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 AND NEWPALTZ.EDU/ISS OR 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.

BIAS REPORTING & SUPPORT TEAM

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
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
Concentration
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
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
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

CHINESE (SIMPLIFIED)
简体中文

学术问题
对学校的适应
对美国文化的适应
滥用酒精和药物
恐惧，害怕，焦虑，紧张
自我肯定
失恋/失去一段关系
与教授或权威人士沟通
注意力集中
信仰/价值观混淆
精神压力的处理
约会问题
对你重要的人去世或将要面临死亡
决定事业方向/主修科目
忧郁
厌食或暴食倾向
英语表达能力
种族歧视
经济问题
使用交通工具
想家
暴怒，愤怒，敌对情绪
交友
健康问题
拖延/缺乏动力
被强奸/性侵犯/强迫性行为
回国所面对的问题
与家人/父母/兄弟姐妹的关系
与朋友/室友/同辈的关系
与恋人/配偶的关系
自尊/自信
性方面的关注
性病
害羞，社交不安
睡眠问题
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Leistungsprobleme
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Anpassung an die amerikanische Kultur
Alkohol/Drogen
Unsicherheit, Angst, Sorgen, Nervosität
Selbstbewusstes Handeln
Ende einer Beziehung
Verständigung und Kommunikation mit ProfessorInnen/Authoritätspersonen
Konzentration
Fragen zu Wertvorstellungen
Umgehen mit Stress
Fragen zum Ausgehen oder Anfang einer Beziehung
Tod oder bevorstehender Tod einer nahestehenden Person
Berufsentcheidung/Studienfach
Depressionen
Efförerungen
Englische Sprachfähigkeit
Ethnische/rassistische Diskriminierung
Finanzielle Problem
Gewöhnung an oder Benutzung der Transportmittel
Heimweh
Reizbarkeit, Zorn, Feindseligkeit
Freundschaften schließen
Gesundheitliche Probleme
Eigenmotivation
Vergewaltigung/sexuelle Belästigung
Wieder-Einreisse nach Deutschland
Beziehung zu Familie, Eltern, Geschwistern
Beziehung zu Freunden, Mitbewohnern, Gleichaltrigen
Beziehung zu Freund/Freundin, Ehegatten
Selbstsicherheit/Selbstbewusstsein
Fragen zur Sexualität
Geschlechtskrankheiten
Schüchternheit
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अमे रक सं कृ त के लें समायोजन
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Emergency Phrases

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Adattamento alla cultura Usa
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Comunicare con i professori / autorità
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Problemi di salute fisica
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Ritorno al paese di origine
Relazione con la famiglia / genitori / fratelli
Relazione con amici / compagni di stanza / coetanei
Relazione con il partner romantico / coniuge
Autostima / fiducia in se stessi
Preoccupazioni sessuali
Malattie trasmesse sessualmente
Timidezza, disagio sociale
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<td>Time management</td>
<td>自殺願望</td>
</tr>
<tr>
<td>Uncertain about future</td>
<td>自分の計画通りに行動する自己管理能力</td>
</tr>
<tr>
<td>Weight problems/ body image</td>
<td>体重・体型に関する悩み</td>
</tr>
<tr>
<td>English Phrases</td>
<td>Korean Phrases</td>
</tr>
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<tr>
<td>Academic problems</td>
<td>학업 문제</td>
</tr>
<tr>
<td>Adjustment to the university</td>
<td>대학교 적응문제</td>
</tr>
<tr>
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<td>미국문화 적응문제</td>
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<tr>
<td>Alcohol/Drugs</td>
<td>술/마약 남용 문제</td>
</tr>
<tr>
<td>Anxiety, fear, worries, nervousness</td>
<td>불안, 공포, 걱정, 조바심</td>
</tr>
<tr>
<td>Assertiveness</td>
<td>자기주장성 부족 문제</td>
</tr>
<tr>
<td>Breakup/ loss of a relationship</td>
<td>신연</td>
</tr>
<tr>
<td>Communicating with professor/ authorities</td>
<td>교수나 학교 관계자와 의사소통 문제</td>
</tr>
<tr>
<td>Concentration</td>
<td>집중력의 문제</td>
</tr>
<tr>
<td>Confusion about beliefs/values</td>
<td>가치관/일관성 상의 혼란</td>
</tr>
<tr>
<td>Coping with stress</td>
<td>스트레스 대처(대응)</td>
</tr>
<tr>
<td>Dating concerns</td>
<td>애정관계의 문제</td>
</tr>
<tr>
<td>Death or impending death of significant person</td>
<td>가까운 이의 사망 혹은 임박한 죽음 직업 전공에 대한 결정 문제</td>
</tr>
<tr>
<td>Decision about career/major</td>
<td>우물중</td>
</tr>
<tr>
<td>Depression</td>
<td>심심증(거식증, 비만문제) 언어(영어) 문제</td>
</tr>
<tr>
<td>Eating problems</td>
<td>외국인/인종 차별</td>
</tr>
<tr>
<td>English language ability</td>
<td>재정 문제</td>
</tr>
<tr>
<td>Ethnic/racial discrimination</td>
<td>교통 수단을 이용하는 문제 항수병(고등학교에 대한)</td>
</tr>
<tr>
<td>Finances</td>
<td>과인성, 화(노여움), 적개심</td>
</tr>
<tr>
<td>Getting or using transportation</td>
<td>사교성 문제</td>
</tr>
<tr>
<td>Homesickness</td>
<td>신체 건강 문제</td>
</tr>
<tr>
<td>Irritability/anger/hostility</td>
<td>꾸물거리며 버릇 및 동기 부족 강감/성폭행/성강요</td>
</tr>
<tr>
<td>Making friends</td>
<td>귀국문제</td>
</tr>
<tr>
<td>Physical health problems</td>
<td>부모, 형제, 자매와의 관계</td>
</tr>
<tr>
<td>Procrastination/getting motivated</td>
<td>친구, 동료와의 관계</td>
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<td>소심, 사회성 결함,</td>
</tr>
<tr>
<td>Sexual concerns</td>
<td>수면 문제</td>
</tr>
<tr>
<td>Sexually transmitted disease(s)</td>
<td>공부 습관 및 공부 방법 상의 문제</td>
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<tr>
<td>Shyness, social discomfort</td>
<td>자살충동 및 생각</td>
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<td>Sleeping problems</td>
<td>시간관리</td>
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<tr>
<td>Study habits/ study skill problems</td>
<td>미래에 대한 불확실성 체중문제/체형</td>
</tr>
<tr>
<td>Suicidal feelings/ thoughts</td>
<td>이미지</td>
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<tr>
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<td></td>
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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 pais 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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SPANISH
Español

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 nervousidad
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 ingles
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

Telugu

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Academik Problem
Universiteyeuyum saglamak
Amerika Kulturune uyum saglamak
Alkol/Uyusturucu
Kaygi,Korku, Endise, Sinirlilik
Guven
Birinden Ayrilma/Birini Kaybetme
Profesor veya Yetkli biri ile iletisim kurmak
Konsantrasyon
Degerler/inanclar konusunda kararsizlik
Stress ile basa cikma
Biri ile cikma konusundaki kararsizlik
Ölüm veya önemli kişinin yaklaşmakta olan ölümü
Kariyer/Bolum konusundaki kararlar
Depresyon
Yeme Problemi
Ingilizce dil yeteneği
Etnik/Irksal Ayrimcilik
Finansal Problemler
Ulasim Alma ve Kullanma
Evini ozlemek
Sinirlilik/Ofke/Dusmanlik
Arkadas Edinmek
Fiziksel Saglik Problemleri
Oyalanma/Motive Olma
Tecavuz/Taciz/Istenmeyen Sex
Kendi ufkine tekrdan giris yapma
Aile / ebeveyn / kardeşlerle ilişki
Arkadaşlarla / oda arkadaşlarıyla / arkadaşlarıyla
ilişki Romantik ortak / eş ile ilişkisi
Kendine inanma/Kendine guvenme
Cinsel Kaygilar
Cinsel Yolla Bulasan Hastalik(lar)
Utangaclik,sosyal ortamda rahatsiz olma
Uyku Problemi
Ders Calisma Aliskanligi/ Ders Calisma Problemi
Intihara Egilim/Intihari Dusunme
Zaman Yonetimi
Gelecek Kaygisi
Kilo/Vucut Problemi