

# The Juggler



***A Handbook for SUNY Cortland Non-Traditional  
Students  
2024-2025***

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Welcome to SUNY Cortland! I hope you find this handbook useful while attending classes at Cortland. As the Coordinator for Non-Traditional Student Support, We are here to support you by providing informational workshops and social events as well as being an advocate for non-traditional student issues.

With approximately 200 self-identified non-traditional undergraduate students attending SUNY Cortland, you are part of a unique group on campus. Remember you are not alone! With support from the Non-Traditional Student Organization to academic and other support services, we hope you will soon feel like “part of the family”.

Welcome to our campus. Best wishes for an exciting and successful academic career at SUNY Cortland. #RedDragonStrong

Advisement and Transition

### **Telephone Directory (607 area code)**

Advisement and Transition 753-4726  
Campus Store 753-4621  
Career Services 753-4715  
Child Care Center 753-5955  
Cortland Auxiliary Services 753-4627  
Counseling Center 753-4728  
Disability Resources Office 753-2967  
Financial Aid 753-4717  
Memorial Library Research Help 753-2590  
Student Registration and Record Services 753-4702  
School of Arts & Sciences 753-4312  
School of Education 753-5431  
School of Professional Studies 753-2701  
Student Accounts 753-2313  
Student Health Services 753-4811  
The Help Center 753-2500  
The Learning Center 753-4309  
University Police Parking 753-4123  
Writing Center 753-5833

# Just for Non-Trads



## [Non-Traditional Student Lounge](#)

Are you looking for a place to relax between classes, catch up on homework, or connect with other non-traditional students? The place to be is in the Non-Traditional Student Lounge, located in Cornish Hall Room, Room 1221. The lounge is open Monday-Friday.

A microwave, coffeemaker and refrigerator are available for your use. Food is not supplied but feel free to bring in supplies for yourself (or to share, if you wish).

In the lounge, you will find 2 computers with Internet access. A couch, chairs, and tables are available. Please note: this is not a quiet study lounge but please be courteous of your peers while using the room.

A couple of simple requests when using the lounge: 1) Sign-in when you enter the room and 2) Keep it clean. Please pick up after yourself.

## [Non-Traditional Student Newsletter](#)

Emailed monthly, this newsletter is sent to students who have signed up to receive this. This electronic publication provides updated information and reminders on dates and deadlines, a calendar of events and information regarding the Non-Traditional Student Organization.

## [Non-Traditional Student Website](#) [cortland.edu/non-trads/](http://cortland.edu/non-trads/)

The website has information about the Non-Traditional Student Lounge, Non-Traditional Student Organization, Events, Alpha Sigma Lambda, and Resources.

## [Non-Traditional Students Week](#)

Traditionally held in November, this week recognizes our special population of students. Watch your email for events that will celebrate our non-traditional students on campus.

# Non-Traditional Student Organization (NTSO)

The Non-Traditional Student Organization is funded by the Student Government Association (SGA). Though all students are welcome, the organization's goal is to meet the unique needs of students over 24 years of age or those who have dependent children. Membership is FREE!

The NTSO wants all non-traditional students to feel a part of the community at SUNY Cortland by offering opportunities for non-traditional students to connect with others. In the past, the NTSO has hosted food events, informational programs, fundraisers and family events. Past events include: Syracuse Mets baseball game, pizza and wing parties, bottle and can drives, food events and food drives.



## **2023-2024 Non-Traditional Student Organization Officers**

Officers are students who volunteer their time each academic year to leave the organization. These students help to provide opportunities to connect with other non-traditional students, to help make you feel like part of the family at SUNY Cortland. We are always looking for help! We hope to see you at our events in the Non-Traditional Student Lounge.

President: Melinda Gardner  
Vice President: Patrick Sassone  
Treasurer: Natalya Shatskikh  
Secretary Mackenzie Weaver  
SGA Presentative: Jessamine Stone  
(Interim) Club Advisor: Marinda Souva



# Academic Support

## Advising

Your advisor's name and email can be found in myRedDragon by the second week of the semester. Each student is highly encouraged to become familiar with the requirements for their degree program in the online College Catalog and Degree Works. If you still have additional questions after contacting your advisor, please feel free to contact Advisement and Transition at 607-753-4726, or stop by Memorial Library, Room A-111. Open advising is offered on Wednesdays, 8 am-4:30 pm.



## Faculty Mentors

Faculty mentors are a group of faculty specifically selected to work with adult students. They may or may not be your advisor, but please feel free to contact any of them listed below. They are ready and willing to answer your questions, to listen, provide advice and help.

Kathleen Burke, Economics, [Kathleen.burke@cortland.edu](mailto:Kathleen.burke@cortland.edu)

Raymond Collings, Psychology, [Raymond.collings@cortland.edu](mailto:Raymond.collings@cortland.edu)

Rhiannan Maton, Foundations and Social Advocacy, [Rhiannon.maton@cortland.edu](mailto:Rhiannon.maton@cortland.edu)

Wendy Miller, Geography, [wendy.miller@cortland.edu](mailto:wendy.miller@cortland.edu)

Chris Widdall, Childhood/Early Childhood Education, [chris.widdall@cortland.edu](mailto:chris.widdall@cortland.edu)

## The Learning Center

The Learning Center offers both professional and peer tutoring services in writing, reading, math and study skills. Find their website from the homepage, "Offices A-Z" and "The Learning Center" or by calling 607-753-753-4309. The office is located in Van Hoesen, Room B-205.

## Writing Center

The Writing Center helps writers with any facet of the writing process including, but not limited to, development, organization, structure, brainstorming, revision, different genres, understand prompts/assignments, purpose and clarity. You can make an appointment through myRedDragon, student tab, and WOnline.

## Alpha Sigma Lambda Honor Society



SUNY Cortland is proud to have a chapter of [Alpha Sigma Lambda \(ASL\)](#), the national honor society for adult students. ASL recognizes the special achievements of adults who accomplish academic excellence while facing competing interests of home and work.

To be offered membership in ASL, you must be in the top 20 percent of those who are at least 24 years of age, have completed 24 credits at SUNY Cortland and have at least a 3.2 GPA. Invitations are mailed in March and the induction ceremony is held in April. ASL's motto is "First in Scholarship and Leadership."

# Financial Support

## Financial Aid

The staff in Financial Aid provides financial information and education beyond helping students pay for tuition and fees. Important tips and deadlines: 1) all students must file a FASFA each year at [www.fasfas.edu.gov](http://www.fasfas.edu.gov), 2) file as soon after October 1 as possible to be consider for all aid, 3) recommended filing deadline is February 1, and 4) read and respond to all correspondence from SUNY Cortland. Contact Financial Aid at 607-753-4717 or visit them in the Miller Building, Room 209.

## Excelsior Scholarship

New York State's Excelsior Scholarship program will help more middle-class families to be eligible to earn free tuition. For more information about this opportunity, please see [www2.cortland.edu/excelsior/](http://www2.cortland.edu/excelsior/)

## Scholarships

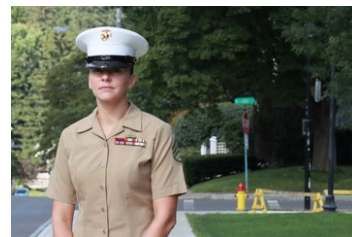
There are many scholarships just for non-traditional students! Some of these scholarships include: Breta C. Sisson '68 Scholarship for Nontraditional Students, Eda J. Kronman Scholarship for Nontraditional Students, Marilou Wright Scholarship for Nontraditional Women, Nancy S. Manning '70, M '74 Scholarship, the Kenneth P. and Jo Ann G. '74 Wickman Scholarship, SUNY Cortland Scholarship for Nontraditional Men and the Alpha Sigma Lambda Scholarship. Please be aware that most of these scholarships do require an establish GPA at SUNY Cortland. Check on each scholarships' description for eligibility. For more information, contact your Financial Aid advisor or check out Financial Aid's website.

## Veterans Affairs Resources

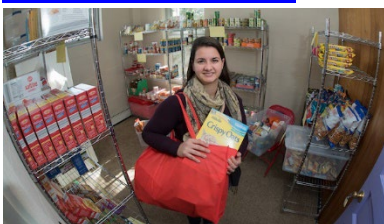
Your VA certifying official is Matthew McKinney.

Email: [veteran.benefits@cortland.edu](mailto:veteran.benefits@cortland.edu)

Website: <https://www2.cortland.edu/cost-aid/student-accounts-office/va-forms-and-resources>



## Cortland Cupboard



This campus food pantry is open for students in need of non-perishable foods and personal hygiene items at no cost. It is currently located in the basement in Old Main, Room B-05, Monday-Thursday, 8 a.m. to 8 p.m. and Friday from 8 a.m. to 5 p.m. Bring your SUNY Cortland ID.

## Student Emergency Fund

The Cortland College Foundation has established a student emergency fund to help assist SUNY Cortland Students facing an emergency situation that has caused unforeseen hardship, with the intention to support students to stay in college and continue their education. The donor supported fund offers emergency grants of up to \$500 to eligible students to help pay for urgent expenses. The awards are designated as temporary assistance and are not intended to replace financial aid. Students are eligible for no more than one grant per academic year with a "lifetime" award totaling \$2000.



# Support Services

There are many support services to help you during your time here at SUNY Cortland.

## **Non-Traditional Student Support Services**

SUNY Cortland wants to support you by providing information through food/social events, newsletters, a website, social media and emails geared toward the non-traditional student. For more information, visit Advisement and Transition in Memorial Library, Room A-111, 607-753-4726.

## **Career Services**

Located in Van Hoesen Hall, Room B-5, Career Services offers the following services to SUNY Cortland students:

**Handshake:** Appointments with Career Services can be made through Handshake. The link for Handshake is in myRedDragon.

**Career Counseling and Resume Critiques:** one-on-one counseling and resume' critique appointments

**Workshops:** graduate applications, resume writing and interviewing

**Career Library:** holds resources such as profiles on internships and job sites, information about graduate schools, requirement for certain professions and tools to assist you with career exploration.



## **Counseling Center**

Located in Van Hoesen Hall, Room B-44, the Counseling Center provides free and confidential short-term mental health assistance for enrolled SUNY Cortland Students.

## **Guide to Student Success**

Stay connected to all the resources on campus:

## **Starfish**

Starfish is an online communication tool that offers early and ongoing feedback regarding a student's academic success. The system shows the people and offices that make up your Connections/Support Network. Communicating with your instructor, advisor, coach or support office has never been earlier. Look for Starfish in myRedDragon.

## **Student Health Service**

The Student Health Service is located in Van Hoesen Hall, Room B-26. Their missions are to:

- Provide accessible, high-quality, ambulatory health care to all students
- Educate and promote healthy lifestyles to all students
- Provide medical expertise that supports the learning mission of the campus



# Campus Safety

## University Police

The University Police Department is located in Whitaker Hall. For emergencies dial 911. For non-emergencies, call 607-753-2112.

If your family needs to reach you due to an emergency, they should contact you through the University Police Department. It is helpful to provide your family or child care provider a copy of your class schedule and usual “hang outs” so that the staff can find you if there is an emergency.

The Patrol Division operates 24 hours a day, 365 days a year, and is responsible for law enforcement and security functions on campus and campus-owned property.



## Safety Tips (University Police Department Website)

- Stay alert and tuned into your surroundings while walking on the streets or in office buildings.
- Send messages that you are calm, confident, and know where you are going.
- Trust your instincts.
- Stick to well-lit, well-traveled areas. Never walk alone at night.
- Always roll up your windows and lock your vehicle doors even if you are only leaving your vehicle for a few minutes.
- Sign up for emergency alert notification in myRedDragon, student tab, left column, “SUNY-NY-Alert Enrollment”.

## Blue Light Phones

The emergency blue light system has been installed on campus to make reporting of serious incidents easier and quicker. To report an emergency, crimes in progress, or a suspicious person/event, just pick up the receiver or push the emergency button. Each emergency phone is attached to a light pole or building. Currently there are 25 emergency blue light phones that can be found throughout the SUNY Cortland Campus.

# Parking and Transportation

## On-Campus Parking

You must have a virtual parking permit to park on campus. Depending on which class year you are, there are designated parking lots available. Student parking is designated as “Residential” or “Commuter”. Permits may be purchased online in myRedDragon. Open parking is permitted in parking lots after 5 pm (except the Child Care Center lot.)

## Campus Shuttle Buses

Shuttle buses are run between Park Center, Route 281 lot, West Campus Apartments, Student Life Center, Moffett Center and Corey Union.



Full schedules can be found online at

<http://www2.cortland.edu/offices/university-police-department/parking/bus-schedule.dot>. You can also download the *DoubleMap GPS* application to locate where the buses are at.

## Off-Campus Parking

City street parking is available on a first-come, first-serve basis. Please remember that all city parking rules apply.

## Short-Time Paid Parking Lot



A pay-by-the-hour lot is located on Prospect Terrace between the Leadership House and Neubig Hall. On weekdays, the first hour is \$2, each hour after is \$1. The maximum fee is \$8. Monday-Thursdays 7:30 am-6:30 pm. Friday, 7:30 am-5 pm. No overnight parking.

# Code of Student Conduct

You are responsible for following the “Code of Student Conduct”. This includes the time you are not on campus. Read the code at <https://www2.cortland.edu/offices/judaffairs/code-of-conduct.dot>

# Child Care Center

Tuition assistance is available to income eligible students. A NYS-licenses [child care center](#), there are 7 classrooms. The facility is child-centered and appropriately funded. The center is located in the Education Building, Room 1000.

# Weather and Dining

As you may be aware, the weather in Central New York is unpredictable. At times when severe weather conditions affect college operations, appropriate announcements will be carried by several radio and television stations serving the Cortland area as well as social media and website announcements.



Please note, since the college is a residential college, it is unlikely that day classes are canceled because of weather conditions. If traveling is hazardous, the college may take the step of canceling evening classes.

A suggestion: If you do have school-aged children at home and may have a concern if the public schools are closed for snow days, please talk with your instructors on their policy about missing classes or bringing your children to class. The final decision belongs to the instructor but it can't hurt to ask.

## Places to Eat



There are many locations you may purchase food on campus.

**Neubig Hall:** Neubig Dining (All-You-Care-to-Eat Buffet)

**Corey Union:** Greens & Grains, Pomodori, Chick-n-Bap, and Union Station

**Memorial Library:** The Bookmark

**Brockway Hall:** Hilltop

**Moffett Center:** Café Sawubona

**Student Life Center:** The Bistro and Fuel

For more information on dining hall options, menus, and hours: <https://www.cortlandaux.com/dining-services/menus>

## Meal Plans

There are a variety of meal plans to choose from depending on if you are live on-campus or off-campus. The off-campus meal plan can save your money at our on-campus dining facilities by using Dining Dollars. You can also add money to your SUNY Cortland ID care and use your Connections account to get a discount at on-campus retail dining facilities.