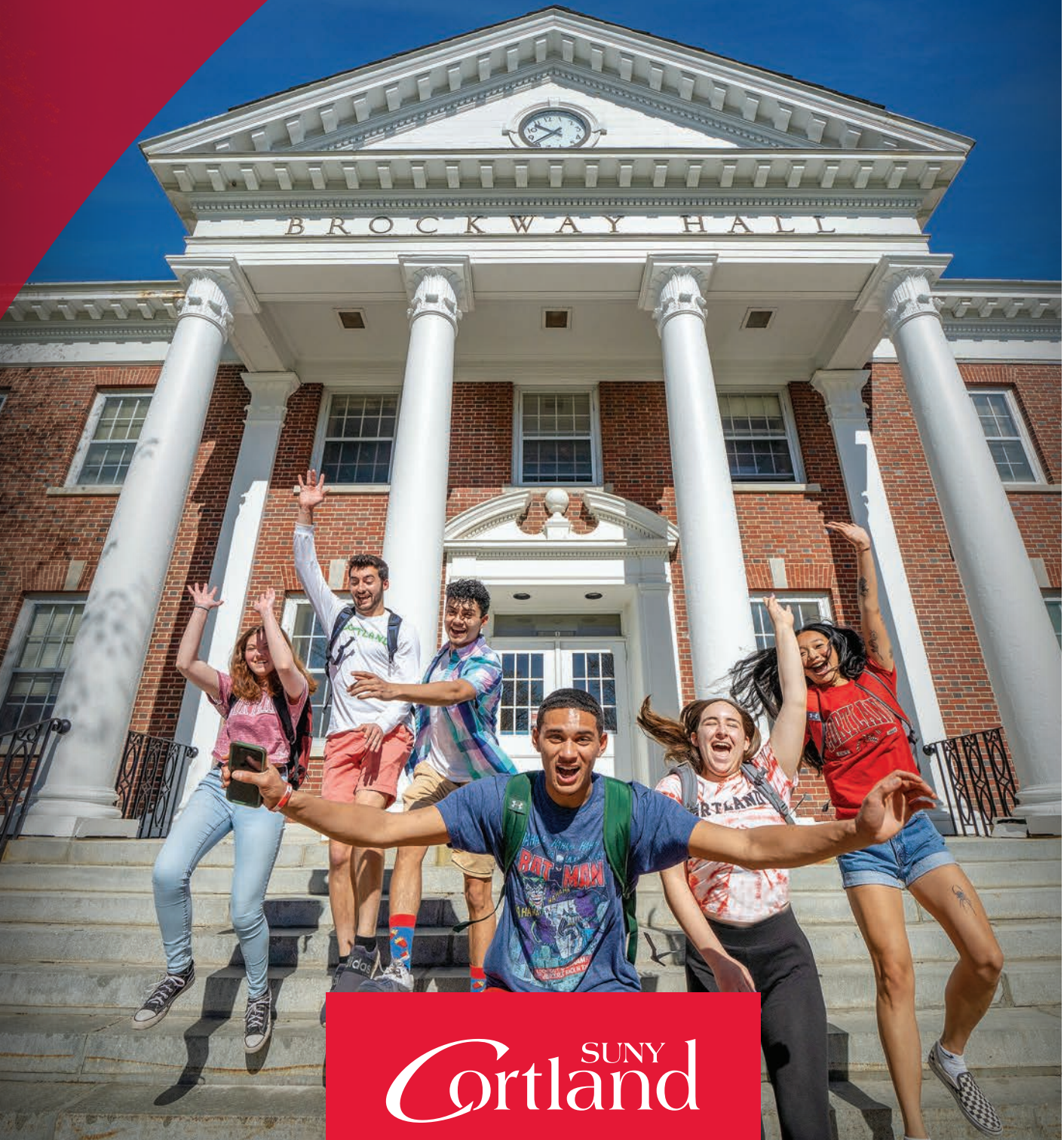


INVESTED.
INVOLVED.
INSPIRED.
INCLUSIVE.

WE'RE
ALL IN.



SUNY
Cortland

THERE ARE SO MANY CHOICES OF COLLEGES – IN NEW YORK, AND BEYOND. WHY SUNY CORTLAND?

YOU’LL FEEL THE SPIRIT OF CORTLAND FROM YOUR FIRST STEPS ON CAMPUS. RED DRAGON PRIDE EXTENDS FROM THE CLASSROOM TO COMPETITION TO THE COMMUNITY.



SUNY Cortland stands out as one of New York’s top public universities — a medium-sized school that offers academic strength across nearly 70 majors, a high quality of student life and a degree that pays back graduates.



Reputations in teacher education and health-related majors laid the foundation for exciting new programs related to business, natural sciences, the arts and specialized professional fields.



Our students, faculty and staff members are invested in the world around them. Whether it’s a class assignment, independent research or a passion project, the campus community looks to make a difference.



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Financial aid **Back cover**


START RED DRAGON STRONG.

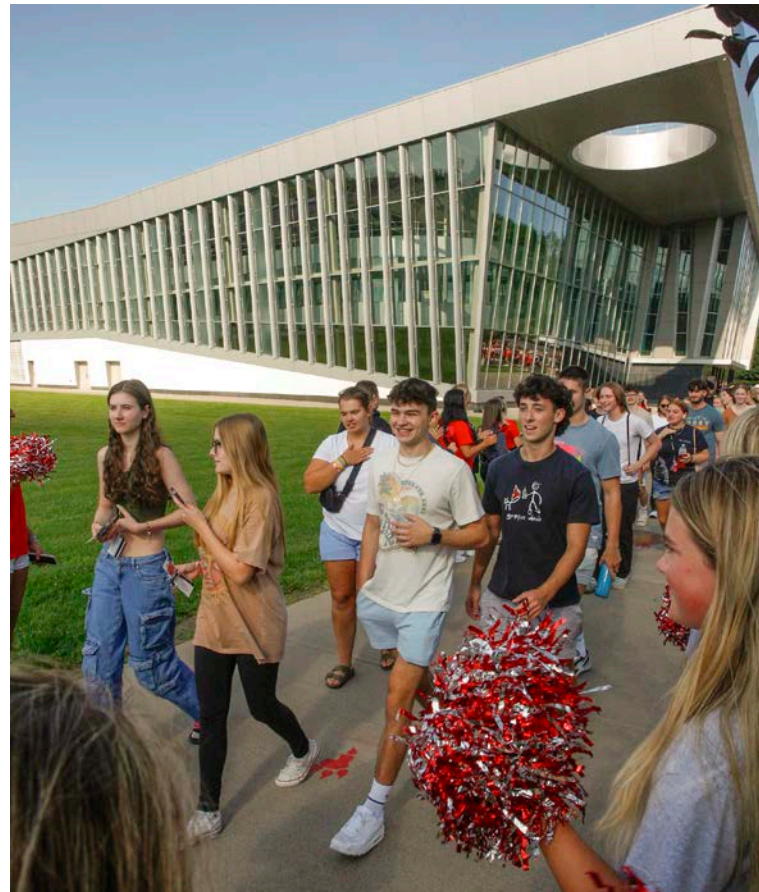
Success at SUNY Cortland is intentional. We've created a series of programs and experiences that help you adjust to campus. Red Dragon Strong is a nod to our mascot and the shared belief that our community relies on students, faculty and staff all doing their part to support each other.



ORIENTATION

→ This program takes place before your studies begin, and it is designed to introduce new Red Dragons to the services and programs that can help ensure a successful transition to life at Cortland. You will meet with a faculty advisor, complete the registration process and receive your course schedule.

 New students receive cheers and words of encouragement at the Welcome Walk following Academic Convocation.



COR 101

→ This one-credit, semester-long course focuses on the Cortland experience. Discussion and assignments introduce you to the people, places and events that can help you transition to campus. COR 101 also teaches critical thinking and responsible decision-making skills.

STUDENT SUCCESS

→ Cortland relies on Starfish, a communication tool that provides students early and ongoing feedback about their academic progress. Professors and advisors use this software to stay connected and help ensure that students stay on track.

THE LEARNING CENTER

→ You can receive an hour of peer tutoring each week for every course you take. Professional staff offer sessions in many subject areas and assist with test-taking and time-management skills. This office also offers an online after-hours tutoring service and even hosts dog visits to help with stress relief.

THE WRITING CENTER

→ Book an appointment at the Writing Center for help at any stage of the composition process. Sessions typically last a half-hour and walk-ins are welcome. Discussions can be about anything related to your writing, ranging from brainstorming paper topics to suggestions for revision.

ADVISEMENT AND TRANSITION

This office coordinates Orientation, gives academic guidance and offers advice on choosing or changing your major.

 607-753-4726

 @CortlandAdvise

*Drop in without an appointment on Walk-in Wednesdays.

Building a culture of care.

Your success is aided by support across campus, from the classroom to your residence hall to specialized services for mental and physical health.

LIVE COMFORTABLY

→ Sixteen residence halls offer various layouts, with first-year students living in corridor style buildings. They are required to live on campus for two years, with one year expected of new transfers. New students also may purchase a parking permit.



Campus residence halls include kitchen areas, study lounges and laundry facilities, which can be used at no extra cost.

JOIN CLUBS

→ Meet other students who share similar interests, whether it's an area of study, an activity or an important part of your personal identity. The Clubs Fair takes place at the start of every semester.



More than 100 student organizations are open to join, with a full list available at cortland.edu/clubs.

CELEBRATE DIVERSITY

→ The Multicultural Life and Diversity Office leads a university-wide effort to support people from all backgrounds. Events include teach-ins, dinners and an annual conference on equity and inclusion.



Nearly 30 multicultural student organizations include clubs, fraternities, sororities and performance groups.

Learn more → cortland.edu/student-life



HEALTHY LIFE, HEALTHY MIND

FOCUS ON FITNESS

→ Our Student Life Center is a state-of-the-art recreation facility that includes exercise equipment and courts reserved for basketball and soccer, an indoor running track, rock climbing wall and special rooms for yoga and other activities.



Open from the early morning until late at night during the semester, the Student Life Center welcomes approximately 2,500 visitors each day.

FEED YOUR HUNGER

→ Eleven dining options include several grab-and-go spots plus two all-you-care-to-eat facilities. Sushi, brick-oven pizza and Buffalo chicken wraps are favorites that you can order on campus.



A certified nutritionist is available to provide one-on-one services for students with special dietary needs.

FEEL GOOD

→ Student Health Service offers medical treatment during the day. Guthrie Cortland Medical Center and other specialists also are located within a mile of campus. The Counseling Center provides short-term, professional help to address stress, anxiety, depression or other concerns.



If you're feeling under the weather, Student Health Service and the Counseling Center are there to help.

Not too big.
Not too small.
Just right.



TOP 15% AMONG 2023
BEST COLLEGES

According to College Factual



→ For overall institutional quality.

Learn more → cortland.edu/about

69

undergraduate majors
from biomedical sciences
to business economics

6,691

total enrollment

→ 5,994 undergraduate,
697 graduate students

25

average class size

→ 617 total faculty members

\$350+ MILLION

in new construction and
facility upgrades since 2011



AN NCAA
DIVISION III
POWERHOUSE

45,161

record-setting attendance for our Cortaca Jug rivalry
football game at MetLife Stadium in 2019

→ The annual game against Ithaca also
attracted 40,232 fans to Yankee Stadium in 2022.

131

national championships

→ Red Dragon teams and
student-athletes have earned
titles in 15 different sports

50+

study abroad partnerships

→ plus hundreds more through the
SUNY system

100+

student clubs

spanning academics, culture, service
and performance

5,400+

students who receive financial aid

\$4,000

summer research awards
available in all disciplines, with
faculty support

SHOW YOUR

RED DRAGON PRIDE.

Learn more → cortlandreddragons.com

NCAA DIVISION III ATHLETICS

Home to one of the most storied programs in Division III, Cortland offers state-of-the-art facilities, nationally competitive teams and a campus community that expresses its Red Dragon Pride on and off the field.



AMONG THE BEST IN THE NATION

→ Cortland boasts NCAA Division III team titles in nine sports — the second-highest total nationally — and 131 national championships overall. As a Division III program, scholarships are not awarded for athletics, but our student-athletes excel in high school or junior college before being recruited.

MEN'S TEAMS

Baseball
Basketball
Cross Country
Football
Ice Hockey
Lacrosse
Soccer
Swimming and Diving
Track and Field
(Indoor and Outdoor)
Wrestling

WOMEN'S TEAMS

Basketball
Cross Country
Field Hockey
Golf
Gymnastics
Ice Hockey
Lacrosse
Soccer
Softball
Swimming and Diving
Tennis
Track and Field
(Indoor and Outdoor)
Volleyball

PROOF IN NUMBERS

650 student-athletes who compete across 25 NCAA Division III teams

25 national team titles

106 individual national champions

41 national Academic All-Americans



RECREATIONAL SPORTS

SUNY Cortland offers many options for students who want to get involved in sport clubs or intramurals.



INSPIRED AND INVESTED

→ Sport clubs provide an alternative avenue for teamwork and competition.

These clubs are led by students and receive limited funding for travel. They are offered across three levels: instructional, recreational and competitive. Some hold tryouts and play against other institutions. All have access to a professional athletic trainer who can help treat an injury.



FRIENDS. FUN. FITNESS.

→ Intramurals offer opportunities to stay active and socialize with friends, compete for a champion's T-shirt and

earn bragging rights. They span three categories: weekly leagues, single-day competitions and late-night events. Most leagues and single-day competitions are offered at competitive and recreational levels. Late-night events provide an active outlet on weekends.

Learn more → cortland.edu/recsports

Find a major that matters to you.

Academic majors blend research, service and professional experience. You will leave Cortland ready to make a difference, no matter the path you choose.

Learn more → cortland.edu/academics

MAJORS

African American Studies
 Anthropology
 Archaeology
 Art
 Art Studio (B.F.A.)
 Biochemistry
 Biology
 Biomedical Sciences
 Business Economics
 Chemistry
 Cinema Study
 Coaching
 Communication Studies
 Community Health
 Conservation Biology
 Criminology
 Economics
 Engineering (3+2 Program)
 English
 Environmental Geoscience
 Exercise Science
 Fitness Development
 French
 Geographic Information Systems
 Geography
 Geology

Graphic Design and Digital Media
 Health Education
 Healthcare Management
 History
 Human Service Studies
 International Studies
 Mathematics
 Media Production
 Musical Theatre (B.F.A.)
 New Communication Media
 Outdoor Recreation
 Physics
 Political Science
 Professional Writing
 Psychology
 Public Administration and Public Policy
 Recreation
 Recreation Management
 Social Philosophy
 Sociology
 Spanish
 Speech and Hearing Science
 Sport Management
 Sport Studies
 Therapeutic Recreation
 Tourism and Recreation
 Undeclared/Pre-major

TEACHER CERTIFICATION

Adolescence Education (Grades 7-12)
 • Biology
 • Chemistry
 • Earth Science
 • English
 • French
 • French and Spanish*
 • Mathematics
 • Physics
 • Physics and Mathematics*
 • Social Studies
 • Spanish
 Early Childhood and Childhood Education (Birth-Grade 6)
 Health Education (K-12)
 Inclusive Childhood Education (Grades 1-6)
 Inclusive Early Childhood Education (Birth-Grade 2)
 Physical Education (K-12)
 Teaching English as a Second Language (K-12)

*Dual certification program

MINORS

African American Studies
 American Musical Theatre
 Anthropology
 Archaeology
 Art: Art History
 Art: Studio Art
 Asian/Middle Eastern Studies
 Biology
 Chemistry
 Cinema Study
 Communication Studies
 Computer Applications
 Economics
 English: Language and Literature
 English: Literature and Writing
 English: Literature
 Entrepreneurship
 Environmental and Outdoor Education
 Exercise Science
 Forensic Anthropology
 Forensic Psychology
 French
 Geographic Information Systems
 Geography
 Geology
 Graphic Design and Digital Media
 History
 International Studies

Jewish Studies
 Latino and Latin American Studies
 Law and Justice
 Management
 Mathematics
 Native American Studies
 Peace and Conflict Studies
 Physics
 Political Economy and Public Policy
 Political Science
 Political Science: Comparative Politics and International Relations
 Political Science: Public Administration and Public Policy
 Professional Writing
 Psychology
 Psychology of Individuals with Disabilities
 Social Philosophy
 Sociology
 Spanish
 Speech and Hearing Science
 Sport Management
 Sport Studies
 Teaching English as a Second Language
 Women's, Gender and Sexuality Studies

ADVISEMENT PATHS**

Pre-Athletic Training,
 Physical Therapy or Occupational Therapy
 Pre-Chiropractic
 Pre-Dentistry
 Pre-Law/Law and Justice
 Pre-Medicine
 Pre-Veterinary Science

**Requires a separate major selection

PROGRAMS AND OPPORTUNITIES

Cortland's Urban Recruitment of Educators (C.U.R.E.)
 Educational Opportunity Program (EOP)
 Honors Program
 Army and Air force ROTC



HONORS PROGRAM

→ Our Honors Program offers several benefits for high-achieving students, including scholarship assistance, early registration for classes and honors-specific coursework.

PRE-PROFESSIONAL PATHWAYS

→ These programs exist in addition to your major and help prepare for professional fields including physical therapy, medicine and law. You receive guidance on coursework, extracurricular opportunities and graduate school applications.

FACULTY CONNECTIONS

→ Regardless of your major, your professors will be experts in their discipline who are equally dedicated to their research, service and teaching. They'll advise you on helpful courses to take as well as potential meaningful opportunities to seize outside the classroom.

NOT SURE ON A MAJOR?

→ Learning communities help pre-major students explore academic opportunities in the School of Arts and Sciences. Seven options cover a range of interests.

- Building Community Through Recreation
- Earth and Environment
- Happiness and Society
- Molecular World
- Philosophy and Education
- Play Across Cultures
- World First

EXPERIENCE THE WORLD — HERE AND BEYOND.

Learn more → cortland.edu/studyabroad

Whether you're pursuing field research in the Adirondacks, a summer internship in New York City or a semester of student teaching, your off-campus opportunities are endless.

STUDY ABROAD

→ See the world by participating in one of 50-plus international programs available through the university, or choose from more than 1,000 options across the larger SUNY system. The International Programs Office hosts weekly Study Abroad 101 information sessions that cover everything from possible destinations to planning your courses to potential scholarships.

EXPLORE THE ADIRONDACKS

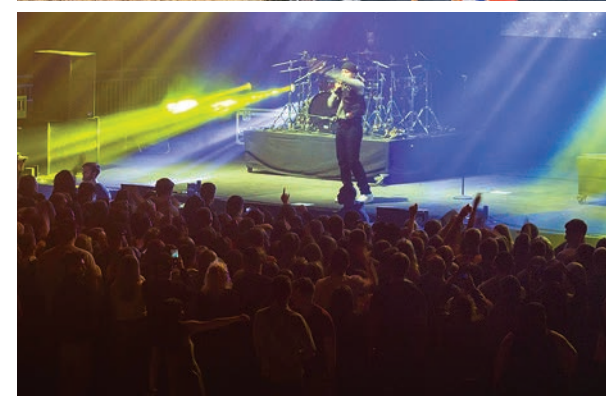
→ The William H. Parks Family Center for Environmental and Outdoor Education at Raquette Lake is our majestic 450-acre natural classroom tucked away in the Adirondack Mountains. Hands-on discovery thrives here, whether you're studying invasive species or learning about the historical importance of the wilderness.

CONNECT WITH THE COMMUNITY

→ You don't have to travel far to make a difference off campus. SUNY Cortland's Institute for Civic Engagement can connect you with local nonprofit organizations, service projects or applied learning opportunities. Your work can improve schools, local government or the environment.

TAKE SOME TIME TO HAVE FUN

→ Enjoy entertainment on campus — national speakers, music acts and comedians — or sign up for a bus trip to Broadway or a weekend getaway through Outdoor Pursuits. SUNY Cortland can be your gateway to the world.



INVESTIGATE. EXPERIMENT. EXPLORE.

Excel in the sciences.

You'll find common qualities across many majors: modern facilities, independent research opportunities and award-winning professors. The Undergraduate Research Council offers financial assistance through travel grants and summer fellowships providing a \$4,000 stipend and campus housing.

Whether you're studying bacteria or biomechanics, whether your goal is graduate school or gaining employment, Cortland will invest in your success.

The proof can be found in the examples of inspiring students.

Learn more → cortland.edu/research



DR. KADEEJA FREDANKEY-PARZYCH '16

→ Before she became a family medicine doctor, Kadeeja was a biomedical sciences major at SUNY Cortland who shined as a Scholar of the Year. Born in Jamaica and raised in Brooklyn, she became the first in her family to earn a bachelor's degree. Kadeeja was actively involved with Emergency Medical Services, multiple singing groups and research in the university's biofilm laboratory as an undergraduate. And after excelling in medical school at SUNY Upstate Medical University, Kadeeja returned to Cortland to operate Fredankey Family Practice — further proof that she personifies the American dream.

“I'm the first in my family to do and achieve many things, mainly because of the sacrifices of my parents. They inspire me in everything that I do.”

DR. KADEEJA FREDANKEY-PARZYCH



KALEB FRIERSON '23

→ Kaleb's interest in public health and his success as a biology major led him to pursue an M.P.H. in epidemiology at Columbia University. He excelled inside and outside of the classroom — as president of SUNY Cortland Emergency Medical Services, a full-time EMT for a local ambulance company and the winner of an award for outstanding undergraduate research in biological sciences. Kaleb also paid it forward as a teaching assistant and supplemental instructor for fellow students. He plans to eventually pursue emergency medicine and continue his commitment to research, service and teaching.

“The Biological Sciences Department offered me mentorship, purpose and lifelong relationships with professors. My experiences there were some of my most formative and memorable.”

KALEB FRIERSON

Informed
by theory.
Inspired
by practice.

GET DOWN
TO BUSINESS.

Business classes at SUNY Cortland offer a unique balance of practical knowledge and economic theory. This grounding in theory — the “why” behind success and failure — is the reason students succeed after graduation, both in the job market and in graduate-level programs.

You’ll study topics such as international trade, economic development, finance, money and banking, labor economics, public policy, political economy and environmental economics.

The result is an education that emphasizes hands-on experience.



Rewarding careers often begin with undergraduate internships.

As an intern, you can earn up to 16 credit hours while putting your classroom training and personal skills to use. Internships are open to all majors who have completed at least 12 credit hours. You might follow in the steps of graduates who have gone on to work for companies like these:



ESPN



Walt Disney World

WALL STREET JOURNAL

Learn more → cortland.edu/business-economics



PATRICK VISCOME '17

→ A business economics major who also served as Student Government Association president, Patrick led by example. He demonstrated a strong mind for business and a heart for giving back. Case in point: He donated the majority of his \$5,000 president’s stipend to people in need. Off campus, his work was just as impressive: a risk management internship with General Electric, a financial analyst job with a local lumber company and graduate work in accounting.

“My proudest academic achievement was growing to enjoy the challenges of learning difficult concepts — especially in finance — and realizing how the concepts influence the world around us.”

PATRICK VISCOME



MELISSA ALVISI '22

→ Thanks to a strong track record with undergraduate research, Melissa earned a full scholarship to pursue master’s degrees in public administration and international relations from Syracuse University’s Maxwell School of Citizenship and Public Affairs. She came to Cortland from Italy and served as chief financial officer for the Student Government Association while researching money lending practices abroad. As a graduate student, she interned at the U.S. Embassy in Singapore with the Department of Commerce and gained experience in market research, national security and foreign policy.

“Doing research on something you are interested in is so fulfilling. It ultimately motivated me to pursue my dream of becoming a foreign service officer.”

MELISSA ALVISI

OUR GRADS GO ALL IN.

Preparation for life after graduation starts when you're a student, thanks to the robust work of areas like Career Services, which helps develop important professional competencies.

Whether you are pursuing an internship, research experience or preservice teaching, many resources are available to help prepare you for a life of fulfillment and success.

Learn more → cortland.edu/outcomes



EMPHASIS ON OUTCOMES

→ Career Services does it all, from coordinating student employment opportunities to delivering class presentations to connecting you with more than 750 online employer events. This office also offers individualized career coaching appointments — even taking a free professional headshot for your work-related online profiles.

WHERE DO GRADUATES GO?

→ Alumni Engagement will work hard to connect you with other Red Dragons at networking events both on and off campus. Every year, Career Services publishes the Graduate Outcomes Report detailing first destinations for employment and education.

View the report → cortland.edu/outcomes

97%

of recent grads are employed or pursuing a postgraduate degree

50+

Career Services events annually covering workshops, job and graduate school fairs and post-graduation planning

88,000+

alumni who have graduated from SUNY Cortland

85%+

of students pursuing internships, research or field placements



“Students are central to everything we do at SUNY Cortland. The university exists to help them reach their greatest human potential — not only academically, but socially, physically, spiritually and emotionally. That’s what we’re all about as an institution.”

ERIK J. BITTERBAUM, *President*

SEE IT FOR YOURSELF.

Visit programs are offered throughout the year, including winter and summer breaks. View a current list of opportunities online.

Register → cortland.edu/visit



CENTRAL NEW YORK'S COLLEGE TOWN



Cortland is a city of approximately 19,000 people located in the geographic center of New York state, near the Finger Lakes region and within a 45-minute drive of Syracuse, Ithaca and Binghamton.

Students discover a safe college town within a short walk of campus as well as easy access to the outdoors.

For a list of nearby restaurants, lodging and attractions, visit cortland.edu/college-town.

19,000 residents in the city of Cortland
plus easy access to local outdoor activities

4 hours or less from major cities in the Northeast
including New York City and Philadelphia

40 minutes to Hancock Airport in Syracuse
the closest international airport

47 countries represented by our students
plus 34 states in the U.S.

2023-24 COST*

NEW YORK STATE RESIDENTS

Billed expenses	
Tuition	\$7,070
College fees	\$1,785
Average room/meals	\$15,210

Total billed expenses \$24,065

+

Estimated additional expenses	
Average books/supplies	\$1,200
Personal expenses	\$2,250
Transportation allowance	\$800

Total estimated cost \$28,315

NON-NEW YORK STATE RESIDENTS

Billed expenses	
Tuition	\$16,980
College fees	\$1,785
Average room/meals	\$15,210

Total billed expenses \$33,975
Future New Yorker Award -\$7,500

Adjusted billed expenses \$26,475

+

Estimated additional expenses	
Average books/supplies	\$1,200
Personal expenses	\$2,250
Transportation allowance	\$800

Total estimated cost \$30,725

** Subject to change pending state budget or university action*



ADMISSIONS OFFICE

Miller Building, First Floor
P.O. Box 2000
Cortland, NY 13045-0900

607-753-4711

admissions@cortland.edu

HOW TO APPLY

SUNY Cortland accepts the Common Application and the SUNY Application. The application fee is \$50 and you should submit only one. To start the process, visit cortland.edu/apply.

IMPORTANT DATE

- Nov. 15 for first-year early action option

Applications are reviewed in order of submission date.

FOLLOW US



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[@suny_cortland](https://twitter.com/suny_cortland)



[SUNYCortlandTV](https://www.youtube.com/SUNYCortlandTV)

FINANCIAL AID AND SCHOLARSHIPS

Each year, more than 5,400 students qualify for financial aid in the form of grants, loans, scholarships or other awards.

SCHOLARSHIPS

Merit scholarships are competitive awards noted at the time of admission. The following criteria are used:

- **Academic achievement:** Minimum 93 unweighted average
- **Rigor:** Advanced or college courses
- **Main subjects:** Performance in major coursework areas

→ Accepted students can apply for additional endowed scholarships starting in mid-January

OTHER SOURCES OF FINANCIAL AID

→ For new students starting in Fall 2023, the Free Application for Federal Student Aid (FAFSA) should be filed by Feb. 1.

→ The Financial Aid Office can answer your questions about many different sources of funding. Visit cortland.edu/finaid, email finaid@cortland.edu or call 607-753-4717.

cortland.edu/admissions