

2025 SUNY Potsdam

Bridges Summer Program

August 14 - 21, 2025

Welcome to the 2025 Bridges Summer Program at SUNY Potsdam! We hope you are enjoying your summer, and we are looking forward to meeting you very soon. This orientation will provide ample opportunity to learn about the many great aspects of life at SUNY Potsdam, earn one academic credit, and build relationships with fellow students, faculty, and staff.

This pre-first year summer program is structured to help with the transition from high school to college. You will gain a greater sense of belonging as you cultivate meaningful relationships with your peers and our campus professionals, along with completing a one credit course that will add value to your overall college curriculum and set you on the right path for success.

Lasting one week, the summer program provides academic development, orientation to the campus and the local community, and the opportunity to acclimate to college culture. Through skill development offerings, the summer program increases the likelihood that students will be able to engage successfully in an academically rigorous curriculum. The program will also help you to advance toward degree completion, by offering a one credit course.

COST: The program is free.

DEPARTURE: More information about how to travel to campus can be found at: potsdam.edu/admissions/visit/directions

ARRIVAL: Please arrive between 9 a.m. – 4 p.m. on August 14. If you are delayed and anticipate getting to campus after that time please contact us to let us know. When you arrive on campus, you will enter on Gouverneur Drive (enter Gouverneur Drive, Potsdam, NY into your GPS) and follow the signs to complete our drive through check-in process. Parking will be available in lot 22.

STUDENTS: The Bridges Summer Program is for students only, no activities for parents/guardians are planned.

ESSENTIAL: The Bridges Summer Program is mandatory for all Bridges participants. You will be officially matriculated as a SUNY Potsdam student once you have successfully completed the summer program. You must attend the required class, FY 150: Metaskills. This course will count toward your overall grade point average and will allow you to earn one academic credit prior to the start of the semester.

Enclosed in this packet is some very important information. Please take a few minutes and review the pages that follow. If you have any questions, please give us a call at (315) 267-2382.

BRIDGES SUMMER PROGRAM: MOVE-IN & HOUSING INFO

When you arrive for the Bridges Summer Program, you'll first have the opportunity to move your belongings into your fall housing assignment. After that, you'll move into a temporary dorm room where you'll stay for the duration of the one-week program. This arrangement lets you settle in early and experience campus life while the Residence Life staff finishes the final preparations for our full student arrival. You'll officially move into your fall room on Thursday, August 21, along with the rest of the incoming class.

To make things easier, we recommend packing a small bag with essentials—clothing, toiletries, and personal items—for use in your temporary room. Carts will be available to help with both moves. You'll only need enough for one week, so pack light and plan for warm days, occasional rain, and cooler evenings.

Temporary rooms include a bed, desk, chair, lamp, dresser, and closet. Please bring your own bedding, pillow, and any comfort items. Microwaves and mini-fridges are not provided. You'll have access to your fall room again on August 21. Until then, scheduled times will be offered to retrieve additional items if needed. We've also arranged a Walmart trip for students to pick up supplies. Bridges will provide all school materials needed for the week, so no need to bring your own. If you forget anything, the Campus Gear Shop and local stores are close by.

PACKING/PLANNING LIST

Personal items

- Prescription medications (notify staff prior to attending)
- Vitamins
- Brush/comb
- Toothbrush/toothpaste
- Soap/shampoo/conditioner
- Shaving accessories
- Shower caddy
- Shower shoes (flip flops)
- Bathrobe/slippers

Toiletries

- Q-tips
- Tissues
- Nail clippers/file
- Hygiene items
- Bug spray
- Sunscreen

Clothing

- Summer clothing
- Sneakers
- Sandals
- Sweater/sweatshirt
- Rain jacket
- Swimsuit

Other

- Blankets/pillow
- Sheets (extra-long twin)
- Towels/washcloths

Consider buying some items while here, to cut down on packing...

- Hangers for closet
- Room fan (residence halls are not air conditioned)
- Laundry detergent
- Toiletries/personal items (see list)

OTHER USEFUL INFORMATION

Course Scheduling for Fall 2025 semester

All new Bridges students will have been scheduled for classes for the Fall 2025 semester. If you have not yet registered for classes, you will meet with an Academic Advisor to get you registered.

The following will be provided to you during the Bridges Summer Program:

- A detailed schedule of the Bridges Summer Program
- Your student ID card for the academic year
- A copy of your fall class schedule
- An introduction to a variety of campus resources and offices including campus computing, the library, financial aid, academic advising, and much more.

FREQUENTLY ASKED QUESTIONS (FAQ)

Q: Can my parent(s)/guardian(s) stay with me in the dorms during the Bridges Summer Program?

A: No, parent(s)/guardian(s) cannot stay with you in the dorms during the Bridges Summer Program. If your parent(s)/guardian(s) require housing/lodging, then they will need to make separate arrangements with local hotels for lodging.

Q: Are parent(s)/guardian(s) required to attend the Bridges Summer Program?

A: No, they are not required to attend the Bridges Summer Program. Parent(s)/guardian(s) will typically drop off their student and depart on Thursday, August 14.

Q: What happens if I am unable to attend the Bridges Summer Program or miss any of the days?

A: The Bridges Summer Program is mandatory and all Bridges students must attend.

Q: What if I have to check in before 9 a.m. or after 4 p.m.?

A: We highly encourage students to check in between 9 a.m. and 4 p.m. on Thursday, August 14. We are unable to accommodate requests for early check-in. However, if you need to come earlier, then we recommend that you utilize the surrounding hotels for the night prior.

Q: Am I allowed to have a car on campus during the Bridges Summer Program?

A: Yes! Students at SUNY Potsdam are generally allowed to have cars on campus. However, you must register your vehicle with University Police and purchase a parking permit. All vehicles parked on campus must display a valid permit at all times. To register your car, log into BearPAWS, follow the steps for vehicle registration, and pay the required parking fee.

FINANCIAL AID QUESTIONS

If you have any questions regarding your financial aid package, please contact the SUNY Potsdam One Stop Office directly at (315) 267-2943 or onestop@potsdam.edu. For any other questions, call the Bridges office, we are here to help.

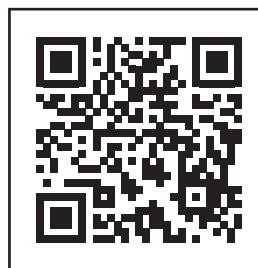
HELPFUL PHONE NUMBERS

All SUNY Potsdam phone numbers begin with 315-267-xxxx
Bridges: (315) 267-2590
Admissions: (315) 267-2180
Counseling Center: (315) 267-2330
PACES/College Store: (315) 267-2573
Residence Life: (315) 267-2350
Student Health Services: (315) 267-2377
University Police: (315) 267-2222

BRIDGES STAFF

The Bridges Office is located in Sisson Hall, Room S112.
Bridges Director, Diana Valdez: valdezdc@potsdam.edu
Bridges Advisor, Maya Dufresne: dufresnym@potsdam.edu

CONFIRM YOUR ATTENDANCE!



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