

Table of Contents

Foreword

Letter from Assistant Dean of Undergraduate Colleges

Introduction

Acknowledgements

1: Stony Brook: History, Colleges, Traditions and Events

History and Traditions

The Undergraduate Colleges at Stony Brook

Stony Brook Traditions

Stony Brook Fall Semester Events

Stony Brook Spring Semester Events

2: The Undergraduate Colleges

A Committed Team of Faculty and Staff

Shared Curriculum

The Undergraduate Colleges

Arts, Culture and Humanities

Global Studies

Human Development

Information and Technology Studies

Leadership and Service

Science and Society

First-Year Reading

3: Respect and Civility in Our Campus Community

Building a Community of Respect

The 25 Rules of Considerate Conduct

Using Civil Discourse

Bias-Free Communication

Civility in Our Campus Community

4: Diversity

Diversity

The Cycle of Socialization

Your Diversity Education

Be an Ally

5: Communication

Communication

Communication Skills

Communication Methods

Communication with Various Constituents

6: Academic Success

Academic Success

Note-taking

Building a Relationship with Professors and Instructors

Time Management

Test-Taking

Academic Success Checklist

Academic Success Resources- How to Get Help for Free

7: Academic Integrity

It's Everyone's Responsibility

Academic Integrity

It's More Than Just Plagiarism

How Can You Protect Yourself

What Happens If I Am Accused of Academic Dishonesty?

8: Becoming Involved on Campus

Becoming Involved on Campus

Six Steps to Becoming a Campus Leader

9: Academic Planning and Career Exploration

Academic Planning and Career Exploration

Career Development Process

Understanding Yourself and the Self-Assessment Process

Exercise#1 What do I like?

Exercise#2 What am I good at?

Exercise#3 What is important to me?

Exercise#4 Put it all together.

- Conduct Career Research
- Information Gathering
- Stony Brook Career Center Mission
- Summary
- 10: Academic Advising
 - Academic Advising
 - Policies and Procedures
 - Stony Brook Degree Requirements: Academic Graduation Requirements
 - Planning Your Spring Semester Schedule
 - Sample Schedules
 - How to Register for Spring Classes Using the SOLAR System
 - Registration Worksheet
- 11: Wellness
 - What is Wellness?
 - Physical Wellness
 - Social Wellness
 - Emotional Wellness
 - Spiritual Wellness
 - Intellectual Wellness
 - Occupational Wellness
 - Environmental Wellness
- 12: Prevention and Outreach
 - Prevention and Outreach
 - What is the Center for Prevention and Outreach (CPO)?
 - What is Counseling and Psychological Services (CAPS)?
 - Alcohol and Other Drugs (AOD)
 - Depression
 - Sexual Violence
 - Sleep
 - Smoking/Nicotine
 - Stress Management
 - Sexual Health/Safer Sex
- 13: Technology and Library Resources
 - Technology and Library Resources
 - Computer Accounts
 - Computer Help
 - Computers, Printers, Group Study...
 - Networking
 - Software Licenses for Personal Machines
 - Additional Information
 - Telephone Services
 - Library Resources and Services
 - Who's @ the Libraries?
 - What is Available @ the Libraries?
 - Important Reminder When Using Websites for Course Work
 - Where Are Things Located @ the Libraries?
 - How to Check Stuff Out @ the Libraries?
 - Ask a Librarian
- Appendix
 - A Guide to Stony Brook Resources
 - Campus Safety Information
 - Common Phrases and Acronyms Used Campus Wide
 - Stony Brook Acronyms