



# **STRONG START**

## **NEW STUDENT SUCCESS PROGRAM**

### **SUNY CORNING COMMUNITY COLLEGE**

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# It's Your Time

## **A guide to a Strong Start at SUNY Corning Community College**



# Strong Start: Keys to Success

- Know Your Academic Major & Get the Right Classes
  - Professional Studies Division
- Paying For College
- My CCC: Your Student Portal
- Student Life, Athletics & Perry Hall
- Health Requirements
- Know Your Campus Resources
- Focus on Diversity Center



# Professional Studies Academic Division

## Your Academic Major & the Right Classes

### What is Your Academic Major/Program?

Review your Academic Major/Program in the  
SUNY CCC College Catalog

*(located in your My CCC, Welcome Tab links)*

### What are the Course Requirements for your Academic Major/Program?

**It is never too early to start planning for  
your next steps after SUNY CCC**

#### **Academic Programs**

Business Administration AAS |  
Business AS | Chemical Dependency  
Counseling | Community & Public  
Health | Criminal Justice AAS |  
Criminal Justice AS | LAS Childhood  
Education | Nursing | Police Basic  
Training | Teaching Assistant  
(Microcredential) | Sustainability  
Studies

# Professional Studies Academic Division

## Your Academic Major & the Right Classes

### Program Details:

[www.corning-cc.edu/academics/degrees-certificates.php](http://www.corning-cc.edu/academics/degrees-certificates.php)

### Career Paths:

#### Business & Finance

<https://www.corning-cc.edu/careers/business-finance/index.php>

#### Community Engagement: Education, Social Services, Law Enforcement

<https://www.corning-cc.edu/careers/community-engagement/index.php>

#### Health Sciences

<https://www.corning-cc.edu/careers/nursing-public-health/index.php>



# Professional Studies Academic Division

## Your Academic Major & the Right Classes

### Classes that count toward your degree...

- Meet with an Educational Planner or Academic Advisor
- Reviewing your Academic Major/Program
- Review course descriptions

### A schedule that works for you...

- Balancing academic success and your life outside the classroom
- SUNY CCC class delivery options so schedule what works best for you



# Professional Studies Division: MythBusters Quiz

What is the truth about how to succeed in college?



# Professional Studies Division: MythBusters Quiz



## How important is sleep anyway?

- If you have an exam the next day, the best approach to studying would be to study 4 or 5 hours through the night, sleep just 3 to 4 hours, and then take the test. In this way, the information is fresh in your mind and you can catch up on sleep the next night.





# Professional Studies Division: MythBusters Quiz

**FALSE**



- NEVER CRAM! We lose most information within 16 hours of learning it- this is called the Curve of Forgetting. SO- if you cram just once, and the night before an exam, no matter how much- or how little- sleep you get, most of the information is gone before you walk into the test!
- Sleep is vital! You can't make up for sleep. And, during one phase of sleep- REM (not the band!) – the brain actually consolidates all of your learning into memory.....

# Professional Studies Division: MythBusters Quiz



# Professional Studies Division: MythBusters Quiz

I can work full-time and go to school  
Full-time... no problem!

- For every hour of clock time spent in a class, how many hours of actual studying time outside of class do I need?
  - A. 30 minutes
  - B. 60 minutes
  - C. 2 hours
  - D. 3 hours



# Professional Studies Division: MythBusters Quiz

C. 2 hours



- For every one hour in class, you need 2 hours each week to read, study, do homework, etc.
- Make sure you allow yourself enough time - Time Management is Key!



# Professional Studies Division: MythBusters Quiz

## Stress- a good motivator?

- Adrenaline is a chemical that really helps with learning and motivation. The higher the stress level, the better because adrenaline strengthens memory.



# Professional Studies Division: MythBusters Quiz

**FALSE**

- For optimal success, you need a moderate level of arousal – enough to get you motivated to work hard and study but not panic which can actually decrease your ability to pull information that you truly know from your brain (Yerkes- Dobson Law) - the Baby Bear approach. Just Right.



# Professional Studies Division: MythBusters Quiz

## Stress and your Shrinking Brain



- Long-term exposure to stress can actually shrink a part of your brain called the Hippocampus. Guess what that controls?



# Professional Studies Division: MythBusters Quiz

## Learning and Memory!

So...the moral of the story is:

- A. Don't cram! Do a lot a little and a little a lot
- B. Get enough Sleep! And listen to REM
- C. Be realistic with your time- Time Management will help.
- D. Moderate your stress- your brain can't grow and learn and defend itself from a threat at the same time- it literally can not.
- E. Square Breathing....it is a thing...a real thing





# Professional Studies Division: MythBusters Quiz

But above all.....



# Paying for College

## **FAFSA (Federal Aid) - [www.studentaid.gov](http://www.studentaid.gov)**

- Create a FSA ID (for Student and Parent)
- 20-21 FAFSA Application

## **NY State Aid - TAP (Tuition Assistance Program)**

- Completed at end of FAFSA with a link on the confirmation page.
- Go to [www.hesc.ny.gov](http://www.hesc.ny.gov) if you didn't complete it on your FAFSA.
- Create Account (Username and Pin)
- Excelsior Scholarship
- Separate application available online on [www.hesc.ny.gov](http://www.hesc.ny.gov)

## **SUNY Scholarships**

CCC Scholarships | Community Based Scholarships

**SUNY CCC Pathways Scholarships** [www.corning-cc.edu/admissions-future-students/sunypathwaysscholar.php](http://www.corning-cc.edu/admissions-future-students/sunypathwaysscholar.php)

## **Cares Act**



# Paying for College

## Student Accounts

- Cost of Attendance can be found at [www.corning-cc.edu/admissions-future-students/payingforsunyccc.php](http://www.corning-cc.edu/admissions-future-students/payingforsunyccc.php)
- Bills are sent to students CCC email monthly and Payment Plans are available (also available to view on MyCCC)

## Certificate of Residence (New York State Residents Only)

[https://www.corning-cc.edu/current-students/certificate\\_of\\_residence.php](https://www.corning-cc.edu/current-students/certificate_of_residence.php)

**Barnes & Nobles CCC Bookstore** - Using Financial Aid to purchase books

## Refunds

BankMobile is our refunding company

Excess funds will be refunded to you electronically (Direct Deposit)

# Paying for College

**Financial Aid and Student Accounts  
are located in the Commons Building on  
SUNY CCC's Spencer Hill Campus**

# My CCC: Your Student Portal

## My CCC is Vital to Your Success!

Logging into your student portal on a regular basis is important

- My Banner (online 24/7 access to your student information)
- Blackboard (online learning platform)
- Access to your SUNY CCC email

## Welcome Tab & Student Tab

- Campus Announcements and Events
- Links to Information and Resources
- Help Tickets

## Connect through your smartphone to My CCC and CCC Email

- Download the Elucian GO app and connect CCC Email as a Gmail account.

# My CCC: Your Student Portal

**MyCCC**

[myccc.corning-cc.edu](http://myccc.corning-cc.edu)



# Student Life, Athletics, and On-Campus Housing

## Student Life

- College Photo ID is available through SUNY CCC website under Student Life
- Information on clubs and activities under Student Life
- Student Government (SAGA)

## Athletics & Fitness Center

- NJCAA intercollegiate sports ([www.redbaronsathletics.com](http://www.redbaronsathletics.com))
- Intramural athletics

**eSports** in 2020-2021

## Perry Hall

- On-Campus Housing & Residential Life Experience
- Fill out a housing contract on college website by selecting “live on Campus” under Student Life menu item



# Health Requirements

## Health Office Information

- healthoffice@corning-cc.edu
- Located in the lower level of the Commons Building on main campus
- 607-962-9257

## Pre-Enrollment Health Form

- All students are required to complete this form to attend CCC
- This form must be submitted to the health office prior to the start of the term you are attending.
- Form is in your New Student Folder or can be found on your MY CCC, Welcome Tab links. Health Office/Immunization Requirements



# Know Your Campus Resources

**Enrollment Advisement Center (EAC)** : Your One-Stop for information and assistance with admission, registration, advising, financial aid, student accounts and graduation.

- Located in the center of the Commons Building on main campus.
- [eacenter@corning-cc.edu](mailto:eacenter@corning-cc.edu)
- 607-962-9875

## Your EAC Team

Admission Recruiters | Enrollment Advisors |  
Educational Planners | Career Services

# Know Your Campus Resources

**Learning Commons:** Tutoring and academic support available in Math, English, Sciences and a variety of other courses.

- Located on the first floor of the Library on main campus
- [learningcommons@corning-cc.edu](mailto:learningcommons@corning-cc.edu)
- Online tutoring available!

**Accessibility Services:** Accommodations and services offered to any student who has or is experiencing learning challenges

Located on the first floor of Chemung Hall on main campus  
[accessibility@corning-cc.edu](mailto:accessibility@corning-cc.edu)

# Buying Your Books

## Barnes & Nobles CCC Bookstore

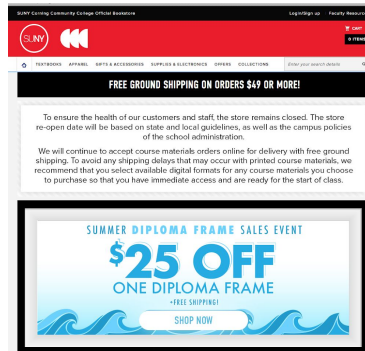
Located in the lower level of the Commons building on main campus  
Follow CCC Link on Welcome Tab-Bookstore

<https://corningcc.bncollege.com/shop/corning-cc/home>

Rent or Buy

**WE PRICE MATCH**

Amazon, bn.com & local competitors



# Know Your Campus Resources

## Public Safety: Campus Security Office

- Located in the lower level of the Commons Building on main campus.
- [publicsafety@corning-cc.edu](mailto:publicsafety@corning-cc.edu)

## Cafeteria/Starbucks

- Cafeteria located in the Commons Building on main campus
- Starbucks located in the Library

## Campus Map & Virtual Tour

- College Catalog includes a campus map.
- Virtual Tour available on [www.corning-cc.edu](http://www.corning-cc.edu) under Visit menu tab

# DIVERSITY CENTER

**SUNY Corning Community College is committed to promoting a diverse and inclusive environment by fostering a culture that values individuals' unique characteristics and provides enriching opportunities for students and employees to learn from one another.**

- Located in the Commons Building on main campus
- [www.corning-cc.edu](http://www.corning-cc.edu) (Listed on Student Life Menu)
- Access in MyCCC under your Student Tab

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# Q&A

# **We're here for you...**

**EACENTER@CORNING-CC.EDU**  
**607.962.9875**



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