

Planning Your Spring Semester Schedule

As part of your UGC 101 experience, your instructor and advisor will work with you to help make choices about your Spring schedule. As you approach the end of your first semester at Stony Brook, you are probably beginning to recognize how the experiences you have had, both inside and outside the classroom, are helping you to define your interests, abilities and goals. A semester schedule that reflects your academic goals and strengths can lay the groundwork for a successful semester. Before you even begin to choose your Spring classes, it is important that you take an honest look at the experiences you have had during the Fall semester. As a starting point, ask yourself the following questions:

- What are your favorite classes this semester? What is your least favorite class? Why?
- Did you do as well academically as you had hoped?
- Think about some of the challenges you faced this semester. How can you continue to prepare well for next semester?
- What did you accomplish this semester that made you the most proud of yourself?
- What else did you learn about yourself this semester? Where did you learn this?

Sometimes students wait until the last minute to register for classes, but as with any process, planning a good schedule takes time and effort. Failure to plan ahead will result in your being unprepared when it comes time to register for classes, which means that you will be starting the semester on shaky ground. Academic planning is an ongoing process! You should meet with your College advisor early and often to discuss your academic goals, not only before registration, but throughout the year. Each semester will bring new challenges and successes. Your College advisor and/or 101 Instructor can help you to understand how all of these experiences can impact your academic plans.

1. How Do I Know What University Requirements Have Been Fulfilled?

Your Degree Progress Report (DPR), located on SOLAR, will show which University requirements you have already fulfilled, as well as requirements you have yet to complete. These requirements consist of your SBCs. It will also tell you your GPA, academic major, and other information. It is recommended that you review your DPR in preparation for meeting with an Advisor.

Directions how to print DPR

- 1) Login to SOLAR: <http://it.cc.stonybrook.edu/solar>
- 2) Look under Student Records and Registration and click on Degree Progress/Graduation
- 3) Click on Degree Progress Report
- 4) In the Academic Institution drop down box select SUNY at Stony Brook and in the Report Type drop down box select Degr Audit
- 5) Click GO
- 6) Print

2. When Can I Register for Classes and How Many Credits Can I Take?

Enrollment Appointment

Your enrollment appointment will be your first opportunity to begin enrolling for classes. Enrollment appointments are a date and time, determined by your class status, which is determined based on credits earned prior to your first semester and courses in progress. You do not physically show up for an appointment, rather enrollment is done through the web via the SOLAR System. As long as you have access to a computer and the Internet you can enroll in classes from any location. You can continue registering any time after your appointment, up to the end of the add/drop period (See Academic Calendar, Appendix A for deadline date).

Your enrollment appointment will be posted on your SOLAR web page at <http://www.stonybrook.edu/solar>. Login to your SOLAR System account, go to the "Enrollment Appointment" link and view your enrollment appointment. Be sure to select the correct term(s) when attempting to view your appointment, registration, academic information, etc.

Credit Load

The credit limit during pre-registration is 17 credits (16 credits for students in their first semester at the University). Certain programs have exceptions to these limits. This credit limit applies to all students until either the end of summer orientation or one week before the start of classes (whichever is later). At that point, the limit is raised to 19 credits.

TIP: When planning your credit load for the Spring semester, consider the following:

- How many credits are you currently enrolled in? Do you feel that this has been a manageable credit load for you?
- What types of classes are you planning to take in the Spring and how demanding/time-consuming will these classes be?
- Do you have commitments outside of school (i.e., co-curricular activities, work, family, etc.) that will place additional demands on your time?
- If you have a major, how many credits does your major department recommend you take?
- Remember that full-time students must register for a minimum of 12 credits.

3. Do I Have Any AP or College Credit Transferring to Stony Brook?

If you took Advanced Placement (AP) exams or college courses through another university, you must have an official copy of your AP score

report or college transcript sent to Stony Brook University for evaluation. Academic and Transfer Advising Services will evaluate all previous work towards Stony Brook's SBC categories and total credit hours. Transfer credit will be entered on your official Stony Brook transcript. Grades received for transferred courses are not shown nor are they included in the calculation of your cumulative grade point average (GPA) at Stony Brook.

Several weeks before the date of your enrollment appointment you should check your Degree Progress Report to make sure that your transfer credit has been posted to your Stony Brook transcript.

4. Do I Have Any Holds on My SOLAR System Account?

As a Stony Brook University student, you are responsible for checking your SOLAR System account on a regular basis. Whenever you see a hold on your account, be sure to read the corresponding information and follow the instructions carefully. Several weeks before the date of your enrollment appointment, you should double-check your SOLAR System account to make sure that you do not have any holds, as certain holds will prevent students from registering. For example, students who have been accepted into the College of Engineering and Applied Sciences may have a CEAS Advising hold placed on their account by their major department. Please note that students with this hold must see their major department before they will be able to register for classes. The contact information for each major department is listed in the Undergraduate Bulletin.

Below is a list of other examples:

- health forms
- meningitis forms
- bursar accounts
- library fines

5. How Do I Know what Courses to Take?

Basic Requirements

UGC 102—All freshmen are required to take the second semester of the Freshman seminar (i.e., UGC 102) in the Spring. A list of topics for the UGC 102 courses can be found on your Undergraduate College website.

WRT: WRITE EFFECTIVELY IN ENGLISH—If you have not yet completed your **(WRT)** requirement, you should register for the appropriate ESL or WRT course in the Spring. Refer to your Degree Progress Report to determine your appropriate writing placement level.

Recommended courses

QPS: MASTER QUANTITATIVE PROBLEM SOLVING—If you have not yet completed your (QPS) requirement, it is recommended that you register for the appropriate math or statistics course in the Spring.

Recommended

Below is a list of unique courses you may wish to take to help you explore and clarify your interests. See the Undergraduate Bulletin for course descriptions.

- CAR 110: Career Development and Decision Making
- HAO 313: Introduction to Occupational Therapy
- HAS 190/LHW 102: Introduction to the Health Professions
- HAT 210: Introduction to Respiratory Care
- HWC 210: Introduction to Social Work
- LHW 301: Issues in Health and Wellness
- LIA 102: Opportunities in the Arts

Exploring Major Courses

- Many students enter college undecided about their major and many will change their major several times throughout their college career. Your first year of college is the perfect time for you to actively explore your interests in order to find the major that you truly enjoy.
- Although you may not have a specific major in mind right now, try to take at least one course you have an interest in each semester. This course may fulfill a SBC, or it may simply be an elective course (i.e., BUS 110, CSE 110, etc.) that could help you to clarify your interests on the path to finding your major.
- CAR 110: Career Development and Decision Making is an excellent course for students who are exploring majors and want to learn more about the relationship between major and career (see the Undergraduate Bulletin for the CAR 110 course description).
- Begin familiarizing yourself with the majors offered at Stony Brook. Always refer to the on-line Undergraduate Bulletin as it always has the most up to date information. Visit <http://sb.cc.stonybrook.edu/bulletin/current/academicprograms/>
- Meet with your Undergraduate College Advisor and visit the Career Center for additional resources to help you explore majors and careers.

Minor Courses

If you are interested in pursuing a minor, look up the list of requirements for your minor in the Undergraduate Bulletin.

Pre-Professional Courses

If you are interested in pursuing a pre-professional program of study (i.e., Pre-Medical, Pre-Dental, Pre-Optometry, Pre-Veterinary), look up the list of requirements for that program in the Undergraduate Bulletin or visit your Undergraduate College Advisor or refer to:

www.stonybrook.edu/healthed.