YOUR ORIENTATION LEADERS

Angel Fuertes
Maritza Angeles Gonzalez
Alli Grant
Kendall Hanrahan
Cassidy Hulser

Emary Imcobucci
Jamey Merkel
Elle Norkevich
Maegan Peterson

Marc Petrie
Jess Quimby
Gabby Quintana
Jessica Shaul
Rafael Villa
At SUNY Potsdam we pride ourselves on being the very best in New York State for access to faculty, student leadership, experiential education, cultural programs, food services and more. We are a community like no other. With over 1,000 opportunities to get involved and having the Adirondack Mountains both as a classroom and as your backyard, we encourage you to get out and explore one of the country's most beautiful regions.

SUNY Potsdam is a fantastic place to be and we are looking forward to helping you make the most of your time here. This guide is intended to give you and your family a reference to many of the resources available to you on campus to ensure you have every opportunity for success.

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THE POTSDAM PLEDGE

More than a collection of individuals, SUNY Potsdam is a community dedicated to the pursuit of common goals. While these goals can be elusive and controversial, the community described in this document reminds us not only of what we are seeking to become, but of all that we share in common. Therefore, let it be known that

SUNY POTSDAM STRIVES TO BE:
• An Educational Community sharing academic goals and in which students, faculty and staff work together to strengthen teaching and learning
• An Open Community uncompromisingly protecting freedom of thought, belief and expression
• A Civil Community expressing disagreements in rational and non-threatening ways and treating all individuals with consideration, decency and respect
• A Responsible Community accepting obligations under clearly articulated principles of behavior designed to support the common good
• A Safe Community respecting each other’s rights, privacy and property
• A Healthy Community respecting and promoting physical and emotional wellness
• An Ethical Community reflecting honesty, integrity and fairness in both academic and extracurricular activities
• A Diverse Community celebrating our differences and learning from our diversity
• A Socially Conscious Community seeking to contribute to the betterment of the campus, the local community, the nation and the world
• A Watchful Community remaining alert to the threats posed by hatred, intolerance and other injustices and ever-prepared to combat them
The residence halls at SUNY Potsdam are home to nearly 2,300 students. On-campus living is much more than just a place to sleep. It is about being part of a safe, vibrant and open community that respects individual differences. Academic achievement and personal development are the objectives of the residence hall program.

Mission:
The Department of Residence Life at SUNY Potsdam provides a safe and clean environment, resourceful staff, and learning experiences for the members of our diverse residential community in pursuit of their educational goals.

Campus living provides:
- A living environment where the cleanliness of the halls and safety are a priority
- A welcoming and supportive environment for all students
- Opportunities to make friends that will last for a lifetime
- Convenient access to academic buildings, libraries, athletic facilities, support staff and services
- A wide variety of building types and special interest housing programs like our First Year Experience (FYE) program, Substance-free Floors, Study Intensive Floors, Transfer House, Pet Friendly and Gender Inclusive Housing area
- State-of-the-art technology in all rooms (i.e. Time Warner cable TV, Campus Movie Website and Apogee Internet)
- Live-in Residence Life professional staff and student staff (RAs)
- Programs and activities designed especially for you, including leadership development

Things to bring to campus
- cell phone
- area rug/small carpet
- stereo, MP3 player, iPod, iPad
- TV/DVD or Blue Ray player
- computer/laptop with wifi capability
- computer/laptop locking cable
- things to decorate room, but will not damage the walls
- clothes for all 4 seasons, especially winter clothes like thermals, wool socks, good boots, warm coat, hat, gloves, scarf, etc.
- chargers/charging cords
- storage crates/bins & hangers
- iron/ironing board
- bathroom suit
- towels & wash cloths
- twin extra-long sheets (78x34")
- pillows/blankets/mattress cover
- fan
- tissues/Kleenex
- hair dryer
- toiletries (shampoo, soap, toothpaste, etc.)
- desk lamp
- extra light bulbs - CFL/LED only
- shower caddy
- shower shoes (flip flops)
- something to secure valuables (i.e. lockable trunk)
- photo I.D. & credit card
- bathrobe & slippers
- laundry bag/basket
- detergent/dryer sheets/stain remover
- dish soap, sponge & towel
- medications/prescriptions, thermometer
- health insurance information/card
- snacks & non-perishable foods
- school supplies & desk organizers
- sewing kit
- extra batteries
- power strips with circuit breaker (extension cords are not allowed)
- air freshener
- stamps and envelopes
- basic tools (wrench, screwdrivers, pliers)
- alarm clock
- appliances: microwave, coffee maker & small refrigerator ONLY
- small first aid kit with Band-Aids, ointment, gauze
- folding clothes drying rack
- umbrella
- small dry/wet erase board, corkboard
- broom & dustpan/small vacuum
- boot mat (for wet shoes & boots)
- lanyard/key chain for keys & I.D.
PACES SERVICES

What is PACES?

PACES is a not-for-profit corporation which has been providing essential services to the campus for over 60 years. The mission of PACES is to offer high quality products and services through the provision of auxiliary services while maximizing customer value and financial return to the benefit of the larger SUNY Potsdam community.

PACES is governed by a Board of Directors: a group of four students, three faculty members, three College administrators, one member of the College Council, and the PACES Executive Director. PACES is the largest employer on the College Council, and the PACES Executive Director is a voting member of the President’s cabinet.

PACES is a not-for-profit corporation which has been providing essential services to the campus since 1957. PACES services include Vending Services and the MicroFridge rental program, the Union Market, Dining Services, and ID office, Bear Express accounts, The College Store, and Soundcard Plan accounts, as well as other campus services. PACES manages and operates the SUNYCard campus ID card, helping student and community workers.

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Textbooks at bookstore.potsdam.edu

The College Store is the official SUNY Potsdam textbook retailer and stocks professors’ required and recommended course materials. Getting the right books and course materials is important to a student’s academic success. The store has a direct connection to faculty instructors and each semester it finds out directly from them which materials they need students to have. In many cases, this includes special course packs, CDs and study guides.

Textbooks and course materials are expensive, so the store is constantly looking for ways to make learning more affordable. One way is to provide more options such as rental, digital or, used books.

Students may purchase or rent textbooks online in advance through the store’s website (bookstore.potsdam.edu) and they will be boxed and ready at the start of the semester. Early web orders get first dibs on textbook options (new, used, rental, digital). The online ordering system will show you which titles are required, recommended or suggested for courses.

Federal Law asks that faculty members submit course material requirements and costs when students become eligible to register for classes (April and October). Because that is often 3-6 months in advance of purchase, the store estimates book costs. The final sale price is displayed when books are available for pre-pack in August. Books ordered prior to that date are subject to price adjustments. Students can go directly to the store when they arrive on campus purchase books, but we recommend pre-packing the books for pick up to avoid lines.

Students go to bookstore.potsdam.edu to discover what books are needed for class: a tutorial about how to order textbooks from the store is available in the Quicklinks section of the website. The store has an easy price comparison tool so you can maximize savings and convenience. Online orders can be paid for with Bear Express or a Credit Card. No charge for processing fees. Students can go directly to the store when they arrive on campus purchase books, but we recommend pre-packing the books for pick up to avoid lines.

Federal Law asks that faculty members submit course material requirements and costs when students become eligible to register for classes (April and October). Because that is often 3-6 months in advance of purchase, the store estimates book costs. The final sale price is displayed when books are available for pre-pack in August. Books ordered prior to that date are subject to price adjustments. Students can go directly to the store when they arrive on campus purchase books, but we recommend pre-packing the books for pick up to avoid lines.
Bear Care Program – Gifts from Home
For over twenty years, the store has provided a program for parents and friends to send gift packages to students. The store has developed a line of birthday, get well, celebratory and special occasional baskets for purchase. Baskets can be customized to meet budgetary and gift needs. Ordering directions and sample baskets are available online.

Microfridge Rentals – Dorm Room Convenience
Students are allowed to bring their own fridges and microwaves, but as a service, PACES offers a small number of microwave/refrigerator units to residential students to rent for the academic year. The units are delivered to rooms at the beginning of the semester. Online renting opens with the first Orientation session and closes on August 14, 2017: units are available on a first come first serve basis. If roommates decide to share, they must make their own financial arrangements, as contracts are with one student. Any changes to the contract must be made in writing with to PACES Marketing Office. Refunds are prorated. For more information visit bookstore.potsdam.edu

ATMs on Campus
PACES contracts with North Country Savings Bank to provide ATMs on campus. NCSB is a community bank (FDIC) that offers Student Checking accounts. ATM’s are located in the Student Union and Carson Hall.

Dining Services and Meal Plans
PACES Dining Services provides quality food, good value, and choice for its customers regardless of where they eat on campus. A meal plans allow students to eat whenever and wherever they want on campus.

To meet the dining needs of campus customers, PACES operates restaurants at eight campus locations and is available fifteen hours a day. Traditional all-you-can-eat meals are provided in Lehman Dining Center. Other campus dining units include a la carte areas: the Student Union Dining Court in Barrington Student Union, Dexter’s Café in Thatcher Hall, Minerva’s Café in the Crumb Library, the Crane Commons in Crane, Becky’s Place and Tim Hortons Café Express at Pratt Commons, and the Performing Arts Café in the new arts building.

PACES Dining Service has award winning services, food, and programs. In 2015, for the second time, it was voted the #1 Dining Service in the SUNY System in the SUNY Student Opinion Survey. PACES Dining Services consistently has scored higher than the national average in most every category in the National Association of College and University Food Services Annual Benchmarking surveys.

Signing up for Plans and How Meal Plans Work
The college requires that all students living on campus, have a meal plan. First-year residential students can choose from two First-Year Meal Plans. Students who are commuting, returning, or who have met the residency requirement have different meal plan options. All students are responsible for selecting or renewing their plan every semester and must agree to meal plan terms and conditions on BearPAWS.

MEAL PLANS 2017-18

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Meals per semester</th>
<th>Flex per semester</th>
<th>Guest passes</th>
<th>Cost per semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>14/400 First Year Plan</td>
<td>14</td>
<td>400</td>
<td>15</td>
<td>$2,650</td>
</tr>
<tr>
<td>Commuter</td>
<td>-</td>
<td>500</td>
<td>1</td>
<td>$500</td>
</tr>
<tr>
<td>Commuter</td>
<td>-</td>
<td>300</td>
<td>1</td>
<td>$300</td>
</tr>
<tr>
<td>Commuter Hybrid</td>
<td>50</td>
<td>100</td>
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<td>$100</td>
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<tr>
<td>BLOCK 140/500</td>
<td>140</td>
<td>500</td>
<td>5</td>
<td>$2,175</td>
</tr>
<tr>
<td>BLOCK 80/400</td>
<td>80</td>
<td>400</td>
<td>5</td>
<td>$1,700</td>
</tr>
<tr>
<td>ALL FLEX</td>
<td>-</td>
<td>1,300</td>
<td>3</td>
<td>$1,700</td>
</tr>
<tr>
<td>14/300 GOLD</td>
<td>14</td>
<td>300</td>
<td>10</td>
<td>$2,550</td>
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<tr>
<td>14/100 SILVER</td>
<td>14</td>
<td>100</td>
<td>5</td>
<td>$2,425</td>
</tr>
</tbody>
</table>

**NEW Supplemental Meal Block:** 14 Meal add on $75
Supplemental block meals may only be purchased by existing meal plan holders. It cannot be purchased as a stand alone plan. The supplemental meal block is designed for the student that occasionally runs out of weekly meals and/or for students that remain on campus during breaks when primary meal plans are not being consumed. All regular meal plan terms and conditions apply.

Where can I use my meal plan account? anywhere on campus!

- **Becky’s Place:** use meal until 10:45am and after 4pm only flex in between
- **Crane Commons:** use meal or flex anytime
- **Performing Arts Café with Starbucks Coffee:** use meal until 10:45am then only flex
- **Minerva’s Café:** use meal or flex anytime
- **Lehman Dining Center:** Meals all you care to eat or flex or guest pass
- **Tim Hortons:** flex only
- **Dexter’s Café:** flex only
- **The Stand at Maxcy Hall:** flex only
- **Student Union Dining Center:** use meals and flex anytime

Meal or Flex? A meal is an entry to Lehman Hall Dining Center for all your care to eat meal, or an all at once value of $6.30 in any other campus location.
Meal plans have three parts: meals, flex credits, and guest passes. The First Year Plans have a weekly allotment of either 19 meals or 14 meals plus a semester's allotment of flex credits (100 or 500), and guest passes (5 or 10).

Students may use as many meals as they want in a given day so there is no "missed meal factor." Weekly plans help to insure that students budget their meals evenly throughout the semester. Weekly meal plans reset every Sunday morning at 2am; any unused meals are relinquished at that time.

The best value for a meal is at Lehman, PACES’ residential dining center. If a student doesn’t care to eat at Lehman, they exchange that meal for an all at once value when they check out at the register in other units. The allowance has a buying power equal to $6.50, but has no cash value. Flex Credits allow students to purchase any item, at any time, from any PACES Dining Service facility. It could be used to grab extras during the day or supplement a meal allowance. Take out meal containers are available at Lehman Dining Center.

Any unused flex and meal balance expires at the end of the semester. An ideal flex balance chart is posted online to help guide students budget their account. If a student uses all their Flex Credits before the semester ends, more can be added, online through BearPAWS, at the registers or at the PACES Business office.

New York State law mandates that a meal plan be for the sole use of the student owner. Students can't buy meals for friends under NYS law, but they can take a guest or friend to Lehman with one of their guest passes.

CAMPUS SERVICES
Telephones/The Telecommunications Office (TeCom)
206 Kellas Hall
(315) 267-3000
Fax: (315) 267-3001
telcom@potsdam.edu

SUNY Potsdam no longer provides residential student telephone and voice mail services. Emergency phones are located in the residence halls on each floor and when taken off hook, will ring directly to the SUNY Potsdam University Police department.

Phones remain in all of the residential staff rooms and offices. Residence Hall Directors and Resident Hall Assistants continue to have phone and voice mail services.

Student Mailroom Services
111 Barrington Student Union
(315) 267-2730

All mail generated by the College, along with all mail delivered to the College by the United States Postal Service or express delivery services, will be distributed through the student mailroom. The mailroom supports over 4,000 mailboxes for qualified students and student organizations. Throughout the year you will have access to your mailbox during the operational hours of the Barrington Student Union.

Mailbox Requirements
A student is required to have a mailbox in the student mailroom if they meet one of the following conditions:
1) Residency - student lives on campus
2) Undergraduates - student is registered for 9 or more credit hours
3) Requests - made by a registered student (Every effort will be made to meet requests, however, mailbox issuance will be based solely on box availability.)

Mailing Address
At orientation you will receive your mailbox assignment, sign out your mailbox key and be provided with your postal address. A few days later you will receive an email notification sent to your SUNY Potsdam email address clarifying the specific mailing address details. Students not attending an orientation session will be required to activate their mailbox upon arrival to campus (see Mailbox Activation).

An example of a College mailing address:
Sarah Smith
1234 Barrington Drive
SUNY Potsdam
Potsdam, New York 13676

Your mailing address will remain the same for the duration of your undergraduate study at SUNY Potsdam. This mailing address will be used by others (both on campus and off campus) to contact you. When you receive your mailing address, be sure to share it with your family, friends and any company, group or agency whom you anticipate receiving mail or package.

Your mailbox should be checked regularly to insure that you receive any important correspondence from the College in a timely manner.

Mailbox Activation for Students Not Attending an Orientation Session
When you arrive on campus, you will need to go to the Student Mailroom located on the first floor of the Barrington Student Union to sign out your mailbox key. Please note the mailroom service hours below to complete this process.

Student Mailroom Window Hours
Student Mailroom service is available as follows:
Monday - Friday: 9:30 a.m. to 4 p.m.
Saturday: 10 a.m. to 3 p.m.
Closed on Saturdays when classes are not in session.

Computing & Technology Services
Help Desk: (315) 267-2083
helpdesk@potsdam.edu
www.potsdam.edu/CTS

SUNY Potsdam offers a variety of technology services for your use.

Campus Computer Account
www.potsdam.edu/cts/services/cca
• All SUNY Potsdam students have a Campus Computer Account
• Your CCA allows you to log onto computers on the SUNY Potsdam Computer Network, Bearmail, BearPAWS, Moodle and off-campus access to library services
• To change your CCA password visit http://account.potsdam.edu

BearPAWS: Student Records
bearpaws.potsdam.edu
BearPAWS is SUNY Potsdam’s web-based access to student academic and financial records Use BearPAWS to:
• Register for classes and view your schedule
• View your grades and transcript
• Check/change your address
• See if a Hold has been placed on your records
• Check your bill and sign up for a meal plan and Bear Express
• Check your financial aid
To log on, use your Campus Computer Account username and password.

Moodle: Learning Management System
moodle.potsdam.edu
Moodle is SUNY Potsdam’s web-based learning management system
• Faculty use Moodle to post course materials, class notes and announcements and teach online courses
To log on, use your Campus Computer Account username and password.

Helios: Disk Storage Space
www.potsdam.edu/cts/services/helios
• Every student on campus has access to the Helios Storage Server
• Each student has 1.5Gb of computer storage space that can be used from any computer on the campus network or with Internet access
**Student Printing Policy**

[www.potsdam.edu/cts/services/printing/index.cfm](http://www.potsdam.edu/cts/services/printing/index.cfm)

- Students can print up to 300 pages, free of charge, through campus printers per semester
- Once the 300-page limit has been reached, a student will be billed at the end of the semester for any printing overage. The billing rate is $.05 per page for every page over 300
- Color printing counts as three pages
- View quota tool displays printing and storage usage at squirt.potsdam.edu

**Web Folder (Helios Network Storage)**

[www.potsdam.edu/cts/services/helios/personalwebspace.cfm](http://www.potsdam.edu/cts/services/helios/personalwebspace.cfm)

- Students may have a personal website hosted by SUNY Potsdam
- For information on website guidelines and to register for webspace follow the URL above

**Residence Halls Internet Access**

[www.potsdam.edu/cts/services/rruniversity.cfm](http://www.potsdam.edu/cts/services/rruniversity.cfm)

- Time Warner Internet supports the high-speed Internet and wireless access in the residence halls
- Anti-virus and anti-spyware software is available at no additional charge
- Broken computers will NOT be repaired by either Time Warner Internet Technical Support or SUNY Potsdam

**Wireless Networking**

[www.potsdam.edu/cts/services/wirelessnetwork](http://www.potsdam.edu/cts/services/wirelessnetwork)

- Available to all students at no additional charge
- Wireless service in the academic buildings is provided by SUNY Potsdam (W@SP)
- Time Warner Cable provides wireless coverage in the residence halls (Time Warner Internet)

**SUNY Potsdam Technology FAQs**

**Do I need to bring my own computer?**

- Recommended but not required
- SUNY Potsdam’s standard productivity suite is Microsoft Office. SUNY Potsdam can purchase MS Office at a reduced rate. See: [www.potsdam.edu/cts/services/software/hardware/office.cfm](http://www.potsdam.edu/cts/services/software/hardware/office.cfm)
- A minimum of Microsoft Word (not to be confused with Microsoft Works) is recommended for compatibility with student computing facilities and faculty/staff computers

**Where can I buy a computer?**

Check the College Store’s website for details: [bookstore.potsdam.edu](http://bookstore.potsdam.edu)

- Educational discounts and back-to-school specials
- Demo units available
- Three-year warranty available
- Free delivery to campus
- For details go to: bookstore.potsdam.edu

**TRANSPORTATION**

Most places are within walking distance on and off campus including the village center, movie theater and Market Street eateries and retailers. The following resources will help you get where your feet won’t take you and help you manage travel around the region.

**Auto**

- Potsdam Taxi
  - 123 Market St, Potsdam, NY 13676
  - (315) 268-8868
- Enterprise Car Rental
  - 6805 Rt-56, Potsdam, NY 13676
  - (315) 265-0700

**Airports**

There are several local airports that have various routes. Ottawa or Montreal are also effective travel routes depending on the nature of your trip. (A passport is required for crossing the border and for air travel to and from Canada.)

**Local Airports**

- Cape Air
  - [www.flycapeair.com](http://www.flycapeair.com)
  - Massena International Airport
  - 90 Aviation Road
  - Massena, NY 13662
  - (315) 769-7605
- Adirondack Regional Airport
  - 96 Airport Road
  - Saranac Lake, NY 12983
  - (518) 891-0870
- Ogdensburg International Airport
  - 5840 State Highway 812
  - Ogdensburg, NY 13669
  - (315) 393-4721
- Allegiant Air
  - [www.allegiantair.com](http://www.allegiantair.com)
  - Plattsburgh International Airport
  - 42 Airport Ln., Plattsburgh, NY 12901
  - (518) 565-4795

**Major Regional Airports**

- Syracuse, NY (approx. 3 hrs. away)
  - Hancock International Airport
  - 1000 Colonel Eileen Collins Boulevard, Syracuse, NY 13212
  - (315) 454-4330
- Ottawa, ON Canada
  - (approx. 1.5 hrs. away)
  - 1000 Airport Parkway Private
  - Ottawa, ON K1V 9B4
  - (613) 248-2800

**Bus**

- Adirondack Trailways
  - [www.trailwaysny.com](http://www.trailwaysny.com)
  - Market Square Mall Depot St.
  - Potsdam, NY 13676
  - (315) 265-2534
  - Fare Information: 800-858-8555

**Bear Shuttle**

SUNY Potsdam provides a daily shuttle service from campus to local shopping areas including downtown Market Street, price Chopper Plaza, Save-A-Lot Plaza and Walmart. Check out posters across campus for a detailed schedule.

**PARKING**

**Student Parking on Campus**

Any student who parks a vehicle on campus must purchase and display a current campus parking decal. Vehicles must be registered online through BearPAWS.

**Registration Fees:**

- Full Time Student: 12+ credit hours
  - Fee: $105.00/Academic Year
- Part Time Student: 1-11 credit hours
  - Fee: $57.50/Academic Year
Student Teachers
Fee: $80.00/Academic Year

Summer Students
Fee: $30.00/Summer

Lot 31 ONLY
Fee: $70.00/Academic Year
Summer Lot 31 ONLY
Fee: $20.00/Summer
Motorcycle permits
(See U.P. for details)

Can freshman bring cars and park them on campus?
Yes. Any student is allowed to bring a car to campus. Upon registering their vehicle at the University Police Department office, located in Van Housen Extension, students may park in any of the designated student parking lots provided on campus. All parking lots are designated, please be cautious to park in a lot specifically marked for your type of permit. For student parking lot locations, please refer to the campus parking map.

Any vehicle found parked on the SUNY Potsdam campus without a current parking decal will be issued a campus parking ticket, which carries a $15.00 fine.

Parking Lots
All parking lots have color-coded signs corresponding to the map (available at University Police) at each entrance. It is important that all students, both resident and commuter, become familiar with their specific parking lots.

Changing Vehicles
If you permanently change vehicles during the year, return your original decal and University Police will replace it for free, otherwise, you will be charged an additional $10 for a new sticker. If you temporarily drive a different vehicle than what you have registered, you must obtain a temporary parking pass for the borrowed vehicle.

Maps
Maps, traffic and parking regulation brochures, and temporary parking passes are available at the University Police Department, located in Van Housen Extension, first floor, 24-hours per day. Information is also available online at www.potsdam.edu/police

The University Police Parking Division is open for business Monday through Friday, 8:00 a.m. - 4:30 p.m.

One of the best features of SUNY Potsdam is that there is always something going on. We host over 350 performances a year and have over a hundred clubs and organizations. Our student life programs are award-winning and our academic support network is second to none. Take advantage of everything Potsdam has to offer and make the most of your experience here.

Did you know?

Potsdam is a hop, skip and a jump from some really fun places!

Montreal
100 miles

Ottawa
80 miles

Potsdam

Lake Placid
70 miles

Buffalo
275 miles

Syracuse
150 miles

Albany
200 miles

New York City
350 miles
GETTING INTO IT

ACADEMIC CALENDAR

Fall 2017
New Students Move In Aug. 25
Welcome Week Activities Aug. 26 - Sept. 1
Returning Students Move In Aug. 26-27
Classes Begin Aug. 28
Last Day to Add/Drop Sept. 1
Early Alerts Due Oct. 6
Fall Recess Begins Oct. 6 (10 p.m.)
Classes Resume Oct. 11 (8 a.m.)
Last Day to Withdraw Nov. 3
Last Day to Elect S/U Nov. 3
Thanksgiving Recess Begins Nov. 21 (10 p.m.)
Classes Resume Nov. 27 (8 a.m.)
Last Day of Classes Dec. 8
Academic Preparation Dec. 9-10
Final Examinations Dec. 11-15
Final Grades Due Dec. 19 (10 a.m.)

Wintertim 2018
Tentatively Jan. 3-17
No class Jan. 15

Spring 2018
Students Move In Jan. 20-21
Classes Begin Jan. 22
Last Day to Add/Drop Jan. 26
February Recess Begins Feb. 16 (10 p.m.)
Classes Resume Feb. 21 (8 a.m.)
Early Alerts Due Mar. 5
Last Day to Withdraw Mar. 30
Last Day to Elect S/U Mar. 30
Spring Recess Begins Mar. 30 (10 p.m.)
Classes Resume Apr. 9 (8 a.m.)
Last Day of Classes May 11
Academic Preparation May 12-13
Final Examinations May 14-18
Commencement Ceremonies May 20
Final Grades Due May 23 (10 a.m.)

Course Catalog
The Undergraduate Catalog with a listing of all courses and requirements can be found at www.potsdam.edu/academics/catalog

STUDENT SERVICES

Student Success Center
128 Sisson Hall
(315) 267-2580
ssc@potsdam.edu
www.potsdam.edu/support/ssc

The Student Success Center (SSC) is a centralized group of offices whose professional staff provide resources and services to all SUNY Potsdam students to enhance their learning and promote their academic success at the College.

The Student Success Center includes:
• Academic Advising and Support Office
• Accommodative Services
• Bridges Program
• Office of Student & Family Transitions
• TRiO Student Support Services
• Veteran & Military Affairs

Academic Advising & Support Office
The Academic Advising & Support Office in the Student Success Center is dedicated to assisting students with their intellectual development and decision-making skills. We guide students in making informed academic choices and provide services that help them to realize their full potential. We also support faculty and staff in fostering student success and development across campus. Our services are free and available to all SUNY Potsdam undergraduates, faculty and staff.

Advising
Services Offered to Students:
• Academic advising for undeclared students not assigned elsewhere
• Advising for non-matriculated and transfer students
• Unofficial graduation status review
• Guidance on General Education and graduation requirements
• Explanation of academic majors, minors, and programs

Services Offered to Faculty:
• Academic Intervention Request (AIR) program coordination
• Advising workshops, online training modules and newsletter series
• A clearinghouse of advising resource materials
• Clarification of general advising questions and essential requirements for graduation

Contact Information
(315) 267-2702
advising@potsdam.edu

Support Services Offered:
• Group tutoring for various lower-level and certain upper-division undergraduate courses
• Walk-in tutoring for select subjects, including satellite tutoring from the College Writing Center (CWC)
• Online resources and tutor request form at: www.potsdam.edu/support/asotutoring

Individual consultations and group workshops on:
- General study skills
- Note-taking techniques
- Exam preparation
- Test-taking strategies
- Test anxiety
- Time management
- Academic planning
• Open computer lab with printer
• Laptop loan program
Contact Information:
(315) 267-3447
aso@potsdam.edu

Accommodative Services
(315) 267-2702
os@potsdam.edu

The Accommodative Services office provides academic accommodations for qualified students who have documented disabilities as defined by the ADA. Our goal is to promote an individual’s independence within the academic atmosphere of the College.

Services Offered:
• Notetakers
• Instructional materials in alternate formats
• Classroom relocation
• Alternative testing arrangements (extended time, distraction reduced environment, readers/scribes, word processing with spell check, etc.)
• Equipment loan
• Additional services can include campus orientation, special registration, academic advising and others

Eligibility Requirements:
Students requesting reasonable academic accommodations must submit written documentation by an appropriate licensed professional.

Bridges Program
(315) 267-2335
bridges@potsdam.edu

Program Benefits:
Bridges provides students with a wide range of supportive benefits to help make a successful transition to SUNY Potsdam:
• Guaranteed access to some of the most sought after SUNY Potsdam courses:
  COMP 101 - Writing & Critical Thinking and FY 100 - First Year Success Seminar
• Guaranteed access to expert academic advising, tutoring resources, and other support services
• A customized summer orientation process with expert advising
• A peer mentor throughout the first year of college
• Free school supplies: pens, pencils, notebooks, folders, test booklets, bubble sheets
• Free access to laptops and scientific calculators
• Discounted BearBus tickets for travel home during breaks
• Automatic eligibility for the SSC Student Award (typically a $500 award)
• Ongoing personal and academic support beyond the first year
• Opportunities for Bridges-only internship experiences, as a peer mentor

Eligibility Requirements:
A Bridges student is accepted to the College by the SUNY Potsdam Admissions Committee on the basis of their academic performance, recommendation letters and an essay.

Student & Family Transitions
(315) 267-2580
sft@potsdam.edu

Student and Family Transitions oversees programs that focus on the academic and social needs of incoming undergraduate students. Specific attention is given to our first-year students, adult learners and veterans and their families.

Services Offered:
• Plan and facilitate orientation sessions for incoming undergraduate students
• Provide a half-day Spring and Fall Transitions Conference for transfer students
• Coordinate multiple sections of the First Year Success Seminar (FYSS) course
• Organize the annual Common Reading program in which FYSS students participate every October
• Collaborate and work with academic and residential communities to offer healthy and meaningful connections to first-year students
• Oversee the Bear Buses that travel to Albany, Rockland County, New York City and Long Island during College breaks
• Offer professional and leadership opportunities for undergraduate students to earn academic internship credit as a First Year Success Seminar Teaching Assistant or Orientation Leader staff assistant
• Oversee Veteran and Military Student Services
• Coordinate the annual Family Weekend event and oversee Family programs
• Oversee Adult Learner Program and the Adult Learner Alpha Sigma Lambda Honor Society.

TRIO Student Support Services
(315) 267-2347
trio@potsdam.edu

TRIO is a set of federally-funded college opportunity programs that motivate and support students from disadvantaged backgrounds in their pursuit of college degrees. Student Support Services (SSS) is the program that helps undergraduate students.

We have been in existence for at The State University of New York at Potsdam since 1984. We serve over 200 participants per academic year and employ over 100 peer content tutors.

TRIO SSS works to help eligible undergraduate students stay in college until they earn their baccalaureate degrees. Participants receive:
• Academic support and counseling;
• Financial literacy and planning guidance;
• Help in preparing for graduate school or a career after graduation; and
• Personal development counseling.

To be eligible for the program, students must have a demonstrated need for academic support and be accepted for college enrollment. They must also be U.S. citizens or permanent residents, i.e.
• A U.S Citizen
• A U.S. National (includes natives of American Samoa or Swain’s Island);
• Permanent Resident (U.S. permanent resident who has an I-151, I-551, or I-551C); or,
• Eligible Non-Citizen (Arrival-Departure Record I-94) from the U.S. Immigration and Naturalization Service.

Veteran & Military Education
(315) 267-3398/2415
128 Sisson Hall
www.potsdam.edu/studentlife/services/military

SUNY Potsdam was recently named in the “2017 Guide to Military-Friendly Colleges and Universities” by Military Advanced Education magazine.

SUNY Potsdam welcomes all students with prior military experience. The Veterans Program is designed to assist you with the transition from the military to college life. In our Student and Family Transitions office we have a Veteran and Military Students Coordinator who can help our veterans and military family members.

Benefits
As a veteran, you are entitled to a variety of benefits that will help facilitate your pursuit of higher education at SUNY Potsdam.

SALUTE Veteran Honor Society
New to SUNY Potsdam is the SALUTE Military and Veteran Honor Society. This Honor Society is for all Active Duty, Reserve, National Guard, or Veteran of the U.S. Armed Services.

This Honor Society is meant to provide members and Veterans of the U.S. Armed Forces with support, bridges from undergraduate education to graduate school or veteran-friendly professional life, and as a means of academic recognition.

In order to qualify for membership into SALUTE, you must meet the following requirements:
• Minimum 12 credit hours completed at SUNY Potsdam
• GPA of 3.0 or higher for undergraduates (3.5 for graduate students)
• Have served or are currently serving in the U.S. Military, National Guard or Reserves.

To join SALUTE, you must submit the following documents:
• Unofficial transcripts
The Adirondack Park is a publicly-protected area located in northeast New York. The park covers some 6.1 million acres (24,700 km²), a land area about the size of Vermont, or of the Yellowstone, Yosemite, Grand Canyon, Glacier, and Great Smoky Mountains National Parks combined.

Rent outdoor equipment at a discounted student rate: Venture Outdoors Barrington Student Union (315) 267-3365 Open daily from 4-6 p.m. Venture Outdoors rents cross country skis, snow shoes, tents, backpacks and canoes & kayaks.

Experience the Adirondacks and the North Country!

Did you know?

Career Planning
130 Sisson Hall (315) 267-2344 career@potsdam.edu www.potsdam.edu career

Services:
We provide a full range of career services to
• Undergraduate students
• Graduate students
• Alumni
• Faculty and staff
• Employers

Appointment/Topics
• Selecting a major
• Career selection and planning
• Career self Assessments
• Part-time, full-time, summer job database (BearTracker)
• Career mentor connections
• Resume and cover letter preparation
• Help with researching career-oriented positions
• How to research employers
• Tips on interviewing and mock interviews
• Creating and maintaining your reference file
• Completing job applications
• Networking with employers
• Job and career panels/speakers
• Career Library
• Graduate school application assistance
• Online technology resources

Workshops/Special Events
You will find our workshops and special events posted on bulletin boards, our website (www.potsdam.edu/career) and in BearTracker (inside BearPaws).

On-line Resources
• Career assessments
• Career Library
• Career progress checklists for each semester
• BearTracker Job/Internship database
• InterviewStream Mock Interview
• Candid Career
• TalentMarks Webinars
• Optimal Resume
• Employer Databases
• Job posting subscriptions
• FY215 Career and Major exploration class

Computer Resources
• A Laser printer to print job search materials is available.
• Access to the internet for job searching and posting your resume.
• Facilities to conduct Skype appointments and phone interviews.

Reference Files
Reference letters can be stored and sent from Career Planning for employment or graduate school.

BearTracker
BearTracker is SUNY Potsdam’s searchable database of jobs, internships, mentors and other career related information. Log in to BearTracker through BearPaws, under Student Services and Financial Aid.

Annual Programs
A Major Affair: Fall semester program helping students to select a major. All academic departments are present allowing students to ask questions and discuss options with faculty.

Graduate School Fair: Fall semester program allowing students to meet with graduate school representatives to learn entrance requirements, deadlines, costs, programs, prerequisites, etc.

Teacher Recruitment Days (TRD): Spring semester program for education majors. As part of a consortium, SUNY Potsdam seniors/ master education majors interview with schools during this 2-day employer event at SUNY Cortland.

Career Networking Event: Spring semester, employer networking event. All students are invited to practice their elevator pitch, get feedback on their resumes from professionals, and engage in informational interviews in a professional, upbeat, learning environment.

Presentations
We welcome the opportunity to visit classes, residence halls, fraternities and sororities, academic organization meetings, campus organizations and special interest groups to describe services, answer questions or give workshops. Call or email your request and we’ll work out the details. We encourage students to get started on their career planning and to download a checklist of activities to complete each semester at www.potsdam.edu/career

SALUTE recognizes its members who succeed academically. In order to do this, SALUTE has identified four tiers based on cumulative GPA status:
• Alpha: 3.75 - 4.0
• Bravo: 3.50 - 3.74
• Charlie: 3.25 - 3.49
• Delta: 3.00 - 3.24

SALUTE National Honor Society webpage: salute.colostate.edu/
College Writing Center (CWC)
College Writing Center (CWC)
106 Carson Hall
(315) 267-3059
cwc@potsdam.edu
www.potsdam.edu/support/cwc

Come to the College Writing Center (CWC) and see your writing in a new light, even if you’re just getting started. Bring in your assignment, your draft and your concerns. Our goal is to help you succeed with college writing; we work with all majors at any level, on any writing assignment.

Three ways to make an appointment:
1. Stop by the Center in Carson 106
2. Give us a call at (315) 267-3059
3. Send us an email at cwc@potsdam.edu
We look forward to working with you!

BE A LEADER, GET INVOLVED

Campus Life
Barrington Student Union 208
policera@potsdam.edu
(315) 267-2013
www.potsdam.edu/studentlife/leadership

Student Activities & SPW

What is SPW?
There is always something to do at SUNY Potsdam! To find out what’s going on, check out SUNY Potsdam Weekly (SPW). Coordinated by Campus Life, each week SPW provides a comprehensive listing of campus events in a variety of formats to promote student involvement. SPW includes: fliers across campus, in a variety of formats to promote student involvement. SPW includes: fliers across campus, table tents in all dining areas, a webpage www.potsdam.edu/studentlife/spw/index.cfm, student planner, and wall calendar.

Upcoming Events
Welcome Weekend: 8/25-8/27
• Find the Bear Competition kicks off Friday: Find the bear hidden on campus and win $200 toward spring books.
• Welcome Weekend Carnival, Sunday, 1-5p.m., Maxcy Field House: Check out over 40 booths staffed by student clubs and organizations. There is a chance to win cool prizes every 15 minutes!
• A wide variety of events and activities will be offered throughout the weekend. Check out the comprehensive schedule when you arrive to campus.

First Saturday: 9/3
Noon-5p.m.
Downtown Potsdam
• Check out specials, discounts and give-aways at over 50 participating businesses
• Visit 8 businesses and enter to win a $100 Shopping Spree
• Enjoy shopping, food, music, special events and more

Student Organization & Involvement Fair:
Meet representatives from over 40 different student clubs and organizations at this annual fair held the second week of classes.

Look for these events throughout the year:
• A Cappella Invitational
• Athletic events
• Battle of the Bands
• Bear Stock
• Bowman Blast
• BSA Fashion Show
• Coffeehouse: every Thursday at Hurley’s Night Club (under Lehman), 7p.m.
• Community Performance Series (CPS) events
• Crane Candlelight Concert
• Family Weekend
• Friday Night Movie Series
• Gibson Gallery events
• A wide variety of entertainers: comedians, hypnotists, magicians, musical artists and more
• Intramural Activities
• Knowlestock
• Kwanzaa Ball
• Midnight Breakfast
• Numerous concerts, plays and dance performances
• October Fest
• One Act Play Festival
• Opera
• Soca Loca Carnival
• SpringFest
• Student Art Shows
• Student Choreographer’s Concert
• 10-Minute Play Festival
• WinterFest (Glow Ball, Laser Tag, Bear Pride Night and more)
Note: not an all-inclusive list. Check SPW listings each week for more events.

Student Organization & Involvement Index

Student organizations and other involvement opportunities at SUNY Potsdam are listed below alphabetically by category. For more information, log on to www.potsdam.edu/studentlife/clubs/index.cfm or contact Campus Life. If you have an idea for a club/organization that is not listed below, you can start your own group by contacting the Student Government Association (SGA) at (315) 267-2588 for more information.

Academic
• Anthropology Club
• Art Association
• Biology Club
• Chemistry Club
• Dance Ensemble
• Economics Club
• Engineering & Physics Club
• English & Communication Student Organization (ECSO)
• French Club
• Future Business Leaders of America (FBLA)

Academic Honor Societies
• Alpha Kappa Delta (Sociology Honor Society)
• Alpha Psi Omega (Drama Honor Society)
• Beta Beta Beta (Biological Honor Society)
• Epsilon Delta Phi (Computer & Info Sciences Honor Society)
• Gamma Sigma Phi (Chemistry Honor Society)
• Kappa Delta Pi (Education Honor Society)
• Lambda Alpha (Anthropology Honor Society)
• Lambda Pi Eta (Communication Honor Society)
• Phi Alpha Theta (History Honor Society)
• Phi Eta Sigma
• Phi Kappa Lambda (Music Honor Society)
• Phi Sigma Tau (Philosophy Honor Society)
• Pi Delta Phi (French Honor Society)

• Geology Club
• Global Business Club
• History Association
• Honors Program
• Law and Tactics Club
• Philosophy Forum
• Political Student Association (PSA)
• Potsdam Law Society
• Presidential Scholars Program
• Pre-Health Club
• Psychology Club
• Sociology Club
• Spanish Club
• SUNY Potsdam Math Alliance
• Teacher Education Student Association (TESA)
• Theater Guild

Academic Honor Societies
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• Phi Eta Sigma
• Phi Kappa Lambda (Music Honor Society)
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• Phi Alpha Theta (History Honor Society)
• Phi Eta Sigma
• Phi Kappa Lambda (Music Honor Society)
• Phi Sigma Tau (Philosophy Honor Society)
• Pi Delta Phi (French Honor Society)
• Pi Mu Epsilon (Mathematics Honor Society)
• Pi Sigma Alpha (Politics Honor Society)
• Psi Chi (Psychology Honor Society)
• Salute (Veterans Honor Society)
• Sigma Beta Delta (Business Management & Administration Honor Society)
• Sigma Delta Phi (Spanish Honor Society)
• Sigma Pi Sigma (Physics Honor Society)
• Sigma Tau Delta (English Honor Society)

Campus Publications/Communication
• The Racquette (student newspaper)
• WAIH (student radio station)

Community Service, Global Issues & Leadership
• Beat the Monster (Breast Cancer Awareness)
• Campus Rescue Squad (CRS)
• Circle K
• Colleges Against Cancer
• Emerging Leaders
• Harry Potter Student Association
• Middle Ground
• Omicron Delta Kappa Society (Leadership Honor Society)
• Operational Military Support
• Political Student Association (PSA)
• Student Activists for Gender Equality (SAGE)

Crane
• American Choral Directors Association (ACDA)
• American String Teachers Association (ASTA)
• Crane Student Association (CSA)
• National Association of Teachers of Singing (NATS)
• Opera Club
• Potsdam Music Business Club

Entertainment
• Anime Club
• Art Association
• A Sharp Arrangement
• Dance Ensemble
• Madstop Records
• Musical Theater Organization
• On the Spot Improv
• Opera Club
• Pep Band
• Pointercounts

• Potsdam Pitches
• Stay Tuned
• Step Team (Bear Witness)
• Student Entertainment Services (SES)
• Swing Dance Club
• Taiko Okuma Drumming
• Team NV
• Theater Guild
• Voice of Victory (Gospel Choir)
• WAIH (student radio station)
• 18+ Up Improv

Governing Groups
• Greek Life (All Greek Council: AGC)
• Residence Hall Association (RHA)
• Student Government Association (SGA)

Greek Life
• Greek Organizations
  (SUNY Potsdam recognizes 3 fraternities and 10 sororities)

Health & Wellness
• Active Minds
• AIDS Peer Educators
• Health and Fitness Advocates
• Peer Counselors

Non-Traditional Student Groups
• Alpha Sigma Lambda (Adult Learner Honor Society)
• Non-Traditional Student Organization

Multicultural
• Black Student Alliance (BSA)
• Center for Diversity
• Chinese Student Organization
• Gender and Sexuality Alliance (GSA)
• Potsdam Association of Native Americans (PANA)
• Potsdam International Organization (PIO)
• SOCA LOCA
• Step Team (Bear Witness)
• Team NV
• Voice of Victory (Gospel Choir)

Political
• College Democrats
• Political Student Association (PSA)
• SUNY Potsdam College Republicans

Recreational
• Anime Club
• Book Club
• Bowling Club
• Cheerleading Club
• Chess Club
• Comic Book Club
• Culinary Club
• Frisbee Club
• Gaming Club
• Intramurals/Recreation
• Mixed Martial Arts Club
• Outing Club
• Potsdam Ski/Snowboard Club
• Potsdam VideoGaming Club
• Renaissance and Medieval Studies Association
• Rugby Club
• Stitch ‘n Bitch
• Track and Field
• Wilderness Education
• Wrestling Club
• Writer's Café

SPW provides information about campus events through:
• Tabletents in the Dining Halls
• Fliers in the Residence Halls and around campus
• SUNY Potsdam Website
• Digital Signs read in the Union Lobby and other sites across campus
• Planner – On campus students get this for free when they check in, off-campus students can purchase one at the College Store
• Wall Calendar – Pick one up in the Union Lobby or Becky’s Place
The Center for Diversity
(315) 267-2184
223 Sisson Hall
cfd@potsdam.edu
www.potsdam.edu/studentlife/diversity

Our students and faculty represent many different races, ethnic groups and cultures and they come from all corners of the globe. But we are one strong community that celebrates and supports individuality on campus.

The Center for Diversity exists to assist all students, with an emphasis placed on students of color and diverse backgrounds, in their educational and personal transition and development at SUNY Potsdam. It is the expressed goal of the office to provide educational and social programs and services to help students meet their personal and professional goals. In its continued effort to afford students empowering opportunities, the office provides academic and personal advising as well as referral to other campus services. The office also coordinates diversity training sessions, skill development workshops and leadership opportunities to assist in the college-wide appreciation for multiculturalism and diversity.

Stop by and visit the Center to find out more about these groups:
• Black Student Alliance (BSA)
• SOCA LOCA
• Gender and Sexuality Alliance (GSA)
• Potsdam Association for Native Americans (PANA)
• Voices of Victory
• Bear Witness Step Team
• Team NV
• Student Activists for Gender Equality (SAGE)
• The Ummah in Potsdam (Muslim student group)
• Chinese Student Organization

Greek Life
(315) 267-2947
208 Barrington Student Union
www.potsdam.edu/studentlife/greeklife

Fraternities and sororities are values based organizations. The recognized Greek chapters at SUNY Potsdam share the common values of friendship, scholarship, community service, and leadership. Members of recognized houses work hard to uphold their values and meet the expectations of the College and the community. They take pride in being Greek because they commit themselves to these higher standards.

SUNY Potsdam’s recognized groups are:
• Sororities – Alpha Kappa Phi (Ago), Alpha Sigma Tau (AST), Omega Delta Phi (Omega), Phi Kappa Pi (Phi K), Sigma Alpha Iota (SAI), Sigma Gamma Phi (Arethusa), Sigma Lambda Gamma (SLG) and Zeta Gamma Sigma (Zeta).
• Fraternities – Delta Kappa Theta (DK) and Phi Mu Alpha (PMA).
• Coed – Alpha Psi Omega (APO)

Students join Greek Life by engaging in the rush/new member process. Rush is the time period that students use to become better acquainted with the fraternities or sororities in order to determine which one is the best fit for them. Although any student can rush, a student must meet certain requirements to join: Be in good academic standing with a minimum 2.0 cumulative and previous semester GPA; have completed a minimum of 12 college credit hours, post high school graduation; receive a bid, or an offer, from a fraternity or sorority.

While we encourage all students to take the time to get to know our recognized fraternities and sororities, we want to advise students and families that SUNY Potsdam has 3 banned fraternities, which are Phi Chi Epsilon (Phi Chi), Psi Phi Delta (Psi Phi), Sigma Pi (Sig Pi) and 1 banned sorority, which is Alpha Delta Kappa (Alpha). These groups are banned organizations because they endangered the health and safety of students. Students who pledge, join, accept membership, affiliate in any way, or seek to perpetuate a banned organization are subject to judicial referral and potential suspension or expulsion.

In addition to these banned organizations, there are several organizations in the area that are unrecognized. These include, but are not limited to: Beta Tau (BT), Delta Tau Tau (DTT), Epsilon Omega (EO), Lambda Sigma Upsilon (LSU), Phi Kappa Sigma (Phi Kap), Psi Phi Epsilon, Tau Delta Kappa (TDK), and Theta Omega Phi (Prometheus). Because unrecognized organizations have no obligation to the College and its policies and procedures, affiliation with these groups is discouraged.

Intramural Sports Offered
• Basketball
• Broomball
• Dodgeball
• Flag Football
• Indoor Soccer
• Madstop Boat Race
• Racquetball
• Co-ed Soccer
• Co-ed Softball
• Volleyball
• 5K Walk/Run

How do I sign up to play an Intramural Sport?
There are online entry forms at the Intramurals website at www.potsdam.edu/imsports. Also, look for announcements in the student union for upcoming events. If there are any problems, feel free to call the office at 267-2319 or you can email Bill Beauchamp at beauchwf@potsdam.edu.

Free Agents
The Intramural Program understands that not everyone knows enough people with similar sports interests to enter a team. If you still wish to be involved, become a free agent! Call the Intramural Sports Office at 267-2319 or email beauchwf@potsdam.edu and ask to be placed on a team. The Intramural Office will then place you on a team or create a team of free agents. This system is very effective at getting people on teams and playing sports.
**Maxcy Hall Hours**

Note: Maxcy Hall hours are subject to change due to the weather, altered athletic schedules, special events or various other reasons.

**Maxcy Hall Building Hours**
Monday-Friday, 7 a.m.-11 p.m.
Saturday-Sunday, 10 a.m.-6 p.m.

**Shane T. Shaul Fitness Center**
Daily schedule
Monday-Thursday, 6:45 a.m.-10 p.m.
Friday, 6:45 a.m.-9 p.m.
Saturday, 10 a.m.-6 p.m.
Sunday, 12 p.m.-6 p.m.

**Pool**
Daily schedule
Mon.-Fri., 12 p.m.-1 p.m. and 7:30 p.m.-9 p.m.
Saturday & Sunday, 2 p.m.-4 p.m.
Summer Closed

**Ice Arena**
Recreational Skate
Tuesday & Thursday, 9 p.m. - 11 p.m.
(Free skates offered).

**Field House**
Field House (FH) hours are the same as building hours except for the spring semester when our athletic teams begin practice. During that time, the entire Field House is available except during the following periods:
Mondays FH closed 4 p.m.-8 p.m.
FH track/wall/cave open 8 p.m.-10 p.m.

至少要填入的更多信息：

**Tuesdays FH closed 4 p.m.-6 p.m. & 8 p.m.-10 p.m.**
FH track/wall/cave open 6 p.m.-8 p.m.

**Wednesdays FH closed 4 p.m.-6 p.m.**
FH track/wall/cave open 6 p.m.-10 p.m.

**Thursdays FH closed 4 p.m.-6 p.m.**
FH track/wall/cave open 6 p.m.-8 p.m.

**Fridays FH closed 3 p.m.-6:30 p.m.**
FH track/wall/cave open 1 p.m.-3 p.m.

**Special Events**
- Open climbs typically M-F 6-9 p.m.
- Bouldering Cave
- Located in the Maxcy Field House, a low elements climbing area that requires no ropes for climbing, although spotters are recommended
- Rec Softball Field
- Located behind Knowles Residence Hall
- Outdoor Recreation Area
- Located behind Maxcy Hall.
- Tennis Courts
- Located behind the residence halls near Maxcy Hall. These are lighted courts!
- Basketball Courts
- Located behind residence halls
- Racquetball Courts
- Located in Maxcy Hall
- Free racquetball rentals
- Walleyball Court
- Located in Maxcy Hall squash courts
- Outdoor bike fix station.
- Free equipment sign-out
- Equipment such as racquetballs, rackets, basketballs, volleyballs, soccer balls, softballs and other equipment may be signed out in the fitness center with your student I.D.

**GET CULTURED**

SUNY Potsdam is second to none when it comes to access to the arts. Our students have abundant choices of festivals, concerts, visiting artists, gallery openings and theatre and dance performances. You can find the latest events at www.potsdam.edu/newsandevents

**Crane School of Music Performances**
We have everything from student recitals, faculty concerts to world premiere operas. There are simply too many to list in this guide. Visit our events calendar online at www.potsdam.edu/newsandevents

**Department of Theatre and Dance Productions**
Performing Arts Center
(315) 267-2556
www.potsdam.edu/Theatre

**The Art Museum**
125 Brainerd Hall
(315) 267-3290
www.potsdam.edu/museum

The Art Museum presents lectures, exhibits and openings throughout the year in our three exhibition spaces: The Gibson Gallery, Hosmer Hall Gallery and Dunn Display Cases. All of our events are free and open to the public, so get your art on at SUNY Potsdam.

Please consult our website for the full schedule of events.

**ADULT LEARNERS**

Student and Family Transitions
Student Success Center
128 Sisson Hall
(315) 267-3398/2415
www.potsdam.edu/studentlife/services/nontraditional

Many adult learners have made the decision to continue their education after a hiatus from high school, while raising families, or after being in the military.

These students often juggle a job, family and full academic course load as well as possibly having a lengthy commute to and from campus. Adult learners (also known as a non-traditional students) are a large and growing segment of the student body. In Fall 2012, there were 240+ undergraduate students enrolled ages 24 and up.

A student is defined as an adult learner if he or she meets one or more of the following criteria:
- 24 years of age or older or
- has had at least a two year break in his or her education, or
- holds a GED rather than a high school diploma, or
- married or single with dependents.

The Office of Student and Family Transitions oversees the annual induction ceremony for the National Honor Society for adult learners called Alpha Sigma Lambda.
The Center for Applied Learning provides a coordinated experiential learning strategy that broadens and integrates students’ knowledge and skills to prepare them for a fully realized life.

The Center encompasses the offices of Experiential Education, International Education & Programs and Frederick B. Kilmer Undergraduate Student Research.

Experiential Education Office [EEO]
ecoo@potsdam.edu
(315) 267-2507

The Experiential Education Office administers the college-wide Internship Program, Volunteer Program and assists in the development of community service sites for the Service-Learning Program.

Services Offered:
• BearTracker, a searchable database for internship, volunteer and service-learning opportunities
• Optimal Resume, a program to assist students in creating a resume, cover letter and website
• One-on-one appointments with staff
• On-campus recruiting and interviewing for upcoming internship opportunities
• Scholarships available for summer internships
• Extensive website that has a host of links and information for everyone
• Coordination of service-learning courses

Eligibility Requirements:
To be eligible to complete an internship, students:
• Are enrolled at SUNY Potsdam and have junior or senior standing (60 or more credit hours earned toward graduation)
• Have completed their last 12 semester hours at SUNY Potsdam
• Have a minimum 2.5 grade point average. Some departments and internships may have additional specifications and higher GPA requirements
• Must report an internship for credit on BearTracker and view an internship proposal PRIOR to beginning an internship

Center for Student Research
cur@potsdam.edu
(315) 267-2507

Students can explore research at SUNY Potsdam as student faculty collaborations or mentorships by means of original scholarly or creative projects.

These options are:
• The Kilmer Research Apprenticeship: An endowment that supports faculty lead student research, scholarly, and creative projects.
• Kilmer Faculty-Student Travel Program: Support for undergraduate, graduate students and faculty incurring expenses while traveling to professional meetings or conferences to present research or other creative endeavors.
• SUNY Undergrad Research Conference
• National Undergrad Research Conference

International Education & Programs
international@potsdam.edu
(315) 267-2507

The International Education & Programs Office (IE&P), sponsors study abroad programs for SUNY Potsdam students wishing to spend part of their academic career abroad, hosts international students who come to study at SUNY Potsdam, and provides advice and assistance to students, faculty and staff who are interested in an international dimension to their study, teaching or research.

• Overseas Academic Programs:
The SUNY system offers 800+ study abroad programs in more than 50 countries worldwide. SUNY Potsdam administers exchange agreements with institutions in: Mexico, England, France, Germany, and Cuba.

• National Student Exchange (NSE) Program:Permits students to exchange in other US or Canadian universities.
• International Student Services -- Advisement on students’ personal, cultural, health, academic and immigration transitions to the SUNY Potsdam community. Provides information to international students regarding changes in immigration regulations and upcoming events via email and the IEP website.

Jamie Szafran, Musical Studies and Computer Science Major and 2015 Rising Star Recipient. Intern, Full-time employee for NASA.

SUNY Potsdam’s First Academic Cuba Trip Winterim 2017
### AUTO REPAIR
- **AAA Road Service**
  Martins Maple Street Station/Garage
  59 Maple St.  
  (315) 265-7380
- **AC Auto Parts, Inc.**
  6574 State Highway 56  
  (315) 265-6040
- **Barstow Collision Service**
  145 Market St.  
  (315) 265-5670
- **Blevins Auto Body & Car Rental**
  6817 State Highway 56  
  (315) 268-9138
- **Mahoney's Auto Mall**
  7513 US Rt. 11  
  (315) 265-1850
- **Monro Muffler Brake & Service**
  174 Market St.  
  (315) 265-9485
- **North Country Collision Inc.**
  6930 State Highway 56  
  (315) 265-0133
- **North Country Oil Change & Repair**
  120 Market St.  
  (315) 265-8125
- **TJ Toyota**
  6698 State Highway 56  
  (315) 265-3350

### BANKS
- **Adirondack Regional Federal Credit Union**
  166 Market St.  
  (315) 268-1440
- **Community Bank**
  70 Market St.  
  (315) 265-4200
- **First Niagara Bank**
  14 Elm St.  
  (315) 265-8500
- **Key Bank**
  17 Elm St.  
  (315) 265-2900
- **NBT Bank**
  220 Market St.  
  (315) 265-9950
- **North Country Savings Bank**
  31 Main St.  
  (315) 265-2300
- **SeaComm Federal Credit Union**
  6 Sisson St.  
  (315) 764-0566

### CINEMA/MOVIES
- **Roxy Theater**
  20 Main St.  
  (315) 265-9630

### FOOD AND GROCERIES
- **Potsdam Food Co-op & Carriage House Bakery & Deli**
  24 Elm St.  
  (315) 265-4630
- **Potsdam IGA**
  27 Elm St.  
  (315) 265-6282
- **Price Chopper**
  179 Market St.  
  (315) 265-2165
- **Save-A-Lot**
  200 Market St. or 5933 US Rt. 11, Canton  
  (315) 265-3659 or (315) 714-2078
- **Stewarts**
  79 Market St. or 26 Maple St.  
  (315) 265-9707 or (315) 265-2851
- **Stewarts**
  115 East Main St. or 32 Gouverneur St.  
  (315) 386-3157 or (315) 386-2648

### PHARMACIES & MEDICAL
- **BodyWorks Chiropractic**
  17 Leroy St.  
  (315) 265-2030
- **Dr. Lee Akin, Oral & Maxillofacial Surgeon**
  1 Riverview Drive  
  (315) 265-2896
- **Dr. John Carvill, DDS**
  70 Main Street  
  (315) 265-8494
- **Potsdam Center for Innovative Dental Technologies**
  83 Market Street  
  (315) 265-3377
- **Stacey M. Howlett, DDS PC, Family Dentistry**
  1 Riverview Drive  
  (315) 265-5344
- **St. Lawrence Oral & Maxillofacial Surgery, Assoc.**
  22 Depot St.  
  (315) 265-1761

### LODGING
- **Beth’s Place to Stay in Potsdam**
  140 River Rd.  
  (315) 276-5668
- **Catamount Lodge & Forest**
  2092 State Highway 56  
  South Colton, NY  
  (315) 265-2255
- **Clarkson Guest Home**
  34 Pierrepont Ave  
  Potsdam, NY 13676  
  (315) 323-5629
- **Comfort Suites**
  6000 US Rt. 11, Canton  
  (315) 386-1161
- **Country Quiet Bed & Breakfast**
  1350 County Route 31, Lisbon  
  (315) 268-0109
- **Ostrander’s B&B**
  1675 State Highway 68, Canton  
  (315) 386-2126
- **The Brambles Inn and Gardens**
  48 Elm St.  
  (315) 268-0936
- **The Clarkson Inn**
  1 Main St.  
  (315) 265-3050
- **The Smallding Motel South**
  7518 US Rt. 11  
  (315) 265-0709
- **White Pillars Bed & Breakfast**
  395 & 441 Old State Rd., Canton  
  (315) 386-2353

### RETAIL AND SERVICE STORES
- **Beast Fitness**
  8 Market St.  
  (315) 250-8776
- **Body Shop Fitness & Salon, Inc.**
  47 State Highway 345  
  (315) 262-0482
- **Boutique Florist House Inc.**
  3 Pleasant St.  
  (315) 262-6010
- **Bricks and Mortar**
  15 Market St.  
  (315) 274-9311
- **The Computer Guys & The Textbook Guys**
  4 Clarkson Ave.  
  (315) 265-3866
- **Gamer Craze**
  47 Main St., Canton  
  (315) 386-8616
- **Great Northern Screen Printing & Embroidery**
  6 Main St.  
  (315) 265-6211
- **Isle of You**
  17 Market St.  
  (315) 265-3210
- **It-L-Do Furniture**
  6771 US Rt. 11  
  (315) 265-1112
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<tr>
<th><strong>LOCAL LISTINGS</strong></th>
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<td><strong>Jazzercise</strong></td>
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<td><strong>Living Curiously</strong></td>
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<td><strong>Misty Hollow</strong></td>
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<td><strong>Nature's Storehouse</strong></td>
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<td><strong>North Country Neighbors</strong></td>
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<td><strong>Potsdam Laundry &amp; Dry Cleaners, Inc.</strong></td>
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<td><strong>Radio Shack</strong></td>
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<td><strong>Shear Creations</strong></td>
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<td><strong>Today's Hair &amp; Day Spa</strong></td>
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<td><strong>Walmart #3329</strong></td>
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<td><strong>The UPS Store #5986</strong></td>
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<td><strong>1844 House An American Bistro</strong></td>
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<td><strong>Arby's</strong></td>
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<td><strong>Asian Buffet &amp; Mongolian Grill</strong></td>
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<td><strong>The Bagelry</strong></td>
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<td><strong>Burger King</strong></td>
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<td><strong>Buster's Sports Cafe</strong></td>
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<td><strong>First Crush Bistro</strong></td>
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<td><strong>Foxy Roxy's Diner</strong></td>
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<td><strong>The Hideaway Cafe</strong></td>
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<td><strong>Hometown Cafe (2 locations)</strong></td>
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<td><strong>Hot Tamale (2 locations)</strong></td>
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<td><strong>Josie's Pizzeria</strong></td>
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<td><strong>Jreck Subs (2 locations)</strong></td>
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<td><strong>Little Italy</strong></td>
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<td><strong>Riverview Bar &amp; Restaurant</strong></td>
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<td><strong>Sergi's Italian Restaurant &amp; Pizzeria</strong></td>
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<td><strong>Subway (2 locations)</strong></td>
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<td><strong>Subway (Canton, 2 locations)</strong></td>
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<td><strong>Thai Cuisine Restaurant</strong></td>
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<td><strong>The Ole Smokehouse</strong></td>
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<td><strong>Village Diner</strong></td>
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* Denotes SUNY Potsdam Orientation sponsor
* Businesses that accept Bear Express

* All entries are in Potsdam, unless otherwise noted
STAYING SAFE, HEALTHY AND FIT

SAFETY FIRST

University Police [UP]
Van Housen Ext. 1st Fl.
(315) 267-2222
www.potsdam.edu/studentlife/safety

The State University of New York has always provided for the safety and security of its students and SUNY Potsdam has one of the lowest campus crime rates in the nation.

Our university system is protected by a well trained and professionally certified police force. To serve as a University Police Officer, one must complete at least 60 college credits, must complete training at a Basic School for Police Officers (Police Academy), must pass a statewide competitive civil service examination and pass a physical agility test as well as medical and psychological examinations.

The University Police Department at SUNY Potsdam currently has nine police officers, two Lieutenants and a Police Chief. Our department is responsible for the enforcement of federal, state and municipal laws as well as vehicle and traffic laws. We ensure that the members of our college community comply with all campus rules and regulations. We provide these services 24 hours per day, seven days a week, and we are committed to the safety and security of all employees, students and visitors to our campus.

Services:
- Security of buildings and grounds
- Emergency phones
- Jump start pack
- Vehicle lock-outs
- Escorts
- Money escorts
- Delivery of emergency messages

Notify the University Police Department immediately if you are the victim of a crime or if you witness one.

Telephone x2222 for any emergency on campus.

STAYING HEALTHY

Student Health Services
Van Housen Hall 1st Fl.
Monday–Thursday (8:30 a.m. to 4:30 p.m.)
(315) 267-2377
www.potsdam.edu/studentlife/healthservices

We realize that staying healthy is a combination of factors. Our services are designed to keep students on track for healthy lives at Potsdam and beyond.

We work just like your doctor’s office at home. Walk-ins are not allowed. Appointments may be scheduled 24/7 by going online to BearPAWS > New Student Services > Student Health Services Portal > New Appointment, or by calling (315) 267-2377 from 8:30 a.m. to 4:30 p.m. You will be examined by our physician or nurse practitioners. Just set up an appointment! Our clinic is accredited by the Accreditation Association for Ambulatory Health Care.

You can come in for:
- An illness
- A physical exam
- Reproductive health
- Allergy shots
- HIV/STD testing
- A follow-up from your provider at home
- Lab work and other health screenings
- Health education
- And more...

Most of these services are provided to you at no charge because you paid a student health fee.

IMPORTANT

New and readmitted students are required to give us some health information. This is done online via the Student Health Services portal on BearPAWS. Look under New Student Services.

PLEASE COMPLETE THESE FORMS IMMEDIATELY UPON SENDING IN YOUR DEPOSIT.

HEALTH INSURANCE

Health insurance coverage is required for all students taking 12 or more credit hours. Be sure to discuss your health insurance coverage with your carrier and the basics of your coverage.

For those without adequate coverage, or for those with no health insurance at all, SUNY Potsdam has arranged a comprehensive sickness and accident policy called the SUNY Potsdam Insurance Plan. Each semester, the premium for this plan is added to every student’s bill. If you already have adequate insurance you should waive the premium. Go to BearPAWS and look for the SUNY Potsdam Insurance Plan waiver link on the New Student Services page. The waiver link is activated in mid-July for the Fall semester, and mid-December for the Spring semester. Waivers must be requested each semester you attend this school, and must be submitted by the end of Add/Drop.

Information about the SUNY Potsdam Insurance Plan, including a copy of the brochure, is available at:
www.potsdam.edu/studentlife/healthservices/insuranceplan.cfm

If you have other questions about the plan, or how to waive the premium, please contact Laura Goodrow at Student Health Services: (315) 267-3346; or the College Insurance Specialist at Haylor, Freyer & Coon: (800) 289-1501.

Hospital Numbers
- Canton-Potsdam Hospital
  50 Leroy St., Potsdam, NY
  (315) 265-3300
  www.cphospital.org
- Claxton Hepburn Medical Center
  214 King St., Ogdensburg, NY
  (315) 393-3600
  www.chmed.org
- Massena Memorial Hospital
  1 Hospital Dr., Massena, NY
  (315) 764-1711
  www.massenahospital.org

STAY IN SHAPE

The Shane T. Shaul Fitness Center
Maxcy Hall
(315) 267-2302
www.potsdam.edu/athletics/fitnesscenter

Part of a person’s overall well being includes staying fit. We encourage all students to take advantage of all the physical activities and resources on and off campus.

The Shane T. Shaul Fitness Center, located on the 3rd floor in Maxcy Hall, is an 8,000 square foot state-of-the-art fitness facility. Renovated in 2006, the Fitness Center houses 38 pieces of cardiovascular equipment- most with personal media player. Dumbbells, Olympic weights, a Cybex Eagle selectorized circuit and a variety of training tools are also available to users. The student staff at the Fitness Center is available to assist in facility orientations. Personal Training and Group Fitness classes are also offered through the Fitness Center. See also the Intramural Programs section on pg. 15.

NON DISCRIMINATION

NOTICE/POLICY

Pursuant to the State University of New York policy, SUNY Potsdam is committed to fostering a diverse community of outstanding faculty, staff, and students, as well as ensuring equal educational opportunity, employment, and access to services, programs, and activities, without
regard to an individual’s race, color, national origin, religion, creed, age, disability, sex, gender identity, gender expression, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction. Employees, students, applicants, or other members of the campus community (including, but not limited to, vendors, visitors, and guests) may not be subjected to harassment that is prohibited by law or treated adversely or retaliated against based upon a protected characteristic.

The University’s policy is in accordance with federal and state laws and regulations prohibiting discrimination and harassment. These laws include the American with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973, Title IX of the Education Amendments of 1972, and the New York State Human Rights Law. These laws prohibit discrimination and harassment, including sexual harassment and sexual violence.

Inquiries regarding the application of Title IX and other laws, regulations, and policies prohibiting discrimination may be directed to Title IX Coordinator & Affirmative Action Officer Stacey Basford at (315) 267-2579 or basforsl@potsdam.edu. Inquiries may also be directed to the United States Department of Education’s Office of Civil Rights, 32 Old Slip 26th Floor, New York, NY10005-2500; Tel. (646) 428-3800; email OCR.NewYork@ed.gov.

SEXUAL DISCRIMINATION AND HARASSMENT

Physical Plant/Service Center, Rm. 9
(315) 267-2516
basforsl@potsdam.edu

Title IX of the Education Amendments of 1972 prohibits sex discrimination in schools that receive federal funding. All forms of sex-based harassment are also prohibited, including sexual harassment and sexual assault. It does not matter whether the harasser intends to harm or not, the harasser and target do not need to be of different sexes, and severe harassment does not necessarily required repeated incidents. Title IX protects every person—boys and girls, men and women, students and employees.

SUNY Potsdam will take all legal and appropriate actions to respond to incidents of sexual harassment, sexual discrimination, sexual assault, domestic violence, and stalking. The campus works to ensure that all incidents are dealt with in a sensitive, private, professional, and timely manner.

The College puts forth considerable resources in the areas of crime prevention and campus law enforcement. If you are a victim/survivor, or if you know of someone who is, we can help you get the resources needed both on and off campus. Please tell someone and get the assistance you need. To report a Title IX incident or for more information and resources, visit http://www.potsdam.edu/offices/hr/titleix/ or contact a Title IX Coordinator:

Complaints involving employees (victim or accused) should be directed to:
Stacey Basford
Title IX Coordinator
Physical Plant/Service Center, Rm. 9
(315) 267-2516
basforsl@potsdam.edu

Complaints involving students only should be directed to:
Director of Student Conduct & Community Standards
Title IX Coordinator
Barrington Student Union, Rm. 216
(315) 267-2579

If this is an emergency, if you are injured, or if you feel you are in danger, please contact University Police at (315) 267-2222.

OTHER FORMS OF DISCRIMINATION AND HARASSMENT

Like sexual discrimination and harassment, discrimination and harassment on the basis of protected characteristics is prohibited on campus, whether it be verbal, written, graphic, or physical conduct. Protected classes include: race, color, national origin, religion, creed, age, sex, sexual orientation, disability, gender identity, familial status, marital status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, and criminal conviction.

Discrimination and harassment that is sufficiently severe, pervasive, or persistent can interfere with or limit the ability of an individual to participate in or benefit from the college’s programs or activities. If you experience, see, or otherwise learn of any conduct that you believe is discrimination or harassment on the basis of protected characteristic(s) other than sex/gender, you should report the conduct immediately to the Affirmative Action Officer listed below or in case of imminent danger contact University Police at 315-267-2222.

COUNSELING

College Counseling Center
131 VanHousen Hall
Monday-Friday 8:30 a.m. to 4:30 p.m.
(315) 267-2330
www.potsdam.edu/studentlife/counseling

The SUNY Potsdam College Counseling Center (CCC) serves to provide an opportunity for students to address psychological and emotional challenges to promote a healthier, more successful student body. The CCC provides consultation, assessment, counseling, referrals, and related services to students while they pursue their educational goals. Our services assist students with identifying and addressing facets of their behavioral, psychological, emotional and cultural experiences which may present as barriers to their success. Through our work together we strive to act as change agents to empower our students to become fully engaged members of the campus community as well as active contributors to their home communities.

Initial Consultation Process

The CCC encourages students to make an initial consultative appointment by contacting the CCC at (315) 267-2330. At the time of your consultation meeting you will fill out a computer based consultation form at the College Counseling Center regarding your mental health history, prior treatment experience, as well as your anticipated goals for therapy. Upon completion of this form you will meet with a professional counselor to discuss your needs and what services may be most appropriate for your presenting concerns. Some possible recommendations may include brief individual or group therapy at the CCC, connecting to other campus resources, or providing referrals to off-campus providers.

At times of peak service demand students may be placed on a wait list. Those who call and are not able to be scheduled for an appointment within two weeks are encouraged to clarify at the time of contact the nature and severity of their concerns. This information can best help our staff triage and determine how to best meet the student’s needs. If students wish to see services off campus at that time the CCC staff will provide a list of off campus resources the students may explore.

Services within the Counseling Center

Individual Counseling: The CCC utilizes brief, solution-focused therapy. With the time limited nature of college semesters brief therapy invites students to focus on achievable goals within the timeframe of the available sessions. Typically students are seen on a bi-weekly basis, although at times of acute crisis this can be weekly. As a student develops the needed skills to address the issues which brought them to therapy, sessions will become less frequent until it is determined the student no longer needs to be seen on a consistent basis.

Group Counseling: The CCC also offers group therapy. This milieu provides students access to professional counseling amongst their peers. A licensed counselor facilitates group sessions and assists students throughout the group process.
Referral to off-campus providers may occur due to the following reasons:

- A need for intensive, long-term, or open-ended therapy. Possible indicators for longer term or more intensive therapy include:
  - Recent or multiple psychiatric hospitalizations
  - Chronic thoughts of suicide, frequent self-injurious behaviors, or history of repeated suicide attempts
  - Evidence or risk of progressive deterioration in mental or emotional functioning that requires intensive intervention
- A need for specialized services not available through the CCC, including but not limited to:
  - Presence of significant drug or alcohol problems such as substance dependence and/or past failed treatments
  - Need for drug testing
  - Presence of severe or long-standing eating disorder symptoms
  - Request for formal psychological assessment (e.g., ADHD testing)
  - Request for psychological evaluation for the purpose of employment clearance or other non-academic purposes
  - Request for services to fulfill students’ court-mandated assessment or treatment requirements

Topics for therapy groups vary depending on need and student generated requests. This unique approach allows students greater access to services on campus while promoting peer-generated insight and feedback.

Crisis Appointments: Walk-in crisis sessions are generally available for all students. The CCC has at least two hours each day set aside for students in immediate need. These appointments are reserved for students exhibiting acute crisis where their safety and that of others is of concern.

Common Presenting Concerns seen at the College Counseling Center:

- Personal Concerns: stress, anger, loneliness, guilt, grief
- Multi-cultural related Concerns: Difficulties related to experience of racial bias, micro-aggressions, or other such xenophobic related prejudice resulting in emotional distress.
- Relationship Concerns: Romantic difficulties, interpersonal conflicts, family problems.
- Developmental Concerns: Adjustment to college, life transitions, identity (e.g., personal, cultural, sexual orientation, gender identity).
- Mild to moderate mental health issues, such as anxiety or depression, as appropriate to brief therapy.
- Substance Use: Concerns related to mild or moderate alcohol or other drug use/abuse.
- Academic Concerns: Performance anxiety, perfectionism, or mental health issues that affect academic difficulties.
- Trauma or Interpersonal Violence: Assessment, stabilization and treatment within a brief therapy model.

Referral to Community Resources

The CCC brief therapy treatment approach is time-limited due to the natural limits of resources. In order to best serve the needs of our students, those who require long-term and/or intensive support will generally be referred to community resources for ongoing treatment. Similarly, students whose needs require a particular type of expertise that is not available in the CCC are also referred to community resources.

In cases where a student’s ongoing needs warrant a referral to community resources, the CCC may provide some interim support to the students as they are connecting to the appropriate community resources. The CCC may provide referrals during or after the initial assessment meeting, or as these factors become more apparent during the course of services.

Referral to off-campus providers may occur due to the following reasons:

- Hydromorphone (Dilaudid)
- Oxycodone (Oxycotin)
- Oxymorphone (Opana)
- Meperidine (Demerol)
- Diphenoxylate
- Opium
- All morphine-like drugs

Why is opiate use concerning?
One worry is that users need more and more of the drug to get high. When too much is taken at one time, it causes your breathing to stop. This is an “overdose.”

Overdoses are LIFE THREATENING
What to look for:
- unresponsiveness
- very shallow breathing
- blue lips or nails
- constricted pupils

Overdose risk increases with:
- long-term use (5-10 years)
- using after a drug-free period (like after rehab)
- using drugs when you are alone
- mixing opioids with other drugs (alcohol, sedatives)
- using opiates if you have other serious medical conditions
- using opiates by injection

Medical Amnesty
NY State and SUNY Potsdam have a Good Samaritan Law so people don’t need to be afraid to get help if they’ve overdosed. It gives protection from charges and prosecution for use and possession of controlled substances or drug paraphernalia. It applies to the person calling for help and the person who has overdosed. Class A-1 felonies and the sale or intent to sell controlled substances are covered by the law. Do the right thing and save a life by getting help!

Contact any of the following resources to get help:
- College Counseling Center: the counselors can help treat you or refer you for care.
- Student Health Services: the medical providers at SHS can help you get treatment. Make an appointment online or by calling (315) 267-2377.
- NY State Hopeline: hotline for help with drugs. 1-877-HOPENY (1-877-846-7369)
- Canton-Potsdam Hospital: both a detox and a rehab facility are located at the local hospital.

More Information
- NYS HOPEline website: http://www.oasas.ny.gov/accesshelp
- Office of Alcoholism and Substance Abuse Services: http://www.oasas.ny.gov/index.cfm
We know that sustainability is important to you, it is important to us as well, and just because you are at college doesn't mean you can't keep up with those good habits you started, and maybe pick up a few more.

In order to better understand what we are doing, it may be helpful for us to explain how we define sustainability. We know that there are many definitions and it can get very confusing. We have simplified the meaning for you. The triple bottom line: Economic, Environmental and Social Responsibility.

Here are a few of the things we are doing:

**Zip Cars**
So now that you are on campus, how do you get off? Well we have great news for you, you don't need to bring a car to campus, we have one you can use. The College has partnered with Zip car to provide two new vehicles for you to use. Prices start at only $8 per hour or $66 per day and include gas and insurance—how can you beat that?

**Buy Local**
PACES, our campus dining service, does a great job of pursuing sustainability. Many of the seasonal products you get at PACES are grown locally. They spend $300,000 each year on local produce. From honey to lettuce they invest as much as they can locally.

**Zero Sort Recycling**
Ever wonder what those numbers are on plastics, well you won't have to worry about it on campus because you can recycle it all. You no longer have to worry about sorting your paper from your plastic, or your glass from your metal, it can all go in one recycling container that will be sorted later.

**The Middle Ground**
Trying to find a Middle Ground on environmental issues can sometimes be very difficult. Our student environmental group is doing just that. They have worked with our Student Government Association and PACES to provide 300 free Kleen Kanteen water bottles to students, and are actively involved in Earth Week every year.

These are just a small part of what we are doing. Want to get involved or learn more? Check out our website at www.potsdam.edu/about/sustainability/action/middleground.

**EARTH WEEK**

**What is Earth Week?**
Earth Week is a celebration of the earth that takes place at SUNY Potsdam annually. SUNY Potsdam’s environmental club, Middle Ground, runs earth week by organizing different events that take place each day. Middle Ground encourages student participation and welcomes new ideas.

**What is the Goal of Earth Week?**
The goal of earth week is to encourage student, staff, faculty and community involvement for environmental awareness as well as to educate about environmental problems and how they can make changes in their everyday lives to help contribute to solutions for environmental problems. Middle Ground develops events that

are not only fun and engaging, but educational as well. The participation of the Potsdam community and campus is greatly encouraged and hoped for by Middle Ground.

**Some Past Earth Week Events**
- An outside concert and barbeque to kick off Earth Week
- 5k walk/runs to benefit an environmental cause
- Environmental documentaries such as “GasLand” are shown with a discussion panel directly following the movie to discuss opposing sides
- Water bottle awareness day in which students raised awareness about the production and consumption of water bottles
- Students have visited local schools educating children about the environment and problems such as climate change
- SUNY Potsdam clubs decorated recycling bins around campus, to promote recycling
- A variety of informational tables are set up during this week that allow for education about different environmental issues

**How to get involved?**
Want to help plan the next Earth Week? Middle Ground, in conjunction with the Student Government Association and the College, help organize and plan the event. Come to the Middle Ground meetings to have input in what you want to see for the next Earth Week. To learn more about Middle Ground check out their webpage www.potsdam.edu/about/sustainability/action/middleground.
UNDERSTANDING FINANCES

Office of Student Accounts
412 Raymond Hall
(315) 267-2137
student-accounts@potsdam.edu
www.potsdam.edu/offices/studentaccounts

The Office of Student Accounts coordinates student billings, processes payments made to student accounts and manages the semester payment plan. We process financial aid payments, disburse all refunds from financial aid and cash over-payments and calculate the return of Federal Title IV financial aid funds due to withdrawals.

Bills
Electronic bills (eBills) are now the exclusive billing method for student account balances. Paper bills are not available. Watch your SUNY Potsdam email account for a message alerting you to the availability of your eBill.

Log into BearPAWS, click on the “eBill” link under the Student Records Section. This provides safe and convenient access to eBills, account activity, web payment and authorized payer options. Students can use the “authorized payer” link to provide parents or others with eBill state-ments and more - enroll today!

The Student Accounts Office issues three types of bills—semester bills, monthly bills and special bills:

- Semester bills are issued prior to the start of the semester. Students who have fulfilled all their obligations, such as filing the FAFSA, accepting an aid package, etc., will show credits reflecting their financial aid. Students who make changes to their account (such as meal plan changes, accept/decline optional fees and have changes to financial aid amounts) after the semester bill is issued will not receive notification that the balance due has changed. Students should review their eBill weekly to monitor changes to their account. The semester bill is due on August 15th for the Fall semester and January 15th for the Spring semester. Students will receive a message in their Potsdam email account when charges are assessed with instructions to view their eBill through their BearPAWS account. Students who do not pay their charges on time will be placed on hold. The hold will prevent students from accessing the room selection program, registering for the upcoming semester, accessing semester grades, receiving transcripts and receiving their diploma. Monthly bills are issued on or about the 15th of every month. Students with an overdue balance will receive an email notifying them a monthly balance due bill has been generated. These bills reflect all changes (charges and payments) to a student’s account since the last billing statement was created. Monthly bills are due within 30 days of the bill date. Monthly bills include any past due balance for all previous terms as well as the current term. Late fees are assessed on charges older than 30 days as follows:
  - $30 for a balance up to $999.99
  - $40 for a balance of $1,000–$1,999.99
  - $50 for a balance of over $1,999.99

- Special bills are issued to students who incur a balance as the result of reductions to previously received financial aid or additional charges such as returned checks fees. The due date for these bills are dependant on the timing (relative to the monthly bill process) of such changes. These bills are due upon receipt.

Guest Access to BearPAWS
Students can grant guest access to account summary, financial aid requirements and other pages in their BearPAWS account. Please visit www.potsdam.edu/offices/studentaccounts/guestaccess.cfm to view instructions for set up.

Please note that college officials cannot disclose personally identifiable information about a student nor permit inspection of their records without the student’s permission unless such action is covered by certain exceptions permitted by FERPA. Please ensure such permission has been granted through the Web for Proxy tab in BearPAWS before requesting specific account information.

Credits/Financial Aid
Only certified Student Financial Aid will appear as credits on the bill. Student Financial Aid is certified once the student has completed the entire financial aid requirements. Certified Student Financial Aid may appear as Federal Direct Student Loans, Federal Direct Parent (PLUS) Loans, Federal Pell grants, Federal SEOG grants and Federal Direct Perkins Loans. Other items that may appear as credits are Admission and Room Deposits, Private Scholarships, SUNY Potsdam Institutional Scholarships and Residence Assistant remuneration.

Payments
Payments can be made in person, by mail, online.

We accept:
- U.S. currency. Please do not mail cash
- Checks payable to SUNY Potsdam
- VISA/MasterCard/Discover/American Express debit/credit cards
- Online 24/7 through eBill with VISA/Master-Card/Discover/American Express debit/credit cards and Electronic checks

Please note: if you are using a debit card please ensure any daily limits will not prevent the successful processing of the payment.

In-person payments can be made in the Student Accounts Office, Raymond Hall, Room 412, from 8 a.m. - 4:30 p.m., Monday through Friday. Summer hours are 8:00 a.m. - 4:00 p.m. To ensure proper application of the payment please know your Potsdam ID number and bring your Potsdam ID card with you.

Mailed check payments must be received on or before the due date to avoid late fees. A postmark on or before the due date does not constitute evidence of having paid on time. All checks should be in U.S. FUNDS and made payable to SUNY Potsdam with the Student Potsdam ID number written on the check.

Authorized Payer
For information on how to grant authorized user to your eBill in CASHNet, visit: www.potsdam.edu/offices/studentaccounts/guest.cfm

SUNY Potsdam Payment Plan
SUNY Potsdam offers a semester payment plan option. The student bill is spread over four equal monthly installments, beginning on August 1st for the Fall semester and January 1st for the Spring semester. Student accounts are exempt from holds and late fees when enrolled in the payment plan. A non-refundable application fee of $50 per semester is charged for the plan and due with the first installment. Please note, payment plans are not available for the Winterim or Summer terms. For more details visit www.potsdam.edu/offices/studentaccounts/paymentplans.cfm.
The Vibe Account from BankMobile is a fully functioning FDIC insured checking account that allows the student to access refunds quicker and easier than ever before. The Vibe Account has no minimum balance, no monthly fees and free Internet banking features. With it, student’s can use the SUNY Potsdam Debit Card to make purchases anywhere Debit MasterCard® is accepted. ATMs for cash withdrawals are located at several areas around Potsdam at no additional fee.

For more information visit: www.allpointnetwork.com/locator.aspx

Office of Financial Aid
317 Raymond Hall
(315) 267-2162
finaid@potsdam.edu
www.potsdam.edu/financialaid

The academic calendar starts with the summer term and ends with the spring term.

How to Apply for Aid
• Complete the Free Application for Federal Student Aid (FAFSA) online at www.fafsa.gov
• NYS Residents enrolling full time should apply for TAP at www.tapweb.org
• Out-of-state students should check with the higher education agency in their home state about grant eligibility
• Know your Potsdam ID. Financial Aid information can be easily accessed by providing a staff member this number
• Respond promptly to any inquiries from federal and state agencies or from our office. Delays in receipt of pertinent information will delay the review process, generating of award letters, and/or disbursement of funds
• When you submit mail, documentation or requests (including loan increases, budget adjustments, special circumstances and other financial aid requests), please allow 2-3 weeks processing time. Always include your Potsdam ID number

What you need to know
The Office of Financial Aid is on the 3rd floor of Raymond Hall. All communication, once the semester begins, is done directly with students through:
• Campus mailboxes
• Email
• Voice Mail
• BearPAWS

FERPA is the Family Education Rights and Privacy Act. This protects the privacy of the student’s educational records. Most information is available only to the student unless the student provides a written release authorizing access to another individual. We recommend that you keep one master file of all financial aid documents.

Students receive future aid package information via email notification that the package is ready for review in BearPAWS. You must apply every year. Apply early; use the FAFSA renewal option on the Web to speed the process.

Billing
Aid appears as a credit on the bill only after it has been certified/confirmed by the Financial Aid Office.

All required/requested documents must have been submitted and reviewed by the office and aid processed for disbursement, before it will credit to the bill.

Student Employment Opportunities
Student Assistantships are employment opportunities that do not require special eligibility or financial aid status.

Federal Work Study
is need-based and awarded as part of an aid package. Not a credit on the bill.

Watch for an early-August mailing. Most job postings will be available in mid to late August in BearTracker through your BearPAWS account.

Scholarships and Grants
Visit www.potsdam.edu/financialaid

Keys to Keeping Your Financial Aid
There are minimum requirements for maintaining your financial aid eligibility. Be sure to know what they are. Here are some important things to consider for federal aid.

Undergraduate Policy & Eligibility Status
Federal regulation mandates that a recipient of Federal Title IV aid (Federal Pell Grant, Federal SEOG, Federal Perkins Loan, Federal Work-Study, Federal TEACH Grant/Loan, Federal Parent Loan for Undergraduate Students, Graduate PLUS, and Federal Stafford Loan) make satisfactory academic progress (SAP) toward the completion of a degree to maintain eligibility for that funding. Satisfactory academic progress requirements for federal aid are evaluated by the Financial Aid Office. Progress must be reviewed, on a cumulative basis, after the fall, spring and summer terms, and includes periods for which the student did not receive financial aid. All federal satisfactory academic progress requirements are measured at the end of each scheduled evaluation period. Each evaluation will result in an aid eligibility determination and assignment of an appropriate status as follows:

Eligible for Federal Aid:
• Making Satisfactory Academic Progress (SAP): Assigned to a student who has earned 67% of all attempted credit hours, is meeting the GPA requirement, and has not exceeded the maximum allowed time frame.

• Financial Aid Warning: Assigned to a student who has not earned 67% of all attempted credit hours, or has failed to meet the GPA requirement or both. This student will receive...
federal aid in the first subsequent term of attendance that follows the term in which the requirement was not met. Financial aid warning status may be assigned without an appeal or other action by the student. Students must meet SAP requirements at the end of the payment period to continue to be eligible for federal aid. A student cannot be placed on “financial aid warning” for two consecutive payment periods.

- Financial Aid Probation: Assigned to a student who has not earned 67% of all attempted credit hours, has failed to meet the GPA requirement or both; was previously placed on Financial Aid Warning; and receives approval of an appeal to have federal aid reinstated. At the end of one payment period on financial aid probation, the student must meet satisfactory academic progress standards or meet the requirements of their academic plan, as developed by SUNY Potsdam and the student, to qualify for further federal aid.

- Eligible (on Academic Plan): Assigned to a student who has successfully completed Financial Aid Probation and is meeting the requirements of the Academic Plan as developed by the SUNY Potsdam Financial Aid Office & the student, but is not yet making Satisfactory Academic Progress.

Ineligible for Federal Aid

- Not Making Satisfactory Academic Progress: Assigned to a student who has not earned 67% of all attempted credit hours, or has not met the GPA requirement and has been academically dismissed by the college, and is no longer eligible for “Financial Aid Warning.”

- Over Maximum Time Frame: Assigned to a student who has exceeded the maximum allowed time frame and has attempted more than 150% of their degree requirements.

Satisfactory Academic Progress (SAP)

Requirements

- GPA Requirement: Federal aid recipients must maintain a GPA satisfactory for enrollment as a matriculant, as defined by the Academic Standards Committee, in the “Academic Standards Policy” in the current SUNY Potsdam Undergraduate Catalog.

- Credit Hour Requirement: Federal aid recipients are required to earn a minimum of 67% of all attempted credit hours.

- Maximum Time Frame: Undergraduate students may receive aid for a maximum of 150% of the degree program requirements. The average length of an undergraduate program of study at SUNY Potsdam is 122 credit hours (120 academic hours plus 2 physical education credits). The maximum time frame for most SUNY Potsdam students to receive aid is 183 attempted credit hours. Some music students will have up to a maximum time frame of 199 attempted credit hours. Students in music-related degree programs as well as those in dual degree programs will be reviewed on a case-by-case basis. Students enrolled in double majors are bound by the same maximum limitations as students in standard programs.

Evaluation By Credit Type & Other Considerations

Transfer credits will be included in the evaluation and will count as both attempted and earned hours.

Withdrawals, Incompletes and Repeated coursework are also considered in the analysis. Part-time enrollment counts in the same manner as full-time enrollment. Students earning credits through a consortium agreement and students who change their major are bound by the same requirements as students in standard programs. Students working on second degrees are not bound by the same standards as those working on their first degree.

Students who are readmitted or students who have been granted academic forgiveness for previous coursework are subject to the standards defined in this policy for federal aid eligibility. Academic progress will be reviewed upon readmission and receipt of the Free Application for Federal Student Aid (FAFSA). All previous coursework at SUNY Potsdam must be included in each review of academic progress for federal aid; therefore, even coursework “forgiven” academically must be considered in the review.

Reestablishing Aid Eligibility

A student making satisfactory academic progress (SAP) has earned 67% of all attempted credit hours, is meeting the GPA requirement, and has not exceeded the maximum allowed time frame. Students who lose federal aid eligibility can regain eligibility for federal aid by meeting SUNY Potsdam’s SAP requirements.

Appeal Process

Appeal Form: The Satisfactory Progress Appeal form is available both online and in the Financial Aid Office.

Submitting an Appeal

Students deemed ineligible for federal aid may appeal the status through the Financial Aid Office. Appeals will be considered on the basis of mitigating circumstances, such as personal illness or injury, or the death of an immediate family member. Students may appeal more than once, but must provide new documentation of a mitigating circumstance to justify the request. A written statement from the student must accompany the appeal and must explain why the student failed to make satisfactory academic progress, and what has changed in the student’s situation that will allow the student to demonstrate satisfactory academic progress at the next evaluation.

Acceptable Documentation

Acceptable forms of documentation include but are not limited to: physician’s written statement to substantiate illness or accident, newspaper obituaries or death certificates to substantiate deaths, written statement from clergy, family member, or other third party familiar with the student’s situation, and written statement from academic advisor or professor. Students who have lost federal aid and have an appeal approved are placed on “Financial Aid Probation” for the subsequent term and may receive federal aid for that term.

Appeal Deadline

Appeals must be submitted by the mid-point in the term for which they are seeking the appeal.

Approval Notice

Appeals are received, logged and passed to the Satisfactory Academic Progress Committee who will review appeals; decisions of the committee will be forwarded to each appellant in writing, and will be final. Students placed on “Financial Aid Probation” must earn 67% of their cumulative attempted credits at the end of their probationary period in order to regain federal aid eligibility. All students granted an appeal will be provided with an “Academic Plan” that specifies the new pace to which the student must adhere in order to regain federal aid eligibility; an Academic Plan may span more than one semester (term). Any student on probation who does not meet the requirements of the Academic Plan at the end of any term within the Academic Plan will lose federal aid eligibility; the student must then meet SAP requirements before regaining federal aid eligibility.

FINANCIAL LITERACY

Please check out our website for more money management, basic budgeting and planning information: www.potsdam.edu/financialaid

BORROW WISELY FOR YOUR EDUCATION

Actively take steps to save on expenses in college. Limit what you need to borrow - Needs vs. Wants. Borrow only what you need to cover education-related expenses.

A good guideline is to limit total education debt to the amount you would expect to earn in your first year of employment.

Borrow at the best rates and terms available.

- Interest rates
- Accrual of interest
- Capitalization of interest
- Know your total “pay-off” amount.
- Know your rights and responsibilities
- Complete exit counseling at graduation
- Keep thorough records
- Loan amount
• Loan type
• Interest rate
• Date/year of loan
• Copies of communication
• Document phone conversations: be sure to get name, date and time

**STUDENT loans available**
- The student is the borrower and responsible for repayment
- Students are required to complete their own Master Promissory Notes and Entrance Counseling requirements
- Types of loans for undergraduate students:
  - Federal Direct Subsidized Stafford Loan 4.29%
  - Federal Direct Unsubsidized Stafford Loan 4.29%
- Paying interest on unsubsidized loan, as it accrues, will save money over time
- Federal Perkins Loan - 5%
- Alternative/Private Loan - interest rates vary by lender, some greater than 18%

**PARENT loans available**
- The parent is the borrower on all Federal Direct Parent Loans for Undergraduate Students (PLUS)
- Parents are required to complete their own application and Master Promissory Notes
- Federal Direct Parent Loan for Undergraduate Students (PLUS) - 6.84%

*Subject to change on July 1, 2016 for 2016-2017 loans

**FEDERAL DIRECT LOAN REPAYMENT OPTIONS**

**Standard Repayment Plan**
Eligible loans: Direct and Federal Stafford Subsidized and Unsubsidized loans, all PLUS loans
Monthly Payment: Payments are a fixed amount of at least $50 per month
Time Frame: Up to 10 years
Less interest is paid back over time under this plan than under other plans.

**Graduated Repayment Plan**
Eligible loans: Direct and Federal Stafford Subsidized and Unsubsidized loans, all PLUS loans
Monthly Payment: Payments are lower at first then increase, usually every two years
Time Frame: Up to 10 years
Quick Comparison: Total payback is greater over time than under the 10-year standard plan.

**Extended Repayment Plan**
Eligible loans: Direct and Federal Stafford Subsidized and Unsubsidized loans, all PLUS loans
Monthly Payment: Payments may be fixed or graduated
Time Frame: Up to 25 years
Monthly payments are lower than the 10-year standard plan. Borrowers must have more than $30,000 in outstanding Direct Loans, FFEL loans, or PLUS loans (individually, not combined). Must be a “new borrower” as of October 7, 1998. Total payback is greater over time than under the 10-year standard plan.

**Income Based Repayment Plan (IBR)**
Eligible loans: Direct and Federal Stafford Subsidized and Unsubsidized loans and all PLUS loans, Consolidation Loans (Direct or FFEL) that do not include Direct or FFEL PLUS loans made to parents.
Monthly Payment: Maximum monthly payments are 15% of discretionary income. Payments change as income changes.
Time Frame: Up to 25 years
Borrowers must prove partial financial hardship** by submitting income and family size information annually to servicer. Monthly payments are lower than payments under the 10-year standard plan. Total payback is greater over time than under the 10-year standard plan. If loan is not repaid in full after making the equivalent of 25 years of qualifying monthly payments, any outstanding balance will be forgiven. Income tax may have to be paid on any amount that is forgiven.

**Pay As You Earn Repayment Plan**
Eligible loans: Direct and Federal Stafford Subsidized and Unsubsidized loans, all PLUS loans, Consolidation Loans (Direct or FFEL) that do not include Direct or FFEL PLUS loans made to parents.
Monthly Payment: Maximum monthly payments are 10% of discretionary income. Payments change as income changes.
Time Frame: Up to 20 years
Borrower must be a “new borrower” as of October 1, 2007, and must have received a disbursement of a Direct Loan on or after October 1, 2011. Borrowers must prove partial financial hardship** by submitting income and family size information annually to servicer. Monthly payments are lower than payments under the 10-year standard plan. Total payback is greater over time than under the 10-year standard plan. If loan is not repaid in full after making the equivalent of 20 years of qualifying monthly payments, any outstanding balance will be forgiven. Income tax may have to be paid on any amount that is forgiven.

**Income Contingent Repayment Plan**
Eligible loans: Direct Subsidized and Unsubsidized loans and PLUS loans made to students, Direct Consolidation loans.
Monthly Payment: Payments are calculated each year and are based on adjusted gross income, family size, and the total amount of Direct Loans.
Payments change as income changes.
Time Frame: Up to 25 years
Total payback is greater over time than under the 10-year standard plan. If loan is not repaid in full after making the equivalent of 25 years of qualifying monthly payments, any outstanding balance will be forgiven. Income tax may have to be paid on any amount that is forgiven.

**Income Sensitive Repayment Plan**
Eligible loans: Federal Stafford Subsidized and Unsubsidized loans, FFEL PLUS loans, FFEL Consolidation loans
Monthly Payment: Monthly payment is based on annual income. Payments change as income changes.
Time Frame: Up to 10 years
Total payback is greater over time than under the 10-year standard plan. Each lender’s formula for determining the monthly payment amount under this plan can vary.

*Discretionary income: the difference between your adjusted gross income and 150 percent of the poverty guideline for your family size and state of residence (other conditions apply).

**Partial Financial Hardship: For IBR, a circumstance in which the annual amount due on your eligible loans, as calculated under a 10-year Standard Repayment Plan, exceeds 15 percent (10 percent for pay as you earn) of the difference between your adjusted gross income (AGI) and 150 percent of the poverty line for your family size in the state where you live.

**OTHER IMPORTANT TERMS**

**CONSOLIDATION**
- One new loan out of multiple federal student loans of various types
- New interest rate is the weighted average of rates from original loans being consolidated
- One monthly payment under different repayment options
- Borrower loses benefits of individual loans (grace period, forgiveness opportunities, etc.)
- Generally, results in a more costly loan

**DEFERMENT**
A temporary suspension of repayment in certain circumstances:
- In-School
- Graduated Fellowship or Rehabilitation Program
- Unemployment
- Economic Hardship
- Military
- Active Duty
- Post-Active Duty Student
Interest will not accrue for subsidized loans, but will continue to accrue for unsubsidized loans.

**FORBEARANCE**
A temporary postponement or reduction of repayment:
- Applicable when a standard deferment is not
- Interest accrues during periods of forbearance
FORGIVENESS
A portion or all of a loan may be forgiven under certain public service obligations:
• Public Service Loan Forgiveness
• Teacher Loan Forgiveness

DISCHARGE
Cancellation of loan under certain circumstances, including:
• Bankruptcy (in rare cases)
• Disability
• Death

DEFAULT
Repayment 270 days past due has many potential ramifications:
• Loss of access to future financial aid
• May limit access to future jobs
• Garnishment of wages
• Confiscation of tax refunds
• Credit ratings and future borrowing
• Loss of employment opportunities
• Collection and litigation expenses
• Litigation, including collection and court costs

KNOW YOUR SERVICER
Establish your Borrower-Servicer connection early in the process. You will be notified by the Federal loan processor of the contact information for your servicer, after you have been approved for an education loan. Create an account with your servicer early and monitor your loan records regularly.

CREDIT CARD SMARTS
Many college students today have credit cards. Managing credit cards properly can be a big responsibility. Students are encouraged to follow these tips to protect their credit score and avoid serious debt.
• Beware of low introductory interest rate. Shop around for a low interest rate, but take caution as very low introductory rates can jump to 18 percent or higher after the introductory period has ended.
• Understand fees, and terms and conditions clearly. Among other things, it is important to know what types of fees will be applied, what the security features are, and what a rewards program involves.
• Avoid late payments. Late payments can hurt one’s credit score and may be used to raise the interest rate, which could cost a consumer hundreds or thousands of dollars over time.
• Review monthly statements. Save receipts and compare them to statements to make sure it is accurate.

Credit card Terms
Annual Fee - A fee charged once per calendar year to a consumer as the cost for maintaining a credit account. The fee amount can vary from creditor to creditor.
Annual Percentage Rate (APR) - The cost of credit expressed as a percentage (includes interest rate and fees). This percentage can be fixed (meaning that it does not fluctuate with the market) or variable.
Balance Transfer - The fee a customer incurs for transferring outstanding credit debt from one account to another.
Grace Period - A length of time designated by a credit issuer (usually between 25-30 days) in which a consumer can pay off the entire amount of their credit debt and will not incur finance charges.
Minimum Monthly Payment - The minimum amount a consumer can pay to keep their credit account from defaulting. This amount typically ranges from anywhere between 2-4% of the outstanding balance.
Penalty Charges - Typically, if two or more late payments are made on a credit account, the creditor will increase the A.P.R. as a punitive measure.
Prime Rate - The rate of interest that banks charge their most creditworthy customers.
Free Credit Reports - Your credit score is determined by the three major credit agencies (Equifax, Experian, TransUnion) and helps lenders determine how much money you will be able to borrow and what interest your loans will have. The credit agencies assign you a FICO credit score, which ranges from 300 to 850. Potential lenders can also acquire a credit report from these agencies to help determine your credit worthiness.

Your credit report includes the following information:
• Name
• Address
• Telephone number
• Social Security number
PARENT INFORMATION

ACADEMIC ADVISING AND SUPPORT

Information to help First Year Students and Parents
110 Sisson Hall
(315) 267-2702
www.potsdam.edu/support

IMPORTANT ACADEMIC ADVISING POLICIES & PROCEDURES

1. Dropping and Adding Classes
   • Students need to know that once classes start, the Drop/Add period is only the first 5 days of classes. They can make schedule changes during this first week of classes without penalty. Students considering schedule changes are always encouraged to consult with their academic advisors first because changes can have unforeseen consequences. For instance, if a student were to fall below 12 registered credit hours, they would no longer be considered full-time and this may affect financial aid.
   • For students participating in a First-Year Interest Group (FIG), permission of the instructor coordinating the particular FIG is needed in order to drop a course within the FIG.
   • For students participating in the First Year Experience (FYE), permission is needed to drop a FYE class that is connected to a residence hall, because it may involve moving the student to another residence hall. The contact person for this is Amanda Grazioso in the Residence Life Office.

2. Declaring a Major
   • Music majors are already declared by the Crane School of Music. They must pass an audition & be specially admitted into Crane.
   • Elementary Education majors (a first major) and the Adolescent Education majors (a second major) will need to declare their majors online. During orientation, this will be done with the help of the Orientation Leaders. For further information, see Lisa Stewart in Satterlee Hall 110.
   • New Arts & Sciences and Professional Studies students may also declare a major at Summer Orientation after registering for classes, if they wish to do so. Not all freshmen will want to declare a major and they can remain exploratory/undeclared if they are not sure of their major at this time. It is perfectly acceptable not to declare a major as a freshman and a student should not feel pressured to do this. A liberal arts education means a student can explore many different disciplines through the General Education program requirements. Note: Because of the course sequences in some majors, a student declaring later may require additional time toward their degree.

3. Fall Advisor Assignments
   • Students will probably not have the same advisor in the fall that they have for summer Orientation.
   • New exploratory/undeclared freshmen will receive an email in the first week of the fall semester with instructions indicating how to find the name of their assigned advisor.
   • New freshmen (or new transfer students) who declare a major will have a temporary advisor assigned after Orientation (or after their appointment). Generally, this is the Department Chair. They should check in with the Chair of the appropriate department during the second week of school for curriculum review and possible advisor reassignment. The chair may wish to reassign the student to a different permanent advisor after discussing the major curriculum and career interests of the student.

FREQUENTLY ASKED ACADEMIC ADVISING QUESTIONS

When is advising and registration for the Fall semester? New students are advised during the summer at Orientation. For continuing students, advising begins around the end of March with registration starting about three weeks later (for the following fall semester).

When is advising and registration for the Spring semester? Advising begins around mid-October and registration starts about three weeks later (for the following spring semester).

What do students need to do prior to registering? All students are required to meet with their assigned advisor before registering. Students should prepare for the advising appointment by accessing class schedules through BearPAWS or the Registrar’s Office webpages. Students should also review the college catalog, general education requirements, and BearDeN for additional information.

Where can students get additional academic advising assistance? Tim Morse, in Sisson Hall 102, and Kristin Jordan, in Sisson Hall 105, are available to assist students with all general advising questions and concerns.

STUDENT RESOURCES

Academic Support Lab
Timothy Morse
102 Sisson Hall
(315) 267-2702

SUNY Potsdam’s Academic Support Lab (Sisson 106), part of the Student Success Center (SSC), provides students with access to resources and support services to improve their academic performance.

• Group Tutoring: Trained peer tutors provide content and study skills assistance. Tutoring is provided in small groups and sessions are scheduled at the mutual convenience of students and their tutors.

• Academic Skills Assistance: Staff members are available to assist students in improving time management, test preparation, note taking, and other study skills.

• Computer Lab: There are six computers and a printer available in the lab. We also have laptops available for loan.

Accommodative Services
Sharon House
111 Sisson Hall
(315) 267-2702

If you are a student with a disability requesting reasonable academic accommodations and/or auxiliary aids, you should make the specific request to Accommodative Services. Submit written documentation of your disability and the need for accommodations. The Director can assist you in this process.
FAMILY PROGRAMS
128 Sisson Hall
(315) 267-2580
www.potsdam.edu/families

Greetings SUNY Potsdam Families! Below you will find a timeline to help you navigate through your student’s academic rhythm at Potsdam.

FAMILY TIMELINE
JULY
Week 2: Preadmission requirements for Student Health Services must be completed.

Week 3: Student Bills will be mailed. They can also be accessed through a student’s BearPAWS account. If your student has already registered for classes for the fall semester expect to receive your bill soon. Contact the office of Student Accounts if you have any questions or concerns about the bill.

Week 4: Check your mailboxes for information on Family Weekend! Things book up fast—make sure to register and make hotel reservations early.

AUGUST
Week 1: New student room and roommate assignments will be listed on the student’s BearPAWS account. It is recommended that students contact their roommate before coming to College. Visit www.potsdam.edu/studentlife/ResHalls for more information on Residence Halls.

Week 2: Make sure that your student’s bill is settled (paid in full or payment options set up).
8/25: New students move onto campus
8/26 & 27: Returning students move onto campus
8/28: Classes begin

SEPTEMBER
9/1: Last day for students to add/drop a class
9/1: Last day to register for Family Weekend
9/15-16: Family Weekend

OCTOBER
Weeks 1 & 2: Semester Midpoint. Expect that your student may be stressed studying for midterms—A care package might be nice.
10/6: Early alerts are due. An early alert is a notification that indicates a student has below a 2.0 in a class. If your student receives an early alert encourage him/her to talk to his/her professor and/or visit the Student Success Center.
10/6-10: October Break—Break starts at 10 p.m. on Friday night, though most students leave when they are finished with classes on Friday. Residence Halls will remain open and students can stay on campus for this break.
10/11: Classes Resume at 8 a.m.

Weeks 2 & 3: The class schedule for the spring semester will be released. Your student should check BearPAWS to make sure they do not have a “Hold” on their account, which will prevent them from being able to register. Now is also a good time for your student to schedule a meeting with his/her academic advisor.
11/3: Last day for students to elect to withdraw from a class or elect the satisfactory/unsatisfactory (S/U) grading option for a class

NOVEMBER
Weeks 1 & 2: Students register for spring courses through BearPAWS—they need to have met with their academic advisor in order to do this.
11/21-11/26: Thanksgiving break—Break will start at 10 p.m. on Tuesday.
11/27: Classes resume at 8 a.m. Students often do not realize that the end of the semester comes so quickly after Thanksgiving break, once again it is likely that your student’s stress level might be high—they might appreciate another care package

DECEMBER
12/8: Last day of classes
12/9-10: Academic preparation for finals
12/11-15: Final examinations
12/19: Residence halls close for the semester at 10 a.m.

Week 3: Student bills will be mailed. They can also be accessed through a student’s BearPAWS account. If your student has already registered for classes for the spring semester, expect to receive your bill soon. Contact the office of Student Accounts if you have any questions or concerns about the bill.
Last Week: Expect your student’s grades to be released. Your student should check BearPAWS—they need to have met with their academic adviser in order to do this.

JANUARY
1/1: FAFSA forms become available for the 2016-2017 school year. If your student completed a FAFSA form for 2016-2017 they will only need to complete a Renewal FAFSA.

STUDENTS ONLY:
Note there are two Entrance Counseling options:
• Subsidized/ Unsubsidized
• Graduate PLUS (applicable only to Graduate/ Professional students)

1. Sign into StudentLoans.gov
2. Click on “Complete Counseling”
3. Read and follow the on-screen instructions

STUDENTS AND PARENTS:
1. Sign into StudentLoans.gov
2. Click on “Complete Master Promissory Note”
3. Select the appropriate Loan Type then follow the on-screen instructions
4. There are three loan options:
• Subsidized/Unsubsidized
• Graduate PLUS (available and applicable only to Graduate/ Professional students)
• Parent PLUS (available and applicable only to parents of dependent undergraduates)

Note that the Parent/Grad PLUS also requires completing the online application by clicking on “Apply for a PLUS Loan.”

We have implemented a process which allows our Federal Direct student/parent loan borrowers to complete and sign their Master Promissory Note (MPN) online. The electronic MPN will be used for all of your Federal Direct loans processed by SUNY Potsdam over multiple academic years. If you wish to have your loans appear as a credit on your student bill, you will need to complete both processes online in a timely fashion.

Go to www.studentloans.gov
Forms are available at www.fafsa.ed.gov
1/3-1/17: Winterim is in session

Week 2: Make sure that your student’s bill is settled (paid in full, payment options set up).
1/20-21: Students return to campus
1/22: Classes begin
1/26: Last day for students to add/drop a class

FEBRUARY
2/16: Spring Recess Begins at 10 p.m.
2/21: Classes Resume at 8 a.m.

MARCH
3/5: Early alerts are due. An early alert is a notification that indicates a student has below a 2.0 in a class. If your student receives an early alert encourage him/her to talk to his/her professor and/or visit the Student Success Center.
3/30-4/8: Spring Recess—Break will start at 10 p.m. on Friday.
4/8: Residence Halls reopen at 10 a.m.
4/9: Classes resume at 8 a.m.
Mid-month: Students will receive information on housing for next year. Most students will sign up for their room next year during the end of March and beginning of April. With some exceptions, students are required to stay on campus until the completion of their sophomore year. A $50 deposit needs to be paid to the office of Student Accounts prior to a student being able to sign up for on campus housing.
Mid-month: The class schedule for the fall semester will be released. Your student should check BearPAWS to make sure they do not have a “Hold” on their account, which will prevent them from being able to register. Now is also a good time for your student to schedule a meeting with his/her academic adviser.

Weeks 3 & 4: Students register for Fall courses through BearPAWS—they need to have met with their adviser in order to do this.

MAY
5/11: Last day of classes
5/12-13: Academic preparation for finals
5/14-18: Final examinations
5/19: Residence halls close for the year at 10 a.m. All of the students’ belongings must be taken out of the room. There is some storage on campus, but it is very limited and on a first-come, first-serve basis. Students who are graduating can remain in their room until after graduation.
5/19: SUNY Potsdam Commencement

Parents Den
The mission of the SUNY Potsdam Family Association is to partner parents and family members with the College to create a better understanding of the college experience and the growth of our students.

Partners in the association will serve as a resource for staff members who work most closely with students. This relationship between families and the College will create a network of support designed to make each student’s experience at SUNY Potsdam the best that it can be. By partnering with the Family Association you will:
• Receive a welcome gift at Family Weekend.
• Gain access to the Family Association listserv
• Have input in the direction of SUNY Potsdam’s family programs
Families can partner with the Family Association by making a $30 gift for this academic year. Please visit www.potsdam.edu/families/association to receive more information or to make a contribution to the Family Association.

For additional information, please call (315) 267-2580.
On the banks of Rac-quette River, With its hills of blue, Stands our
hon - ored Pots - dam Col - lege, Stir - ring sight to view!

Hail Pots - dam Col - lege! In rev - rence we ac - knowl - edge Strength from
thee, from thee, O Al - ma Ma - ter, Praise, all praise Pots - dam!
IMPORTANT CAMPUS PHONE NUMBERS

Academic Advising   (315) 267-2580
Admissions   (315) 267-2180
Student Accounts   (315) 267-2137
Residence Life   (315) 267-2350
College Store   (315) 267-2573
Counseling Center   (315) 267-2330
Emergencies (UP)   (315) 267-2222
Financial Aid   (315) 267-2162
Library-Crane   (315) 267-2451
Library-Crumb   (315) 267-2485
PACES SUNY Card Business Office   (315) 267-2658
Provost/Academic Affairs   (315) 267-2108
Registrar   (315) 267-2154
Student Affairs   (315) 267-2117
Student Conduct &
Community Standards   (315) 267-2579
Student and Family Transitions   (315) 267-2735
Student Health Services   (315) 267-2377
Student Success Center   (315) 267-2580
Student Support Services   (315) 267-2347
Switchboard   (315) 267-2000
TelCom   (315) 267-3000
Union Market   (315) 267-3709
University Police   (315) 267-2222

Administrative Office Hours
Most administrative offices are open M-F 8 a.m. - 4:30 p.m. during the school year. Summer hours are 8 a.m. - 4 p.m.

A Note About Photography
We take a lot of pictures of students and faculty on and off campus. SUNY Potsdam reserves the right to use photographs of students participating in campus life and activities for College promotion in electronic, video and print. Questions can be directed to the Office of Public Affairs at (315) 267-2114.

Submit Your Own Photos
We want your photos! Please include your name, email and a description (where, when, who) of the photo. All photos submitted become property of SUNY Potsdam. We reserve the right to use or not use any photo submitted.