

Mount Saint Mary College

PARENT

HANDBOOK





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CONFIDENTIALITY OF STUDENT EDUCATIONAL RECORDS (FERPA)

The Family Educational Rights and Privacy Act (FERPA) is a federal law that affords parents the right to have access to their children's education records, the right to seek to have the records amended, and the right to have some control over the disclosure of personally identifiable information from the education records. When a student turns 18 years old, or enters a postsecondary institution at any age, the rights under FERPA transfer from the parents to the student ("eligible student").

For more information, please visit <http://familypolicy.ed.gov/>

In the case where a student would like to disclose their confidential information, a Release of Information Authorization Form must be filed with the Registrar's Office. Once this form is filled out with the designated individual (s) or institution (s), information can be release of the student's status at Mount Saint Mary College with respect to grades, academic standing and financial obligations. This will remain in effect until the student graduates or revokes the consent by filling out a new authorization form. <https://www.msmc.edu/Academics/Registrar/> (Permission to Release Academic Records)

The law permits Mount Saint Mary College to disclose parties in an emergency if knowledge of the information is necessary to protect the health or safety or the student or other individuals.

IMPORTANT CONTACTS

Academic Calendar

View the Academic Calendar at www.msmc.edu/AcademicCalendar

ACADEMIC AFFAIRS

Phone: 845-569-3232

Email: AcademicAffairs@msmc.edu

ADMISSIONS

Phone: 1-888-937-6762

Email: Admissions@msmc.edu

ALUMNI ENGAGEMENT

Phone: 845-569-3286

Email: Alumni@msmc.edu

ATHLETICS

Phone: 845-569-3594

Email: Athletics@msmc.edu

CAMPUS MINISTRY

Phone: 845-569-3154

Email: Gregoire.Fluet@msmc.edu

CAMPUS STORE

Phone: 845-569-3182

Email: CampusStore@msmc.edu

CAREER CENTER

Phone: 845-569-3175

Email: CareerCenter@msmc.edu

COUNSELING SERVICES

Phone: 845-569-3115

Email: Counseling@msmc.edu

DISABILITY SERVICES

Phone: 845-569-3638

Email: DisabilityServices@msmc.edu

FINANCIAL AID

Phone: 845-569-3700

Email: SFS@msmc.edu

HEALTH SERVICES

Phone: 845-569-3152

Email: HealthServices@msmc.edu

IT SUPPORT

Phone: 845-569-3491

Email: IT.Support@msmc.edu

REGISTRAR

Phone: 845-569-3316

Email: Registrar@msmc.edu

RESIDENCE LIFE

Phone: 845-569-3111

Email: ResLife@msmc.edu

SECURITY AND SAFETY

Phone: 845-569-3200

STUDENT ACTIVITIES

Phone: 845-569-3112

Email: StudentActivities@msmc.edu

STUDENT AFFAIRS

Phone: 845-569-3110

Email: StudentAffairs@msmc.edu

STUDENT FINANCIAL SERVICES

Phone: 845-569-3213

Email: SFS@msmc.edu

HELPFUL PHONE NUMBERS

Police: 845-561-3131

Fire: 845-562-1212

Ambulance: 845-562-4357

Emergency: 911

St. Luke's Cornwall Hospital: 845-561-4400

Bus Station: 845-561-0734

Metro-North: 511

CAMPUS BUILDINGS



AQUINAS HALL and the Kaplan Family Mathematics, Science and Technology Center (MST) is the Mount's main campus building.



BISHOP DUNN MEMORIAL SCHOOL is a private elementary (K-8) school located on the south end of our campus.



THE COLLEGE COURTS are spacious upperclassmen residences with several lounges in each building and at least one full kitchen.



THE DOMINICAN CENTER houses the college library, upperclassmen dorms, and the Chapel of the Most Holy Rosary, which serves as the spiritual center of campus.



GUZMAN HALL is an administration building housing the Admissions offices, Health Services, Student Accounts, Financial Aid, Registrar's Office, and the Desmond Center for Community Engagement and Wellness.



HUDSON HALL serves as a center for student life as well as classrooms and academic offices.



THE KAPLAN RECREATION CENTER is home to the MSMC Knights, the gymnasium, Olympic-sized pool, and fitness center.



SAKAC HALL is a freshmen residence hall with magnificent views of the campus and the Hudson River



THE VILLA was built in the 1840s. In the early years of the College, this Victorian building held the entire college classes, residence hall, offices, and library. It currently holds Administration, and the Catholic and Dominican Institute.



WHITTAKER HALL was the graceful carriage house on the original estate. Today, it houses faculty offices.



STUDENT AFFAIRS

The Office of Student Affairs in Hudson Hall provides support services and activities that assist your student in reaching his or her potential. The office assumes responsibility for the overall management of the Student Affairs program and its staff; serves as an advisor to students on an individual and group basis; and works with student leaders and other college personnel to develop appropriate student life policies and procedures.

STUDENT AFFAIRS OFFICES

OFFICE OF STUDENT SUCCESS

The Office of Student Success (OSS) offers proactive, student-centered support to every Mount student through academic coaching, one-on-one and small group tutoring, supplemental academic advising, and the Parent Partnership Program. The OSS's intrusive, developmental approach toward coaching, tutoring and advising supports the holistic academic development of our first-year students.

Phone: 845-569-3176 | Email: oss@msmc.edu

COUNSELING SERVICES

Our office provides confidential counseling services with supportive, credentialed counselors to the students of Mount Saint Mary College.

Phone: 845-569-3115 | Email: counseling@msmc.edu

DISABILITY SERVICES

Disability Services offers classroom and academic accommodations, testing accommodations, consultation advocacy, and assistance with campus accessibility. Disability Services acts as a resource for students, faculty, and staff who need assistance in addressing disability issues and concerns. Disability Services coordinates Mount Saint Mary College's academic and non-academic campus accommodations (including temporary disabilities), assists students in communicating needs to faculty and staff, and works collaboratively with other departments to resolve any concerns related to disability needs that may arise.

Phone: 845-569-3638 | Email: disabilityservices@msmc.edu

STUDENT ACTIVITIES

This department assists students in developing a well-balanced extracurricular experience and welcomes input and involvement from all students. Through the Student Government Association (SGA), Mount Saint Mary College provides opportunities for students to participate in a variety of co-curricular activities. The student activity fee, administered by SGA, makes it possible to offer events at reduced rates or free of charge to undergraduate students. Students may also participate in the various organizations and committees that constitute SGA. Come visit our office for more information and to see what the Student Activities Office has to offer!

Phone: 845-569-3545 | Email: studentactivities@msmc.edu

CAMPUS MINISTRY

Campus Ministry is at the service of all faculty, staff, and students. Our office is here to help support the Mount Saint Mary College community on their spiritual and moral journeys, whether they belong to an official religion or are unaffiliated with a particular mosque, church, synagogue, or temple. All are welcome and encouraged to visit.

Phone: 845-569-3154 | Email: gregoire.fluet@msmc.edu

RESIDENCE LIFE

Residence Life at the Mount supports learning, personal growth, and academic achievement. The Mount seeks to offer our students inclusive communities, social and educational opportunities, and safe and well-maintained residence facilities. More than 1,000 students call our residence halls home.

Phone: 845-569-3111 | Email: reslife@msmc.edu

HEALTH SERVICES

The Health Services team is made up of registered nurses, a family nurse practitioner, two consulting physicians, and an administrative assistant. Health services are available to all full-time undergraduate students. The office is designed to provide treatment for acute illness and injury. The student health services fee covers the cost of routine care and over-the-counter medications. Our office presents a variety of wellness programs to encourage a positive, healthy learning and social environment on campus. In addition, we offer the Stress-Less Room with its state-of-the-art massage chair as part of our Wellness Suite, which is a great place to unwind and regroup.

Phone: 845-569-3152 | Email: healthservices@msmc.edu

ATHLETICS

Twenty-three intercollegiate varsity teams and intramural activities encourage teamwork, discipline, social interaction, and competition among students at Mount Saint Mary College. The Department of Athletics and Recreation aims to cultivate personal and physical health, enrich academic learning, and foster a sense of community on campus.

Phone: 845-569-3594 | Email: athletics@msmc.edu



ACADEMIC AFFAIRS

Mount Saint Mary College's eight academic divisions are committed to academic excellence and community service. No matter which of our 80+ undergraduate academic programs or 3 graduate programs your student chooses, we want to show them how they can help others with it. Our faculty and staff are ready to help your student achieve their goals and give them the knowledge to be successful.

ACADEMIC AFFAIRS OFFICES

CAREER CENTER

The Mount's Career Center is one of the college's most successful student and alumni support programs. Mount graduates commonly credit the Career Center for providing powerful, proven, and practical tools that they use to shape and polish their post-graduate portfolios. More than just a student program, the center provides life-long tools for success and advancement for students and alumni.

What do they offer?

Career Exploration and Interest Assessments, Internships, Professional Skill Development, Job Search Assistance, and Alumni Resources.

Phone: 845-569-3175 | Email: careercenter@msmc.edu

WRITING CENTER

The Writing Center is the home for writing at Mount Saint Mary College. Our primary function is to support students as they are completing academic writing assignments. The Writing Center's team of trained writing tutors assists Mount students in all stages of the writing process: brainstorming and organizing ideas; structuring sentences, paragraphs, and essays; strengthening argumentation; incorporating research and appropriate systems of citation; improving grammar and style; and more!

Phone: 845-569-3413 | Email: writing.center@msmc.edu

KAPLAN FAMILY LIBRARY & LEARNING CENTER

The Kaplan Family Library and Learning Center creates a dynamic, responsive learning environment by connecting people with information. The library facilitates teaching and learning, advances scholarship, and serves as a vibrant and welcoming gathering place for the Mount Saint Mary College community

Phone: 845-569-3299 | library@msmc.edu

ONLINE LEARNING

The Office of Online Learning supports Mount Saint Mary College's broader mission by committing to the needs of students' learning in the contemporary online and hybrid classroom. We do this through the use of learner-centered methodology and collaboration across the disciplines and the campus at large.

We strive to implement the practice of universal design, as defined by the Higher Education Opportunity Act of 2008 (HEOA), to meet the diverse needs of our learners and comply with federal, state, and industry accreditation and quality standards.

Learn more about online learning, such as announcements, news, resources, the learning management software at the Mount, and training at <http://onlinelearning.msmc.edu>

Phone: 845-569-3457 | Email: onlinelearning@msmc.edu



FINANCIAL AID

Mount Saint Mary College's Office of Financial Aid is located in Guzman Hall. Our office provides assistance in helping your student access funding in the form of scholarships, grants, loans, and part-time employment from a variety of sources including Federal, New York State, private, and institutional.

No student will be barred from consideration due to race, gender, creed, age, or disability. All U.S. citizens and eligible non-citizens will be considered for financial aid if they file a Free Application for Federal Student Aid (FAFSA). If you file your FAFSA late in the semester, please contact the SFS office, as your aid package may have to be processed manually. Any student who is in default of a federal loan, owes a repayment on any federal funds, or has discharged a previous Federal student loan in bankruptcy are ineligible for financial aid from any source until the default or repayment is resolved.

FINANCIAL AID APPLICATION

Mount Saint Mary College requires all applicants for financial aid to complete the FAFSA. Applicants should complete the form online at www.fafsa.ed.gov. When completing the application, students must list Mount Saint Mary College, Newburgh, NY, 12550, as a recipient.

OUR TITLE IV SCHOOL CODE NUMBER IS 002778.

Please note: All applicants are considered for all aid available, depending upon need, including federal, state, and institutional funds on a first come, first-served basis, once they are admitted to the College. First-year students are advised to file the required forms no later than February 15 of the year enrollment is anticipated. Returning students are encouraged to file the FAFSA or Renewal FAFSA no later than April 15.

VERIFICATION - POLICY AND PROCEDURAL STATEMENT

Federal verification guidelines require that applicants be selected for verification by the Central Processing System (CPS) or by the school. At the Mount, federal verification is performed on all applicants selected by the CPS and any application that the College has reason to believe is incorrect or has conflicting documentation. Under certain circumstances, a CPS selected application may be excluded from some or all of the federal verification requirements due to the following unusual circumstances including: death of the student, not an aid recipient, applicant is eligible to receive only unsubsidized student financial assistance. With the exception of the death of the student, however, none of these exemptions excuses the College from the requirement to resolve conflicting information.

Federal verification must typically be completed prior to receiving a financial aid award for returning students. Incoming freshmen must complete verification before any federal funds are disbursed/applied to their student account. Students, who fail to comply with verification requirements, including submitting documentation within required timelines, will not have Federal Title IV funds disbursed and may have Federal Title IV funds canceled. MSMC considers the student to be the responsible party for providing information and completing the verification process.

To complete the verification process, acceptable documentation will include Student Verification Worksheet, IRS Tax Transcripts or IRS DRT, and W2's. To resolve discrepancies in reported information, students may be required to complete and submit additional information including IRS Tax Returns, schedules, or other documentation. Verification results that require changes to the applicant information and subsequent changes to the student's financial aid package will be made prior to final disbursement of Federal funds.

For all students eligible for subsidized Title IV aid, the College will make appropriate changes to the student information electronically through the Department of Education's CPS to ensure each student has a correct valid ISIR (Institutional Student Information Record). The student will be notified of this adjustment through a revised financial aid award letter. If the verification results do not justify aid already disbursed, the student is responsible for repaying all aid for which s/he is not eligible. Failure to meet the repayment obligation will result in the student being referred by MSMC to the U.S. Department of Education.

Verification results that reveal possible fraud or criminal misconduct in connection with the financial aid application or verification processes will result in the matter being referred by MSMC to the Office of the Inspector General of the U.S. Department of Education for investigation.

FEDERAL VERIFICATION SELECTION COMPLIANCE

The Mount completes verification for all aid applicants selected for verification by the CPS. The Mount also has the option to select additional applicants for verification including those it has reason to believe are inaccurate or have conflicting information.

Questions regarding this policy or its intent should be directed to Financial Aid Office at (845) - 569-3700. The Federal Tax Transcript can be ordered at www.irs.gov or by calling 1-800-908-9946

FAQ

ABOUT THE COLLEGE

IS THE MOUNT A CATHOLIC COLLEGE?

Mount Saint Mary College is an independent Catholic college in the Dominican tradition that draws inspiration from the example of its founders, the Dominican Sisters. That tradition fosters an active and open pursuit of truth that seeks understanding and compassionate involvement in response to the words of Jesus to do unto others as you would have them do to you. MSMC is a member of the Association of Catholic Colleges and Universities and is listed by the Archdiocese of New York in its directory of Colleges. As a Dominican institution of higher education, the Mount is supported by and promotes the four Dominican pillars of spirituality, study, community and service. The Office of Campus Ministry welcomes and serves all who are interested in spiritual development regardless of faith background. During the academic year, students have the option to attend Mass daily and on Sundays in the Chapel of the Most Holy Rosary on campus, and the Office of Campus Ministry is available to help all students find a place of worship.

HOW MANY STUDENTS ATTEND THE MOUNT? HOW MANY LIVE ON CAMPUS?

Mount Saint Mary College's total enrollment is approximately 2,500 students. Of this number, 1,700 are undergraduate students and about 1,000 reside on campus.

WHAT IS YOUR STUDENT-TO-FACULTY RATIO? WHAT IS THE AVERAGE CLASS SIZE AT THE MOUNT?

The student-to-faculty ratio is 13 students to 1 faculty member, and the average class size is 20 students.

IS YOUR SCHOOL A COMMUTER SCHOOL?

Commuter students are an integral part of student life at the Mount, and are encouraged to participate in all college activities, including the Student Government Association's Commuter Council. Typically, 80% of freshmen choose to live on campus each year.

CAN FRESHMEN HAVE CARS?

Freshmen are allowed to bring cars to campus.

HOW DOES THE MOUNT HELP STUDENTS LOOK FOR JOBS AFTER GRADUATION?

The Mount's Career Center is one of the college's most successful student and alumni support programs. The center offers career exploration and interest assessments, internships, professional skill development, job search assistance, and alumni resources.

HOW DO I APPLY FOR AN INTERNSHIP?

Students can visit the Career Center and work with a career counselor to find the right internship opportunity for their major and their interests. Students can start internships in the summer after their freshman year, but should start the process early in the fall semester, as these experiences are competitive.

DO YOU HAVE AN HONORS PROGRAM?

Yes, Mount Saint Mary College offers an Honors Program with credit, comprising academic, cultural, and social activities. While designed for traditional undergraduate students, the program is open to non-traditional students as well. Mount Saint Mary College also has 16 honor societies on campus.

DO YOU HAVE HEALTH SERVICES ON CAMPUS?

Our on-campus Health and Wellness Center has a clinic with registered nurses, nurse practitioners, and two consulting physicians. The clinic provides acute health care while the student is on campus. The office provides information on current health issues and refers students to appropriate off-campus medical facilities as needed. The college is within four blocks of St. Luke's Cornwall Hospital.



WHAT SERVICES ARE OFFERED FOR STUDENTS WITH DISABILITIES?

Counseling and the Office of Disability Services coordinate the college's academic and non-academic campus accommodations, assist students in conveying needs to faculty and staff, and work collaboratively with other departments to resolve any concerns related to disability needs.

IS HOUSING GUARANTEED FOR ALL FOUR YEARS?

Yes, housing is guaranteed for all four years.

WHERE DO FRESHMEN LIVE? WHAT ABOUT UPPERCLASSMEN?

All first-year students reside in Sakac Hall. The upperclassmen live in the College Courts or the Dominican Center.

WHAT AMENITIES ARE AVAILABLE IN THE RESIDENCE HALLS?

Each freshman suite includes one or two bathrooms, cable access, one phone jack per person, and one closet per person (when space permits.) Both residence halls feature a full kitchen, common area lounge on each floor, fitness room, movie lounge, laundry room, and computer room.

CAN I REQUEST A ROOMMATE? WHAT ABOUT A SPECIFIC RESIDENCE HALL?

We can only guarantee roommates if the request is mutual on the housing application. Unfortunately, we cannot accommodate suitemate or residence hall requests.

WHAT IS THERE TO DO IN THE HUDSON VALLEY?

The Hudson Valley is home to numerous entertainment venues, professional sports teams, shopping malls, and outlets. It offers artistic venues and museums as well as some of the most diverse restaurants on the east coast and many outdoor activities. Learn more about local attractions in the Hudson Valley at msmc.edu/attractions.

ARE THERE DIFFERENT STUDENT EVENTS ON CAMPUS?

Our Student Activities Office offers a variety of events including films, trips, plays, intramurals, and seasonal activities. We also have more than 20 clubs and organizations for students to become involved with. On top of student activities, the Hudson Valley has so much to offer. Students often enjoy shopping, outdoor activities, dining, cultural activities, and our proximity to New York City and Albany.

ATHLETICS

WHAT SPORTS DO YOU HAVE? WHAT DIVISION?

We are a Division III College with 23 men and women's teams, the newest being eSports and women's golf. We participate in the Skyline Conference. Learn more about the Mount's Division III Athletics program at msmcknights.com

CAN I RECEIVE SCHOLARSHIP/GRANT MONEY FOR PLAYING A SPORT?

Since we are a Division III school, we are not permitted to offer any athletic scholarships.

WHAT IF I DON'T WANT TO PLAY COMPETITIVELY?

We do have several intramural activities for students who don't want to play on a competitive team, including dodgeball, soccer, wiffle ball, basketball, ping pong, ultimate Frisbee, yoga, and Zumba. [Learn more about Intramurals at the Mount.](#)

ADMISSIONS

WHAT IS YOUR AVERAGE GPA?

The average GPA is an 87 (or a 3.0).

DO YOU ACCEPT ACT? WHAT SCORE DO I NEED?

We are a test optional school, but we are happy to look at both SAT and ACT exam scores.

WHAT IS REQUIRED FOR AN APPLICATION TO BE REVIEWED?

In order to review your application, we will need your completed application and official high school transcript. One letter of recommendation is optional, but encouraged. Once we have all application materials, the decision is generally made within a few weeks. [Learn more about how to apply.](#)

DO YOU CHARGE AN APPLICATION FEE?

No application fee is required.

WHAT IS THE APPLICATION DEADLINE FOR ADMISSION?

We accept applications on a rolling admissions basis, which means you can apply year round. [Start your application online today!](#)

DO I NEED A FORMAL INTERVIEW?

Formal interviews are not required. However, we may request an interview in order to obtain more information on your application.

WHAT IS HEOP AND HOW DO I QUALIFY?

HEOP is the Higher Education Opportunity Program that is funded by New York State and MSMC. The program is designed to support both academically and financially disadvantaged NYS residents. This program is a highly competitive program for high school students who meet the New York State income eligibility guidelines. [Visit the HEOP website to learn more](#), or contact the HEOP office at 845-569-3178.

HOW MUCH IS THE ADMISSIONS DEPOSIT, AND IS IT REFUNDABLE?

Students are asked to submit an admissions deposit in order to confirm their enrollment at the Mount. The deposit is \$250 for resident students and \$150 for commuter students. Please note that deposits are non-refundable and subject to change without notification.

WHAT ARE THE PLACEMENT EXAMS? DO I NEED TO TAKE THEM?

Some students are required to take placements exams in the spring prior to the start of their freshman year. The placement exams are used to determine if students are ready to begin taking college-level courses.

IS THERE A MANDATORY ORIENTATION PROGRAM? WHEN IS IT?

Yes, Summer Orientation is mandatory. We offer two different sessions in the month of July. From information sessions to team building activities, orientation is the perfect time for incoming students to learn what to expect from their college experience.

QUICK GUIDE

FIRST YEAR – SENIOR YEAR

FIRST YEAR - ADJUST TO COLLEGE

- Meet the Career Center counselors
 - Create a resume and have a counselor review it
 - Learn about all that the Career Center has to offer
- Explore co-curricular opportunities and get involved in organizations and clubs
- Make sure you visit the Office of Student Success, which offers academic coaching, academic tutoring and supplemental advising.
- Practice time management! The flexible schedule of college life can be hard to adapt to!

SOPHOMORE YEAR - EXPLORE ACADEMICS AND CAREER OPTIONS BROADLY

- Explore opportunities for undergraduate research
- Meet with a career counselor and attend career events to find an internship or summer opportunity
- Determine which student organizations are the best fit
- Plan ahead for the summer—job, internship, research, or summer school
- Declare a major by the end of your sophomore year if you have not done so already

JUNIOR YEAR - EXPERIENCE ACADEMIC DEPTH AND START TO DEFINE CAREER OPTIONS

- Keep working with the Career Center to develop your plans
- Explore graduate school options and schedule any admittance exams needed (LSAT, MCAT, GMAT, etc.)
- Take on leadership roles in student organizations
- Review and confirm your progress to degree completion with your Faculty Advisor
- Participate in service opportunities

SENIOR YEAR - CULMINATING EXPERIENCES AND TRANSITION TO LIFE AFTER COLLEGE

- Update your resume
- Hone your strategies for job searching by working with the Career Center
- Apply to graduate school or fellowship opportunity
- Plan ahead for Commencement
- Confirm academic standing with your faculty advisor
- Remember the Career Center offers access to services and resources for alumni
- Participate in career fairs and on campus interviews

WHAT TO EXPECT: SUMMER



JUNE, JULY & AUGUST

Your son or daughter has made the decision to study at Mount Saint Mary College. The first goal has been accomplished. Congratulations, no more running around using weekends to find the right college for them! High School graduation is behind you and now you need to focus on your student's new adventure. Many emotions come into play now. Some students start withdrawing from their loved ones. It is a defense mechanism. They are afraid they are going to miss you too much, so start the process before it needs to happen. Do not take this personally, but encourage your student to spend time with the family. Go shopping together for what they may need for college and take time to discuss their anxieties.

CHECK LIST

1. Make sure your insurance company knows they will be living on campus if this is the case. They may send you paperwork to fill out. Please complete this and send it back. If you do not have insurance, check out the schools insurance coverage.
2. Shop for all the essentials. If your student knows whom they will be rooming with before they arrive, have them coordinate large items that they can share. It will save money and space in the car.
3. Your student will come to one of the orientations in July where they will complete their schedules, so do not worry that it is not done yet. They may also meet someone with whom they choose to be roommates. Both parties need to agree to this and let Residence Life know.
4. Read the packets that you receive from Admissions and Residence Life. They are filled with dates and schedules. Please create a checklist to make sure they are all completed. Review the "What to Bring List"

that Residence Life sent your student before you go shopping.

5. If your student has never done their own laundry, this would be a good time to teach them how to do it. Balancing a "checkbook" and budgeting would be great lessons as well. There are ATM machines in Hudson and Aquinas Hall.

6. If your student is a commuter, make sure they know the places they can go in between classes to study or socialize.

IMPORTANT REMINDERS:

- Housing assignments are usually sent to your student's MSMC email address the first week of August.
- An email from Financial Aid's work-study program will be sent to your student about student employment on campus if they are qualified for the Federal "Work Study" Program.
- If your student has not qualified for work-study but wants to work, have them check out the Career Center in Aquinas Hall and ask about local work or tutoring.
- Fall semester tuition is due.
- Move in day is in August, and classes begin in August.
- Families should review, accept their awards.
- Families should start the loan processing process which typically opens around mid-June.
- If applicable families should also setup a payment plan for tuition payments. Student balances should be at \$0 before the start of class. More information about payment plans and how to set it up can be found on our website

WHAT TO EXPECT: FALL



SEPTEMBER

Homesickness is as real as any physical condition. There is definitely an adjustment period to this new lifestyle. Encourage your student to keep up the good work and empathize with their struggle.

A lot is coming at them at once. Classes and homework, tests, finding their way around campus, making new friends and missing their old friends. Time management takes on a completely new meaning. Encourage them to visit the Office of Student Success. Academic coaches are there to help them with all their new transitions. Professors also have office hours. Encourage your student to visit the professors outside of class so that they can get to know each other better. They may also want to pop into Campus Ministry and speak to Fr. Greg who welcomes all students with a huge smile and cheery disposition. Resident students also have an RA who is there to help them adjust and work out roommate issues. There is a "club fair" you can encourage your student to attend. All the clubs on campus have a sign up day. It is a time to see what catches their eye and find people with similar interests. If they are sports oriented, they can visit the Kaplan Recreation Center and ask about intramural sports.

IMPORTANT REMINDERS:

- Last day to Add/Drop
- Labor Day-No Classes

OCTOBER

Fall break will probably be the first weekend your student returns home. The longer they stay at school on weekends the easier the adjustment period will be. Student Activities works very hard at event planning for the students. Encourage them to attend the events. They will meet people in a relaxed

atmosphere and relieve stress at the same time.

When your student does come home, let them relax a bit and let the conversation flow from them about how everything is going. If classes or grades are not going well, gently remind them of all the help that is on campus for them. Reread the guide so that it is fresh in your mind so and you can give them the proper guidance. Their anxiety may be high, so keep yours low! Speak to them about their feelings and if they do not open up; ask specific questions that require more than a yes or no answer. For instance, ask about individual classes or people. You may be able to detect from their tone, where the problem lies.

IMPORTANT REMINDERS:

- Fall Break-No Classes
- Family Weekend
- Spirit Week

NOVEMBER & DECEMBER

This is probably the most stressful time for your student. Essays are due, projects need to be completed and finals are pending. Eating well, exercise and sleep will help ease the tension. There are also other avenues to pursue such as the Counseling Center.

Encourage your student to stop worrying about the holidays and that they will be home soon enough to help with decorating, baking and shopping. Missing family traditions does weigh on students, so if you can hold off until they come home, it will relieve anxiety about that.

IMPORTANT REMINDERS:

- Thanksgiving break
- Finals Exams December
- Forms to Financial Aid
- Deposits Due



WHAT TO EXPECT: SPRING

JANUARY & FEBRUARY

Going back for the spring semester has mixed reviews for your student. They miss their college friends and now it is time to say goodbye to their high school friends and the comforts of home. Perhaps they did not do so well their first semester and know they have to buckle down harder to get that GPA up. These are all real tensions that need to be addressed. Be their sounding board and do not forget the help that is available to them. They are not alone and the administration and staff at Mount Saint Mary College is there just for them!

It may be called the spring semester, but the weather is cold, snowy and rainy. This can have an effect on moods. Stress the point that every class is held indoors and the Kaplan Recreation Center is open for them to exercise and relieve stress and feel fit. Exercise may also keep them healthier in cold and flu season. Wash hands often and thoroughly.

Pay attention to the deadlines for the add/drop periods for classes. This would be a good time for students to reconnect with their advisors if a class they signed up for is not what they were prepared for.

IMPORTANT REMINDERS:

- Residence Halls Open
- Classes Resume
- Martin Luther King Day – No Classes
- Last day to Add/Drop, January
- Filing the FAFSA and TAP

MARCH

Hopefully, spring is right around the corner by now because being inside all winter long can really get to any of us. Luckily, your student has a week off. Make sure you have a small talk with them if their grades could use some improving. Tell them before they come home from the break to meet with the FYE team and OSS advisor to help them come up with a plan on the best way to study for mid-terms. The last thing they want to do on spring break is study, but this is the perfect opportunity to change that GPA for the better. They will be back home within a month for Easter Recess. That will be the time to relax with family and friends a bit more.

IMPORTANT REMINDERS:

- Spring Break-No classes for traditional students

APRIL & MAY

The end is so close you can almost taste it. The weather is just beckoning your student to just enjoy the day outside and forget about everything else. Remind them that they are almost done. A whole year has almost passed and you did so well. If they feel the need for warmth on their backs, great. Go outside with your textbooks and notes; find a nice spot and study.

IMPORTANT REMINDERS:

- Renewal of the FAFSA and TAP forms
- Easter Break
- Housing Selection
- Block Party
- Commencement

PLACES TO GO, THINGS TO DO

The Mid-Hudson Valley is rich in recreational and historical sites as well as beautiful rivers, lakes, and mountains. In addition, the Mount is only an hour from New York City. The following selected list of recreational and leisure sites, restaurants, and accommodations is intended to help students enjoy the area. This list is representative; it is not an endorsement.

FOR FURTHER INFORMATION:

- The Chamber of Commerce of Orange County 845-457-4700; www.orangenyc.com (visitor information)
- New York State Travel Information Center (1-800-CALL-NYS)
- New York Convention and Visitors Bureau (New York City) 212-397-8200
- Orange County Tourism: orangetourism.org
- The Times Herald-Record or Poughkeepsie Journal.

RESTAURANTS

Alexis Diner, Newburgh	845-565-1400
Applebee's, Newburgh	845-567-0190
Billy Joe's Ribworks, Newburgh	845-565-1560
Blu Pointe.....	845-568-0100
Captain Jake's River House	845-565-3939
Cosimos on Union, Newburgh	845-567-1556
Denny's, Newburgh	845-343-4841
Gus's, New Windsor	845-561-3113
Union Square, Newburgh	845-567-3800
Youngest Brother, Newburgh	845-565-3110

ACCOMMODATIONS

Days Inn, Newburgh	845-564-7550
Econo Lodge, New Windsor.....	845-561-6620
Four Points by Sheraton, Newburgh	845-567-0567
Hampton Inn, Newburgh	845-567-9100
Holiday Inn, Newburgh	845-564-9020
Homewood Suites by Hilton, New Windsor	845-567-2700
Hotel Thayer, West Point	845-446-3731
Howard Johnson, Newburgh	845-564-4000
Marriott Courtyard, Newburgh	845-567-4800
Ramada Inn, Newburgh	845-564-4500
Super 8, Newburgh	845-564-5700

