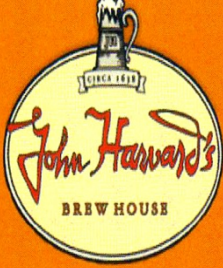


THE SURVIVAL GUIDE TO STONY BROOK

By
Graduate Student Organization
2010 -- 2011





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GRADUATE STUDENT ORGANIZATION

227 Student Activities Center

Stony Brook University

Stony Brook, NY 11794 – 2800

Phone: 631.632.6492

Fax: 631.632.8965

<http://www.sbgso.org/>

Graduate Survival Guide

2010 - 2011

Yi Zhang

Editor

*Many Thanks to officers of the GSO,
previous guide editors and my
dearest fellow graduate students*

Special Thanks to Bill and Kathy

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GRADUATE STUDENT ORGANIZATION

STONY BROOK UNIVERSITY

On behalf of The Graduate Student Organization, welcome to Stony Brook University. The academic departments at Stony Brook University are outstanding and we are confident that you will receive an exceptional education in an enlightened and technologically advanced environment. Whether you are enrolled in the Master's program, a PHD program, Fine Arts, or one of the numerous certificate programs, being accepted into graduate level studies is already quite an accomplishment.

The graduate survival guide is created to pass along the sage advice from previous graduate students and assist you in acclimating to your new surroundings. We at the GSO are thrilled that you chose to attend Stony Brook University; we offer our warmest welcome, and hope that this survival guide is a useful and pertinent source for navigating the University's many facets, and life on Long Island and in New York.

Welcome to Long Island, to graduate school, and welcome to Stony Brook University!

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To Do List

- Check-in
- Phone Home
- Register your laptop
- Get your Student ID
- Pay your bill at Bursar
- Open your Banking Account
- Visit the Health Insurance Office
- Visit the International Students Office
- Attend Orientations
- Walk around the campus

Stony Brook - Graduate Student

Room N.º _____

Name _____

ID _____

Tel. _____

Day 1: Warm-up Tasks

Location: Dorm

Task: Check-in, Make phone call, Register laptop

1.1 Check-in

If you have applied for on-campus housing, welcome to your residence halls. (For those who are seeking off-campus housing, please go to "Housing" section- page 21.)

Make yourself at home. Sign all required forms and check the apartment condition before check-in. Report anything that needs fixing to your RA or by visiting <http://www.studentaffairs.stonybrook.edu/workrequest/>.

1.2 Make a phone call

On Campus Dialing

Calls can be placed between all telephones on the campus telephone system by dialing a five-digit extension number. For the Main Campus, the extensions are 2-xxxx or 5-xxxx. For the HSC/Hospital is 4-xxxx and for the Student Residence Halls is 6-xxxx.

Calls to off-campus phone numbers

+9 – xxx – xxxx : to reach Suffolk (631) area code

+9 – 1 – xxx – xxx – xxxx: to access NYC area codes (212, 646, 347, 516, 718 & 917) from your residence halls (Chapin, Schomburg and West Apartments).

Day 1: Warm-up Tasks

Calling Cards & International Calling

Option 1: Phone cards with low rates can be purchased online. There are many vendors, but a couple good ones are: <http://www.uniontelecard.com/> or <http://www.phonecardonsale.com/>

Option 2: Internet-based calling toolkit, Skype and Google Voice.

1.3 Register computer

If you wish to use the Internet from your Stony Brook dorm room or from any of the public jacks on campus, then you must register your computer. Registration is required to use both the wired network (ResNet) and the wireless network (WolfieNet) in the residence halls. This is to ensure a safe and reliable network for all students.

You need to know your NetID and NetID password to register your computer. You are also required to provide a working e-mail address for verification. Computers using Windows operating systems are required to download and successfully pass a Client Assessment Tool (CAT) scan before they will be registered.

Tips:

- Be patient with the CAT scan process, especially if your computer hasn't been updated for a long time. You can also register your smart-phone or any other electronics with Wi-Fi connection. For more details please visit: http://it.cc.stonybrook.edu/networking/student_registration
- ***Information regarding your NetID and NetID password*** can be obtained by logging in to SOLAR with your Stony Brook ID and SOLAR password. On the SOLAR homepage, click the **NetID Maintenance** link under "Security and Personal Data." This link allows you to:

- 1) Find out what your NetID is***
- 2) Set your security question, establish and change your NetID password***
- 3) Test your NetID password to make sure it is working properly***

Day 2. Mission List & Map

Infirmery + Health Insurance Office

Health Insurance ...

* Student Health Center
1 Stadium Road

**Health Form +
Immunization**

* Same as above

Student Activity Center

Banking Account

* Basement of SAC

Post Office

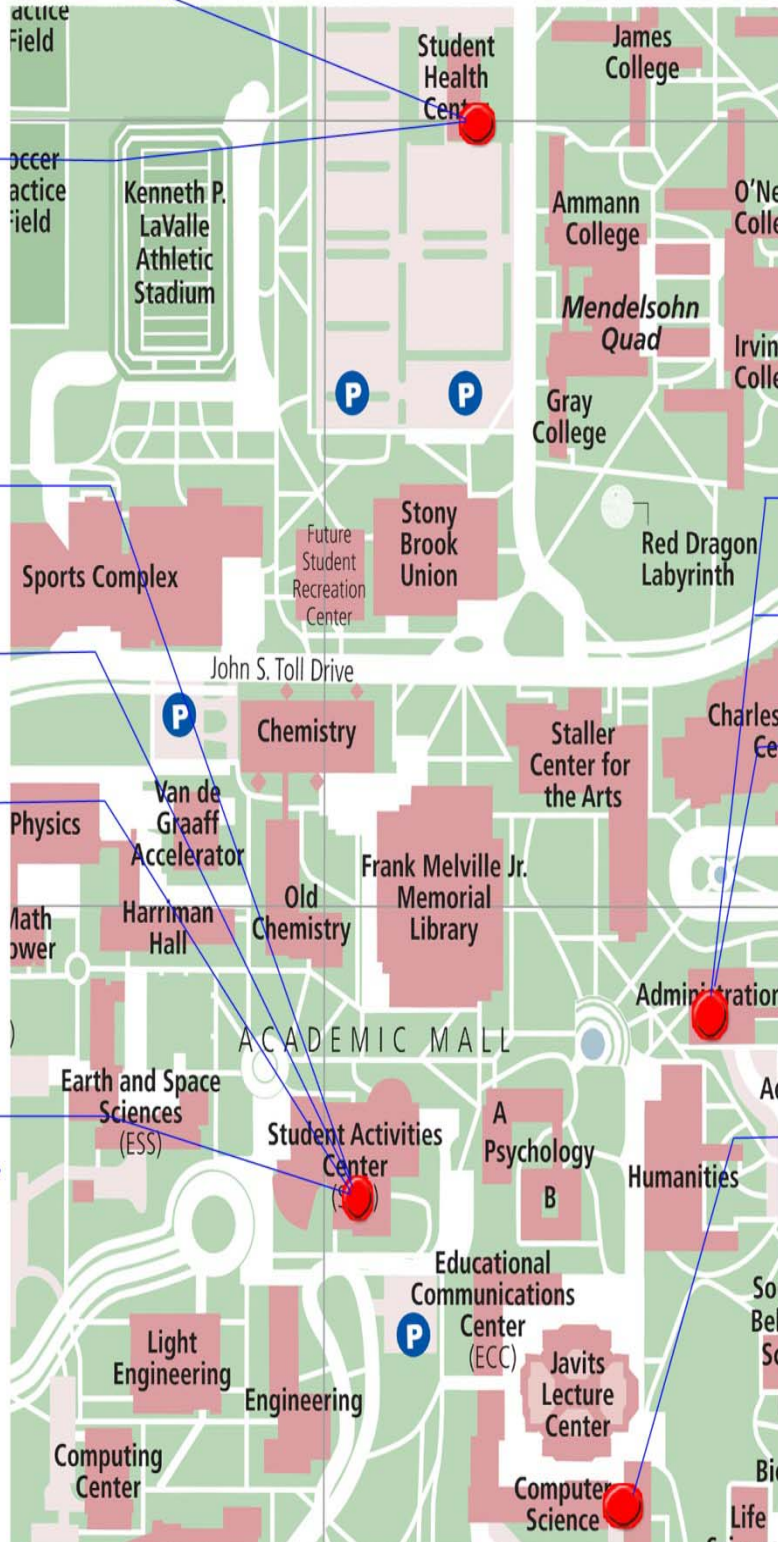
* Basement of SAC

GYM

* 3rd floor of SAC

GSO

* 227 Student Activities Center
Phone: 631.632.6492
Fax: 631.632.8965



Urgent Mission

Optional Mission

Mission for Fun

Administration

Student ID

* 103 Administration Building

Pay Your Bill

* Bursar (lobby on 2nd floor)

Tax Relief Forms

* Human Resource Services
390 Administration Building

Computer Science

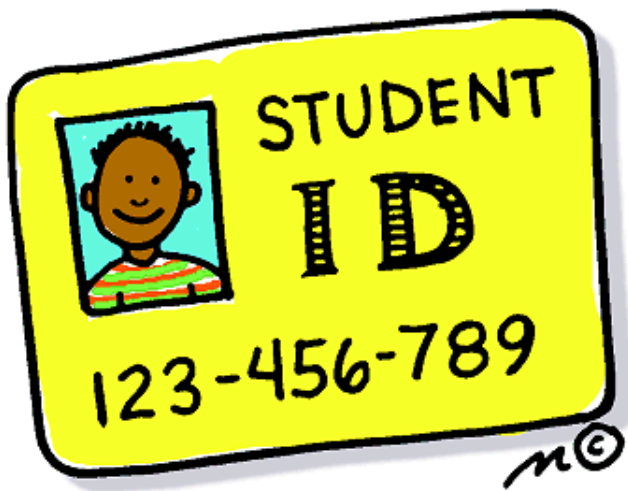
International Services

* The Graduate School
Suite 2401, Computer Science Building

Mission 2.1

Location: Administration Building

Your *Student ID Card* is not just an official identification of you as a proud Stony Brook student, it is also important for your day to day activities on campus. It is embedded with multifunctional features: dining services (Meal Plan), access to the library, banking services, laundry (Campus Cash), bookstore campus account and access to your residence halls or the gyms etc.



One of your first tasks should be, to get your Student ID Card. To obtain a card, bring one form of government issued photo identification (a driver's license, passport, etc.) to one of the

Mission 2.2

Location: Health Insurance Office + Infirmary

As a graduate student at Stony Brook University, you are required to have health insurance. Mandatory insurance is provided. You may opt out of it should you have access to another form of

following Campus Card Office locations

<http://www.stonybrook.edu/campuscard/contact.shtml#locations>

Main Campus	Administration Building, Room 103
East Campus	Health Sciences Center, Level3,Rm162

Remember to dress up a little bit because the picture taken there will also be stored in your Solar account for the next 5 years and don't expect a professional photographer there for you.

Your second task in the Administration building is **to pay off your bills** at the Bursar. The Bursar handles all payments made to the University. It is located in the lobby on the second floor of the building (see business hours <http://www.stonybrook.edu/bursar/contact.shtml#hours>). It also issues parking permits in some cases. You will find this office very helpful, especially if you are an international student and did not have a valid credit card or an electronic check to pay your tuition online yet.

Another important office on the third floor is Room 390, **Human Resource Services**. The staff there will help you with all your employee benefit questions, tax relief forms and direct deposit services etc. You can even find yourself a free notary public here.

insurance, such as through a TA or RA line. Details can be found at:

<http://www.stonybrook.edu/sb/newstudents/nshealthrequirements.shtml>

The Health Insurance Office is located in the Student Health Center (1 Stadium Road).

Come here:

- i. When you change addresses. (You need to keep your address updated on your insurance account or you may not receive your benefit card.)
- ii. When you need to add a dependent to your current insurance (when family comes to visit from abroad, or you get married or have a child)
- iii. When you have some concerns about the coverage of your current program

If you are **feeling ill**, and would like to see a doctor, you have three options:

1. Visit the Infirmary in the Student Health Services Building on campus (simplest option, but a long wait and you may be seen by someone who doesn't have an MD)
2. Go to an off-campus doctor (check to make sure they take your insurance first!)
3. Go to the emergency room at the hospital (last resort – this will be expensive)

The campus Infirmary offers services for:

- ❖ Regular doctor visits
- ❖ OB/GYN
- ❖ Mental health counseling
- ❖ Dermatology
- ❖ Nutrition counseling
- ❖ Chiropractic
- ❖ Massage

The Dental School offers very reasonable priced dental work.

Again, the Hospital emergency room option is going to be expensive; only use this for emergencies.

Infirmary Phone: 631.632.6740

Dental School Phone: 631.632.8989

For more details about your health benefits, visit Human Resources online:

<http://www.stonybrook.edu/hr/benefits/>

International Student Health Insurance

The State of New York requires all non-immigrant students (F-1, F-2, J-1 and J-2) to be enrolled in and billed for the International Student Health Insurance Plan. The University will bill you \$454 for these health insurance fees for the FALL 2010, and **YOU ARE REQUIRED TO PAY THIS BILL.**

Waivers Are Approved Only If: You are studying in your home country for an entire semester or academic year. You must provide a letter to us, informing us of your status, and the name of an academic department contact by the end of the second week of classes (September 15). **AFTER THAT DATE WAIVERS WILL NOT BE ACCEPTED.**

Coverage:

Our mandatory plan covers the following:

- ❖ *\$200,000 of coverage per medical condition*
- ❖ *100% of all necessary medical services*
- ❖ *The plan pays for pre-existing conditions*
- ❖ *The plan has co-pays only for prescription medicines*

Mission 2.3

Location: Student Activities Center

Banking:

Tired of carrying a bunch of cash around? Interested in how to build up an excellent credit record? A convenient and secure banking account plus a couple of credit cards with high rewards are among the top few things you need to get upon your arrival here.

Banking services to ask your banker for:

Free Checking Account

- ❖ Direct Deposit Service – if you get paid as a State employee (TA, RA or GA etc.), you can use the direct deposit service at the Human Resources Office which allows you to directly deposit your earnings to your banking account.
- ❖ Debit Card – allows you to withdraw cash from your checking or saving account at ATMs and also can work as a credit card.

Money Market Savings Account

- ❖ You will get a better savings rate on your deposits than a checking account or a standard savings account.
- ❖ Your money is available in typically 1-3 business days.
- ❖ <http://www.bankrate.com/> will help you find great rates.

Credit Card

- ❖ Build your credit in the USA and have access to more products and services with a credit card account.
- ❖ Watch out for annual fees! If you are new to the US, you may need to make a deposit

on this account. (\$500 deposit as a start-up allowance for TFCU student credit card)

- ❖ Never miss your payment! Not only will a late fee be incurred, but it can hurt your credit rating.

Certificate Deposits (CDs)

- ❖ For long term savings a CD offers you a better APR

Banks Nearby:

[TFCU \(Teachers Federal Credit Union\)](#)

The most convenient regional banking service provider at Stony Brook University

Branch on-campus Locations:

SAC basement	Health Sciences Center, level 2
--------------	---------------------------------

ATMs On-campus:

SAC basement + Lobby	Health Sciences Center
Administration Building	Long Island Vets Home
School of Dental Medicine	Indoor Sport Complex

Other Options:

[Bank of America](#) : a large national bank with branches and locations all around the country. They have “Campus Card” aimed at students with no annual fees for the first 5 years. They also have ATMs at the Student Union.

[Citibank](#), [Chase](#), [ETrade Bank](#), [ING](#)

Post Office

Located in the *basement of the Student Activities Center*. You can purchase stamps, money orders, and retail items such as envelopes padded mail bags, etc. This retail operation also

accepts domestic and international mail, express mail, priority mail, certified and registered mail and certificate of mailings.

Hours of Operation

Spring and Fall Semesters		Summer and Winter Sessions
Monday	9 AM – 3 PM	9 AM – 3 PM
Tuesday	CLOSED	CLOSED
Wednesday	9 AM – 3 PM	9 AM – 3 PM
Thursday	CLOSED	CLOSED
Friday	9 AM – 3 PM	9 AM – 3 PM

If you need printing service or other delivery options, visit the [FedEx Kinko's](#) on the lower level of the Melville Library.)

Campus Recreation

<http://studentaffairs.stonybrook.edu/rec/index.shtml>

The Department of Campus Recreation coordinates many programs for the University community, including Intramural Sports, Wellness Programs, Sport Clubs, informal Open Recreation, Special Events, and Equipment Rental.

Recreation/Wellness Center

<http://studentaffairs.stonybrook.edu/rec/hours.shtml>

Stony Brook offers a recreational outlet in the form of fitness rooms, the university's pool and many other activities. At the wellness center on the third floor of the Student Activity Center, you can get on an exercise machine or lift weights until 10 o'clock at night. The University pool has limited hours, so check the website to see if you can schedule in a swim. There are racquetball courts in the indoor

sports complex and basketball hoops, handball and plenty of space to run next to the Stadium.

The Student Union

<http://studentaffairs.stonybrook.edu/for/union.shtml>

The student union offers many opportunities to get creative, socialize, or meet people with the same interests. The Union offers dance lessons and it houses the University's clubs (<http://www.ic.sunysb.edu/Clubs/>).

The Craft Center

<http://studentaffairs.stonybrook.edu/sac/craft.shtml>

The Craft Center is located in the basement of the Student Union. It offers a very unique outlet for creativity. The Craft Center offers numerous classes from pottery, painting and photography to mixing drinks and defensive driving. The defensive driving class can lower your car insurance rates. Visit their website for more information.

Get involved, there is something for everyone and student life is what you make of it! You may not remember the title of your term paper, but you'll never forget the Waltz you learned in the ballroom dance club!



[GSO \(Graduate Student Organization\)](#)

As a graduate student you pay a certain small 'activity fee', this creates the budget for the Graduate Student Organization. With this budget, the GSO attempts to improve the quality of life for graduate students through implementing, creating or merely funding organizations and events such as:

Legal Clinic

If you are having legal issues, the GSO sponsors a legal clinic where you can get free legal advice. If you are a graduate student with traffic violations or landlord problems there is help provided to you. To request an appointment, please send your name, department, and preferred meeting time to sbgrad.legalclinic@gmail.com. You'll also receive newsletter weekly from GSO about the opening sessions held at the GSO office.

Tax Clinic

In the spring, the GSO sponsors a clinic to assist graduate students to file their tax forms. The clinic offers professional help at a very reduced rate.

[GSELF - The Graduate Student Emergency Loan Fund](#)

This fund offers an interest free, short-term loan to the Graduate Student who has undergone a financial emergency and has no other means of obtaining money. This is an emergency loan; you are not eligible if you need to fix your car, or had prior knowledge of the debt. However, under emergency circumstances, if you are a registered graduate student you are eligible for help. You can apply for the loan online by filling out the GSELF loan application form and sending it as an attachment to stonybrookself@gmail.com.

GSO Sponsored Events

Speaker Series

The GSO sponsored Speaker Series has been growing. With the GSO funds, students have invited professors and professionals to the Stony Brook campus to speak of their work in their particular fields. Watch the events calendar for upcoming speakers.



Biking

The FreeWheel Collective bicycle shop is in the basement of the Union. This is a GSO sponsored club and once there you can help with fixing bikes, get your bike fixed, or even outfit your bicycle for night riding. Grab a wrench and join the crew, or come down for some bicycle tips and conversation.

Clubs and Organizations

The GSO sponsors numerous clubs and organizations that are geared around the hobbies and passions of graduate students. Included in the organizations is everything from the WUSB 90.1, Stony Brook Volunteer Ambulance Corps to Chinese Students & Scholars Association. For a complete list of the clubs and organizations, visit the website <http://www.sbgso.org/links>

GSO Senators

- ❖ Every GSO senator represents his or her own department at the GSO Senate meetings.
- ❖ Each department is invited to elect at least one senator as stipulated in the GSO's constitution.
- ❖ The senators are a vital link between the GSO and graduate students. They relay information from the GSO about events,

meetings, policies, etc. to their departments, and they also convey departmental concerns to the senate.

The GSO Senate

- ❖ The GSO senate meets once a month, typically on the first Tuesday of the month.
- ❖ Senate meeting dates and locations are posted at www.sbgso.org and announced through the GSO listserv
- ❖ Any graduate student can attend and participate in monthly GSO senate meetings and serve on various GSO committees whether or not they are elected to serve as a senator.

RAP - Research Access Project

- ❖ If you have gone to a conference to present your academic work, you can get a maximum reimbursement of \$350 from GSO per year.
- ❖ We have a form for this on our website at <http://www.sbgso.org> , and we require original receipts for all expenses claimed.
- ❖ Note that to receive RAP funding, your department must have at least one active GSO senator who attends senate meetings.

Contact Us:

*227 Student Activities Center
SUNY at Stony Brook
NY 11794-2800
Phone: 631.632.6492
Fax: 631.632.8965*

Office Hours

*Wed: 1:30 pm - 4 pm
Thu: 1:30 pm - 4 pm*

GSEU – The Graduate Student Employee’s Union

We understand you are brand new to Stony Brook, but as TAs or GAs you are in the Union, and you pay the dues so get something out of it. Demand more funding; cost of living on the island is disproportionate to available funds and the GSEU is campaigning to change that. Fight against the budget cut on our TA lines. Get involved to get results.

RA Union

In a historic election in December 2008, the RAs at Stony Brook voted to join together by joining a union. Since then we have been fighting to win a first contract with our employer, the Research Foundation. We hope to settle a contract this Fall that will benefit all RAs by providing yearly percentage raises, health insurance improvements, and fee waivers. Please get involved with your union because the more people participate, the more power we have at the bargaining table to win improvements for RAs. www.sbraunion.org

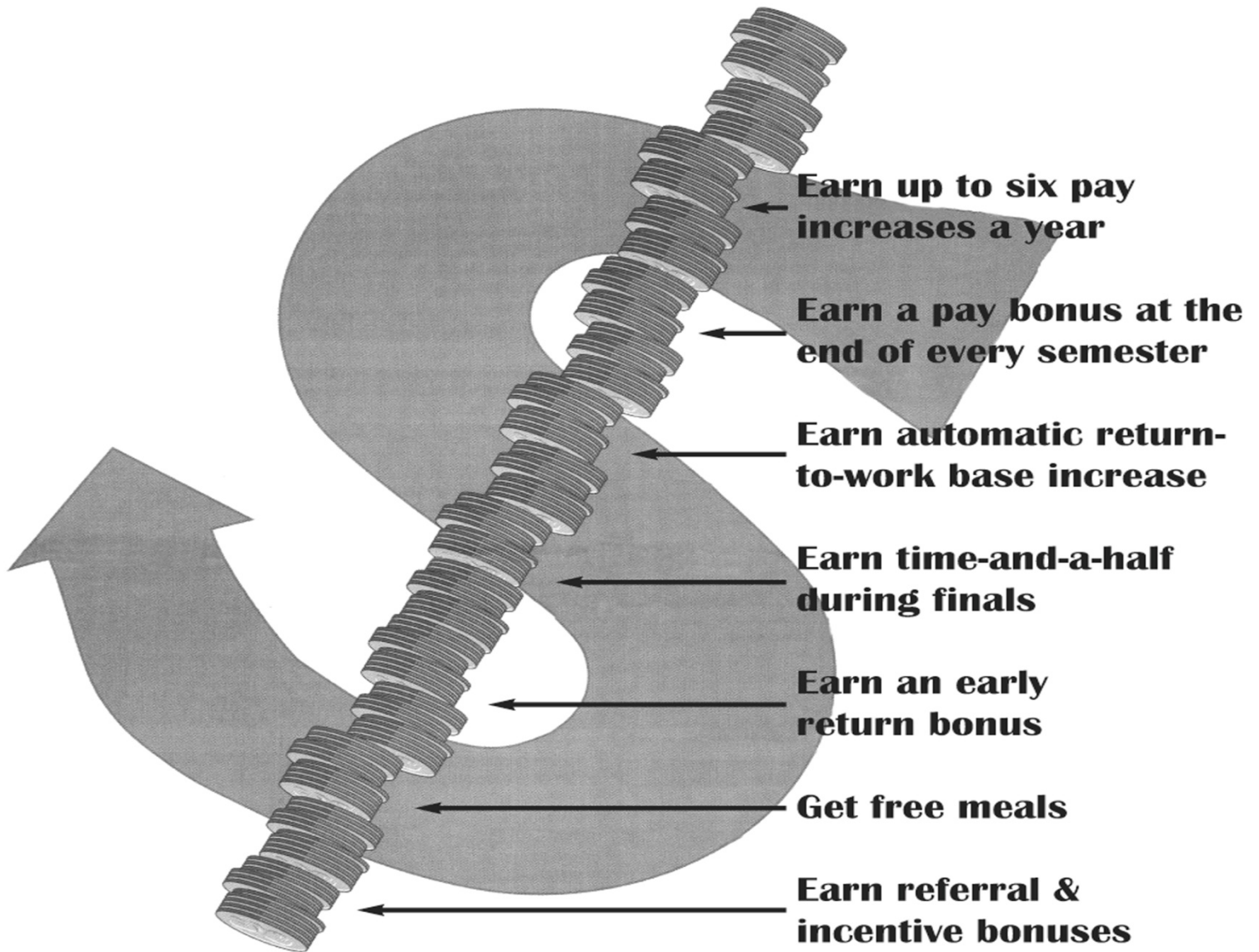
SHOP SB
Online Stores at Stony Brook University

www.shopsbu.com

*An official retailer of
Stony Brook University merchandise*

Smart Tactics for Weathering an Economic Downturn



Tall Order?

Well, it's all available and more from only one source – on or off campus – to every student working in campus dining

Suprised? Check it out by contacting FSA Student Staffing Resources at 632-1704 or 632-9306, or apply on-line at www.sunysb.edu/FSA.

Campus
DINING SERVICES
FRESH • LOCAL • GUEST FOCUSED

LOVE FOOD hate waste

When it comes to hunting down a meal or gathering some snacks, Stony Brook University offers all that you would need. Here is a breakdown of where to eat on-campus and where to buy groceries off-campus.

On Campus Dining:

http://campusdining.org/location_hours.php

The University is fairly isolated from surrounding eateries and other food venues; so at some point everyone eats somewhere on the campus. There are three main locations for a meal: The SAC, The Union and The Wang Center.

The Student Activities Center Cafeteria:

The SAC Cafeteria houses about four vendors who make everything from noodles to pizza, to anything fried. You can pick up a burger or pre-wrapped sandwich, juice or coffee. In the SAC you can grab a slice of pizza or pre-packaged assortment of Sushi. The prices aren't low, but this is Stony Brook and nothing is exactly cheap.

The advantages of the SAC Café are the facts that it is open in the morning with breakfast style food such as bagels, cereal and fruit; also it is somewhat convenient because it is located centrally to the academic mall, and there are always options for food. The downfall of the SAC Café is caused by these same attributes: there is always a line at the registers, at the vendors and even just to get in. Between the hours of 11:30 am and 2 pm you will have to wait, so plan accordingly.

The Union

The Stony Brook Union offers the following:

Delancey Street Glatt Kosher Delicatessen Restaurant offers sandwiches and hot food entrees. The Union Deli offers breakfast sandwiches bagels, coffee, pastry, snacks, Boar's Head sandwiches and wraps, knishes, soups and grab and go items.

The Union Commons offers Picantes Mexican cuisine, Charcoal's Grill, Halal New York hot food entrees, made to order sushi, Taro 13 Asian cuisine, Pizza and U Pick Chopped Salads.

The Wang Center

The Wang Center is the home to the Jasmine Café. This eating venue includes Indian, Chinese, Thai and sometimes a Japanese steak offering.

Also offered are the pre-packaged Sushi rolls, and Wang Center always has a

vegetarian

alternative. The food offered is high quality and the portions are large enough to fit the price. Try the mango slush dessert, it comes highly recommended. But to me, the price here seems a bit too high~

Hospital Cafeteria:

For those of you on the east campus there is the Hospital Market Café. The food is quite good and the price is reasonable. There is also a Starbucks in the hospital lobby. It's a wonderful experience to sit in the cozy couch, listen to Bach from the grand piano in the lobby while sipping your delightful Caramel Macchiato☺.

Everything Else:

There are a few other locations on the campus where you can feed yourself depending on your mood. The Seawolves Market is located in the SAC and they offer a nice cup of coffee, cappuccino, pastry or any number of snack foods. Most of the colleges (Kelly, Tabler, H-quad, Roth Quad etc.) and even some of the buildings on campus have some form of eatery; There is a small stand open in the mornings in the Administration building. You need coffee and an apple turnover? You can find it at any of these locations.

Lastly, there is the college standard: the vending machine option. Candy bars, small bags of chips, Soda, bottle water, ice cream, or even coffee. The University is no short supply of vending machines as you will soon see. However, the editor here warns you not to buy pre-wrapped sandwiches from the vending machines during the summer session~~

Off Campus Foraging:

Long Island offers an eclectic mixture of dining locations, and a variety of grocery store options. If you venture off the campus for dining you will find that there are some really great locations. The restaurants, diners, bakeries and delis, all cater to your particular tastes and mood.

Grocery Stores

Here is a short list of Grocery Stores in the immediate area – visit the websites for maps of their locations and hours.

Waldbaums: <http://waldbaums.com/>

Stop and Shop: <http://www.stopandshop.com/>

Giunta's Meat Farms: <http://giuntasmeatfarms.com/>

Oriental Grocery: 2460 Nesconset Hwy, Stony Brook,
(631) 689-8787



Same Day Service • Expert Tailoring • All Households • All Formal Wear • Shirts Done on Premises

**Stony Brook University
has many dining options
right here ON CAMPUS!**



Check out our website www.campusdining.org
for locations, menus and hours of service.

Sign up for a
Commuter meal plan
and save on sales tax
on every purchase!



Special Lunch Box:

蜀

\$6/EACH!!!

商业经济台式便当

湘

WE OFFER DRINKS \$1.00 EACH
FREE DELIVERY TIP INCLUDED FOR SAC PICK UP ONLY
(Arrive at 12:30 PM). PLEASE ORDER ONE DAY ADVANCE.

All Types of Lo Mein, Noodle Soup and Fried Rice
二三十种菜式任选; 各种汤面捞面炒饭

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631-265-8587

Fax: 631-265-8122

Open Daily: Sun.-Thur. 11 AM - 10 PM

Fri. & Sat. 11 AM -- 11 PM

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www.domosushiny.com

**Mon.- Thur : 11:30- 10:00
Fri. - Sat.: 11:30 - 11:00
Sunday 12:00 - 10:00**

Appetizers

**Sashimi Seviche, Sashimi Tiradito, Tuna Tataki,
Spicy Tuna Tartar, Oyster Shack,
Sashimi Cucumber Rolls (Tuna or Salmon),
Sashimi Cucumber Rolls (Spicy Tuna or Yellowtail),
Sashimi Cucumber Rolls (Rainbow), Symphony**

Sushi Entrees

**Sushi , Sashimi, Domo Sushi, Vegetable Sushi,
Sushi and Sashimi, Sushi For 2,
Sushi and Sashimi For 2,
Chirashi, Don Choice,
Omakase (Chief Daily Special)**

Hot Entrees

**Grilled Salmon Teriyaki, Chicken Teriyaki,
Chicken Katsu, Chilean Sea Bass,
Grilled Spicy Garlic Shrimp, Grilled Filet Mignon,
Petit Hitsuji, Sauteed Scallops,
Shrimp and Vegetable Tempura**

Special Roll

**Domo Roll, Salmon Samurai, Pink Love (Soy Paper),
Kiss On Fire, Phoenix Roll, Dynamite,
Tiger Roll, East Setauket, Broadway,
Spicy Titanic, Gold Passion, Twister,
Paris Dream, Spring 's, Green Envy**

Lunch Special

Monday - Saturday (11:30 pm - 3:00 pm)

Lunch Box

**Chicken Teriyaki, Salmon Teriyaki,
Tofu Steak, Tempura, Sushi, Sashimi**

Special Lunch

**Sushi Special, Sashimi Special,
Spicy Garlic Shrimp, Chicken Katsu, Unaju**



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AVAILABLE ALL DAY EVERYDAY!

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THAI, CHINESE, KOREAN & INDIAN AUTHENTIC CUISINES

Available Everyday!

BUBBLE TEA • FROZEN YOGURT

Available Everyday!

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stonybrook.edu/sb/jasmine

Delivery Hours:

Monday - Friday 12:30pm-7:30pm

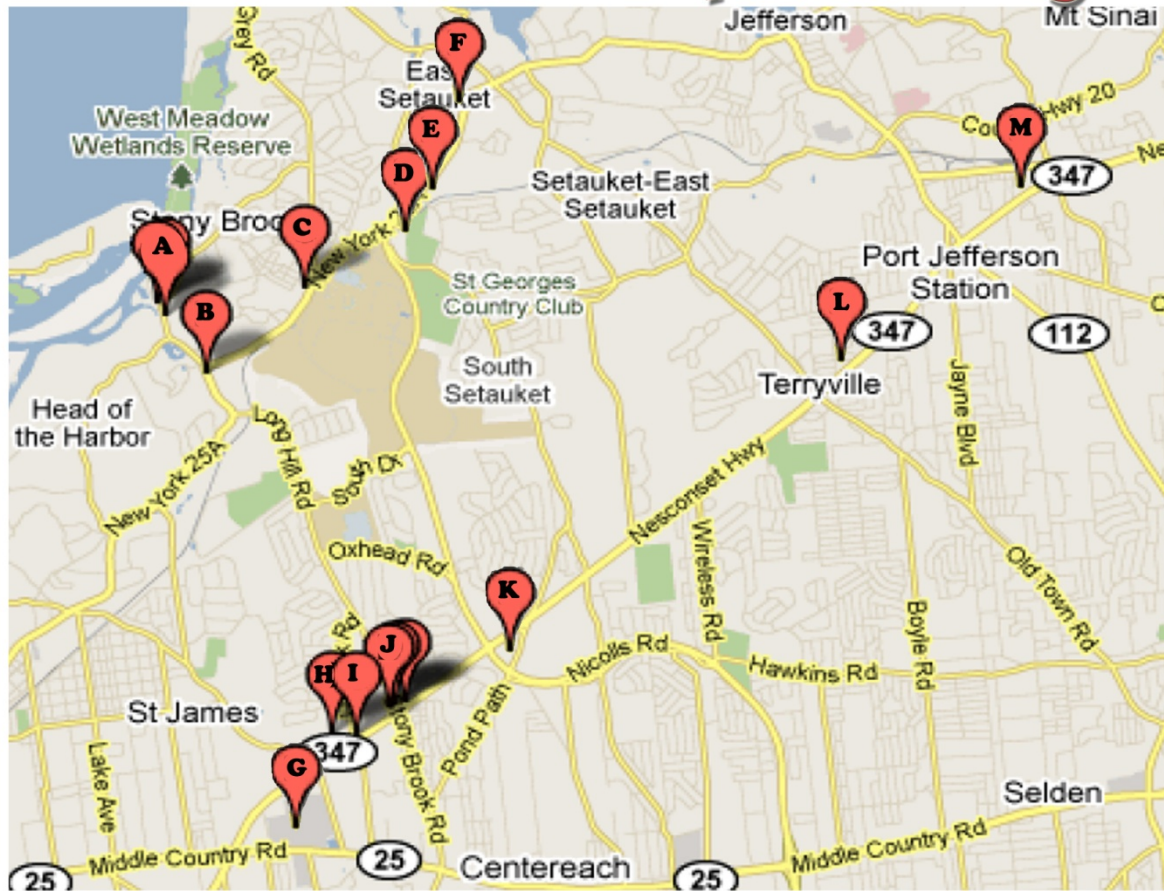
Saturday - Sunday 2:30pm-7:30pm

Hours of Operation:

Monday - Friday 11:30am-8pm • Saturday - Sunday 2pm-8pm

Located in the Charles B. Wang Center on the Main Level

Places to Eat & Shop Nearby



- A. **Three Village Inn** French food, nice environment
- B. **Country House** food delicious, décor elegant, staff nice
- C. **Green Cactus Mexican Grill, Stony Books Bookstore, Station Pizza & Brew**
- D. **Subway, The Curry Club/Velvet Lounge**
- E. **CVS Pharmacy, Bank of America, Hamlet Wines & Liquors**
- F. **Stop & Shop Grocery, Wild by Nature, Domo Sushi, Pita House, James Crown Cleaners, Luigi's Pizza**
- G. **Smith Haven Mall, Whole Food Market, Cheese Cake Factory, John Harvard's Brew**
- H. **Wauldbaum's Grocery, O Sole Mio**
- I. **McDonald's, Starbucks**
- J. **J& R Steak House, Italian Ice, Duane Reade**
- K. **Target/Bestbuy/Home Depot, Stop & Shop Grocery**
- L. **Walmart and BJ's Wholesale** Membership required for BJ's
- M. **Downtown Port Jefferson** offers a large variety of food stores in a fairly condensed area. If you venture to Port Jefferson Village you will find a chocolate shop, seafood, numerous delis, bakeries, and quite a few bars. There are also Art Galleries, thrift stores, a movie house, and too many businesses to list here. The following link allows you to search the Port Jefferson Village business district:

<http://www.portjeffguide.com/>

Or you can just take a walk downtown and see for yourself (25A runs straight through the downtown).



*GRADUATE STUDENT LOUNGE — LIVE MUSIC
OPEN TO THE CAMPUS COMMUNITY*

University *café*

*Phone: 2-6027 Web: universitycafe.org
Located on the first floor of the Stony Brook Union
Enter by the outdoor patio opposite the Sports Complex
Patrons must be 21 or older with proper identification ONLY!*

❖ *Organic and Natural Food Enthusiast? Enjoy your shopping or dining here:*

Trader Joe's	137 Alexander Ave. Lake Grove, NY 11755	Phone: 631-863-2477
Whole Foods Market	120 New Moriches Road Lake Grove, NY 11755	Phone: 631-588-1466
Wild by Nature	198 Main Street, East Setauket	Phone: 631-246-5500

❖ *Have a family to feed or friends to share food with? You would be amazed by the shelves of wholesale products and the deals at BJ's and Costco(membership required)*

BJ's Wholesale Club	4000 Nesconset Hwy. (Rt. 347) East Setauket, NY 11733	Phone: 631-642-1012
Costco	3000 Middle Country Road, Nesconset, NY	Phone: 631-366-1504

If you are having trouble graduate dorms or somewhere else, you should know the benefits and difficulties with both on campus you will take up apartments, West apartments, or **Housing** deciding whether to stay in the off-campus you should know the options. If you decide to live residence in either the Chapin or the Schomberg apartments.

You will share the apartment or possibly even your room, depending on your preferences, economics, and the availability of the rooms. If you decide to live off campus you are facing the difficulty of locating a suitable domicile. You will probably not be able to find a place for less than \$450.00 per month, and that covers the bare minimum; there are utilities and an internet connection to take into account, a home phone if you want one, and then the furnishings. You also have to consider the distance to campus, and the proximity to places to shop.

Living On Campus:

- All of your utilities, including internet connection, are included in the rent. There are no furnishings you have to buy and you are guaranteed good living conditions. The RA's (Resident Advisor) put a lot of time and effort into planning events for the residents; this offers a certain social value that can be lost in the isolation of off-campus living.
- Public transportation is always close at hand (the LIRR and the Public/School buses).
- There is no commute or parking problems.

Living on campus really is the ideal situation. You may become life-long friends with your roommates or you may meet your future spouse☺. Stony Brook offers all the necessities to sustain life (food, water, shelter), as well as excellent cultural and social events such as those that take place at the Staller and Wang Centers. Resident Advisors at Chapin and Schomberg, however, go one step further in attempting to make life happier for graduate students by sponsoring events such as Ping-Pong tournaments, and movie nights. Visit the Chapin apartment's website to see past and upcoming events:

Chapin apartments 632.6755

<http://www.ic.sunysb.edu/Clubs/chapin/>

Or go to the campus residences for floor plans, childcare options, meal plans, a virtual tour, contact information and everything else you might need to know (e.g., how many chances for you to accidentally triggered the fire alarm in your kitchen before you get expelled :P):

<http://studentaffairs.stonybrook.edu/res/index.shtml>

Off Campus Housing:

Off-campus housing, though it worth. The cost of rent and campus options; and that does or internet connection. Also, type of room or house – i.e. you tub, or be sharing your kitchen campus living can be a gamble, but if you prefer to live in the community instead of the University, heed the following advice and read the warnings.

Housing

sounds great, can be more trouble than it's utilities can easily surpass the on-not include a phone line there is no standard for the may have only a shower and no with TEN other people. Off-

If you can find a place to live off-campus within a reasonable distance, you don't necessary need to own a vehicle. However, it can be troublesome:

- Utilities are a gamble – depending on the house, you could end up paying much more than expected.
- There is no guarantee of internet service, and the utilities bill will vary seasonally.
- Some renters can be temperamental- be wary of anyone who does not wish to make a lease, requests cash as the form of payment, or is not forthcoming with specifics about the living situations.
- There are no channels for complaints against your roommates, most of the time you just have to grin and bear it.
- Off-campus means you have to commute; if you don't drive you will be waiting for the bus or train, even in the **SNOW**.

Commuting to school by bus and by train are viable options; therefore Port Jefferson Village, Port Jefferson Station, Huntington and St. James can be considered for off-campus housing. Your options are pretty open if you have your own transportation, and there are many other towns around Stony Brook that offer various types of housing.

If you need help finding a place to live there are a few places to look. **Craigslist** is a good option, there are also flyers posted around the school, and finally there is the off-campus housing website that offers all the ads. Word of mouth is sometimes the best option, so ask your new friends and colleagues about housing. Also at the end of each semester there are always forwarded mails by the department secretary asking for interested tenants.

If you need more information there is a great resource at the following link: ([*off campus renter's guide*](#))

http://sbgso.org/files/u1/reports/off_campus_renters_guide.pdf

Housing Survival



1. Look at a place before renting it, and if possible, talk to previous tenants.
2. Have a third party read over the lease.
3. Meet the roommates if you are sharing the house.
4. If it's a basement apartment, ask if it floods.

Websites and Phone numbers

632.6750 Campus Residence

Chapin apartments <http://www.ic.sunysb.edu/Clubs/chapin/>

Campus residences <http://studentaffairs.stonybrook.edu/res/index.shtml>

Apartments <http://www.apartments.com/>

Craig's list <http://longisland.craigslist.org/>

Off-campus housing website <http://och.fsa.sunysb.edu/>

Housing committee <http://sbgso.org/housing>

Are your family and friends coming to visit? Not enough room in your new digs? Here is a list of local hotels, call for reservations and discount possibilities:

Holiday Inn Express, Stony Brook – 3131 Nesconset Highway

<http://stonybrookny.hiexpress.com/> 631.471.8000

Danfords Hotel & Marina, Port Jefferson – 25 East Broadway

<http://danfords.com/> 631.928.5200

Computing

The personal computer is a must have for graduate school. The laptop would be ideal, but a desk-top is a fine substitute. The computer is necessary because your grades and class announcements are posted online; also, research is much easier with the personal computer. This section explains your options for all things computing; including how to register online. But first, here are some very important points to be made about computing as a student:

Student Instructional Networked Computing (SINC) Sites

<https://tlt.stonybrook.edu/Facilities/ComputerLabs/Pages/default.aspx>

SINC sites are located throughout the Stony Brook's campus. These sites are rooms of computers that allow access to the internet, various programs, and let you save and print. Printing is free - with a catch. You are allowed to print up to a certain amount each day (\$2 per day), and your quota is renewed each week. If you have articles you need to download and print, or papers that need to be printed and turned in, go to the SINC site. The main site is on the first floor of the library, and a secondary site is in the basement of the Union. There are also sites in the Chemistry building, Harriman Hall, SBS and the Fine Arts building.

Once you access the computer using your Net ID, your own storage space (MySBfiles) comes up. You can save your documents to this space without fear of losing them or having anyone else accessing them. You can also surf the net, write your papers, compose presentations and print out your homework.

Also at the sinc site there are technical experts: if you have questions about using the computers, or about the printing jobs, or even technical problems using certain softwares just see the people working at the site. They are very experienced and informative. On the rare occasion where they can't help you, they can direct you to where you can get help. <https://tlt.stonybrook.edu/StudentServices/FileStorage/Pages/default.aspx>

You Don't Have to Be a Teacher to Bank With Us

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- FREE Visa® Check Card
- FREE Online Banking/Bill Paying
- 4,100 Shared Branches Nationwide



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Call 631-698-7000 or visit www.teachersfcu.org



Blackboard

[Blackboard](#)

<http://blackboard.stonybrook.edu/>

Blackboard is a web-based course management system. You need to use your Net ID to log in (Information regarding your NetID and NetID password can be obtained by logging into SOLAR with your Stony Brook ID and SOLAR password.) and check all course related documents and announcements here.



[Email](#)

<https://mysbmail.stonybrook.edu/>

Every student is given an e-mail account – MySBmail - Students automatically receive a MySBmail account to send and receive e-mail messages. NetID and NetID password is used to log in to MySBmail.



[Wireless](#)

[AirNet](#) is the wireless (Wi-Fi) network on campus that students and employees use when connecting from the main academic buildings and common areas such as the Melville Library, Student Activities Center (SAC), and SB Union. [WolfieNet](#) is the wireless (Wi-Fi) network available in the Stony Brook University residence halls. You will need to sign in with your Net ID to use all these wireless networks.

[Our University Official Website: http://www.stonybrook.edu/](http://www.stonybrook.edu/)

It is highly recommended that you familiarize yourself with the school’s website. The search function can bring up any department, organization, event, or faculty/staff member connected with Stony Brook.

[SOLAR System](#)

On the University main page is a link named “Solar System”. Solar system gives you electronic access to your standing as a student. Log onto solar system using your student ID number and follow the prompts for creating a password. Once you have accessed Solar System there are many things you are capable of including requesting transcripts and changing your personal information; the solar system also has many links to other important pages on the University website. Once logged on, check under “messages” – vital information will be listed here including holdings on your account and problems with your financial aid packages.

Tips:

[Take advantage of the FREE Software](#)

To purchase a Mac computer and get an educational discount go to www.sbuapple.com You can also get free software such as Microsoft programs at the Seawolves Market at the SAC. Just bring your Student ID with you. Your technology fee pays for this opportunity, so it would be a waste to not take advantage of it. For Free Windows 7 and other Microsoft software please check:

Computing

<https://tlt.stonybrook.edu/Departmentalservices/msdnaa/Pages/default.aspx>

One of the most expensive aspects of attending a school in the U.S. is buying textbooks. Some classes require a lot of books that can cost you “an arm and a leg”. Luckily, there are always a couple options:

The **Campus Bookstore** obtains all the books that your professors list as required and suggested. They are catalogued by course number, and come both new and used conditions; used of course being slightly cheaper. The campus bookstore faces the Union at the bottom of the main library. The Bookstore will “buyback” textbooks for 50% of the original price, match prices that you find elsewhere and offers book rentals. More information at <http://www.stonybrook.edu/provostliasn/bookstore/>

On-line bookstores

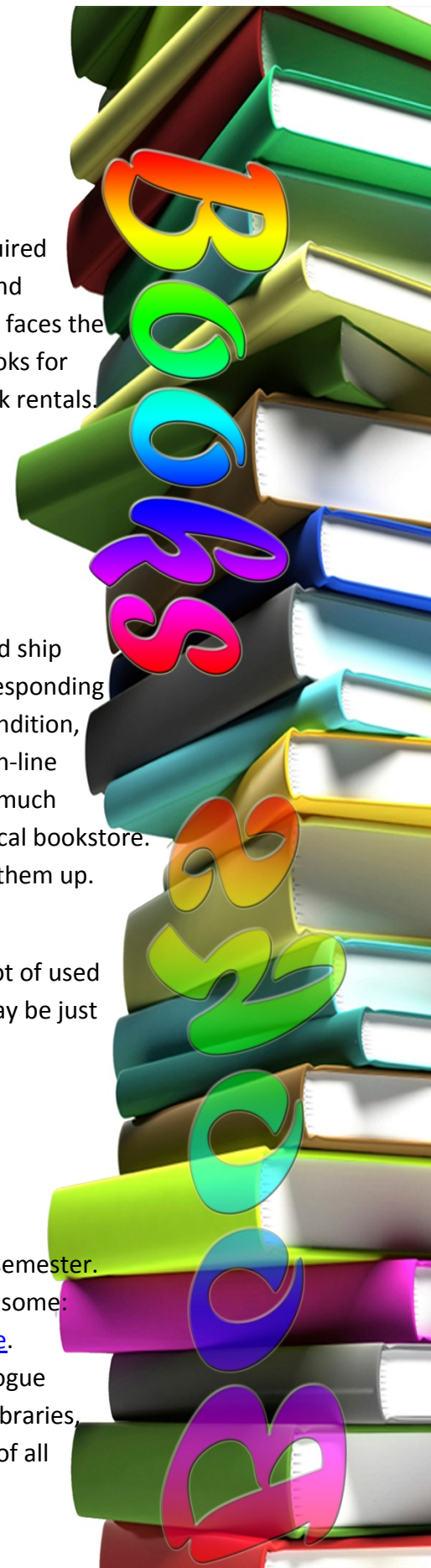
[Amazon](#) and [BarnesandNoble](#) are just two of the many companies that sell and ship books. The benefits of shopping on-line are the variety of conditions and corresponding prices offered. You can choose from any number of editions, in any type of condition, and they will be delivered to whatever address you want. The problem with on-line book shopping is that occasionally a book will get lost in transit and may take much longer than expected. Another option would be to request the book from a local bookstore. You can search for books and reserve the copies you want, and then just pick them up. Borders and BarnesandNoble are local enough to fill these needs.

[Abebooks](#) is another heaven for students with a tight budget. You can find a lot of used books in good shape, for a good price. (Most of the time hard-cover books may be just a few bucks.)

Library Books

The Melville Library loans books to graduate students for the duration of the semester. Unless a book is recalled, it is yours for the entirety of the semester, and then some: you can renew your loaned library material on-line through the [library website](#). That will bring up the home page; from there you can access STARS (the catalogue search engine). You can search all material on campus, the material of other libraries, as well as a large amount of academic journals and dissertations. A full listing of all library branches on campus and their locations can be found at:

<http://www.stonybrook.edu/library/collections/list.html>





Commuter Challenge

So, you have decided to explore beyond the campus, or perhaps it's time to get rations from the grocery store, or maybe even see the city. Public transportation in New York City is abundant and convenient, however here on Long Island, it is possible but difficult to survive without a car. Here is a quick introduction to commuting while at Stony Brook.

By Bus

Campus Buses

The campus of Stony Brook University is rather large and spread out. To combat the distance, The University has created an inner campus system of bus routes and an auxiliary parking lot – the South P Lot. A map of the bus routes and schedules can be found at: <http://www.stonybrook.edu/transportation/campusbus/>

Public Buses: S60, S69, S71

These are the public buses that come onto the university. There are stops in front of the Union and the Hospital. The Suffolk County transit website has all the updated routes and schedules. The entire map of the Suffolk country bus system can be viewed at: <http://www.sct-bus.org/images/stsystemmap.pdf>

The individual schedules can be seen at: <http://www.sct-bus.org/schedules.html>. The site is user friendly and easily accessed. There are also maps of the bus system sold at the University Bookstore and the SeaWolves Market.

By Train

Ahhh, the Long Island Railroad - the LIRR. A lot of the citizens of Long Island work in the city, and they commute by the LIRR everyday; a lot of the residents of the city go to school at Stony Brook, and they too take to the rails.

Tickets are sold at the small waiting booth on the other side of the tracks from the University. You can purchase your ticket at a small electronic kiosk where you insert money, credit or debit card it receives (Change comes in the form of quarters and dollar coins – so do not put a fifty in there for a twenty dollar purchase). And expect a long line there during rush hours (Friday afternoons are especially busy).

The train runs on schedule with few interruptions, is kept somewhat clean, and offers you a little while to read, talk or sleep. If you take the LIRR from Stony Brook to Penn Station you will be travelling for close to two hours, one-way. Plan accordingly.

Heading East from the Stony Brook station, the only stop is Port Jefferson – the end of the line. Heading west, all trains stop in Jamaica. At Jamaica you have access to everything. Let me explain:

Jamaica is a connection hub of the Long Island Railroad. When your train stops here you can transfer and take a train anywhere else the railroad goes; South Hampton, Huntington, Penn Station, and more.

At Jamaica, you can climb a flight of stairs and get on the Air Train. The Air Train will deposit you at any terminal at JFK International Airport. This means no parking problems, no searching for the terminal, no long-term parking, paying taxi's or asking a friend for a ride. That means you can take your luggage from your dorm room onto the LIRR, up to the Air Train, and be deposited at the terminal of your flight at JFK. Convenient, yes? But that's not all. If you go down the stairs at Jamaica, you are at the Jamaica station of the New York Subway System. Brooklyn, Queens, Manhattan, it's now all just a few transfers away.

Also, this works the other way. If you can get to Jamaica by train, bus, plane, or foot then you can get anywhere in the world – it's just a matter of how many transfers.

By Car

For those who own a working vehicle, I would highly recommend exploring Long Island. Take a day trip to the Hamptons and visit a winery, go to the Blue Point Brewery, or head down to the numerous beaches. Enjoy your new surroundings, but make sure you do this in the beginning of the semester. You will want to socialize while you can, before papers are due.

For those of you with vehicles, life will be a bit more convenient simply because you have the choice. There is, however, the cost to incur. Therefore, I would offer the following words of advice:

Parking can be problematic, in the city and at the University. If you arrive early in the morning it shouldn't be too difficult to locate a parking space, but during the day you might end up circling the various parking lots in a seemingly endless search for a place to stop. Also, the campus police do give tickets for parking where you are not allowed to. Green zones are for commuters; if you are a TA or RA, you may also be eligible for a Faculty Zone permit; and there is also the parking garage or the lots with the meters if you want to pay for your parking.

Follow the link for the parking map:

<http://www.stonybrook.edu/parking/parkingmap.shtml>

plu: 73349

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(750 ml)
With a \$15 purchase

* when you show this ad at
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Parking Permit

You are eligible for either a "Resident" or "Commuter" parking permit (if you are teaching a class, you may also apply for "Faculty"). To obtain yours, log onto the parking services electronic registration, or go to the parking services office on the 2nd floor of the Administration building (next to Bursar).

<http://www.stonybrook.edu/parking/permits/>

If you drive to the city, parking can be just as problematic. There is the parking garage option, and the metered lots. When driving in the city, keep your wits about you. I say this only because some people can't drive in the city, and you may be one of those people who get upset fighting for the lane with those crazy yellow cab drivers.



- ❖ *If you lock your keys in your car, contact [AAA](http://www.aaa.com) (800-222-4357 membership required) or need a jumpstart (while on campus) call the University Police (631-632-3333) for assistance.*
- ❖ *If you have your car insurance with GEICO, you are eligible for an additional 3% discount in your policy, since you are a member of National Association of Graduate-Professional Students (NAGPS) (Proud to be one in GSO!! ☺) For more detailed information check <http://www.nagps.org/resources/discounts>*

Websites and Phone Numbers

Campus Parking	http://www.stonybrook.edu/parking/permits/
Campus Bus	http://www.stonybrook.edu/transportation/campusbus/
Disability support services	http://studentaffairs.stonybrook.edu/dss/
Train Schedules	http://www.mta.info/schedules/
Suffolk County transit	http://www.sct-bus.org/
Bridgeport & Port Jefferson Ferry	http://www.bpjferry.com/
DMV	http://www.nydmv.state.ny.us/
University Parking Service	631.632.2886(AUTO)
University Police	631.632.3333

MANHATTAN
Pizza & Restaurant

2460 Nesconset Highway
Stony Brook, NY

Tel: 631-751-2220
Fax: 631-751-2811

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Tuesday - 9am - 8pm
Wednesday - 9am - 5pm
Thursday - 9am - 8pm
Friday - 9am - 7pm
Saturday - 8am - 4pm
Sunday - 9am - 4pm

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Ronkonkoma, N.Y.
(631) 588-2070
(631) 588-1102



This is going to be a very poignant year in your life and a very worthwhile experience; at times it may seem difficult to cope with the pace. Are you freaking out yet? Read below, heed the advice, and repeat whenever necessary:

Breathe.

You can't work well if you are stressed. 'Under pressure', sure, but not 'going crazy'.

When in need of a little confidence boost, you can always resort to the Stuart Smalley: look into a mirror and repeat this mantra, "You're good enough, you're smart enough, and doggone it, people like you."

Still freaking out? Current graduate students were surveyed on what they do to deal with the stress of Grad school. Here are the top answers:

"Sleep, drink, exercise, meditate, pet cats/dogs...most important? Laugh!"

"Run, each morning, before you drink coffee but after you clean out your mailboxes. Run as far as you have time, run around campus, it's good for you and it will mellow you out all day."

"As important it is to be 'involved' and 'connected' to campus, it's also a good idea to disconnect sometimes. Find places and people that have no connection to your Department, or Stony Brook. Graduate school is not the be all and =end all of life, and graduate students are not the highest form of human existence. Get over yourself, get over your professors, get over your department, and go meet spend some quality time with folks from the majority of our human population—those without advanced degrees! 😊"

"I took dance classes and occasionally hung around places with free internet to get away from school and roommates"

"Making dinner with friends, parties, yoga, walks, beach-time, anything that doesn't deal with school"

"Visit the mental health center, join the mindfulness meditation group there or see a therapist, engage in some form of play in your free time to balance all the academic stuff...like dancing, racquetball, yoga..."



Help:

There is also professional help available on campus. Visit the counseling center website if you would like to make an appointment to talk with a counselor. If your problem is administrative related, you can ask the Graduate Student Advocate for assistance – they can help with anything bureaucratic, administrative or other Graduate School related problems.

Graduate Student Advocate:

Most of the problems you encounter can be solved within your department. Ask your mentor or advisors for assistance about department related problems. If your problem is bureaucratic or administrative related, there is the Graduate Student Advocate <http://www.grad.sunysb.edu/new/students/advocate.shtml>; If you still cannot find solutions to your problems, ; your best bet is to contact the graduate school <http://www.grad.sunysb.edu/>.

University Counseling Center <http://www.studentaffairs.stonybrook.edu/caps/>

The University Counseling Center offers numerous programs for students who are having emotional and mental difficulties. It is located at the Student Health Services Building – second floor – on Infirmity Road. 631.632.6720

WO/Men's Center <http://studentaffairs.stonybrook.edu/dev/womenCenter/index.jsp>

Located in Room 216 of the Student Union, the WO/Men's Center support students distressed by gender-related problems, educate the campus community on gender issues, advocate for women at the University and advocate for all members of the University on gender issues.

Ombuds Office <http://www.stonybrook.edu/ombuds/>

The Stony Brook University Ombuds Office provides an alternative channel for confidential, impartial, independent and informal dispute resolution services for the entire University community. They provide a safe place to voice your concerns and explore options for productive conflict management and resolution .

HIV and Aids Testing

Free Aid's testing and counseling in Suffolk County is available thanks to the New York State Department of Health. In Suffolk County call 1-800-462-6786 to set up an appointment to speak with a counselor or receive a test.

Art - Visual Art, Film, Theatre, Music

If you are interested in Visual Art, Stony Brook has what you are looking for. The University campus houses four art galleries.

Tabler Gallery

The gallery in the Tabler Cultural Center shows the work of University Art Undergraduates. It is open during the week and by appointment.

Melville Library Gallery

This gallery displays the work of the Graduate-level Fine Arts Students. The gallery is run and the shows are created and installed by the MFA (Master of Fine Arts) students; The gallery is on the first floor of the Melville Library.

The SAC Gallery

The gallery in the SAC holds shows with themes of contemporary movements in art. Professional artists as well as faculty and students create shows and exhibit work. The gallery is on the first floor of the Student Activity Center next to the ballrooms.

The Staller Center Gallery

The Staller Center holds showings of Undergraduate and Graduate work, as well as individual showings of faculty artists. Located on the first of the Staller Center next to the theatre.

The Staller Center

The Staller Center is home to numerous cultural events; it's also quite a venue for entertainment. On most Friday and Saturday nights movies are screened; with the student discount the ticket costs \$5. The Staller Center hosts the performances of theatre and music students. Also, they schedule celebrated musicians, actors, and theatre groups for limited engagements. Check their website for a listing of events. <http://www.art.sunysb.edu/galleries.html>

Student Recitals

There are nearly 300 student recitals performed throughout the year, usually three a day, which constitutes a major requirement of the graduate performance degree. All recitals are open to the public and are offered free of charge. It is strongly advised to call ahead or check the website as these concerts are subject to change.

<http://naples.cc.stonybrook.edu/CAS/music.nsf/pages/season6>



Advice From Graduate Students

When asked what they would have done immediately upon arriving, instead of putting it off, current graduate students gave the following advice:

talk_text

talk

say balloon_01

I should have met with professors to discuss paper(s) and class performance and to ask questions much earlier than I did.

say balloon_01

health insurance, buying books, and finding a decent place for groceries.

Getting driver's license, switching car registration and insurance over,

say balloon_03

Make sure that work is the priority.

say balloon_04

Class participation – very important in seminars. Was still in undergrad mentality. Need to lose that quickly.

say balloon_05

to more easily and quickly apply for residency in January.

say balloon_06

Buy all the required texts at once. Buy them online if possible. If you can't find it, just give in and buy it at Tony Brooks or the Bookstore.

say balloon_07

That way you won't have to scramble mid semester when you remember you never got around to buying that one text.

say balloon_08

Inquire for other funding opportunities.

say balloon_09

say balloon_10

Check out where one can spend leisure time and getting term paper topics right away and start to read.



Welcome to New York! I hope your transition has been smooth up until this point. There are just a few things specific to incoming international students that differ from the other graduate students.

For The Culture Clash

If you have never been to the United States for an extended period you will notice a few things about Americans that distinguishes them as a culture other than your own. I am afraid you will probably meet Americans that are abrupt, callous, uncaring, or superficial. However, a large portion of Americans are friendly, helpful and not nearly as misguided as our crude brethren. So, if you get an abrupt response when you're asking for directions, just ask the next person.

Another difference that will be immediately apparent is the food. However, there are many specialty shops such as the Oriental Grocery on Stony Brook Road or Guinta's Meat Farm, where you can find specific ingredients and products comparable to the types of food you might be used to.

For International Students

Go to the Orientation

At the orientation you will receive a lot of very pertinent information.

Get a Social Security Number

At the orientation you will be given bus route directions to a place in Patchogue where you can apply for a Social Security Number. Once you have the number, it is much easier to obtain things; a cell-phone contract for instance.

Get a Bank Account

There is a Teacher's Federal Credit Union branch located in the basement of the Student Activity Center. You can open a bank account here, cash or deposit your checks, and apply for a debit/credit card. Bring your passport, your student ID and \$1.00. The bank is open until 4 pm most days; more information can be found at the website: <http://www.teachersfcu.org/home.php>

Get a Driver's License

The driver's license here in U.S. works as the personal identification. It's also required if you want to drive here legally. Go to the following website for information on how to apply: <http://www.nydmv.state.ny.us/>

Get a Cell Phone

If you do not already have one, mobile phones may be purchased at any local mall or phone store. Service providers offer PREPAID and MONTHLY PLANS with a certain number of monthly minutes included. If you use more than your monthly minutes you will be billed at a rate as indicated in your agreement. In the United States most mobile phone plans include calling to the entire United States and Puerto Rico. This is unlike land

based phone lines, on the other hand, which allow unlimited calling in your local area code for a monthly fee and charge additional fees for out of area code calling.

PREPAID PLANS

1. Buy phone.
2. Buy minutes on prepaid cards.
3. No contract or deposit required. (but daily charges may apply)

MONTHLY PLANS

* Sign up for a monthly contract including a certain number of minutes. These start at \$29.99/month+ tax.

* A contract is typically required which needs a social security number and/or a security deposit which are usually a few hundred dollars (\$500 for AT&T).

* A FREE phone with a contract is common.

* Contracts are 1-2 years, if you will be moving out of state or the service area in that time your contract may not be able to be canceled without penalty.

* Family plans between friends can often be the most economical.

* Be aware that TAXES on the phone line and other charges quickly make your monthly bill 10-20% higher than advertized.

SERVICE PROVIDERS

* Several service providers exist and provide reasonable services (monthly and prepaid) in the area.

ATT (used to be Cingular) www.wireless.att.com
Sprint/Nextel www.sprint.com

T-Mobile www.tmobile.com

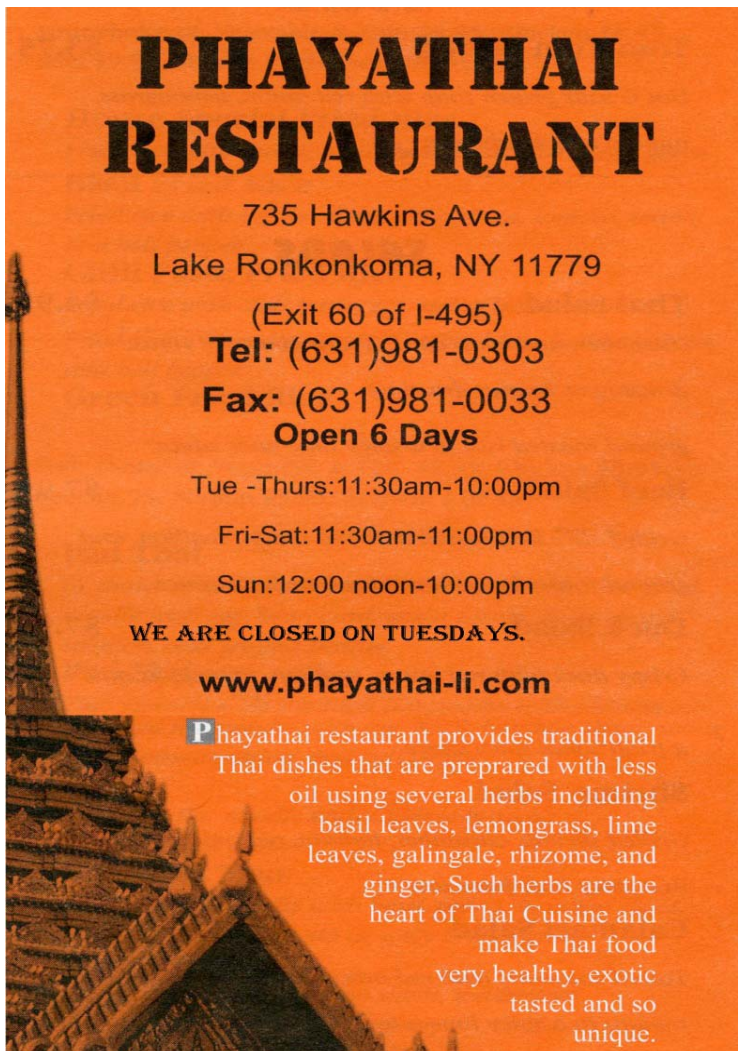
Verizon www.verizonwireless.com

TIP! STUDENT DISCOUNTS

- Verizon and ATT offer discounts to students employed by the research foundation (RAs) and/or part of the employee union (TAs).
- You can often bargain with sales people for better deals or better free phones.

The following website will be extremely helpful during your transition to graduate school in the United States, and the remainder of your stay here in New York:

<http://www.grad.sunysb.edu/international/>



**PHAYATHAI
RESTAURANT**


735 Hawkins Ave.
Lake Ronkonkoma, NY 11779
(Exit 60 of I-495)
Tel: (631)981-0303
Fax: (631)981-0033
Open 6 Days

Tue -Thurs:11:30am-10:00pm
Fri-Sat:11:30am-11:00pm
Sun:12:00 noon-10:00pm

WE ARE CLOSED ON TUESDAYS.

www.phayathai-li.com

Phayathai restaurant provides traditional Thai dishes that are prepared with less oil using several herbs including basil leaves, lemongrass, lime leaves, galingale, rhizome, and ginger. Such herbs are the heart of Thai Cuisine and make Thai food very healthy, exotic tasted and so unique.



Bobby Hebert
President

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9 AM - 8 PM
FRIDAY + SATURDAY
9 AM - 9 PM
SUNDAY
12 PM - 4 PM



What is there to do here?

Other than the campus functions, Long Island offers many recreational opportunities. There are many beaches and parks you can wander through. You can take in a movie, go apple picking, or join a pinball fight. There are horse stables, wineries, museums, community pools, art galleries, and the list continues. Just visit a couple of websites or have a few conversations with the locals if you find yourself lacking that certain social/recreational stimulation.

Good places to take a date:

Are you looking for a romantic getaway? Well, the city can be great for these purposes, but if you want to dine on Long Island, and treat your friend to a nice dinner, you should try one of these:

Genghis Khan	Great Korean Food, nice atmosphere, \$15 to \$20 plates.	71 East Main Street, Smithtown 631.724.3131
Kotobuki Japanese Restaurant	Absolutely great sushi, well worth the expense.	377 Smithtown Byp. Hauppauge 631.360.3969
Pumpnickels Restaurant	Authentic German cuisine. \$20 average plate, with large portions.	640 Main Street, Northport 631.757.7959
Green Fields	Brazilian BBQ \$15 to \$30 plates.	2377 Broadhollow Road, Farmingdale 631.845.4555

Bars and Clubs:

University Avenue	400 West Jericho Tpke Huntington, NY 11743	631-427-3499
John Harvard's Brew House	2093 Smithhaven Plaza Lake Grove, NY 11755	631.979.2739
Aqua Nightclub	25 East Broadway Port Jefferson, NY 11777	631.928.5200

Port Jazz	201 Main Street Port Jefferson, NY 11777	631.476.7600
The Spot	Fanny Brice Theatre at Stony Brook Stony Brook, NY 11790	631.632.6027

<http://nightlife.longisland.com/nightspots/>

<http://liclubs.com/>

When asked about the good, bad, and ugly of bars and clubs in the area, one Graduate Student responded:

“Not so much a matter of good or bad, but school or non-school. Most students probably like the Velvet Lounge, which you will find out quickly, as it is right near campus, and John Harvard’s on 347 if not too crowded. Country Corner has its grad student regulars, if also its languor. Otherwise it’s all just Harleys and honeys.”



631-471-8000

1-800-HOLIDAY

3131 NESCONSET HWY STONY BROOK, NY

STONY BROOK UNIVERSITY DISCOUNTS AVAILABLE

WWW.STONYBROOKNY.HIEXPRESS.COM

If this is your first time in New York, what are you waiting for? You know you want to go to the city. The thing about New York is that it's the biggest little series of islands most people will ever see. Almost anything you could want to own or see can be found somewhere in the five boroughs, or on Long Island.

What to Bring

When you venture to the city you probably should have a few things with you, including money, comfortable shoes, subway and city maps, a companion, and of course, your camera. A backpack might be helpful if you are making purchases, but remember you will have to check the bag at any library, museum, or official building.

While we all want to do different things while in the city, the classics include: seeing the view from the Empire State Building or Rockefeller Center and visiting the Metropolitan Museum of Art, the UN building, China Town, Little Italy, Wall Street, Central Park, Times Square, and the Statue of Liberty.

To personalize your trip to the city, check out some of these websites and see what appeals to you.

New York Websites:

<http://www.nycgo.com/>

<http://www.ny.com/>

<http://hopstop.com/>

<http://newyork.timeout.com/>





Emergency Phone Numbers

Off Campus Police/Fire/Ambulance

- Dial 911
- Anywhere in the United States emergency calls can be placed FREE by calling 911 on ANY phone (including mobile phones). Emergency responders will ask you to describe your emergency

On Campus Police/Fire/Ambulance

- Dial 333
- You can reach the University Police/Fire/Ambulance by dialing 333 from any phone on campus. Call 631-632-3333 instead if you're calling from your cell-phone.

Student Health Center

- You can reach the student health center for any non-emergency health matters during normal operating hours at 632-6740. For emergencies dial 333 or 911.

University Counseling Center

- You can reach the student counseling center for any non-emergency mental health or counseling matters during normal operating hours at 632-6720. For emergencies dial 333 or 911.

Walk Service

- Should you walk home late at night from the lab or office please be advised that you SHOULD NOT walk alone. The FREE walk service is an important service that can arrange a team of university students to walk you home. 632-6337

Weather Info

- The university offers a line to inform you of adverse snow and extreme weather conditions. 632-SNOW; 444-SNOW (7669) (Call this number before you struggle to get up in an early morning after a snow storm!)

Transportation & Parking

- For on-campus transportation service or parking questions dial 631-632-AUTO (2886)

Tips:

To be alerted immediately in case of extreme emergency, sign up for the "SB Alert" service in your Solar account. Submit your cell-phone number or email address where you'd like to receive notice at.

Fire Safety

<http://www.stonybrook.edu/ehs/fire/evac-plans.shtml>

*All of us at the GSO hope this guide will benefit
your physical, mental, and emotional survival.*

*Study hard, play frequently,
and don't lose your humanity. If anything else*

comes up, you can always find help, you just have to ask.

Good luck, and welcome to Stony Brook University.

WELCOME!

GRADUATE STUDENT ORGANIZATION – STONY BROOK

227 Student Activities Center

Stony Brook University

Stony Brook, NY 11794 – 2800

Phone: 631.632.6492

Fax: 631.632.8965



CWA Local 1104
cwa1104.org



RA Union, CWA 1104
sbraunion.org



GSEU, CWA 1104
cwa1104gseu.com

The Communications Workers of America Local 1104 represents all the TAs and GAs throughout SUNY, and all the RAs here at Stony Brook.

By uniting together we have the power to negotiate raises to our stipends, win fee waivers, improve health benefits and have a voice with the administration and NY State.

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SUNY works because we do!

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Kim Young – Executive Vice President, Operator Services

Kathleen Sims – Executive Vice President, Education

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