

What is Wellness?

Wellness is the active process of becoming aware of and learning how to make healthy choices that will lead to a longer and more successful life. As an undergraduate student on the Stony Brook campus there are endless possibilities to take steps toward a lifestyle of wellness. There are 7 dimensions of wellness that take on a holistic or well-rounded approach. These dimensions are:

- Physical
- Social
- Emotional
- Spiritual
- Intellectual
- Occupational
- Environmental

Wellness is a chosen lifestyle of balance, healthy attitudes, and choices designed to improve your personal performance on a variety of levels and enhance the overall quality of your life, and within a college context, being “well” is the foundation of academic and personal success. In this chapter, we will highlight these dimensions of wellness, and detail areas on campus that can support your effort to live a life of wellness.

Physical Wellness

Physical Wellness involves a combination of beneficial physical activity and healthy eating habits. In this section, we will highlight how both exercising and eating a balanced diet will help improve your overall physical wellness.

When you think of fitness, what comes to your mind? Are you thinking of loud music in an overcrowded gym, people grunting and sweating everywhere? Fitness, exercise and workouts are not all about lifting weights and sweating. Fitness comes in many shapes and sizes, and is only specific to you. Each program has many characteristics that should be carefully looked at and developed for your individual use and gain.

The Department of Campus Recreation is constantly striving to provide desired programs and services that will enhance the participant's knowledge, interest and behaviors in order to promote healthy lifestyles and positive human relations. Through participation in recreation programs, group fitness classes, individual personal training and intramural sports, individuals can develop exercise habits, both for their time at Stony Brook University and in the years to come.



In October 2012, the new Campus Recreation Center opened. This state-of-the-art facility has three floors with 85,000 square feet of programming space and offers everything from multi-activity courts, WiFi access, and a variety of hi-tech gym equipment. Below are some of the highlights of the facility.

- **Cardio Training:** More than a hundred pieces of state-of-the-art cardio equipment, which includes personal viewing screens. Members can log in to Netpulse and track their workouts and create personal goals.
- **Strength Training:** A variety of free weights, two floors of selectorize equipment, and Olympic training racks.
- **Three Wellness Studios:** Offering a wide variety of fitness classes including Zumba®, Yoga, Indoor Cycling, Toning and more.
- **Three Court Gymnasium:** Enjoy playing basketball, volleyball, and badminton during our open recreation hours.
- **Multi-Activity Court:** Play a variety of sports including basketball, soccer, volleyball, handball, lacrosse, badminton. Courts also include team benches and recessed goals.

- **Indoor Track:** The 1/10th of a mile, three lane track overlooks the gymnasium.

Daily exercise and fitness in general has its many benefits. Exercise releases stress and aids in relaxation, it assists with controlling your weight, decreases your risk factors associated with coronary heart disease, diabetes, hypertension and more. Exercise can be found in many arenas not just at the gym. Whether it is a walk around campus as opposed to taking the bus, skipping the elevator and using the stairs it comes in many different forms.

To get a better idea where you are currently, the Department of Campus Recreation can provide you with a number of Fitness Assessments. One of the most popular is Body Composition Testing (Body Fat Testing). There are two ways to perform the test for body fat. Skin Fold Testing is one measurement that can be taken. Due to the fact that approximately one-half of our body fat is located directly under the skin we use skinfold caliper to measure subcutaneous tissue at selected sites. By pinching the skin and creating a skinfold, a percentage of body fat can be estimated. The other less invasive method is Bioelectrical Impedance Testing. Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily. Body fat is tissue that has little electric conductivity, and by sending an extremely weak electrical current through your body we can determine the amount of fat tissue.



In addition, the Campus Recreation Department offers free Fitness Orientations to anyone who is looking to learn more about what the facility has to offer and how to use the equipment. Remember that we are here to help get you started on the right path and can help you with your fitness goals. To help track your goals and workouts, use the Netpulse system which is attached to every cardio machine in the building. Using your login information you can visit the website to set goals and track your workouts. Please visit stonybrook.netpulse.com for more information.

Before you begin you need to take a few things into consideration.

1. **Get your mind right.** At least twice a day, take 5 minutes to visualize what you want to accomplish. Program your brain to do what it needs to do to be successful.
2. **Start slowly.** Too much of anything will make you sick of it fast, so ease into it! Build a foundation of fitness before you try to tackle building the house.
3. **Know what's ahead.** Realize that there are several key steps to beginning a new fitness program and not all of them will come with ease. Preparation = Progress.
4. **Keep it simple.** It's very difficult! When you start out think about the basics, you'll be less likely to feel overwhelmed and quit after a couple of weeks.

Healthy eating is also a component of physical wellness. Both exercise and eating a balanced diet will help support your efforts to improve your overall health and wellness. It is very important to learn about nutrition and how different foods affect your body.

Stony Brook University offers ten different dining locations with hundreds of choices for each meal. Eating healthy on campus can be easier than you think. Campus Dining Services posts the nutrition content of all of the meals, snacks and beverages offered at each dining location online and at the point of sale. Plan your meals ahead of time and make sure that you are choosing the most nutritious options.

Campus Dining Services' website campusdining.org  is a great resource for nutrition information. This website provides access to nutritional information on the items offered in the dining locations, weekly nutrition newsletters and general nutrition tips. Campus Dining Services offers free nutritional counseling to students. If you have special dietary needs or food allergies, please do not hesitate to contact the nutritionist at 632.9979 or email Kristina.Tiernan@stonybrook.edu .

Here are some general tips that will help you stay on track....

- Spend your meal points wisely; determine how much you can spend each day based on your meal plan.
- Determine your calorie needs. In general, aim for 500-600 calories per meal. (Breakfast, Lunch, Dinner x 500 calories = 1500 calories + snacks). Calorie intake may vary based on your sex (male or female), height, and weight and activity level.
- Plan ahead and pack snacks with you for class so you are not starving by the time you get to the dining hall for a

meal. This will also help you avoid choosing non-nutritious snacks in the vending machines.

When choosing your meals be sure to incorporate whole grains, lean protein, and fruit/vegetables.

- Look for 100% whole grain bread, pasta and brown rice.
- Choose fresh fruits and vegetables.
- Choose lean protein like chicken, turkey, fish and beans.
- Drink water instead of sugary beverages (soda and juice). There are filtered water stations in the Student Activities Center (SAC) dining room and at the Library Commuter Lounge. If you have a reusable water bottle, you can fill it with water for free at any Campus Dining soda fountain.

Social Wellness

Social wellness focuses on the interconnectedness of people and how forming healthy interpersonal relationships will benefit your life. By forming relationships with others, you learn how to effectively communicate and collaborate with others. The Campus Recreation Department offers a variety of opportunities to increase not only your physical wellness, but your social wellness.

Through participation in intramurals, sport clubs or wellness events, students can start to build relationships with others as they recreate in a safe and enjoyable atmosphere with individuals who share a common interest.

INTRAMURALS

Intramural Sports offer opportunities for students, faculty, and staff to participate in team and individual sport competitions. Tournaments are planned for badminton, tennis, handball, outdoor volleyball and racquetball. Individuals as well as teams are encouraged to participate in our inclusive intramural program. Teams are usually formed from residence halls, Greek student organizations, student organizations, and groups of friends.

- 3-on-3 Basketball
- 5-on-5 Basketball
- Dodgeball
- Extreme Dodgeball
- Flag Football
- Indoor Soccer
- Indoor Volleyball
- Kickball
- Softball
- Tennis
- 4-on-4 Volleyball
- Wiffle Ball

SPORT CLUBS

The Department of Campus Recreation offers a comprehensive Sport Club program, ranging from Archery to Wrestling. Sport Clubs fill the void between intramural sports activities and intercollegiate athletics, giving members of the university community an opportunity to participate in highly competitive sport activities, practice and learn new skills, and enjoy recreational and social benefits motivated by a common interest. A sport club may be oriented toward competition, instructional, or recreational purposes. There are currently over 33 Sport Clubs at Stony Brook University, which include:

- Archery
- Badminton
- Ballroom Dance
- Bowling
- Boxing

- Circus
- Crew
- Cross Fitness
- Equestrian
- Fencing
- Field Hockey
- Golf
- Handball
- Ice Hockey
- Kumdo
- Longboarding
- Martial Arts
- Men's Lacrosse
- Men's Rugby
- Paintball
- Quidditch
- Roller Hockey
- Running
- Sailing
- Soccer Club
- Table Tennis
- Tennis
- Ultimate Frisbee
- Volleyball
- Women's Lacrosse
- Women's Rugby
- Women's Soccer
- Wrestling

Sports Clubs are organized by students. However membership students, faculty, and staff are welcome to join or coach a club as long as students comprise the majority of the club's membership. In addition, each sport club is open to all participants, regardless of skill, ability or experience. Sport Clubs are not allowed to hold tryouts or "cut players" from the club. For more information, please contact campusrecreation@stonybrook.edu or visit

<http://studentaffairs.stonybrook.edu/rec/> 

Wellness Events

Rec-a-thon

The Department of Campus Recreation works together with Campus Residences and the Chillfest Committee once a year for a day long sporting event. Rec-a-thon is brings students from all over campus to participate/compete in 2-on-2 basketball, volleyball, dunk contest, dodge ball, and board games. In addition, this event provides food, music, fitness classes, and free give-a-ways at the event. This is an excellent opportunity to meet up with friends on campus to play, exercise, and meet new people all night long.

Wellness Expo

Each Fall the Department of Campus Recreation organizes the Wellness Expo. The Expo is an opportunity for students to become educated about the many campus departments and local businesses that fall under the broad term wellness. During the Expo students are able to stop by the over 60 vendor tables and receive information, receive samples and try activities including health screenings, fitness demonstrations, massage therapy, even interactive demonstrations. This is just one more way we help you take the right step towards a lifestyle of wellness.

Wellness Workshops

Throughout the year Campus Recreation puts on a number of lectures and demonstrations to stimulate your attitude toward wellness across this campus community. These interactive discussions are available for you to gain additional ways to be “well.” Workshops have included Healthy Eating on Campus, Fitness Made Easy, Stress, Time Management, and Meditation & Massage. These workshops are always expanding and are here for you not only as a resource, but also as an opportunity to learn.

5k Run/Walks

The Department of Campus Recreation hosts two 5k run/walks throughout the academic year. The Turkey Trot Run/Walk in the fall semester, which usually takes place on the second Sunday in November, and The Debbie Whitemore Memorial Run/Walk in the spring semester, usually the last Sunday in April. This is another opportunity to get out there and challenge yourself to stay fit throughout the year. For more information, please visit:

<http://studentaffairs.stonybrook.edu/rec/> 

Emotional Wellness


During all phases of your college career a variety of new events, challenges, and life experiences will develop. It is important to begin to understand how everyone has emotional reactions and the role emotions play in our daily lives. It is crucial that you find a balance between your multiple roles as a student, leader, and as an individual. In addition, it is a great idea to reach out and utilize the support systems in place on campus through mentoring, faculty / staff, as well as the counseling services offered on campus. Knowing what resources are available to you is the first step in helping to find that balance of emotional wellness within your life. For more information about counseling services, please visit

<http://studentaffairs.stonybrook.edu/caps/> 



Counselors are located on the second floor of the Health Center.

Spiritual Wellness

Spiritual wellness can consist of a wide range of personal beliefs, values and religious practices that can be very different for each individual student. Stony Brook University is home to many groups and organizations that can provide support, guidance, and education on a variety of faith based groups and clubs. For more information on religious centers and services on campus, please visit <http://www.sbinterfaith.org/> 



Intellectual Wellness

There is no better example of Intellectual Wellness than you being a student here at Stony Brook University. While here at Stony Brook, you will be engaging in academic programs that will promote growth of ideas and knowledge that you can share and experience with others. Your intellectual wellness will be improved through actively learning, experiencing new things, sharing creative ideas and engaging in your studies. Though it is important to share and discuss with others while you learn, it is important to remember academic integrity and being honest about where an idea or thought originated from. It is healthy to share ideas, but making sure the proper individuals are recognized for their work is critical.



Occupational Wellness

Wellness is all about balancing your life, and it is especially important that you know how to balance the time you spend working with time for relaxation.

At some point in your life, you will hold a job, where you will be working with other individuals in an environment you may, or may not be familiar with. Occupational Wellness is focused on how you form those relationships while at work, and how you manage stressful or challenging situations with those individuals. Learning how to successful work with others and dealing with those circumstances are key in developing your Occupational Wellness.


For more information on Occupational Wellness, please visit the [Career Center](#) .

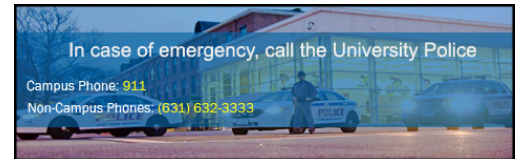


Environmental Wellness

Safety is a key component of environmental wellness – you need to feel safe to be able to free your mind and think; to ponder and contemplate your studies. University Police is a part of that safety net but your safety is enhanced when you take responsibility for your own safety. Are you aware of your surroundings? You are in an adult environment and it is safer if you are aware and knowledgeable of your campus community.

Laws, rules, and regulations are set in place with consideration of your safety and well-being. While primarily physical, there are also aspects of ethical and moral safety standards as well. How do you treat others? How do you expect to be treated by others? What is not acceptable in a given community and what is acceptable?

University Police are fully certified and accredited, which provides you with excellence in police services. University Police are on patrol 24/7 all year round. UPD's main contact number is (631) 632-3333. This number can be used for all emergency and non-emergency related calls. People tend to feel comfortable when they are in familiar surroundings. Have you looked for the blue light phones along the routes you use on campus every day? Have you joined SB Alert and SB Guardian? For more information on these safety precautions, please visit www.stonybrook.edu/police .

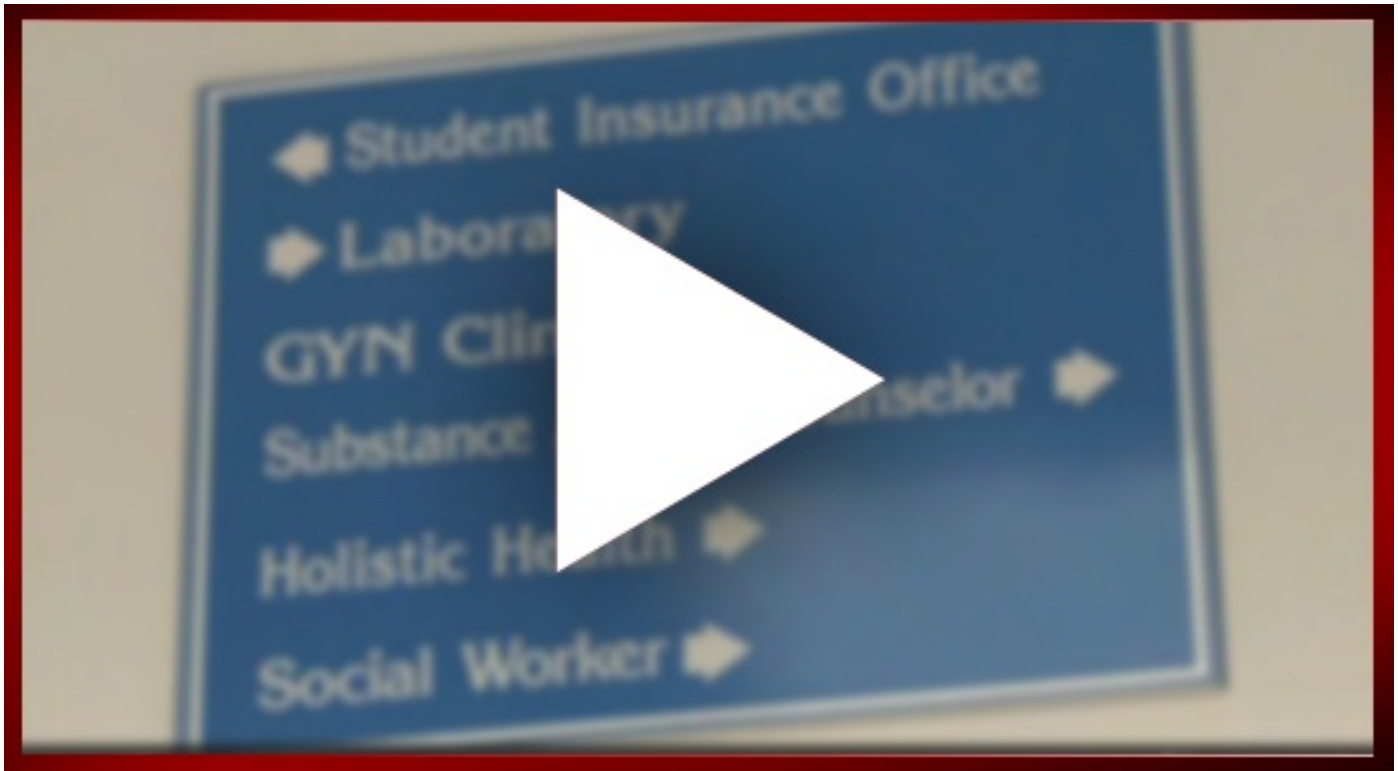


Questions to consider:

- Do you prop open doors that should be locked?
- Do you drink underage or give alcoholic beverages to minors?
- If you found a wallet, would you turn it in or keep the money?
- Would you call the Police if you saw someone being kicked and punched?
- Where do you draw the line?
- Will you lend a hand and make a difference in the world?

It is in kindness and consideration for others that we find our humanity. As for wellness and comfort, there is a payoff for following laws, rules, and regulations of society and a community.

- Financially, you will have learned to earn your own way and gain self-respect.
- Academically, you can appreciate the fact that your accomplishments are your own.
- Spiritually, you would be a "Good person".
- Physically, your safety and the safety of those around you will be greater.
- Socially, you will be an asset to your community.
- Interpersonally, you will be trusted and your word will carry strength.
- Emotionally, you will feel peaceful and will be able to look at yourself with comfort.



In this chapter, you will learn about alcohol, depression, and sexual assault. You will also learn about sleep, smoking, stress management, and sexual health. Learning about these topics will help you successfully navigate potential problems many college students face.

All of these reflect potential class topics in your 101 seminar. Please read this chapter before your Prevention and Outreach lesson to supplement your awareness on each topic.

When you are done with this chapter, you should be able to:

- Recognize common issues facing college students
- Issues that have the potential to impact safety, emotional or psychological wellness, personal satisfaction, or academic success at risk
- Engage in behaviors that promote wellness and prevent risk
- Identify campus resources for support with these issues

What is Counseling and Psychological Services (CAPS)?

Counseling and Psychological Services (CAPS) offers free and confidential services available to currently enrolled students taking at least six credit hours. Included services are crisis intervention, brief counseling for individuals, couples, and groups; consultation to students, faculty, staff, friends, and parents; assistance with referrals to community resources.



What is the Center for Prevention and Outreach (CPO)?

The Center for Prevention and Outreach (CPO) serves the campus community by educating students, faculty, and staff on factors that place college students at risk and impact their safety. We explore the connections between emotional and psychological wellness and academic success, educate the campus community about campus resources, foster safety through the prevention of violence and the promotion of healthy relationships, and support the psycho-educational development of all students.

Alcohol and Other Drugs (AOD)

Stony Brook University has a strong commitment to maintain a community of wellness and create a safe environment for learning. The Center for Prevention and Outreach at Stony Brook University recognizes the importance of educating our students on AOD-related issues in order for them to make informed and healthy decisions.

Did you know?

- When students binge drink they increase their risk of physical injury, fighting, unwanted sexual contact, sexually transmitted infections, blackouts, alcohol overdose, and even death
- Drinking too much alcohol in one sitting can cause depression of the central nervous system resulting in a shutdown of vital organs and possible brain damage or death
- 1825 college students die from alcohol overdose and related injuries every year (NIAAA, 2009)
- Alcohol interferes with your ability to achieve REM sleep and loss of adequate sleep can have a negative impact on your academic performance

Marijuana

Did you know?

- Science has shown that marijuana can produce adverse physical, mental, emotional, and behavioral changes
- Marijuana can be both psychologically and physically addictive
- Nearly one in ten first-year students have a cannabis use disorder (CASA Report, 2007)
- Students who had used cannabis reported problems such as concentration difficulties, regularly putting themselves in danger, and driving after using marijuana (DEA, 2008)
- Marijuana use can worsen depression and lead to other mental illnesses such as schizophrenia, anxiety, and even suicide

Nationally, 22.9% of college students meet the criteria for alcohol abuse or dependence (CASA Report, 2007), more than double the proportion found in the general population. Stony Brook is serious about its commitment to help students who may be struggling with these issues.

Education

- [e-CHUG](#) and [e-TOKE](#) are free and anonymous online personal feedback tools to help students assess their alcohol and marijuana use
- Ongoing educational workshops and informational programs
- [Peer Education programs](#) such as “[Swallow This!](#)” an education through the performing arts program and “[CHOICE](#)”, a peer program designed to help students make healthy choices in their environments
- The [Red Watch Band](#) program is a nationally recognized program developed through Stony Brook University that educates student on how to identify alcohol poisoning in peers and learn how and when to call for emergency help.



Understanding Alcohol and Binge Drinking

Excessive drinking or binge drinking has long been recognized as a major problem on college campuses. Consequences of binge drinking include lower grades, property damage, relationship difficulties, legal trouble, and even death, just to name a few.

Drinking alcohol impairs judgment. Binge drinking is defined as a large consumption of alcohol per sitting that leads to physical and cognitive impairment. Currently binge drinking is having more than 5 drinks in one sitting for males and 4 or more drinks in one sitting for females. When students binge drink they increase their risk of physical injury, fighting, unwanted sexual contact, blackouts, and fatal alcohol overdose.

Alcohol Overdose

Drinking too much alcohol in one sitting can cause depression of the central nervous system resulting in a shutdown of vital organs and possible brain damage or death.

Blackouts

Blackouts are when we are unable to remember events that have taken place while remaining conscious during that time. Blackouts occur when students consume enough alcohol to interfere with brain functioning. The brain can no longer form memories.

Tolerance

Tolerance is the degree to which your body has adapted to a given blood alcohol level. Each time you drink your tolerance will increase. The higher your tolerance the more alcohol you will need to drink to feel the same effects. High alcohol or other drug tolerance puts you at risk for increased health problems related to your use and at risk for developing an addiction.

Understanding Your Personal Relationship with Alcohol

We all have our own personal experience with alcohol. Whether we use alcohol ourselves or not, alcohol is a prevalent fixture in our society. Understanding our own personal feelings, beliefs, and experiences with alcohol give us a better understanding of the choices we make.

Resources Available at SBU

- Substance abuse counselors can provide confidential individual and group counseling, assessment, and referrals
- On campus, student-run Alcoholics Anonymous meetings; as well as local and easily accessible off campus self-help meetings
- Student Recovery Group is composed of students helping students stay alcohol-free and drug-free

For more information about services and educational programs please contact Lara Hunter LCSW—CPO/Counseling and Psychological Services (631) 632-6720

Depression

"What is stress anyway? I used to think, it is feeling like you are going to explode from all the pressure and trying to take things one at a time and trying to remember to talk to others."

— **ALEXANDER**, STONY BROOK SOPHOMORE

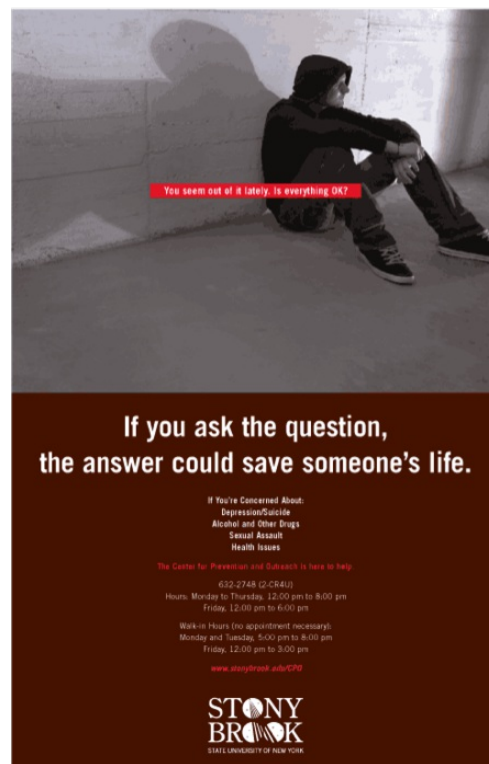
Stress and depression are common to the college experience. Long term stresses can contribute to depression. Some of the situations or feelings that might cause depressive symptoms can include:

- A relationship ending
- Death of a loved one
- Divorce or separation
- Academic difficulty

While it is difficult to determine a single cause for depression, it is often better to be aware of the signs, some of them may include:

- Persistent sad, anxious, or "empty" mood (try one of our online apps)
- Feelings of hopelessness, pessimism, guilt, worthlessness, and helplessness
- Loss of interest or pleasure in ordinary activity, ranging from schoolwork to sex
- Sleep and eating disturbances
- Decreased energy, difficulty concentrating, remembering, and making decisions

Depression is not a character flaw or weakness; it is a medical condition that can affect your mood, body, and thoughts. It is important to know it is okay to seek help. Everyone is different and can experience many levels of feeling sad to depressed. When you are unsure whether you or someone else needs help for depression, act on the side of caution, and reach out for help.



How Do You Know if a Friend Is At Risk for Suicide?

There is no foolproof checklist for identifying a suicidal person. Suicide, like many other human behaviors is difficult to predict. Take any talk of suicide or attempt seriously. Professional help is needed, even if you are unsure about your friend's intentions. All suicidal behavior should be considered serious and dangerous, as it may result in permanent injury or death.

How Do You Reach Out to Someone Who May Be Suicidal?

Remember that you are not responsible for your friend's depression. Reach out to them, suggest help, be supportive, and be honest. Trying to help someone who is suicidal can be scary and make sure you get support for yourself as well. Your friend may be initially angry with you, but your actions could save a life.

QPR (Question, Persuade and Refer) Gatekeeper Training


This program shows members of the community likely to come in contact with those at risk of suicide how to recognize such people and refer them to the appropriate resources (for more information, [click here](#) .)

Resources

If you feel overwhelmed and don't want to live anymore, help is available. Suicidal feelings are intense, but the impulse will pass, especially if you talk to a close friend, a relative, or a counselor to get relief from the pain. A person who considers suicide wants the pain to end.

If you think you, or someone you know, may be depressed or suicidal contact the Counseling and Psychological Services (631) 632-6720.

In an emergency contact University Police at (631) 632-3333 from a cell phone or 911 from any on-campus phone.

[RESPONSE](#)  also has a 24-hour hotline—(631) 751-7500.

You can also call the [National Suicide Prevention Lifeline](#)  at 1-800-273-TALK (8255)

Sexual Violence

Sexual violence is a term that addresses a whole spectrum of unwanted behaviors, from verbal harassment to sexual assault and rape. What all these actions have in common is that they are unwanted – that is, the victim has not consented to them. Men and women both experience sexual violence, although women are victimized at significantly higher rates.

Rape and Sexual Assault

According to the Department of Justice, 20 – 25% of women and 15% of men experience forced sex during their time in college. A common rape myth is that the majority of sexual assaults are perpetrated by strangers. A 2005 National Institute of Justice study shows that 80% of the victims know the rapist. Alcohol or other drugs are involved in approximately 60% of all sexual assault situations. The most commonly used date rape drug is alcohol, but other drugs (such as Rohypnol (Roofies), GHB, or even over the counter medications like Benedryl) are sometimes combined with alcohol to render the victim helpless.

Sex without Consent Is a Crime

Consent is defined by Stony Brook University as the agreement to engage in specific sexual contact; this may be given by verbal agreement or active and willing participation in the sexual activity. Silence, previous sexual relationships, current relationships, or the use of alcohol and/or drugs cannot be taken as an indication of consent. The use of force, threat of force, threat of immediate or future harm, or use of physical intimidation to secure compliance with sexual activity implies lack of consent. Although consent may be initially given, it may be revoked at any point, either verbally, through physical resistance, or by losing consciousness. Failure to respond promptly to a withdrawal of consent constitutes sexual assault. Consent cannot be given if an individual is under the age of 17, physically helpless, mentally incapacitated, and impaired and/or incapacitated because of drug or alcohol intoxication. If a person is unconscious or their judgment is impaired by alcohol or drugs, they cannot give consent. The offender is responsible for their actions no matter how intoxicated they, themselves, may be.

It is really important to understand that no one deserves to get sexually assaulted or “asks” for it. It is not the survivor’s fault. If you or someone you care about experiences any form of violence, Stony Brook is here... If someone tells you about their experience, be supportive and refer them to available help on campus.

If you or someone you know has been sexually assaulted within the last 96 hours you are entitled to receive FREE comprehensive medical treatment and forensic evaluation at the Stony Brook University Medical Center SANE (Sexual Assault Nurse Examiner) Center. You do not need parental consent, health insurance, or police involvement to receive this service.

Also, you can reach out for confidential support and counseling services at the Center for Prevention and Outreach / Counseling and Psychological Services at 631-632-9666 or 631-632-6720 any time after the assault. For more information, go to www.stonybrook.edu/besafe .



Sleep

"It took me until my senior year to realize I kept getting wicked sick around midterm time. I finally added some sleep and vitamins to my overwhelming schedule. I don't think I got that horrible cold my last year."

— **KAITLYN**, STONY BROOK SENIOR

According to the 2009 Health Assessment Survey, 23.2% of Stony Brook students reported that sleep difficulties impacted their academic performance. Insomnia is defined as difficulty falling asleep, staying asleep, or poor quality of sleep. As a college student sleep is the first thing to go when the pressure is on. Sleep is a very important self-management tool to succeed as a student.

The National Sleep Foundation identifies a few dangers associated with SLEEPLESSNESS:

- More than 10% of drivers admit to having dozed off at the wheel. 30% of road accidents—including many deaths—are caused by sleeplessness.
- College-age students (and everyone else) need at least eight hours of sleep to maintain optimum health and learning capabilities.
- Due to pressures of school, family, and a social life, few students are sleeping nearly enough.
- Some students also hold jobs to help defray college expenses which will affect sleep.

All these pressures increase stress and stress can lead to insomnia and even more sleep loss. NSF also states there are medical conditions related to sleep deprivation, depression, obesity, and accelerated aging process. Sleep is the only way to beat fatigue. It is important to recognize the signs (irritability, memory loss, illness, etc.) of being sleep-deprived and increase your sleep to diminish them. A regular bed and wake time within a sleep-conducive environment will support a good night's sleep. Also, it is important to avoid caffeine, nicotine, and/or alcohol close to bed time.

TOP TEN TIPS TO HELP YOU GET A GOOD NIGHT'S SLEEP!

1. Establish a regular bed and wake time schedule, even on weekends.
2. Establish a regular, relaxing bedtime routine such as taking a hot bath and then reading a book or listening to soothing music.
3. Create a sleep-conducive environment that is dark, quiet, comfortable, and cool.
4. Sleep on a comfortable mattress and pillow.
5. Finish eating 2–3 hours before your regular bedtime.
6. Exercise regularly. It is best to complete your workout a few hours before bedtime.
7. Avoid caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
8. Avoid nicotine (e.g., cigarettes, tobacco products) close to bedtime. It can lead to poor sleep.
9. Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.
10. Keep a journal next to your bed to write down any thoughts to clear your mind for sleep.

"I definitely missed out on a lot of sleep my freshman year. Sleep is so amazingly important. When I get my 8 hours of sleep I feel energized. I can get to class, focus and get my work done. So, I figured out what my important priorities were and sleep is up there on the top of my list."

—**CRYSTAL**, STONY BROOK SOPHOMORE

"I always enjoyed sleep and I didn't realize how important it was until I came to college. Countless nights I spent on the phone, hanging out and watching TV. This led to missing classes. Now I make it my priority to get enough sleep and it has improved my attendance and class participation."

—PASCALE, STONY BROOK SOPHOMORE

Smoking/Nicotine

You May Already Know Smoking Cigarettes:

- Is addictive
- Causes impotence
- Causes cancer, high blood pressure, heart attacks
- Reduces your physical performance and endurance
- Causes shortness of breath
- Gives you bad breath
- Leads to more colds, bronchitis, and chronic coughs
- Kills 400,000 Americans each year

You May Know that Cigarette Smoke Contains:


Insect poison, refrigerant, toilet disinfectant and chemicals found in exhaust fumes, embalming fluid, metal cleaners and explosives.

You May Know that if You Stop Smoking You Will:

- Have better breath
- Have clearer skin
- Have whiter teeth
- Increase your energy and stamina
- Breathe easier

In 2009, only 13.1% of Stony Brook students reported any tobacco use in the previous 30 days. 73.6% reported that they have never used tobacco.

Resources

To get help to stop smoking, there are confidential resources available on campus. Contact the Health Education Office at (631) 632-6689 to speak with a health educator. Free nicotine patches are available through New York State's Smokers' Quitline. Visit www.nysmokefree.com  for more information.

Stress Management

Any change in your life can be stressful and starting college is no exception. Students report that stress is the biggest obstacle to academic success, so learning to manage it is important.

- Exercise is a great way to burn off the chemicals that cause the stress response.
- Getting enough sleep and eating well help your body handle it as well.
- Talking to roommates, friends, RAs, or counselors can help you find solutions to common problems.
- Your attitude plays a major role in how stressful college life will be for you.

Those who believe they must perform perfectly in all situations, experience a great deal of stress. If you are taking courses you truly enjoy, there will be less stress involved. Be sure that your academic and career decisions are based on your needs and desires and not the expectations of others.

Resources

- Center for Prevention and Outreach Health Education Office: (631) 632-6689
- Counseling and Psychological Services Meditation Groups: (631) 632-6720
- Campus Recreation: (631) 632-7168

Sexual Health/Safer Sex

It is not who you are—it is what you do—that makes you vulnerable to acquiring a Sexually Transmitted Infection (STI) (also known as Sexually Transmitted Diseases—STDs). STIs—including Chlamydia, Gonorrhea, Hepatitis, Herpes, HIV, Molluscum Contagiosum, Crabs, Scabies, Syphilis, and Genital Warts (HPV)—are spread by contact with infectious microorganisms (ex: bacteria, viruses, and parasites) that are spread by person-to-person contact.

Know the Facts about STIs:

- Each year 3,000 adolescents contract sexually transmitted infections, which is about one in four sexually experienced teens.
- STIs can be caused by viruses or bacteria. STIs caused by viruses include hepatitis B, herpes, HIV, and the human papilloma virus (HPV). STIs caused by bacteria include Chlamydia, gonorrhea, and syphilis.
- More than half of sexually active adults will get an STI at some point in their lives. Your chance of acquiring an STI increases when you have unprotected sex. Your risk is higher if you have had many sex partners, or if you have had sex with someone who has had many partners.
- Know that most people infected with an STI don't know they are infected—they may pass it on without knowing it.
- Know that one-in-three people who know they are infected with an STI admit they have lied about their infection just to have sex.
- Know that the use of alcohol and/or other drugs will decrease your ability to make informed decisions—mixing sexual activity with consumption of alcohol and/or other drug will impair your judgment. Know that some STIs, like herpes, can pass from one person to another by skin-to-skin contact between the penis and/or vagina, anus, and mouth. Another way to practice safer sex is to only have sex play that has no risk—or a lower risk—of passing STDs. This means no vaginal or anal intercourse.
- Know that the only 100% effective preventative measure is abstinence.
- Know that you can take action to prevent the spread of STIs by practicing “safer sex.”

HIV—an STI/STD that Can Lead to AIDS

HIV—Human Immunodeficiency Virus—is also an STI—an STI infection that can lead to AIDS—Acquired Immune-Deficiency Syndrome. Most people infected with HIV appear to be healthy. Many do not realize they have been infected. According to the CDC, more than 20% of people with HIV don't know they have it. About 40,000 men and women in the United States get HIV each year. HIV has few, or no, symptoms for up to 10 years or more before developing into AIDS. AIDS is the most advanced stage of HIV—there is no cure for HIV/AIDS.

HIV Transmission

Americans between the ages of 13–24 contract HIV at the rate of 2 per hour—however—no one “catches” HIV infection the same way one “catches” a cold. The most common way HIV is spread is by having vaginal or anal intercourse without a condom with someone who has HIV/AIDS. HIV is also spread by sharing needles or syringes with someone who has HIV/AIDS; being deeply punctured with a needle or surgical instrument contaminated with HIV; getting HIV-infected blood, semen, or vaginal secretions into open wounds or sores. Babies born to women with HIV/AIDS can get HIV from their mothers during birth or from breastfeeding.

You cannot get HIV from hugging, from someone's sweat, or insect bites. It is found in other fluids, saliva, sweat, tears, or urine, but not a high enough quantity to transmit HIV. There are many ways you can protect yourself from HIV. The surest way is to abstain from sexual intercourse and from sharing needles and “works” if you use steroids, hormones, or other injected drugs.

“Correct and consistent condom use,” says the CDC, “could break the back of the AIDS epidemic.”

STI & HIV Testing

Early identification of HIV or of another STI infection enables people to start treatment sooner leading to better health

outcomes. If you have participated in sexual health-risk behaviors—had unprotected sexual contact, had unprotected vaginal, anal, oral sex with men who have sex with men; injected drugs or shared needles; unprotected sex—or if you have been diagnosed with tuberculosis, hepatitis, or another STD—speak with a health profession about testing for an STI and/or for HIV.

Safer Sex & STI Prevention

Some kinds of sex play are “safer” because they have lower risk of infection than others. “Safer-sex” activities are those we choose to lower our risk of exchanging blood, semen, or vaginal fluids—the body fluids most likely to spread HIV. Each of us must decide what risks we will take for sexual pleasure.

Always take precautions—always choose “safer sex”—when choosing to engage in sexual activity. Safer sex is all about caring for your partner and for yourself. Be informed, be aware, know that there is no kind of skin-to-skin sexual activity (with a partner) that is totally risk-free.

Practicing “safer sex” is something all sexually active people can do—use of a latex condom or a female condom to keep blood, pre-cum, semen, or vaginal fluids out of each other’s bodies, don’t have sex play when you have a sore caused by a sexually transmitted infection. If you are sexually active protect yourself and your partner by practicing “safer sex.”

Remember to:

- Communicate with your partner—“safer sex” takes two;
- Use a latex condom—or a female condom—correctly and consistently 100% of the time. Condoms work by reducing skin-to-skin contact by forming a barrier, the barrier that also keeps one partners fluids from getting into or on the other (ensure your condoms are stored correctly and use only water-based lubricants).
- Do not use baby oil, mineral oil, cold cream, lotion, or Vaseline as a lubricant when using a condom. Doing so may be harmful to the latex and thus may increase the risk of breakage.
- NEVER—EVER—reuse a condom.
- Make informed, safer sex choices about sexual activity.
- If you are sexually active, get regular STI (including HIV) tests.

Health Information and Campus Resources

There are many ways you can protect yourself from acquiring STIs, including HIV. The surest way is to abstain from sexual intercourse and from sharing needles and “works” if you use steroids, hormones, or other injected drugs. Safe sex practices will also limit your risk for STIs. Remember the risk affiliated with use/abuse of alcohol and other drugs that decrease judgment. Be aware – be prepared – protect yourself and others.

If you have concerns, if you have questions, visit the Student Health Service—1 Stadium Road—and speak with one of SBU’s health care professionals. Call 631-632-6740 to schedule an appointment.

You may also visit the Center for Prevention and Outreach Health Education office (located in the Student Health Center—2nd floor—room 213). Call 631-632-9338 to schedule an appointment with a Health Educator. The CPO offers health information and a list of resources for free confidential HIV Testing. CPO also hosts HIV Testing Days on campus. Check the CPO website for upcoming HIV testing dates and event information

<http://studentaffairs.stonybrook.edu/cpo/> 

"Take advantage of all the free workshops you can. They often have a lot of helpful information on many different programs and software."

— **PAUL**, Stony Brook University

Outlined in this chapter are the extensive technology and library services available to you.



The Division of Information Technology (DoIT) provides student computer support through its several departments. Teaching, Learning + Technology (TLT) provides public computing lab access to all students, printing services, instructional technology support, and free technology workshops to all students. Client Support provides technical computer support for residential and commuter students who need help with their personal machines through either the Walk-In Center (30 minutes or less) or Drop-Off Service. For more information, please visit [the Client Support Service Center](#).

The East and West Campus University Libraries at Stony Brook contain nearly two million bound volumes and four million publications in microformat. The libraries provide hundreds of databases and state-of-the-art information services, serving students, faculty, and the surrounding community.

TECHNOLOGY RESOURCES AND SERVICES

All Stony Brook students pay a technology fee as part of their tuition. This technology fee is used to provide the services DoIT offers to students on campus.

Computer Accounts

SOLAR (Student On-Line Access to Records)

Students use SOLAR to register for classes, establish a NetID password, update phone numbers and addresses, pay bills, view grades, apply for financial aid, track degree/graduation progress, request official transcripts, submit campus employment timesheets, and vote in campus elections.

Log in to SOLAR at: <http://www.stonybrook.edu/solarsystem> and make sure that your contact information is up to date.

NetID

Students use their NetID and NetID password to access University computing resources such as Blackboard, SINC Site computers, print documents, Print from Anywhere, free or discounted software, the Residential Network (ResNet), library databases, campus wireless (WolfieNet), MySBfiles (500MB of file storage) and Google Apps for Education (Email, Calendar, Docs, etc...). To find out your NetID and set your NetID password, log into SOLAR and click **NetID Maintenance** under Security and Personal Data. For more information and instruction on how to set your NetID password, please visit: www.stonybrook.edu/it.

Blackboard

Blackboard is a web-based course management system that allows Stony Brook instructors to post course information, collect assignments, and administer quizzes and group projects. Only students registered for the course can access the site. Log into Blackboard using your NetID username and password at blackboard.stonybrook.edu.

Important: Email addresses in Blackboard are set to your Stony Brook email address or your official University EPO email address (firstname.lastname@stonybrook.edu or firstname.lastname@stonybrookmedicine.edu). Be sure to check your Stony Brook Google Apps for Education email account or your Stony Brook Medicine email account every day! You don't want to miss the notice that there is a quiz or that class is cancelled.

Emailing through Blackboard

When you send an email from Blackboard, your name is not displayed. The recipient only sees the email address. It is important to sign your name at the bottom of any message you send. If an instructor tells you to refrain from sending emails and encourages you to visit during office hours, students should respect those wishes. While email is a popular communication tool among students, several instructors prefer to meet with students in person, especially in large classes.

Email Account

All Stony Brook students receive a Google Apps for Education account (Email, Calendar, Doc, etc.). To login, please visit: <http://www.stonybrook.edu/mycloud>. Your Google Apps Email account remains active as long as you are a registered student at the University and abide by the Information Technology Policy & student conduct code.

Important: Once you are no longer registered for classes at Stony Brook University, you will lose access to this account. However, when you graduate from Stony Brook University you can acquire a Stony Brook Alumni account (@alumni.stonybrook.edu). If you require assistance, please contact the Alumni Office at (631) 632-6330.

File Storage

Students have two ways to store and back up files, MySBfiles and your Google Drive/Docs. Both systems are accessible from anywhere in the world, as long as you have access to the Internet.

MySBfiles

When you use a SINC Site on campus, the files are saved to your MySBfiles storage. This is accessible from any computer with Internet access. They are protected by anti-virus software and stored on university servers, so they are unaffected if a computer crashes or is stolen. Previous versions of files can be retrieved and there is room to host personal Web pages or websites.

Google Drive/Docs

Google Drive and Docs are the components of an integrated service that provides a single place to store, access, create, edit, and share documents, files, and folders of all types. For more information, please visit:

<http://www.stonybrook.edu/it> > Services > Google Apps


Websites

Stony Brook provides Web hosting for all students. If you are interested in having a Web page at Stony Brook, you can use your MySBfiles, Google Site and/or your Sparky Account. For more information visit:

<http://www.stonybrook.edu/it> > Services

Computer Help

Teaching, Learning + Technology

There are student computer consultants available to assist students in most SINC Sites. If you need help accessing email, Blackboard, SOLAR or have a question about software, send an e-mail to **helpme@stonybrook.edu**, call (631) 632-9602, or chat via their website: <http://www.stonybrook.edu/helpme> 

Client Support Walk-In Center and Student Service Center

The Client Support Walk-In Center and Student Service Center exists to assist students with computer-related issues. Assistance is provided by telephone, in-house through the 30-minute Walk-In Center, via drop-off service, on-site, and/or remotely.

Client Support assists with the following computer-related issues:

- Network registration/connectivity issues
- Antivirus software installation and virus removal
- Spyware software installation and spyware removal
- Operating system repairs/reloads
- Operating system upgrades
- Microsoft Office installation/upgrades
- Wireless issues
- Data recovery

Important: Client Support does not provide support for hardware issues, printers, or routers.

Client Support is located in room S-5410 on the fifth floor of the Frank Melville Jr. Memorial Library. Walk-in service is available Monday through Friday, 9 a.m. – 5 p.m. Phone support is available Monday through Friday 8:30 a.m. – 5 p.m. Students can call 632-9800 for assistance, or send an email to: **supportteam@stonybrook.edu**.

Technology Workshops

TLT provides free workshops for all registered Stony Brook University students. Technology workshops offered include: Microsoft Office (Word, Excel, and PowerPoint), Creating Online Portfolios, Resume Development, Interactive Presentations, PhotoShop and Prezi. These classes are free of charge, but registration is required. Information regarding these workshops is posted on: <http://www.stonybrook.edu/it>

Online Technology Workshops (Lynda.com)

Lynda.com is a service that provides high-quality, online video training to the entire Stony Brook campus. Training topics include animation, business, home computing, photography, video, and Web. Anyone with an active Stony Brook NetID is eligible for an account to learn new skills, enhance existing knowledge, and participate in professional development all on their own time, at their own pace. Courses are available 24 hours a day, seven days a week, 365 days a year. For more information, please visit: <http://www.stonybrook.edu/it> > Services > Lynda.com

Computers, Printers, Group Study

Group learning spaces (CoLAs).

Collaborative Learning Areas (CoLAs) are facilities that are designed for group work (i.e. projects & study space). These areas have workstations for each group. Some areas have interactive whiteboards where students can collaborate on projects and practice presentations. This is a joint project between the Library & TLT. For more information, please visit: <http://www.stonybrook.edu/it> > Services > Collaborative Learning Areas (CoLAs)

SINC Sites (Public Computer Labs)

SINC Sites are public computer sites located in various academic buildings on West Campus that are managed by TLT. Within these sites, students must use their NetID to log into computers (Windows and Mac), access the Internet, print, and scan materials. For more information, please visit: <http://www.stonybrook.edu/it> > Services > SINC Sites

Virtual SINC Site (VSS)

If you need to access software from a SINC Site from your own computer, you may do so via the Virtual SINC Site. For more information, please visit: <http://www.stonybrook.edu/it> > Services > Virtual SINC Site

Print From Anywhere

All students can print from anywhere (on or off campus) using their campus print quota. Once you send your work to the printer, you have 24 hours to go to a print station and release your print job. You will need to download the “SINC Print From Anywhere Client” which can be found at: <http://www.stonybrook.edu/it> > Services > Printing - Print From Anywhere

Networking

Wireless

Wireless (Wi-Fi) is available on main campus by connecting to WolfieNet-Secure with your NetID and NetID password.

For more information on wireless access and locations, please visit: <http://www.stonybrook.edu/it> > Services > Wi-Fi (WolfieNet)

Connecting to ResNet

ResNet brings direct ethernet connectivity to the residence halls and public jacks located on main campus. Student need to be sure that their computers are up-to-date with:

- The latest Microsoft Windows Updates
- An approved and up-to-date anti-virus program

For more information, please visit: <http://www.stonybrook.edu/it> > Services > Network (Wired)

Software Licenses for Personal Machines

Important

Before you purchase any software, check the DoIT website to see if you can obtain the software for free or a nominal/discounted price.

Virus Protection

All Stony Brook students are entitled to download Symantec Endpoint Protection at no additional charge by using their NetID username and NetID password to login to Softweb: <https://softweb.cc.stonybrook.edu> .

Microsoft Office & Windows

Students can download one Windows or Mac copy of Microsoft Office at no additional charge from OnTheHub. For more information please visit: <http://www.stonybrook.edu/it> > Software

Windows upgrades are available for purchase from the Seawolves Marketplace in the Student Activities Center with a valid Stony Brook student ID card.

Other Microsoft Products – Visual Studio, Visio, One Note, etc.

DreamSpark Premium is a program which offers a large selection of Microsoft software free to students from qualified departments. The software available includes the latest versions of Microsoft operating systems, development tools, and productivity applications such as Windows XP, Windows Vista, Visual Studio 2008, and more.

Only students who are enrolled in certain courses qualify for this program and may download various applications. For more information, please visit: <http://www.stonybrook.edu/it> > Services > DreamSpark Premium

Additional Software

Additional software is available at no cost or a discounted price. To see the entire list of software, please visit: <http://www.stonybrook.edu/it> > Software

Additional Information

While the following services are not supported by the technology fee, they are related to technology and you may find this information to be useful.

Purchasing Your Own Computer

Students can use their educational discount to purchase a Dell, Hewlett-Packard, Lenovo, or Apple computer. For more information on how to make a purchase, please visit: <http://www.stonybrook.edu/it> > Hardware.

For questions about recommended systems, please contact Client Support at (631) 632-9800 to speak to a certified technician.

Information Technology Policy

It is important that you familiarize yourself with Stony Brook's IT Policies. They contain important information about your rights and responsibilities for computer use on campus and information about standards that may affect your account status. IT Policies: <http://www.stonybrook.edu/it>

Telephone Services

Stony Brook University currently uses Windstream as its telephone service provider and Siemens for its equipment and connectivity needs. Data Network Services is responsible for installing, changing, or removing phone lines, but all requests for service need to go through Client Support. Please visit: <http://www.stonybrook.edu/it> > Telephone Systems

LIBRARY RESOURCES AND SERVICES

The University Libraries website at <http://www.library.stonybrook.edu/>  provides:

- 24/7 access to online resources
- Resources available off-campus using your NetID and password
- Access to over 450 subscription databases which hold electronic versions of articles from scholarly journals, newspapers, and magazines
- Access to e-Books

Who's @ the Libraries?

The library is available for use by:

- Undergraduate students
- Graduate students
- Faculty
- Staff
- Visiting scholars
- Community members
- Other guests

The Libraries are used by students who want to:

- Use library materials—Books, print journals, DVDs, CDs, etc. are available at the Libraries' physical locations. Online material can be accessed from the website.
- Use computers—Computers are available in the Central and North Reading Rooms. The Main SINC site (aka computer lab) is located on the first floor of the Melville Library in the South corridor.
- Work together collaboratively—Collaborative workspaces are available on the 2nd floor of the North Reading Room.
- Study in a quiet area—Quiet study areas are available in the Central Reading Room, North Reading Room, the Main Stacks, and the branch libraries.

What Is Available @ the Libraries?

Articles

Many course assignments at the University require students to use articles to back up their arguments. Articles are available online and in print. To search for online articles available from the Libraries, use the All Databases link in the Quick Links section of the library homepage.

Databases

The Libraries subscribe to over 450 research databases which can be used to find articles in newspapers, magazines, and journals, as well as other types of documents, such as:

- The New York Times from 1851–present
- Government documents
- Online reference materials like encyclopedias

Journals

The Libraries provide a variety of journals, both online and in print. Use the Catalog tab on the tabbed search box on the homepage to see if we subscribe to a specific journal or use the e-Journals tab to see if we have electronic access to a specific journal.

Books

Books are available in the Main Stacks in the Melville Library, and the branch libraries. Use the Catalog tab on the website to see if we have the book you need. E-Books are available from the library's website under the Find Library Materials tab. Reference books, like dictionaries and encyclopedias, are available in the Central Reading Room of the Main Library and on the library website.

Music

Music CDs, scores, performance DVDs, and books about music are all available at the Music Library.

Films

The DVD and VHS tape collection is available on the 3rd of the Main Stacks. Students can check out DVDs for 7 days. Viewing stations are also available if you need viewing equipment.

What Does "Peer-Reviewed" Mean?

The term peer-reviewed refers to the rigorous review process that an article goes through before being accepted for publication in a scholarly journal. The steps go something like this:

- An author submits an article for publication.
- It is reviewed by scholars who have expertise in the subject area.
- Many corrections and suggestions are made to the article, or the article is rejected.
- The author needs to incorporate the corrections and suggestions before the article is accepted.
- The author usually has to go through this cycle several times before the article is accepted.

Characteristics of peer-reviewed articles

- Contains more in-depth information on a topic.
- Information is more likely to be correct due to the rigorous peer-review process.
- Aimed at readers with a background in the subject area.
- May also be called academic, scholarly, or refereed articles.

Tip! Some Databases allow you to filter results to show only those from peer-reviewed or scholarly journals.


Important Reminder When Using Websites for Course Work

Using the web for research is a given. And why not; it is fast, easy and plentiful, but before using Internet sources for your assignments you need to find out if your professor allows use of internet sources for the assignment. Additionally, you need to ask yourself, what am I really looking for?

- original scientific research?
- reference facts like dates?
- information on a current event?
- information on a not-so-current event?
- a critique or evaluation of an important work?

When you use free search engines like Yahoo! or Google, you are getting information that has been provided by anyone with a computer. It is a self-publishing medium. In short, there is no evaluation process, so that work must be done by you.


Have You Tried Google Scholar?

Google Scholar allows you to search for scholarly research on the Internet. Check it out at <http://scholar.google.com/> .

To get the most out of the tool and link to Stony Brook's subscription resources, be sure to select Stony Brook University—SUNY—Fulltext @Stony Brook for Library Links under Scholar Preferences.

Some things to think about when evaluating websites:

- Purpose—What is the site about: an article from an online journal or newspaper, a government publication, a sales pitch or someone's personal webpage?
- Authorship—Who is the author and what is his/her expertise on the subject? Does the author have an agenda? Who sponsors the site?
- Content—Is the information accurate? Is it current? Is there evidence of bias or point-of-view?
- Design—Is the site logically and clearly displayed? Are there typos or misspellings, or other evidence that the site was not created by a professional?

For more information on how to evaluate websites please see the library's [Evaluating Internet Resources guide](#). .

Tip! If you are not sure about a web resource, ask your instructor or a librarian for help.

The SBU Library Research Guide

An interactive tutorial designed to help you work on research assignments is available online at <http://www.library.stonybrook.edu/tutorial/index.html> .

The SBU Library Research Guide covers:

- choosing a topic
- identifying sources
- using STARS (University Libraries Catalog)
- finding articles
- using the web
- and citing sources

How Do I Cite This?

When preparing assignments at the University, you will be required to cite the resources you've used to back up your arguments so that:

- Instructors can find the resources you used.
- You can properly credit other people whose ideas you use.
- You do not plagiarize another author.

If you are confused about how or when to cite a resource, speak to a librarian for assistance. Librarians can provide style guide manuals or point you to quality websites that provide citation information. Librarians can also help you learn to use tools, like EndNote or Zotero, that can help you cite your resources correctly. (Check for workshops on citations on our website.)

Where Are Things Located @ the Libraries?

Online

The Library Website: <http://www.library.stonybrook.edu> 

Provides 24/7 access to the Libraries' online resources—databases, e-Journals, e-Books, the library catalog, and more.

On Campus

Main or Melville Library 631-632-7110

The Main Library (or Melville Library) is located on the Academic Mall. It's the big brick building across from the SAC (Student Activities Center).

Main Stacks 631-632-7115

The Stacks are located on the 2nd, 3rd, and 4th floors but the only entrance is on the 3rd floor. Located in the Main Stacks are:

- Humanities and Social Sciences (literature, art, psychology, economics, history, etc.) books and journals.
- DVD collection and viewing room.
- Photocopy Services Area.
- Library Accounts—where you can pay any late fines or lost book fees.
- Study carrels and tables—this is a good study location for those who like a quiet study space.

Central Reading Room 631-632-7110

The Central Reading Room (CRR) is located on the 1st floor of the Main Library. Located in the CRR are:

- Reference Desk—research help.
- Reference books—dictionaries, encyclopedias, handbooks, indexes, etc.
- Current print newspapers, magazines, and journals.
- Computers, printers, scanners, and computer consultant.
- Microforms.
- Lost and Found Services.
- Special Equipment Room for Disability Support Services.

North Reading Room 631-632-7148

The North Reading Room (NRR), also known as the Science and Engineering Library, is located on the 1st and 2nd floors of the Main Library. Located in the NRR are:

- Biology, Geosciences, Computer Science, and Engineering material.
- The Government Documents (legal, census, statistical information, and other government publications) and Map collections.
- Group study and collaborative work areas (CoLA)—groups can talk freely here without worrying about disturbing other students.
- Scanners for student use.

Special Collections and University Archives 631-632-7119

The Special Collections and University Archives room is located on the 2nd floor of the Main Library.

- Houses materials that are unique to the University.
- Documents relating to the history of Stony Brook University.
- Hours by appointment only.

- Materials cannot leave the room.

Branch Libraries

Chemistry Library
C-125, Chemistry Building
631-632-7150

Health Sciences Library
HSC Level 3 Room 136
631-444-2512

Marine and Atmospheric Sciences Information Center (MASIC)
165 Challenger Hall, South Campus
631-632-8679


Math/Physics/Astronomy Library
C-124, Math Tower, Physics Building
631-632-7145

Music Library
1st floor, Main Library, Northwest corner.
631-632-7097

Science and Engineering Library
See North Reading Room above.
631-632-7148

How to Check Stuff Out @ the Libraries?

You can borrow materials from the Main Library and any branch library.

- Your Stony Brook ID card is also your library card
- Books may be borrowed for 30 days; DVDs/videos may be borrowed for one week
- Undergraduates have a borrowing limit of 50 items (maximum of three DVDs/videos at a time)
- Students can renew books and DVDs/videos online, for a maximum of three renewals
- You can return materials to any library or in the Book Drops outside the south exit of the Main Library, near the Commuter Lounge
- Standard fines for late books are \$.25 per day
- Standard fines for late DVDs/videos are \$1.00 per day
- For more information, visit: <http://www.library.stonybrook.edu/borrowing-returning-renewing> 

Course Reserves

Copies of books, articles, or even movies put aside at the Libraries or on Blackboard by instructors for students to use for class work.

- Available only for short periods of time—anywhere from 2 hours to 7 days.
- Gives everyone in the class a chance to use the material.
- Check availability and location by using the Library Catalog link on the library homepage and then clicking on the Course Reserves link. Search by course number, author, title, etc.
- Material may be located in the Main Stacks or in the appropriate branch library.

Interlibrary Loan (ILL)

Need a book, article, or other resource that we don't have here at Stony Brook?

- Request it through our Interlibrary Loan department.
- Use the Interlibrary Loan link under Quick Links on the library homepage to submit request.
- We will try to get it from another institution.
- This service is free to students.
- ILL does not accept requests for textbooks!

Ask a Librarian

If you are having trouble getting started on an assignment or finding what you need:

- Send an IM using the widget on the library website.
- Call 631-632-7110.
- Stop by the Reference Desk in the Central Reading Room to talk to a librarian face-to-face.
- Use the “Ask Us” widget to get an answer to your question.
- Use your smartphone and the library QR code:



Workshops & Tours

The library holds free workshops each semester to help students get ready for college level research. Previous workshops have included the following topics:

- Research Skills
- EndNote
- Zotero
- Citations/Plagiarism

- Extreme Google
- Film Research

Check the website or the Facebook page for details.

The library also offers tours of the building at the beginning of each semester. Tours run about 1/2 hour.

For more information on upcoming library events, check:

- The library news section on the Libraries' homepage.
- The Stony Brook University Libraries page on Facebook.
- The Library tab on Blackboard.

Appendix

A Guide to Stony Brook Resources

The best way to succeed is for you to take charge of your college experience.

Below are some listings—including phone numbers, office locations, and webpages—for various campus resources.

STONY BROOK RESOURCES

Academic Judiciary | 632-7080 | Melville Library E-3310

<http://www.stonybrook.edu/uaa/academicjudiciary/>

The Academic Judiciary office deals with accusations of dishonesty and grievances. If you wish to file a complaint, visit or call for more information.

Academic and Transfer Advising Services | 632-7082 | Melville Library E-2360

<http://www.stonybrook.edu/aadvising/>

The Academic and Transfer Advising Services provides general advising for transfers, sophomores, juniors, and seniors. Advisors help students develop their academic plans for graduation, works with students in academic difficulty, evaluates transfer credits and serves as a central communicator regarding academic deadlines, policies, and events to all undergraduates

Academic Standing & Appeals | 632-7080 | Library E-3310

<http://www.stonybrook.edu/uaa/academicstanding/>

The Committee on Academic Standing and Appeals (CASA) considers a wide range of student needs. These include late adds and late registration, late withdrawals after the published university deadlines, requests for over and under-loads, retaking courses for the third time, academic renewal, changes of credit, and academic standing

Academic Success & Tutoring Center

http://http://www.stonybrook.edu/commcms/academic_success/

ASTC offers you services that complement classroom instruction and encourage student success. They include FREE one on one and group tutoring, Peer Academic Success Coaches, Academic Success & Study Skills Workshops, and Presentation/Public Speaking Skills.

Athletics | 632-WOLF | Sports Complex

<http://www.goseawolves.org>

The Athletics department oversees 20 NCAA Division I teams. For information on the teams, a list of their schedules, and information on coaches and players, visit their website.

Banking | 632-4600 | Student Activities Center 009B

A full-service Teachers Federal Credit Union is located in the lower level of the Student Activities Center. Additional ATM machines (Bank of America) are located in the Student Activities Center, the Stony Brook Union, and the Administration Building.

Career Center | 632-6810 | Melville Library W-0550

<http://www.career.sunysb.edu>

Career planning plays an integral role in the academic planning process for all students. From providing guidance on

how to write a résumé to helping you narrow down your career choice, to finding internships, the Career Center's services are here to help you succeed.

**Campus Card Office | 632-2737 | Administration Room 254
| 444-8151 | HSC Level 3 Room 162**

<http://www.stonybrook.edu/campuscard>

Students can obtain a replacement ID card here; locations on Main Campus and East Campus.

Campus Dining Services | 632-6510 | Various Locations

<http://www.campusdining.org/>

Visit the Campus Dining website to see the variety of dining locations and selections on campus, including vegetarian, Kosher, Halal, Asian, and Italian specialties.

Campus Recreation | 632-7168 | Toll Drive Building #39

<http://www.studentaffairs.stonybrook.edu/rec/>

Campus Rec coordinates many programs for the University community, including intramural sports, wellness programs, sport clubs, open recreation, special events, and equipment rental.

Campus Residences | 632-6750 | Mendelsohn Quad

<http://www.studentaffairs.stonybrook.edu/res/>

Campus Residences oversees all Residence Halls and Residence Hall staff. If you have a question about your living arrangement, contact your Residence Hall Director or Quad Director.

CEAS Undergraduate Student Office | 632-8381 | Engineering Room 127

<http://www.ceas.sunysb.edu/>

This office is home to academic advisors who specialize in serving undergraduate students in majors housed in the College of Engineering and Applied Sciences.

Center for Prevention & Outreach (CPO) | 632-2748 | Stony Brook Union 216

<http://studentaffairs.stonybrook.edu/cpo>

The Center for Prevention and Outreach provides systematic and integrated prevention and early intervention programs in the areas of sexual assault, substance abuse, depression/suicide, and health promotion.

- Depression & Suicide Prevention and Outreach 632-2748
- Sexual Assault Prevention and Outreach 632-9666
(Wo/Men's and Gender Resource Center)
- Alcohol & Other Drugs Prevention and Outreach 632-2748
(Located in Student Health Center)
- Health Education Office 632-9338
(Located in Student Health Center, 2nd Floor)

Commuter Student Services | 632-7353 | SAC 225

<http://studentaffairs.stonybrook.edu/css>

The Office of Commuter Student Services focuses on the enhancement of the educational experience of all undergraduate commuter students. This office seeks to help you become an active participant in campus life so that your experience at Stony Brook is truly satisfying and enriching. They accomplish this by providing services, programs, advocacy, research, and outreach on your behalf.

Counseling and Psychological Services (CAPS) | 632-6720 | Student Health Center

<http://studentaffairs.stonybrook.edu/caps/>

Counseling and Psychological Services (CAPS) offers free and confidential services to currently enrolled students taking at least six credit hours. Included are crisis intervention, brief counseling for individuals, couples, groups, consultation to students, faculty, staff, friends, and parents, and assistance with referrals to community resources.

Disability Support | 632-6748 | Education Communications Services (DSS) Center Room 128

<http://www.studentaffairs.stonybrook.edu/dss/>

Disability Support Services coordinates advocacy and support services for students with disabilities. These services assist in integrating students' needs with the resources available at the University to eliminate physical or programmatic barriers and to ensure an accessible academic environment.

Environmental Health & Safety | 632-6410 | Suffolk Hall 110

<http://www.stonybrook.edu/ehs/>

The Environmental Health & Safety website provides up-to-date information regarding how to stay healthy and safe on campus.

EOP/AIM | 632-7090 | Melville Library W-3520

<http://www.stonybrook.edu/eopaim/>

The EOP/AIM (Educational Opportunity Program/Advancement on Individual Merit) program provides comprehensive advising services to all enrolled members.

Fedex Office | 632-1831 | Melville Library Ground Floor

The on-campus Fedex Office location provides a variety of document services, including black and white and full-color digital printing and copies, oversize poster and banner printing, and finishing services such as binding, laminating, collating, and mounting.

Food Pantry | 100 Circle Road, Gray College, ITS Center, Room A09

<http://www.stonybrook.edu/commcms/foodpantry/>

The SBU Food Pantry provides food items for food-insecure students, staff, and faculty on Stony Brook's campus. We've stocked our shelves with a range of healthful options for those in need of supplemental food. Please pay us a visit! Anyone with a Stony Brook University ID card can utilize the pantry: students, staff, and faculty. Please bring your ID card with you to utilize the pantry services!

Frank Melville, Jr. Memorial Library | 632-7100 | Main Campus, Academic Mall

<http://www.library.stonybrook.edu>

The Frank Melville, Jr. Memorial Library houses a variety of departments. Since the hours of each library differ, be certain to check the website for updated schedules.

Health Sciences Office of Student Service | 444-2111 | Health Sciences Center 271

<http://www.stonybrook.edu/hscstudents>

The Office of Student Services is the administrative unit responsible for student services in the Health Sciences. Areas of responsibility include admissions, recruitment, student records, student registration, financial aid and general student services including student government and activities. The level of services the office provides varies by the different academic programs within the Health Sciences Schools, which have an enrollment of over 3,300 students.

Honors College | 632-4378 | Melville Library N-3071

<http://www.stonybrook.edu/uaa/honorscollege>

Stony Brook's Honors College has a special curriculum just for Honors College students, independent of their chosen

major area of study. The Honors College is small and highly selective, and its students receive individual attention and smaller seminar courses typically found in small colleges. They also enjoy the vast range of academic opportunities available only at a major research university.

Interfaith Center | 632-6565 | Stony Brook Union, 2nd Floor

<http://www.sbinterfaith.org/>

The Interfaith Center reflects the many diverse religious traditions on our campus. It is the organization for chaplains and campus ministry persons who are officially selected representatives of religious denominations and have a major concern for, and a working relationship with, the University.

International Academic Programs/Study Abroad | 632-7030 | Melville Library E-1340

<http://www.stonybrook.edu/studyabroad/>

The office of International Academic Programs offers undergraduates the chance to study overseas while earning credits towards their degree.

Laundry Services | 632-6517 | Stony Brook Union 250

<http://fsa.sunysb.edu/services/laundry-services/>

Laundry Services is sponsored by the Faculty Student Association and provides this service for students living in the residence halls.

Living Learning Centers (LLC) | 632-4378 | Melville Library N-3071

<http://www.stonybrook.edu/llc>

Located within the Undergraduate College quads, the Living Learning Centers integrate the academic community with life in the Residence Halls. Each LLC offers an academic minor in the Center's theme.

Math Learning Center | 632-6825 | Math Tower S-240A

<http://www.math.sunysb.edu/MLC>

This on-campus site is where students can receive math tutoring.

Meal Plan | 632-6517 | Stony Brook Union 250

<http://fsa.sunysb.edu/services/meal-plan/>

The meal plan is sponsored by the Faculty Student Association in order to provide meal plan services to students, faculty and staff.

Off-Campus Housing | 632-6770 | Stony Brook Union 250

<http://och.fsa.sunysb.edu/>

This office is sponsored by the Faculty Student Association to provide resources for students to find Off-Campus Housing accommodations.

Office of Athletic Bands | 632-4815 | Student Activities Center 222

<http://www.stonybrook.edu/marchingband/>

The Spirit of Stony Brook Marching Band provides university students with the opportunity to combine music, color guard performance, and leadership experiences in a curricular setting. The Spirit of Stony Brook supports University events through the performance of traditional marching band music and routines; creating a sense of spirit and tradition on the Stony Brook Campus. GO! FIGHT! WIN!

Office of the Dean of Students | 632-7320 | Student Activities Center 222

<http://studentaffairs.stonybrook.edu/dos/>

The Office of the Dean of Students advocates for student needs and provides services, support, and coordination for co-curricular programs to help cultivate and develop community, individual growth, wellness, inclusion, and leadership. This office assists students who need assistance with emergency crisis matters and executes the following traditional programs: Homecoming, Earthstock, Community of Awesome, Spirit and Pride Traditions.

Office of Diversity and Affirmative Action | 632-6280 | Administration Room 201

<http://www.stonybrook.edu/diversity>

The Office of Diversity and Affirmative Action is the primary advocate for multiculturalism and diversity at the University.

Office of Multicultural Affairs | 632-7320 | Student Activities Center 222

<http://studentaffairs.stonybrook.edu/oma/>

This office is dedicated to helping Stony Brook maintain an all-inclusive campus community where diversity is valued and celebrated. The Office of Multicultural Affairs hosts traditional events: Festival of Lights, Diversity Day, Black History Month, Asian American History Month, and the Multi-Cultural fashion Show.

Office of the Bursar | 632-9316 | Administration Room 261

Student Accounts | 632-2455 | Administration Room 254

<http://www.stonybrook.edu/bursar/>

The Office of the Bursar/Student Accounts handles all payments made to the University, disburses refund checks, and issues parking permits. The Student Accounts Office, otherwise known as Student Billing and Collections, provides assistance concerning student billing and account questions.

Office of Student Financial Aid & Scholarship Services | 632-6840 | Administration Room 180

<http://www.stonybrook.edu/finaid/>

This office administers two sources of employment for students wishing to work on campus: the Federal Work-Study (FWS) and Student Assistant programs.

Office of University Community Standards | 632-6705 | Administration Room 347

<http://studentaffairs.stonybrook.edu/jud/>

If you have questions about the Student Conduct Code, call or contact the Director for Community Standards.

Ombuds Office | 632-9200 | Melville Library W-0505

<http://www.stonybrook.edu/ombuds/>

The Ombuds Office is available to assist students in resolving difficult problems or disputes related to their lives at the University. All matters handled by the Ombuds Office remain confidential.

Pre-Professional Advising Office | 632-7080 | Melville Library E-3310

<http://studentaffairs.stonybrook.edu/prehealth/>

<http://studentaffairs.stonybrook.edu/prelaw>

The Pre-Professional Advising Office helps students with course selection and course requirements. Advisors can help students who are interested in pursuing careers in law or the health industry.

Registrar | 632-6175 | Administration Room 276

<http://www.stonybrook.edu/registrar/>

The Registrar provides assistance with registration, obtaining enrollment certifications, requesting an address change or a suppression of directory information, ordering a transcript, filing for graduation, or filing an academic major/minor change.

Residential Tutoring Centers (RTC) | 632-6790 | Various Locations

studentaffairs.stonybrook.edu/res/rtc/

Residential Tutoring Centers are located on campus in H Quad, Tabler Quad, and Roosevelt Quad. Residential Tutors are peer students employed to assist you with your academics. Students may attend free tutoring sessions in any of the tutoring centers.

Scholarships, Fellowships, and Awards | 632-7114 | Melville Library N-3005

stonybrook.edu/uaa/scholarshipfellowships/

This office provides current and prospective students with scholarship and fellowship opportunities, program information, and intellectual support.

Seawolves Marketplace | 632-9281 | Student Activities Center (SAC)

<http://fsa.sunysb.edu/campus-stores/seawolves-marketplace/>

The Seawolves Marketplace is located just off of the main lobby in the SAC. It offers fresh coffee, snacks, convenience items, campus logo merchandise, and a selection of special gifts.

Student Activities | 632-9392 | SAC 218

stonybrook.edu/studentactivities

The Department of Student Activities is your source for getting involved with campus life. There are six programmatic areas that create the Department of Student Activities: Student Media, Craft Center, Art Gallery, Weekend Life Programming, Clubs and Organizations, and Fraternity & Sorority Life. The Craft Center and the Student Media are located in the Student Union.

Student Activities Center & Stony Brook Union Facilities Operations | 632-6730 | SAC 220

studentaffairs.stonybrook.edu/for/

The SAC & SB Union host an array of student events every semester. The Facilities and Operations team assists with the implementation of all student events. If you are interested in obtaining a job with this department, feel free to contact them.

Student Health Insurance | 632-6331 | Student Health Center, 1st Floor

studentaffairs.stonybrook.edu/shs/insurance.shtml

Contact the Student Health Insurance Office to learn about student health insurance options.

Student Health Services | 632-6740 | Student Health Center

studentaffairs.stonybrook.edu/shs/

Student Health Services offers comprehensive and cost-effective health services for both medical and psychosocial health problems for all Stony Brook students taking six or more credits a semester.

Student Leadership | 632-7320 | Student Activities Center 222

studentaffairs.stonybrook.edu/studentlife/leadership.shtml

The Student Leadership Office offers students the following opportunities to develop and enhance their inner leader: Get Your Foot In The Door, LEADSTRONG, Practice and Engaging Presentations (P.E.P.).

Student Orientation and Family Programs | 632-6710 | Melville Library W-3519

stonybrook.edu/orientation

These programs help new students and family members make a successful transition into Stony Brook. The staff leads and supports the January and Summer orientation program, Opening Weekend, and various parent and family-related activities throughout the year.

Teaching, Learning, + Technology (TLT) | 632-9800 | Melville Library S-1464
it.stonybrook.edu/

TLT operates the SINC sites, hosts technology workshops, administers Blackboard sites, and provides computer support for students. TLT also provides multimedia and A/V support for faculty and staff.

Transportation and Parking Services | 632-AUTO | Administration Room 254
stonybrook.edu/tps

This office oversees all parking and on-campus transportation, including bus schedules, obtaining parking permits, paying tickets, and appealing tickets.

Undergraduate Colleges (UGC) | 632-4378 | Melville Library N-3071
ucolleges.stonybrook.edu/

Stony Brook University's Undergraduate Colleges are transforming the way in which undergraduate students experience University life. Every first-year student enters Stony Brook as a member of one of the six Undergraduate Colleges organized around themes of general interest. The Colleges are designed to support and develop the interests of students and assist them in taking advantage of the vast resources Stony Brook has to offer.

Undergraduate Research & Creative Activities (URECA) | 632-4378 | Melville Library N-3071
stonybrook.edu/ureca

Stony Brook undergraduates are introduced to the world of research through introductory research-oriented courses, encouraged to participate in independent supervised research projects, and offered useful support services on writing abstracts, giving presentations, and finding research mentors.

Undergraduate Student Government | 632-6460 | Student Activities Center 202
stonybrookusg.org/

The Undergraduate Student Government is elected and represents the Undergraduate student population at Stony Brook. The government, along with its subcommittees, utilizes the student activity fee to fund over 160 clubs/organizations which creates a vibrant campus life. Extra Help: Academic Learning Centers.

University Bookstores
<http://www.stonybrook.edu/provostliasn/bookstore> | **632-6550 | Melville Library**
<http://webmedbooks.com/suny> | **444-3686 | HSC Level 2, Room 310**

The University Bookstores can be found in two different locations. Be sure to check their website for hours of operation.

University Café | 632-6528 | Stony Brook Union
universitycafe.org/

The home of the Monday Night "Rock Yo' Face Case" Music Series.

University Police | Dutchess Hall 162 | 632-6350 (Non-Emergency) | 632-3333 (Emergency)
stonybrook.edu/police/

Emergency Contact Information: (Police, Fire, Medical, Psychiatric, Other) dial 911 from campus phone (631) 632-3333 from an off-campus or cellular phone.

Veterans Affairs | 632-6700 | Administration Room 348

studentaffairs.stonybrook.edu/vets/

Veterans Affairs provides services, such as guidance, to veterans, veterans' dependents and active duty service members.

Visa & Immigration Services | 632-4685 | Melville Library E-5310

stonybrook.edu/commcms/vis/

This office provides assistance to international students, including providing important information regarding immigration, taxes, employment, insurance, and arrival notices.

Writing Center | 632-7405 | Humanities Room 2009

<http://www.stonybrook.edu/writrhet/writingcenter.shtml>

The Writing Center provides services to the Stony Brook community: tutoring individuals and small groups, advancing links between writing and technology literacy, serving and supporting the larger program in Writing and Rhetoric as a central on-campus resource, and it is a reference center for composition.

Campus Safety Information

University Police	632-6350 (Non-Emergency) 632-3333 (Emergency)
Escorted Walk	2-WALK (9255) from campus phone 632-WALK (9255) from off campus or cellular phone
Safety Ride (after dark)	2-RIDE (7433) from campus phone 632-RIDE (7433) from off campus or cellular phone
Environmental Health & Safety	632-6410
Weather-Related Information & Closings	632-SNOW (West Campus) 444-SNOW (HSC Campus)

Common Phrases and Acronyms Used Campus Wide

Academic Calendar	Lists important deadlines; provided by the Registrar's office
Academic Dishonesty	Includes cheating and plagiarism
Academic Field/Discipline	An area of study taught or researched at the college or university level
Academic Integrity	Displaying honesty and ethical principles in the creation of your work
Academic Probation	Students whose cumulative GPA falls below a 2.0; you are issued a warning and are required to seek out an academic advisor to create your schedule for the following semester
Academic Standing	Based on a student's GPA; to be in good standing you need a GPA of 2.0 or higher
Add/Drop	The process of adding or removing classes from your schedule that can only be done within the Add/Drop period, which can be found in the academic calendar
Administrator	Key member of staff that is there to provide leadership to a particular department or program
Advisor	Professional staff member who will guide you in making choices throughout your career
Bachelor's/Baccalaureate Degree	Degree you receive after completing your undergraduate coursework
Blackboard	Virtual classroom—access class notes, documents, and participate in message board discussions
Bulletin	Undergraduate Bulletin is available online and provides important information about your time at Stony Brook
Bursar	University official in charge of handling funds and managing the Bursar's Office; the place where students come to pay any university bills
Campus Life Time	A campus common hour devoted to student life
Co-Requisite	A class that must be taken simultaneously with another class
Credit Hour	An academic unit which represents one hour of study per week; certain number required to maintain full-time

	number required to maintain full-time status
Dean (of a College or School)	An academic staff member who manages and organizes a particular department
Dean of Students	Person responsible for the welfare and co-curricular success of a student body
Discipline	An area of study, such as history or mathematics
Degree Progress Report	A report available on SOLAR that shows a student's progress towards their declared major
Elective	An optional course of study
Emeritus Professors	A retired professor that may be invited back to give talks or teach classes
Enrollment	Action of enrolling in classes or the number of people enrolled
Full-time	A student who is enrolled in 12 or more credits
Faculty	An employee of the university hired to teach and/or conduct research
GPA	Grade Point Average
General Education Requirement	Class that fulfills part of the fundamental curriculum established by the Trustees of the State University of New York
Humanities	Liberal Art courses such as philosophy, language, history and culture
Incomplete	A grade that may be given if a student has not completed all of the work required in a particular course
Independent Study	An opportunity to customize your study by collaborating with a professor on a syllabus designed just for you
Interdisciplinary	Connecting several courses of study
Internship	A valuable way to gain experience and job training in a specific profession
Lab	An academic period reserved for doing scientific or practical work
Lecture	An instructional speech on a particular topic
Major	A specialized concentration in a particular field of study
Master's Degree	A postgraduate degree awarded after you have attained a Bachelor's
Matriculate	To be admitted as a student into a degree program
Minor	A secondary course of study, usually augmenting a major
Multidisciplinary	Presenting several courses of study while leaving any perceived connection

	while leaving any perceived connection between them up to the student
Non-matriculated	To attend classes without being enrolled in a degree program
Office Hours	A scheduled time during the week where you can meet with your instructor to ask questions about the class, your notes, and your progress
G/P/NC (Graded/Pass/No Credit)	A grading option that can be utilized on select classes; speak with an advisor to use this option
Part-time	Being enrolled in less than 12 credits in a semester
Peer Education	Student leaders who serve as models for their peers; work under the behest of the Center for Prevention & Outreach
PhD	Philosophy Doctorate—indicates a person has a high level of expertise in a chosen field
Plagiarism	Includes but is not limited to: copying others' work, using references without properly citing sources, turning in the same paper for two classes, purchasing an already written paper, etc.
Pre-requisite	A more basic course that is required to be taken before a more advanced course
Professor	A person who is esteemed in their area of research, of which they conduct on campus while also teaching classes
Provost	The Deans and Directors of the Colleges, Schools, Libraries, Centers and Institutes, other than those in the Health Science Center, report to the Provost. The Provost reports to the President
Quad Director (QD)	A professional staff member who directs the RHDs and ensures that the concerns of residents in all buildings of the quad are addressed
Quad	A grouping of residence halls
Resident Assistant (RA)	A student who facilitates the development of a community of a given hall, floor or group of suites
Recitation	A class period especially in association with and for review of a lecture
Registration	Enrollment process; includes signing up for classes and paying fees
Research University	University official responsible for keeping records of student enrollment; office that serves as the campus authority on degree completion and academic standing

	academic standing
Residence Hall	An institution of higher learning with a research mission
Residence Hall Director (RHD)	Serve residential students by providing them with a place to live, socialize with other residents, and attend class
Residency Requirement	Refers to actual number of credits you must earn at Stony Brook in order to receive a degree from Stony Brook University
Semester	A period of the academic year
Seminar	A single session of a particular topic
SOLAR	The university's self-service system which gives faculty, staff, and students online access to manage personal information

Stony Brook Curriculum (SBS): A List of Acronyms

Stony Brook Curriculum (SBS): Stony Brook curriculum includes both breadth and depth of study (provided by both the General Education Requirements and the major), and ensures that students will learn skills necessary for lifelong learning.

(ARTS)	Explore and Understand the Fine and Performing Arts
(CER)	Practice and Respect Critical and Ethical Reasoning
(ESI)	Evaluate and Synthesize Researched Information
(EXP+)	Experiential learning
(GLO)	Engage Global Issues
(HFA+)*	Humanities and Fine Arts
(HUM)	Address Problems using Critical Analysis and the Methods of the Humanities
(LANG)	Communicate in a Human Language Other than English
(QPS)	Master Quantitative Problem Solving
(SBS)	Understand, Observe, and Analyze Human Behavior and the Structure and Functioning of Society
(SBS+)*	Social and Behavioral Sciences
(SNW)	Study the Natural World
(SPK)	Speak Effectively before an Audience
(STAS)	Science or Technology and the Arts, Humanities, or Social Sciences
(STEM+)	Science, Technology, Engineering, and Mathematics
(TECH)	Understand Technology
(WRT)	Write Effectively in English
(WRTD)	Write Effectively within One's Discipline
(USA)	Understand the Political, Economic, Social, and Cultural History of the United States

*A "+" sign in the abbreviations for these categories signifies that most courses in these categories will be relatively advanced courses at the 200- to 400-level.

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