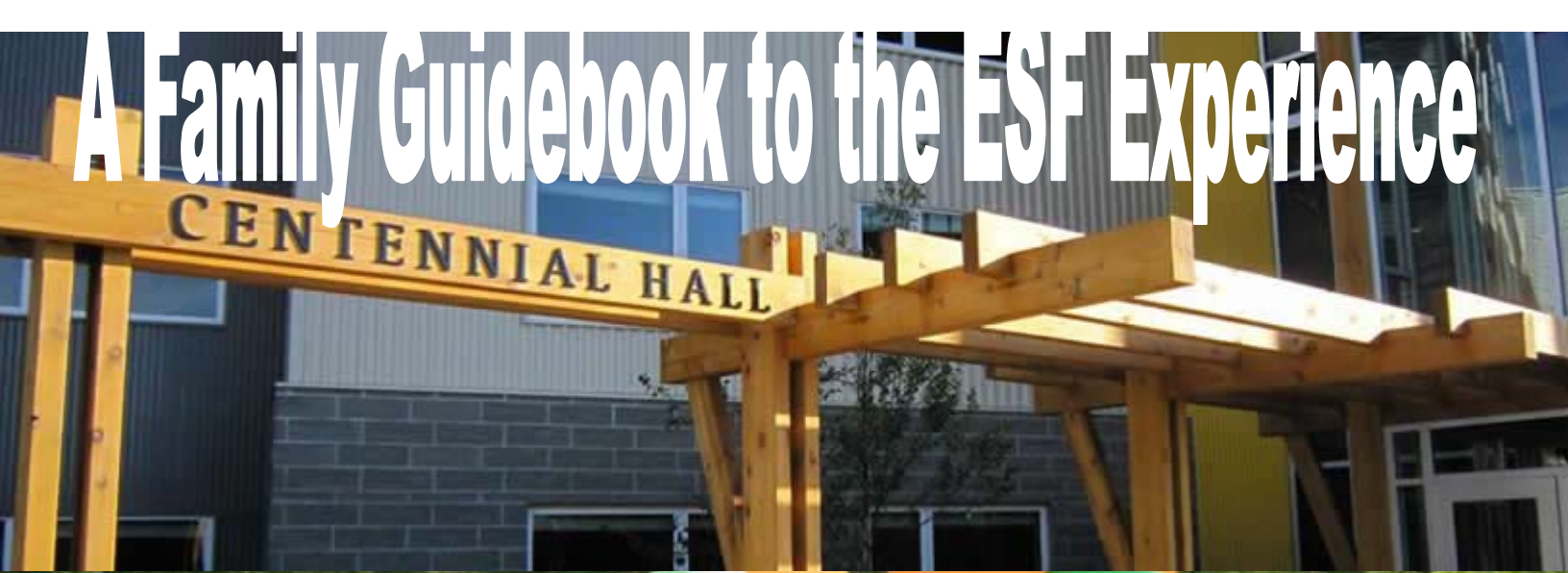


# A Family Guidebook to the ESF Experience



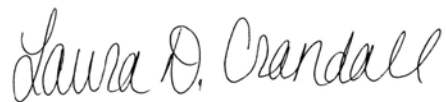
## Welcome to SUNY-ESF!

Dear Parent or Family Member:

As we welcome your son or daughter to SUNY ESF, we also want to welcome you as the newest member of our community as well. The Office of Student Life and Experiential Learning is here to help you promote awareness of and involvement in your student's educational experience. We sincerely urge you to take an active role in your student's collegiate life. By being actively involved, you will be able to share in the same unique experiences, challenges, and developments your child will encounter here at ESF. By jointly sharing these experiences, both you and your student will be able to create new memories together.

The information that follows is essential to support your student in finding success at ESF – whether he or she is just beginning college or is a transfer student. This guide addresses some of the concerns and questions most frequently raised by the parents and family members of new students and provides resources, including departmental websites so you can obtain in-depth information about topics that interest you. I encourage you to learn how to help your students learn to help themselves throughout this journey.

I wish you and your student well on this exciting new journey ahead and encourage you to contact the Office of Student Life and Experiential Learning should you need any assistance.



Laura D. Crandall  
Director of Student Activities  
Student Life and Experiential Learning

## Welcome to ESF

### The First Few Weeks on Campus

The first few weeks on campus are an exciting time for students. They meet many people, get a taste of freedom, and begin an intensive academic experience. For some, this is a lifetime highlight; for others, it is more of a struggle. Your son or daughter may be concerned about living with a roommate, the rigors of classes, finding the right classroom, or using community bathroom facilities. While none of this should be taken lightly, it is a common part of the first few weeks of college. The journey through these first few weeks sets the course for your son or daughter's college career. Many experiences will test students' ability to balance their academic and social lives.

### What Should Parents Expect this Semester?

New students face many challenges as they adjust to campus life. Some students are unaccustomed to sharing a room or managing their time. Others must fine-tune their study skills to the rigors of college-level coursework. As students adjust, this can be a difficult time for parents. Though it doesn't happen with every student, most parents should expect an occasional worrisome call home from their student. During such a call, the student may say "I want to come home," "I hate it here," or "I don't fit in." Or your student may be more specific and tell you "I was up all night doing a paper," or "my roommate has parties all the time." For the most part, the student just needs someone outside of ESF to listen to the concern.

One of the best things a parent can do is listen. Although you may be tempted to dive in and troubleshoot, we encourage you to hold that information and let your son or daughter work it out on his or her own. But, having knowledge about campus departments, programs, and services—particularly those listed throughout this publication—may make it easier to direct your student to the appropriate resources.

Adjustment to living on campus, even for students who have been away from home for extended periods of time, is critical to your student's success. Students must learn to handle conflict, adjust to amenities that are not like those at home, and thrive in a community where the backgrounds, interests, and beliefs of other students, faculty, and staff may be different from their own. Being exposed to such diversity is a great learning experience, and one that allows ESF students to develop critical thinking skills.

While many of these initial concerns will fade as students become adjusted, stay aware of chronic concerns. They may point to a particular area in which your student needs support from campus faculty or staff. For instance, if a student often tells you that he/she was "up all night" completing academic projects, he/she may be having some difficulty with time management or study skills. Encourage him/her to seek assistance to identify the nature of the problem and find a solution.



**The College's first building was Bray Hall which was opened in 1917. It was originally called the Forestry Building, it was renamed in honor of Dr. William Bray, the founding father of the College.**

## Living in Our Residence Hall and Commuting to Campus

Often students feel as if they don't belong during their first few weeks on campus. Making efforts to learn more about their roommates, those in their residence hall community, and those who commute from their local homes will help students feel more connected. Commuters may be interested in connecting with the Office of Student Activities in 14 Bray Hall to meet other students and take advantage of commuter services. Resident students may consider involvement in hall government to get assimilated. All students are invited and encouraged to join one or more of the over 300 recognized student organizations on the ESF and SU campuses.

If residents need direction or assistance, each residence hall has resident advisors (RAs—at least one per floor, an upper class student), and live-in professional staff member (RD-- residence director) of whom they can ask questions, and discuss concerns. Before leaving campus, learn and record the names and contact information for the professional staff members in Centennial Hall or SU's Halls.

Your son or daughter has the responsibility to be an upstanding citizen of the floor community, the residence hall community, and the College community. This means that students must abide by the College policies—specifically the *Code of Student Conduct*, which is discussed later in this publication. In addition, students should be respectful of those around them and attempt to find peaceful resolutions to conflicts. If, for instance, a difficult roommate situation escalates, the student should seek out his/her resident advisor for assistance in resolving the problem. If the situation continues to be unmanageable, the RA can suggest the next steps for your student to take. Most importantly, you should allow your student to handle this situation on their own. It may be frustrating to watch your student struggle with such a challenge, but he/she will learn a lot about the College and him/her self in the process.

The relationship between ESF and SU has benefited students from both institutions since the College's beginning. ESF students can take some classes at SU, at SUNY prices. SU provides our students with dining, health services, and a wide range of student activities. ESF students can also join SU student organizations and clubs, with the only restriction being Division I sports. Lastly, the Carrier Dome, which can seat up to 50,000 people is used for SU athletics, cultural and social events, and the SU/ESF graduation ceremony. All events and activities are available to ESF students.

## On-Campus Dining

There are many options available on campus to meet even the most specific dietary needs. The Syracuse University campus offers Kosher and Halal meals, as well as vegetarian (including vegan) options for students. Because many students are selecting their meals for the first time, they often have questions about nutrition. Health Services has a registered dietitian on staff who can meet with students to address their concerns about food. Students can call 315-443-9005 for an appointment.

Though it is important for your student to maintain a healthy diet, they should seriously consider which meal plan is most appropriate for them. If your student has concerns about the meal plan, he/she should contact the SU Housing, Meal Plan, and I.D. Card Services Office at 315-443-2721.

There will be other "firsts" that your son or daughter will face—registering for classes, his or her first college exam, and selecting a roommate and housing for the sophomore year. With good information, the transition can be much easier.

## What Does my Student Need to be Successful?

While students are different, all will face a challenge at some point during their college career. Some of the key elements they will need to successfully navigate to Commencement are:

### Self-Care

Students should be conscientious about balanced and healthy eating and physical fitness. They should be aware of and attend to their emotional needs.

### Time Management

Effective time management blends good decision-making abilities and an understanding of personal needs within the context of a schedule. It is important that your student has a basic understanding of his/her parameters (i.e., class schedule, wake-up time, sleep time, time for socializing) and ability to set priorities. Scheduling study time, recreational time, and even meal times is important to your student's success. Many experts on orientation and transitional issues suggest that first-year students maintain a log during the first semester to track "time on task." (Light, 2001 [See "References and Suggested Reading", back page])

### Making Connections

One of the most important things you can encourage your student to do when he/she arrives on campus is to make connections. Not only should students attempt to meet a variety of people to find out what the campus has to offer, but they should also make an effort to meet and build relationships with at least one faculty or staff member on campus. Many students find that having a trusted resource on campus is critical (Light, 2001).

### Knowledge of Campus Resources/Problem Solving

There are many specialized offices on campus, but there are several in particular that can assist with general problem solving and advice on resources: the Office of Student Life, the Office of Multicultural Affairs, Counseling and Disability Services, and the SU Parents Office for parents and family members. The Parents Office @ SU is 315-443-1200.

### Being Proactive

Life on campus can be hectic with a full load of classes, co-curricular activities, work, and a social life. Therefore, it is important for your son or daughter to get an early start. Advance planning for the entire semester is a good way to begin. Utilizing faculty office hours to discuss progress, giving a supervisor advance notice that he/she will be away for a particular weekend, and forming study groups with other students early in the semester are a few ways they can be proactive. If your student mentions that he/she is having trouble in a class at the beginning of the semester, encourage them to speak with the professor (or to seek tutoring) as soon as he/she detects a problem. Waiting until the drop deadline looms, or until the student is in serious academic trouble, is a recipe for disaster (Coburn and Treeger, 1997). Staff in the Student Life office, 110 or 14 Bray Hall can identify appropriate resources.



### Flexibility and Adaptability

Academic and social pressures challenge most students. By managing their time, making connections, being proactive, and knowing campus resources, students are well prepared to adapt to almost any situation. It may require some flexibility on their part, but patience and compromise, in addition to time and knowledge, can be a winning combination. All of these qualities can affect a student's college experience— whether it is related to a roommate conflict, the registration process, or being academically successful (Light, 2001).

The mission of ESF is to advance knowledge and skills to promote the leadership necessary for the stewardship of both the natural and designed environments.

### Setting Goals

Many students arrive at college with no idea about what major they should choose or what they want to do with the rest of their lives. This is perfectly normal—in fact, some students change their mind several times as they move through their college career. Most students who end up in college have at least a loosely defined set of goals (i.e., to get a college degree). Setting long-term and short-term goals makes it easier for students to plan each day, week, semester, or academic year. Though they are able to revisit and revise their goals as they develop and are exposed to new ideas, having something concrete to work toward makes success that much more sweet (Light, 2001). The Career Services Office (110 Bray), can assist your student as he/she explores their goals.

### Financial Management Skills

The beginning of college may be the first time your student has had their own checking account, credit card, and control over a bank account and paychecks (even though it may be your money in his/her account). It is probably the first experience that many students have in paying their own bills (e.g., credit cards, cell phones, etc.). It is important to discuss budgets, financial expectations and practices, and good credit with your students now—before they get in over their heads. It is important to note that many credit card companies solicit first-year students without requiring co-signature or permission from parent or guardian (Johnson and Schelhas-Miller, 2000).

### Academics

Focusing only on requirements and not on other interests may lead students into academic trouble. While it is extremely important that students meet degree requirements, the beginning of college can serve as a time of exploration and a time to begin seriously engaging with faculty around a particular discipline. By choosing a combination of classes that allows students an opportunity to interact with and make connections with faculty and other students,

many students find a more fulfilling academic experience (Light, 2001).

It is normal for students to be unsure about their major. Some students even change their minds as they develop new interests or find out more about emerging careers and fields of study to which they were never exposed (Coburn and Treeger, 1997).

### What does it mean when someone asks me about my student's "faculty" or program of study?

What does it mean when someone asks me about my student's academic "department"? Your student's major falls into one of nine academic departments. ESF's academic departments are:

- Chemistry
- Environmental Forest Biology
- Environmental Resources Engineering
- Environmental Science
- Environmental Studies
- Forest & Natural Resources Management
- Landscape Architecture
- Paper & Bioprocess Engineering
- Sustainable Construction Management & Engineering

### What is the best way to find out when my student has vacation days? When does my son or daughter come home for semester break?

The Academic Calendar, which covers a five-year period, is the best way to find out when students have holidays, the dates of the beginning and end of each semester, and important deadlines throughout each semester. The Academic Calendar is available online at [www.esf.edu/registrar/](http://www.esf.edu/registrar/) and in the back of this booklet.

Students must vacate their residence hall rooms within 24 hours after their last final exam each semester. Students can identify their final exams by using the final exam schedule found in the *Time Schedule of Classes* (published by the registrar's office). Please note that residence halls remain open during Thanksgiving break and spring break.

### Tutoring

ESF offers tutoring for all undergraduate and graduate students and services for students with disabilities. Students who wish to excel in their courses should become familiar with these offices and should seek out needed resources as soon as possible to ensure academic success.



- The **ESF Tutoring** program is one of the many resources offered through the **ESF Academic Success Center** in place to help develop student's academic abilities. The Academic Success Center is located in 109 Moon Library. The service of a qualified undergraduate or graduate tutor may be available to any ESF student who feels a need for academic support in meeting the demands of ESF courses in which he/she is currently enrolled. More information about tutoring and additional academic success resources can be found at <http://www.esf.edu/students/success/>.
- The **SU Learning Resource Center (LRC)**, a nationally certified program, hires excellent students to become peer tutors and arranges tutorial sessions for students who wish to enhance their learning, maintain a good GPA, or learn the course material more deeply. Tutors are recommended by their professors, maintain a flexible schedule, and meet with students at the LRC or in the library. Additional valuable academic information may be found at [tutoring.syr.edu](http://tutoring.syr.edu). The LRC is located at 111 Waverly Avenue, Suite 220, and can be reached at 315-443-2005.
- **Services for Students with Disabilities** are available for students with physical, sensory, psychological, or learning disabilities. The Office of Counseling and Disability Services arranges for appropriate services that can assist students in their academic pursuits. Documentation must be provided. The office is located in 110 Bray Hall; more information is available at <http://www.esf.edu/students/counseling/>.

### How will my student choose classes and register for future semesters?

Students at ESF register for classes each semester by using a web-based system called S.C.O.R.E. Keep in mind that students may experience challenges the first time they attempt this task on their own. They should prepare for registrations by meeting with their academic advisor during orientation. All new students are pre-registered.

### Critical Thinking/Dialogue

One of the most exciting things about being at ESF—and by extension SU, is the exposure to cultural activities, lectures, symposia, and performing arts from the campus, local communities, and the world. The University Lecture Series, the annual Martin Luther King Jr. Celebration and the associated “I Have A Dream” Week, Pulse, and U Encounter are a few examples of programs that provide opportunities for learning and dialogue. Students are encouraged to openly discuss their opinions and experiences in a fruitful manner.

## Leading a Well-Balanced Life

On the road to wellness, there are many stops. In caring for oneself physically, emotionally, and spiritually, your student will have much to consider, and many choices to make. “With whom will I connect on intimate levels of all kinds?” “What do I do if I think I have the flu?” “Will I choose to use alcohol or other drugs?” and “Where can I learn yoga?” are just a few examples of questions that frame the large billboard of wellness. Resources to explore include SU Health Services; the SU Department of Recreation Services; the SU Office of Prevention Services; and the ESF Counseling and Disability Services and SU Counseling Center.

Students will be introduced to these and other resources during Orientation and during the first few weeks of classes. Other things students can do to improve their lifestyle while they are on campus include managing stress, taking care of their spiritual well-being (whether or not they choose organized religious participation), and making sound choices about alcohol and drug use. Research has shown that parents' advice is very influential on students' choices. Your encouragement to get plenty of rest, eat well, and exercise will probably not go unheeded.

## Health Services

Syracuse University Health Services (SUHS) specializes in college health and provides primary health care services to SU and ESF students. Taking steps to prevent illness is important to your student's development and SUHS strives to engage students in their individual health care process.

Full-service hours are from 8:30 a.m. to 5 p.m. Monday through Friday. Office visits to the medical and women's health services are provided by appointment.

SU Health Services: 315-443-2666

## Confidentiality

Medical records are maintained for all students and all information is kept confidential and protected by the federal Health Insurance Portability and Accountability Act. Protected health information can ONLY be released with written consent of the patient.

## Other Services

Syracuse University Ambulance (SUA) provides basic life support level emergency medical services to the University community. For ambulance service call 315-443-4299, 711 (from a campus phone), or #SU (from a cellular phone). Additional information may be found on the SUA website at <http://sua.syr.edu>.

Medical Transportation Services (MTS) provides non-emergency transport in case of illness or injury or for those needing transportation to local specialist appointments. Please call 315-443-4566 in advance to schedule MTS services.

## Health Insurance

ESF strongly recommends that students carry health insurance to cover expenses not covered by the health fee and medical expenses incurred outside of Health Services such as specialized care, emergency room care, and hospitalization. Students should always carry their health insurance information with them. If you do not have a health insurance plan or are not adequately covered, SU offers a student health insurance plan designed specifically for University students. For more information call 315-443-2668.

## Flu Vaccine

We encourage students to get a flu vaccine. While students are not an "at risk" group for complication of influenza, it is wise to protect them against the flu season, which usually begins at the end of the fall

semester when coursework is due and finals are looming. Flu vaccines are routinely available on campus at flu clinics sponsored by SU Health Services. The main phone number for SUHS information is 315-443-2666. Additional information may be found online at <http://students.syr.edu/health>.

## Recreation Services

Regular exercise and managing stress are also important aspects of the healthy student's life. Wellness workshops and programs are offered many times throughout each semester. The SU Department of Recreation Services offers a wide range of recreational options for students—from fitness centers and classes, to an ice skating rink, to intramural and club sports. SU Recreation Services also sponsors outdoor education programs such as whitewater rafting, snowshoeing, and downhill skiing. Originally initiated by students, the Late Night at the Gym program is held on Wednesday, Thursday, Friday, and Saturday nights, allowing students to use many recreational facilities until 1 a.m. The SU Department of Recreation Services is located in Archbold Gymnasium, and can be reached at 315-443-4386 or found online at <http://recreationservices.syr.edu>.

## Emotional Wellness

Some of the stressors your student may experience during college are pressure to meet deadlines, procrastination, poor time management, peer conflicts, lack of sleep due to academic "all-nighters" or late-night socializing, health problems, and difficulty in family relationships. Most of these are manageable if students (and you) know the emotional and physical signs of stress and the ways it can be alleviated.

Developing mutually supportive friendships on campus is beneficial for students. Such relationships provide a measure of balance in students' lives and allow them to check in with another person to relieve stress (or at least identify it before it gets out of hand). Stress can be managed through exercise, healthy eating, getting ample sleep, deep breathing, yoga and meditation, effective time management, avoiding alcohol, caffeine, nicotine, and barbiturates; and talking about problems. The ESF Office of Counseling and Disability Services is here to help. Our Senior Counselor, Ms. Heather Rice is here to assist your students in needs relative to counseling. Also, the Syracuse University Counseling Center is one of many places on campus that students should use as a resource if they need some assistance in

coping with stress. The SU Counseling Center is located at 200 Walnut Place, and can be reached at 315-443-4715.

<u>Emotional Signs of Stress</u>	<u>Physical Signs of Stress</u>
<ul style="list-style-type: none"> <li>• Sudden mood changes</li> <li>• Changes in sleeping eating, or sexual habits</li> <li>• Confusion</li> <li>• Depression</li> <li>• Increased use of alcohol and other drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Nervousness</li> <li>• Muscle tension</li> <li>• Lack of energy</li> <li>• Headaches</li> <li>• Increased heart rate</li> <li>• Hives</li> </ul>

### Wellness and Career Development

Some of your student’s anxiety can be caused by a lack of clarity about his/her career future. It can affect everyday academic and social activities and can even influence students’ self-image, especially for those students who have “always known” what was to come next. Lack of knowledge of the career exploration processes and related campus services can prolong this anxiety, but seeking assistance with such processes and services can be energizing and enjoyable for students. It allows them to take stock of their accomplishments and to examine personal interests, professional networking, and working in a particular field. This can positively influence wellness as students begin to find the path best suited to them. ESF’s Career Services and the Office of Counseling and Disability Services’ offices are in 110 Bray Hall, and can be reached at 315-470-6660, or online at [www.esf.edu/counseling](http://www.esf.edu/counseling) or [www.esf.edu/career](http://www.esf.edu/career).

### ESF Offers a Plenty to Do!

#### At a loss about what to suggest when they say “there is nothing to do?”

There is much more to do at ESF than your student can possibly imagine. It does take some initiative to discover exactly what is going on around campus, but there are plenty of ways to find out. Good old word of mouth will often spread information about major events; we make it a point to keep students up to date on campus happenings through their @syr.edu email.

There are more than 300 recognized student organizations at both SU and over 20 at ESF, including social and service fraternities and sororities. It is very likely that one of these organizations will interest your student, so encourage him/her to find out more at the ESF Activities Fair the on the Wednesday

afternoon of the first week of class. The Office of Student Activities is located in 14 Bray Hall, and can be reached at 315-470-6658.

### Putting Personal Safety First

The safety of students and other campus community members is of utmost concern to ESF, Syracuse University, the Syracuse Police Department, and the neighboring community.

Think about how often we disregard our personal safety due to inconvenience or even embarrassment. While the ESF community is extremely conscious of safety and security issues, we are not immune to crime. There are many measures that can be taken to reduce the risk of becoming a victim of crime.

The ESF University Police and The Department of Public Safety (DPS) at SU make a concerted effort to be aware of student concerns about safety on and off campus. They encourage students to maintain a dialogue with them about improvements that can be made to increase safety on and around campus and suggest measures students can take to reduce the risk of becoming a victim of crime. One of the primary goals of the College is to keep students informed about safety issues in the campus community.

We encourage students to review publications, attend campus programs and open forums, read the annual *Campus Safety* brochure, and pay attention to Campus Hot News, Safety Alerts, and fliers posted at a multitude of locations. A number of initiatives related to safety on and around campus are in place, including the following:

- **I.D.-card access points in each residence hall that allow only authorized people to enter;**
- **more than 100 Blue Lights/emergency telephones located across campus;**
- **the Campus Escort service that provides walking escorts to and from classroom buildings and residence halls (5 p.m. to 3 a.m.);**
- **a permanent Community Services Officer (SU)**
- **an expanded, off-campus Neighborhood Safety Patrol on duty seven nights a week;**
- **the South Campus Welcome Center;**
- **the Off-Campus & Commuter Services Office;**
- **the Shuttle U Home nighttime van service for off-campus students; and**
- **the College Crime Watch (CCW), a nationwide program that involves students in creating a safer campus.**

Students play an important safety and security role in the campus community. They should report suspicious behavior or suspected crimes, and are urged to pay attention to details and quickly report what they see or hear.

### Tips to avoid becoming a victim:

- Walk, jog, or bike in groups of three or more
- Travel in well-lighted areas
- Be aware of the surroundings—remove headphones, limit conversation, and stay off cell phones
- Carry purses, backpacks, and laptops close to the body to make it more difficult for a perpetrator to take them
- Avoid strangers—especially those who ask for a light, the time, or directions
- Avoid isolated Automatic Teller Machines (ATMs), look for indoor ATMs if alone, shield your PIN from view, and avoid flashing cash or jewelry.

## ESF Student Code of Conduct

Like you, we have high expectations of your son or daughter. There are many ways they can be good citizens of ESF and of the world at large. To maintain their good citizenship on campus and in the ESF community, students should be aware of the *Statement of Student Rights and Responsibilities*, and should abide by the *Code of Student Conduct*; the *Policy on Alcohol, & Other Drugs*, and other policies and laws that govern their behavior.

If your student has some difficulty remaining a good citizen, or is affected by the negative actions of another community member, he/she will interact with staff in either Centennial Hall or the Office of Student Life and Experiential Learning. The *ESF Judicial Handbook* can be of great assistance to you and your student, as it contains the *Statement of Student Rights and Responsibilities*, the *Code of Student Conduct*, and detailed information about the judicial system at ESF. The handbook can be downloaded at [www.esf.edu/students/handbook](http://www.esf.edu/students/handbook). Of particular note are the standard sanctions that apply to specific violations of the *Code of Student Conduct* and ESF's parental notification policy related to student misconduct.

The SU Rape: Advocacy, Prevention, and Education Center provides programs and advice concerning measures your student can take to keep him or her safe from sexual assault, information about the University's policies and procedures for dealing with sex offenses, and support services for victims. Most sex offenses involving college and university students involve sexual contact between persons who know one another. Many of these offenses involve the consumption of alcohol or other drugs by one or both parties, and increasingly, these acts are accomplished with the aid of so-called "date rape drugs" such as rohypnol, gamma hydroxybutyrate (GHB), or ketamine(K).

## Readjusting to Life at Home

### Bound for Home—Some Things to Keep in Mind

Returning home after a semester at college can sometimes mean a detour through "dysfunction junction." Leaving for college and returning home during breaks can be both positive and negative experiences. Students are naturally trying to separate from family, develop their own identities, and make decisions more independently.

Remember as your student returns home for holidays and breaks, life at college is different from the life he/she led at home during high school. Students are now responsible for making many decisions that you may have made for them in the past—what to eat, when to study, when curfew is, etc. You may notice that your student challenges the rules you have in place at home or even "tests" you to see how you react. This can be particularly challenging with younger siblings at home.

Though some flexibility is important, it may be a good idea to discuss mutual expectations before your student returns home. Outline your expectations, and allow your student to have a conversation with you about any concerns that may arise. If questions or conflicts arise and you or your student need help, contact such campus resources as the ESF Student Life Offices, SU Counseling Center, the SU Parents Office, the Goldberg Couple and Family Therapy Center, Hendricks Chapel (pastoral counseling), the Office of Prevention Services.

### Coming Back to Campus

Coming back to campus after an extended time away can be very exciting for students—they are happy to see friends again and enthusiastic about their new classes. We all have our ups and downs, though—and many students experience these quickly after the start of the spring semester. Students often become homesick (just as they may have at the beginning of the academic year), and as winter sets in they become less active and, possibly, depressed. Valentine’s Day can bring about feelings of loneliness and isolation, and can place a strain on long-distance relationships. There is light at the end of the tunnel with the arrival of spring (and possibly, Spring Break plans), but remember to keep this in mind as the second semester begins.

## Challenges Help Build Student’s Character!

As we have alluded to throughout this publication, there are going to be situations when your student is stuck in a rut or just needs to take a different route to make a decision or solve a problem. Through the challenges he/she faces, your student will learn a great deal about them self and others.

Academic workload, roommates, money management, and even food choices may be challenging. One of the most important things to keep in mind is ESF cares about your student, too—and we are here to help when you need it.

## Assistance is Available!

### Student Life and Experiential Learning

The Office of the Dean of Student Life and Experiential Learning seeks to enrich the educational experience of the students. The Office of Student Activities serves to enrich the co-curricular experience of students in the areas of personal development, leadership and community involvement. The Office of Experiential Learning and Academic Success facilitates student’s out-of-class learning by providing real-world, hands-on experience through: Learning Communities Initiatives, Internship Program, Peer Tutoring Services, and Career Development Programs. The Career Services Office and the Office of Counseling and Disability Services offices helps students adjust to life at ESF, successfully graduate

from the College and make the transition into the work force.

Finally, the Office of Multicultural Affairs exists to support underrepresented students and to foster a campus community where cultural diversity is appreciated.

### SU Parents Office

The Parents Office acts as a liaison between parents and the campus community, providing a source of reliable information that enables parents to assist their students in learning to help themselves throughout the ESF experience. The SU Parents Office is educational in nature and believes that students and parents learn from each new experience, both in and out of the classroom. To that end, the Parents Office sponsors events and publications tailored to meeting the needs of ESF/SU parents. The Parents Office is located in



228F Schine Student Center, and can be reached at 315-443-1200. Visit the Parents Office online at [students.syr.edu/parents](http://students.syr.edu/parents).

### The Family Educational Rights & Privacy Act

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. It applies to schools that receive federal funding.

Once a student turns 18, this law governs the release of student grades and other information that parents may want to know about his college experience. There are ways parents can attain such information, but typically that is the result of the student signing a release that waives his/her privacy rights so the parent can see information (e.g., grades) and discuss particular matters. The law allows an institution to disclose student records without consent in particular situations, especially emergencies that

affect student health, well-being, or status at the College.

### What Are Some Examples of Situations Where the College Contacts Parents?

It is fairly rare that you will be contacted by ESF. However, there are occasions that warrant either written or verbal communication with parents, depending on the seriousness of the case—namely, related to health and well-being or disciplinary matters.

### Health and Well-Being

To the extent possible and lawful under the circumstances, if a student is gravely ill or injured, or if he/she poses an imminent threat to self or others, parents or guardians will be notified. In most situations, if the student is able to contact you themselves, we encourage them to do so.

### Disciplinary Matters

Except in unusual circumstances, ESF will seek to notify parents or guardians of judicial issues involving their dependent students as follows:

- a) in an emergency
- b) in all serious cases, including all drug-related matters
- c) in all cases of repeated (more than one) referral of a student for adjudication of misconduct.

For more information, visit the ESF Judicial Handbook web site: [www.esf.edu/students/handbook/](http://www.esf.edu/students/handbook/).

## Mail and “Care Packages”

Students love to receive mail and packages! Perhaps more exciting is when they receive one of their favorite treats from home. Sending a letter or a “care package” will take you a little time and will be a BIG hit for your family member. The SU Bookstore offers a service in which you can order such packages and they will deliver it. Take a look at their website, <http://bookstore.syr.edu/>, for options. Also, please be sure that you send mail and packages to your family members personal residence, **not to SUNY ESF**. We don’t have a way to distribute student mail and cannot ensure your student will receive what you’ve sent.

The mailing address for Centennial Hall is:

(Student’s Room #) Centennial Hall  
142 Oakland Street  
Syracuse, NY 13210

## References and Suggested Reading

Coburn, Karen Levin and Treeger, Madge Lawrence. *Letting Go: A Parents’ Guide to Understanding the College Years*; HaperPerennial, 1997.

Harris, Marcia B. and Jones, Sharon L. *The Parent’s Crash Course in Career Planning: Helping Your College Student Succeed*; VGM, 2000.

Hoffa, William W. *Study Abroad: A Parent’s Guide*; NAFSA: The Association of International Educators, 1998.

Johnson, Helen E. and Schelhas-Miller, Christine. *Don’t Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years*; St. Martin’s Griffin, 2000.

Light, Richard J. *Making the Most of College: Students Speak Their Minds*; Harvard University Press, 2001.

VanSteenhouse, Andrea. *Empty Nest, Full Heart: The Journey From Home to College*; Simpler Life Press, 1998.

CREDIT: This publication was adapted from “The SU Journey: A Parent’s Guide to SU Life” Published by SU’s Parents’ Office

# Academic Calendar

## Fall Semester

New Student Orientation Program	August 24-28, Wednesday-Sunday
Registration for New Students	August 27, Saturday
Classes Begin	August 29, Monday
Labor Day (no classes)	September 5, Monday
Last day to add a class	September 6, Tuesday
Last day to drop a class	October 26, Wednesday
Advising for Spring 2012	November 2-8, Wednesday-Tuesday
Registration for Spring 2012	November 9-18, Wednesday-Friday
Thanksgiving Recess	November 20-27, Sunday-Sunday
Last Day of Classes	December 9, Friday
ESF Convocation	December 9, Friday
Reading Days	December 10-11, Saturday-Sunday
Final Exams	December 12, Monday-December 16, Friday

## Spring Semester

Registration of New Students	January 14, Saturday
Martin Luther King Day (no classes)	January 16, Monday
Classes begin	January 17, Tuesday
Last day to add a class	January 24, Tuesday
Spring Break	March 11-18, Sunday-Sunday
Last day to drop a class	March 20, Tuesday
Advising for Fall 2012	April 2-5, Monday-Thursday
Registration for Fall 2012	April 9-17, Monday-Tuesday
Last day of classes	May 1, Tuesday
Reading Day	May 2, Wednesday
Final Exams	May 3-4, Thursday-Friday
Reading Days	May 5-6, Saturday-Sunday
Final Exams	May 7-9, Monday-Wednesday

Check <http://www.esf.edu/registrar/calendar.asp> for future updates to the academic calendar

# Parking and Accessibility Map

University Police 470-6667  
 Please Note: The campus is built on a grade.  
 Call for wheelchair route planning.

## Recommended handicapped parking lots:

If you visit:	Use Lot#:
Baker Laboratory	P6 or P20
Bray Hall	P12
Illick Hall	P4 or P9
Jahn Laboratory	P6
Maintenance	P20
Marshall Hall	P8
Moon Library	P4 or P9
Walters Hall	P12

**Key to symbols:**

-  Wheelchair Access
-  Pedestrian Crosswalk

