



New Students

August 17, 2026

Your first semester at Adelphi starts in exactly seven days! Today, we've got some last-minute tips and Adelphi traditions to share.

Panther, this is your final *Insider for New Students*. Starting next week, you'll receive the *Insider for Students* on Mondays, giving you important information, opportunities and to-dos for each week.

We can't wait to see you this Friday! 🥳

🐾 —Adelphi's Student and Community Engagement team

🔥 TIMELY TO-DOs

- **If you haven't yet:**
 - Register for [Orientation Weekend](#) (Friday–Sunday, August 21–23).
 - Submit your [health and immunization forms](#) by August 23.
 - Activate [eCampus](#) and set up your student account. You'll find instructions from helpdesk@adelphi.edu in your personal inbox.
- **If you're living on-campus:**
 - [Move-in day](#) is Thursday, August 20. When you arrive, go directly to your residence hall and check in with a staff member.
 - Check the [Housing Self-Service](#) app for your residence hall and your email from housing@adelphi.edu for your assigned time.
- **Don't forget:** Review Adelphi's four [built-in programs](#) and opt out by the deadline, if you choose.
 - [Panther eBundle Course Materials](#)—September 4 (All students)
 - [Dewar Tuition Refund Plan](#)—September 4 (All students)
 - [Dine + Connect Commuter Meal Plan](#)—September 4 (Commuter students)
 - [University Health Insurance](#)—October 1 (Residential students, international students, student-athletes)

💖💖 Adelphi Traditions and Culture 💖💖

We're proud of the traits that make it great to be a Panther. Here's a glimpse into [Adelphi's history, customs and culture](#).

- **On Wednesdays, we wear Brown and Gold.** Our school colors symbolize the Arts (Brown) and Sciences (Gold). If your school colors are in the laundry, opt for **Adelphi gear** to show your Panther spirit every Wednesday!
- Our school flower 🌻 is the **brown-eyed Susan**. These brown and gold beauties are all over campus in spring and summer.
- Easygoing **eastern cottontail bunnies** 🐰 hop all over campus. It's a special kind of home for us all. Please let them roam freely!
- You might catch **Paws the Panther** 🐾 around campus. Adelphi's official mascot since 1946, Paws was named in 2017.
- Speaking of Panthers... we cheer on our **champion student-athletes of 21 Division II athletic teams** all year-round! **Go Panthers!** 🏈
- Hands-on learning is a big deal. **Check out SPARK** to find your passion.
- We're **committed to service**. Community engagement will be a hallmark of your Adelphi experience.
- We work hard to help everyone feel **welcome, included, safe and valued** at Adelphi.
- **Adelphi Spirit Weekend** is for students, their families and the whole Adelphi community. Mark your calendar for October 16–18 and invite your family!
- Adelphi's motto is "**The truth shall make us free.**" You'll learn to sing **our Alma Mater** at Orientation!

*Our alma mater true, we sing in loyalty;
The glory of thy name shall e'er resound
With honor, love and hope that we have found
"The truth shall make us free."
As we go on our way
Adelphi, live forever!
The Brown and Gold for aye!*

IF YOU EVER NEED HELP...

- **Ask Adele** | After our **AI chatbot** texts you, save Adele in your contacts so you can text her any questions or concerns Adelphi-related, 24/7.
- **Ask Advising** | Whether you're choosing classes, exploring majors, looking for tutoring or navigating an academic challenge, the advisers in the **Office of Academic Services** can help you thrive all the way to graduation.
- **Ask Counseling** | Our newly renovated **Student Counseling Center (SCC)** provides in-person and virtual mental health services for all students. If you need counseling, crisis intervention or a referral, you can get it here for free.
- **Ask Health Services** | All Adelphi students can visit **Health Services** for routine care, urgent care, wellness advice or a Band-Aid.

- **Ask the IT Help Desk** | Our [IT Help Desk](#) is your first point of contact for technology needs, service issues and cybersecurity worries. You can call 516.877.3340 or visit Swirbul Library, 2nd Floor.
- **Ask One-Stop** | When you need guidance on financial aid, your tuition bill, a refund, or your academic records or registration, you can call, email or stop by the [One-Stop Student Services Center](#) in the Lower Level of Levermore Hall (Room 008).
- **Ask Public Safety** | Available 24/7 to help keep you and our campus safe, Adelphi [Public Safety](#) officers patrol our campus, respond to emergencies and can assist with car troubles and late-night safety escorts. Store this number in your phone: 516.877.3500.
- **Ask the Panther Pantry** | The pantry provides nonperishable food items, personal care and household products, clothing and more—free and confidential. You can [visit in person or order online](#).



IMPORTANT DATES

See our [2026-2027 academic calendar](#)

- **August 20:** [First-Year Resident Student Move-In](#)
- **August 21-23:** [Orientation Weekend](#) ([Parents and families](#) on Friday)
- **August 23:** [Health and Immunization Forms Due to Health Services](#)
- **August 23:** [Matriculation Ceremony](#)
- **August 24:** [First Day of Classes](#)
- **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.