



New Students

July 13, 2026

Hope you had a great holiday week! 🇺🇸 🇧🇪

In this week's *New Student Insider*, we're sharing info about all the support and opportunities you'll find at Adelphi. Dig in and enjoy!

If you've got any questions about Orientation or what's next, email our team in [Student and Community Engagement](mailto:orientation@adelphi.edu) at orientation@adelphi.edu. We'll respond within 24 hours. 🐾

🔥 5 TIMELY TO-DOs

- If you're in the neighborhood, join us this Friday, July 17, at our on-campus **Mid-Summer Meet-Up**. Bring your fam!
- **Review your Fall bill**. Log in to CLASS to view your balance, understand your charges and explore payment plans. Payment is due July 21.
- Register for **Orientation Weekend** (Friday–Sunday, August 21–23).
- Submit your **health and immunization forms** by August 23—the day before classes begin.
- Learn about Adelphi's four **built-in programs**. You can opt out of them if they're not right for you. But mind the deadlines!

💡 THE RESOURCES YOU'LL REALLY USE

📖 Academic Success

- **Academic Calendar**: Important dates and deadlines throughout the semester
- **Academic Services**: Academic advising and degree planning for your Adelphi journey
- **Pre-Professional Advising**: Guidance for students in pre-health, pre-law and engineering majors
- **Academic Support and Enrichment (CASE)**: Free tutoring, writing support and academic coaching
- **Libraries**: Research help, librarian support, study spaces and access to books, articles and online resources
- **SPARK Center**: Faculty-mentored research and creative projects in every discipline
- **Innovation Center**: Hands-on experiences in AI, XR, digital media and emerging technology

- **Student Access Office:** Disability-related accommodations for documented needs
- **Jovia First-Year Mentoring Program:** Apply by July 27 for one of eight spots left in this year's program

Beyond the Classroom

- **Career and Professional Development:** Résumés, internships, career planning and interview preparation
- **Study Abroad:** Choose from more than 100 programs worldwide
- **Alternative Break:** Explore a new community through service-focused travel experiences
- **One-Stop Student Services:** Registration, financial aid, billing and payments

Campus Life

- **Student and Community Engagement:** Events, traditions and leadership opportunities
- **MyAULife:** Check out more than 80 clubs and organizations, volunteer, attend campus events and find your community
- **Campus Dining:** Meal plans, dining locations and menus
- **Residential Life & Housing:** Everything about living on campus
- **Commuter Student Services:** Sign up for a Commuter Assistant to stay informed and engaged on campus
- **AU Bookstore:** Pick up your Panther eBundle materials, shop for Adelphi gear, school supplies, technology and more
- **Panther Express Shuttle:** Get to local transportation centers, supermarkets, retail stores and entertainment destinations

Health & Wellness

- **Health Services Center:** On-campus primary and urgent care, wellness programs and health support to help you thrive
- **Student Counseling Center:** Confidential counseling, mental health support and wellness resources for all students
- **Campus Recreation:** Fitness, recreation and intramural sports
- **Panther Pantry:** Free food and essential household items when you need them

Support & Safety

- **Care Team:** Help when personal challenges might affect your success
- **Public Safety:** Email askpublicsafety@adelphi.edu, call 516.877.3500 or visit the command center in Levermore 113 for help
- **IT Help Desk:** Email helpdesk@adelphi.edu, call 516.877.3340 or visit the desk in Swirbul Library, 2nd Floor, for technology support

HABITS OF SUCCESSFUL PANTHERS

1. **Show Up Consistently and Prepared.** Read the syllabus for each of your courses to plan a successful semester and keep good attendance.
2. **Ask Questions Early.** Your professors expect questions and want to help guide you. See [helpful FAQs](#) from [Academic Services](#).
3. **Get to Know Your Professors.** Visit during office hours for extra help, to discuss your interests and to develop mentors and opportunities.
4. **Make Moodle and Email a Daily Routine.** Check Moodle and your Adelphi student email every day for important assignments and class updates from your professors.
5. **Ask for Help Before You Need It.** Adelphi offers free tutoring, writing support, mentoring and support resources to help you succeed.
6. **Use AI Responsibly.** Your professors will explain when AI tools may and may not be used. If you're unsure, ask. Read our [academic integrity policy](#).
7. **Know the Code.** Adelphi is a welcoming, inclusive campus where every student belongs. [Read the University Code of Conduct](#).



IMPORTANT DATES

- **August 20:** [First-Year Resident Student Move-In](#)
- **August 21-23:** [Orientation Weekend](#) ([Parents and families](#) on Friday)
- **August 23:** [Matriculation Ceremony](#)
- **August 24:** [First Day of Classes](#)
- **August 25:** [Health and Immunization Forms Due to Health Services](#)
- **September 4:** Final [add/drop/change/withdraw day](#) for Fall 2026
- **September 4:** Deadline for [opt-out programs](#) for Fall 2026
- **October 1:** [Health Insurance Waiver Period Ends](#)

Get ready for Adelphi! Watch your mailbox each Monday for more great info and resources.