

## **Still have questions?**

Contact the campus directory at  
(607) 777-2000 for assistance

## **COMMUTER GUIDE**



*State University of New York*

# **Commuter Guide**

*Binghamton University*



**2007-2008**

## **What's Inside?**

- **Making Choices, Balancing your Time**
- **New Student Orientation**
- **Questions for New Student-Athletes**
- **Living in the Residential Halls**
- **Campus Resources**
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## Tutoring

The **Center for Academic Excellence** offers peer tutoring at no charge in a wide range of subjects. In addition, the center provides a small reference library and 22 computers linked to the campus network. For more information call (607) 777-9235. <http://cae.binghamton.edu>.

The **Discovery Program** helps students develop greater competence in handling educational and career responsibilities and explore ways to make meaningful contributions to society. Students have access to academic support and student-living services on campus, free peer tutoring and courses taught by faculty who maintain a student-centered perspective and support Discovery values and goals. Discovery Centers are located in residence communities and fellow students. There are Discovery Assistants in each residence hall as well as once for Off Campus College students. <http://discovery.binghamton.edu>.

The **Writing Center** is a place where students can find competent, friendly, individual, and free help in improving their writing. For more information, call (607) 777-6725. <http://writing.binghamton.edu>.





**Student Accounts:** <http://studentaccounts.binghamton.edu/>

Student Accounts transactions are available at the BUSI Web Center. Make Web Payment, Sign up for Direct Deposit, Check Refund Status, Submit your tuition bill online, etc. For more information, call (607) 777-2702 or visit <http://busi.binghamton.edu>

**Student Affairs:** <http://studentaffairs.binghamton.edu/>

The Division of Student Affairs shares SUNY Binghamton's commitment to the intellectual, ethical, and social education of a diverse and inclusive community of students. For more information, call (607) 777-4788 or visit <http://studentaffairs.binghamton.edu/index.html>

**Telephone Directory:**

<http://www.binghamton.edu/home/about/email.html>  
The University's electronic directory lists local phone numbers and e-mail addresses for faculty, students, and staff.

**XCEL Center:** <http://xcel.binghamton.edu/>

The XCEL center assists students with individual and group leadership issues and goals, recognize support and promote campus leadership efforts and much more! For more information contact [xcel@binghamton.edu](mailto:xcel@binghamton.edu).

## Information for New BU Students

### Traveling the Road of College & Commuting

Congratulations! The moment you have been waiting for has finally arrived... you are now a member of the BU community. Whether you are an undergraduate or graduate student, have spent time at a community college or other institution, or have taken time off to work or raise a family, BU offers you many enjoyable and engaging experiences. Making new friends, discovering more about yourself and your life goals, being challenged intellectually, and finding your niche in the Bearcat community are a few of the myriad opportunities that await you.

### Proud to Be an Off-Campus Bearcat

As a commuter student you will become one of roughly one hundred twenty five undergraduates who live locally and commute to BU\*. There are a variety of unique aspects about commuting to campus, such as enjoying one's family while going to school, eating home-cooked meals, being able to enjoy diverse environments throughout your day, and having the opportunity to save money by living with family or friends.

\*Figure based on 2009 Freshmen profile class. <http://www.binghamton.edu/home/about/facts.html>

### Facing the Challenges

Being an off-campus student can also have its challenges, such as being a new student at a large university, adjusting to academic pressures, making friends and establishing a social life. Other issues include transportation, balancing school, commuting, work, and helping family and friends understand your life as a student. One thing to remember is that what appears to be a challenge can oftentimes be an opportunity for creative problem-solving, building life skills, and personal growth. Begin preparing now for the challenges ahead, so that you can take steps to make them positive learning experiences.

## Balancing Your Time

Being a student can be a full-time job. When your role as student is added to your other roles and commitments, effective time management becomes important. In addition to being in class, it is important to be realistic about how much time you need to commit to schoolwork. It is expected that you will spend at least two hours of study time per week for EACH credit hour you are registered. For example, if you register for 12 credit hours, you should anticipate that you will need to build in 24 hours of study time. That is a total of 36 hours, which is almost a full-time job! As you think about ways to effectively manage your time, don't forget to consider your commute to campus. You may find that commuting takes a significant amount of time from your day; therefore, be sure to plan your commute time as part of your schedule. Reduce stress by planning for delays due to traffic, weather, construction, and/or finding a parking space. You may find that during your commute you can listen to books on tape or a recording of a lecture.

If you intend to work while in school, take into account not only the amount of time but the energy that working will require of you. Depending on your job, you may find that working connects well to your future career aspirations or is flexible to allow for some study time.

There are a few questions to ask yourself as you decide on a job while you are a student: Is the job flexible enough so that you may have some time off during peak study times during the semester? Does your schedule allow enough time to get to and from class and your job? Will your employer accommodate your college commitments?

If you are looking for a way to earn some extra money while working in a supportive environment, you may want to try to find an on-campus job. This way, you can work among people who understand the schedules and lives of students, as well as reduce your commute time since you will already be on campus. Finally, by working on campus you may develop an insider's perspective of various departments, services, and resources at BU.

**News:** Pipedream <http://www.bupipedream.com/> is a student paper, and BU Inside reports on University news. <http://inside.binghamton.edu/>. Campus news may be seen throughout campus on bulletin boards or kiosks.

**Off-Campus Housing:** The Off Campus College Office has listings of and rooms available for rent near the campus. For more information, call (607) 777-2767 or visit <http://occ.binghamton.edu/housing/housing.htm>.

**Off Campus College Transport:** OCCT is SUNY Binghamton's student run transport service. A service schedule can be found at <http://occt.binghamton.edu/schedule.htm>

**Parent Relations:** Information for parents can be found at <http://alumni.binghamton.edu/parent/index.html>

**Parking:** <http://parking.binghamton.edu/>

The University enforces [Vehicle and Traffic Regulations](#) that are binding for SUNY Binghamton, faculty, and staff as well as visitors who operate and/or park on campus. For more information, call 607-777-2279 or email [parking@binghamton.edu](mailto:parking@binghamton.edu).



**FYE:** First Year Experience courses (HDEV 105) are two-credit courses designed to smooth the transition from high school to college, hone college-level skills and introduce students to the whole range of resources at BU. Felicia Malarkey teaches a course solely for commuter students. She can be reached at [fmalarkey@binghamton.edu](mailto:fmalarkey@binghamton.edu).

**Judicial Affairs:** <http://judicialaffairs.binghamton.edu/>  
Judicial Affairs seeks to work collaboratively with other departments in a effort to create a safe, secure, and civil environment where learning, growth and development can take place both inside and outside of the classroom. For more information, call (607) 777-6210 or email [judaff@binghamton.edu](mailto:judaff@binghamton.edu)

**Info on Upcoming Events:** <http://b-line.binghamton.edu>

**Jobs:** <http://www.binghamton.edu/bingfa/employment.htm>  
For more information or to make an appointment, call (607) 777-2428.

**Keys:** Keys locked in the car? Contact the New York State University Police at Binghamton. This department is a fully functioning police department that is here to serve you the community member, and visitors to our community. For more information, call (607) 777-2393.

**Libraries:** The [University Libraries](#) include Bartle Library and Science Library. An integral part of the University experience, they offer extensive resources to support the academic needs of students. For hours and information, visit the website at <http://library.binghamton.edu> or call (607) 777-2194.

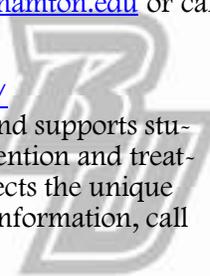
**Medical Issues:** <http://health.binghamton.edu/>  
The [Health Services Center](#) promotes and supports student wellness through education, prevention and treatment in a caring atmosphere that respects the unique qualities of each individual. For more information, call (607) 777-2221.

## **Balancing Many Roles: Helping Others Understand**

In addition to being a student, you may find that you are still trying to be a friend, employee, colleague, team member, sibling, child, partner, parent, or spouse. Although each of these roles is different, one thing that they each have in common is that they show the ways in which you connect with others. One of the most significant challenges of off-campus students is balancing these roles and helping the significant people in your life understand what it means to have the additional role of being a student.

Your family may expect that you will continue with your responsibilities such as household chores, shopping, cooking, babysitting and earning money the same way you did before becoming a student at Binghamton University. You and your loved ones may need to discuss ways in which to make the various dimensions of your life work smoothly. For example, you may want to post your class and study schedules in a prominent place so that others may know when you are available.

Even if your family and friends are supportive of your desire to attend school, they may be less excited about having to share your attention and energy with schoolwork and new friends. They may even feel rejected or “left out” by you. You might find it useful to periodically discuss your intentions in going to college. Consider how you can share with them what college is like for you, such as inviting them to attend events with you on campus.



## Finally...

Welcome to Binghamton University! The following information allows you to discover services and resources to help you learn about the University and make a successful transition to being an Off-Campus Bearcat!

## New Student Orientations

We encourage you to attend and fully participate in the **Summer 2007 Orientation**, <http://orientation.binghamton.edu/>. *We suggest taking advantage of the university's overnight accommodations.* This will give you an opportunity to meet fellow freshmen, interact with your Orientation Advisor and get to experience the residence halls. **A local student meeting will be held on the second day of each orientation session.** The location and details of this meeting will be provided at your specific orientation session.

As a local commuter student, your needs differ from those of students living on campus. There are many resources and outlets for local students who choose to commute as freshmen. One of which is the First Year Experience (FYE) Course. **There is an off-campus section of this course designed especially for YOU!** The section for commuter freshmen is HDEV 105, Section 11.

Enrollment in this section is limited to 20 students. Permission of the instructor is required to register for this course. Please contact Felicia Malarkey at [fmalarke@binghamton.edu](mailto:fmalarke@binghamton.edu) if you are interested in this course. Student registration is on a first come, first serve basis. **Formal enrollment will take place prior to the first orientation session on July 9, 2007.**

**Disability Support Services:** <http://ssd.binghamton.edu/>

The Services for Students with Disabilities coordinates services for students with disabilities, including program-accessibility arrangements, reading, notetaking, interpreting, and library assistance. The Office is located in the basement of the lecture hall. For more information, call (607) 777-2686.

**Emergency Closings:** In the event of inclement weather, the University may close to ensure student safety. Call the Emergency Closing Hotline at (607) 777-7669.

**Education Opportunity Program:** <http://eop.binghamton.edu/>

They provide support and advocacy for our students from the time of admission through graduation and beyond. The Program is designed to strengthen personal development and assist in building academic skills as students' transition to the University's social and cultural environment. For more information, call (607) 777-2791.

**ESCAPE:** Binghamton University's students run Bus Company. For more information see: <http://www.buescape.cjb.net/>

**Financial Aid:** <http://bingfa.binghamton.edu/>

The Financial Aid Services Office is a dedicated, eclectic team of people knowledgeable in the quality delivery of financial aid services. For more information, call (607) 777-2428.

**FitSpace!** <http://wellness.binghamton.edu/geninfo.htm>

FitSpace is a 4,000 square foot state-of-the-art facility on campus dedicated to encouraging an active lifestyle. For more information, call (607) 777-2113.

**Food Services:** <http://www.budining.com>

The Meal Plan Office is located in the University Union just outside the Susquehanna Room. For more information, call (607) 777-6000.

**Campus Life:** <http://campusactivities.binghamton.edu/>

Campus Life supports the University's commitment to providing students with a total education milieu conducive to each individual's personal growth and cognitive development. The staff facilitates opportunities for students to develop and apply their personal skills, enhance their sense of identity with the educational process and the institution, and broaden their exposure to a diversity of experiences and people. For more information, call (607) 777-2811.

**Career Services:** <http://cdc.binghamton.edu>

SUNY Binghamton's Career Development Center (CDC) helps people understand the relationship between the university experience and future professional roles. Tied to the educational mission of the University, the CDC assists undergraduate and graduate students in all majors, as well as alumni, because career development is a lifelong process. For more information, call (607) 777-2400.

**Computing:** <http://computing.binghamton.edu/>

Information Technology Services provides computing and network resources and educational technology services to the SUNY Binghamton campus community. People, facilities, hardware and software together create an enhanced computing and educational environment. Resources are continually being upgraded to provide the University with current technologies. For more information, call (607) 777-6114.

**Copy Machines:** Coin-operated and BUCS copy machines are available for student use in Bartle Library.

**Counseling Center:**

<http://counseling.binghamton.edu/index.htm>

Services include individual and group counseling, workshops, outreach and consultation, crisis intervention, and referrals to both on- and off-campus resources. For more information, call (607) 777-2772.

## **Key Questions For New Students Living Off-Campus To Consider**

**Transportation Issues**

How am I getting to campus? Is there one than one way for me to get here other than driving?

If driving, where will I park? Can I afford to pay for parking? Can I afford gas? Should I carpool? What should I do if my car is towed? What should I do in case of emergency?

If busing, what routes do I need to know and where can I get schedules?

**Daily Concerns**

Where am I going to eat each day? Can I afford to eat on campus? Can I bring food with me to campus? Where can I heat up a meal?

I have too many books to carry – are there lockers I can rent? Does my schedule have holes in it? What am I going to do during times when I am not in class but on campus?

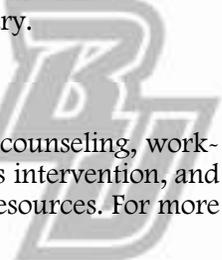
Are there any student organizations I am interested in? Where can I meet people? Is there anything to do on campus at night and on the weekends?

**Academic Issues**

What is the most important to me at SUNY-Binghamton? What are my priorities? How can I most effectively spend my time?

Where can I meet other students who share my interests?

Where can I study? Where can I find a tutor or other forms of academic help? Where can I learn how to manage stress?



## Home Sweet Home

### Issues at home

Is my family supportive of my decision to go to college?

Where and when do I get the most support?

Is my home life conducive to studying? Is there a special place at home specifically for me to work on schoolwork?

Do I need a job?

If I have a job currently, is it convenient to my class schedule? Is it adding stress to my life? Could I find a better job?

If I need a job, would it be better for me to work on or off campus? How much do I need to make per hour? When would it be best for me to work?

Where is the Career Center?

What are my other responsibilities besides school and myself? How can I better prioritize those responsibilities?

If I'm living at home, do I want to live closer to school next year? How can I afford an apartment? Can I live with other people? How many people? What types of people? Where is the Off-Campus Housing Services Office?

Am I eating right?

Am I taking care of myself?

Am I getting enough sleep?

Am I happy?



## Campus Resources

### Academic Calendar:

SUNY-Binghamton operates on a year round schedule that includes a fall and spring semester, as well as winter and summer sessions. It can be downloaded at <http://www.binghamton.edu/home/about/calendar.html>

### Admissions:

<http://www.binghamton.edu/home/admissions/default.html>

### Advising and Mentoring:

Please visit the advising and mentoring website at <http://www.binghamton.edu/home/student/advising.html> for more information on academic assistance.

### Academic Success Center:

The Office of Student-Athlete Academic Support Services at Binghamton University is organized to provide all student-athletes an opportunity to achieve excellence in their academic, athletic, and personal pursuits. The Academic Support Services within the Department of Intercollegiate Athletics provides the following services: assisting in the registration process, assisting in the search for extra academic help through campus tutors, assisting in the day-to-day academic progress of student-athletes, and providing a forum through which the department may contact a professor/academic department for missed class time or anything of the like.

### Bookstore: <http://binghamton.bkstore.com/>

The newly renovated [Barnes and Noble Bookstore](#), located on the lower level of the University union, sells clothing and stationery in addition to textbooks. The store takes special orders and buys back texts at the end of each semester. For more information, call (607) 777-2745.

