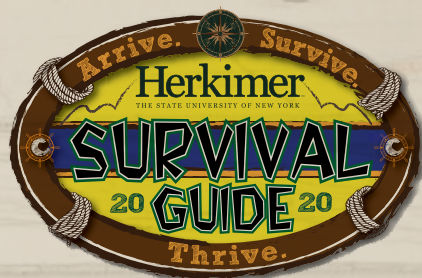


**Let the Adventure Begin!**



# Survival 101



## Connect & Be Social

- 1 ➤ Get Involved (Virtually!)
- 2 ➤ Connect on Social
- 3 ➤ Know Your Advisor

## Rock the Challenges

- 4 ➤ Exercise Your Body
- 5 ➤ Keep a Sharp Mind
- 6 ➤ Stay Mentally Healthy

## Always Be Prepared

- 8 ➤ Play By the Rules: Policies & Procedures
- 9 ➤ Access Support
- 10 ➤ Be Aware of Your Surroundings
- 12 ➤ A Place to Live and Learn

## Essential Tools

- 13 ➤ Technology
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- 15 ➤ Food and Money
- 16 ➤ Resources
- 17 ➤ Important On-campus Phone Numbers
- 18 ➤ Important Off-campus Phone Numbers

## Connect & Be Social

## SURVIVAL TIP #1 Get Involved (Virtually!)



We know this fall will be a different type of experience for students. Be assured we are doing all we can to offer opportunities for you to connect with each other and to explore new types of activities, ideas and experiences.

We plan to offer student activities when able to do so in a safe and socially distant way.



In the meantime, here are some other ideas to consider:

- reach out online to people you meet in class
- attend virtual club meetings
- start an online yoga class or running group
- get involved in esports competitions
- host an Instagram competition or an internet scavenger hunt

[herkimer.edu/clubs](https://herkimer.edu/clubs)  
[herkimer.edu/calendar](https://herkimer.edu/calendar)  
[herkimergenerals.com](https://herkimergenerals.com)



## SURVIVAL TIP #2

# Connect on Social

Connect with each other and the college.



[herkimer.edu/social](http://herkimer.edu/social)

Facebook, Twitter, Instagram, and other social media sites are great ways to stay in touch with friends from home, make new ones once you arrive and get involved in Herkimer College life. There are also points that students should think about when using technology to talk with others:

Familiarize yourself with privacy settings on your account(s) to monitor who can see your profile. Although privacy settings can reduce the risk of personal material entering the public eye, even these aren't foolproof.

Once you post something, it may live long after you take it down – future employers, teachers and even your parents might see what you've posted!

Google your name. See what is online about you.

Don't share personal information, like your class schedule or address.

Have fun with your profile, but be safe, legal and responsible!

# Think before you post.

As a student, faculty or staff member, or visitor to the campus of Herkimer County Community College or at an event not on campus, but sponsored by Herkimer College, you grant permission to Herkimer College and its clients, or agents, full permission to use, publish, and copyright, either in whole or in part, photographs or other images or likenesses of yourself in the form of videotape, film or digital stills, or any other medium. Such material may be used with or without your name in publications, television, billboards, online, social media and other media for promotion and advancement of the College. You give this permission without expectation of any remuneration. If you do not consent to this general permission, you must contact the Director of Public Relations, in writing, at Herkimer College, 100 Reservoir Road, Herkimer, NY, 13350.



Image Release Policy

Connect &  
Be Social

Connect &  
Be Social

## SURVIVAL TIP #3

# Know Your Advisor

They make suggestions but **you** make the decisions. **PARTICIPATE** in your appointments and let your advisor get to know you and your needs.

Your academic advisor is familiar with the courses you are taking and serves as your primary resource for degree requirements, as well as to provide a personal connection to Herkimer College services.

### Tips to use your Academic Advisor to your advantage:

Prepare yourself for each advisement session.

Be knowledgeable about the requirements of your programs of study.

Inform your advisor of changes that affect your academic performance and educational goals (full-time/part-time, curriculum change, etc.)

Follow through on actions identified during advisement sessions.

Be aware that final responsibility for the actions you take rests with YOU.

Educate yourself on program requirements, campus policies and procedures.

### If your major no longer fits your needs, contact your academic advisor to discuss your options.

Find out who your academic advisor is in MyHerkimer under Student Online Services!





#### SURVIVAL TIP #4

## Exercise Your Body

Exercise is a great way to let off steam, have some fun, and meet new people. Herkimer College provides many opportunities for you to do just that!

### Exercise doesn't require a lot of money.

At Herkimer College you can take advantage of the beautiful 500-acres of rolling hills and miles of nature trails by taking a vigorous walk or run, biking, practicing yoga, or playing catch with a friend.

#### There are many benefits to exercising:

- #1 It can reduce stress and make you feel happier.
- #2 It can increase your energy levels.
- #3 It can help skin health.
- #4 It can help your brain health and memory.
- #5 It can help with relaxation and sleep quality.



#### SURVIVAL TIP #5

## Keep a Sharp Mind

Get acquainted with the Library, flex your creativity by working on a College publication, or challenge yourself with the Honors Program.

### The Library can help you get your brain in tip-top shape!

**Type a paper or browse the web.** There are many computers for student use.

#### Study alone or with a friend.

The Library is a quiet, comfortable study area with study rooms available for group work or study sessions.

**Read!** A number of textbooks are on reserve at the circulation desk and are available with a student ID.

**Do research.** From books and journals to online databases and websites, you'll find what you need at the Library.

#### You have 24/7 access.

Homework and papers are no problem when you can get help with research and citations 24/7. Click on the ASK US 24/7 link on the library's web page to be connected to a librarian.

#### [www.herkimer.edu/library](http://www.herkimer.edu/library)

Library@herkimer.edu

Text: 315-836-3796

### Honors Program

This program provides qualified students with additional opportunities to expand their intellectual and artistic growth and to enrich their individual skills and abilities. Honors Program students work on an independent project in one-credit courses during two different semesters. The student selects a concentration area, designs the project with a mentor and works independently to complete it. During the fourth semester, students enroll in an Honors Seminar course—a nontraditional, interdisciplinary course that provides an opportunity to use a variety of higher level learning techniques and interact with others who excel academically. Students who successfully complete the Honors Program are given special recognition by the College at commencement.

**Share your creativity!** Interested in writing, photography or the arts? Submit work for our literary and arts publication, *Phaethon*, or join the staff of *The General*, our new student-run online newspaper.





## SURVIVAL TIP #6

# Stay Mentally Healthy

It's common for students to become overwhelmed by challenges. Counseling services can get you through it and provide support to keep you in the game. Call to set up an appointment.

Attending college can be a significant transition. It can be challenging, exciting and stressful—all at the same time. It's easy to become overwhelmed. We encourage you to reach out as soon as you feel the need. If we can't help you, we'll refer you to college offices, community services, or emergency services that can.

We provide students with the opportunity to speak one-on-one with a professional counselor about problems which could interfere with personal growth and academic achievement. Students may seek out counseling for concerns with family, roommates, relationships, stress, anxiety, adjustment to college life, academics, substance abuse, sexual assault or depression. We offer individual, couples, and group counseling. All services are confidential.

**Counseling Center**  
herkimer.edu/counseling  
counseling@herkimer.edu  
315-574-4034

**National Suicide Prevention Lifeline**  
1-800-273-8255

**Herkimer County Mental Health Clinic**  
315-867-1465

**Trevor Helpline (LGBTQ Crisis Intervention)**  
1-866-488-7386

**MCAT 24-hour Crisis Intervention**  
315-732-6228



## FACT:

Almost one third of all college students report having felt so depressed that they had trouble functioning. Depression is **not** a **weakness**, but a health disorder that is treatable.

## KNOW THE FACTS

By knowing the facts and available resources, you could help save a life.

**An estimated 26 percent of Americans ages 18 and older, or about 1 in 4 adults, live with a diagnosable mental health disorder.**

**1 of 8 emergency department visits involves a mental health or substance use condition.**

### Need more information?

Your Student Handbook is filled with lots of important facts that will get you through your first year at Herkimer College.

### Sexual Violence Prevention & Response Policy

For a complete copy of the Sexual Violence Prevention and Response Policy, please see your Student Handbook.

The State University of New York and Herkimer College want you to get the information and support you need regardless of whether you would like to move forward with a report of sexual violence to campus officials or to police. You may want to talk with someone about something you observed or experienced, even if you are not sure that the behavior constitutes sexual violence. A conversation where questions can be answered is far superior to keeping something to yourself. To confidentially report the incident to a college or community official, who by law may maintain confidentiality, and can assist in obtaining services:

**YWCA Mohawk Valley Child Advocacy Center & Sexual Violence Services**  
284 West Main Street, Ilion, NY 13357 315-866-4120, 24-hr hotline.



## SURVIVAL TIP #7 Play By the Rules

The more you know, the better off you are. Take time to get familiar with Herkimer College's policies and procedures and do your best to follow them.

### Student Handbook

**[www.herkimer.edu/handbook](http://www.herkimer.edu/handbook)**

The Student Handbook is a guide to student policies and procedures at Herkimer College. Students should review our Student Code of Conduct along with many other useful regulations and guidelines provided. **All students are expected to be aware of these policies.**

### Alcohol & Other Drugs Policy

**[www.herkimer.edu/AODpolicy](http://www.herkimer.edu/AODpolicy)**

The Alcohol & Other Drugs Policy governs the activity of all students, including residential students and their visitors/guests. The service, distribution, sale, possession and/or consumption of alcoholic beverages or attempt thereof on the Herkimer College campus and HCCC Housing Corporation property is prohibited. Herkimer College is a dry campus. The complete policy is available in the Student Handbook.

### Smoke and Tobacco-Free Campus Policy

Herkimer College will be going 100% smoke and tobacco-free as of January 1, 2021. Smoking, vaping and use of tobacco products will be prohibited on Herkimer College property.

**DID YOU KNOW?**



## SURVIVAL TIP #8

## Access Support

When you need help, make sure you know where to turn to find it. Don't worry —we're here to help! **[www.herkimer.edu/asc](http://www.herkimer.edu/asc)**

### The Academic Support

**Center**, located in the Library Building, offers a wide range of services aimed at providing students with opportunities for academic success, regardless of previous academic preparation. Free services and programs include:

- » Tutoring for over 150 different courses (in person or online, individually or in small groups, by appointment or at drop-in times)
- » Workshops in time/task management, note-taking, test-taking, memorization and

concept mapping strategies.

- » Services for students with disabilities
- » Evaluation of study skills and individual help in small groups or via an online conference
- » Group project space with interactive white boards, laptops and more
- » Computer lab with software used in Herkimer College courses
- » Academic Coaching: Cut down on procrastination, study smarter, not harder and make a plan for success with someone to mentor you along the way!



## SURVIVAL TIP #9

# Be Aware of Your Surroundings

Campus Safety provides protection for all students, faculty, staff and visitors to Herkimer College, safeguards all real and personal property and enforces College policies, regulations and the laws of New York State.

All Herkimer College safety officers comply with the licensing, registration and training requirements of the NYS Security Guard Act or the NYS Community College Peace Officer Academy.

Members of Campus Safety have peace officer status, and therefore have the power to make arrests on campus. Campus Safety has a cooperative working relationship with the Herkimer Police Department and other law enforcement agencies to help maintain a safe campus atmosphere.

We make use of a video surveillance camera system on campus, as well as in the housing areas, to protect property and for the safety of our community.

Students and faculty can report suspicious activity anonymously on the **Campus Safety Tip Line, x-8477 and silentwitness@herkimer.edu**

Information concerning registered sex offenders is available in the Director of Campus Safety office.

**Outdoor emergency phones can be found in various locations on campus. They are marked by BLUE LIGHTS above the phone. Pushing a button inside the emergency telephone box immediately connects you to 911.**

**Better safe than sorry.  
In an emergency, dial 911!**

- Report suspicious activities and persons immediately by calling 911. You can also email silentwitness@herkimer.edu or call the confidential tips line at 315-866-0300 x-8477.
- Don't let people into your apartments or rooms unless you know and feel safe with them.

- Lock your doors at all times, even if you are only leaving for a few minutes.
- Become familiar where blue light emergency phones are on campus and use them, if needed.
- If you need an escort when you are walking on campus, call Campus Safety at x-8616 and they will provide one to you.



A copy of the Herkimer County Community College campus crime statistics as reported annually to the U.S. Department of Education can be viewed at **www.herkimer.edu/safety-stats**. Information can also be obtained from the U.S. Department of Education website at <http://ope.ed.gov/security/>.

**Students are encouraged to sign up for NY-Alert to receive emergency alert messages,** originating from the State Emergency Management Office or from Herkimer College, via email, cell phone, text message and fax. To sign up go to [my.herkimer.edu](http://my.herkimer.edu) and then to Student Online Services. To receive emergency messages through NY-Alert, you must sign up.



Always Be  
**Prepared**

If an incident occurs that we believe may affect the safety and well-being of the members of our community, information may be distributed by NY-Alert, campus emergency siren, website, fliers, Herkimer.edu email and electronic bulletin board.

**When in doubt, stay put and do what you are told.**

In cases such as a tornado, you may be directed to evacuate classrooms and offices with windows and shelter in place in hallways, closets, and other interior spaces away from windows.

**When an imminent threat to the safety of the campus community exists, we will activate a Shelter-in-Place directive.**

**SEVERE (Code Red)**  
Communicated with NY-Alert and Campus Siren

- Immediately lock yourself and any other uninvolved persons in a classroom or office. If possible, cover windows or openings that have a direct line of phone, but you can still receive NY-Alert messages.
- Do not sound the fire alarm as this can put occupants in harm's way during evacuation.
- Call 911 with any information that may be useful to responders (if you can).
- Remain as calm as possible.
- If you are outside, stay out of open areas and be quiet.

**MODERATE (Code Blue)**  
Communicated with NY-Alert

- You may move around within buildings but do not go outside. If you need to move between buildings, use the indoor connecting corridors.
- Do not sound the fire alarm as this can place others in harm's way during an evacuation.
- Call 911 with any information that may be useful to responders
- Remain as calm as possible.
- If you are outside, try to get inside a building as quickly as possible.



## SURVIVAL TIP #10 Live and Learn

Living in a campus apartment gives you a chance to live on your own, but still have access to College services.

### Residence Life & Housing [www.herkimer.edu/housing](http://www.herkimer.edu/housing)

Managed and operated by the Herkimer County Community College Housing Corporation, the residential apartments are supervised by the Office of Residence Life & Housing with full-time, live-in professional staff members and student resident assistants. The staff is committed to safety, security, and the academic and personal success of every student.

### The Residence Life Academic Success Center, located

downstairs from the Residence Life Office, is a multi-disciplinary study space. The RLASC provides the following services FREE to residential students: quiet study area, group study area, wireless internet access (ethernet also available), printing, computers for general use, and tutoring and homework help (by appointment).



Always Be  
Prepared

## SURVIVAL TOOL #11 Technology

Being tech saavy means not only knowing how to use the technology but where to go to find the information it provides. Stay connected and smart!

### my Herkimer

[my.herkimer.edu](http://my.herkimer.edu)

#### Sign On. It's that simple.

Receive announcements on the topics that matter to YOU and arrange information how it works best for you. Sign in using your college issued user ID and password. No additional logins are necessary for Student Online Services (SOS), Degree Works, Starfish, Generals Online, Herkimer e-mail and more!

**Student Online Services** is a secure site allowing students to access, view, and update their student information online. SOS provides easy access to your financial aid status, grades, bill and class schedule.

**Degree Works** is a web-based advisement tool that shows student progress towards graduation requirements.

**Starfish** is an early alert and communication tool that informs students of academic concerns to allow for timely intervention. Students will also receive feedback from instructors and student services professionals in the way of messages, flags

(academic concerns), kudos (positive feedback) and to-dos (action items to be completed by the student).

**Generals Online (GO)** is our online learning platform for students taking classes offered through the Internet Academy. Several instructors also utilize this platform to enhance on-campus classes. For on-campus courses you can track your current course grade and individual assignment grades throughout each semester. Some faculty require work to be submitted within GO for on-campus courses such as quizzes, tests, written assignments, etc.

#### The HerkApp

[www.herkimer.edu/herkapp](http://www.herkimer.edu/herkapp)  
Designed with students in mind, the HerkApp provides quick and easy access to College information using your smart phone or tablet. From campus events, to important phone numbers, the information you want is at your fingertips.



## SURVIVAL TOOL #12

# Herk e-mail

Everyone has it and everyone needs to use it. The College uses this e-mail address to communicate important campus information, including special events and emergency updates.

### e-mail

All students have e-mail accounts

automatically set up for them upon acceptance. It is disabled upon a student's withdrawal.

**Q: Should I treat my Herkimer College mailbox like my other e-mail accounts?**

**A:** You should be aware that Herkimer College has a policy regarding unacceptable use of student e-mail. Failure to adhere to the policy may result in a loss of all computer access at Herkimer College. Students should refrain from:

- Using the Herkimer College e-mail system for chain letters and jokes since the attachments could lead to viruses.

- Sending unsolicited e-mail messages, including junk mail or advertising to individuals who did not specifically request them (e-mail spam).
- Harassing others whether through language, frequency, or size of messages.
- Forging e-mail header information to deceive (or spoof) the recipient.
- Soliciting e-mails, or 'phishing' to harass or to collect replies that deceive others.

**Q: I already have an e-mail address. Can't I just use that one?**

**A:** Students are free to keep e-mail accounts in addition to Herkimer

College-assigned ones; however, the Herkimer College-specific e-mail account is the only address we will use to contact you regarding official College announcements and emergencies. Additionally, faculty and administrative offices will only accept student e-mails from the College-provided e-mail accounts.

**Q: How do I access my Herkimer College e-mail account?**

**A: From campus residence halls and off campus:**

<https://outlook.com/herkimer.edu>  
**From campus computers:** log in with your username and password. When you see the Windows desktop, double-click on the Outlook icon or [my.herkimer.edu](http://my.herkimer.edu).

**Q: What is my username?**

**A:** Your username is the first seven characters of your last name, first name initial and the last three digits of your H#. There are no spaces in the username. For example, John Smithers, with an H# of H0000123 would have a username of smitherj123. Your initial password is your date of birth MMDDYY without dashes or spaces. Your e-mail address is [username]@herkimer.edu. For example, smitherj123@herkimer.edu. Should you have any questions or suggestions, we're here to help! Contact the Student Help Desk at 315-866-0300, x-8555 for assistance.

## SURVIVAL TOOL #13

# Food & Money

Money doesn't grow on trees! Spend wisely, save wisely, and take advantage of the financial resources available to you.

### Financial Aid

**[www.herkimer.edu/financialaid](http://www.herkimer.edu/financialaid)**

The Financial Aid Office can help students navigate the complex world of financial aid rules and regulations. Need to borrow a loan? Want to know how much you have borrowed in loans? Need help filing your FAFSA? Need to drop a course and want to know if it will affect your financial aid awards? Our financial aid counselors will be glad to assist you with these questions and more.

### Student Accounts

**[www.herkimer.edu/billing](http://www.herkimer.edu/billing)**

Pay your tuition bill, pay for transcripts, pay parking fines, turn in your Certificate of Residence (if you are a NYS resident), add \$ to your Generals Card from excess financial aid, receive your financial aid overage checks (as long as you are attending classes regularly) and get official forms notarized.

### The Generals ID Card

**[www.generalscashcard.com](http://www.generalscashcard.com)**

The Generals ID Card is the official identification card of Herkimer County Community College. You are required to carry it at all times while on campus and at the housing complexes. You must show your card when asked by any College employee. Issued to all students, faculty and staff, it is required for identification, provides

access to campus services and offers a convenient account for making purchases. Bring a copy of your class schedule to RMCC 254 and we will print your ID/cash card on the spot.

Your Generals ID Card is required to access your meal plan, make cashless purchases from your Generals Card Account at the dining center and bookstore. Your ID card is also required to check out materials from the library, use the fitness center, attend campus event and visit the General's Cupboard.

Please protect your card. Your Generals ID Card is THE most important card that you will ever have at Herkimer College. There is a \$15 replacement fee if lost, stolen or broken.

### Meal Plan

**[www.herkimer.edu/dining](http://www.herkimer.edu/dining)**

All students who choose to live on campus are required to purchase a meal plan. Meal plans can only be used in the cafeteria. Off-campus/commuter students may also purchase a meal plan, if they wish, but it is not required.



## SURVIVAL TOOL #14

# Resources

If you need help, call. If you need direction, call.  
If you're not sure where to turn, call.

### Career Services

**[www.herkimer.edu/career-services](http://www.herkimer.edu/career-services)**

Uncertain about your major? Unclear about the types of occupations you're preparing for? Need assistance in developing a job search strategy? The Career Services Office offers career counseling, online career assessments, and assistance with the job search process. Free career assessments are available at [www.herkimer.edu/focus](http://www.herkimer.edu/focus) (use access code hccc225). Looking for part-time work or an internship? We can help with that as well. Search for opportunities on our HireHerkimer job board at [www.herkimer.edu/hireherkimer](http://www.herkimer.edu/hireherkimer).

### Transfer Advising

**[www.herkimer.edu/transfer](http://www.herkimer.edu/transfer)**

Transfer advising services include the following – choosing a transfer college, researching transfer admissions requirements, transfer of credit, transfer scholarship information, transfer college days in fall and spring, transfer articulations agreements with four-year colleges and individual transfer assistance sessions. Contact the Academic Advisement Center for further information.

### Registrar's Office

**[www.herkimer.edu/registrar](http://www.herkimer.edu/registrar)**

This is the place to go to get things done! change address/name, drop/add classes, obtain enrollment certifications, register, get transcripts, certify Veteran benefits, and graduation information

### The General's Cupboard

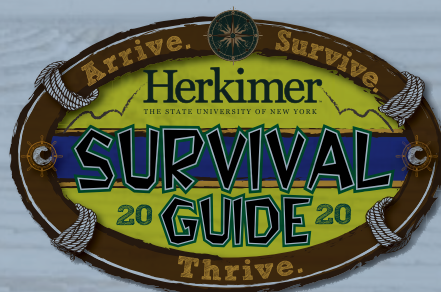
**[www.herkimer.edu/pantry](http://www.herkimer.edu/pantry)**

The General's Cupboard stocks a variety of FREE canned and packaged food and other non-perishable items, as well as personal care items. A valid student ID is required.

### Barnes + Noble Bookstore

**[www.herkimer.edu/bookstore](http://www.herkimer.edu/bookstore)**

We carry new and used textbooks, rentals, e-textbooks, school supplies and official Generals merchandise. Enjoy a cup of coffee or grab a quick snack.



## On Campus

# Important Phone Numbers

Academic Advisement Center	315-574-4029
Academic Support Center	315-574-4000
Admissions	315-574-4028
Athletics	315-574-4030
Bookstore	315-866-0300 x.8420
Business, Health, Science & Technology Division	315-574-4008
Campus Safety (non-emergency)	315-574-4020
Career Services	315-574-4031
Center for Student Leadership & Involvement	315-574-4032
Counseling Center	315-574-4034
Dean of Students Office	315-574-4009
Financial Aid	315-574-4035
Help Desk (Information Technology)	315-574-4021
Humanities / Social Science Division	315-574-4004
International Programs	315-574-4005
Internet Academy	315-574-4006
Library	315-574-4007
President	315-574-4010
Provost	315-574-4012
Public Relations	315-574-4026
Registrar	315-574-4037
Residence Life & Housing	315-574-4016
Student Accounts Office	315-574-4018

**[www.herkimer.edu/directory](http://www.herkimer.edu/directory)**



# Off Campus

## Important Phone Numbers

Addiction Crisis Center (24-Hour Treatment Center)	315-735-1116
Basset Health Care Convenient Care	315-867-2884
Beacon Center (chemical dependency treatment services)	315-717-0189
Domestic Violence Hotline	315-866-0458
Herkimer County Mental Health Clinic	315-867-1465
Herkimer County Public Health	315-867-1176
Herkimer Police Department	315-866-4330
Little Falls Hospital	315-823-1000
MCAT 24-Hour Crisis Intervention	315-732-6228
National Suicide Prevention Lifeline	1-888-273-TALK (8255)
Planned Parenthood	315-724-6146
RISE Recovery Community Outreach Center	315-219-5393
Sexual Violence Hotline	315-866-4120
Trevor Helpline (Crisis Intervention for LGBTQ)	1-866-488-7386

**Emergency**  
(on or off campus)  
**911**



**Herkimer**  
THE STATE UNIVERSITY OF NEW YORK