



Parents and Families

July 14, 2026

Dear parents, guardians and family members,

With Orientation Weekend just over a month away, we hope that your student is getting excited to start their Adelphi journey. In yesterday's *New Student Insider*, we introduced them to many of the University's resources and supports available to them from their very first day.

This week, we're sharing how you can help your student take advantage of those resources and reminding you of some key upcoming deadlines.

Questions? We're always happy to help. Email us anytime at parents@adelphi.edu.—The Student and Community Engagement team

5 THINGS TO DO THIS WEEK

1. If you're nearby, **join us this Friday, July 17, for Mid-Summer Meet-Up on campus.** We'd love to meet you and your student.
2. Encourage your student to **review their Fall bill and explore payment plans.** Payment is due July 21. (Students must have set up their Adelphi student eCampus account using instructions sent in an email from Adelphi's IT Helpdesk.) **Watch Understanding Your Bill.**
3. Ensure you're **registered for New Student Orientation Weekend** (August 21-23) and for that Friday's **Parent and Family Orientation.**
4. Remind your student to **submit required health and immunization steps** by August 23.
5. **Log in to the Adelphi Family Hub** to personalize your profile, join communities that interest you and stay connected throughout your family's Adelphi experience.

KNOW WHO'S HERE TO HELP

Academic Success

At Adelphi, your student has a network ready to support their academic success. Encourage them to take advantage of these resources:

- Academic advising and degree planning
- Pre-professional advising for students in pre-health, pre-law and engineering majors
- Free on-campus tutoring, writing support and academic coaching through CASE
- Faculty-mentored research with our SPARK Center
- Hands-on learning experiences with emerging technologies in the Innovation Center

- Disability accommodations through the [Student Access Office](#)
- [First-year mentoring](#) opportunities
- An [Academic Calendar](#) with semester dates and deadlines

Finding Their Community

Students who get involved and “find their people” in college feel more connected and confident.

Encourage your student to:

- Meet fellow Panthers during [Orientation Weekend](#)
- Discover [student clubs and organizations](#) at the Club Fair in September.
- Get active through [Campus Rec](#), [fitness classes](#), [intramural sports](#), [sport clubs](#) and [esports](#)
- Build leadership skills through [leadership programs](#), [multicultural organizations](#) and [community service](#)
- Find a home on campus through [commuter programs](#) and spaces, even if they aren't living in a [residence hall](#).

Health, Wellness and Safety

Affordable, welcoming and convenient on-campus resources support your student's well-being, including:

- On-campus primary and urgent care, wellness programs and more through [Health Services](#)
- Mental health support from the [Student Counseling Center](#)
- Extra support from the [Care Team](#) if personal, academic or life challenges arise
- 24/7 help from Public Safety—around campus, in Levermore Hall 113 and reachable at 516.877.3500.

Beyond the Classroom to Prepare for the Future

College is about more than earning a degree. Encourage your student to:

- Start planning early with [Career and Professional Development](#) to build a résumé, explore internships and prepare for careers
- See the world through one of more than 100 [Study Abroad](#) programs
- Serve and explore by participating in an [Alternative Break](#)
- Know where to go for help by using [One-Stop Student Services](#) for registration, financial aid, billing and payment questions

UPCOMING DATES

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

Thank you for being such an important part of your student's Adelphi journey. We'll be back next week with more tips, reminders and resources to help your family prepare for a successful first semester.  

Watch your email on Tuesdays this summer for ***Insider: Parents and Families***.