

✚ STUDENT LIFE AND STUDENT SERVICES

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SUNY Plattsburgh students plan and participate in many programs outside the classroom. Such programs depend upon the cooperation of all campus constituencies, and the college community regards them as an integral part of the educational experience.

Art, Music, and Theater Organizations and Plattsburgh State Art Museum

Students are welcome to join the activities of the art, music, and theatre departments. These departments and the art museum are all represented on the campus Arts Council which is supported by the Student Association. They work together to bring outstanding performances and visual arts to the campus.

Students may refine music performance skills by playing or singing on one or more of our many performing ensembles. They are open to all SUNY Plattsburgh students, whatever their majors, for credit. For more information, please check our Web site at www.plattsburgh.edu/music/ensemble.php.

Alpha Psi Omega, National Theatre Honor Society, welcomes qualified members. Each semester, the theatre program offers students many opportunities to participate in both student- and faculty-directed dramatic presentations, published and original, scripted and improvised. There is a dance production every semester, and a musical every other year.

The visual arts provide students with a wide variety of art history and studio art experiences, including sculpture, photography, ceramics, printmaking, drawing, painting, and graphic design. Students also have access to Plattsburgh State Art Museum's Burke Gallery, Slatkin Study Room, Rockwell Kent Gallery and Sculpture Park. Students interested in joining any of the above organizations or learning more about how they can enjoy the arts while at SUNY Plattsburgh are welcome to visit the art, music, and theatre departments and the Plattsburgh State Art Museum in the Myers Fine Arts Building.

Campus Dining Services

Campus Dining Services, operated by Chartwells, provides a quality dining experience for students, faculty, staff, and visitors to SUNY Plattsburgh through its two resident dining facilities (Clinton and Algonquin) and a host of other dining facilities across campus.

Clinton Dining Hall is a state-of-the-art dining facility that seats approximately 500 students and offers a constantly changing menu. A variety of food is freshly prepared in different cooking styles within full view of the diner. The student will find wraps, wok creations, gyros, market offerings of home cooked style meals, salads, "create your own stir fry," soups, pastas, vegetarian/vegan meals, burgers, and pizza. Clinton is open for continuous service from 7 a.m. to 9 p.m. for breakfast, lunch, and dinner Monday through Friday, and for brunch and dinner on the weekends.

Algonquin Dining Hall, or Big Al's as the students call it, features a full, completely organic salad bar, organic breads, fruits, nuts, and oils, daily specials, a New York style deli, ice cream and other desserts, including low-fat specialties. Chefs prepare vegan, vegetarian, and made-to-order entrees exhibition style. Lunch and dinner are served Monday through Friday.

Little Al's is a takeout place with a dine-in option. Little Al's is located adjacent to Big Al's and features soups, salads, sandwiches, pizza, and daily specials. All our take-out containers are environmentally friendly.

In the Angell College Center, the **Sundowner** is a food court area with many options. Choose from fresh baked goods, a garden tossed salad bar, homestyle and international entrees, cold deli sandwiches and wraps, pizza, grilled specialties, soups, prepackaged grab-and-go salads, sandwiches and desserts, ice cream, fruit smoothies, and beverages. Vegetarian options are available throughout. The Sundowner is open Monday through Sunday. As a convenience for the night owls on campus, Late Night at the Sundowner is open from 9:00 p.m. – 1:00 a.m. Monday through Sunday.

Subway is located in the Angell College Center. Subway is open Monday through Sunday 11:00 a.m. – 9:00 p.m. serving freshly made subs, salads and soups.

The Green Grocer, located in the Angell College Center is open Monday through Sunday. Get a meal to go, fresh fruit, veggies – just what you need to keep your body and mind healthy and strong.

Griddles is located in Campus Express in the Angell College Center. Whenever your day begins, Monday through Friday, Griddles serves up breakfast all day long.

Tim Hortons, located on the second floor in the Angell College Center in the Flynt Commons (or blue room), is open Monday through Sunday, serving delicious sandwiches, soups, salads, pastries—most anything to quiet your growling stomach.

For a complete listing of dining facilities and catering information please visit us on the web at www.plattsburghcas.com.

Career Development Center

The Career Development Center provides a range of services, resources, and programs to educate students and alumni in all aspects of the career development process to enhance their professional preparation and employability. To that end, the following primary services are offered:

Career Counseling helps in choosing or changing majors, setting career goals, and/or planning to obtain internship or work experience while in school. Individuals can receive assistance writing a resume, planning a job search, applying to graduate school, or making a career change. Counselors can help to assess skills, interests, values, and priorities as well as administer and interpret assessment instruments when appropriate.

Educational/Occupational Information is provided in a comprehensive career resource area where electronic and printed reference materials including books, periodicals, videotapes, college catalogs, and

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graduate school information are maintained. The center also hosts a Web site that provides further information on its services as well as links to a variety of online career-related resources at www.plattsburgh.edu/careerservices.

Student Employment Services help individuals locate part-time employment on and off campus during the academic year and summer in the local area, New York state, and beyond. Students are not required to demonstrate financial need in order to be eligible for these services.

Job Search Assistance includes a credential file service, a job search workshop series each semester, and on-campus recruitment opportunities. A career information and recruitment fair is held annually and hosts employers from various sectors including business and industrial corporations, federal and state government agencies, social service organizations, school districts, and health care organizations.

Students are encouraged to contact the staff early in their SUNY Plattsburgh experience (Kehoe 805; telephone, 518-564-2071).

Center for Diversity, Pluralism, and Inclusion

The mission of the Center for Diversity, Pluralism, and Inclusion (CDPI) is to participate in efforts to further create an academic environment that will attract, recruit, retain, and prepare a diverse group of students to assume leadership roles in a global society by challenging them to consider other's realities. As well, CDPI promotes the development of collaborations between and among faculty, staff, administration, and the Plattsburgh community which expand the intellectual and social horizons of everyone who interacts with the center. In support of both the leadership development of the student population and the professional development of the faculty and staff, CDPI developed and teaches the general education course *Examining Diversity through Film*. This course serves as the signature piece to the CDPI-led campus-wide Curriculum Inclusion Initiative. CDPI also sponsors a number of events and programs on campus, such as the monthly Diversity Film Series and W.R.A.P. sessions, both the Faculty and Student Panel Discussion Series, and Diversity Enlightenment Sessions. CDPI also collaborates with other campus organizations to feature speakers and various other activities. Additionally, CDPI provides an introductory diversity workshop for the Student Orientation program and offers diversity workshops throughout the year on campus and throughout the community.

Child Care Center

The center is a not-for-profit corporation which is operated as a service to the college community and is licensed to provide developmentally appropriate care for children between the ages of eight weeks and five years. Located on campus, the center offers full-time enrollment as well as a half-day preschool, Monday through Friday, 7:30 a.m. until 5:30 p.m. Tuition rates reflect the market rate for child care in the area. A Federal Child Care and Development Block Grant is

available for eligible student families to defray the cost of tuition.

The staff, selected for their education and experience in early education and child development, strive to plan meaningful days for children in a nurturing, stimulating environment. Emphasis is placed on supporting each child's development of self-esteem and self-confidence resulting in the child's ability and desire to learn. For more information, call 518-564-2274.

Dean of Students

The Office of the Dean of Students is responsible for administration of the campus judicial (student discipline) system and the New Student Orientation Program. The Dean of Students' Office is also a clearinghouse for all student concerns at the college. Students and/or parents may contact the Dean of Students' Office to seek information about all aspects of life at SUNY Plattsburgh.

Educational Opportunity Program

The Educational Opportunity Program (EOP) provides comprehensive academic and financial support services to New York state residents who qualify both academically and financially. Services include academic and personal counseling, a pre-freshman summer program, tutoring, reading and writing skills programs, and the administration of special financial aid funds.

Fitness Center

The Fitness Center is a paid-membership program consisting of a 5,000 square foot area in Memorial Hall housing cardiovascular equipment, resistive weight equipment, and a free-weight area. A separate, adjacent 1,800 square foot area is used for aerobic activities. Another activity room offers an additional 2,700 square foot area for group cycling and kickboxing classes. Club FM allows you to listen to programming on one of the five televisions through your personal listening device. The Fitness Center is also air-conditioned.

The Fitness Center program also offers access to an indoor climbing gym with opportunities to boulder, top rope, and lead climb. The varied climbing terrain will reward the first-time climber and the most experienced. There are no additional fees to participate.

With a membership exceeding 3,500 students, faculty, and staff per semester (over 50 percent of the campus community), the Fitness Center is known as the place to be on campus. Member services include orientation, personal training, strength and conditioning, nutrition analysis, fitness assessment, and classes in aerobics, kickboxing, spinning, yoga, and pilates.

The Fitness Center also hosts AFAA Personal Trainer Certification and Aerobic Instructor Certification once a year. For more information, call 518-564-3143 or visit the Web site at www.plattsburgh.edu/athletics/fitnesscenter.

Fraternity/Sorority Life

The Center for Fraternity/Sorority Life provides support, advice, and services regarding effective organizational management to fraternities and sororities.

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The center also provides values-based educational programming to assist members in creating an ideal fraternal experience that encompasses the core principles of Friendship, Scholarship, Leadership, and Service. Programming emphasis is placed on ethical leadership, diversity, service learning, membership development, continuous recruitment, lifelong membership, and the concept of community. By participating in programs and partnerships developed by this office, students affiliated with fraternities and sororities learn, through collaboration and interfraternalism, the skills and concepts necessary for creating a positive Fraternity/Sorority Community. This office, located in Angell College Center 204, 518-564-4825, oversees all values-based fraternities and sororities, governance councils, and auxiliary organizations.

Intercollegiate Athletics

SUNY Plattsburgh is a Division III member of the National Collegiate Athletic Association (NCAA), the State University of New York Athletic Conference (SUNYAC), the Eastern College Athletic Conference (ECAC), and the New York State Women's Collegiate Athletic Association (NYSWCAA).

The college sponsors 17 varsity sports. Men's sports include baseball, cross country, soccer, basketball, ice hockey, indoor track, outdoor track, and lacrosse. Women's sports include cross country, ice hockey, soccer, tennis, volleyball, basketball, indoor track, outdoor track, and softball.

The women's ice hockey team won the NCAA Division III National Championship in 2007 with an undefeated season. They also repeated as national champions in 2008. The Cardinals have also won two national team titles in men's ice hockey and have had several individual champions in track. Conference championships have been won in men's cross country, women's cross country, men's soccer, women's soccer, men's basketball, women's ice hockey, and men's ice hockey. Each year, SUNY Plattsburgh student athletes are selected for athletic and academic All America honors. Since the 2005-06 academic year, the Cardinals have been in the top 10 percent in the NACDA Directors' Cup final standings each year, measuring the nation's best athletic departments based on finish in NCAA Division III Championships.

The college operates two main athletic facilities. Memorial Hall hosts basketball and volleyball, while the Field House is home to cross country, soccer, tennis, ice hockey, track, lacrosse, softball, and baseball.

International Student Services

The staff members in International Student Services (ISS) are attentive to the unique needs and concerns of international students. The staff assists these students from the point of initial inquiry through the admission process. Once a new student arrives on campus, the office staff coordinates an extensive orientation. The office provides immigration advisement and assistance to help students understand the full range of their responsibilities (such as course registration

and health insurance claims). In addition, help locating and accessing on- and off-campus support services is provided. The office is located in Kehoe 209. For information call 518-564-3287; fax 518-564-3292 or e-mail: iss@plattsburgh.edu.

Intramurals and Recreational Sports Program

The intramural and recreational sports program strives to engage the college community in enhancing the quality of life and educational experience by providing services, facilities, and opportunities to participate in sports and training programs that respond to a diverse college community.

The intramural program sponsors tournaments in flag football, volleyball, indoor soccer, basketball, floor hockey, and softball as well as many individual sports. The sports club program includes men's and women's rugby, co-ed ultimate frisbee, and a pick-up ice hockey club. The Sport & Wellness Department through the recreation program supports a martial arts instruction program, special requests for facilities and equipment by campus groups who want to organize their own events, and informal open recreation and pool hours that allow for a variety of free facility time for the drop-in do-my-own-thing sports individual.

In addition, the Department of Sport & Wellness provides special programming opportunities for the college and community: the American Red Cross youth learn to swim program; noncredit lifeguard training and lifeguard review courses; the CPR/First Aid/AED program of initial training or renewals for individuals, groups, programs, or departments on campus that require certification of employment or clinical experiences. CPR/FA/AED noncredit instructor courses are also offered. Check the Web site at www.plattsburgh.edu/athletics/recsports for more details.

Learning Center

The Claude J. Clark Learning Center, located in Feinberg Library Room 103, is an important academic support resource for SUNY Plattsburgh faculty, staff, and students. The center is open year round and is staffed by a director, an assistant director/writing specialist, an office coordinator, a graduate assistant, and approximately 75 peer tutors. Students can schedule appointments (minimum one day in advance) between 12:00 p.m. - 8:45 p.m. Monday - Thursday, noon - 4:00 p.m. on Friday, and 6 - 9 p.m. on Sunday. Math, Statistics, and Writing Walk-Ins are available and allow students the flexibility of dropping in for assistance as their schedules permit. The Writing Room is a fully equipped computer classroom open each weekday evening. In addition, the Learning to Learn workshop series is offered every semester and focuses on developing or strengthening academic skills such as goal-setting, time management, and exam preparation. For more information, call 518-564-6138 or visit our Web site at www.plattsburgh.edu/academics/learningcenter.

Learning Disabilities and Physically Challenging Conditions

All students requiring on-campus accommodations of any kind must register with the Student Support Services Office located at 110 Angell College Center, 518-564-2810, for assistance. Alternative testing, note takers, readers, audiovisual aids, advocacy, and career, personal, and academic counseling are generally available.

New Student Orientation

The college conducts a series of two and one-half day summer orientation programs for freshmen students and a series of one and one-half day sessions for transfer students. An extensive family orientation is held concurrently with these sessions. SUNY Plattsburgh's New Student Orientation affords the opportunity to register early for classes and to gain the information and insight needed to feel comfortable about the transition to college life at Plattsburgh. The program allows students and families to establish a comfort level with the campus and college environment prior to arrival in the fall.

On-Campus Residence Living

The college's 12 residence halls feature educational, social, and cultural programs and services designed to help students succeed with their academic pursuits and to participate meaningfully in their collegiate experience. All full-time undergraduate students must live in residence halls, except married students; students who live with parents, guardians, or immediate relatives (aunt, uncle, brother, sister, grandparents); students 21 years of age before Oct. 1 of the academic year in which they enroll; students who have been enrolled full time at college and have lived on campus four semesters; and students who are closed out of campus housing who must live off campus.

Every possible effort is made to accommodate individual tastes and values within the residence community. Opportunities exist for requesting particular rooms/roommates, and individual attention is given to special needs of students. Each residence hall has a residence director (R.D.) and residence assistants (R.A.s) who work with students to create a positive community and to enforce community standards. In addition, each residence hall has a hall council which assumes responsibility, along with the staff, for planning events and programs. Residence hall staff and hall council officer positions are great opportunities for students to get involved and develop leadership skills.

Off-Campus Residence Living

SUNY Plattsburgh does not own or operate any off-campus housing nor does it inspect, approve, or supervise off-campus facilities. In addition, the college does not become a party to private landlord-tenant matters. The Housing & Residence Life Office does maintain a listing of available off-campus housing to assist students.

Facilities in this listing have been inspected and approved by the City of Plattsburgh Building Inspector's Office. A placement service is not available.

Parking/Vehicle Registration

On-campus areas are designated for student parking. Students must pay a fee at the Student Accounts Office to park their vehicles on campus. A parking registration fee is also charged. Parking hang tags must be picked up at the University Police Parking Office.

Radio Station and TV Station

The Student Association operates a campus FM radio station (WQKE) which provides students with experience in programming, writing, and reporting news and radio engineering. The college also owns and operates a student cable TV station (PSTV 10) which is largely student operated to provide students the opportunity to acquire skills in TV production. Students gain experience and receive credit in both radio and television in conjunction with academic course work.

Security/Crime Information Available

SUNY Plattsburgh is committed to assisting all members of the campus community in providing for their safety and security. The annual security compliance information is available on the University Police Web site at www.plattsburgh.edu/crimestats or www.plattsburgh.edu/offices/admin/universitypolice/crimestats.php.

University Police provides information through its Web site. The Web site topics include campus security, personal safety, University Police Department, emergencies/crimes, sexual assault, escort service, residence hall security, resident life, personal responsibility, drug/alcohol policies, and how to access registered sex offender information at SUNY Plattsburgh. The link at the bottom of the crime statistics page leads to this information. Crime statistics for the previous three calendar years include reported crimes that occurred on campus, in certain off-campus buildings or property owned or controlled by SUNY Plattsburgh, and on public property within or immediately adjacent to and accessible from the campus. This information is required by law and is provided by the University Police Department at SUNY Plattsburgh.

For more information or a printout of the Web site, contact Arlene Sabo, Police Chief/chair, Personal Safety Committee, University Police, SUNY Plattsburgh, 101 Broad St., Plattsburgh, NY 12901, 518-564-2022, or e-mail arlene.sabo@plattsburgh.edu. Information can also be obtained from the U.S. Department of Education Web site at <http://ope.ed.gov/security/>.

Student Activities

The Student Activities Office, located in the Center for Student Involvement on the first floor of the Angell College Center, is designed to serve as the primary programming department on campus and to support the Student Association Activities Coordination Board.

The office provides a well-rounded program of social, educational, cultural, and recreational activities for all students, faculty, administration, alumni, and the

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Plattsburgh community. The Office of Student Activities organizes and presents many of the activities (such as Family Weekend, Opening Weekend Activities, comedy shows, and other types of entertainment) that bring excitement and life to SUNY Plattsburgh. Through encouraging student-directed activity, individual social competency, and group effectiveness, the department plays a vital role in the development of students, while at the same time serving as an important facet of the educational program of the college.

For more information on upcoming events, or to see how you can get involved, please contact us at 518-564-4830 or e-mail studentactivities@plattsburgh.edu.

Student Association

While students assume major responsibility for most of their out-of-class activities, the Student Association (SA), exercising control over an annual budget of about \$850,000, provides a variety of services to students including shuttle bus service, a revolving loan fund, recreational equipment rental, and legal advisory service, to name a few. The Student Senate, the legislative branch of the SA, approves all funding requests, develops policies for student activities and makes recommendations about aspects of student life to appropriate policy-formulating bodies. The administrative duties of the SA are carried out through the Executive Council which consists of elected student representatives.

The Activities Coordination Board of the SA plans for and provides films, entertainment, novelty events, trips, and other special events such as the Presidents' Gala. Additionally, the SA is extensively involved in higher education lobbying efforts at the local and state level.

Student Health and Psychological Services

The Center for Student Health and Psychological Services provides a wide array of services including acute and chronic ambulatory healthcare, time-limited, goal-oriented individual and group counseling, crisis intervention, alcohol and other drug assessment services, health education and preventative outreach. Additional services include a men's and women's healthcare clinic, and laboratory services, immunizations, allergy shots, and medications.

The center is staffed by a team of trained physicians, mid-level providers, psychologists, counselors, laboratory personnel, nurses, support staff, and administrators. Each team member is committed to providing the highest levels of professional care using

a holistic health and wellness model. The center is open from 8 a.m. to 4:30 p.m., Monday through Friday; 24-hour on-call services are available for mental health emergencies at 518-564-2022.

Student Publications

Student publications are Cardinal Points, the weekly newspaper; Z Platt Almanac, the annual literary journal; and All Points North a quarterly magazine covering the North Country both online and in print.

Student Support Services

The Student Support Services (SSS) is a federally funded TRIO Program. Students qualify for the program if they meet an income guideline or neither parent has graduated from a four-year college or if they have a learning or physical disability. In addition to specialized general education classes, the program offers academic support as well as career, personal, and academic advising. Additional services are available on an as-needed basis. The program is located in the Angell College Center Room 110, 518-564-2810.

Volunteerism

The Center for Volunteerism is home to a number of programs that help students to get involved in the local community. Project HELP is a student-run office that places volunteers at local schools, nursing homes, soup kitchens, etc. The center also offers Alternative Winter and Spring Breaks where students can travel to sites across the eastern U.S. to work with Habitat for Humanity, Headstart, and other organizations. SUNY Plattsburgh also offers scholarships (through the Community Service Scholars Program and Plattsburgh Student Service Corps) to students who have demonstrated a commitment to community service. For more information on any of these programs, stop by the center on the first floor of the Angell College Center or call 518-564-4830. Information can also be obtained from our Web site at www.plattsburgh.edu/offices/centers/service.

Upward Bound

The Upward Bound Program is a federally funded TRIO Program serving selected area high-school students in Clinton, Essex and Franklin counties. The program provides the necessary motivation and skills to assure high-school graduation and successful completion of postsecondary education. For more information, please check our Web site at www.ubplattsburgh.org.