


YOUR FIRST YEAR AT STONY BROOK



Stony Brook
University

Undergraduate Colleges

2014-2015



Your First Year at Stony Brook 2014-2015

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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.

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