

# INTERNATIONAL STUDENT GUIDEBOOK

Understanding and Maintaining Valid F-1 Status





# WELCOME TO ADELPHI UNIVERSITY!

**We are guided by six core values that exemplify the type of community we seek to create: Academic excellence, Creativity and Innovation, Community and collaboration, Global awareness and diversity, Respect for the individual, and Truth and integrity. Together we are here to support the needs of each individual international student and help make Adelphi University your home away from home.**



WELCOME

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# INTERNATIONAL SERVICES

## International Services at Adelphi University

While you are an Adelphi student, International Services will provide accurate nonimmigrant guidance and regulatory support to help you achieve your educational goals and maintain valid F-1 academic status. Located in our office, you will find the Designated School Official (DSO) who is responsible for providing regulatory guidance to international students. Any regulatory or status related questions should be directed to International Services.

## Contacting Your Designated School Official

If you wish to contact your DSO, please email International Services at the email address listed below:

Hours: Monday through Friday, 8:30am-4:30pm

Location: Post Hall, 2nd floor • Email: [is@adelphi.edu](mailto:is@adelphi.edu) • Phone: 516.877.4990

## Services Available through International Services:

International Services provides the following non-immigrant advisement to students and scholars:

- Status maintenance guidance and advisement
- Guidance and assistance necessary in order to acquire F-1 status
- Assistance with Reinstatement Petitions: Application to Extend/Change Nonimmigrant Status
- Travel and visa related guidance
- Academic guidance pertaining to full course of study requirements
- Regulatory guidance regarding grace periods and duration of status guidance
- Authorize and advise students on reduced course load requirements
- Provide guidance and authorize regulatory program extensions for academic need
- Change of educational level guidance and assistance
- Dependent regulatory guidance for spouse and children
- Address and program change guidance
- School transfer assistance and regulatory guidance
- Academic dismissal guidance
- Employment authorization guidance
- Guide qualified students through the Social Security application process
- Guidance relevant to the Department of Motor Vehicles (DMV)

International Services is responsible for the following student requests available in the International Services Portal:

- |  |   |
|--|---|
| 1. I-20 Application Request            | 13. Letter of Invitation                |
| 2. I-20 Reprint                        | 14. Severe Economic Hardship Employment |
| 3. Immigration Check In                | 15. Optional Practical Training (OPT)   |
| 4. I-20 Program Extension              | 16. OPT Employment Update               |
| 5. Reduced Course Load Exemption       | 17. STEM OPT Extension                  |
| 6. Change of Education Level           | 18. Report STEM OPT Participation       |
| 7. Transfer Out                        | 19. Unlock OPT Portal                   |
| 8. Add New Spouse/Child                | 20. CAP Gap Extension Request           |
| 9. Curricular Practical Training (CPT) | 21. Archive I20 Document                |
| 10. Change of Financial Support        |   |
| 11. Leave of Absence                   |   |
| 12. Letter of Status                   |   |

# U.S. DEPARTMENT OF HOMELAND SECURITY

The United States has specific laws and regulations governing F-1 academic international students who are temporarily within its borders. The U.S. Department of Homeland Security is responsible for providing immigration related services and benefits as well as investigative and endorsement responsibilities of federal immigration laws, customs laws, and air security laws. Below include U.S. Department of Homeland Security Agencies.

## The Student Exchange Visitor Program (SEVP)

This office is responsible for managing schools, international students and their dependents. SEVP uses the Student and Exchange Visitor Information System (SEVIS) to track and monitor international students while they visit the United States and participate in the U.S. education system.

**Website:** [sevp.gov](http://sevp.gov)

**Contacting SEVP:** If you have an SEVP or SEVIS-related question, call (703) 603-3400 between the hours of 8 a.m. and 6 p.m. ET on weekdays, except holidays or email [sevp@ice.dhs.gov](mailto:sevp@ice.dhs.gov).

## U.S. Citizenship and Immigration Services (USCIS)

This office is responsible for application and petition adjudications. Its sole responsibility is to enforce the regulations that apply to foreign nationals in the U.S.

**Website:** [uscis.gov](http://uscis.gov)

**Contacting USCIS:** If you have a question for USCIS, you can contact them by calling **1 (800) 375-5283**.

## U.S. Customs and Border Protection (CBP)

This office is responsible for immigration inspections at all U.S. ports of entry and for the U.S. Border Patrol.

**Website:** [cbp.gov](http://cbp.gov)

**Contacting CBP:** If you have a question or need assistance from CBP, you can contact them by **1 (877) 227-5511**

## U.S. Department of State, Bureau of Cultural Affairs (DOS)

This office oversees the issuance of student visas.

**Website:** [Travel.state.gov](http://Travel.state.gov)

## U.S. Immigration and Customs Enforcement (ICE)

This office is responsible for investigations, detention, removal proceedings.

**Website:** [ice.gov](http://ice.gov)

**Important Disclaimer:** As an international student, the maintenance of your legal status is ultimately your responsibility. It is the student's responsibilities to understand and follow all rules and regulations that govern your status and visa. International Services is responsible for ensuring institutional compliance with governmental immigration regulations necessary to maintain the institution's eligibility to enroll non-immigrant students. The office is responsible for monitoring and notifying SEVIS on status related actions and violations.

## The Designated School Official



Wendy Badala, MA'20  
Primary Designated  
School Official and  
Responsible Officer  
[wbadala@adelphi.edu](mailto:wbadala@adelphi.edu)



Shannon Harrison  
Designated School  
Official and Alternate  
Responsible Officer  
[sharrison@adelphi.edu](mailto:sharrison@adelphi.edu)

The designated school official (DSO) who is a full time university administrator will serve as the main point of contact for all issues related to regulatory compliance and nonimmigrant advisement for students. Only the DSO, located in International Services is qualified to provide nonimmigrant guidance and complete SEVIS functions for students in F-1 status.

## Where to Locate your DSO:

International Services  
Post Hall, Room 203

## How to Contact your DSO:

Email: [is@adelphi.edu](mailto:is@adelphi.edu)  
Call: 516.877.4990

More than 115,000  
Adelphi graduates  
have gained the  
skills to thrive  
professionally  
as active, caring  
citizens, making  
their mark on the  
University, their  
communities and the  
world beyond.



[youtube.com/adelphiuniv](https://youtube.com/adelphiuniv)



[twitter.com/adelphiu](https://twitter.com/adelphiu)



[facebook.com/adelphiu](https://facebook.com/adelphiu)





**client wrote: Also, include how easy  
it is to get to NYC, maybe train details**



**While walking across our idyllic campus—a registered arboretum—  
don’t be surprised if our beloved Adelphi bunnies cross your path.  
Nestled in suburban Garden City, our campus is just 23 miles from  
New York City’s cultural and internship opportunities.**



# BASIC IMMIGRATION TERMINOLOGY AND DOCUMENTS

## FORM I-20: CERTIFICATE OF ELIGIBILITY FOR NONIMMIGRANT STATUS

This form, also called the Certificate of Eligibility for Non Immigrant Student Status is issued by International Services to international students who have been accepted and plan to enroll in a full course of study.

## F-1 VISA

A student visa is required to study in the United States. The F-1 visa is issued by the U.S. Consulate and is a stamp placed in the passport allowing entry into the U.S.

## PASSPORT

An official document issued by the holder's government, certifying the identity and citizenship and entitling them to travel under its protection to and from foreign countries. International students are required to maintain a valid passport at all times in the U.S.

## SEVIS

SEVIS is a web-based system used by your Designated School Official for maintaining student information and reporting status maintenance and violations on nonimmigrant students.

## STATUS

Upon entering the U.S., you are granted a specific status. If you are in F-1 status, you are in the U.S. for the sole purpose to study. You must remain in lawful status during your entire duration of studies.

## FORM I-94 ARRIVAL/DEPARTURE DOCUMENT

Form I-94 is the U.S. Department of Homeland Security (DHS) Arrival/Departure Record issued to non citizens admitted to the U.S or who are adjusting status while in the United States or extending their stay, among other things. This form is located at [cbp.gov/travel/international-visitors/i-94-instructions](https://cbp.gov/travel/international-visitors/i-94-instructions).

## DURATION OF STATUS

Duration of Status refers to the period a student is pursuing a full course of study, plus any authorized practical training following completion.

## INTERNATIONAL STUDENT

You are considered to be an international student if:

- You were not born in the United States.
- You are not a citizen of the United States.
- You have not been granted permanent residence in the United States. (You must not possess a green card.)
- You are in the United States for educational purposes.
- You hold an F-1 student visa or other appropriate documentation.

## SOCIAL SECURITY NUMBER

The SSN is a nine-digit number necessary for the employment of international students which is issued through the Social Security Administration office. Students are only eligible for an SSN who is authorized to work in the United States through on campus employment, curricular practical training, or optional practical training.

## TAX OBLIGATIONS

U.S. Internal Revenue Service (IRS) website: [irs.gov](https://irs.gov)  
All F-1 and J-1 students must file forms with the Internal Revenue Service by April 15 each calendar year.





# UNDERSTANDING YOUR F-1 STATUS AND VISA

## WHAT IS VISA?

This document is placed in the person’s passport, giving the individual consideration for admittance to the United States. It shows that the visa holder has indicated a specific intent in coming to the United States and that he or she has met the criteria to enter the United States for that purpose. However, possession of a valid visa does not guarantee permission to enter the country. The actual determination of admissibility is left to the discretion of the examining immigration officer at the port of entry, such as the airport. It works like a house key for entry.

When you apply for a visa, the consular officer will review your application and all documentation you present to be certain that you are indeed a nonimmigrant and that you have no intent to live in the United States permanently. The burden of proof to show your intention to leave the United States after your temporary stay is over is on you. If your visa has expired and you plan to travel outside the United States or if you have changed your visa status while in the United States, you will need to obtain a new one at a U.S. embassy or consulate abroad, either in your home country or in another country you are visiting, before you may reenter the United States. It is not possible to revalidate your visa while you are in the United States.

*A visa is an entry document issued to a foreign national by the U.S. Department of State at a diplomatic visa-issuing post abroad (embassy or consulate office).*

## TK? THERE WAS JUST A "T" HERE.

Upon entering the U.S., you are granted a specific status. If you are in F-1 status, you are in the U.S. for the sole purpose to study. You must remain in lawful status during your entire duration of studies. While studying in the United States, it is the responsibility of the individual visa holder to maintain valid status assigned at the port of entry and determined by the visa classification which includes:

1. Fulfilling the purpose for why the Department of State issued the student visa.
2. Following the regulations associated with that purpose.

## FULL-TIME STUDENT STATUS

Academic Level	Number of Credits
undergraduate students	12 credits
graduate students	9 credits
Academic English	18 clock hours
Masters Accelerator Program	1/2 of 25 contact hours and 9 credits
Advanced Master's Accelerator Program	13 contact hours and 6 credits
Extended Accelerator Program	1/3 of 48 contact hours and 30 credits
Academic Accelerator Program	1/2 of 19 contact hours and 23 credits

## ONLINE CLASSES

For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

## STATUS MAINTENANCE REQUIREMENTS

The following include the responsibilities as an international student in which you must maintain each academic semester in order to continue to be considered in valid F-1 status.

- Report to the designated school official (DSO) prior to the program start date listed on your Form I-20 in order to complete your immigration check in and have your SEVIS record registered.
- For the first entry for initial school attendance, the school listed on the visa and on the I-20 must be the same, and that is the school the student must intend to attend.
- Pursue a "full course of study" at the school listed on the currently valid Form I-20 during every academic session or semester except during official school breaks, or unless approved under a specific exception, in advance, by the DSO.
- Make normal progress towards completing the course of study, by completing studies before the expiration of the program completion date on the Form I-20.
- Keep Form I-20 valid by following proper procedures for extension of stay.

- Keep Form I-20 valid by following proper procedures for change in educational levels or programs of study.
- Keep Form I-20 valid by following proper procedures for transfer of schools.
- Abide by the F-1 grace period regulations.
- Report a change of address to the DSO within 10 days of the change, so that SEVIS can be updated.
- Abide by rules requiring disclosure of information and prohibition on criminal activity.
- Not work, either on or off-campus, unless specifically authorized under the regulations at 8 CFR 214.2(f)(9) or 8 CFR 214.2(f)(10)
- Not work, either on or off campus, unless specifically authorized under the regulations at 8 C.F.R. § 214.2 (f) (9) or § 214.2 (f)(10)–(12).
- Abide by the aggregate unemployment rules while on post-completion OPT.
- Keep your passport valid

## COMMON VIOLATIONS OF STATUS

- Failure to report to the school for your immigration check in and SEVIS registration
- Failure to enroll full time for a given term
- Failure to make normal progress in your academic program of study
- Drop below a full course of study without prior DSO authorization
- Employment without authorization from USCIS or International Services
- Failure to request a program extension prior to your program end date listed on your I-20
- Failure to required a valid transfer within time limitsFailure to update your address within 10 dates
- Failure to depart from the U.S. within your designated grace period





# ACADEMIC RESPONSIBILITIES

In many ways, you will find U.S. higher education quite different from that of your own country. Differences exist, for instance, in educational philosophies and academic requirements, traditions and standards. You may find some of the methods of teaching stimulating, while others may seem confusing. It is important that you pay close attention to your academic adviser and/or professors when you have questions, and seize every opportunity to talk with experienced students, international or domestic, in your field of study.

## EXAMINE YOUR EXPECTATIONS

Keep in mind that a period of adjustment to a new educational system is necessary before you will be able to perform to the best of your ability.

## SELECT YOUR COURSES WISELY

When arranging your course schedule, consult with your academic adviser and experienced students who are familiar with available courses and teachers. They will be able to help you put together a balanced academic program. Especially during your first semester, do not take more courses than required. Make sure you have a combination of more-demanding and less-demanding courses, rather than only difficult courses requiring unusually heavy amounts of work.

## WORK HARD FROM THE BEGINNING

If you do not begin serious studying on the first day of classes, you are almost certain to fall behind and experience serious difficulty and possibly fail your courses.

## TALK WITH YOUR PROFESSORS

In colleges and universities in the United States, professors expect students to ask questions during or immediately following the class. Professors will also generally wait for students to come to them for help rather than offer assistance. Accordingly, they expect students to see them during office hours when they are having difficulty. If you are not doing well in a class and you do not contact the professor to discuss the situation, the faculty member is likely to assume that you are not interested.

## CLASS PARTICIPATION

In the United States, classroom participation is not only expected but is a part of your grade. It is important to remember to speak up and participate in class.

## ASK QUESTIONS

It is extremely important for you to contribute to discussions in the classroom. In the United States, questioning the teacher is normal; it is viewed as a healthy sign of interest, attention and independent thinking. In fact, in many classes, your grades will be determined, at least in part, by your contributions to class discussions. If you sit in respectful silence, it is likely to be assumed that you are not interested in what is being said in class or that you are unable to contribute.

International students from non-English-speaking countries often have difficulty with the language and are reluctant to talk in class. Do not let this be an obstacle. The more you speak in class, the more practice you will get and the sooner you will overcome the obstacle.

## OPEN YOUR MIND TO THE VALUES OF THE SYSTEM

From your past experience in other educational systems, you have developed certain assumptions about purposes and methods of education and about the way your field of interest should be studied. It is important for you to realize that differences exist between the United States and other educational systems; you will have to adjust your thinking if you are going to succeed academically. Whether or not you personally accept the values of the U.S. educational system, you have to act in accordance with them while you are here.

## LECTURES AND SEMINARS

There are many types of classes and most use many different ways to deliver instruction. There are classes in which the professor lectures some, or most, of the time but also have classroom discussions, presentations and online requirements. Some instructors create work groups of students and assign problems which will be presented to the entire class. There are seminars in which there are no more than 15 students. In a seminar, much of the instruction is in the form of student presentations and class discussion. There are hybrid classes which are partly online and partly traditional. There are also classes that are fully online.

## THE HONOR CODE

Students found guilty of plagiarism are severely penalized. You must use citations whenever you use the words or ideas of someone other than yourself. If you quote directly, that is, use word for word, or copy exactly, a phrase, sentence, paragraph or other part from a book or written material, you must enclose the borrowed words in quotation marks. You must then cite your source, crediting that author and work.

Most colleges and universities in the United States have established honor codes, which are statements of certain rules students are expected to follow in their academic work. These rules relate primarily to academic honesty and originality.

**Cheating is a failure of honesty.** In the United States, cheating is getting unauthorized help on an assignment or exams, or representing another person's work as your own. You must not receive or give information to another student, including answers or help during an exam or any other test. You must not use unauthorized sources for answers during an exam. You must not take notes or books to the examination if this is forbidden, or refer to any book or notes while taking the test. You must not obtain test questions illegally beforehand.

**Plagiarism is a failure to do your own original work in written assignments.** Plagiarism is using someone else's words or ideas as though they were your own. It is literary theft and cannot be tolerated in academic work. Students found guilty of plagiarism are severely penalized. If you quote directly, that is, use word for word, or copy exactly, a phrase, sentence, paragraph or other part from a book or other written material, you must enclose the borrowed words in quotation marks. You must then cite your source, crediting that author and work. Usually, this is done using a citation.

### If you violate the honor code:

- You will almost certainly receive an F (failing grade) for the assignment.
- You will most likely receive an F for the entire course.
- You may be expelled from the University.





# ACADEMIC LIFE



College means discovering new interests and abilities, and developing those you already have. It's about achieving academically, gaining personal insight and making lifelong friends. It's also about developing the tools and the know-how to succeed after graduation in your chosen field. Adelphi is dedicated to helping you with your academic life—from choosing a major that suits your career goals and making an academic plan, to tutoring and support services.

## ACADEMIC TERMINOLOGY

All students must go through registration. One of the first things you'll encounter on all forms used by institutions in the United States is your family name appearing first and then your given name. An example on an international student's form might be "Tanaka, Masayumi K." However, when you are asked to sign a document, your signature will have your given name first, followed by your family name (Masayumi K. Tanaka). Below are common terms you may hear in academic circumstances at Adelphi.

**ACADEMIC ADVISER** is a member of the faculty or another professional who provides academic advice and guidance to students.

**ACADEMIC CALENDAR** lists all the days when classes are in session, including the last days to add or drop a course.

**ADDING COURSES** is when a student adds a course to his or her registration.

**ADJUNCT FACULTY** teach part time without appointment to the regular faculty.

**ASSISTANTSHIP** is a type of financial aid for a graduate student that is offered in return for certain services in teaching or laboratory supervision (as a teaching assistant) or services in research (as a research assistant).

**COURSE LISTING, ADVISING AND STUDENT SERVICES (CLASS)** is Adelphi's online program that offers access to important student information. It can be used from any computer, anywhere, that can reach eCampus via the internet. This includes your course registration (when available), your course confirmation (listing room locations), your financial aid, your bills, your grades, your transcript and the course directory (including seats available and when they become full).

**COMMENCEMENT** is the graduation ceremony held in May.

**CREDIT** refers to academic coursework. A student earns credits for the successful completion of each course for each academic term. Adelphi sets a minimum number of credits required to graduate. At Adelphi, we have the one-per-hour/week-in-class system of earning credit, which means that to earn one credit you have to spend one hour in class per week for 15 weeks.

**CUMULATIVE GRADE POINT AVERAGE (GPA)** is the numerical average of all the student's grades achieved during the period of study at an institution.

**DEANS** are the chief officers of each college in the university. The deans, along with the associate and assistant deans, oversee the progress of students in their particular academic units. In addition, there is the Dean of Student Affairs, who oversees the academic life of the university.

**DEPARTMENT CHAIR** is a tenured faculty member who oversees an academic department.



**DISSERTATION** is a scholarly independent research study required for obtaining a doctoral degree.

**ECAMPUS** is an online portal giving students and scholars one-stop access to information, services and applications. This includes Adelphi email, ALICAT, campus announcements, CLASS, Degree Audit, Moodle, message boards, My Housing and much more.

**ELECTIVES** are courses that are not required for a student's or scholar's program of study. They are chosen by the student or scholar.

**FACULTY** are the teaching personnel in a department, division or an entire institution.

**FAILURE** is when students or scholars receive a grade below passing.

**FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)** is the federal law that protects the privacy of student and scholar education records. Under this law, the University does not permit access to or the release of education records without written consent of the student or scholar.

**FEES** are the amount charged by schools, in addition to tuition, for various expenses related to institutional services.

**FINALS** are the final exams of a semester.

**GENERAL EDUCATION REQUIREMENTS** are a set of course requirements that all Adelphi undergraduates must fulfill to get a degree. Some requirements, like the Freshmen Orientation Experience, Freshmen Seminar and the Art and Craft of Writing, will be met in the first (freshman) year.

**INCOMPLETE (I)** is a temporary grade indicating that the student or scholar has not met all course assignments at the end of the term. The professor must complete an Incomplete Contract stipulating how and when the work will be completed. If the student or scholar does not complete the work within one year, the I automatically becomes an F on the student's or scholar's transcript.

**INDEPENDENT STUDY** is an assignment (reading or research) carried out by a student or scholar under faculty supervision for credit. Students or scholars may take no more than 12 credits of independent study during the course of their enrollment.

**JUNIOR** is a third-year student or scholar at a high school, college or university.

**MAJOR** is a student's or scholar's primary field of study.

**MIDTERMS** are the exams in the middle of the semester.

**MINOR** is a student's or scholar's secondary field of study.

**PREREGISTRATION** is the period before regular registration when students or scholars who have already been attending classes may register early.

**PREREQUISITE** is a course that must be completed before a student or scholar is allowed to register for a more advanced course.

**PROBATION** is the status imposed on students or scholars whose work is unsatisfactory until they improve their performance or are asked to leave the program or institution.

**PROVOST** is the chief academic officer of the institution.

**REGISTRAR** is the office responsible for registering students and scholars and maintaining their educational records.

**REGISTRATION** is the formal process of enrolling students or scholars in courses. At Adelphi, all students or scholars must have their course of study approved by an academic adviser before they can register.

**SEMINAR** is a small class of students or scholars that meets with a professor to discuss specialized topics.

**SENIOR** is a fourth-year student or scholar at a high school, college or university.

**SOPHOMORE** is a second-year student or scholar at a high school, college or university.

**STUDENT GOVERNMENT ASSOCIATION (SGA)** represents undergraduate student or scholar interests and concerns to the University administration. Its primary role is to serve as the voice of students. The SGA also allocates funds to student organizations, sponsors awareness days and hosts speakers on campus.

**SYLLABUS** is a written or electronic description of a course that the instructor provides to the students or scholars. It includes a listing of primary assignments, a statement of course policies regarding absences and grades, and a schedule of tests.





**TRANSCRIPT** is the official record of a student’s or scholar’s academic performance at an institution. An official transcript has the registrar’s stamp on it and is often requested in a sealed envelope; an unofficial transcript does not have this stamp and can be printed by a student or scholar through CLASS.

**OFFICE OF ACADEMIC SERVICES  
AND RETENTION**

**academics.adelphi.edu/asr • 516.877.3150**

Nexus Building, Room 145

Office hours:

Monday–Thursday, 8:30 a.m.–5:00 p.m.\*

Friday, 8:30 a.m.–4:30 p.m.

During the summer or when there are no scheduled classes, the office is open Monday through Friday, 8:30 a.m. to 4:30 p.m.

*\*For extended hours during registration periods, visit*

**academic-services.adelphi.edu.**

**What we do**

As you begin to plan your academic experience, the Office of Academic Services and Retention (OASR) can be one of your greatest academic resources. While your academic adviser is a very valuable resource, OASR is the place to get a second opinion about your academic program, general education requirements, changing your major or any other academic concerns. You’ll find OASR staff friendly, open and dedicated to helping you achieve academic success. Services include:

- The early warning system to identify students who are struggling in one or more classes and to give them the additional support they need to be successful
- Oversight of academic transactions, such as withdrawals, leaves of absence and petitions to waive an academic rule or regulation
- Sponsorship and coordination of Adelphi students, together with Adelphi faculty, to present research at the annual National Conference for Undergraduate Research or other academic conferences and, each spring, at the Adelphi Research Conference, as well as to receive merit awards, including Adelphi’s annual Student Success Scholarship

For specific information about these and other programs, visit **academics.adelphi.edu/asr**.

**WRITING CENTER**

**writing.adelphi.edu • 516.877.3296**

Nexus Building, Room 129

Fall and spring semester hours:

Monday–Thursday, 9:00 a.m.–7:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

Saturday, 11:00 a.m.–3:00 p.m.

**What we do**

The Writing Center is a free service available to all Adelphi University undergraduate and graduate students. We can assist students in all disciplines to become more effective and more confident writers.

When you come in, you decide with the tutor what aspect of your writing you want to focus on. Topics you might discuss include:

- Writing with clarity
- Developing a sophisticated argument
- Deepening your analyses
- Deciding on organization and structure
- Improving sentence-level style
- Understanding rhetorical techniques
- Incorporating and citing sources
- Strengthening grammar skills

**Please note:** The Writing Center is not a proofreading service. They can help you learn to proofread and revise your own essay, but they will not simply edit your paper for you.

We work with writers of all levels—from those who have difficulty getting started to those grappling with sophisticated arguments—on written assignments in all courses as well as lab reports.

You can register for an appointment at **writing.adelphi.edu** or by coming to the Writing Center in the Nexus Building. Tutoring sessions are generally 45 to 60 minutes.

While a full draft is best, you can bring in an outline or even just a set of notes, and our tutors will help you move to the next stage in your writing process.

**OTHER WRITING CENTER SERVICES**

The Writing Center also offers other services, including a computer lab and printer, composition handbooks, citation style guides, reference books for writing in a variety of disciplines and useful handouts. And we also offer periodic workshops on writing-related topics.

**LEARNING CENTER**

**learning.adelphi.edu • 516.877.3200**

Nexus Building, Room 129

**Fall and spring semester hours:**

Monday–Thursday, 9:00 a.m.–7:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

Saturday, 11:00 a.m.–3:00 p.m.

Intersession and summer hours vary by programming.

**What we do**

The Learning Center provides academic support programs—and all services are free for undergraduate and graduate students!

- **Tutoring** to help students learn how to be succesful in their studies and how to solve problems
- **Skills development** to help students in their academic endeavors through enhancing their skills at being students
- **Preparation** to help prepare you for life outside of Adelphi University

Online scheduling allows for convenient management of appointments. The scheduling website, **adelphi.mywconline.com**, can be accessed from eCampus. The Learning Center’s website, **learning.adelphi.edu**, provides details on programs, staff, operating hours and how to access the Learning Center in person or via the internet.

**ADELPHI UNIVERSITY LIBRARIES**

**libraries.adelphi.edu • 516.877.3549**

**Library hours:**

Monday–Thursday, 7:30 a.m.–10:00 p.m.+\*

Friday, 7:30 a.m.–6:00 p.m.+

Saturday, 9:30 a.m.–5:00 p.m.^

Sunday, 9:30 a.m.–5:00 p.m.\*

Swirbul Library labs, Rooms 100 and 101, are open after regular hours until 3:00 a.m.\*\*

For additional library information and hours, call

**516.877.3572.**

For the IT Help Desk and Information Commons, call

**516.877.3340** or visit **it.adelphi.edu**.

+ Public service desks open at 8:30 a.m.

\* Public service desks close at 10:00 p.m.

\*\* Valid Adelphi student ID required

^ Public service desks open at 10:00 a.m.

**What we do**

Swirbul Library offers facilities, resources and services to support and enrich your academic, cultural and student life at Adelphi. You’ll find it’s a resource for course-related materials, research, internet access (wired and wireless) and a great place to study.

**Information Systems and Services**

You’ll find state-of-the-art information systems and services at the library. These include both internet-based electronic information resources, full-text retrieval systems and document delivery services. The Adelphi Libraries Catalog (ALICAT) online provides electronic access to the libraries’ holdings. Visit **alicat.adelphi.edu** to access ALICAT. Members of the library faculty are available to provide instruction in the use of the library and its resources.

**Information Commons**

The Information Commons is adjacent to the Office of Information Technology Help Desk on the second floor of Swirbul Library. It’s the hub for students to work on their papers, do research and browse the internet. There are both PCs and Mac computers, plus printers and scanners for your use, and it’s also a wireless hot spot. The Information Commons is where you’ll find the most lab assistants available in one spot.



**SPEECH AND HEARING CENTER:  
SERVICES FOR INTERNATIONAL  
STUDENTS**

The Speech and Hearing Center provides services to the Adelphi University community (students, employees and alumni) and the larger Long Island community. Services include evaluations and treatment/therapy for a range of communication concerns, including articulation, language, voice, stuttering, hearing, accent/dialect modification and more. The center offers therapy in individual and group sessions. All services are provided by graduate students in Adelphi’s Department of Communication Sciences and Disorders, under the direct supervision of appropriately licensed and certified speech-language pathologists and audiologists on the Ruth S. Ammon School of Education faculty and staff.

The Speech and Hearing Center has offered individual accent modification sessions to international students for a number of years. More recently, the center began to run an English Conversation Group for international students. Goals for this group include developing the knowledge, abilities and confidence to communicate more effectively in English. Specific objectives for each group are generated collaboratively by the student clinicians, the clinical supervisor and the participants in the group. Over the past several semesters, objectives have included:

- Improved understanding of and ability to use American English idioms
- Increased English vocabulary
- Improved ability and comfort level in asking questions in various settings (e.g., in the classroom, among strangers)
- Improved understanding of American English humor
- Improved comprehension of English words with multiple meanings
- Improved comprehension of English homophones
- Improved understanding and knowledge of when to use sarcasm in English

English Conversation Group sessions are held weekly in a conference room in the Hy Weinberg Center. The sessions are relaxed, with casual, naturalistic exchanges among the participants. Activities have included the following:

- Discussion of hot topics
- Role-play
- Games
- Discussion of practices in the various cultures represented in the group (including the international student members and the student clinicians)
- End-of-semester parties, including food from the various cultures represented in the group

**Hy Weinberg Center for Communication Disorders  
(Speech and Hearing Center)**  
**adelphi.edu/hy-weinberg-center • 516.877.4850**  
Hy Weinberg Center, Room 211  
**speechandhearingcenter@adelphi.edu**  
**soman@adelphi.edu**



**As an international student or scholar, you cannot accept employment of any kind, either on or off campus, without prior authorization from International Services and, when necessary, from U.S. Citizenship and Immigration Services (USCIS).**



# INTERNATIONAL STUDENT EMPLOYMENT

Employment eligibility and regulations for international students who are maintaining valid F-1 status are determined by Federal Regulations set forth by the U.S. Department of Homeland Security. There are limited work opportunities available in the United States for F-1 students. In order to maintain valid F-1 status, a student must not work in the United States, unless the employment is specifically authorized under the regulations.

Students who are interested in working on or off campus should review International Services employment policies and procedures and always talk with your designated school official (DSO) located in International Services if you have any questions.

**ON CAMPUS EMPLOYMENT**

F-1 students are permitted to work part-time on the premises of the school that issued their current valid I-20, with the school as the employer, while they are attending that school and maintaining their F-1 status. On-campus employment is specific to work that takes place on campus or at an off-campus location that is affiliated with the school.

**On Campus Employment Requirements and Limitations**

- F-1 students maintaining valid status are eligible to work part-time on campus
- Students are restricted in the amount of 20 hours per week while school is in session and up to 27 hours per week (institutional policy), or 40 hours per week (USCIS policy) when school is not in session or during the annual vacation.
- On-campus employment is allowed in AUI, University Bookstore, and Adelphi Dining
- Initial entry students cannot begin work more than 30 days before classes start
- An F-1 student may not engage in on-campus employment after completing a course of study, except employment for practical training as authorized under paragraph (f)(10) of this section.
- In the case of a transfer in SEVIS, the student may only engage in on-campus employment





and other programs essential to build and develop your skills and resume.

- The Center for Career and Professional Development Office offers career guidance and professional development opportunities appropriate and helpful for students to gain essential skills necessary to obtain employment opportunities.

### CURRICULAR PRACTICAL TRAINING

Curricular practical training is alternative work/study, internship, cooperative education, or any other type of required internship or practicum that is offered by sponsoring employers through cooperative agreements with the school.

An International student who is enrolled in a degree seeking academic program which leads to the attainment of a specific educational or professional objective, must maintain specific requirements as indicated by the Title 8 Code of Federal Regulations in order to maintain valid non-immigrant status. International Services serves in the capacity of the responsible area for the record keeping and reporting of all status requirements with the Student and Exchange Visitor Program. **Students who are in pathway or language programs are NOT eligible for CPT.**

The following indicate examples of off campus academic required or elective experiences:

- Cooperative Educational Opportunity
- Field Placement
- Classroom Observation Hours
- Clinical Placement
- Internship
- Jaggar Community Fellows Program
- Laboratory Experiences
- Practicum Practice
- Student Teaching

#### Requirements

- The CPT experience must relate directly to the student's major area of study and be an integral part of the school's established curriculum.
- CPT authorization and academic credit must occur in the same academic term.
- The CPT experience can be full-time (more than 20 hours per week) or part-time as necessary to meet the academic program requirements.
- CPT must occur before a student's program end date indicated on the Form I-20, "Certificate of Eligibility for Nonimmigrant Student Status."
- A student may begin curricular practical training only after receiving his or her Form I-20 with the

DSO endorsement and not before the CPT start date indicated on the form.

- One year or more of full-time CPT eliminates students' OPT eligibility at the same educational level.
- Students can have more than one CPT authorization at the same time. However, a separate CPT authorization is needed for each employer and each CPT segment
- CPT authorization requires a signed cooperative agreement or letter from the employer.
- Eligibility for CPT requires lawful enrollment on a full time basis for at least one academic year. Exceptions to the one academic year requirement are provided for students enrolled in graduate studies that require immediate participation in curricular practical training.

### OPTIONAL PRACTICAL TRAINING

OPT is a type of temporary work permission available for eligible F-1 students. It is an ability for students to get real-world work experience directly related to the students program of study listed on the form I-20.

Students are eligible for 12 months of OPT employment, available for each higher education level of study. OPT is authorized by USCIS. Authorization to engage in optional practical training employment is automatically terminated when the student transfers to another school or begins study at another educational level.

#### Types of Optional Practice Training:

1. Pre-completion OPT: Any portion of OPT used before the student's Program End Date. It may be part-time or full-time.
2. Post-completion OPT: Any portion of OPT used after the student's Program End Date. It must be full-time.
3. 24-month (STEM) OPT Extension: For students who majored in designated Science, Technology, Engineering, and Math (STEM) degrees approved by DHS. This type of OPT is a 24-month extension of OPT.
4. Cap-Gap OPT Extension: For students whose prospective employers filed a qualifying H-1B-cap subject petition.'

#### What is the OPT Process?

- International Services offers monthly OPT workshops to assist students with the application process.
- While a Designated School Official (DSO) recommends OPT in SEVIS, it is the student who must apply for the work permit with the U.S. Citizenship and Immigration Service (USCIS).
- The student must file the completed I-765 Employment Application in the appropriate time with USCIS and provide all required documents.
- Once received, USCIS will check the application for

completeness and establish a basis for eligibility. USCIS may reject or deny application at this time (i.e. insufficient funds, lack of signature, no DSO endorsed I-20).

- USCIS may request that you provide more information or evidence to support your application.
- The decision on Form I-765 involves a determination of whether you have established eligibility for the immigration benefit you are seeking. USCIS will notify you of the decision in writing.
- Approval: If your application is approved, USCIS will either mail your EAD to you;
- Denial: If USCIS cannot approve your application, you will receive a written notice explaining the basis of your denial.
- The student must not begin working before the start date on the EAD.
- This employment option allows students to get real-world work experience directly related to the individual's major area of study listed on the form I-20.
- Students are eligible to receive 12 months for each higher education level of study.

### VOLUNTEER AS AN INTERNATIONAL STUDENT

Volunteering is a great way to "make a difference," to help people where there is need and participate in your community.

As an F-1 student, you may volunteer while you study in the United States, but you must maintain your nonimmigrant student status by complying with Department of Homeland Security rules and regulations. F-1 students are able to volunteer with an organization that ordinarily engages and utilizes volunteers as long as the student is not volunteering primarily for work experience but because he/she wants to contribute to the mission of that organization.

#### Guidelines to Determine if the Position you are Seeking is Volunteer or Needs Employment Authorization

1. Are you receiving any form of taxable income from the volunteer activity?  
If yes, you must obtain valid work authorization as this is considered employment.
2. Is this position one for which the employer would otherwise officially hire someone?  
If yes, you must obtain valid work authorization as this is considered employment.
3. Is this position relative to your major program of study?

at the school having jurisdiction over the student's SEVIS record.

- The number of hours per week international students are eligible to work are a combination of all on campus employment including teaching assistantships (TA), graduate assistantships (GA), residence assistants (RA) and hourly positions.

#### Finding Employment on Campus

Students seeking to obtain an on campus employment should build your professional skills and networks through participation in the following:

- The first step to getting an on campus job is getting to know the university, its services, and building your network.
- Participating in campus events, student organizations, activities, and services is the best way to get to know the people who serve as the hiring managers for offices.
- The Center for Student Involvement overseas student organizations, volunteer opportunities, student government, and other student engagement opportunities which are essential to build your network and your leadership skills.
- The Innovation Center offers internship opportunities



- If yes, you must obtain valid work authorization as this is considered employment.
4. Is this position for your own personal benefit, philanthropic in nature, you are not being paid, and it is not related to your academic major?
- If yes, this is considered volunteer and not employment and you do not need work authorization.

## ECONOMIC HARDSHIP EMPLOYMENT

**A student must maintain F-1 status for one academic year prior to being eligible to apply for Economic Hardship Employment.**

Economic Hardship employment authorization is permission granted to F-1 students by U.S. Citizenship and Immigration Services (USCIS) to work off-campus due to specific economic hardship criteria. If other employment opportunities are not available or are otherwise insufficient, an eligible F-1 student may request off-campus employment work authorization based upon severe economic hardship caused by unforeseen circumstances beyond the student's control.

These may include the following:

- Loss of financial aid or on-campus employment (if the student is not at fault)
- Large increases in tuition or living costs
- Substantial decrease in the relative value of currency the student depends upon to pay expenses
- Unexpected changes in the financial conditions for a student's sources of financial support
- Unexpectedly large medical bills not covered by insurance
- Other substantial, unexpected expenses

USCIS makes case-by-case decisions for off-campus employment for students who can show that new, unexpected circumstances beyond their control have created severe economic hardship. The employment authorization may be granted in one year intervals up to the expected date of completion of the student's current course of study. A student has permission to engage in off-campus employment only if the student receives the EAD endorsed to that effect. Off-campus employment authorization may be renewed by the Service only if the student is maintaining status and good academic standing. The employment authorization is automatically terminated whenever the student fails to maintain status

**Requirements Necessary in order to request Severe Economic Hardship Employment**

- An F-1 student must have remained enrolled for at least one academic year, in valid F-1 status and in

- good academic standing.
- The F-1 student must be unable to get on-campus employment, or the pay from available on-campus employment must be insufficient to meet financial needs.
  - For each request approval, a DSO must provide the F-1 student with an endorsed Form I-20.
  - The F-1 student must file a Form I-765, "Application for Employment Authorization," and pay a fee to USCIS.
  - The student should file within 30 days of the day the DSO endorses the Form I-20.
  - Approval for off-campus employment is good for one year. If the F-1 student needs to continue working, the student must re-apply.
  - The financial need resulting in the employment application has been caused by a situation outside the students control and you are able to successfully document your economic situation. Examples include: loss of financial assistance without fault on the part of the student, substantial fluctuations in the value of currency or exchange rate, inordinate increases in tuition and/or living costs, or unexpected changes in the financial condition of the student's source of support such as medical bills or other substantial and unexpected expenses.
  - There is no job offer needed to apply for Economic Need work permission.
  - The student has received a recommendation in the form of an economic hardship endorsement I-20 from the DSO.
  - You do not need a job offer to apply for Economic Need work permission.

## EMPLOYMENT SPONSORED BY INTERNATIONAL ORGANIZATION

F-1 students are eligible to apply for an EAD from the USCIS in order to work in an internship with a recognized international organization within the meaning of the International Organization Immunities Act [22 USC 288; 59 Stat. 669].

**Requirements:**

- The students is eligible to file for work authorization as soon they are in F-1 status; no academic-year waiting period.
- Available only while the student is in F-1 status, before completion of the educational objective.
- The location of employment must be with a qualified international organization; List of International Organizations

- Employment is granted by USCIS in increments of no more than one year, or until expected date of employment completion or program completion, whichever is shorter
- Employment does not have to be related to course of study, but international organizations usually hire students for positions in their field of study
- Student must have a written offer of employment from a qualifying international organization; In all likelihood, should not be for a position which would qualify individuals for G status.
- Student must apply for EAD from USCIS, and receive EAD before employment begins.
- Student must continue to maintain a full course of study in F-1 status during the period of employment.

## VOLUNTEERING IN THE U.S.

Volunteering is a great way to "make a difference," to help people where there is need and participate in your community. As an F-1 student, you may volunteer while you study in the United States, but you must maintain your nonimmigrant student status by complying with Department of Homeland Security rules and regulations. F-1 students are able to volunteer with an organization that ordinarily engages and utilizes volunteers as long as the student is not volunteering primarily for work experience but because he/she wants to contribute to the mission of that organization.

**Guidelines to Determine if the position you are seeking in Volunteer or needs employment authorization:**

- Are you receiving any form of taxable income from the volunteer activity?
- If yes, you must obtain valid work authorization as this is considered employment?
- Is this position one for which the employer would otherwise officially hire someone?
- If yes, you must obtain valid work authorization as this is considered employment?.
- If this position relative to your major program of study?
- If yes, you must obtain valid work authorization as this is considered employment?.
- Is this position for your own personal benefit, philanthropic in nature, you are not being paid, and it is not related to your academic major?
- If yes, this is considered volunteer and not employment and you do not need work authorization.



# CAMPUS INVOLVEMENT

## STUDENT LIFE AND CAMPUS ACTIVITIES

Being active on campus is an important part of the U.S. college experience and is essential in connecting to campus, developing your network and quickly adjusting to your new environment.

### Campus Involvement Includes:

Attending university sponsored events and activities and learning new cultural traditions and sharing your own traditions

- Joining student clubs and organizations which are effective in meeting new people and developing leadership skills
- Participating in professional development opportunities and expanding your resume
- Meeting and joining your peers and developing connections and relationships
- Expanding your network
- Getting and staying connected with your peers
- Exploring and learning new interests

Getting involved at Adelphi means starting a lifetime of rewarding experiences that can translate well into your future career. The Center for Student Involvement, an office located on campus is available and ready to ensure that you can make the most out of your collegiate experience. Stop by our office and find out how you can contribute to the campus and community.

### CLUBS AND ORGANIZATIONS

The university offers more than 80 college clubs and organizations to help Adelphi students get involved with campus life activities. Getting involved in clubs and organizations is a great way to expand your knowledge and passion of subject areas. Through membership in academic organizations, you can build your leadership skills, further your studies, exchange ideas and explore new cultures. To find out more about clubs and organizations, locate MYAULIFE in your eCampus services.

### VOLUNTEER AND COMMUNITY SERVICE PROGRAMS

Engage with the local community and your impact will go far. The Center for Student Involvement is the hub for volunteer and service programs at the University, working with numerous community organizations to plan meaningful opportunities for Adelphi students.

## STUDENT LEADERSHIP

Student Leadership Services, a program within the Center for Student Involvement, is committed to offering all Adelphi students the opportunity to grow as leaders. In addition to a number of programs that allow students to develop stronger leadership skills, Student Leadership Services works hard to allow Adelphi students to gain recognition for all of their work on campus. The Leadership Certificate Program offers Adelphi students opportunities to develop leadership and professional skills. Attend workshops on a wide variety of topics to receive the certificate.

## SPIRITUAL SERVICES ON CAMPUS

The Interfaith Center offers students, faculty, administrators and staff members opportunities to worship, to enjoy mutual fellowship, to discuss spiritual values, to seek spiritual guidance, to learn about their religious traditions and to discover those of others. Participation is voluntary and members of all faiths are welcome to all activities, programs and services. The center offers a Catholic, Jewish, Muslim and Protestant chaplain to assist with University needs.

The Interfaith Center is located in the lower level of Earle Hall and offers religious services and fellowship to all students.

The following services are available through the center:

- Catholic mass
- Bible studies
- Jumu'ah prayer
- Protestant mass and services
- Weekly Jewish tish
- Student organizations

For a full chapel schedule, please visit the center or **interfaith.adelphi.edu**.

For further information, please contact: Interfaith Center  
Earle Hall, Lower Level – Rooms O20, O21 and O22  
p – **516.877.3113**  
e – **auinterfaith@adelphi.edu**

## CAREER AND PROFESSIONAL SERVICES

Adelphi offers career guidance on campus or online through a team of career educators dedicated to the development and implementation of programs and services designed to promote lifelong career management skills for students and alumni.



# AMERICAN CUSTOMS, ETIQUETTE, AND BEHAVIORS

Perhaps the most outstanding characteristic of society in the U.S. is its diversity. Since the U.S. is truly a multicultural society, it is difficult to make meaningful generalizations about culture. Nevertheless, the U.S. has a set of unified etiquette protocols that may not seem obvious to international students at first. Please see some of the below behaviors to be aware of..

### INFORMALITY

Americans treat each other in an informal manner, even if there are big differences in age or social position. It is also common for employees or students to act casually with their professors and advisors; however, this is not a sign of disrespect.

### TIME CONSCIOUSNESS

- Being on time is very important and being late is seen as rude or disruptive.
- Call if you are going to be late.
- Cancel appointments at least one day before.

### TIPPING

Here in the United States, tipping is the standard way of doing things. You should expect to tip for any personal service you receive, such as in restaurants, hair stylists, taxi services, housekeeping, nail services, tattoo artists, animal groomers, and massage therapists.

How much to tip?

- Restaurant and bar menus indicate prices without sales taxes (which varies by city/county) and tips (15 to 20%). The sales tax will be included in the bill but the tip will not. The standard for tipping at sit-down restaurants is 15%-20% on the pre-tax amount of the bill.

- When tipping for travel services received, such as assistance with luggage, transportation, or food delivery, expect to tip a few dollars for each service received. Typically, you should expect to tip about \$2-5 per car ride, turning over of luggage, or day of housekeeping.

- For most other things, expect to tip on a percentage of the total spent as you tip. This applies to a spa service or beauty service. The standard rate of gratuity is 15%, great service is 18%, and excellent service is 20+%.

### GREETINGS

- Greetings are usually informal, with first names often used in initial introductions.
- A handshake is the most common greeting when meeting someone for the first time or in professional settings.
- Handshakes should be firm and accompanied with direct eye contact throughout the greeting, especially in business contexts.
- It is important to smile during greetings. Americans



generally smile a lot and are likely to appreciate when similar warmth is reciprocated.

### PERSONAL SPACE

Americans usually talk to each other from a distance of about two feet (.6 meters); any closer is viewed as uncomfortable. (Closer contact is reserved for closer acquaintances—the barrier shall break down as they get to know you.)

### ANIMALS / PETS

- Americans tend to love their pets and see them as “part of the family” and will spend a lot of their time and money on pets.
- There are animal protection laws to prevent animal cruelty.
- The most popular pets in the U.S. are dogs, cats, hamsters, and fish.
- Dogs must be registered, kept on a leash in public and cleaned up after.
- Animals are not permitted in stores or on public transportation unless they are service animals

### CLASSROOM ETIQUETTE

Class discussion and participation are HIGHLY encouraged and may contribute to the overall grade. Students remain seated when the professor arrives or when the student’s name is called. Attendance is expected and critical, and you are required to be on time which means if the class begins at 9:00 a.m. you are in your seat by 9:00 a.m. and not later.. Understanding, not just memorizing class material is important. Some professors allow eating and chewing gum in class. Check with your faculty or follow syllabus regulations.

### EATING IN THE U.S.

In general, American eat quietly with their mouths closed. Burping is seen as rude, not as a compliment to the cook. Americans tend to value convenience when it comes to food. They don’t spend as much time cooking and savoring their food. Most Americans eat three times a day.

### EYE CONTACT IN THE U.S.

In public, and particularly on public transportation, people avoid making eye contact with strangers. Eye contact should be maintained directly. It demonstrates warmth, openness, honesty and approachability. If you make eye contact with a stranger in passing (on the street, at a shop, in a hallway, etc.) give a small smile or nod to acknowledge them.

### LOUD CELL PHONE USAGE

It is considered rude to speak loudly on cell phones anywhere, including outdoors, but especially in enclosed, public places such as trains, restaurants, museums, waiting rooms, and elevators.

### PERSONAL HYGIENE

Americans take personal hygiene very seriously and those lacking such behaviors may struggle with friendships, employment, and other relationships. Customs surrounding bathing vary around the world. Americans typically bathe once a day in hot water and shower directly after strenuous exercise. In restrooms, it is expected to flush the toilet after use and to dispose of toilet paper in the toilet. Please ensure to wash hands after using the toilet. Ladies’ sanitary items should be put in the provided trash can. Women shave their legs and underarms. Americans typically wear deodorant. Americans blow their noses with tissues and dispose of them in a trash can. Tap water is clean enough to drink and to brush your teeth with. Some people prefer to drink bottled and/or filtered water. In the U.S., it is rude to spit in public.

### USING A FIRST NAME, LAST, NAME, TITLE

Most Americans, even in a business setting, will prefer to be called by their first name. However, it is good principle to address them by their title (Mr., Mrs., Ms., Dr., or Professor) and last name unless you are invited to do otherwise. Americans may call you by your first name once they’re introduced to you. This is not considered rude, but may reflect a casual style. Generally speaking, it is polite to call a lady Ms. at first, unless you are prompted otherwise.



**Big enough to matter, small enough to feel like home. At Adelphi, you’ll find a close-knit community within a nationally ranked research university. Our outstanding faculty members lead small classes—generally about 10 students per class. So you’ll get plenty of attention and support from your professors, while building friendships with your classmates.**



EATERY	FEATURES	HOURS OF OPERATION
<b>Panther’s Den Temporary Dining Hall</b> adelphi.edu/dining	Freshly made hot food, sandwiches, pizza, pasta, make-your-own salads and more	Monday–Friday, 7:30 a.m.–8:30 p.m. Saturday, 8:00 a.m.–7:30 p.m. Sunday, 8:30 a.m.–6:30 p.m.
<b>University Café</b> UC, Main Level	With six full-service stations, including Back Bar Grill, SONO, Innovation Kitchen, Rosso Verde, New York Style Deli and a salad bar, the UC Café can satisfy any craving. Snacks, ice cream and a variety of grab-and-go items are also available.	Monday–Friday, 7:30 a.m.–8:30 p.m. Saturday, 8:00 a.m.–7:30 p.m. Sunday, 8:30 a.m.–6:30 p.m.
<b>Underground Café</b> UC, Lower Level	In addition to Starbucks, this trendy hangout spot features Junior’s Cheesecake, Fresh Kosher Sandwiches, Au Bon Pain and a variety of bottled beverages and grab-and-go items.	Monday–Thursday, 8:00 a.m.–11:00 p.m. Friday, 8:00 a.m.–6:00 p.m. Saturday and Sunday, closed
<b>Post Hall</b>	This renovated dining location includes all-you-care-to-eat and a traditional dining plan.	Monday–Friday Breakfast: 7:30 a.m.– 10:45 a.m. Lunch: 11:30 a.m.–3:30 p.m. Dinner: 4:30 p.m.–9:30 p.m.
<b>Paws Café</b> Nexus Building, first floor	Our new location in the Nexus building features a barista-style coffee bar, offering breakfast and lunch and highlighting premium coffee and espresso beverages in addition to a selection of quick-pick sandwiches and salads, pastries, desserts and more.	Monday–Thursday, 7:30 a.m.–8:00 p.m. Friday, 7:30 a.m.–6:00 p.m. Saturday and Sunday, closed
<b>Convenience Store</b> Post Hall	Food items such as cereal, milk, chips, beverages, snacks and other grocery items are sold here.	Monday–Thursday, 9:00 a.m.–1:00 a.m. Friday, 9:00 a.m.–11:00 p.m. Saturday and Sunday, 5:00 p.m.–11:00 p.m.
<b>Legends Juice Bar</b> Center for Recreation and Sports	This juice bar offers healthy food for a healthy mind and body. Enjoy smoothies, fresh-squeezed juices, hand-shaken chocolate milk, breakfast items, salads, sandwiches, Starbucks coffee, Au Bon Pain soup and a variety of bottled beverages and healthy snacks.	Monday–Friday, 8:00 a.m.–8:00 p.m. Saturday and Sunday, closed
<b>Panther Melts</b> Center for Recreation and Sports	Build your own delicious grilled cheese sandwich or try one of our signature melts—great to take with you on the run!	Monday–Friday (seasonal), 11:30 a.m.–3:00 p.m. Saturday and Sunday, closed
<b>Outtakes Express</b> Science Building, first floor	This is our new grab-and-go location in the Science Building, which offers premade sandwiches and salads as well as a variety of snacks and beverages.	Monday–Thursday, 8:00 a.m.–7:00 p.m. Friday, 8:00 a.m.–2:00 p.m. Saturday and Sunday, closed

# CULTURE SHOCK AND STUDENT MENTAL HEALTH

**CULTURE SHOCK**  
Culture shock is the name given to a feeling of disorientation or confusion that often occurs when a person leaves a familiar place and moves to an unfamiliar one. Arriving in the United States and the Long Island area from another country, you will no doubt encounter a multitude of new things. The buildings, trees and birds may all look different. The food is not the same as it is in your home country and people may look, speak and act differently from what you’re used to. Your limited English may hinder your ability to convey your full personality. As a result of all this, you may feel confused and unsure of your decision to come here.

Some people are more affected by culture shock than others. Those who do experience it tend to become nervous and unusually tired. They may want to sleep a lot and write many letters home. They may feel frustrated and hostile toward their host country. They may get excessively angry about minor irritations. It is not unusual for them to become very dependent on fellow nationals who are residents of the host country and speak their native language.

**COPING STRATEGIES FOR CULTURE SHOCK**  
How can you cope with culture shock? Having some information about culture shock is an important first step. Even though some people may not be able to eliminate culture shock, there are ways to ease the stress. Some of these activities are listed below:

**Keep Active.** Getting out of your room or outside of your apartment will enable you to experience firsthand what Americans are doing. If you visit public places, such as a shopping mall or sporting event, you will be able to watch and learn how American customs are practiced.

**Make American Friends.** By having friends you can talk to, you will be able to ask questions about what you do not understand.

**Read.** Accessing the internet can give you a wide variety of information on culture shock.

**Exercise.** Finding an activity you enjoy will help reduce stress and depression. Americans like to run and walk. They also like organized games.

**Participate In Community Activities.** Talk with your host family, resident assistant or other Americans about community activities, religious services or volunteer opportunities to help you become a member of the community while you are here.

**Practice Your English.** This is extremely important. It is much easier to understand a culture when you can understand the language being used. Ask about any slang terms that you do not understand.

**Introduce Yourself To Other International Students.** Other international students may be experiencing the same problems that you are. By talking with them, you may be able to find out how they are coping. It is also important not to limit yourself only to students from your home country or culture.

**Be Patient.** Many international students experience culture shock in some way while they are here. Recognize the problem and give yourself time to get over it. If you need to, keep reminding yourself that this is not a permanent situation. If culture shock continues, you may contact International Services or the Student Counseling Center.

**STUDENT COUNSELING CENTER**  
**scc.adelphi.edu • 516.877.3646**  
Fall and spring semester hours:  
Monday–Thursday, 8:30 a.m.–7:00 p.m.  
Friday, 8:30 a.m.–4:30 p.m.

The Student Counseling Center is a free, confidential and conveniently located center offering a variety of services including individual and group counseling, psychiatric services, workshops, crisis intervention and referrals to both on- and off-campus resources. Any student currently enrolled at Adelphi is eligible to participate. For more information, visit **scc.adelphi.edu**. From May 20 to mid-August, the center will be located in the Nexus Building, Writer Center. From mid-August until completion of the Ruth S. Harley University Center renovation, it will be in a modular unit to the south of Eddy Hall.





# MEDICAL ASSISTANCE AND HEALTH SERVICES

## MEDICAL CARE IN THE U.S.

The United States does not have a universal healthcare program, unlike most other developed countries. Health coverage is paid by citizens or visitors through private pay insurance funded by the individual. Healthcare is extremely expensive in the U.S. and most people have privately paid health insurance to cover any fees associated with an accident, illness, or injury.

## MEDICAL CARE IN THE U.S.

The Health Services Center is dedicated to serving your health needs on a daily basis, while encouraging you to integrate a healthy lifestyle into your personal, academic and career goals. Outside of promoting health awareness, we also maintain a top-tier emergency response team which responds to any accidents or injuries involving any person on campus. Primary and urgent healthcare, health clearances, routine women’s healthcare, emergency response and wellness education are all part of our mission.

### Services Available at the Health Services Center:

- Nurse practitioners trained in primary and urgent care
- Visits with Registered Nurses for health education, promotion and prevention consultation
- Routine gynecological care
- Clearances for student-athletes
- Diet consultation with a registered dietician, by appointment only

- Emergency response to accidents or injuries on the Adelphi campus
- Referrals to other healthcare professionals or community organizations for non-emergency concerns, as appropriate
- wellness programs of interest and need to the campus population
- Risk reduction strategies
- Stress management techniques
- Nutritional counseling
- Weight loss programs
- Smoking cessation programs
- HIV Testing
- Lactation Center
- Women's Health Care
- Sexual Health
- LGBT Health and Wellness

## HEALTH PORTAL

All registered students can access their own health records and medical history through our Health Portal. The portal allows you to schedule appointments with our RNs, nurse practitioners or dietician, print copies of immunization records, and even update your insurance info securely.





# PUBLIC AND PERSONAL SAFETY

## PUBLIC SAFETY AND TRANSPORTATION

Levermore Hall, Room 113  
Call **516.877.3511** or **dial 5** from any campus phone.

The Adelphi University Department of Public Safety and Transportation, located in Levermore Hall, provides round-the-clock public safety services. Public safety officers provide vehicle, bicycle and foot patrol of the entire campus, parking lots, buildings and residence halls; protect life and property; respond to and investigate reports of crime; enforce traffic regulations; and conduct crime prevention programs and seminars. If you need help or assistance, always ask a public safety officer. They are easily recognized by their Adelphi uniforms.

## GENERAL SAFETY TIPS

Adelphi ranks among the 25 safest college campuses in the state of New York in 2019 by Niche.

Safety is, however, an important concern in any large town. Follow these safety tips and use common sense. You will fully enjoy living, studying and working on Long Island or in New York City.

- Familiarize yourself with streets and neighborhoods you'll be visiting or passing through.
- Walk in an assertive manner.
- At night, walk facing the flow of traffic.
- Know where you are going. Plan your route in advance.
- Walk in well-lit and populated areas, especially at night. Stay out of parks at night. Be aware of your surroundings and of suspicious persons or circumstances.
- Travel with a friend if possible.
- Avoid wearing expensive jewelry and flashing money on the street and in the subways.
- Always keep bags closed and knapsacks zipped and buckled. Keep your purse on your lap at restaurants. Don't hang it on the back of your chair or leave it on an empty chair.
- If you suspect you are being followed, cross the street or go into a store, restaurant or other public building.
- Know the whereabouts of all-night businesses and other safe locations.
- If someone in a car asks you a question, stay a good

- distance from the car when responding.
- Always carry enough money for cab fare home.
- Try not to use cash machines at night.
- Be alert to what is going on around you.

Read about security awareness and more at the Department of Public Safety and Transportation's site, **[safety.adelphi.edu](http://safety.adelphi.edu)**.

## CAMPUS TRANSPORTATION

Adelphi University provides shuttle transportation to local train and bus stations and various shopping destinations.

Shuttle schedules are set at the beginning of each semester, but will change if the local transportation schedule changes. Schedules can be picked up in the Department of Public Safety and Transportation in Levermore Hall, Room 113. Schedules are also available at **[safety.adelphi.edu/transportation/shuttle](http://safety.adelphi.edu/transportation/shuttle)**.

## PARKING ON CAMPUS

Parking on campus is by permit only. Permits can be obtained by visiting the Department of Public Safety and Transportation in Levermore Hall, Room 113.

## ADELPHI UNIVERSITY IDENTIFICATION CARDS

Department of Public Safety and Transportation  
Levermore Hall, Room 113  
**516.877.3500**  
Hours of Operation:  
Monday–Thursday: 8:30 a.m.–6:00 p.m.  
Friday: 8:30 a.m.–4:30 p.m.

All Adelphi students are required to have an Adelphi University identification card. The card allows access to various campus buildings, underground parking, meal plans and sporting events. Identification cards are issued in the public safety office located in Levermore Hall, Room 113.

To obtain your Adelphi student identification card, bring:

- Proof of payment of tuition and fees
- Confirmation of classes or other evidence that you are a currently registered student

## LOST OR DAMAGED CARDS

There is a \$15 replacement fee for lost identification cards. There is no charge for a damaged card if you bring the old card with you.

## BICYCLE AND MOTOR VEHICLE ACCIDENT PROCEDURE

- Obtain a vehicle registration plate number and a description of the driver.
- Call the Garden City Police Department by dialing **911**.
- The police will provide you with the vehicle and motorist information.
- Provide the police with information you obtained and a description of any injuries you may have sustained from the accident.
- Be sure to obtain from the police the motorist's insurance carrier and policy number.
- Call the motorist's insurance company to file a claim for coverage for expenses incurred because of the accident.

For more information on safety tips and information, visit **[administration.adelphi.edu/publicsafety](http://administration.adelphi.edu/publicsafety)**.

## AFTER HOURS

Monday–Thursday, after 7:00 p.m.  
Friday, after 4:30 p.m.  
Call the Department of Public Safety and Transportation at **516.877.3511**.

It is common knowledge that cities can be dangerous if you do not take proper precautions. Therefore, caution should be exercised in a huge metropolitan area such as New York City, as well as in other large cities in the United States. If you follow certain procedures and mind your surroundings, your chances of having an unfortunate encounter can be greatly diminished.

When at home, keep your doors locked. If someone knocks or rings the doorbell, do not open the door until you have asked or otherwise ascertained who is there. You should not open the door simply because someone knocked or rang your doorbell. The same rule applies, even more so, when staying in a hotel. On campus, lock your door after you leave your room. Women are advised to be particularly cautious in all circumstances.

Protect your valuables. Unfortunately, theft is widespread in many U.S. areas and virtually anything that is not secured may be stolen. Never leave valuables unattended.

## U.S. HOLIDAYS

Strictly speaking, the United States does not have national holidays (i.e., days where all employees in America receive a day free from work and all business is halted). The U.S. federal government can only recognize national holidays that pertain to its own employees; it is at the discretion of each state or local jurisdiction to determine official holiday schedules. There are 11 such federal holidays—10 annual and one quadrennial holiday. The annual federal holidays are widely observed by state and local governments; however, they may alter the dates of observance or add or subtract holidays according to local custom. Pursuant to the Uniform Holidays Bill of 1968 (which took effect in 1971), some official holidays are observed on a Monday, except for New Year's Day, Independence Day, Veterans Day, Thanksgiving and Christmas. There are also state holidays particular to individual U.S. states.

In the United States, many retail businesses close on Thanksgiving and Christmas, but remain open on all other holidays. Private businesses often observe only the big six holidays (New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas). Some also add the Friday after Thanksgiving, or one or more of the other federal holidays.

Most American holidays recognize events or people from U.S. history, although two are shared in common with many other countries: Christmas Day and New Year's Day. Thanksgiving in the United States is on the fourth Thursday in November.

January 1  
**NEW YEAR'S DAY**

January  
(third Monday)  
**MARTIN LUTHER KING JR.'S BIRTHDAY**

February  
(third Monday)  
**PRESIDENTS DAY**

May (last Monday)  
**MEMORIAL DAY**

July 4  
**INDEPENDENCE DAY**

September  
(first Monday)  
**LABOR DAY**

October  
(second Monday)  
**COLUMBUS DAY**

November 11  
**VETERANS DAY**

November  
(fourth Thursday)  
**THANKSGIVING DAY**

December 25  
**CHRISTMAS DAY**



# ABOUT THE AREA

Adelphi's home in Garden City combines the excitement and convenience of an urban center with the charm and safety of a small residential community. The University's campus is only a short walk from the train and a fast 45-minute ride to New York City's Penn Station. In addition to the Long Island Rail Road, the campus is convenient to the airports and major highways that make commuting and exploring the surrounding area easy. You'll find everything from Long Island's famous parks and beaches to sports venues, shopping, dining, recreation and cultural events—all within a short drive. For additional resources, visit [adelphi.edu/visitors](http://adelphi.edu/visitors).

## PLACES TO GO

In addition to the information below, visit [adelphi.edu/visitors](http://adelphi.edu/visitors) to find out more about Garden City and the metropolitan New York area.

### Within Five–10 Minutes of Adelphi

Adelphi Deli • AMC Loews movie theaters  
CVS pharmacy • Famous Dave's  
Garden City post office • McDonald's  
Roosevelt Field mall • Seventh Street Café  
Subway restaurant • Target  
Umberto's Pizzeria & Restaurant  
Walmart

### Within 45 Minutes of Adelphi

Barclays Center, Brooklyn  
Citi Field, Flushing  
John F. Kennedy International Airport, Jamaica  
LaGuardia Airport, Flushing  
Madison Square Garden, Manhattan  
Tanger Shopping Outlets, Deer Park and Riverhead  
Times Square, Manhattan  
USTA Billie Jean King National Tennis Center, Flushing  
Yankee Stadium, Bronx

### Within 20 Minutes of Adelphi

Cradle of Aviation Museum, Garden City  
Eisenhower Park, East Meadow  
Jones Beach State Park, Wantagh





# USEFUL RESOURCES



## BANKS

**Bank of America**  
890 Old Country Road  
Garden City  
516.214.0248

**Capital One**  
118 Seventh Street  
Garden City  
516.741.2400  
or  
877 Stewart Avenue  
Garden City  
516.222.9293

**Chase Bank**  
82 Seventh Street  
Garden City  
516.294.2010  
or  
565 Hempstead Turnpike  
West Hempstead  
516.489.2218

**Citibank**  
114 Old Country Road  
Mineola  
800.627.3999  
or  
1050 Franklin Avenue  
Garden City  
800.627.3999  
or  
Roosevelt Field  
600 Old Country Road  
Garden City  
516.228.8508

**Citizens Bank**  
50 Cherry Valley Avenue  
West Hempstead  
516.538.1655

**Flushing Bank**  
1122 Franklin Avenue  
Garden City  
516.471.3100

**HSBC Bank**  
147 Seventh Street  
Garden City  
800.975.HSBC (4722)

**Nassau Educators  
Federal Credit Union  
(NEFCU)**  
1000 Corporate Drive  
Westbury  
516.561.0030

**Roslyn Savings Bank**  
108 Seventh Street  
Garden City  
516.739.4438

**Sterling National Bank**  
1150 Franklin Avenue  
Garden City  
516.746.0700  
or  
490 Hempstead Turnpike  
West Hempstead  
516.481.8300

**TD Bank**  
855 Franklin Avenue  
Garden City  
516.739.2605

**Valley National Bank**  
339 Nassau Boulevard  
Garden City South  
516.481.3900

**Wells Fargo Bank**  
1001 Franklin Avenue  
Garden City  
516.535.1560

## BOOKSTORES

**Barnes & Noble**  
91 Old Country Road  
Carle Place  
516.741.9850

## COFFEEHOUSES

**Starbucks**  
184 Seventh Street  
Garden City  
516.741.8295

**The Witches Brew**  
311 Hempstead Turnpike  
West Hempstead  
516.489.9482

## DRUGSTORES

**CVS Pharmacy**  
820 Franklin Avenue  
Garden City  
516.877.1865  
or  
621 Hempstead Turnpike  
West Hempstead  
516.564.8268

**Rite Aid**  
498 Hempstead Turnpike  
West Hempstead  
516.538.4488

**Walgreens**  
1300 Franklin Avenue  
Garden City  
516.535.1201

## FAST FOOD

**Burger King**  
340 Hempstead Turnpike  
West Hempstead  
516.538.2859  
or  
Roosevelt Field  
630 Old Country Road  
Garden City  
516.747.7566

**Domino's Pizza**  
166 Poplar Street  
West Hempstead  
516.483.3030

**Kentucky Fried Chicken**  
20 Hempstead Avenue  
Hempstead  
516.564.0025

**McDonald's**  
637 Stewart Avenue  
Garden City  
516.745.6303  
or  
2045 Jericho Turnpike  
New Hyde Park  
516.488.1950  
or  
575 Franklin Avenue  
Franklin Square  
516.354.4420

**Subway**  
3 Nassau Boulevard South  
Garden City South  
516.493.9110

**Taco Bell**  
996 Hempstead Turnpike  
Franklin Square  
516.358.9821

**Wendy's**  
65 Hempstead Turnpike  
West Hempstead  
516.489.2880

**White Castle**  
19 Hempstead Turnpike  
West Hempstead  
516.483.7468

## FLORISTS

**Country Arts in Flowers**  
535 Hempstead Turnpike  
West Hempstead  
516.483.3363

**Feldis Florists**  
160 Seventh Street  
Garden City  
516.747.3330

## HOSPITALS

**Winthrop-University  
Hospital**  
259 First Street  
Mineola  
516.663.0333



LOCAL STORAGE FACILITIES

**Public Storage**  
817 Peninsula Boulevard  
Hempstead  
516.712.2959  
or  
1055 Stewart Avenue  
Garden City  
516.222.2962  
publicstorage.com  
(open seven days)

**Storage Post**  
1990 Jericho Turnpike  
New Hyde Park  
516.415.1671

**U-Haul Self Storage**  
450 Fulton Avenue  
Hempstead  
516.489.6550  
(open seven days)

LODGING

**Best Western Mill River Manor**  
173 Sunrise Highway  
Rockville Centre  
516.678.1300  
bestwestern.com  
5.3 miles

**Floral Park Motor Lodge**  
30 Jericho Turnpike  
Floral Park  
516.775.7777  
floralparkmotorlodge.com  
3.3 miles

**The Garden City Hotel**  
45 Seventh Street  
Garden City  
516.747.3000  
gardencityhotel.com  
1.1 miles

**Hampton Inn**  
1 North Avenue  
Garden City  
516.227.2720

hamptoninn.com  
3.6 miles

**Hampton Inn & Suites**  
125 Merrick Road  
Rockville Centre  
516.599.1700  
hamptoninn3.hilton.com  
5.1 miles

**Hilton Garden Inn**  
1575 Privado Road  
Westbury  
516.683.8200  
hiltongardeninn3.hilton.com  
5.2 miles

**Holiday Inn**  
369 Old Country Road  
Carle Place  
516.997.5000  
holiday-inn.com  
3.6 miles

**Holiday Inn Express**  
1 Sunrise Highway  
Lynbrook  
516.596.3000  
hiexpress.com  
4.8 miles

**Homewood Suites by Hilton**  
40 Westbury Avenue  
Carle Place  
516.749.0230  
homewoodsuites.hilton.com  
4.6 miles

**Hyatt Place Garden City**  
5 North Avenue  
Garden City  
516.222.6277  
hyattplacegardencity.com  
3.6 miles

**LaQuinta Inn and Suites**  
821 Stewart Avenue  
Garden City  
516.705.9000  
lq.com  
3.4 miles

**Long Island Marriott**  
101 James Doolittle  
Boulevard  
Uniondale  
516.794.3800  
marriott.com  
5.4 miles

**Red Roof Inn**  
699 Dibblee Drive  
Westbury  
516.794.2555  
redroof.com  
3.1 miles

**Rockville Centre Inn**  
415 Ocean Avenue  
Rockville Centre  
516.593.1600  
rockvillecentreinn.com  
4.8 miles

*Many of these hotels offer an Adelphi rate; ask when making the reservation.*

MOVIE THEATERS

**AMC Loews Raceway**  
1025 Corporate Drive  
Westbury  
888.262.4386

**AMC Roosevelt Field 8**  
(temporarily closed)  
Roosevelt Field  
630 Old Country Road  
Garden City  
516.741.4008

**Bow Tie Franklin Square Cinemas**  
989 Hempstead Turnpike  
Franklin Square  
516.775.3257

**Bow Tie Herricks Cinemas**  
3324 Hillside Avenue  
New Hyde Park  
516.747.0555

POST OFFICES

**Garden City Post Office**  
(within walking distance;  
one block south of Seventh  
Street, across the railroad)  
600 Franklin Avenue  
Garden City  
516.747.2201

Window/lobby hours,  
Express Mail services:  
Monday–Friday,  
9:00 a.m.–5:00 p.m.  
Saturday,  
9:00 a.m.–1:00 p.m.

Passport Service  
Monday–Friday,  
10:00 a.m.–3:00 p.m.  
Saturday, 9:00 a.m.–  
12:00 noon

PUBLIC LIBRARIES

**Franklin Square Public Library**  
19 Lincoln Road  
516.488.3444  
Monday–Thursday,  
10:00 a.m.–9:00 p.m.  
Friday, 10:00 a.m.–  
6:00 p.m.  
Saturday, 10:00 a.m.–  
5:00 p.m.  
(September–June),  
10:00 a.m.–1:00 p.m.  
(July–August)

**Garden City Public Library**  
(within walking distance)  
60 Seventh Street  
516.742.8405  
Monday–Thursday,  
9:30 a.m.–9:00 p.m.  
Friday and Saturday,  
9:30 a.m.–5:00 p.m.  
Sunday, 1:00 p.m.–  
5:00 p.m.  
(Closed Sundays in  
summer)



STUDENTS COME FROM  
58 COUNTRIES AND ALL  
AROUND THE UNITED STATES.

**Hempstead Public Library**  
115 Nichols Court  
516.481.6990  
Monday–Thursday,  
10:00 a.m.–9:00 p.m.  
Friday,  
10:00 a.m.–6:00 p.m.  
Saturday, 9:00 a.m.–  
5:00 p.m.

(Closed Sundays in  
summer)

RESTAURANTS

**Alpine Restaurant**  
11 Franklin Avenue  
Franklin Square  
516.354.5770

**West Hempstead Public Library**  
500 Hempstead Avenue  
516.481.6591  
Monday–Thursday,  
9:00 a.m.–9:00 p.m.  
Friday,  
9:00 a.m.–5:00 p.m.  
Saturday,  
9:00 a.m.–5:00 p.m.  
(9:00 a.m.–1:00 p.m. in  
summer)  
Sunday,  
12:00 noon–5:00 p.m.

**B.K. Sweeney’s Uptown Grille**  
636 Franklin Avenue  
Garden City  
516.746.3075

**Ben’s Kosher Delicatessen, Restaurant & Caterers**  
59 Old Country Road  
Carle Place  
516.742.3354

**Boston Market**  
2091 Hillside Avenue  
New Hyde Park  
516.328.2424  
or  
603 Hempstead Turnpike  
West Hempstead  
516.539.0500

**Famous Dave’s**  
1060 Corporate Drive  
Westbury  
516.832.7300

**Garden City Pizza**  
670 Franklin Avenue  
Garden City  
516.294.2929

**International House of Pancakes**  
85 Hempstead Turnpike  
West Hempstead  
516.483.6103

**Leo’s Midway**  
190 Seventh Street  
Garden City  
516.742.0574

**Orchid (Chinese)**  
730 Franklin Avenue  
Garden City  
516.742.1116

**Panera Bread**  
1140 Franklin Avenue  
Garden City  
516.873.2534

or  
520 Jericho Turnpike  
Mineola  
516.535.3910  
or  
165 Old Country Road  
Carle Place  
516.739.2090



**P.F. Chang’s**  
Mall at The Source  
1504 Old Country Road  
Westbury  
516.222.9200

**Red Lobster**  
211 Old Country Road  
Carle Place  
516.248.7411

**Seventh Street Café**  
126 Seventh Street  
Garden City  
516.747.7575

**The Cheesecake Factory**  
Mall at The Source  
1504 Old Country Road  
Westbury  
516.222.5500

**The Garden City Hotel  
Polo Steakhouse**  
45 Seventh Street  
Garden City  
516.877.9385

**The Lucky Duck**  
9 Nassau Boulevard  
Garden City South  
516.485.4848

**Umberto’s Pizzeria**  
361 Nassau Boulevard  
Garden City South  
516.481.1279

**Waterzooi Belgian Bistro**  
850 Franklin Avenue  
Garden City  
516.877.2177

**SHOPPING**

**Americana Manhasset**  
2060 Northern Blvd.  
Manhasset  
516.627.2277

**USEFUL WEBSITES**

**weather.gov:** Get an accurate local forecast

**mta.info:** For Long Island Rail Road official website, schedules and fares

**Moovit app:** Free public transit app

**facebook.com/AdelphiU:** Meet your college classmates, teachers and co-workers

**instagram.com/adelphiu**

**Snapchat: adelphiu**

**twitter.com/AdelphiU**

**offcampushousing.adelphi.edu:** Off-campus housing

**health.adelphi.edu:** Health Services Center

**students.adelphi.edu/sa/csi:** Center for Student Involvement

**academics.adelphi.edu/asr:** Office of Academic Services and Retention

**learning.adelphi.edu:** Learning Center

**writing.adelphi.edu:** Writing Center

**travel.state.gov:** U.S. Department of State travel information

**adelphi.edu/international:** International Services

**Bed Bath & Beyond**  
950 Merchants Concourse  
Westbury  
516.794.8631

**Best Buy**  
1100 Old Country Road  
Westbury  
516.357.9025

**Costco**  
1250 Old Country Road  
Westbury  
516.683.8300

**Lord & Taylor**  
1200 Franklin Avenue  
Garden City  
516.742.7000

**Mall at The Source**  
1504 Old Country Road  
Westbury  
516.228.0303  
simon.com/mall

**Michaels (arts and crafts)**  
1280 Corporate Drive  
Westbury  
516.693.0420

**Roosevelt Field Mall**  
630 Old Country Road  
Garden City  
516.742.8000

**Sears**  
1111 Franklin Avenue  
Garden City  
516.873.3700

**Target**  
999 Corporate Drive  
Westbury  
516.222.1003



**Walmart**  
1220 Old Country Road  
Westbury  
516.794.7280

**SUPERMARKETS**  
  
**Cherry Valley Marketplace**  
496 Hempstead Turnpike  
West Hempstead  
516.292.2090

**Key Food Marketplace**  
153 Seventh Street  
Garden City  
516.742.2713

**Kings Food Market**  
870 Franklin Avenue  
Garden City  
516.739.5559

**7-Eleven**  
159 Atlantic Avenue  
Garden City Park  
516.747.5197

**ShopRite**  
2335 New Hyde Park Road  
New Hyde Park  
516.354.4966

**Super Stop & Shop**  
50 Cherry Valley Avenue  
West Hempstead  
516.539.7860

**TAXI SERVICES**  
  
**All Island  
Transportation**  
Mineola  
516.742.2222  
Garden City  
516.746.2500

**Garden City Taxi  
& Limousine**  
Hempstead  
516.746.2381

**Long Island Yellow Cab**  
Levittown  
516.735.1111

**Ollie’s Taxi  
& Airport Service**  
Franklin Square  
516.487.3420

**Uber**  
Uber is available in and  
around Adelphi.  
Visit uber.com.



## FALL 2019

August 25	Matriculation Day
August 26	Fall 2019 classes begin
August 31–	Labor Day Weekend—
September 2	no classes
September 9	Last day to add a course—Fall 2019
September 23	Last day to drop a course—Fall 2019
	Last day to change course grading option—Fall 2019
	Last day to add independent study/internship—Fall 2019
	Last day to process course section change—Fall 2019
October 14	Mini fall break—no classes
October 15	Open planning begins for Spring 2020
October 28	Last day to withdraw from a course—Fall 2019
October 30	Graduate registration begins for Spring 2020
November 4	Undergraduate registration begins for Spring 2020
November 5	Election Day—no classes
November 27–	Thanksgiving break—
December 1	no classes
December 10–11	Makeup Days/Study Days—no classes
December 12	Finals begin
December 18	Finals end
December 18	Last day of Fall 2019 term

## SPRING 2020

January 2	Classes begin (Intersession 2020)
January 20	Martin Luther King Jr. Day—no classes
January 22	Last day of classes (Intersession 2020)
January 23	Classes begin—Spring 2020
February 5	Last day to add a course—Spring 2020
February 20	Last day to drop a course—Spring 2020
	Last day to change course grading option—Spring 2020
	Last day to add an independent study/internship—Spring 2020
	Last day to process course section change—Spring 2020
March 9	Open planning begins for Summer and Fall 2020
March 16–22	Spring break—no classes
March 23	Registration begins for Summer 2020
March 25	Graduate registration begins for Fall 2020
March 26	Last day to withdraw from a course—Spring 2020
March 30	Undergraduate registration begins for Fall 2020
April 30	Research Day—no classes
May 8	Makeup Day/Study Day—no classes
May 11	Makeup Day/Study Day—no classes
May 12	Finals begin
May 18	Finals end
	Last day of Spring 2020 term
May 19	Doctoral Hooding Ceremony
May 20	Commencement

## SUMMER 2020

May 25	Memorial Day—no classes
May 26	Summer Session I classes begin
June 29	Last day of Summer Session I classes
July 3	Independence Day celebrated—no classes
July 6	Summer Session II classes begin
August 9	Last day of Summer Session II classes and full Summer Session



International Services is here to help you make the most of your experience at Adelphi. Call us, send us an email or stop by our office any time you have questions or need assistance. We're always happy to hear from you.

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