


YOUR FIRST YEAR AT STONY BROOK



Stony Brook
University

Undergraduate Colleges

2014-2015



Your First Year at Stony Brook 2014-2015

Editors

David Blake, Joel Jimenez, Jonathan Ragone, and Charissa Richters

Curriculum Committee and Contributors

Ahmed Belazi • Jared Ciborowski • David Blake • Candace Chabza • Thomas Clark • Kaitlyn Cozier • Jared Dowd • Nathan Flintjer • Jenniver Jaiswal • Joel Jimenez • Steven Kendrick • Allyson Kocivar • Susannah Lawrence • Regina Marshall • Justin Mason • Christine Noonan • Jean Peden • Jonathan Ragone • Charissa Richters • Kimberly Wodiska

eTextbook Creation Team

Jennifer L. Adams • Angela Bair • Gabriela Dande • Dan Harel • Evan Saft • Anna Sklyarova



Foreword

Welcome! I am delighted that you are here for what I know will be an exciting and rewarding educational experience. Your college experiences will help to shape the rest of your life. As you no doubt know by now, Stony Brook's faculty rank among the best in the country. We pride ourselves on providing our undergraduates opportunities to work with members of the National Academies and MacArthur Fellows, as well as over 100 recipients of the Chancellor's and President's Awards for Excellence in Teaching. Those of you interested in research will also have the chance to work alongside our highly regarded researchers on varied and groundbreaking projects.

President Stanley, the faculty, and I have a strong commitment to our students. One portion of that has been the creation of the First-Year Seminar courses that help to ease your transition into university life. We trust these materials will be of great use to you throughout your time as a Stony Brook student. While you are on campus, make sure you take the time to sample all Stony Brook has to offer both in and out of the classroom.

The Staller Center for the Arts has a full program of theatrical, musical, and artistic events that augment our formal educational opportunities. From the first day of each month all Stony Brook students with valid IDs may purchase a ticket to any Staller Center professional presentation that month at half price. Our NCAA Division I athletics and varied recreational programs infuse the campus with enthusiasm, as well as a lively spirit of competition. Your Undergraduate College will also be sponsoring activities and programs throughout the year. I urge you to get involved in the activities that interest you right from the start.

The campus and the experiences you will have here are yours for the creating. I look forward to the energy you and your classmates will bring to Stony Brook. I wish you all the best as you embark upon this exciting journey.

Sincerely,

Charles L. Robbins

Vice Provost for Undergraduate Education and Dean of the Undergraduate Colleges

Letter from Assistant Dean of the Undergraduate Colleges

The first year of college is a time of excitement, transition, and perhaps some apprehension. This course is designed to help you discover all that Stony Brook has to offer and make a seamless transition to University life. Each week, you will have the opportunity to discuss important topics that are essential to your success with your peers in your Undergraduate College. Your instructor will be an important resource as you learn practical policy information, as well as develop foundational skills that will serve you through your academic career.

We have created this course and textbook to directly support the factors that help students succeed: effective study and test taking habits, good relationships with faculty and fellow students, critical thinking skills, communication skills, involvement outside the classroom and many others. There are many resources available to you as you navigate your first year at Stony Brook, and this textbook highlights many of them. I encourage you to take full advantage of what this course offers and participate in class discussions.

I wish you great personal and academic success this year. Welcome to Stony Brook!

Sincerely,

Jean Peden

Assistant Dean and Director of the Undergraduate Colleges.



Introduction

The Freshman 101 Seminar at Stony Brook

This course is designed to enhance your first-year experience at Stony Brook University and help you hone the skills necessary for success. It is a semester-long opportunity to get acquainted with Stony Brook, taught by staff who know and understand the campus community. You will be encouraged to use critical thinking skills to set goals and make responsible decisions regarding academics, your major, career planning, and social relationships. The course will also explore the purpose of higher education and your role in the university environment.

Course Description

The Freshman 101 Seminar is intended to integrate students into their Undergraduate College and into the University community by providing information about Stony Brook and a forum for discussion of values, intellectual and social development, and personal as well as institutional expectations. This seminar is required for all first-year students.

Common Content and Experiences

Although the 101 courses are taught in over 140 sections across six Undergraduate Colleges, they share common goals:

- To assist you in understanding your personal development as a Stony Brook undergraduate
- To establish a mentoring relationship between you and your First-Year Seminar Instructor
- To develop a strong community in your Undergraduate College
- To increase your understanding of University procedures, computer systems, University publications, academic advising and the course registration process at Stony Brook University
- To increase your awareness and utilization of student support services available on campus
- To provide opportunities to interact with and learn from peers in your Undergraduate College

The Freshman 101 Seminar Textbook

The Freshman 101 Seminar is an opportunity to learn in community with other students in your Undergraduate College. This textbook is meant to serve as a companion to this experience. It provides important materials and activities to help you make a successful transition into Stony Brook University and into college learning. It includes information about campus resources, involvement opportunities, and academic success. Numerous websites are listed that include additional information and areas of special interest. We encourage you to take an active role in your learning and to take advantage of these resources.

Acknowledgments

We would like to express our sincere gratitude to the following people for their assistance and contributions. Without their efforts, this publication would not be possible.

Stony Brook University Students

Melissa Abraham, Paul Akins Jr., Dana Angelo, Chit Sano Aung, Josh Beldin, Pascale Bouchereau, Andrew Broussard, Amber Carr, Sabrina Carter, Mary Colon, Denise DeGennaro, Lisa Dowling, Mai Fahmy, Matt Fisher, Kristen Gallo, Kareem Graham, Audrey Guerrier, Stanley Jiang, Jeena Joji, Jenny Lin, Carlos Luzada, Alexandra Moore, Kaitlyn Moore, Kwame Opam, Sushal Penugonda, Rachel Reilly, Adaisha Richards, Cathy Rico, Mary Elizabeth Sabo, Raymond Santiago, Chaz Wilson, Dillon Winegar, Leonard Wright III, and Benn Yiufat Lam

Stony Brook University Faculty and Staff Contributors

Dean Bowen, Janet Clarke, William Cusick, Jan Diskin-Zimmerman, Chelsie Craddock, Joanna Durso, Clare Faurote, Fiona Grady, Eugene Hammond, Kathleen Hart, Katherine Kaiser, Tara Mazovec, Mark Lindsay, Jeremy Marchese, Jason Mastrogioanni, Amy Matkovich, David Maynard, Maria Moore, Wanda Moore, Carolyn Peabody, Kerrin Perniciaro, Elena Polenova, Raymond Savage, Marianna Savoca, Diana Voss, Jason Walsh, Jarvis Watson, and Diane West

University Departments

Academic Judiciary
Campus Recreation
Career Center
Center for Prevention and Outreach
Department of Residential Programs
Division of Information Technology
Division of Student Affairs
EOP/AIM
Office of University Communications
Office of Diversity and Affirmative Action
Student Activities
Student Life and Leadership
Student Athlete Development
Teaching, Learning + Technology

"Stony Brook University will be your home away from home. You will receive a valuable education, be at the center of diversity, establish new friendships, meet distinguished faculty and staff and gain promising experiences through the many opportunities offered."

—KAREEM, STONY BROOK STUDENT

About Stony Brook



Stony Brook University was founded in 1957 as the State University Long Island Center. When the College opened in September of that year, there were fourteen faculty members and 148 undergraduate students. Today, the undergraduate student population has grown over one hundred times that number to over 15,500! The College was originally housed on an estate in Oyster Bay that is now Planting Fields Arboretum. Ward Melville, a local philanthropist, donated a large parcel of land in Stony Brook to the State University. In 1962, the College moved to the Stony Brook site and became the State University of New York at Stony Brook. From that moment, Stony Brook quickly grew to great stature as a premier research university both nationally and worldwide. In 2001, Stony Brook was admitted to the Association of American Universities, a group of 62 elite North American research universities founded in 1900. A number of recent studies show Stony Brook to be among the top universities in the world-based on our research and education. As we say around here, "Stony Brook is Red Hot!"

Stony Brook University is situated on Long Island's North Shore, 60 miles east of New York City and 50 miles west of Montauk Point. Physically and academically integral to Stony Brook is its academic health center, which includes a number of schools and programs in the health professions as well as the Stony Brook University Hospital. A study published by Johns Hopkins University Press (*The Rise of American Research Universities*, by Hugh Graham and Nancy Diamond, 1997) places Stony Brook among the top three public research universities in the country in terms of per capita faculty research productivity. Stony Brook University Hospital has been ranked among the top 15 teaching hospitals in the country.

Stony Brook is also known for its distinguished and accomplished research faculty. In October 2003, Paul Lauterbur was awarded the 2003 Nobel Prize in Physiology or Medicine for his invention of nuclear magnetic resonance imagery(MRI) technology at Stony Brook, and James Glimm, Chair of the Department of Applied Mathematics, received the National Medal of Science for his work on shock wave theory. This medal is the highest civilian award bestowed by the government, and is awarded annually to about ten people. In 2005, Robert Aumann, a founder of Stony Brook's Center for Game Theory, shared the Nobel prize in Economics, while a second Stony Brook mathematician, Dennis Sullivan, received the National Medal of Science. And as recently as the fall of 2007, four faculty members, Robert Cess, Minghua Zhang, Edmund Chang, and Marv Geller, in the School of Marine and Atmospheric Science were recognized for their contributions to the Intergovernmental Panel on Climate Change (IPCC) that led to the award of the Nobel Peace Prize. This Nobel Peace Prize was shared with former Vice President Al Gore for their combined efforts to control global warming.

In keeping with a tradition of improving upon excellence, Stony Brook has a five-part mission:



MRI invented by Paul Lauterbur.

John H. Marburger, III, looks at the MRI developed by Nobel Prize winner

- To provide comprehensive undergraduate, graduate, and professional education of the highest quality;
- To carry out research and intellectual endeavors of the highest international standards that advance theoretical knowledge and are of immediate and long range practical significance;
- To provide leadership for economic growth, technology, and culture for neighboring communities and the wider geographic region;
- To provide state-of-the-art innovative health care, while serving as a resource to a regional health care network and to the traditionally underserved;
- To fulfill these objectives while celebrating diversity and positioning the University in the global community.

As noted above, Stony Brook enrolls more than 24,000 students, over 15,500 of them undergraduates, most of whom attend full time. Stony Brook offers more than sixty majors to its undergraduate students through the College of Arts and Sciences (CAS), the College of Business (COB), the College of Engineering and Applied Sciences (CEAS), the School of Health, Technology, and Management, the School of Journalism (SOJ), the School of Medicine, the School of Dental Medicine, the School of Nursing, the School of Social Welfare (SSW), the School of Marine and Atmospheric Sciences (SOMAS), and the School of Professional Development (SPD). New York State's provisional teaching certification is available in the sciences, mathematics, foreign languages, social studies, English, and in Teaching English to Speakers of Other Languages (TESOL).



R/V Seawolf . SOMAS operates several research vessels, both small and very large!

THE UNDERGRADUATE COLLEGES AT STONY BROOK

Structure

The Stony Brook Undergraduate Colleges are academic and social communities, each the size of a liberal arts college. Every year, between 400 and 450 new first-year students join each college. The colleges are named for the distinct themes that drive their academic and social lives. These themes are not tied specifically to particular majors, but broadly designed to appeal to a wide range of student interests. The six colleges and their themes are as follows: Arts, Culture, and Humanities (ACH); Global Studies (GLS); Human Development (HDV); Information and Technology Studies (ITS); Leadership and Service (LDS); and Science and Society (SSO).

The notion of organizing a university around colleges is very old. The college system of Oxford and Cambridge dates back to medieval times and the colleges still form the core of these institutions. In the United States, the undergraduate college or house systems of Harvard and Yale date to the 1930's. Among public universities, the University of California at San Diego, one of the best models by any measure, is organized around undergraduate colleges, each with its own distinct theme, flavor, and core curriculum. The University of California at Santa Cruz is also college-based, and was originally set up very much along the lines of Oxford and Cambridge. What all these institutions share with Stony Brook is the fact that the colleges are not an optional element or a special program for just a few students, but an integral organizing element of the university.

In order to get new students off on the right foot, professional academic advisors are assigned to each college. The Undergraduate College Advisor helps individual students to plan their course of study and is available to assist students with any academic questions or concerns that they may encounter. Each College Advisor also teaches a number of sections of FYS (First Year Seminar) 101 every fall. FYS 101 is a small one-credit seminar course in which new students are introduced to the university through positive interactions with students and staff. By the end of the first semester, each student will have developed a connection with their instructor and/or college advisor that should last throughout their undergraduate career.

Each College is headed by a Faculty Director who is a full-time tenured member of the Stony Brook faculty. The Faculty Directors are identified and appointed personally by the University Provost, who ensures that each is a respected teacher with a strong research program in a field closely related to the theme of their college. For example, the Faculty Director of the Undergraduate College of Leadership and Service could also be a faculty member in the College of Business or Political Science Department. Other Faculty Directors have come from the departments of Mechanical Engineering, Comparative Literary and Cultural Studies, Biochemistry, Music, Ecology and Evolution, Sociology, and Africana Studies. The Faculty Director oversees all academic activities of the college, which include first-year seminars taught by members of the college faculty, the college Living Learning Centers for upper-class students, faculty-student dinners, and special academic events held throughout the year.

The College Faculty Director, college faculty, and Undergraduate College Advisors work closely with Student Affairs staff. For students living on campus, each college is linked to one of Stony Brook's six residential quads so that residential first-year students in the college live together in the quad associated with their Undergraduate College. Students of Information and Technology Studies reside in Mendelsohn quad, students of Science and Society in Roth quad, and so on. The Quad Director, the Residence Hall Directors, and the Resident Assistants all work together with the Faculty Director, college faculty, and Advisors in organizing college programs in the quad. All college activities, regardless of where they are held, are open to both residential and commuter students.

For first-year students, the primary academic component of their undergraduate college is the academic seminar program. In the fall semester, students are enrolled in FYS 101, a one-credit introduction to the university, taught in small groups by the college advisor or another staff member. In the spring semester, faculty members teach the one-credit seminars (FYS 102) for small groups of students. These seminars are less formal than other academic courses and seminar leaders are encouraged to explore topics of their own choosing that will appeal to first-year students. Both seminars foster contact and build relations between faculty and students that are expected to last throughout a student's career at Stony Brook.

Beyond the First Year

Undergraduate College life extends beyond the first year. Students interested in representing their Undergraduate College in an official capacity can apply to be Undergraduate College Fellows. Fellows plan programs, support orientation activities, and serve as teaching assistants for FYS 101 courses. Applications for the Undergraduate College Fellows program are due near the end of a student's first full semester. Upper-class students may also join one of the Living Learning Centers that have been an important part of Stony Brook life for many years. These have been fully integrated into the colleges, so that each college has within it one or more thematically linked Living Learning Centers (LLC). The College of Science and Society, for example, is home to the Environmental Studies Living Learning Center, while the College of Leadership and Service houses two Living Learning Centers: Leadership Development and Community Service Learning. Each Living Learning Center carries with it an academic minor featuring courses that are incorporated into the life of the Living Learning Center.


Once they join an Undergraduate College, students remain affiliated with it throughout their Stony Brook career. Not all students elect to remain as involved in college life beyond the first year as those in the College Fellows program or those who take part in Living Learning Centers, but all members of the college are always invited to participate in programs throughout their career at Stony Brook University.

Stony Brook Traditions

Stony Brook has a number of traditions that together mark the passage of the academic year. Some of these recur weekly or monthly while others occur on an annual basis.

Battle of the Undergraduate Colleges

The Battle of the Undergraduate Colleges was created in 2010 and is designed to promote and encourage Stony Brook spirit and UGC pride. Throughout the course of the academic year, there will be a series of events where each UGC will have the opportunity to earn points. The events cover a wide range of categories, including school spirit, community service, athletic and academic teamwork. Points will be awarded to each UGC based on how each team ranks in each event.

What is your Undergraduate College's current standing? To view this and see a full list of events visit: [Battle of the Undergraduate Colleges](#) 

Campus Life Time

Campus Life Time takes place every Wednesday during the academic year from 1:00 pm to 2:00 pm. During this time, no lectures are scheduled and many of the year's most exciting events take place. A great time for residents and commuters alike to get involved with student life, Campus Life Time often has carnivals, student expo fairs, live entertainment, speakers, and free food and giveaways. It is a great time for students to meet up with friends and enjoy a break from the daily grind of classes.



Diversity Months

Each month during the academic year is devoted to the celebration of a different aspect of our diversity: Hispanic Heritage Month (October), Diversity of Lifestyles Month (November), Diversity of Religions Month (December), Black History Month (February), Women's History Month (March), and Asian-American Month (April). Campus clubs and organizations join faculty and staff in developing and promoting educational, cultural, recreational, and social programs that take place during each of these months.

Red Hot Fridays

We celebrate the many achievements of our students and faculty in academics, scientific and medical research, community service, and athletics by declaring our pride with a catchy phrase; *Stony Brook is Red Hot!* To show our unity and spirit, a new campus tradition has been born; all

students, faculty, and staff proudly wear Stony Brook red every Friday.

“First On Us”—Staller Center for the Arts

Stony Brook has begun a new tradition to welcome and introduce students to the Staller Center for the Arts. All new students receive a voucher during “Experience Stony Brook” for a FREE ticket to any performance at the Staller Center. All students are encouraged to take advantage of this great opportunity—simply visit www.stallercenter.com for a complete listing of upcoming performances and bring your completed voucher to the Box Office on the first floor of the Staller Center for one ticket to the performance of your choice. Not only is your “first on us,” but you will also receive a special half-price discount on all future ticket purchases at the Staller Center.

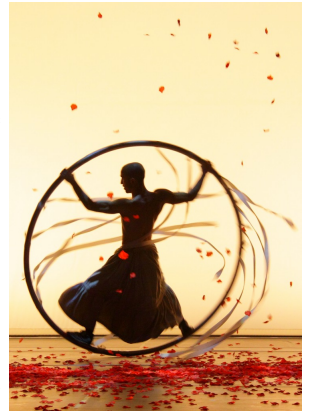
Midnights at Stony Brook

At midnight during finals week, Stony Brook students are still hopping (or screaming). Midnight Breakfasts bring thousands out to the Stony Brook Student Union to eat their favorite breakfast foods and get a second wind while studying for finals. It is a great diversion where students can laugh, socialize, and take a well-deserved break from their studying endeavors.

“Midnight Screams” offer another final exam diversion. A kind of wake-up call, students all across campus who are studying for finals open their windows or step outside to let loose ear-curling screams. The camaraderie and cool air rejuvenates students and gets them motivated for a few extra hours of late-night studying.

“Sandy Shore”: Our Alma Mater

The University’s First Alma Mater was written in 1962 by the founding member and head of the University’s Music Department, Isaac Nemiroff. Our current Alma Mater, Sandy Shore, was adopted in 1985 through a competition after Dr. Peter Winkler wrote the winning submission. Winkler is a professor in the Department of Music. His lyricist, Winston Clark has worked on several other compositions over the years. Carol Marburger, wife of President John Marburger, is credited as being the guiding spirit behind this alma mater.



[Donka: A Letter to Chekov](#)

Stony Brook Fall Semester Events

Homecoming/ Wolfstock

Stony Brook's first NCAA football game took place in 1983, and the University celebrated its first official University-sanctioned Homecoming Weekend the following year. A highlight of the weekend is the Homecoming King and Queen Competition, along with the Homecoming Parade. In 2002, Stony Brook's annual Homecoming Weekend was named Wolfstock. Events at Wolfstock over the years have included the football game, Homecoming Parade, Float Contest, Wolfstock Village, alumni get-togethers, music, children's rides, hospitality tents, and expo areas.



Undergraduate College Commons Day

Stony Brook welcomes the author of the First-Year Reading to campus every Fall Semester. The author gives various presentations, interviews, and book signings throughout the day. There is also an awards luncheon with the Creative Expressions Assignment Winners.

Student Faculty Staff Retreat

This tradition brings together members of the campus community for the first weekend of November each year to examine critical issues and make recommendations to improve campus life. Campus Life Time, extended Library hours, the Student vs. Faculty/Staff Challenge, and the WebEvent Calendar are direct outgrowths of this initiative.

Stony Brook Spring Semester Events

Chill Fest

As an exciting start to the spring semester, the Student Activities Center (SAC) collaborates with various campus departments to plan a full schedule of social, athletic and academic events that begins with Opening Activities in January and lasts through February. Activities have traditionally included First Night Out, Winter Barbecue, Bingo for Books, Scooping out Success, Men's and Women's Basketball games, Open Mic Nights, RHA Superbowl Extravaganza, Involvement Fair, Ski and Snowboarding Trips, and much more. A complete calendar of activities is updated and posted annually on the SBU website.

URECA Celebration (Undergraduate Research and Creative Activities)

The Annual URECA Celebration in April showcases the research and creative talents of all of our students. Faculty, staff, students, and the local community come out to see just how special our students are. It is a day of learning, excitement, interaction, and good food.

Earthstock

Celebrated in late April on or around Earth Day, this day features exhibits, displays, lectures, and concerts to promote and support environment-friendly living. Although Earth Day celebrations have been in existence for a number of years, it was officially named Earthstock in 2004.



Strawberry Festival

Just imagine strawberries all along the academic mall: strawberry shortcake, strawberry crepes, chocolate covered strawberries, and just plain strawberries! Students, faculty and staff come out in the hundreds to enjoy this fun-filled day in the sun. This event has been traditionally held on the last Wednesday in the month of April during Campus Life Time, and includes entertaining music and dance performances.

Diversity Day

Diversity Day was the brainchild of the President's Student Advisory Council, conceived as a way to bring individuals of different backgrounds together for a day of celebration and togetherness. The campus celebrates its diversity every Spring semester during Strawberry Festival, promoting and celebrating our strengths and our differences. Diversity Day is a time to celebrate the many dimensions of difference including culture, religion, age, sexual orientation and nationality.

Roth Pond Regatta

Get Ready! Set! Go! This is what you'll hear at the Roth Pond Regatta, while makeshift boats race across the pond for first place. The craziest part of this event is that you'll see boats unlike any you've ever seen before—and with good reason. The boats for the regatta must be made of only cardboard and duct tape. Many faculty and staff also participate in this event, and spectators are quite amused at the sight of professors' boats sinking into the water as they doggy paddle to land. The Roth Yacht Club names an admiral, a vice admiral, an honorary commodore and various other nautical appointments to preside over the event.

This event is a tradition held on the last Friday of April. Started in the year 1987, the Roth Pond Regatta is a day of fun and excitement even featured on many popular television networks. There is a barbecue and great entertainment throughout the day.



Shirley Strum Kenny Student Arts Festival

Stony Brook students display their creativity, talent, and diversity at the Shirley Strum Kenny Student Arts Festival. A week-long schedule of events includes ongoing exhibits of undergraduate student research, student artwork, dance and musical performances, film presentations, the annual Student Talent Showcase, and the culminating celebration.

Ring Ceremony

What better way to celebrate your accomplishments as a Stony Brook student than joining together with friends, faculty, staff, and alumni to receive your class ring! Then, eat and drink to all you have come to learn and enjoy at Stony Brook University. The Ring Ceremony began as a new tradition in 2006. Held in March or early April, the event invites Juniors to share in a ceremony that bonds all Stony Brook students past and present with a class ring, all designed with a common look and feel.