INTERNATIONAL STUDENT GUIDE

HEALTH
Student health services and health insurance.

WELLNESS
Psychological counseling center and mental health resources.

PROTECTIONS
Student protections, bias reporting, and emergency phrases.
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**HEALTH. WELLNESS. PROTECTIONS.**

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**Disclaimer:** This guide is meant to serve as a general resource. It is recommended that you visit department websites or contact a department directly to ensure you are accessing the most up-to-date information.

Visit [NEWPALTZ.EDU](http://NEWPALTZ.EDU) and [NEWPALTZ.EDU/ISS](http://NEWPALTZ.EDU/ISS) for more information.
MISSION STATEMENT
To provide quality medical care in a compassionate environment.

To interact with students in a manner that will teach them how to interact with the healthcare system in the future.

To begin a dialogue with students on how to make healthy choices in life with regard to diet, exercise, sleep, relaxation, interpersonal relationships, tobacco use, alcohol use, drug use, and receiving immunizations.

STUDENT SERVICE HOURS
**MONDAY - FRIDAY**
8:30 a.m. - 4:30 p.m.: Phone calls are welcome, doors are opened for scheduled appointments only
4:30 p.m. to 5 p.m.: Phone calls are forwarded to the answering service and staff are finishing the care of those who contacted Student Health Service prior to 4:30 p.m.

INTER-SESSION AND SUMMER HOURS
**MONDAY - FRIDAY**
8 a.m. - 4:00 p.m.: Phone calls welcome and doors are opened for scheduled appointments only

PHONE (WORK HOURS)
CALL: 845-257-3400

AFTER HOURS & WEEKENDS (NON-EMERGENCIES)
CALL: 845-257-3400, a number to Fonemed (a 24 hour nurse advice line) will be provided

EMERGENCIES
On-campus, CALL: 845-257-2222
Off-campus, CALL: 911

EMAIL
healthservice@newpaltz.edu

WEBSITE
newpaltz.edu/healthcenter
MISSION STATEMENT
The Psychological Counseling Center (PCC) provides preventative and clinical services to the diverse SUNY New Paltz community.

The PCC promotes retention of students through interventions designed to enhance their psychological, emotional, social, and intellectual well-being.

OFFICE HOURS
MONDAY-FRIDAY
8:30 am - 5:00 pm

DROP-IN SERVICES
WEDNESDAY
1:00 - 3:00 pm: The PCC is offering live drop-in services in the form of “Let’s Talk.” No reservation required.

The sessions are held in SUB 416.

PHONE (WORK HOURS)
CALL: 845-257-2920

AFTER HOURS & WEEKENDS
CALL: 845-257-2222

You will be connected with the University Police Department (UPD) who will then connect you to the PCC Emergency Contact for Student Consult (ECSC)

WEBSITE
newpaltz.edu/counseling

Confidentiality Policy

Discussions between a student and counselor are confidential. Click the banner to learn more about the confidentiality policy.
International Student Health Insurance

International students are automatically enrolled in the UnitedHealthcare plan upon registration. We do not accept applications for waivers of the insurance requirement from those students who are under the immigration sponsorship of SUNY New Paltz.

The United States system of medical care may be different from that of your home country. **In the U.S., you must pay for medical services yourself.**

There is no national health insurance and you cannot afford to be without medical insurance. For this reason, the College requires all full-time students and strongly urges all dependents to purchase the SUNY student health insurance in order to provide you with adequate medical insurance.

**DEPENDENT INFORMATION**

F-2 & J-2 Dependents are required to enroll in the SUNY Health Insurance plan for each semester the F-1 or J-1 student is enrolled at SUNY New Paltz.

The University Health Insurance policy must be purchased within 30 days of your dependent(s) arrival in the U.S.

Please contact international@newpaltz.edu for more information.

**United Healthcare Student Resources**

Click the banner above to learn more about your health insurance policy and create your account.
Title IX Support

**What is Title IX?** Title IX is 37 powerful words.

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

Title IX protects all members of our campus community from:

- gender discrimination
- sexual violence
- sexual harassment
- interpersonal violence
- sexual assault
- stalking

Gender discrimination, sexual harassment, sexual assault, sexual violence, and stalking are strictly prohibited within the SUNY New Paltz community. **All members of the SUNY New Paltz community have the right to be free from any form of interpersonal violence and discrimination.**

We encourage any member of the campus community to report, confidentially discuss, or raise questions and concerns regarding any instance of gender discrimination, sexual harassment, sexual assault, sexual violence, interpersonal violence, and stalking.

**TITLE XI COORDINATOR**

Tanhena Pacheco Dunn

PHONE (845) 257-3172

EMAIL pachecot@newpaltz.edu

WEBSITE newpaltz.edu/titleix
Bias Reporting

What is "Bias?"
The term ‘bias related’ refers to language and/or behaviors which demonstrate bias against persons because of, but not limited to others’ actual or perceived:

- race
- ethnicity
- national origin
- creed
- age
- gender
- gender identity
- body size
- disability
- gender expression
- sexual orientation
- marital status
- predisposing genetic characteristics
- veteran status
- ex-offender status
- socioeconomic status

Reporting or Seeking Support
If you experience an incident of bias on or off campus, you can notify the bias response network using our Bias Reporting Form.

Click the banner above to learn more about the Bias Reporting & Support Team initiative.
Emergency Phrases

The following pages contain phrases translated into multiple languages should you ever need help expressing your problems or concerns in English.

If you are able to contribute translations into a language not listed here to help future students, please contact us at international@newpaltz.edu.

Languages currently included:

- Chinese (Simplified)
- German
- Gujarati
- Hindi
- Italian
- Japanese
- Korean
- Spanish
- Telugu
- Turkish
Emergency Phrases

Academic problems  学术问题
Adjustment to the university  对学校的适应
Adjustment to U.S. culture  对美国文化的适应
Alcohol/Drugs  滥用酒精和药物
Anxiety, fear, worries, nervousness  恐惧，害怕，焦虑，紧张
Assertiveness  自我肯定
Breakup/ loss of a relationship  失恋/失去一段关系
Communicating with professor/ authorities  与教授或权威人士沟通
Concentration  注意力集中
Confusion about beliefs/values  信仰/价值观混淆
Coping with stress  精神压力的处理
Dating concerns  约会问题
Death or impending death of significant person  对你重要的人去世或将要面临死亡
Decision about career/major  决定事业方向/主修科目
Depression  忧郁
Eating problems  厌食或暴食倾向
English language ability  英语表达能力
Ethnic/racial discrimination  种族歧视
Finances  经济问题
Getting or using transportation  使用交通工具
Homesickness  想家
Irritability/anger/hostility  暴怒，愤怒，敌对情绪
Making friends  交友
Physical health problems  健康问题
Procrastination/getting motivated  拖延/缺乏动力
Rape/sexual assault/unwanted sex  被强奸/性侵犯/强迫性行为
Re-entry to home country  回国所面对的问题
Relationship with family/parents/siblings  与家人/父母/兄弟姐妹的关系
Relationship with friends/roommates/peers  与朋友/室友/同辈的关系
Relationship with romantic partner/spouse  与恋人/配偶的关系
Self-esteem/self-confidence  自尊/自信
Sexual concerns  性方面的关注
Sexually transmitted disease(s)  性病
Shyness, social discomfort  害羞，社交不安
Sleeping problems  睡眠问题
Study habits/ study skill problems  学习模式/学习技巧问题
Suicidal feelings/ thoughts  自杀情绪/思想
Time management  时间管理
Uncertain about future  对未来不确定
Weight problems/ body image  体重/仪容/身形问题
# Emergency Phrases

**Academic problems**  
Adjustment to the university  
Adjustment to U.S. culture  
Alcohol/ Drugs  
Anxiety, fear, worries, nervousness  
Assertiveness  
Breakup/loss of a relationship  
Communicating with professor/authories  

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मुखरता
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अ जी भाषा क मता
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Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image

学業面の問題
大学生活への適応
アメリカ文化への適応
酒類・薬物などへの依存
不安・恐怖感・心配・神経質
自己主張の不足
恋人との別れ
教授・目上の人にとのコミュニケーション
集中力の欠如
信念・価値観の揺らぎ
ストレス管理
デートに関する悩み
自分にとって大切な人の死あるいは生命の危機
就職・専攻の選択に関する悩み
うつ病
拒食・過食
英語力の悩み
人種差別の体験
金銭に関する悩み
交通手段の有無または利用法
ホームシック
短気・怒り・敵意
友人作りに関する悩み
健康に関する悩み
怒け癖・やる気の欠如
レイプ・性暴力・性行為教養による被害の経験
帰国後の心配
家族・両親・兄弟姉妹との関係
友人・ルームメイト・仲間同士との関係
配偶者・恋人との関係
自尊心・自信
性に関する悩み
性病
社交性的欠如
睡眠障害
学習週間・学習能力に関する悩み
自殺願望
自分の計画通りに行動する自己管理能力
将来に対する不安
体重・体型に関する悩み
Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professor/authorities
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of a significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
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KOREAN
학업 문제
대학교 적응 문제
미국문화 적응 문제
술/마약 남용 문제
불안, 공포, 걱정, 조바심
자기주장성 부족 문제
실연
교수나 학교 관계자와의 의사소통 문제
집중력의 문제
가치관/믿음 상의 혼란
스트레스 대처 (대응)
해결가능의 문제
가까운 이의 사망 혹은 임박한 죽음 직
업 전공에 대한 결정 문제
우울증
심신질환(거식증, 비만 문제) 언어(영
어) 문제
외국인/인종 차별
재정 문제
교통 수단을 이용하는 문제 항수병(고
국에 대한)
과민성, 화(노여움), 적개심
사교성 문제
신체 건강 문제
꾸물거리기, 식사 부족 및 동기 부족, 강간/성
폭행/성강요
귀국문제
부모, 형제, 자매와의 관계
친구, 동료와의 관계
애인, 배우자와의 관계
자부심/자신감 문제
성관련 문제
성병
소심, 사회성 결함,
수면 문제
공부 습관 및 공부 방법 상의 문제
자살 중독 및 생각
시간관리
미래에 대한 불확실성 체중문제/체형
이미지
Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
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Confusion about beliefs/values
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Sleeping problems
Study habits/ study skill problems

Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

PORTUGUESE (Brazilian)
Português (Brasileiro)

Problemas acadêmicos
Adaptação a vida universitária
Adaptação a cultura dos Estados Unidos
Álcool/drogas
Ansiedade, medos, preocupações, nervosismos
Assertividade/autoconfiança
Término de relacionamento amoroso ou pessoal
Comunicação com professores/ autoridades
Concentração
Confusão relacionadas a crenças e valores
Lidando com estresse
Preocupações com namoro
Morte ou possível morte de um ente querido
Decisões sobre carreira ou decisões sobre que curso estudar na faculdade
Depressão
Problemas alimentares
Habilidade em inglês
 Discriminação étnica/racial
Problemas financeiros
Uso de transporte publico
Ficar doente por sentir saudade de casa/família
Irritação/ raiva/hostilidade (rivalidade, agressividade)

Fazer amigos
Problemas relacionados à saúde física
Procrastinar/ falta de motivação
Estupro/agressão sexual/ sexo forçado
Reingressar ao país de origem
Relacionamento com família/ pais/ irmãos
Relacionamento com amigos/ colegas de quarto/ pares
Relacionamento com namorado (a)/ esposo (a)
Autoestima/autoconfiança
Problemas relacionados ao sexo
Doenças sexualmente transmissíveis
Timidez, desconforto social
Insônia/ problemas para dormir
Hábitos de estudar/ problemas na habilidade de estudar
Pensamentos suicida
Organização do tempo
Incerteza sobre o futuro
Problemas com peso e autoimagem
Emergency Phrases

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Los problemas académicos
La adaptación a la vida universitaria
La adaptación a la cultura de los Estados Unidos
El alcohol o las drogas
La ansiedad, los miedos (temores), las preocupaciones, la nerviosidad
La confianza en sí mismo
El fin de una relación personal
El comunicar con profesores/autoridades
La concentración
La confusión en cuanto a creencias y valores
El Manejo del estrés
Las preocupaciones relativas a la pareja
La muerte o muerte posible de un ser querido
Las decisiones relativas a la carrera o la especialización
La depresión
Los problemas alimentarios
La habilidad en inglés
La discriminación racial o étnica
Los problemas económicos
El conseguir o usar transporte
El extrañar la casa y la familia
La irritabilidad/la ira/la hostilidad
El establecer amistades
Los problemas relativos a la salud física
La postergación de obligaciones/la falta de motivación
La violación/el asalto sexual/las relaciones sexuales forzadas
El reingreso a la patria
Las relaciones con la familia/los padres/los hermanos/as
Las relaciones con amigos/compañeros de cuarto/pares
Las relaciones con la pareja o el esposo/a
La auto-estimación/la confianza en sí mismo
Los problemas de índole sexual
Las enfermedades de transmisión sexual (venéreas)
La timidez, los problemas en la interacción social
La falta del sueño, del insomnio
Los hábitos de estudio
Los Pensamientos de suicidio
El manejo del tiempo
La incertidumbre con respecto al futuro
Los problemas con el peso y la auto-imagen
Emergency Phrases

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南昌

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