a family member may have been impacted by unemployment; or perhaps you are still adjusting to being around crowds. Rest assured that we will continue to be proactive and do everything we can to protect your health.

The University is also committed to keeping you informed and providing all the support you may need as you adjust to returning to in-person learning.

Through the Stronger Together website, weekly emails and our social media outlets, we will make sure that you will:

- KNOW the latest updates on NYS and SUNY guidance and our science-based reasons around any decisions if we need to change campus guidelines.
- FEEL informed, supported, engaged and listened to. We want to make sure you are comfortable to be back and will provide you with any help you may need in adjusting.
- SEE what services are available to help you, including counseling for your mental health needs.

We will also ask that you DO all that you can to contribute to a nurturing and safe environment on campus. Be understanding of others, especially of those who may still feel more comfortable wearing masks when not required or maintaining social distancing. We are all in this together and we must each do our part to help keep our community happy and safe.

Stay informed. Be on the lookout for Stronger Together weekly emails or visit stonybrook.edu/strongertogether for updates.

The maintenance and custodial teams have been working incredibly hard to prepare each of Stony Brook’s 200+ buildings for occupancy and to ensure your health and safety.

From replacing more than 5,500 air filters in each of our building’s HVAC systems, to installing 650 hand sanitizing stations across campus, our crews have been operating throughout the pandemic to keep our campus running safely.

BUT WE STILL NEED YOU TO DO YOUR PART TO KEEP US ALL SAFE.

- Wash your hands often.
- • Stay home if you don’t feel well.
- • Follow all University guidelines for safe gatherings

SRU will continue to follow New York State Department of Health and CDC guidance to ensure our community remains safe. As guidelines evolve, changes will be communicated via email and online at stonybrook.edu/strongertogether.

Be Entertained.
The Staller Center for the Arts is back this fall with a lineup of shows you’ll LOVE.

Student tickets to live events are always $10. And if you’ve never been to a show, now’s your chance to try the first one on us with a First On Us ticket.

That’s right, new students can see their first Staller show FOR FREE!

To redeem your First On Us ticket, just bring your student ID to the box office and request your ticket to the show.

Upcoming shows include comedian Wayne Brady, actor/Broadway star Alan Cumming and our own Grammy-winning Emerson String Quartet.

For more information, visit stallercenter.com/seawolves.

Save the Date!
FAMILY DAY
Saturday, September 25
More details to be announced soon!
stonybrook.edu/familyserviceandsupport

STALLER CENTER’S FIRST ON US

Comedian Wayne Brady and actor Alan Cumming will be here to entertain you.

STONYBROOK.EDU/STUDENTS | AUGUST 2021 WELCOME
THE CENTER FOR PREVENTION AND OUTREACH

Helping You Take Care of Your Mental Health

Taking care of our mental health is vital to academic, personal, and professional success. At SBU we want to make sure that you have the tools and the skills to support your mental wellness.

The Center for Prevention and Outreach (CPO) offers programming and resources to educate, connect and empower all Seawolves to take care of themselves and each other. Get to know CPO and the programs and resources available to you throughout the year.

Need to unload some emotional baggage? Through CPO’s Let’s Talk program you can connect with a counselor for a free, brief, confidential conversation to obtain support and direction, ease concerns, answer questions and decrease stress. Virtual talks are available, but in-person sessions will be returning this fall, offering you more ways to discuss your thoughts with someone who cares.

CPO events on SB Engaged.

Looking to expand your network and connect with like-minded people? Drop in to a Global Minda Alliance peer-led space where undergraduate and graduate students engage in great conversation while gaining insights about SBU and the surrounding area. Want to become an upstander and a leader in our community? Register for CPO’s Bystander Intervention training and learn how to be an active, caring member of our community by recognizing signs of peers who are struggling and the resources to help.

Do you want to make a sustained impact on campus? Check out CPO’s Peer Education internships to learn how to get involved and make a difference.

These are just a few of the many programs and services available to you. Take advantage of them. Stop by CPO’s new space in the Stony Brook Union, suite 108, to meet the team that’s here to support you. Visit stonybrook.edu/CPO for more information and keep an eye out for CPO events on SB Engaged.

THE BEST WAY TO LEARN THE INS AND OUTS OF BEING A COMMUTER!

Are you a new commuter and eager to learn the best ways to navigate our sprawling campus and find ways to connect to other commuters? Then you need a Commuter Assistant!

Signing up for a Commuter Assistant (CA) is a great way to get a head start and set yourself up for success your first semester. Your CA will be your guide to all things SBU by serving as a friend, a mentor and a resource! They’ll help you navigate everything from how to master the art of online classes, to how to stay involved, both virtually and on campus.

To sign up for your Commuter Assistant visit stonybrook.edu/commuters. Each CA has a video you can watch to learn more about them so you can choose someone who shares similar interests.

COMMUTER STUDENT SERVICES

Whether your commute is two hours or five minutes, or you’re an international student looking for an apartment, the Office of Commuter Student Services & Off-Campus Living (CSS/OCL) is here to help you navigate your college journey.

The office, now located within the Student Life suite in the new Stony Brook Union, is a centralized location for all things related to commuter life. Whether it’s your first semester or your fifth, there’s always something we can do to make your experience better. Stop by when you are in the Union and we’ll be happy to help answer your questions or connect you with a Commuter Assistant who can be your personal guide to succeeding as a commuter on our campus.

Look for specific commuter events during Welcome Week to help new commuters connect, plus events throughout the semester just for you, like our popular Drive-in Movie.

If you are looking for an apartment or have other off-campus living questions, check out all the detailed resources we have available on our website at stonybrook.edu/commuters.

SEARCHING FOR OFF-CAMPUS HOUSING?

Visit the only housing listing website recognized by Stony Brook University to access legal local rental listings, apartment complexes and roommate requests. stonybrook.edu/offcampusliving

PARKING ON CAMPUS?

Our campus parking situation has continued to evolve during the pandemic to accommodate a drive-thru testing in the South P lot and vaccination efforts in the R&D Park. And it is still evolving.

Before you return to campus this August, please visit stonybrook.edu/parking for the latest updates on where you can park.

Laura Kuramoto ’23
(she/her/hers)

- Health Science Major
- Commuter
- Non-Traditional Student

ACTIVITIES Commuter Assistant (CA); Commuter Student Association; the Veteran Students Organization, Health Technology & Management Club

How do CAS help new students? By informing them of the resources available, as well as different programs and events that may be of interest and even assist them in growing as individuals.

Best advice for non-traditional students: Just because you are not what some imagine when they think of a “typical college student” does not mean you do not belong. SBU is grateful for the diversity of its student population. Your experiences and knowledge can help make other students more well-rounded in their education and lives.

Top ways for commuters to enhance their SBU experience: Don’t think that just because you commute means you cannot be involved. There are many things you can join, from events, to clubs, to things like being a Commuter Assistant. Also, you are not alone by any means; many students commute. If there is something you are interested in, there is most likely a club for it. If your niche is not a club yet, then launch one so you can have like-minded people to talk with and create a spot you can all enjoy.

Best part about being a CA: I enjoy being able to pass along my knowledge about campus life so that others can truly enjoy all the perks of being a Seawolf. I love seeing them sharing the information I give them so everyone can enjoy an event or not stress about missing a deadline because someone reminded them before it was too late.

SUPPORTING YOU
Supporting Parents With Lactation Rooms

Stony Brook University’s brand-new lactation rooms are now available across campus, offering state-of-the-art breastfeeding amenities to all members of the campus community.

The Department of Student Community Development in the Division of Student Affairs designed these lactation rooms with the goal of fostering a safe and relaxing environment for breastfeeding parents who need a space to express, collect and store breast milk or nurse their child. These new lactation rooms are provided throughout the campus footprint, offering greater convenience for student-parents who have classes in different buildings, as well as easy accessibility for faculty and staff. Lactation rooms are to be found on the lower level of the Stony Brook Union (L06-14) and the second level of the Health Sciences Center (2-295). Additional locations at the Student Activities Center (SAC), as well as the Social and Behavioral Sciences Building (SBS), are set to open in Fall 2022.

Stony Brook’s lactation room amenities include a hospital-grade, multiuser, electric double breast pump (Medela Symphony), a baby changing table, cleaning and personal care supplies; noise-suppressing sound machine; privacy screen; full-length mirror; and a comfortable seating area with a pillow and blanket.

Additionally, a mini-refrigerator is accessible in each space for daily milk storing purposes, as well as a microwave for steam cleaning, when needed. Mini storage lockers are available in some locations, where users can temporarily store personal breastfeeding accessories. In addition to the lactation rooms, other efforts to provide more support to parents on campus have been put in place. Six new baby-changing stations have recently been installed in high-traffic restrooms in the SAC, in addition to the six restrooms in the Stony Brook Union, which already feature space for this purpose.

For more information, details about current locations, terms and conditions of use, and how to gain access to active spaces throughout campus, visit stonybrook.edu/lactation.
University Libraries: At Your Service

The University Libraries comprise six distinct locations, including the Melville Library, Math/Physics, Sciences, Southampton, and Health Sciences libraries. Our librarians provide students with in-person and virtual reference and research assistance. Students with reference questions and research projects can meet with the reference librarian during business hours throughout the semester. They can also chat with a librarian via the “Ask Us” button on the library homepage (library.stonybrook.edu/research/ask-a-librarian/) or receive assistance through email.

Additional library services include Interlibrary Loan and the Laptop Loan Program. For graduate students who are teaching, we offer information literacy instruction, course reserves and in-depth, subject-specific research guides. Reach out to your library liaison at guides.library.stonybrook.edu/profiles for all your research and teaching needs!

There are a number of group study rooms and quiet study spaces at several branches. The Central and North Reading Rooms of the Melville Library offer enclosed, collaborative learning spaces for groups of two to six people. Reading rooms also feature computer workstations, comfortable seating and additional outlets for those needing to charge their devices. The libraries also offer a variety of campuswide events such as the STEM Speaker Series, Art In Focus, Pet Therapy Day, citation style workshops and many more!

For upcoming events and workshops, visit library.stonybrook.edu/library-events.

TOP 5 WAYS TO ENGAGE WITH THE GRADUATE STUDENT ORGANIZATION

1 Subscribe to the GSO Newsletter
   The GSO sends out a weekly newsletter during the academic year announcing events and opportunities for graduate students, spotlighting graduate student achievements, and sharing information relevant to graduate students. Subscribe now at stonybrookgso.substack.com.

2 Attend a GSO Event
   Throughout the year, GSO hosts and sponsors events to enrich graduate student experiences such as the Storytelling Event, mental health symposiums and game nights. Look for event announcements in our weekly newsletter, or on our social media pages.

3 Represent your Department
   Become a senator or alternate senator for your department and represent your fellow graduate students at monthly senate meetings. If your department already has a senator, reach out to them and have a conversation.

4 Listen to the Grad Radio Hour
   Biweekly, the GSO hosts a radio program on WUSB featuring interviews with Stony Brook scientists and researchers. The show returns in the fall. You can listen to the radio at 90.1FM or online at wusb.fm.

5 Apply for Funding
   GSO provides reimbursement for many activities such as professional development and travel, cultural events, and recreational activities. Visit stonybrookgso.org to see all that GSO has to offer.

SUPPORTING GRADUATE STUDENTS

WELCOME FROM THE GRADUATE STUDENT ORGANIZATION

The Graduate Student Organization (GSO) welcomes all graduate students to the Fall 2021 semester!

As the graduate student government at Stony Brook, the purpose of the GSO is to identify and protect the rights of graduate students, advance their interests, and represent its members in university affairs.

We also provide funding and reimbursement for many graduate student activities. And check out our new GSO lounge opening this fall in the Student Activities Center!

Follow us on social media:
Instagram and Twitter: @STONYBROOK_GSO facebook.com/bugso The GSO invites you to get involved! Learn more at stonybrookgso.org.

Did You Know?
Every SBU college/school/unit has a Diversity, Equity and Inclusion (DEI) committee representing it.

This is a great opportunity for undergraduate and graduate students who have a shared interest in further creating a diverse, inclusive and more equitable academic environment and discipline. These committees were established to foster more open communication, representation and engagement, offering students a collective platform to voice their concerns with leadership and school administration, create educational and social programming, and collaborate with faculty and staff. DEI committees serve as a space for students to participate in crucial conversations and decisions.

Stony Brook encourages all students to make their voices be heard. Department committees are just one way you can make a difference.

For more information on how you can join the DEI committee in your area, visit stonybrook.edu/diversity.

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The Inside Scoop on Campus Dining

The Faculty Student Association offers two all-you-care-to-eat dine-in locations and more than a dozen retail locations offering delicious, sustainable food. Resident and commuter students save money every day because all meal plans are tax-exempt! Resident students’ meal plans will be used during Welcome Week. Commuter students can choose a meal plan with bonus meal swipes to use at dine-in locations, plus they save 10% on the door rate of dine-in when paying with Dining Dollars.

WELCOME WEEK WILL INCLUDE:
• Freight Farms tours to learn how we grow lettuce hydroponically on campus
• Workshops on Eating Sustainably and Growing Your Own Herbs
• Hands-on Teaching Kitchens with Campus Dietitian Laura Martorano
• An opportunity to become a better baker and Create Shark Week Desserts with Lisamarie Gonzalez, award winning pastry chef at Stony Brook University Hospital.
• A chance to meet Celebrity Chef Barton Seaver at his sustainable seafood lecture. Be sure to stop by for his book signing on August 18!

Craveable Menus
View menus before going to the dining locations by downloading the Nutrislice app, which gives nutrition content and sends notifications about special events. You can also view maps that show how busy dining locations are.

Mobile Ordering
Use the GET Mobile app to preorder pizzas, salads, sandwiches and even Starbucks! You will also use this app for touchless payment when you scan your student ID at the cashier station from your mobile device.

Vegetarian Options
Head over to East Side or West Side to try all new plant-based recipes at Rooted. This 100% vegan platform has options that are focused on wellness and sustainability. Follow @sbu_eats for the latest news from Campus Dining.

Wolf Ride is SBU’s on-campus bike-share system that provides students, faculty, staff and visitors with a sustainable, healthy transportation alternative. Thirteen solar-powered bike stations are located across campus, with 85 bikes in circulation. See a map of bike stations and learn more about the program online at stonybrook.edu/sustainability.

Val Marzulli ’22
(she/her/hers)
• Psychology Major
• Resident

Best advice: Live in the moment! Of course, certain circumstances or academic paths may require some planning ahead, but it is so draining to constantly be trying to map out the future when it’s so far away. You’ll save yourself so much stress by taking everything one step at a time.

Best way for residents to get involved: Go to Hall Council! It’s a great way to connect with people in your building! You could also join your Hall Council’s Executive Board, which is a great leadership opportunity.

What do you wish you knew your first year? I wish I had known how accepting everyone is at SBU. I had come into college being so preoccupied as to what people thought of me, but everyone here is so supportive and encouraging of everything we do. As a result, I’ve learned to be more unapologetically me!

Favorite place to study: I love going to the Tabler Arts Center to get work done. It was a nice walk from where I lived on campus (H Community), and it has such a gorgeous view overlooking Tabler Community.
Get Ahead With SoCJ

The School of Communication and Journalism (SoCJ) has several programs that can help you get ahead or even find a new career.

BREAK SCIENCE OUT OF THE LAB
Share the wonders of science and research with SoCJ’s newly approved major’s in Science Communication. Designed for students with backgrounds in science, engineering, math and the social sciences. Learn more at stonybrook.edu/sharescience.

NEW MAJOR
As a mass communication major at NEW MAJOR, you will study real-world examples of mass communication; dissect how and why they were created; and conduct research to better understand what works, why and how. You will test your knowledge by creating your own messages using the School’s state-of-the-art newsroom and a TV studio. Learn more at stonybrook.edu/journalism.

EARN YOUR SPK CREDITS
Fundamentals of Public Speaking, JRN 120, is the only intro-level, online course that fulfills the Stony Brook Curriculum’s public speaking requirement. Multiple sections offered every semester.

SOCJ WELCOME BACK DAY
Join staff and instructors from the School of Communication and Journalism for a special Welcome Back Day on August 17. Take this time to reacquaint yourself with the campus, and tour the School’s newsroom and studio. Registration is required. For more information on this event, please email journalism@stonybrook.edu.

OUT  OF  THE  LAB
BREAK SCIENCE

Top 5 Reasons to Visit the Career Center

1. Discover tools to help you learn more about your skills and interests, choosing a career path, and the major-to-career connection.
2. Join a Career Community and receive personalized support from experienced coaches dedicated to a specific career field.
3. Find on-campus and off-campus job and internship experiences using Handshake, the Career Center’s recruitment and job posting platform. (Access to Handshake is available to new Stony Brook students one week after registrations.)
4. Learn how to prepare for the job search and articulate previous experiences in a resume, cover letter, or interview.
5. Connect with employers and alumni across all industries through job and internship fairs and other networking and preparation events.

Visit the Career Center today, either in person (at the foot of the Zebra Path in Melville Library) or at stonybrook.edu/career.

TECH DISCOUNTS!
Save $5 on your next computer!

All students can receive education discount pricing on Apple products at stonybrook.edu/apple and Dell products at stonybrook.edu/taa/services/dell.php.

Apple discount requires NetID login.

FREE TUTORING!
The Academic Success and Tutoring Center (ASTC) is YOUR source for all your tutoring and academic support needs. In addition to matching you with the right tutor for a course, ASTC offers sessions on study skills, time management and more. Sessions may be held virtually or in person.

The schedule for course-based tutoring opens on Monday, August 30. The first day of tutoring will be Tuesday, September 7.

To find out more or to schedule a session, visit stonybrook.edu/tutoring.

Did you know that there’s a space on campus where you can make almost anything?

CREATE is the campus’s makerspace where students engage in hands-on learning with technology such as 3D printing, Laser cutting, Design Thinking, VR, Circuit, and associated equipment in a variety of engaging facilities.

To learn more, including on when the space will open this fall, visit stonybrook.edu/icreate.

Best advice for new international students: SBU provides students with many adventures, opportunities and optimistic views. We have landed into the hands of people with expertise where we can gain knowledge and experience and make our dreams come true. As it is often said “you reap what you sow.” New international students should explore all the challenging opportunities that come their way by breaking out of their comfort zone. The college experience is what they make out of it.

One thing every new student should know: Don’t be afraid to make mistakes. College is filled with both good and bad experiences, but the constant courage to keep moving forward should never be dimmed because of the failures you might face. It’s always important to remember that failure is the stepping stone to success, so we should not be afraid to take on challenges. It’s also important to make the right choices and not compare yourself with the people around you. Believe in yourself and your talents, don’t give up and keep moving forward with a never-give-up attitude.

Good resources for international students: The Career Center is a great resource, as it offers career development sessions that help students improve their career management skills. The Tutoring Center is another valuable resource, with sessions to help students succeed academically.

Favorite spots to study on campus: The Melville Library and Wang Center.

STONYBROOK.EDU/STUDENTS
Roth Food Court Adds New Concepts

The fun, signature menu items lend themselves to an international palate and explore the flexibility and versatility of a timeless classic. The fun, signature menu items lend themselves to an international palate and explore the flexibility and versatility of a timeless classic.

CELEBRITY CHEF TILALI’S MODERN ASIAN KITCHEN is a fast, fresh and flavorful quick-serve concept based on traditional Southeast Asian cuisine. This concept features rice and noodles, lean meats marinated in spicy and savory sauces, and an infinite combination of fresh vegetables, herbs, and grains, providing a diverse, healthy menu.

MAC & CHEESE: offers American comfort foods with custom creations that redefine mac and cheese. Students can embrace their inner creativity and build their own bowl.

Mumbai Market features traditional spices and ingredients from the five main regions of India with a menu that offers bold flavors and vegetarian meals. The authentic Indian cuisine includes an array of fresh vegetables, herbs, and grains, providing a diverse, healthy menu.

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Indian cuisine includes an array of traditional spices and ingredients from the five main regions of India with a menu that offers bold flavors and vegetarian meals. The authentic Indian cuisine includes an array of fresh vegetables, herbs, and grains, providing a diverse, healthy menu.

CelebriTy Chef. TilalI will be here this fall at the Grand Opening of his Modern Asian Kitchen.

Follow @sbueats to find out the date of the Grand Opening Celebration and meet celebrity chef Jet Tila!

Sbu launches one book, one community

The book selected is Interior Chinatown, a New York Times bestseller by Charles Yu. This novel explores race, pop culture, immigration and identity with heart, anger and dazzling wit. In collaboration with Emma S. Clark Memorial Library, SBU will be distributing free copies of the book for those who wish to participate, available on a first-come, first-serve basis.

SeaWolves are encouraged to read the book in September in preparation for a series of free events from October to November 2021, including a visit from the author.

Please visit stonybrook.edu/onebook for details about how to get your copy of the book and the events associated with the program.

Take the updated community pledge!

In 2011, SBU introduced the Community Pledge to involve students more actively in taking a stance on community and equality, and celebrating our diverse campus. In 2021 – with input from student leaders – it was updated to better reflect the needs of our vibrant community. Taking the pledge affirms your commitment to other members of the SBU family. Being part of a community means we strive to understand and appreciate the experiences of others; to listen respectfully and engage in dialogue with each other; to challenge racism; to promote equity and fairness; and to hold ourselves accountable, both individually and collectively.

Pledge your commitment here: stonybrook.edu/pledge

Science or the arts? Why not both?

The Bachelor of Arts (BA) in biology has expanded its list of eligible minors for the program. It now includes History of Health, Science and the Environment, STEM in Literature and Culture, Theatre Arts, and the new Globalization Studies and International Relations minor.

The BA in biology allows students to complete all the science/math requirements for professional schools in the health sciences. It requires fewer science credits than the Bachelor of Science (BS) in biology, replacing a concentrated four-course specialization in biology with a minor in a nonoverlapping, liberal arts program in the College of Arts and Sciences. With the biology BA degree, students can combine a science/biology major with a non-science program such as writing and rhetoric, anthropology, economics, or Spanish, to name only a few. This interdisciplinary experience can be valuable for a career in medicine, as well as those in business, law and more.

The choice of whether to pursue a BA or a BS is about what best fits individual goals. If you prefer to specialize in the sciences, the BS is likely for you. However, if you wish to combine complementary skills with your science training, the BA may be an attractive option.

For more information and for a look at the 40+ minors associated with the BA in biology, visit stonybrook.edu/BiologyBA.

SBU launches one book, one community

All students, faculty and staff, along with the Three Village community, are invited to join together in SBU’s new shared reading program. One Book, One Community. The program seeks to connect the campus and the local community through a shared reading experience focusing on themes of diversity, equity and inclusion. The book selected is Interior Chinatown, a New York Times bestseller by Charles Yu. This novel explores race, pop culture, immigration and identity with heart, anger and dazzling wit. In collaboration with Emma S. Clark Memorial Library, SBU will be distributing free copies of the book for those who wish to participate, available on a first-come, first-serve basis.

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On July 12, SBU welcomed Ric McClendon as its new assistant vice president and dean of students. He’s here to help make your SBU experience the best it can be.

Tell us a little about yourself. I am a native of Charleston, South Carolina. I am a first-generation college student and the first in my family to receive both a master’s degree and doctorate. Before starting a career in higher education, I served six years in hospitality management, working for various hotels. It’s where I learned and later practiced servant leadership principles. I am a proud member of the Sigma Chi International Fraternity serving in various leadership, faculty and advisory capacities. My expertise in higher education focuses on restorative justice principles, leadership development and student engagement.

What are you looking forward to? Engaging with undergraduate and graduate students to learn about their SBU experience; discovering how I can best support students during their academic journey; and having an opportunity to enhance their experience through co-curricular engagement, leadership and well-being activities.

How do you plan to connect with students? An important priority is to attend as many student-organized events, meetings and social gatherings I’m invited to. My goal is to engage with students to learn about their interests and what brings life to the spirit of Stony Brook. I hope to also gain perspective on how I can collaborate with students, faculty, and staff to not only continue the great work that is already being done, but to further expand our programs, services and resources to foster a sense of pride and belonging, meet the changing needs of students and create opportunities that enhance student success.

Favorite music? I enjoy everything from R&B/hip-hop to country to jazz. I have an array of favorite artists that include Hozer, Beyonce, Kane Brown, Adele, Rings of Leon and Luther Vandross.

Favorite food? When you’re from the South there are too many to name just one. My favorite food types are Southern comfort foods and Cajun-style seafood.

To learn more about Dean McClendon, follow him on Instagram @sbudeanofstudents.
THE KEY TO CAMPUS INVOLVEMENT

Matthew Shinder ’22
(hi/him/his)
• Computer Science /Applied Mathematics Double Major
• Resident

ACTIVITIES President, Stony Brook Esports Association; UGC Fellow; Intramural Coordinator; Peer Assistant Leader

Best advice: Get engaged on campus early. It’s OK to join a club/organization and then leave if you decide you’re not that interested.

What do you wish you knew your first year? That we have a plethora of academic resources on campus such as professor/teacher assistant office hours, as well as our Tutoring Center.

What’s new with Esports: We have a new facility located in the Club Hub of the Union, designed to help students play competitive video games without having to worry about equipment. The room is open to the public during open hours to help generate interest in Esports but also has times reserved for our teams so that they can play at the highest settings and work on team chemistry in person. We strive to compete at the highest level with colleges and universities across the nation in various Esport titles.

Favorite events: All the athletic games that we host here, especially the football and basketball games. My favorite part is that SBU students get free entry to every athletic game.

The SB Engaged website, along with the companion Corq app, has made it easier for students to get involved in campus life and for all student groups and organizations to plan, implement and share upcoming activities and events. SB Engaged also lists events from the Career Center, CFO, CAPS, Campus Rec and other offices. If it’s happening on campus and of interest to students, it’s on SB Engaged. Visit stonybrook.edu/sbengaged for the complete guide to all recognized student groups.

CORQ APP
Find information about all student groups and upcoming events with the Corq app.

• Download Corq from your phone’s app store.
• Select ‘Stony Brook University’ It should come up automatically if you open the app for the first time while on campus.
• Sign in using your NetID.
• View all events/clubs or use filters to narrow down your search.

SB Engaged Makes it Easy to Find Fun

HOMECOMING
October 18 to October 23

Homecoming will be back in person with all the events you love!
• Cheer on the Royal Court during the Creative Explosion.
• Show off your talents at the Seawolves Showcase.
• And, of course, cheer on your football team on Saturday, October 23, as they face the Richmond Spiders at 3:30 pm in LaValle Stadium.

More details will be announced at the start of the semester. stonybrook.edu/homecoming

GET YOUR REC ON!
The Department of Recreation and Wellness is excited to offer traditional programming for the Fall 2021 semester! In addition to the three floors of all the equipment you could want at the Walter J. Hawrys Recreation Center, we will be offering group fitness classes, intramural sports and opportunities to join our many sport clubs.

As you prepare to come to campus, we encourage you to download our new app, RecOnTheGo (compatible with Android and iOS phones). With the touch of your screen, you will have access to everything the Rec offers. This includes your membership card, fitness class schedule, personal training purchases, intramural sign-ups, events and more! Use the app to sign up in advance for popular group fitness classes such as spin, yoga, total body, cardio blast, Pink Gloves Boxing and Zumba.

Intramural sports are also back this fall and will include outdoor soccer, flag football, volleyball and basketball (fingers crossed!). For more information, or to register, visit IMLeagues.com.

Did you know SBU offers more than 35 active sport clubs? These clubs range from ice hockey and rugby to Quidditch and Ultimate Frisbee! No experience is necessary to join a sport club. For a comprehensive list of sport clubs, visit stonybrook.edu/sbengaged.

If you have any questions about opportunities and services within Recreation and Wellness, please stop in or email us at recreationandwellness@stonybrook.edu.

THE KEY TO CAMPUS INVOLVEMENT
Monday, August 16 to Saturday, September 25

MONDAY, AUGUST 16
First-Year (FY) Move-In Day 1 (assigned times)
Family Lunch, 12:30 pm to 3 pm, Staller Steps
Farm-to-Table Guest Chef Budd Cohen/Dinner at East Side, 5:30 pm to 8 pm
Vendor Pop-Up: Argo Tea at East Side dine-in, 5:30 pm to 8 pm
Welcome Week Evening Program, 9 pm

TUESDAY, AUGUST 17
FY Move-In Day 2 (assigned times)
Family Lunch. 12:30 to 3 pm, Staller Steps
Commuter Student Expo; SB Union Ballroom/Parking Lot, 5 pm to 8 pm
Vendor Pop-Up: Peet’s Coffee at West Side dine-in, 5:30 pm to 8 pm
First Night Out, 7 pm, location TBA

WEDNESDAY, AUGUST 18
Celebrity Chef Barton Seaver Sustainable Seafood Lecture, Wang Center Theater, 9:30 am to 11 am
FY Seawolf 101, 10:30 am to 12 pm
FY New Student Convocation, 2 pm to 3:15 pm, LaValle Stadium
Chef Barton Seaver Sustainable Seafood Dinner, East/West Side, 5:30 pm to 8 pm
Vendor Pop-Up: Alaska Seafood at East Side and West side dine-in, 5:30 pm to 8 pm
Playfair and Choose Your Own Programming (CYOP) Rotation, times TBA
FY Undergraduate Colleges Dinner Event, 6 pm to 8 pm
Welcome Week Evening Program, 7 pm

THURSDAY, AUGUST 19
New Resident Transfer Move-In Day (assigned times)
FY Seawolves, 10:30 am to 12 pm
Women’s, Gender and Sexuality Studies Welcome Back/Drop In Office Hours, Humanities 2018, 1 pm to 3 pm
CYOP: 1:30 pm to 6 pm
New Transfer Community Meetings, 4 pm
Global Night Dinners at East Side and West Side dine-in, 5:30 pm to 8 pm
Tasting Table with Dietitian Laura Martorana; East Side/West Side dine-in, 5:30 pm to 8 pm
Welcome Week Evening Program, 7 pm to 11 pm, location TBA

FRIDAY, AUGUST 20
Returning Undergraduates Move-In Day 1 (selected times)
Transfer Tell All, 10:30 am to 11:30 am and 1 pm to 2 pm
Transfer This Is Us, 10:30 am to 12 pm and 12:30 pm to 2 pm
Transfer New Student Convocation, 2:15 pm to 5 pm
CYOP: all day

SATURDAY, AUGUST 21
Returning Undergraduates Move-In Day 2 (selected times)
Community Service Day; various locations, 10 am to 3 pm. Sign up on SB Engaged.
Wolfe’s Welcome First Year Pep Rally, 5:30 pm to 6 pm, LaValle Stadium
Wolfe’s Welcome FY Stadium Dinner, 6 pm to 7 pm, LaValle Stadium
Wolfe’s Welcome Candlelight Ceremony, 7 pm, LaValle Stadium

SUNDAY, AUGUST 22
Returning Undergraduates Move-In Day 3 (selected times)
CYOP: all day

MONDAY, AUGUST 23
FIRST DAY OF CLASSES
WEDNESDAY, AUGUST 25
Virtual On-Campus Job and Internship Fair, 11 am to 2 pm. Register on Handshake or visit stonybrook.edu/careers for more info.
French Club First Meeting, 5:30 pm to 6:30 pm, location TBA
THURSDAY, AUGUST 26
Class of 2024 Event, Tabler Patio, 3 pm to 7 pm
FRIDAY, AUGUST 27 & SEPTEMBER 1
WEDNESDAY, SEPTEMBER 1
Virtual IT and Engineering Job & Internship Fair, 1 pm to 4 pm.
Communications, and Journalism Virtual Business, 1 pm to 4 pm.
Virtual Accounting Job and Internship Fair, 1 pm to 4 pm.

SUNDAY, SEPTEMBER 5
Family Day: Details TBA
For the most-up-to-date calendar, please visit storybrook.edu/shANGED or download the Conq app for more details.

FRIDAY, SEPTEMBER 17
Virtual Accounting Job and Internship Fair, 10 am to 12 pm, and Virtual Business, Communications, and Journalism Job and Internship Fair, 1 pm to 4 pm. Register on Handshake.

SATURDAY, SEPTEMBER 18
Craft Night, Zucca Gallery; 7:30 pm. Explore an artist’s work followed by an art-making activity inspired by their art.

FRIDAY, SEPTEMBER 24
Virtual IT and Engineering Job & Internship Fair, 1 pm to 5 pm. Register on Handshake.

SATURDAY, SEPTEMBER 25
Family Day: Details TBA

WOLFIELAND IS BACK! Saturday, September 11
The carnival rides and games you’ve been missing will all be back. Don’t miss this epic day of fun! More details to be announced soon!

SAVE THE DATE! Learn All About French Club
Wednesday, August 25
5:30 pm to 6:30 pm
Location TBD
The Department of European Languages, Literatures and Cultures’ invites you to learn more about French Club. Refreshments will be served. Membership is open for the entire undergraduate community: French majors, minors or anyone who wishes to expand their horizons and engage in the francophone culture.
Follow the French Club on Instagram @sbu.trm and stay connected with us at linktr.ee/sbu.trm.

FILL IT FORWARD
Did you know you can win prizes while helping the environment? Through the Fill It Forward rewards program, students are encouraged to use reusable water bottles on campus rather than plastic, disposable bottles. Students can become eligible for prizes by visiting their bottles at any of SBU’s 100+ water bottle filling stations and scanning their tag using the Fill It Forward app.

It’s easy! 1. Download the Fill It Forward app to begin scanning your tag each time you refill, thereby track waste diverted, see emissions saved, and observe how much ocean pollution you’ve helped avoid.
2. You are then entered into weekly prize drawings following your 20th refill; so always remember to scan your tag! Prizes supplied by FFA and the Office of Sustainability include Wolfe’s Wolfie’s gift cards, water bottles, lanyards and more.
3. A Water Bottle Filling Station Dashboard is live on the Sustainability website. Use the map to find the closest refill station to you.

For more information, visit storybrook.edu/sustainability.

It’s open and everything is free! Bring your reusable water bottles and participate in the Refill Station Challenge to find the stations that refill the fastest.

Get Your Gear and Books at SBUSHOPRED.COM
Students can place book orders now through sbushopred.com and comparison shop for new, used, rental and e-books. And when you are on campus, stop by Shop Red West or Shop Red East for the latest Stony Brook branded apparel and merchandise and school supplies. Download the My College Bookstore app and get 20% off a Stony Brook Spirit apparel item!

Spanish Open House Wednesday, October 6 • 1 pm
Learn about becoming a Spanish major/minor and our free Spanish conversation groups! Lunch will be served.

Katie McCombs ’23 (she/her/hers)

ACTIVITIES
Peer Assistance Leader
Hall Council

Best advice: Manage your time and don’t forget to have fun. There is a way to balance your academics and your social life, so figure out what works best for you.

Tips for new residents: Go to the events hosted by your Hall Council. They are super engaging and usually involve free food/items, as well as great people that you can get to know. Hall Council will allow you to have a leadership position on the Executive Board and a way to get to know other people in your building.

What do you wish you knew your first year? College is not as scary as it may seem. You will find your people, find your happy place, and find the things that make you happy at Stony Brook. It may take some time, but you’ll get there in due time. Patience is key.

Favorite campus activity: Going to jams and mixing with my friends and using up our leftover Dinner Dollars or spending time on Staller Steps.

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TO OPEN AN ACCOUNT: Schedule an appointment by emailing SBUAppt@islandfcu.com or visit The Student Activities Center branch or any Island branch

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