



BEING COLLEGE READY

 **SUNYADIRONDACK**
A State University of New York Community College



HOW CAN STUDENTS BALANCE ALL OF THESE PRIORITIES?

- Academics/Grades
- Relationships with
 - peers (at home)
 - peers (at school)
 - staff/faculty
 - family
 - roommates
- Mental Health
- Physical Health
- Finances
- Employment
- Family
- Extracurriculars -
 - athletics,
 - clubs,
 - events





WORK WITH YOUR ACADEMIC ADVISOR



All full-time enrolled students are assigned an academic advisor based on their major. **Your advisor is one of your biggest supports**, serving as a guide for your educational and career planning. They work out of SUNY Adirondack's Center for Student Success in Warren Hall.

Year round, advisors are available to assist students with:

- academic planning
- career planning
- transfer planning
- course selection
- degree management
- establishing career goals

GREAT FUTURES START HERE

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TAKE FRESHMAN SEMINAR

The first year of college coursework can be daunting. It's a major transition, but SUNY Adirondack has your back. We've developed unique programs on campus to help you not only survive but excel in your first year.

As a new student, you will have the opportunity to participate in a **Freshman Seminar or College Success Course**. This course provides essential information about our campus, support resources, and ways to ease your transition to college.

- HRD 110
- HRD 100



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VISIT SCOVILLE LEARNING CENTER

The **Scoville Learning Center** features:

- a computer lab, offering space to work on homework and papers
- research assistance online by librarians
- online appointments with the English Division's Center for Reading and Writing
- tutoring by Math, Engineering and Computer Science faculty

For more about tutoring services, see:
<https://www.sunyacc.edu/academics/tutoring>



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 **SUNYADIRONDACK**
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VISIT THE SUNY ADK LIBRARY



The **library's resources** include:

- research assistance from librarians by chat, text, email, video, phone.
- Visit: <https://sunnyacc.libanswers.com/>
- millions of online articles through 100+ subscription library databases
- thousands of streaming documentary videos
- 30,000 print books and more than 200,000 downloadable electronic books

See the Library's website for details:
<https://library.sunnyacc.edu/home>

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ACCESS THE CENTER FOR READING & WRITING



You can make an appointment
online at [WCONLINE!](#)

The **Center for Reading and Writing** provides a wide variety of services to all students on campus:

- **Writing Consultation:** Writing consultants are available to assist with any writing project, at any stage, for any level of writer. Whether your project is for an English class or any other major, we're here to help. Bring the assignment sheet or instructor directions, and we can assist with brainstorming, outlining, draft feedback, as well as editing, revision, and final polishing.
- **Speech Preparation:** Have a speech you need to practice? CRW consultants can assist with outlining, note cards, and even practice. Let us be your audience and provide you with tips and techniques to prepare you.



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ACCESS THE MATH LAB

The Math Lab:

- Located in Scoville Student Center
- Offers free math support to any student at SUNY Adirondack enrolled in a mathematics course or course that involves mathematics calculations
- Day and evening hours available, as well as remote support
- Specific content areas support available
- No referral needed
- Walk-ins welcome!



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USE TUTORING OPPORTUNITIES

Tutoring is available to all students on campus in a variety of subject areas. Tutors can support your success in many ways, such as:

- Providing feedback on a paper or presentation
- Giving you another opportunity to hear course material explained
- Reviewing class materials to help you prioritize before a quiz or an exam
- Offering study tips and strategies
- Highlighting your strengths and pointing to areas for improvement
- ... and so much more!



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TRY CAREER & TRANSFER EXPLORATION

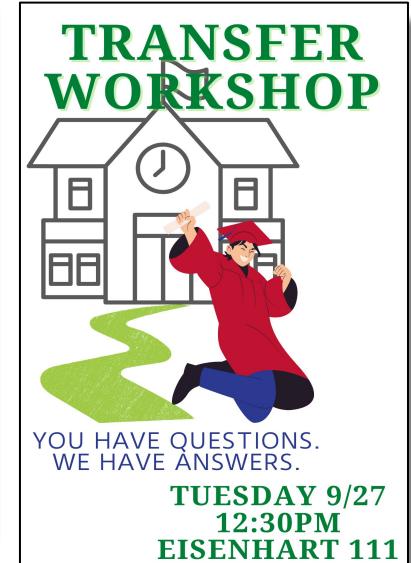
Whether students have their heart set on a career goal or are still unsure of their path, experienced advisors are here to offer workshops and tools to help them sort out their next step and stay on the path to success, both here and beyond SUNY Adirondack.



Career Development Workshop

Resume Building & Interview Skills

9/28, 10/5, 10/24
12:30-1:30PM
SCOVILLE 211



TRANSFER WORKSHOP

 A graduation cap is shown above a building with a clock tower.

YOU HAVE QUESTIONS. WE HAVE ANSWERS.

**TUESDAY 9/27
12:30PM
EISENHART 111**

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APPLY TO TRIO

TRIO Student Support Services is a support program for eligible students to assist in successfully completing college

Services Include:

- Dedicated advisor through graduation
- Transfer college and career exploration
- Support completing financial aid forms
- Tutoring and academic skill building
- Access to lending library- texts, laptops, calculators, digital cameras

Eligible students:

Income eligible; **OR** First Generation; **OR** Student with disability

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TRIO
STUDENT
SUPPORT
SERVICES



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APPLY TO EOP



The **Educational Opportunity Program** (EOP) is a state-funded program for New York State Residents who are educationally and economically disadvantaged. The primary objective is to help provide educationally related services to students whose educational and economic circumstances have limited their educational opportunities.

Benefits:

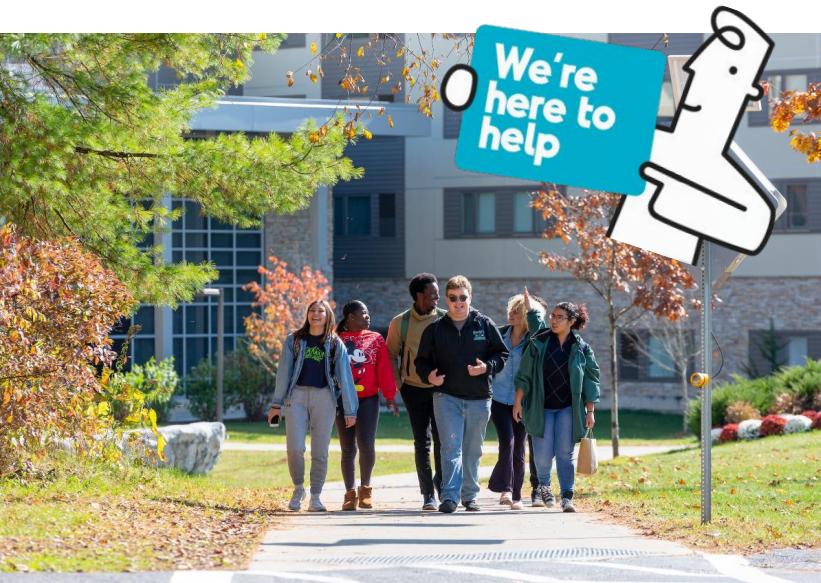
- Dedicated advisor through graduation
- Individualized tutoring
- EOP Summer Bridge Program, a four-week college orientation program
- Access to technology lending
- Mentoring
- Direct Aid

Eligibility:

- New York state resident for 12 months before admission
- First-time full-time college student
- Graduate of a New York state high school with a GPA between 70 and 84, or recipient of a GED/TASC
- Transfer student previously enrolled in EOP/HEOP/College Discovery/SEEK at another college

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CONNECT WITH A PEER MENTOR



Did you know ... ?

Peer coaches are advanced students at SUNY Adirondack who can help connect new students to the important campus resources they'll need in order to be successful in classes and in campus life.

- Need a tutor but not sure where to look on campus?
- Nervous about contacting a professor for the first time?
- Struggling to make connections with other students?
- Unsure how to get involved in campus activities?
- Looking for 'real life' study tips from a student who just survived freshman year and is ready to share their wisdom?

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CONTACT ACCESSIBILITY SERVICES



SUNY Adirondack provides equal access to the college's program, services and activities for individuals with documented physical, learning and psychological disabilities. To receive accommodations, **an individual must self-identify with the Accessibility Services Director and provide appropriate documentation**. This information is confidential and securely maintained in the Accessibilities Services Offices.

QUESTIONS?

Email access@sunyacc.edu.

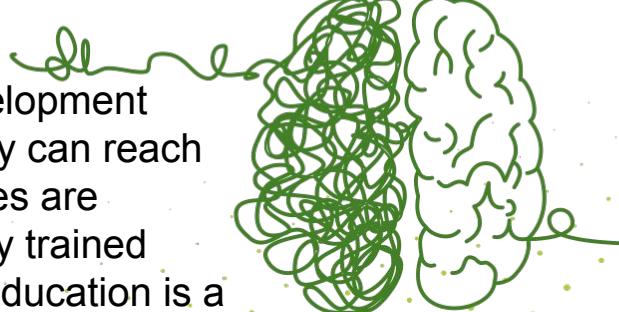
You can also [visit the Accessibility Services page](#) on the SUNY Adirondack website.

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CHECK OUT COUNSELING

Our counselors strive to support the academic, career and personal development of all students so that they can reach their full potential. Services are provided by professionally trained counselors who believe education is a developmental process integrating educational, personal and social development.



- ★ Relationship problems involving other students, professors, friends or family
- ★ Depression
- ★ Trouble with class assignments or feeling overwhelmed
- ★ Anxiety or anger interfering with school
- ★ Feeling lonely or isolated from others
- ★ Difficulties with food or weight
- ★ Present or past issues with abuse
- ★ Dealing with sexual assault or trauma
- ★ Problems with drugs or alcohol
- ★ Feeling out of control or suicidal
- ★ Problems keeping you from reaching your academic or personal goals

GREAT FUTURES **START HERE**

STOP BY THE COMMUNITY HUB



The entrance to the Community Hub features a wooden sign above the door that reads "FOOD SOURCE COMMUNITY HUB". To the right of the door is a glass window displaying a menu board with items like "JUICE", "Pasta", "PEANUT BUTTER", "BEANS", "Cereal", "DRIED FRUIT", "RICE", "BEEF SAUS", "GRANOLA BARS", "COOKIES", "OATS", "MACARONI & CHEESE", "JELLY", "SALMON DINNERS", "SOUP", "NOODLES", "TUNA", and "RAMEN". Below the menu board are social media icons for Facebook, Instagram, and YouTube, followed by the handle "#SUNYADK".

Students can make an appointment via the referral form located on Student Banner. [Request services here.](#)

GREAT FUTURES **START HERE**

The **Community Hub** at SUNY Adirondack was established to identify and meet the non-academic needs of our students. The goal of the Hub is to provide a seamless link to community and on campus resources, and address the barriers that may get in the way of our students success.

We want our students to reach their educational goals at SUNY Adirondack and beyond! The Community Hub provides confidential one-on-one support to its students. Free referral services include:

- Securing health insurance
- Food assistance
- Transportation needs
- Counseling: family and individual
- Drug and alcohol counseling
- Tax preparation
- Gas cards
- ...and much more!





FOCUS ON HEALTH & WELLNESS



The campus **Fitness Center**, located in the Residence Hall, is a modern gym featuring the latest workout equipment as well as group exercise sessions and fitness events.

The comfortable environment is a safe and welcoming place for the entire campus community to work toward healthier lifestyle choices. The Fitness Center is **open to current SUNY Adirondack students, faculty and staff**. A valid SUNY Adirondack ID is required to gain access into the Fitness Center. Students, faculty and staff must present a valid SUNY Adirondack ID each time they enter the facility. **Group exercise sessions** may be available at various times throughout the week during the semester.

GREAT FUTURES START HERE

FOCUS ON HEALTH & WELLNESS

The Mobile Health Center is onsite the **2nd and 4th Thursday of every month from 9am-4pm** (located in the parking lot next to the Residence Hall).

Students can walk in or schedule an appointment ahead by going to hhhn.org/mobilehealth or calling **518-623-0871**. Services include primary care visits for adults and children, women's health services, chronic disease management, same-day sick visits and preventive health screenings. Learn more and see the schedule at hhhn.org/mobilehealth.

Hudson Headwaters cares for everyone in our communities, regardless of financial or insurance status. The Network participates with most major insurers, including Medicare and Medicaid and offers sliding fee discounts and budget plans.



Mobile Health

HUDSON HEADWATERS
MOBILE HEALTH

Your good health is what drives us.

Hudson Headwaters Mobile Health offers primary care, pediatrics and gynecology.



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 **SUNYADIRONDACK**
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SEE OUR ON-SITE NURSE: NURSE DEB!



Glens Falls Hospital nurse Deb Neal is available to see any student from **11 a.m. to 4 p.m. Monday through Friday in the Residence Hall, Room 159A.**

She can provide first aid treatment and health education, offer initial assessment, triage and follow-up care, and act as a resource for medical information.

Visits to the nurse are **FREE**.

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CAMPUS CHILD CARE

“Being in my 30s, having four kids, each with special issues ... It definitely was not easy, and there were days where I just wasn’t sure I was going to make it.

Never once did my professors make me feel like family didn’t come first. I wouldn’t have been able to without my professors.”

For more information, please visit the [Child Care page](#) on the SUNY Adirondack website.

GREAT FUTURES START HERE

JEN NOSAN
QUEENSBURY, NEW YORK
MOTHER AND WIFE
Graduated from SUNY Adirondack
and went on to earn a bachelor’s degree



VETERANS RESOURCES



For more information, visit the
[Veterans Resource webpage.](#)

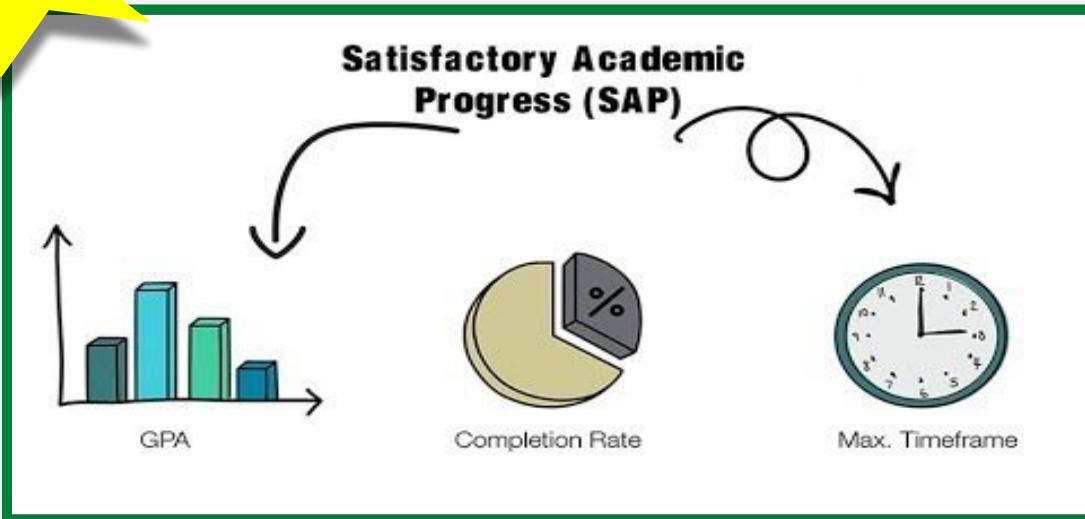
With a Veterans Resource Center on campus, SUNY Adirondack supports America's military heroes with valuable services for college success and beyond. In addition to helping veterans navigate college admissions and financial aid, our veterans benefits advisor offers:

- assistance for legally blind wartime veterans
- financial assistance for burial and plot expenses
- disability benefits counseling
- assistance for some children, spouses, widows and widowers
- employment and training help
- health care assistance
- low-interest mortgage program information
- pension benefit assistance
- property tax aid
- aid for wartime veterans and non-remarried surviving spouses
- survivors' benefits filings
- vocational rehabilitation aid

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MAINTAINING FINANCIAL AID ELIGIBILITY

STUDENTS MUST MEET REQUIRED **SATISFACTORY ACADEMIC PROGRESS** GUIDELINES.



Each of these scenarios decrease financial aid in the *current* semester;
grant & scholarship aid is the reduced first.

- Classes must be required for the degree to be eligible for financial aid.
- Students must **attend all classes throughout each semester** in order to receive aid for them.
- Faculty are required to report if/when students stop attending a class.



SCENARIO #1

Eddy Rondack is a student at SUNY Adirondack and is enrolled in 13 credits including Spanish 101. His federal and state grants cover the cost of his tuition and fees, so he owes \$0.00 and didn't have to borrow loans!

Eddy Rondack

Major: Criminal Justice/Substance Abuse

Student ID: 500999999

Fall 2018

BIO103 TR 10:30 am to 11:50 am

BIO101 R 1:00pm to 3:00pm

ENG101 MWF 10:05 am to 11:00 am

PSY101 MWF 9:00 am to 9:55 am

SPA101 TR 12:00 pm to 1:20 pm

4 credits

0 credits

3 credits

3 credits

3 credits

Charges: Tuition (full time) \$2,300.00

 Fees \$450.00

Total \$2,750.00

Financial Aid: Pell grant \$1,425.00

TAP grant \$850.00

Total: \$1,425.00

Balance Due: \$0.00



SCENARIO #2



Eddy Rondack changed his schedule and takes Spanish 105 instead because his good friend Etta Wolverine is in that class. Spanish 105 is not a requirement for his degree. He did not speak to his advisor first.

Eddy Rondack
Major: Criminal Justice/Substance Abuse

Student ID: 500999999
Fall 2018

BIO103	TR	10:30 am to 11:50 am	4 credits
BIO101L	R	1:00pm to 3:00pm	0 credits
ENG101	MWF	10:05 am to 11:00 am	3 credits
PSY101	MWF	9:00 am to 9:55 am	3 credits
SPA105	TR	12:00 pm to 1:20 pm	3 credits

Charges: Tuition (full time) \$2,644.00 Financial Aid: Pell grant \$1,425.00
Fees \$600.00 TAP grant \$0.00
Total \$3,244.00 Total: \$1,425.00

Balance Due: **\$1,425.00**



SCENARIO #3 - X GRADES



Eddy Rondack is a student at SUNY Adirondack and is enrolled in 13 credits (full-time!). He gets X'd from a class for failure to attend/ communicate with his professors. He is now only enrolled in 9 credits (part-time) His aid gets adjusted. He now owes \$ (insert).

Eddy Rondack

Major: Criminal Justice/Substance Abuse

Student ID: 500999999

Fall 2018

BIO103 TR 10:30 am to 11:50 am

4 credits X

BIO101 R 1:00pm to 3:00pm

0 credits

ENG101 MWF 10:05 am to 11:00 am

3 credits

PSY101 MWF 9:00 am to 9:55 am

3 credits

SPA101TR 12:00 pm to 1:20 pm

3 credits

Charges: Tuition (full time) \$2,644.00

Financial Aid: Pell grant \$3,698.00 (\$2,773)

Fees \$600.00

TAP grant \$2664 (\$0)

Total \$3,244.00

Total: \$6,362 (\$2,773)

Balance Due: \$ **\$3,589 in lost aid**



THIS DOESN'T HAVE TO HAPPEN TO YOU!



- Meet with your advisor to register each semester to ensure you are on track with your degree and enrolling in only required classes
- Don't change your schedule without meeting with an advisor
- Understand professor's attendance policies for *each course*
- If you are considering dropping a class be sure to meet with your financial aid advisor to determine what impact this may have on your financial aid
- Best bet: keep attending the classes you enroll in – if you're struggling with coursework talk to your **professor**, advisor, a counselor, tutoring, accessibility services, etc.

You CAN do this. We can help!



FINANCIAL AID FACTS

Important Financial Aid Information

- If students get an X-grade prior to the college census date (after the first 3 weeks of the semester), students lose NYS TAP & cannot get part-time NYS TAP
- If students are eligible for the PELL Grant, and are X'd from a class, the PELL Grant is adjusted based on the number of credits they are enrolled in at the census date (first 3 weeks). It is not adjusted after state cert (3 + weeks)
- If students are reported as a “no show” in all classes, they lose all aid (loans, Pell, and TAP)
- Students must be enrolled in AT LEAST 6 credits when loans are disbursed (even if they are approved for loans). The college will send the loan back and the student will be billed directly.
- Students who live on campus that receive full financial aid will still have a bill.



ORIENTATION

Find your true north with Adirondack Compass



Dr. Mary Del Savio
Director, First Year Experience
compass@sunyacc.edu

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