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Dear Student,

The start of a new academic year is a time of anticipation for all members of the campus community. Those who are just joining our Stony Brook family have a great adventure in store. From cheering for our Seawolves athletes to attending a cultural event in the Charles B. Wang Center to building a cardboard boat for the annual Roth Pond Regatta, there are many exciting new experiences that await you.



Opportunities for learning exist in all corners of our campus: laboratories, residence halls, classrooms, athletic fields, lecture halls, cafeterias, the Undergraduate Colleges, and Living Learning Centers. The University is home to exceptional faculty and staff who are committed to your success.

While you are here, both you and the University will grow in many ways. You will gain new knowledge, new friends, new insights, and new experiences. And we will be enriched by your joining us.

This is your time, and Stony Brook is your place. Make this a truly wonderful year!

A handwritten signature in black ink that reads "Shirley Strum Kenny". The signature is written in a cursive, flowing style.

Shirley Strum Kenny  
President

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## Your SuccessBook

Welcome to Stony Brook University. This *SuccessBook* has been designed to help you make the best of your college experience. It features a detailed planner/calendar for keeping track of your assignments and appointments and also is filled with upcoming social, cultural, and sporting events to help you get fully involved in campus life. In addition, we've included a special section to help you plan for personal success. Check out "The Keys to Student Success" for information on how to study, organize, and thrive in every aspect of college life.

Most importantly, as a Stony Brook student, you must familiarize yourself with campus and residence hall rules and regulations. The following pages provide a brief overview of your responsibilities, with Web links listed for more information on everything that you are required to know.

For more details on your responsibilities, please visit:

- [www.stonybrook.edu/success](http://www.stonybrook.edu/success)
- [studentaffairs.stonybrook.edu/handbook](http://studentaffairs.stonybrook.edu/handbook)
- [studentaffairs.stonybrook.edu/sci/](http://studentaffairs.stonybrook.edu/sci/)

Thank you for choosing to continue your educational journey at Stony Brook. We hope this is a year of growth, accomplishments, and fun for you.



## The Keys to Student Success

**W**elcome to your guide to success at Stony Brook! This all-in-one planner is designed to help you navigate your Stony Brook career, get connected to campus life, and help you succeed in all of your academic, social, and personal endeavors at the University. These keys are specifically written for all Stony Brook students (freshmen, sophomores, juniors, seniors, and graduate students), and will help you develop the skills to excel as part of the Stony Brook academic community.

Although this book contains a wealth of information, it is not the only resource you will need during your time at Stony Brook. It is important that you take advantage of other resources, including the Student Welcome Center ([www.stonybrook.edu/success](http://www.stonybrook.edu/success)), faculty, staff, your peers, campus resources, and the *Undergraduate Bulletin*. The more you take charge of your Stony Brook experience, the better and more valuable that experience will be.

### **Your Freshman Year and the Undergraduate Colleges**

The Undergraduate Colleges are designed to create small academic and social communities, which tailor the first-year experience for students who have similar interests. Many of your experiences will be customized for you through your College. Each incoming freshman is assigned to one of six

Undergraduate Colleges: Arts, Culture, and Humanities; Global Studies; Human Development; Information and Technology Studies; Leadership and Service; and Science and Society.

While each College has its own activities and personality, there are many experiences that will be the same for every first-year student:

- A committed team of faculty and staff: The Faculty Director is an esteemed member of the faculty who provides intellectual and academic leadership for the College. The College Advisor provides academic support and guidance for each freshman in that College. The Quad Director and Residence Hall Directors provide expertise in the areas of student development and student life at SB.
- First-Year Seminar 101: Each freshman will be enrolled in a College-specific seminar in the fall semester. This is a semester-long opportunity to become acquainted with Stony Brook and is taught by staff that is very familiar with the campus community. This course will help you become a successful student, academically and socially.
- First-Year Seminar 102: Each freshman will be enrolled in one of these small, interactive courses for the spring semester. By taking these seminars, students will learn in a small community with faculty and other students who share similar interests. Faculty from across campus will instruct seminars that focus on a current intellectual interest.
- Student Involvement: Each College hosts many social and educational programs and activities. There are many opportunities for student involvement in college student councils and programming boards.



## The Sophomore, Junior, and Senior Years

The University also provides special advising and programming to help upperclassmen continue to thrive socially and academically, such as the Living Learning Centers and Class Year advisors.

The Academic and Pre-Professional Advising Center, located at E-2360 Melville Library, serves as a home base for students seeking academic advice. To better assist you along your path toward graduation, make an appointment to speak with your class year advisor, visit us on the Web at [www.stonybrook.edu/aadvising](http://www.stonybrook.edu/aadvising), or send an e-mail question to [advising@stonybrook.edu](mailto:advising@stonybrook.edu).

### The Sophomore Year

Once you have earned at least 24 credits, you are considered a sophomore. To stay on track for graduation, you will need to declare a major once you have earned 45 credits toward your degree. To help in the major selection process, be on the lookout for information on “Major Decisions Week” events in November.

### The Junior Year

Upon earning 57 credits, you are considered a junior. You should attend workshops that help in your decision-making process, such as “How to Apply to Medical School” and “Life After Stony Brook.” You should also visit the Career Center and attend programs focused on finding internships and writing a résumé.

### The Senior Year

After earning 85 credits, you are a senior and soon-to-be graduate of Stony Brook! Whether you are planning to graduate in December, May, or August, now is the time to focus your attention on completing course work and investigating career or graduate school endeavors. Make sure to check your online degree progress report, which reviews all of your DEC and general education requirements to ensure you are on track to graduate. You can access the report via the SOLAR System. You should also visit your major (and minor, if applicable) advisor to make sure you will fulfill those departmental requirements.





# 1

## Key to Success #1: Set Goals

Most students enter Stony Brook with a goal in mind—to graduate and become successful in their career or graduate study. To begin to set realistic goals for yourself, first consider what you want to gain from your college experience: Do you want to obtain a certain GPA? Excel in a particular class? Join a club or organization? Get a job? These goals should range from short- to long-term, and should be based upon what matters most to you. Goals are very personal, so take the time to really think about what motivates you, and how you can get to where you want to be. These steps will help you determine the more immediate tasks that you can begin to help you reach your goals. Just keep in mind that during your undergraduate career, it is likely that one or more of your goals will change.

*“Don’t be afraid to ask questions! Stony Brook students can tell you much more than any advisor or book can (but you should still take advantage of them). Meeting diverse people can make your transition easier, especially for transfer students.”*

—Debbie-Ann Walker,  
Health Sciences

### Goals

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## Key Success #2: Use Campus Resources

Stony Brook students have access to many resources to help them succeed. During your undergraduate experience, make sure you take time to use these resources. Visit the Academic and Pre-Professional Advising Center, Residential Tutoring Centers, and Help/Skills Rooms on a regular basis. For a quick guide to Stony Brook resources, turn to page 71 for “Inside Stony Brook,” a listing of campus offices with phone numbers and Web address.

- Ask for help. This is a large campus and it takes time to find your way around. Upperclassmen, faculty, and staff are happy to point you in the right direction so you can make it to class on time.
- Individual departments offer study groups, special get-togethers, and lectures. Make sure to occasionally stop by the departmental office or visit its Web site. Many departments list upcoming events on their home page.
- Visit your Academic Advisor at least once per semester to ensure you are on track with graduation requirements. Freshmen must see their Academic Advisor to make schedule changes and plan their schedule for

the spring semester. For those students who have declared a major, visit your major department at least once per semester.

- Resident students with questions may reach out to their Resident Assistant (RA), Residence Hall Directors (RHDs), and Quad Directors. Whether it’s a problem with your roommate or you just want to know about an upcoming event, visit your RA for help.
- Commuter students have the Office of Commuter Student Services at their disposal for advising and assistance. The Office is located in SAC Room 222.



## Key Success #3: Use Technology Wisely

As a Stony Brook student, it is important that you learn to use all of the technological resources available on our campus. From the SOLAR System (online registration system) to STARS (Stony Brook Automated Retrieval System, the Library’s computerized catalog), Stony Brook students must use technology in every aspect of their experience at the University. Having access to these technological resources also brings about added responsibility. Every Stony Brook student, faculty, and staff member is asked to use all campus resources responsibly and in compliance with Stony Brook’s Responsible Use of Information Technology Policy. For more information about this policy, please visit [www.stonybrook.edu/p109](http://www.stonybrook.edu/p109).





## Computing Facilities and Services for Students

The Department of Instructional Computing provides students with e-mail accounts and many computing facilities and services. Fourteen public computing (SINC) sites are located across campus and each of these labs has various applications, Internet access, and printers. Scanners are available in some of the sites. If you need help, Student Computer Consultants are in the labs to answer your questions. The Student Computer Consultants can be reached at 632-9602 or by sending e-mail to [helpme@ic.sunysb.edu](mailto:helpme@ic.sunysb.edu). Students interested in becoming Student Computer Consultants should check the Department Web site for announcements.

All Stony Brook students are eligible for an e-mail account, a personal Web page, and Internet access from their Residence Halls or from home. Some rooms have direct network connections that require the computer to have a network card. Students who will be living in the Residence Halls that do not have a direct connection will need modems in their computers. Information regarding network access is included with the room assignments that students receive in the mail. If you would like more information regarding our services, please call the Department of Instructional Computing at 632-8050.

## SOLAR System

You can log in to the SOLAR System with your Stony Brook ID number and password at [www.stonybrook.edu/solarsystem](http://www.stonybrook.edu/solarsystem). You can enroll in classes, drop classes, and swap classes on the SOLAR System. Other registration-related transactions that can be done via the SOLAR System include placing yourself on a waitlist for a class and selecting the P/NC option for a class. You can also view your schedule and run an unofficial transcript on the SOLAR System. SOLAR System messages are frequently sent to your SOLAR account by academic and administrative offices. You are responsible for being aware of any information that is communicated to you via SOLAR messages. When students log in to the SOLAR System, if the Message link is red, it indicates that there is a new message for you.

## Key to Success #4: Prepare for Your Classes

Success in a course does not come merely by going to lectures and reading your assigned textbook chapters. You must learn to note important ideas from your textbook, lectures, and class discussions. Taking good notes is only part of the success equation. As a student, you are responsible for taking time to keep up with all of your coursework. If you are having difficulty with a particular subject, seek out campus resources, and visit your professors during their office hours. For additional assistance with your coursework, visit the various “Get Help for Free” help rooms, and tutoring centers on campus. For a complete list, visit the “Tutoring” link at [www.stonybrook/aadvising](http://www.stonybrook/aadvising).

### The Five R's of Note Taking

#### 1. Recording

Get down the main ideas and facts. Don't write down everything.

#### 2. Reducing

Pick out key terms and concepts, summarize, paraphrase, and collapse larger ideas into easier-to-remember phrases.

#### 3. Reciting

Review lecture notes soon after the lecture. Recite them to yourself in your own words.

#### 4. Reflecting

Take some time after the lecture, during lunch, or later that evening to think about what was said in the lecture or what you just read, and what you think about it.



## 5. Reviewing

Learn when, how, and what to review. Learn your style. However you do it, review often, even if there is no looming exam.

### Study Tips

#### When

- Plan two study hours for every hour you spend in class.
- Study difficult (or boring) subjects first.
- Avoid scheduling marathon study sessions.
- Be aware of your best time of day.

#### Where

- Use a regular study area.
- Choose a place that minimizes distractions.
- Use the library or empty classrooms. It's good to leave your Residence Hall room.

#### How

- Agree with roommates about study time.
- Don't allow others to interrupt you.
- Don't make or take phone calls.

Adapted from [www.dartmouth.edu/admin/acskills/](http://www.dartmouth.edu/admin/acskills/)

## Key to Success #5: Plan and Prioritize

The most successful SB students are those who are able to balance their classes, assignments, and activities, and manage their time effectively. To better manage your time, identify a time-management system that is best for you and then use that system to plan your class assignments, activities, and tasks that need to be accomplished. Use the steps that follow to guide you.



Procrastination can be a downfall for students and faculty alike. For students entering Stony Brook from high school it may have been easier to procrastinate because someone would either complete your task or allow you more time to complete an assignment. In college, professors are not so accommodating. With the increase in academic work, students may become overwhelmed. It becomes very easy to find excuses to put off the work you know you can accomplish.

### Time-Management Tactics

#### 1. Set Goals.

- What do you want to accomplish today, tomorrow, this week, this month, this year?
- Prioritize your goals using the “ABC” method (A=High, B=Medium, C=Low).
- Set an action plan for how to achieve your goals—include a timeline.

#### 2. Avoid Procrastination.

- Slice the task into more manageable pieces; start on the easiest one.
- Set deadlines for completing projects.
- Focus!

#### 3. Minimize Interruptions.

- If necessary, handle immediately.
- If unnecessary, stop it or avoid it.
- If untimely, reschedule it.

#### 4. Manage Telephone and Computer Time.

- Screen calls or forward to voice mail while handling a task.
- Keep personal conversations to a minimum.
- Keep your IM off while you're working on the computer and keep yourself from being distracted.

#### 5. Use a Planner!

- Find one that works for you (if this one doesn't have what you need).
- Plot out your week in general on Sunday, and daily specific activities the night before.
- Put everything in the planner—even if it wasn't plotted originally.



## Key to Success #6: Be a Responsible Member of the Community

As a member of the Stony Brook community, you are expected to follow the codes established by the University. Please familiarize yourself with the Student Responsibility Statement (see page 34) and for a complete listing of your responsibilities, visit the Student Handbook online at [studentaffairs.stonybrook.edu/handbook](http://studentaffairs.stonybrook.edu/handbook).

Being responsible is more than just following codes. It's just as vital to give back to your community to help foster its growth. By volunteering at campus events or assisting a club in fundraising for a charity, you not only better the world around you but you better yourself. For more information about volunteering, contact Volunteers for Community Services in the Career Center at 632-6812 or visit [www.stonybrook.edu/sb/yocg](http://www.stonybrook.edu/sb/yocg) for information on the Year of Community Giving.

## Key to Success #7: Get Involved in Campus and Residence Activities

Stony Brook students have access to a diverse range of clubs, organizations, and campus activities. There is literally something for everyone! To find out more about campus opportunities, ask your RA, RHD, or Commuter Student Services advisor; check out the Bulletin Boards in the Student Activities Center; read *The Statesman*; look at the bus zippers; and check out SBU TV.



Being involved in student life is a major part of the “college experience.” It is an experience that will last a lifetime and will have a tremendous impact on the campus community. Students who are involved in campus life also devote considerable energy to their academic programs, considerable time on campus, and participate actively in campus life.

### How to Get Involved:

- Visit the Office of Student Activities, Suite 219 in the Student Activities Center. If you have a question about any club or organization on campus, they can answer it. There are more than 240 clubs and organizations on campus. For more information on clubs or any other student-based activity, visit Suite 219.
- Run for office and let your voice be heard. The Undergraduate Student Government represents the general student body through class representatives, a senate, and student administration of President, Vice President, Treasurer, etc. Being involved in student government is a great way to meet people and make positive changes in the campus environment.
- Join an intramural sports team or sports club. Campus Recreation offers many ways for you to get involved and have fun while doing it. Visit its Web site at [studentaffairs.stonybrook.edu/rec/](http://studentaffairs.stonybrook.edu/rec/) for more information.
- Volunteer. Help out at a campus event, sign up for Habitat for Humanity, or spend a day gardening for Pride Patrol. By volunteering, you meet new people, gain experience, and give something back to your community.

*“Believe in yourself, get involved, and make sure you get your priorities right. There are a lot of opportunities out there.”*

—Harpreet Agand,  
Business



- Support our Seawolves. Visit their site at [www.goseawolves.org](http://www.goseawolves.org) for team schedules. Going to sporting events is a great way to meet new people and become an active member of the Stony Brook community.
- Join a campus-wide committee—they are always in need of student involvement from planning to the actual implementation of the event. You will also have countless opportunities to get involved with exciting events, whether you live on campus or commute. Help build a float for Homecoming, enter the Banner contest, perform at Spirit Night, or help raise money for 'Tis the Season.
- Check the University Home Page's Upfront Box for upcoming events.
- Freshmen can also visit their Undergraduate College's Web site at [stonybrook.edu/ucolleges](http://stonybrook.edu/ucolleges).



## Key to Success #8: Identify Your Strengths and Capitalize on Them

Stony Brook has more than 119 majors for undergraduates. With so many options, it is sometimes difficult to find the major that is best for you. As you complete courses to fulfill your Diversified Education Curriculum (DEC) requirements, consider which courses you have enjoyed and how those tie into your academic and professional goals. You may also wish to visit the Career Center and use its career resources or visit its Web site at [www.stonybrook.edu/career](http://www.stonybrook.edu/career). Also, visit the Academic and Pre-Professional Advising Center or your professors to discuss potential majors.



### The Career Center

Career planning plays an integral role in the academic planning process for all students. Marianna Savoca, Director of the Career Center, reports that the Center can help you answer questions such as “How can I choose a major and how do majors relate to careers?” “How do I get a part-time job?” and “Where can I find internships?” The Center offers comprehensive career services: individual counseling; testing and assessment; and print and online resources providing information about majors, careers, jobs, internships, volunteer work, and graduate school. The Career Center's Web site is continuously updated to ensure that the latest career and job market information is available. The Career Center offers a Web-based job listing and résumé referral system (MonsterTRAK), four job/internship fairs per year, a volunteer referral service, workshops on choosing a major, résumé writing, job hunting and interviewing skills, and an online credentials service for letters of recommendation. Peer career advisors and student assistants are also available to assist and make referrals. To find out more about these and other services available, students should visit the Career Center from 8:30 a.m. to 5:00 p.m., Monday to Friday. The Career Center is located on the lower level of the Frank Melville Library. Follow the Zebra Path across from the SAC and the Career Center will be at the very end.



## 9 Key to Success #9: Interact with Faculty

Faculty are some of the greatest resources available to you at Stony Brook. Nobel Prize winners, Pulitzer Prize winners, and distinguished teaching and research professors call Stony Brook home. Students who interact with faculty outside the classroom are more successful in college.

Developing relationships with faculty can help a large university seem much smaller and help you realize your own academic pursuits and goals. Even if you aren't having difficulty in a class, connecting with faculty can help when it is time to get those important letters of recommendation.

Here are some areas you might want to explore in an informal meeting you set up with your professor(s) to get to know them better.

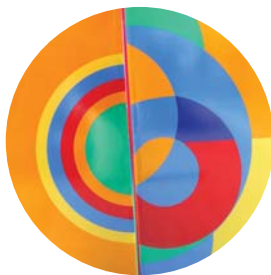
- Why did you become a professor?
- How did you become involved with your current discipline?
- What was your path to it in college?

To use your professor as a resource:

- What can I do to be successful in this course?
- What do you look for when reviewing papers and essay exams?
- What is the most important thing you intend a student to learn from this class?

If you are considering a major or graduate school in your professor's area of expertise, ask:

- What initially interested you about the subject?
- How did you decide to major in it?
- What other career opportunities exist related to this major?



- What can I do to prepare myself well for graduate school?
- What internship opportunities are available in this area?

## 10 Key to Success #10: Make the Most of Your DECs

A general—or liberal—education is required of all Stony Brook undergraduates. Simply, to be liberally educated means to be exposed to, and to have learned from, many different ideas, subjects, and disciplinary approaches to make you a thoughtful, well educated, socially and scientifically responsible, and culturally aware human being.

### Stony Brook's General Education Requirements

Stony Brook's general education requirements are fulfilled in part by completion of the Diversified Education Curriculum (DEC), which is designed to ensure that, upon graduation, you have had broad exposure to different disciplines and types of knowledge and have developed the skills necessary to succeed in future endeavors, no matter what your major might be. The DEC is divided into three broad areas: University Skills, Disciplinary Diversity, and Expanding Perspectives and Cultural Awareness. You may choose from a wide variety of courses that fulfill the categories within each area. In addition, you must show that you have satisfied the Basic Entry Skills for admission to the University. For





more information about completing the Entry Skills and the DEC, see pages 59 to 65 of the 2005-2007 Undergraduate Bulletin.

The categories in this group are the essence of a liberal education. These requirements ensure that you have knowledge of the broad categories of disciplines: the social and behavioral sciences, the humanities, and the natural and physical sciences. By taking courses in each of these categories, you learn about the types of subjects these disciplines study and the different ways the disciplines approach them.

After learning about the different disciplinary ways of thinking and knowing, you move on to the four categories in this last group, which apply the material of the earlier courses to broader societal issues. Courses in the category *Implications of Science and Technology* develop an understanding of the social and global implications of science and technology and build on courses in the social, natural, and physical sciences. Courses in the category *European Traditions* build on what you have learned from the social sciences and humanities to examine European civilizations and cultures, while courses in the category *The World Beyond European Traditions* build on that same learning to examine cultures and civilizations of Asia, Africa, South and Latin America, and aboriginal peoples. The two categories are distinguished so that you may heighten your understanding and appreciation of each through your knowledge of the other. Finally, the DEC culminates with courses in the category American Pluralism, which apply knowledge of these diverse traditions to the understanding of the unique social and cultural diversity of the United States, a principal source of its strength.

Students entering as freshmen typically devote a significant part of their first two years here to taking courses in the different DEC categories and completing any unsatisfied entry skills requirements. This is a good time to explore new areas and begin to focus on a major.

Transfer students often have completed many DEC requirements through courses taken at previous institutions. All students are encouraged to meet with their First-Year Seminar instructor or an academic advisor when planning courses for the following semester to develop a coherent approach to general education and prepare for coursework in the major. Students who have a declared major should consult the advisors in the department that offers the major about satisfying major requirements.

## Advising

Advisors in the Academic and Pre-Professional Advising Center or in your Undergraduate College can assist you with your DEC requirements to ensure that you fulfill all the necessary categories as well as help you to remain in good academic standing by earning and maintaining a cumulative 2.0 (C average). Students in the College of Engineering and Applied Sciences (CEAS) should go to the CEAS Undergraduate Student Office for assistance.



## Key to Success #11: Think Ahead About Your Academic Future

As you prepare your academic plan for the Spring semester, consider your short-term and long-term goals. Stony Brook students have access to many opportunities, both academic and social, and to faculty and staff who can help you fully realize these opportunities. Also, be sure to pay attention to all of the leadership opportunities that begin to emerge at this time of the year. If becoming a student leader is one of your goals, you will find a wealth of opportunities at Stony Brook!

The following information may help you in planning your academic future.

## Registrar's Office

The Registrar's Office is located on the second floor of the Administration Building. The Registrar's Service Counter is where you go for assistance with registration, to obtain enrollment



certifications, request an address change, a suppression of directory information, order a transcript, file for graduation, or file an academic major/minor change. The Registrar's Office also collects final grades, maintains the permanent academic record (transcript) for each student, and certifies degree candidates' eligibility for graduation. To check the hours, contact the office at 632-6175, and select option 1.



### Class Schedules

The Schedule of Classes is available on the Registrar's Web site at [www.stonybrook.edu/registrar](http://www.stonybrook.edu/registrar). The Schedule of Classes lists the days, times, locations, and instructors of each course offered. You can also do a "Class Search" on the SOLAR System to view course offerings. Course descriptions can also be found on the SOLAR System by clicking "Course Catalog."

### Academic Calendar

The Academic Calendar is available on the Registrar's Web site. It is your responsibility to be aware of all deadlines in the academic calendar and any repercussions that result if the deadlines are not adhered to.

### Bursar/Student Accounts Office

You are required to pay your account in full in a timely manner. Billing statements are mailed to the home address on record with the Records Office. You are responsible for notifying the Records Office of any change of address. Late fees will not be waived for failure to receive a bill due to an incorrect address. Students who do not receive a bill within 30 days of registration should



call the Student Accounts Office at 632-2455 for a billing packet. Billing packets include the billing statement listing the payment deadline, an insurance enrollment form, and the *Dollars and Sense Guide*. The guide has additional billing information, the semester's tuition and fee liability, and a TOPP (Time Option Payment Plan) application. You are required to make full payment by the payment deadline to avoid the assessment of a \$30 late payment fee. You are encouraged to use the TOPP feature as you wait for financial aid to be finalized. Failure to apply for financial aid in a timely manner does not relieve you from meeting all payment deadlines. For further information about Bursar Office services, call 632-6116.

### International Academic Programs

Participating in an International Academic Program allows you the opportunity to experience another culture firsthand. Why not spend a semester studying in Europe or Asia for the same price as attending Stony Brook? Through the International Academic Programs, you can see the world and take classes unique to that university and country while earning credits





towards graduation. Some of the summer programs are unique because they offer students the opportunity to complete an entire semester's worth of credit (12-15) in only a few exciting weeks abroad. You can access application forms on the International Academic Programs Web site. Summer programs require only one academic reference form and do not require the Foreign Language Proficiency Form.

### Exchange Programs

Exchange Programs allow you to register for classes in foreign universities, which will count as Stony Brook University credit. All classes taken in exchange programs help students complete their SB residency requirements. Coursework may also be evaluated for DECs and Major/Minor/Upper-Division Credit. Grades received will not factor into an SB GPA, but all official transcripts will include a supplement listing performance in the exchange program.

## Key to Success #12: Take Care of Yourself and Have Fun!

Did you know that Stony Brook students have access to a massage therapist, nutritionists, and state-of-the-art exercise equipment? These are just some of the resources available to help you stay healthy and keep in shape. Many students choose to work out in their Residence Halls or in the Wellness Center in the SAC. Additionally, counseling facilities and support groups are run through the University Counseling Center. Give these facilities a try!

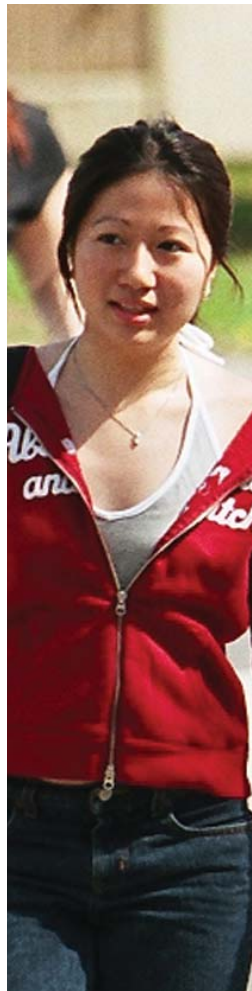
- The Paul Simons Memorial Bicycle Path—six miles of well-lit, paved trails that encompass the campus—is used year-round by cyclists, skaters, runners, and walkers.
- Venture off-campus for great hikes or swimming at the beach. The University is minutes from North Shore beaches and local parks.
- Take a ceramic, photography, or painting class at The Crafts Center, located on the lower level of the Stony Brook Union.
- Remember to visit The Office of Student Activities to pick up a list of all the student clubs and organizations available to you.
- Take in a show or a movie at the Staller Center. Students receive discount tickets to Staller events. A film series is offered each semester with a \$15 student film pass good for all movies. Visit [www.stallercenter.com](http://www.stallercenter.com) for more details.
- Check out the “Calendar” link on [www.stonybrook.edu](http://www.stonybrook.edu) for a look at the many activities that are happening on campus on any given day.





### Student Health Center

If you are not feeling well, visit the Student Health Center. The Center offers comprehensive and cost-effective health services for both medical and psychosocial health problems. The staff includes physicians, physician assistants, nurse practitioners, registered nurses, a pharmacist, laboratory technologists, a social worker, health educators, nutritionist, and a substance abuse and addictions counselor. All registered students are eligible for medical care. In addition to treating general medical problems, the Student Health Center provides care in specialty areas such as: gynecological services, Dermatology Clinic, as well as a Laboratory, Pharmacy, and Self-Care Center. Prescriptions are filled for students at substantial savings, and many over-the-counter medications are provided at no cost. In addition, Student Health Services offers support groups (Eating Disorders, Adult Children of Alcoholics, and Smoking Cessation) and management workshops. The Student Health Service hours are Monday through Friday from 8:00 a.m. to 5:30 p.m. Appointments can also be scheduled for Tuesdays, from 5:30 p.m. to 7:30 p.m. The Center is located behind the Student Union.



### The University Counseling Center

The University Counseling Center provides consultation, crisis intervention, brief psychotherapy, group and couple's therapy, and psychiatric services for students currently registered for six credits in a degree program at Stony Brook. All



information about counseling at the Center is strictly confidential with the rare exception of that needed in situations of imminent danger. You can call 632-6720 to speak to the counselor on call.

Being in a new place can be stressful. The Counseling Center is here to help you be the best student you can be. So if you are feeling stressed or just want to talk to someone, call or stop by the Counseling Center.

### Ombuds Office

The University Ombuds Office is available to assist students (as well as faculty and staff) in resolving difficult problems or disputes related to your life or work at the University. They're here to listen with an open mind and to help resolve problems fairly. All matters handled by the Ombuds Office remain confidential. Depending on the nature of the concern, the Ombuds Office staff might offer specific advice or mediation, provide information, or make the appropriate referral to facilitate resolution—sometimes all you need is someone to point you in the right direction. For more information, see page 86.