MESSAGE FROM PRESIDENT HARVEY STENGER

Welcome! As parents and family of a Binghamton University student, I know you are eager to keep up with all the activities taking place on campus. Because Binghamton is an intellectually and culturally vibrant campus, every week is filled with events that engage students and foster their success. These events are designed to support them in both their academic and personal lives. I say this every year, but it remains true that this is a very exciting time in the University’s history. Our Road Map for the future guides us as we continue to provide more and better learning experiences and increased career opportunities for our students.

We are working hard to create new advanced-degree programs that will provide more career options for your sons and daughters, such as in the new School of Pharmacy and Pharmaceutical Sciences. We expect to enroll our first students in the school in fall 2017, pending precandidate status from the Accreditation Council for Pharmacy Education and approval from the New York State Education Department. It is a bright future for Binghamton, and I am pleased your sons and daughters are with us for the ride.

Our students represent the best and the brightest, and I am thrilled they have chosen Binghamton University. I will continue to work hard to meet each and every one of them, and I look forward to working with them to ensure the education we provide prepares them for the coming decades. I have high expectations for every one of our almost 17,000 students, and I wish them the best in their futures.

Please stay engaged as a parent with your student, and I encourage you to stay up-to-date by viewing the Parent Connect monthly e-newsletter. I also welcome feedback from you at hstenger@binghamton.edu.

With best wishes for a successful year,

Harvey G. Stenger
President

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## ACADEMIC CALENDAR 2016-17

### Fall Semester 2016
- Aug 21: Residence halls open for new students 8 a.m.
- Aug 22: Residence halls open for returning students 8 a.m.
- Aug 22: Graduate student pre-semester registration
- Aug 22: Undergraduate pre-semester registration
- Aug 25: Classes begin
- Sept TBD: Course add deadline*
- Sept 5: No classes (Labor Day)
- Sept TBD: Course drop/delete deadline*
- Sept 16-18: Family Weekend
- Sept 23-25: Homecoming
- Oct 3-4: No classes (fall break/Rosh Hashanah)
- Oct 4: Technology Maintenance Day
- Oct 12: No classes (Yom Kippur)**
- Oct TBD: Course withdraw (with a “W”)/change grade option deadline*
- Oct TBD: Last day for seniors to submit an application for degree for fall 2016
- Nov 23: Classes recess 1 p.m.
- Nov 23: Residence halls close 2 p.m.
- Nov 24-25: No classes (Thanksgiving)
- Nov 27: Residence halls open 2 p.m.
- Nov 28: Classes resume
- Dec 8: Last day of classes (Monday classes meet)
- Dec 9-11: Reading Days
- Dec 12-16: Final examinations
- Dec 17: Residence halls close 2 p.m.

### Winter Session 2016-17
- Dec 19: Winter Session begins
- Dec 24-Jan 1: Winter Session break
- Jan 2: Winter Session resumes
- Jan 13: Last day of Winter Session

### Spring Semester 2017
- Jan 15: Residence halls open 2 p.m.
- Jan 16: No classes (Martin Luther King, Jr. Day)

### Summer Session 2017
- Term I: May 30-June 30
- Term II: July 5-Aug 8
- Term III: variable

*Courses meeting less than the full semester have proportionately adjusted deadlines.

**Students needing to travel for observance of Yom Kippur, or otherwise make preparations for the holiday, will not be penalized for absence from classes. Professors must be notified in advance.

### NOTE:
For the most up-to-date academic calendar, go to binghamton.edu/about/university-calendar.html.

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### MORGAN APPEL KENYON '10, MS '11
Coordinator, Parent and Family Program

On behalf of the Binghamton University community, welcome to the Bearcat family! My goal is to provide support, enhance your relationship with the University and offer you consistent and updated communication.

Parent and Family Programs can be your partner as you help your student navigate college life, both academically and socially. This is a time of transition and discovery for you and your student, and we believe an informed, supportive and engaged family is one of the best resources a student can have.

Questions? Contact me at families@binghamton.edu.

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### GET INVOLVED!
Want to stay more informed about the University? Interested in enriching the college experience for other Binghamton students and families?

- “Like” the Bearcat Family Association Facebook page (facebook.com/bearcatfamilies)
- Read the monthly Parent Connect e-newsletter (binghamton.edu/parents/newsletter.html)
- Speak on campus to new families
- Host a regional event in your home
- Join our Parents Leadership Council

Learn more about these opportunities at binghamton.edu/parents or by e-mailing families@binghamton.edu.

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### PARENTAL NOTIFICATION

Binghamton University is concerned about the safety and well-being of our students and recognizes that parents can have a very positive influence on their student’s choices. The University will contact parents/guardians in most instances of health emergencies, serious accidents, or other serious medical or psychological conditions, including those that arise out of alcohol or other drug use, when it has been made aware of such incidents.
**TIPS**

**Talk about it**
Talk about your expectations regarding your student’s academics and career; learn what your student’s expectations and goals are. It’s important that students understand how very different the college environment is compared to high school.

**Time to change your style?**
As your student transitions from child to adult, consider altering your parenting style to reflect that of a mentor and coach. Allow your student to take more ownership of decisions and you may find that you’re the first one your student will turn to for advice.

**Things to think about this month:**
- You and your student should make a financial plan for tuition, loans and other academic expenses like books.
- The University Bookstore (binghamton.bncollege.com) has textbooks available before the semester starts; books may be rented or purchased in store or online.
- Remind your student to sign up (and to sign you up, too) for the B-Alert System, which sends emergency messages directly to a mobile device. Find out more at getrave.com/login/binghamton.

### JULY 2016

**RUNNING FOR A CAUSE** Student groups often participate in awareness and fundraising events like the 5K color run, sponsored by Partners in Health and Delta Epsilon Mu, a coed pre-health fraternity.

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**NOTES**
### TIPS

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**SUN**  
Residence halls open for new students 8 a.m. 
Pre-semester registration (undergraduate and graduate), fall 2016 
Residence halls open for returning students 8 a.m. 
Classes begin.

**RES LIFE is here to help**
Within our Residential Life programs, students find a strong support system of peers and professionals who are available to offer advice, assistance and reassurance. Residential areas work hard to foster a close-knit community. Residential Life staff help new students adjust to living away from home through programming like barbecues, spirit days and floor get-togethers as well as by being mentors and friends.

#### SAFE AND SOUND
Resident assistants take part in several educational programs as part of their training to support students. Here, the RA’s learn about fire safety.

#### Ready for move-in day?
- Visit binghamton.edu/residential-life/living-oncampus/what_to_brin.html for tips on what to pack, what to leave at home, what furnishings will be in the room and how to pack efficiently.
- Get to campus at the time designated on your student’s housing assignment, which will arrive this month and include complete directions on the move-in process.
- Keep in mind that move-in can take one to two hours during peak periods, so plan accordingly.
- We’ll have staff and volunteers (the Welcome Back Crew) to help you get your student moved in.

#### Res Life is here to help
Within our Residential Life programs, students find a strong support system of peers and professionals who are available to offer advice, assistance and reassurance. Residential areas work hard to foster a close-knit community. Residential Life staff help new students adjust to living away from home through programming like barbecues, spirit days and floor get-togethers as well as by being mentors and friends.

#### Stay active, get involved and have fun with friends!
There’s something for everyone at Campus Rec: 39 club sport teams, open recreation, intramural sign-ups, wellness classes, outdoor adventure activities and more. Now on sale — memberships for our state-of-the-art fitness center and group fitness classes.

#### Classes begin

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#### Classes begin
### OPPORTUNITIES AHEAD
The Fleishman Center for Career and Professional Development hosts a job and internship fair each semester. The fall fair will be held Sept. 22; more than 2,000 students and 100 employers are expected to attend.

### TIPS

**Communication is key**
- Talk with your student about which communication methods you'll use and how often you'd like to stay connected.
- Discuss how often your student will come home.
- Express your confidence that your student will successfully navigate this new environment.
- Talk about alcohol use and other tough issues.
- Foster open communication by showing active listening skills and asking follow-up questions.

#### Time for a care package!
Campus Mail Services handles incoming and outgoing mail; students may send and receive letters and packages.

**Address (for items shipped via the USPS)**

| Student’s name
| BU Box ####
| PO Box 6020
| Binghamton, NY 13902-6020

**Address (for items shipped UPS, FedEx, DHL, etc.)**

| Student’s name
| BU Box ####
| 4400 Vestal Parkway East
| Binghamton, NY 13902

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### SEPTEMBER 2016

#### OPPORTUNITIES AHEAD

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- Family Weekend
- Homecoming

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- Homecoming

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**Fall ’17 housing sign-ups start in November!**

During Family Weekend, check out the many diverse housing options we offer for living on campus, along with all-inclusive amenities, dining plans, social events and learning opportunities. Welcome to our community.
FAMILY TIME: Students enjoy showing off the campus to family. If you didn’t attend Family Weekend or Homecoming last month, pick a weekend this fall to visit your student and see the region’s beautiful fall colors.

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NOTES

TIPS

Missing home is natural
A little homesickness is okay. When students feel homesick, it’s natural to invite them home. But experts say sticking it out on campus for the first few months is key to helping students find their place. It’s important for them to get involved with weekend activities early in the semester, including programs provided by Residential Life, Campus Activities and the Student Association. Involvement and engagement lead to a sense of belonging. Plus, staying on campus means they’ll eat in the dining center, hang out with other students and tune into the rhythm of Binghamton’s campus life.

Things to think about this month:
• Encourage students having roommate issues to try to work it out before you get involved. Your student’s resident assistant or resident director can help.
• Midterms can be stressful. Remind your student it’s all about time management.
### Housing Sign-Up for Fall 2017

- **Hillside and Susquehanna (through Nov. 10)**
- **CIW, Dickinson, Mountainview, and Newing (through Nov. 17)**

### Veteran’s Day

Classes recess at 1 p.m.

Residence halls close at 2 p.m.

No classes through Nov. 27.

### Thanksgiving

Classes resume on Nov. 28.

### Tips

#### Welcoming your student back home

With Thanksgiving break approaching, your student may be arriving home for the first time in a while. Take this opportunity to keep the lines of communication open by discussing significant changes that have happened at home, as well as how new relationships they have developed may impact whom they want to spend time with. This will be a good trial run for the extended winter break!

#### Staying healthy on campus

Make sure you’re in tune with your student’s mental and physical health. There are several resources available to students on campus such as the Decker Student Health Services Center, University Counseling Center, a health educator, a nutritionist, and many fitness and recreational opportunities.

#### Something to think about this month:

Is your student considering studying abroad for a semester? Now is the perfect time to attend an informational session about study-abroad opportunities. Learn more at binghamton-oip.terradotta.com.

### Down Under

Binghamton students choose from a wide range of Health and Wellness Studies courses including scuba, tai chi, psychology of sport and exercise, nutrition and more.

### November 2016

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**TIPS**

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**SUN DECEMBER 2016**

**HOLIDAY SPIRIT** The Chabad Center for Jewish Student Life at Binghamton hosts an annual toy drive for children in New York City oncology units. The six-week drive culminates in a menorah-lighting event where the Binghamton Crosbys a cappella group is always a hit.

**STRESS IS ONE OF THE TOP FOUR HEALTH IMPEDIMENTS TO ACADEMIC SUCCESS.** Studies show that 40 percent of students report they often feel stressed; 1 in 5 say they feel stressed most of the time.

**Visit bhealthy.binghamton.edu** Find stress management resources including counselors, meditation groups, massage and student groups to join for healthy socialization.

**What can you do from home?** Encourage students to eat well, get sleep and exercise. Let them know it’s okay to take study breaks.

**Final examinations** (through Dec. 16)

**Winter Session** begins

**Reading Days** (through Dec. 17)

**Residence halls close 2 p.m.**

**Winter Session break (through Jan. 1)**

**Hanukkah begins at sundown**

**STRESS IS ONE OF THE TOP FOUR HEALTH IMPEDIMENTS TO ACADEMIC SUCCESS.**

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**What can you do from home?** Encourage students to eat well, get sleep and exercise. Let them know it’s okay to take study breaks.

**Things to think about this month:**

- Have you and your student made plans for the trip home for winter break?
- Does your student know what day finals end and the deadline for checking out of the residence hall?

**Download our app**

The bMobi app gives you access to University information including a student/faculty/staff directory, campus map, videos, course listings, campus news and information, sports scores and more. Download the app at binghamton.edu/mobi.

**Dealing with stress**

With finals just around the corner, your student may experience increased levels of stress. What’s important is how that stress is managed. You can help by encouraging your student to attend extra review sessions and professors’ office hours, and take advantage of resources like the Writing Center, Public Speaking Lab, Discovery Advisors and tutoring help. Also, be sure your student explores "De-stress December" programs and activities at binghamton.edu/dean-of-students/programs-services/stress-free-spring.html.

**Final examinations** (through Dec. 16)

**Winter Session** begins

**Residence halls close 2 p.m.**

**Winter Session break (through Jan. 1)**

**Hanukkah begins at sundown**

**Last day of classes**

**STRESS IS ONE OF THE TOP THREE HEALTH IMPEDIMENTS TO ACADEMIC SUCCESS.**

**Studies show that 40 percent of students report they often feel stressed; 1 in 5 say they feel stressed most of the time.**

**Visit bhealthy.binghamton.edu** Find stress management resources including counselors, meditation groups, massage and student groups to join for healthy socialization.

**What can you do from home?** Encourage students to eat well, get sleep and exercise. Let them know it’s okay to take study breaks.
New year, new budget
While your student is home, take the time to create a budget for the new semester. Start by reviewing how well the previous semester’s budget met your student’s actual expenses. Keep in mind the University offers money-saving options like free movies at Late Nite Binghamton or renting textbooks instead of buying. A budget-planning worksheet and other helpful money management and budgeting information are available at binghamton.edu/financial-aid/money-management/.

University glossary
Explore our glossary of common Binghamton terms at binghamton.edu/parents/resources/glossary.html.

Things to think about this month:
• Take this opportunity to discuss academic, major, career and social goals with your student. Have you changed your mind about anything? Has your student?
• Try to spend as much time with your student as you can before it’s time to head back to campus.

JANUARY 2017

BCEARCATS ON ICE Binghamton in the City is a week-long series of programs for students, alumni, parents and University friends held in New York City during winter break. Here, Baxter the Bearcat joins students on the ice at Bryant Park during a special, evening event to “paint the town green”!
# TIPS

**MON** TUE WED THUR FRI SAT

## Presidents’ Day

### EXPANDING HORIZONS

The Multicultural Resource Center’s annual Culture Fair gives students the opportunity to get involved in cultural groups and programming. Also, culturally focused student organizations have the chance to promote their activities.

### Planning for spring recess

If you haven’t already done so, now is the time to discuss spring recess with your student. Talk to your student about personal responsibility and safety, and encourage your student to think through choices. Students who make good decisions and wisely plan their actions now can return from the break rested, renewed and ready to complete the last half of the semester.

### Campus news

If you’re looking for campus news, visit Binghamton University’s online newspaper, Inside, at binghamton.edu/inside.

### Gear up for another active semester with Campus Rec

Intramural sports, open rec basketball, volleyball, racquetball, warm, outdoor activities every weekend for the adventure seeker, state-of-the-art fitness equipment and more than 100+ group fitness classes every week.
### DISCOVERY AWAITS
Undergraduate students have many opportunities to work with faculty on innovative research, which takes them beyond textbook knowledge and helps them learn the excitement of discovery.

### TIPS
**Planning for summer**
Summer is only a few months away. Will your student be looking for a summer job or internship, or taking a class or two during Summer Session? Most applications are posted this time of year, so remind your student to start planning now. Information about internships is available through the Fleishman Center for Career and Professional Development at binghamton.edu/ccpd/internships and information about Summer Session can be found at summer.binghamton.edu.

**Something to think about this month:**
March is a time to begin making decisions about class schedules for the next school year, so encourage your student to make an appointment with an advisor to discuss fall registration.

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<td>Classes resume</td>
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**1.5 MILLION COLLEGE STUDENTS GO ON SPRING BREAK EVERY YEAR**
where they are nearly four times more likely to engage in binge drinking and activities they regret afterward. bhealthy.binghamton.edu

**Challenge your student to think differently about spring break!**
Last year more than 10,000 students nationwide spent their time working for charities such as Habitat for Humanity. They can better use the time to discover a new passion, participate in community service or just catch up and get refreshed. Many offices on campus can help identify “alternative spring break” opportunities.
TIPS

No major declared yet? The Harpur Advising website (binghamton.edu/harpur/advising/first-year/index.html) can help students make sense of choosing a major, navigate the advising process, understand General Education requirements and learn about campus resources that offer additional assistance.

Things to think about this month:
• If students will be traveling home during spring recess, encourage them to bring home any items they no longer need. Having fewer items will make moving out next month easier!
• And with summer break approaching, now is the time to think about your student returning home for a couple of months. Has anything changed at home that your student needs to know? Do you expect your student to have the same responsibilities as before? Be sure to talk with your student about your expectations.
• It’s time to register for courses for the next academic year. How well is your student working toward fulfilling General Education and major requirements? Academic advisors can help.

INSPIRED ALUMNI Binghamton alumni helped organize the City of Binghamton’s first international projection arts festival last year, which showed seven computer animations on five major downtown Binghamton buildings. The University’s powerful alumni network now exceeds 124,000 graduates!

Technology Maintenance Day

Residence halls open 2 p.m.

Classes resume

APRIL 2017

Get ready for spring! All of our communities have fun, spring events planned. Check our calendar for upcoming competitions, dances, concerts and dinners. It’s a great way for your student to de-stress before finals. Welcome to our community.

RESIDENTIAL LIFE
Binghamton University
reslife.binghamton.edu
### TIPS

**Keeping stress at bay**

Finals can cause a great deal of stress for students, and the thought of not seeing new friends for a few months or saying goodbye to graduating friends can intensify those feelings. Be sure to talk with your student about managing stress. Advise your student to eat right, get enough sleep and manage time wisely. Suggest exploring our “Stress-Free Spring” events and activities at binghamton.edu/dean-of-students/programs-services/stress-free-spring.html. Students who are overly anxious may benefit from counseling. Encourage them to contact the University Counseling Center.

**Remind students to check e-mail**

Encourage students to check their Binghamton e-mail (BMail) accounts regularly throughout the summer for communications from the University, such as housing updates and billing notices.

**Something to think about this month:**

Students must vacate the residence hall 24 hours after their last exam, so make plans to pick them up accordingly.

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**NOTES**

- Commencement is always the highlight of the academic year. As parents and family members, your guidance is crucial to our graduates’ success!

### MAY 2017 Calendar

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<td>Final examinations (through May 12); residence halls must be vacated 24 hours after last exam</td>
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<td>Reading Days 1</td>
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<td>Reading Days 2</td>
<td>Mother’s Day</td>
<td>Final examinations (through May 17); residence halls must be vacated 24 hours after last exam</td>
<td>Senior Days</td>
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**Last day of classes**

**Reading Days 1**

**Reading Days 2**

**Final examinations**

**Last day of classes**

**Reading Days 1**

**Reading Days 2**

**Senior Days**

**Commencement**

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SAFETY

Where parents can call during a campus emergency
- Binghamton University Alert line: 607-777-7700

Where students should call in an emergency
- University Police: 607-777-2239
- Harpur’s Ferry, campus medical response ambulance: 607-777-3333

Emergency notification methods
Binghamton University uses several methods to communicate emergency information to students, faculty and staff. These include:
- Text/electronic messaging (students can register themselves and their parents to receive 9-Alert text alerts at getrave.com/login/binghamton)
- Outdoor siren
- Binghamton University Alert phone line (607-777-7700)
- Electronic message boards/TVs
- University website (binghamton.edu)
- University cable channel 42
- B-line student e-mail list
- Campus and local media
- Social media

University Police
The New York State University Police at Binghamton (binghamton.edu/police) is staffed by highly trained police administrators, patrol officers, investigators, communications officers and security services assistants. The University Police office is open 24/7. University Police patrol the campus by foot, bicycle and car.

Services include:
- Educational programs aimed at creating a safe campus environment
- Safety escort service and Safe Ride Van program for students traveling on campus at night
- 82 emergency blue-light phones throughout campus, wired directly to the University Police; when a caller lifts the receiver, the police dispatcher knows the phone’s location and sends a patrol car

To report a crime to the University Police
Parents and students may report a crime (i.e., theft, assault, sexual assault) to the University Police by calling 607-777-2239. To report a crime anonymously, go to binghamton.edu/police/emergency.html and complete the online form.

SEXUAL ASSAULT PREVENTION AND RESPONSE

Binghamton University does not tolerate sexual assault and has numerous resources available to help students recognize and prevent violence in our community and to assist those who have experienced any form of sexual assault. Key offices students may turn to for assistance and information include:
- Interpersonal Violence Prevention: 607-777-3062
- Deckr Student Health Services Center: 607-777-2221
- University Police: 607-777-2239
- Dean of Students: 607-777-2804
- University Counseling Center: 607-777-2722
- Diversity, Equity and Inclusion: 607-777-4775

HEALTH

University Counseling Center
The University Counseling Center (binghamton.edu/counseling) provides preventive and clinical psychological services to Binghamton students. All information is confidential unless the student signs a release form. Parents may call to consult with our professional staff; however, release forms are needed for certain types of information.

Decker Student Health Services Center
The Decker Student Health Services Center (binghamton.edu/health) is a primary care clinic for students staffed by registered nurses, physicians, nurse practitioners, health educators and an HIV test counselor. The mandatory student health fee prepaids for office visits as well as some medications and common medical supplies. Students are responsible for the cost of lab tests and services provided by off-campus agencies. Be sure your student’s current health insurance coverage can be used for outpatient services and specialist referrals in this community and that your student understands any limitations to this coverage.

Partnership for a Healthier America
Binghamton University joined the Partnership for a Healthier America (PHA) in a three-year commitment to make our campus healthier. To accomplish this, the University has adopted 23 specific guidelines focusing on different aspects of food and nutrition, physical activity and programming. This endeavor will impact our nearly 17,000 students, including yours. Learn more at binghamton.edu/bhealthy/pha.html.

Healthy Campus Initiative
The Healthy Campus Initiative strives to cultivate a culture that is supportive of individuals and groups in pursuit of their optimal potential. Many campus resources are available to support students in their efforts to choose well and be well. For more information, visit binghamton.edu/bhealthy/resources.

Health links
- Authorization for release of protected health information: binghamton.edu/health/forms.html
- Required medical forms and health insurance: binghamton.edu/health/parents.html
- Instructions on waiving the University-sponsored health plan fee: binghamton.edu/student-accounts/inswaver.html

RESIDENTIAL LIFE/HOUSING

Our Residential Life program (binghamton.edu/residential-life) offers a variety of living styles and options, including corridor-style rooms, flats, suites and apartments, as well as special living options such as chemical-free and break housing. Students choose from six residential communities, each with its own personality, student government, quad, recreational facilities, traditions and culture:
- College-in-the-Woods
- Dickinson Community
- Hinman College
- Mountainview College
- Newing College
- Apartments: Hillside and Susquehanna

Tenured collegiate professors, resident directors, assistant resident coordinators and resident assistants support all students living on Binghamton’s campus in their academic and personal growth. They provide academic guidance and add to your student’s educational experience, while maintaining and enhancing a sense of community on campus.

Residential Life/housing links
- Residential Life/parent website: binghamton.edu/residential-life/parents/index.html
- Residential Life residential communities: binghamton.edu/residential-life/communities/index.html
- Housing license includes information on damages and roommate conflicts: binghamton.edu/residential-life/housing/forms.html
- What to bring: binghamton.edu/residential-life/living-on-campus/what_toBring.html
- Residential community laundry facilities: binghamton.edu/auxiliary-services/laundry-services.html
- Refrigerator rental: binghamton.edu/auxiliary-services/refrigerator-rental.html

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ACADEMIC RESOURCES

Academic advising
Academic advisors can provide information about departmental policies, curriculum requirements, course selection and degree planning as well as help students explore links between academic programs and careers.

- CCAP: 607-777-2841 or binghamton.edu/human-development/advising/index.html
- SOM: 607-777-4945 or binghamton.edu/som/ademics/undergrad/under_advising.html
- GSE: 607-777-5322 or binghamton.edu/gse/current-students/index.html
- Harpur: 607-777-6305 or binghamton.edu/harpur/advising
- SOM: 607-777-2316 or binghamton.edu/som/undergraduate-programs/academic-advising
- Watson: 607-777-6203 or binghamton.edu/watson/student-services/advising

Libraries
Binghamton University Libraries (binghamton.edu/libraries) provide access to a wealth of library services and resources. The Libraries also offer research consultation, customized instruction and virtual and in-person reference assistance. There are many locations and online resources.

Study abroad/international programs
Study abroad (binghamton.edu-opl.terradotta.com) provides students with wonderful settings in which to expand their cultural and linguistic horizons. The University sponsors study-abroad and exchange programs in many locations and fields; students also have access to hundreds of SUNY-sponsored programs that permit them to live in a foreign country while studying a wide range of subjects. Study abroad is part of the University’s Office of International Programs (binghamton.edu/oip) and works closely with the Office of International Student and Scholar Services (binghamton.edu/iiss), which provides programs and services to the more than 3,000 international students and scholars from 100+ countries on campus.

Other academic resources
- The Discovery Program (binghamton.edu/discovery) helps students explore academic and career interests. Services include Discovery Advisors (peer academic advisors), the early-warning program for mid-semesters grades, and fall and spring Academic Advising and Schedule Building Week events.
- The Writing Center (binghamton.edu/writing-writing-center) offers free, skilled, peer tutoring to all Binghamton University students. Work one-on-one or with a tutor on any aspect of writing.
- University Tutoring Services (UTS) offers free, scheduled group appointments and walk-in individualized tutoring appointments for Binghamton University students. For a list of courses for which UTS offers tutoring, FAQs, information on how to schedule an appointment and more, visit binghamton.edu/ct-tutoring-services.
- The Public Speaking Lab (binghamton.edu/public-speaking) teaches students strategies and techniques to improve their public speaking.

Academic-related links
- The Bulletin: Students are responsible for fulfilling graduation requirements as stated in the University Bulletin (bulletin.binghamton.edu) that is published the year they enroll.
- My.binghamton.edu portal: Through my.binghamton.edu, students can access BU BRAIN (accessed through binghamton.edu/braintool), Zipcar (zipcar.com/universities/binghamton-university), ESCAPE, a Student Association-sponsored organization, provides bus service to New York City and Long Island during University breaks, as well as sold discounted ShortLine bus tickets. For more information, contact ESCAPE at office at 607-777-6718 or escapetrip@binghamton.edu.
- Air transportation is available at the Greater Binghamton Airport (flybgm.com).
- Freshman cannot have vehicles on campus. When visiting your student on campus, you may purchase a day pass at the information booth for the parking garage or visitors’ paid lot. Parking is free on the weekends in most surface lots. Visit binghamton.edu/parking-services for details about campus parking.
- Zipcar (zipcar.com/universities/binghamton-university) is a car-sharing service on campus.
- Degree Works: All students use Degree Works to track academics/undergrad/under_advising.html.
- ESCAPE, a Student Association-sponsored organization, teaches students skills and techniques to manage their services and accommodations.

PROGRAMS/SERVICES

Dean of Students Office
The Office of the Dean of Students (binghamton.edu/dean-of-students) provides support for a variety of student concerns and helps students take full advantage of the resources Binghamton University has to offer.

In addition to Parent and Family Programs and oversight of the University Union, the Dean of Students Office encompasses the following areas, which work together to support student success:

- Campus Activities (binghamton.edu/campus-activities) provides students an enriched collegiate experience through opportunities to develop their leadership, interpersonal, programming and organizational skills. Programs include University yearbooks, University Fest and Spring Fling.
- Case Management (binghamton.edu/dean-of-students/help/case-management.html) is available to assist students who are struggling with personal and health-related problems that are interfering with their academic and personal success.
- The Office of Fraternity and Sorority Life (binghamton.edu/greek-life) oversees the activities of Binghamton’s fraternities and sororities, provides advisory support to these groups and facilitates community-education initiatives. Whether students want to enhance participation in their area of study, learn more about their own (or someone’s) background or simply meet new friends, fraternities and sororities have something for everyone.
- Off Campus College/OCC (binghamton.edu/occ) delivers a variety of services for students living off campus including off-campus housing information, lease review, free legal clinics and community relations assistance.
- The Office of Student Conduct (binghamton.edu/student-conduct) educates the campus community about and enforces the University’s “Code of Student Conduct.”
- Diversity, Equity and Inclusion
  - Title IX compliance
    - Title IX prohibits discrimination on the basis of sex in any educational program or activity that receives federal financial assistance. Binghamton University’s Title IX policies are consistent with federal requirements and prohibit discrimination on the basis of gender. For information visit binghamton.edu/diversity-equality-inclusion/policies/title-ix.html.
- Fleishman Center for Career and Professional Development
  - The Fleishman Center for Career and Professional Development (binghamton.edu/ccdp) works with students in all majors, offering programs, events, resources and individual assistance to help them explore careers, choose a major, find a job or internship, write a résumé, develop effective interviewing skills and apply to graduate school.
  - The Center manages the University’s on-campus recruiting program in which employers visit campus to interview students for professional positions and internships. Parents are invited to review the parents section of the website at binghamton.edu/ccpd/parents/index.html.

Diversity, Equity and Inclusion
In 2013, the University established the Division of Diversity, Equity and Inclusion (DEI) (binghamton.edu/diversity-equality-inclusion) to support the development and implementation of diversity and inclusion initiatives that create a welcoming campus climate that exudes a fundamental respect for human diversity in all its dimensions. The University views diversity as encompassing all individuals and groups as well as social, cultural, political, religious and other affiliations. The DEI is committed to the idea of respect for human diversity in our learning and working environments and to creating an atmosphere that promotes diversity, inclusion, teamwork, respect for all others and healthy work and learning environments.

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**Payment procedures:** Payment procedures are based on registration (and any other charges added to the account). The E-Bill is sent via e-mail to each student’s University 8M address as well as to any authorized payers (see box). The first fall term E-bill is prepared at the beginning of August; spring term E-bills are prepared in early January. Students will be sent a monthly statement if they have a balance due on their account. Student Accounts can also determine New York state residency for tuition purposes and apply personal payments, financial aid, loans, private scholarships, and TAP state aid to an account.

**Scholarship information:** Learn about University-sponsored scholarships and other scholarships (binghamton.edu/financial-aid/types-of-aid/scholarships/index.html). Financial aid counselors are available to meet with students and parents during the academic year and summer.

**Financial aid appeals:** Financial aid appeals (binghamton.edu/financial-aid/funding-needs/special-circumstances.html) are available to accommodate circumstances that arise that are beyond a family’s control and are not reflected accurately on the FAFSA.

**Student employment:** Part-time jobs (binghamton.edu/student-accounts/student-employment/index.html) are available on and off campus for all students, including those who receive federal work-study funding.

**Scholarship information:** Learn about University-sponsored scholarships and other scholarships (binghamton.edu/financial-aid/types-of-aid/scholarships/index.html). Your student may qualify for scholarships (binghamton.edu/financial-aid/types-of-aid/student-employment/index.html). Financial aid counselors are available to meet with students and parents during the academic year and summer.

**Dining/BUCS/Banking**

- **Dining facilities:** Binghamton University Dining Services (binghamtonmundining.com) provides a wide range of services and offers students the flexibility to eat anywhere on campus at almost any time. Each dining service location features its own atmosphere and menu.
- **Meal plans:** All students living on campus (except those in the apartment communities) are required to select one of the resident meal plan options (binghamtonmundining.com). The program is structured to provide the best value for students in residence halls. All dining plans use an à la carte system, so students pay for the items they purchase. Meals may be eaten in or taken out. Funds remaining at the end of the semester carry over to the following semester. Your meal plan has been purchased for the next semester. Additional funds can be added from an online account.
- **BUCS:** Binghamton University Card System/BUCS is a declining debit account accessed with a student’s Binghamton University ID. It eliminates much of a student’s need to carry cash. BUCS is accepted at many locations on campus. You or your student can manage the account online.
- **Banking services:** M&T Bank (mtb.com) provides banking services on campus. There is a campus branch in the University Union, as well as 4 ATMs across campus.

**Student Accounts**

The Student Accounts Office (binghamton.edu/student-accounts) creates the student’s electronic bill (E-bill) based on registration (and any other charges added to the account). The first fall term E-bill is prepared at the beginning of August; spring term E-bills are prepared in early January. Students will be sent a monthly statement if they have a balance due on their account. Student Accounts can also determine New York state residency for tuition purposes and apply personal payments, financial aid, loans, private scholarships, and TAP state aid to an account.

**Financial Aid Services**

Binghamton’s Financial Aid Services Office (binghamton.edu/financial-aid) encourages students and families to explore their financing options. It is recommended that all students file a Free Application for Federal Student Aid (FAFSA) (fafsa.ed.gov) after Jan. 1 every year so they may take advantage of federal and state funding options such as grants, student and parent loans, and work-study programs. Financial aid counselors are available to meet with students and parents during the academic year and summer.

**Becoming an authorized payer**

You have your student add you as an authorized payer so you can receive E-bill notices (binghamton.edu/student-accounts/addauthorizedpayer.html).

**Computers / Telecommunications**

A fully staffed Help Desk (binghamton.edu/its/organization/clientsupport/helpdesk), located in the lobby of the Technology Hub (formerly the Computer Center), provides walk-in and call-in help during normal business hours for questions about computer accounts, passwords, software, electronic mail, internet access and more.

Students with an active Binghamton University e-mail address may download the latest version of the full Microsoft Office productivity suite (Word, Excel, PowerPoint, OneNote and more) at no charge. Go to binghamton.edu/its/software and follow the directions to download the free software.

**Dining/BUCS/Banking**

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**Social centers on campus**

The University Union (binghamton.edu/union) is the center of many social, service and recreational activities. The University Union houses the Student Association and offices for various campus organizations. The Marketplace and student-run Food Co-op are various dining options available in the Union. It is also home to the University Bookstore, M&T branch office, a billiards room, bowling alley, ping pong room, bike-share office, Campus Mail Services, video arcade and the Undergrounds Coffeehouse (a coffeehouse and live-music venue).

**Late Nite Binghamton**

Late Nite Binghamton (binghamton.edu/latenite) is a series of social programs that gives students the chance to relax and socialize. Movies, music, games and refreshments are among the typical offerings.

**Anderson Center for the Performing Arts**

The Anderson Center for the Performing Arts (binghamton.edu/anderson-center) is a world-class performance facility that has showcased major U.S. and foreign symphony orchestras, dance ensembles, concerts, recitals, plays and major lectures. Most events are discounted for students with a valid Binghamton ID card.

**Student Association/SA**

With 260+ undergraduate student organizations on campus, most students participate in at least one extracurricular activity. Activities address a variety of interests — academic and pre-professional, athletic and recreational, political, cultural and ethnic, religious, social, service, fraternities and sororities, media, music, dance, entertainment and business. Students are also involved in campus media, producing newspapers and running television and radio stations. The Student Association (binghamtonsa.org) is responsible for many social, recreational and educational programs, along with concerts and lectures.

**Religious life**

Religious life abounds on Binghamton’s campus and there are many opportunities for students to learn about and practice their faith. The Multicultural Resource Center maintains a list of religious student groups at binghamton.edu/multicultural-resource-center/get-involved/organizations/religious.html. Students may also wish to visit the University Union lobby weekdays at noon, when tables displaying various kinds of religious materials are often present. Binghamton students are also welcomed at local churches and synagogues.

**Division I athletics**

Highly competitive on the national level, Binghamton’s 21 NCAA Division I varsity athletic teams (bubearcats.com) are members of the America East Conference. Intercollegiate athletics encourage school spirit, enhance student life, strengthen community and alumni ties, and increase the school’s national visibility. Binghamton undergraduate students receive one free ticket for each home Bearcats Division I athletic event (student ID is required at box office).

**Campus Recreation**

From indoor to outdoor, team sports to individual activities, open recreation to credit classes, Campus Recreation (binghamton.edu/campus-recreation/) offers countless ways for students to get and stay active. The Rec Center at the East Gym is the center of recreational programming on campus and includes a fitness center, gym, wellness suite, pool, ropes course and new turf field. Signature initiatives include:

- **Fitspace**, a fitness center with state-of-the-art cardiovascular and strength-training equipment, as well as group-exercise classes
- **Outdoor pursuits**, which provides experience-based adventure and environmental education for beginners through outdoor enthusiasts
- **Intramural and club sports** that offer competitive and recreational leagues for students in a wide variety of individual and team sports.
At Binghamton Residential Life, community is built in...

to every residence hall, floor and suite, infused in to every student leader, resident assistant and staff member. From the day students move in, they become part of our supportive, secure environment allowing them to grow personally and academically.

Welcome to our community.

Binghamton Residential Life
Close to campus and Binghamton’s Westside/Downtown.
For emergency, minor injury, illness or lab and x-ray needs count on LOURDES.

Emergency Care
LOURDES Hospital
169 Riverside Drive, Binghamton
24/7

Fast Track Minor Emergency Care
LOURDES Hospital
169 Riverside Drive, Binghamton
Daily | 10:00am–1:00am

Walk-In Care & X-Ray
LOURDES Vestal
3101 Shippers Road, Vestal
Daily | 8:00am–8:00pm

Lab Services
303 Main Street, Binghamton
1130 Upper Front Street, Binghamton
Monday–Friday | 7:30am–3:30pm
3101 Shippers Road, Vestal
Daily | 7:00am–8:00pm
26 South Washington Street, Binghamton
Monday – Friday | 7:00am–1:00pm

Retail Pharmacy
3101 Shippers Road, Vestal
Daily | 8:00am–8:00pm

Find us fast with LOURDES Apps on your smart phone and tablet!
Welcome students to one-stop shopping

An impressive variety of freshly made foods to take out or eat in, a full-service Pharmacy and health and beauty care items.

Over 3,000 organic items throughout the store.
Binghamton University Dining Services supports the University’s BHealthy initiative by making fresh, local, healthy, and tasty options available at all of our locations. To help our students make better wellness decisions, we also offer:

- Low Prices in Resident Dining Centers for Meal Plan Holders
- Online Menus & Nutritional Information
- On-Site Campus Dietitian
- All Access Pass to Elite Events

Purchase a meal plan today and enjoy the benefits of dining on campus!

A Partner in the Healthy Campus Initiative

www.BinghamtonUdining.com

WELCOME BU FAMILY & FRIENDS!

TWIN RIVER COMMONS

Controlled Access Building, All-Inclusive Rents, Professional On-Site Management Team, Gated Parking Area, Monthly Resident Events and Roommate Matching Program

45 Washington Street, Binghamton, NY 13901
855.771.2496 - twinnercommons.com
CAREER ADVISING

Staff in the Fleishman Center are available for individual assistance on a range of career topics. Students may meet with staff by either visiting during walk-in advising hours or scheduling an appointment through hireBING.

RIGHT FROM THE START

The Fleishman Center helps students make informed decisions about their future careers. Through a number of services, programs and events, the Fleishman Center assists students in:

- Exploring majors and careers
- Gaining experience
- Preparing for a job search
- Applying for graduate/professional school

hireBING

An online connection between students and employers. Within the hireBING system, students can:

- Search jobs, internships and employers
- Post and send resumes
- Participate in on-campus interviews
- Schedule appointments to meet with Fleishman Center staff

UNIVERSITY TELEPHONE NUMBERS

(all area codes 607)

- Academic Advising, CCPA 777-2841
- Academic Advising, DSON 777-4954
- Academic Advising, GSE 777-5322
- Academic Advising, Harpur 777-6305
- Academic Advising, SOM 777-2316
- Academic Advising, Watson 777-6203
- Admissions, graduate 777-2391
- Admissions, undergraduate 777-2171
- Alumni Engagement 777-2424
- Assistance and Information 777-2000
- Athletics 777-2043
- Binghamton University Card System (BUC/$/meal plan card) 777-6000
- Binghamton Fund 777-6929
- Bookstore 777-2745
- Campus Activities 777-2811
- Campus Specialties 777-2113
- Communications and Marketing 777-2174
- Computing Services Help Desk 777-6420
- Counseling Center 777-2772
- Dean of Students 777-2804
- Dining Services 777-2991
- Disabilities, Services for Students w/ (voice/TT) 777-2686
- Diversity, Equity and Inclusion 777-4775
- Educational Opportunity Program 777-2791
- Financial Aid Services 777-2428
- Fraternity and Sorority Life 777-2797
- Harpur’s Ferry 777-3333
- Health Services Center 777-2221
- International Student and Scholar Services 777-2510
- Interpersonal Violence Prevention 777-3062
- Library 777-2800
- M&T Bank 777-6400
- Multicultural Resource Center 777-4472
- Off Campus College 777-2768
- Orientation/New Student Programs 777-4986
- Parent and Family Programs 777-2430
- Parking Services 777-2279
- Police, New York State University 777-2393
- Registrar 777-6088
- Residential Life (University housing) 777-2321
- Student Accounts 777-2702
- Summer/Winter sessions 777-5040
- Telecommunications 777-2524
- Transfer Student Services 777-3868
- University Union 777-3300
- Vice President, Academic Affairs 777-2141
- Vice President, Advancement 777-6756
- Vice President, Operations 777-3060
- Vice President, Research 777-4818
- Vice President, Student Affairs 777-4788

RESIDENTIAL COMMUNITY OFFICES

- College-in-the-Woods 777-2637
- Dickinson Community 777-2826
- Hillside Community 777-4455
- Himan College 777-4716
- Mountainview College 777-7650
- Newing College 777-2864
- Susquehanna Community 777-2904

GIVING TO BINGHAMTON

Your gifts as parents make a difference at Binghamton University. The Binghamton Fund provides current students (including yours!) with valuable extras not funded by tuition or the state — including career fairs, internships, research projects and cultural events. Learn more about parent and family giving at binghamton.edu/giving/making-a-gift/parents-fund.html.

GREATER BINGHAMTON AREA

We invite you and your family to visit the Greater Binghamton area and get to know more about our community. Learn more at visitbinghamton.org.