New York’s 100+ Private Colleges and Universities

Adelphi University  
Albany College of Pharmacy and Health Sciences  
Albany Law School  
Albany Medical College  
Alfred University  
American Academy McAllister Institute  
Bank Street College of Education  
Bard College  
Barnard College  
Boricua College  
Bramson ORT College  
Canisius College  
Cazenovia College  
Clarkson University  
Cochran School of Nursing  
Colgate University  
College of Mount Saint Vincent  
The College of New Rochelle  
The College of Saint Rose  
Columbia University  
Concordia College  
Cooper Union  
Cornell University  
Crouse Hospital College of Nursing  
The Culinary Institute of America  
D’Youville College  
Daemen College  
Dominican College  
Dorothy Hopfer School of Nursing  
Dowling College  
Elis School of Nursing  
Elmira College  
Excelsior College  
Fei Tian College  
Finger Lakes Health College of Nursing  
Fordham University  
Hamilton College  
Hartwick College  
Helene Fuld College of Nursing  
Hilbert College  
Hobart and William Smith Colleges  
Hofstra University  
Houghton College  
Institute of Design and Construction  
Iona College  
Ithaca College  
Keuka College  
The King’s College  
Le Moyne College  
Long Island University  
Manhattan College  
Manhattan School of Music  
Manhattanville College  
Maria College  
Marist College  
Marymount Manhattan College  
Medaille College  
Memorial School of Nursing  
Mercy College  
Metropolitan College of New York  
Molloy College  
Mount Saint Mary College  
Nazareth College  
The New School  
New York Chiropractic College  
New York College of Podiatric Medicine  
New York Institute of Technology  
New York Medical College  
New York School of Interior Design  
New York University  
Niagara University  
Nyack College  
Pace University  
Paul Smith's College  
Phillips Beth Israel School of Nursing  
Polytechnic Institute of NYU  
Pratt Institute  
Rensselaer Polytechnic Institute  
Richard Gilder Graduate School at the American Museum of Natural History  
Roberts Wesleyan College  
Rochester Institute of Technology  
The Rockefeller University  
The Sage Colleges  
Samaritan Hospital School of Nursing  
Sarah Lawrence College  
Siena College  
Skidmore College  
St. Bonaventure University  
St. Elizabeth College of Nursing  
St. Francis College  
St. John Fisher College  
St. John's University  
St. Joseph's College  
St. Joseph's College of Nursing at St. Joseph's Hospital Health Center  
St. Lawrence University  
St. Thomas Aquinas College  
Syracuse University  
Touro College  
Troy College  
Union College  
Union Graduate College  
University of Rochester  
Utica College  
Vassar College  
Vanguard College of Aeronautics and Technology  
Villa Maria College of Buffalo  
Wagner College  
Watson School of Biological Sciences at Cold Spring Harbor Laboratory  
Webb Institute  
Wells College  
Yeshiva University

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The first day of college is looming. It’s an exciting time, your first year in college, meeting new people, making new friends, encountering new challenges and opportunities. Realize that you’re not the only one to go through the experience and if you need it, help is always available at the college.

The quick tips below are intended to help you make the move from high school to college as easy as possible.

Starting something new

It’s difficult to describe the excitement of the first days at college — the feeling of the beginning of something BIG. You’ll meet a lot of new friends and become so involved in your courses and activities that before you know it the first semester will be over.

Before you go, ask your school counselor for a list of other students from your high school who attend your college. Contact them before the semester begins or look ... be able to help show you around, answer your questions and give you the inside scoop on what to do and what to avoid.

Roommates

If you’re going away to college and if you know the names of your roommate(s), contact them before you leave. Discuss what they’re bringing, and maybe you can avoid ending up with two or three of everything.

College roommates often become life-long friends. Although, if you do have problems, talk with the residence/dorm advisor. They will help you work things through.

Brings and don’t brings!

Read the suggested list of things to bring provided by the college. Follow it. It’s been compiled based on years of first year students’ needs. Note in particular the items you’re not allowed to bring.

Home away from home – Get involved!

When you get to campus, the best way to adjust to new surroundings is to get involved. Join an extracurricular sport or club or try to get a job on campus. Another way to feel comfortable at your new “home” is to get to know it well. Find out where everything is located. Go for a walk, drive around town, visit, and really get to know what your campus and the surrounding area offer:

- **Campus Web site** – a great source of information about campus activities, academics, and schedules.
- **Student union or campus center** – the gathering place for all students, and in particular for commuters – a great place to hang out.
- **Registrar** – to register for your courses, drop/add courses. This may be done online on most campuses.
- **Chapel**
- **Student support services** – to find out about tutoring and writing assistance.
- **Health and counseling services**
- **Gym and other recreational facilities**
- **Theater**
- **Lecture halls and academic buildings**
- **Cafeterias and restaurants/snack bars**
- **Commuter student organization office**
Cutting costs at college

Budget your money

Few people are fortunate enough to have a bottomless bank account. Whatever your situation, college is usually a time to learn and maintain the basics of budgeting. You should sit down and plan who is paying for what and project what your living expenses are going to be over the next semester or year. Develop a budget before you go. If you have real difficulties meeting expenses the first semester, take a careful look at how you spent the money. If nothing was too frivolous, sit down and readjust your budget for the next semester or, if your course load permits, you might want to think about a part-time job on or off campus for a few hours a week to earn some extra pocket money. However, if you do decide to work while going to school, don’t try to do too much. Studies have shown that students should try to limit their outside jobs to fewer than 15 hours per week.

College costs

College costs can be divided up into the following categories: tuition and fees, room, board, books and supplies, transportation, and personal expenses. You will receive your bill from the college for tuition and fees and room and board (if applicable) several weeks before the semester begins. Read the suggestions below put together by students and parents who have already “been there.” Maybe you’ll find some ways to manage and perhaps reduce your costs.

Tuition

When you receive your bill from the college, read the accompanying material carefully. If paying the bill in a lump sum is a hardship, you and your family should consider contacting the Financial Aid, Bursar’s Office or Office of Student Accounts to ask if the college offers a monthly tuition payment plan. Also, don’t forget, you must apply for financial aid every year to be considered for it. If you didn’t apply for financial aid this year, you can apply next year. If you would like additional information about financial aid, go to the financial aid office at your college and ask when the application process begins. Make sure to obtain all the necessary forms and note all deadlines for scholarships and aid.

Living on campus

Colleges often offer a variety of meal plans. Many also have health food bars, salad bars, kosher food, and other ethnic foods. If you will be living on campus, you can lower your costs if you think carefully about your meal plan and the type of schedule you are likely to keep. If you always eat three meals a day, then the full meal plan option might be the best for you. If, however, you get up minutes before that first class, check into the possibility of renting a refrigerator, bringing an electric coffee pot, if they’re allowed in the residence hall, and having your breakfast in your room before class.

A word about food and rest: Eat right and get enough sleep. You’ll feel better, be able to concentrate and study better and, at the end of the year, you’ll look better than if you gave in to all those urges for double cheese burgers, pizza and ice cream.

Books and supplies

You will have many books to purchase for your classes. Consider buying used books if they’re available — you’ll save a lot of money. Purchasing books through online stores may be less expensive, but be sure to have them in time to start classes and assignments.

Before school begins, save some money by doing your “back to school” shopping at the local discount store rather than relying on the college bookstore to stock up on the essentials — notebooks, folders, pens, pencils, highlighters, etc.

Transportation and getting around

Plan your trips home carefully to take advantage of discount fares, reservations and schedules that permit lower round trip costs. Check to see if the college has a rider/ride needed board for car pooling to your hometown. If you are a commuter, you might want to car pool to campus with another student. In any case, budget for the shared gas and toll expenses for trips home. Check to see if your college charters buses to certain cities at holiday times.

If you can (some colleges restrict cars on campus and some prohibit cars for first year students) and want to bring your own car to college, you’ll have to budget for gas, insurance and on-campus parking or registration fees. Consider getting a gasoline credit card or joining an automobile club in case of an emergency (towing, keys locked in the car). Ask for a map to see where students are allowed to park — it may be a very long distance from your classes or residence hall!

Some students bring bicycles to campus. If you do, find out before you leave for college if and where you can store it securely when you’re not using it.

Many colleges have shuttle buses to different points on campus as well as occasional runs to off-campus areas such as local shopping malls or nearby cities and towns. Check with your college’s student affairs or information office for a schedule.
Personal expenses run the gamut from toothpaste to a ticket to see a concert. This is where your budget can be strained. The key is knowing how much you have, and then planning what you can do. You’ll have a lot of tempting opportunities to consider. You can’t do everything, but if you plan your time and money well, you’ll manage.

Consider these necessities of life:

Laundry – you’ll have to wash your clothes at some point. Washing them regularly before the build-up overflows from your closet is best. If you don’t know how to run the washing machine and dryer, there are instructions you can follow on the machines. It is not recommended to wash the red shirt with the white t-shirts.

Phone – Although some colleges and universities provide a phone jack in residence hall rooms for students to use to place local calls or use a calling card for long distance calls, students often decide to take a cell phone to college with them. If you rely on a cell phone, it is important to understand your calling/data plan so that you are not charged hefty overage fees if you exceed your limit. Research the options and see what works best for you.

Recreation – Your best bet is to take advantage of the opportunities your campus offers: lectures, films, theater, dances, parties, museum trips, concerts, sports, clubs. Often, you have already paid for these in your student activity fee. Check to see what your activity fee covers. Many communities offer students a discount at movie theaters, as well as for other community events. Check the campus newspaper, Web site, local newspaper or your campus student affairs/activities office.

Personal necessities – You’ll need that toothpaste and other personal hygiene products. Stock up at your local discount store before you leave to limit those emergency runs which can end up being expensive. The easiest way to get ready is to make a list of the items you use every day. On your budget don’t forget to include a reasonable amount for miscellaneous expenses.

College is different from high school. Your success depends to a great extent on how well you organize your schedule and prioritize your responsibilities. Whether you are going to a 2-year or a 4-year college, the time you spend there is an investment in and preparation for your future. Make the most of it. Always do your best.

I don’t know what to take!

Although unpacking and getting to know your new community and friends can be extremely important, stay on top of your academics from Day One. A great person to get to know is your academic advisor.

Your academic advisor will be the person who can answer your questions about class registration and scheduling. Many students are not sure what their “major” will be; some are sure when they arrive, but decide to change after a semester or two. College is about finding out what you do best and discovering new areas of interest.

The possibilities are nearly limitless. You can major, double major, concentrate, and minor in any number of fields. There are required courses and electives and open credits. As a first year student you’ll most likely have a number of required courses you’ll have to take. If you have space in your schedule for a non-required course, try to choose something that really interests or concerns you.

“Help! How can I do all this work?” or “I really want to hang out with my friends, I can always study tomorrow…”

The best way to accomplish everything is to plan your time. Set your priorities. Get into a study-first, play-later routine and stick to it. Go to your classes! Don’t procrastinate. Get started on your assignments right away. You’ll be surprised how quickly those reading assignments build up and how long it takes to write a 10-page research paper. You’ll be on your own with no one leaning over your shoulder to constantly remind you to go to class and do your assignments.

Managing your schedule

During the first few weeks on campus, get to know your professors and understand what they expect of you. Ask questions. Use a calendar to mark when your exams, quizzes, and dates papers are due. Plan the time you will spend each day completing the required reading and assignments and include time for any research you need to do for those end-of-semester papers. Form a study group with other students in your class to review class notes and assignments. Take good notes in class and as you read your textbooks. Also, review your notes frequently. It reinforces what you’ve learned and will make studying for exams easier.
Problem classes

If you have any problems with your courses, talk with your professors. Meet with them during their office hours. Find out if tutoring is available and what additional steps you can take to improve your work. Ask questions in class and make sure you understand the assignments. This will also help your class participation grade.

If a class becomes too much for you or just isn’t what you expected it to be, and you’ve tried to work out a solution, you do have the option of dropping it. Talk with your advisor first. Make sure you watch deadlines for dropping/adding/withdrawing and know how it will affect your program and your financial aid. Be careful! Always know what you need to take and when you can take it so you don’t find out your last semester at college that you need an impossible number of credit hours to graduate, or that a required course for your program isn’t offered that semester.

You can do it!

If you are having difficulties, don’t let them slide—talk with someone about them—your professor, your academic advisor, a friend, a counselor, a tutor. There are many people and many student support services on campus to help you.

Checking account

Once you’ve established your budget, consider how you’ll manage your money while you’re at college and pay your bills. If you don’t have a checking account or if you’re going to college away from home, consider opening up an account at a local bank. Not only is it easier to cash checks from a local bank, using a checking account is a good way to keep track of your money. Remember though, it only works if you keep track of the checks, ATM withdrawals from your account, and debit purchases.

Visit the banks near your college and compare the different types of checking accounts they offer. Some require a minimum balance in order to have free checking, others offer a per check fee; still others offer interest on the checking account.

Pay your bills on time!

Quick cash

Many students have found an ATM or debit card convenient for getting money quickly. Remember, these cards can easily make money too convenient. Resist the temptation to overuse it and watch your budget!

Credit cards

Some families find it reassuring to know that their children have a credit card for emergencies if they need it. If so, it is very important to become familiar with appropriate credit card use and limits.

How not to run out of money by Halloween

You’ve budgeted a certain amount for your first semester at college, but you’ll be surprised how quickly money can disappear if you don’t keep track of your spending. To make sure you’re spending within your means, use the following tables to keep track of your expenses. Do it for the first four weeks at college to determine how much you’re spending on average. After four weeks you’ll be able to project how much you’ll end up spending at that rate by the end of the semester. Compare your projected spending to your budgeted amount and you’ll be able to determine whether you’re going to run out of money. Make adjustments as needed!

Personal Expenses Spending Rate

Use the Personal Expenses Budget Keeper on the following page for the first four weeks of college. (Photocopy it or create your own table.) During the first week on campus, write down all the money you spend on transportation and personal items. At the end of the week, total them. Do the same for the second, third and fourth weeks. After four weeks, add the totals, divide by 4 and you’ll have your average weekly spending. If you multiply that figure by the number of weeks in your semester, you’ll have a projected total spending amount for that semester. Compare it to what you’ve budgeted. If you’re over budget, you’ll have to consider each category and see where you can tighten the belt or, maybe, get a part-time job.

4-Week Budget Total: $___________ 4-Week Total: $___________
Budget Week 1 Total: $___________ Actual Week 1 Total: $___________
Budget Week 2 Total: $___________ Actual Week 2 Total: $___________
Budget Week 3 Total: $___________ Actual Week 3 Total: $___________
Budget Week 4 Total: $___________ Actual Week 4 Total: $___________

Average Budgeted Weekly Spending: (Divide by the number of weeks in your semester.)
Budgeted Semester Total: (Multiply your Budgeted Average Weekly Spending by the number of weeks in your semester.)

Average Weekly Spending: (Divide by 4)
Projected Semester Total: (Multiply your Average Weekly Spending by the number of weeks in your semester)

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there is more aid for full-time study than for students who attend part time. Always ask, however, if there are any scholarships for which you might be eligible. Watch the deadlines for all your applications, financial aid and admissions. Missed deadlines may mean missed opportunities!

To learn more about financial aid and about New York State’s 100+ private colleges and universities, visit www.nycolleges.org or call the Outreach and Admissions Office at your college. To learn more about financial aid and missed opportunities, contact Outreach Programs at 17 Elk Street, PO Box 7289, Albany, NY 12243-0289. Visit www.nycolleges.org or email outreach@cicu.org.

It’s not too late to go...