

# STEP ABROAD

## 2019-20 GUIDE FOR INTERNATIONAL STUDENTS

SUNY Cortland



# FAST FACTS

**68 majors**
in diverse fields that can help you start a career on any continent

**16:1 ratio**
of undergraduate students to faculty members

**30+ intramural**
sports from soccer to basketball

**$6,000 award**
available each year for eligible international students pursuing a SUNY Cortland degree

**9 dining locations**
on campus offering fresh food, including international, gluten-free and vegetarian dishes

**"Having international students on our campus is an incredibly valuable asset. Cultural exchange is a transformative experience for both visiting and domestic students. Immersing yourself in American culture at SUNY Cortland will be an experience that will benefit you for a lifetime."**

**DANIELA BABAN HURRLE**
*Associate Director for International Student and Scholar Services*

# We're here to help from the start.

**You'll discover a second home at SUNY Cortland. We'll even be waiting at the airport or bus station when you arrive. You'll study at one of New York's top public universities — a medium-sized school recognized for strong academics, athletic opportunity and affordable cost.**

## YOU ARE WELCOME HERE

→ Approximately 120 international students attend SUNY Cortland each year. You'll join a community invested in your success, whether you're seeking an introduction to American cultural experiences or tutoring through academic support services.

We offer pre-departure webinars, a five-day orientation and many social and athletic events throughout your studies. You also can enjoy trips to Niagara Falls and New York City as well as a special weekend retreat at our outdoor campus in the Adirondack Mountains.

Above all, you will receive the help you need. Contact the International Programs Office with questions at any time.

**International Programs Office**

→ international@cortland.edu

→ cortland.edu/international-students







# Funding your education

**Cost is an important consideration when planning a study abroad experience. Most full-time international students pursuing a SUNY Cortland degree receive a financial award worth $6,000 per year, making our tuition among the most affordable for four-year campuses in the State University of New York system.**



## EXPENSES*

For the 2019-20 academic year

### UNDERGRADUATE EXPENSES

| | |
|---|---|
| ***Total Billed Expenses*** | ***$26,729*** |
| **BILLED EXPENSES** | |
| Tuition | $16,980 |
| College Fees | $1,736 |
| International student health insurace | $1,313 |
| Housing and meal plan | $12,700 |
| ***Total*** | ***$32,729*** |
| **SUNY Cortland International Award** | **-$6,000** |
| **Total Annual Billed Expenses** | **$26,724** |

### GRADUATE TUITION FOR A SEMESTER

| | |
|---|---|
| **9 credit hours** | **$8,677** |

** Subject to change pending state budget or university action. Be sure to allocate additional funds for books, supplies, personal expenses and travel.*

### PARTNER INSTITUTION PERKS

→ Exchange and visiting students coming for one or two semesters may be eligible for a tuition waiver through partnership agreements with their home institutions.

### INCOME OPPORTUNITIES

→ You're eligible to work on campus up to 20 hours each week for academic departments, administrative offices, recreation facilities or our dining services provider.

### COST-FREE LIVING

→ If you study at SUNY Cortland for more than one year, you can apply to be a resident assistant, which offers free on-campus housing and a stipend in exchange for your service.

### GRADUATE ASSISTANTSHIPS

→ Students pursuing a master's degree can apply for tuition support for a maximum of six credit hours per semester. Some positions also receive a yearly stipend averaging between $5,000 and $7,255.





## DAVID LLOYD HENSON

**Sustainable Energy Systems M.S.**
**Philippines**



→ Before he was a business development analyst at Solar Philippines, David was one of the best young scientific minds in his native country. He came to SUNY Cortland thanks to a prestigious scholarship from the United States Agency for International Development awarded to only 26 Filipino scholars.

Having already earned a bachelor's degree in electrical engineering, David chose the university's cutting-edge master's program to "revolutionize renewable energy." The implications of global climate change are serious, he believes. "The problem needs to be addressed," he says. "The solution is to learn more about solar, wind and hydro energy, and that's what I'm doing."

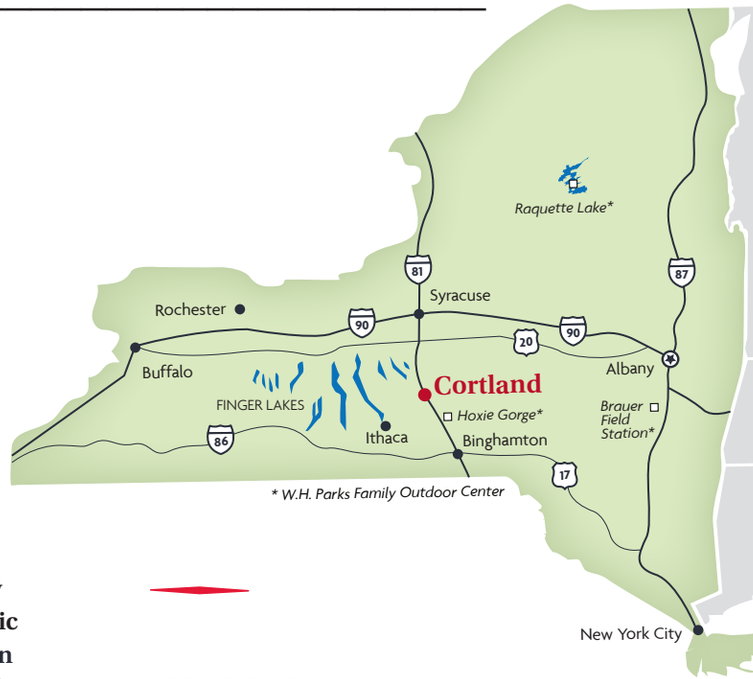
**Rewards of research:** David had the opportunity to work with the New York Solar Energy Industries Association during his studies, which he credited as an eye-opening experience on how sustainable polices can drive the economy.

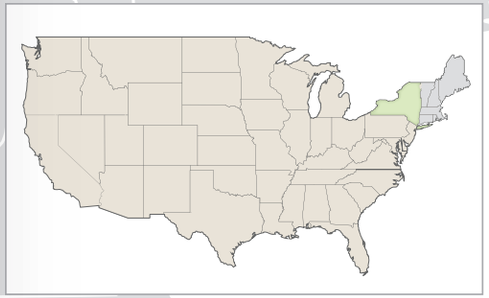
**Making friends:** His years in the U.S. were "the most colorful" of his life, David says. He joined Cru, a Christian fellowship group on campus, and helped start a weekly meeting, known as International Café, for students from different backgrounds.

**"When I read the academic program description, I thought: 'I'm going to Cortland. I don't care where is.' It's a professional science master's, which means it has business courses that help scientists 'sell' themselves. That's a valuable skill."**

**DAVID LLOYD HENSON**

# *A SMALL CITY FOR* BIG DREAMS



**Cortland is a welcoming and easy-to-navigate community of approximately 20,000 people located in the geographic center of New York state. While you can walk anywhere in Cortland, within a short drive many seasonal attractions await.**



## ATTEND FESTIVALS

→ Check out the New York State Fair in late August, a two-week event that highlights the region's food, entertainment and culture. Then visit smaller events in town such as Cortland's Pumpkinfest in October and Chill-a-Bration in February.

## WATCH SPORTS

→ If you like to cheer, our Athletics Department fields 25 teams while nearby cities Syracuse and Binghamton are home to professional organizations in baseball, hockey and soccer.

## ENJOY ACTIVITIES

→ Visit Destiny USA in Syracuse, one of the largest malls in the nation, for the ultimate shopping and entertainment experience. In Cortland, you will find miniature golf and winter activities such as skiing and snowboarding.





## SAFEST CAMPUS IN NEW YORK STATE

According to data analyzed from the U.S. Department of Education and the Federal Bureau of Investigation.

→ *One of the 30 Safest College Towns in America, according to SafeWise, the only New York state community on the list*



## STEP OUTSIDE CORTLAND

You'll also find it easy to make a weekend trip to major tourist destinations. See a Broadway show in New York City. Take in breathtaking natural beauty in Niagara Falls. Or, cross the border to visit Canada's largest zoo in Toronto.

## Approximate distance from Cortland and driving time

| | |
|---|---|
| **Baltimore, MD** | 300 miles/5.5 hrs. |
| **Boston, MA** | 320 miles/5.5 hrs. |
| **Buffalo, NY** | 170 miles/3 hrs. |
| **Montreal, Canada** | 290 miles/5 hrs. |
| **Niagara Falls, NY** | 175 miles/3.5 hrs. |
| **Newark, NJ** | 200 miles/3.5 hrs. |
| **New York City, NY** | 220 miles/4 hrs. |
| **Philadelphia, PA** | 220 miles/4 hrs. |
| **Pittsburgh, PA** | 370 miles/6.5 hrs |
| **Rochester, NY** | 110 miles/2 hrs. |
| **Syracuse, NY** | 32 miles/40 min. |
| **Toronto, Canada** | 260 miles/5 hrs. |
| **Washington, DC** | 345 miles/6 hrs. |

# Everthing you want in a college experience

**Living in a new country should be as comfortable as possible, even if it's for one semester. You'll find there's something for everyone at Cortland — from living spaces to dining options to clubs.**




*Learn more aout life around campus*
→ **cortland.edu/student-life**



## A TASTE OF LIVING

All degree-seeking undergraduate exchange students must live on campus during their first year. Traditional residence hall options include DeGroat Hall and the Judson H. Taylor Leadership House. Each one is equipped with a television and study lounge, laundry and wireless internet access. West Campus Apartments come fully furnished and provide the independence of apartment living for undergraduate and graduate students.

### ON-CAMPUS BENEFITS

→ International students often are paired with American roommates to enhance their intercultural experience, although single rooms also are available. A benefit of campus housing is availability during academic year breaks. If it's too expensive to head home, you can stay on campus. The University Police Department patrols campus 24 hours a day, seven days a week, every day of the year.

### HEALTHY EATING

→ Our dining facilities prepare healthy food, including vegetarian and gluten-free options. All students living on campus must purchase a meal plan. Students who live off campus or in West Campus Apartments also can benefit from one. With different meal plan options and nine dining locations on campus, there is something to suit every budget and appetite.

## STAY INSPIRED. STAY ENGAGED.

If keeping active is important to you, SUNY Cortland should be high on your list of universities. We provide a spectacular college experience and are recognized as one of the healthiest campuses in the nation. When it comes to sports and student clubs, the options are practically endless at SUNY Cortland.

### A HUB OF ACTIVITY

→ Play soccer in the fall, ski in the winter or try golf in the spring. Choose from countless activities in our one-of-a-kind Student Life Center. No matter the season, you'll find many ways to exercise on campus.

### CLUBS AND ORGANIZATIONS

→ There are student clubs for every interest. If you'd like to learn about other cultures, join a club with ties to the Multicultural Life and Diversity Office. If you want to bring entertainment acts to campus, check out the Student Activities Board. Or, if you're passionate about media, consider the student newspaper, radio station or television club.





**70**+ student organizations

**1,200** sport clubs particpants

**50** bicycles students can rent for free

**2,500** daily visitors to the Student Life Center



## MAYA ZAYNETDINOVA

**International Studies Major**
**Russia**

→ When Maya started her search in the fall for the perfect American college, she wasn't sure if any would allow her to start in the spring semester. SUNY Cortland offered an easy transition in many ways.

A winter orientation session designed specifically for international students proved to be a tremendous help. Staff members answered questions about credit transfer, registering for classes and student support services. "Everything was so organized and clear," she says. "Everyone was friendly too, which made it feel like home."

**Unlimited academic opportunity:** Maya was able to take classes that interest her and ultimately secured an internship in New York City with the U.N.'s Department of Economic and Social Affairs. This experience helped her go on to pursue a Ph.D. in global studies at University of California, Santa Barbara.

**"I didn't know much about Cortland at first. But it had an international relations focus along with the high quality of a SUNY education. Cortland turned out to be the perfect choice."**

MAYA ZAYNETDINOVA

# Find a major that matters to you.

**With an average class size of 25 students and the opportunity to pursue internships, undergraduate research or service, you will find individual meaning in your SUNY Cortland education.**








### MAJORS

African American Studies
Anthropology
Archaeology
Art
Art Studio (B.F.A.)
Athletic Training
Biochemistry
Biology
Biomedical Sciences
Business Economics
Chemistry
Cinema Study - **NEW**
Coaching
Communication Studies
Community Health
Conservation Biology
Criminology
Economics
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
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
Undeclared/Pre-major

### TEACHER CERTIFICATION

Adolescence Education (Grades 7–12)
- Biology
- Chemistry
- Earth Science
- English
- French
- French and Spanish*
- Mathematics
- Physics and Mathematics*
- Physics
- 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*

## ACADEMIC HIGHLIGHTS

**REAL-WORLD RELEVANCE**
→ Develop your skills in courses involving a combination of lecture and discussion with tests, research papers and lab reports. Offices such as Advisement and Transition, The Learning Center and Career Services can help you succeed at Cortland and beyond.

**DIVERSE PROGRAMS**
→ An academic advisor can help you choose from 68 strong majors. Popular programs include business economics, sport management, exercise science, international studies, biology and teaching English as a second language – non-certification track.

**AN EASY TRANSITION**
→ Undergraduates can join the international student seminar, an experience for credit that eases your transition to campus. And if you want to practice English, you can take language courses or join a conversation partner program, which connects you with an American student for a few hours each week.

**GRADUATE PROGRAMS**
→ Visit cortland.edu/graduate for information on our nearly 40 programs.





## HOW TO APPLY

**Applying is a two-stage process.**

**1.** Your previous academic background is reviewed to determine if you are academically qualified.

**2.** Once you are admitted, an international student advisor will work with you to determine if you meet the qualifications to receive Form 1-20 for an F-1 student visa or your DS-2019 for a J-1 student visa.

**Passports and visas**

International students must be in a valid immigration status for full-time study. The most common type of student visas are the F-1 and J-1 non-immigrant types. Most international students at SUNY Cortland come to the U.S. in F-1 status. If you intend to pursue full-time study in the U.S., please do not enter on the B-2 visa. Contact the International Programs Office for complete information about required documentation.

**Application deadlines**

- **April 1** for fall admission
- **Nov. 1** for spring admission

***For more information about applying to SUNY Cortland, visit***
**→ cortland.edu/international-students**

**Degree-seeking students**
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+1 607-753-4711

**Exchange and visiting students**
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cortland.edu/follow

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