

Hamilton College International Students Survival Guide



[Alexander Hamilton](#) is one of the Founding Fathers of the College and was the first **[Secretary of the Treasury](#)**, who co-wrote the **[Federalist Papers](#)**. Hamilton died in a duel with **[Aaron Burr](#)** in 1804, and he is on the **[U.S. \\$10 bill](#)**. **[Hamilton](#)** the musical was inspired by his life.

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Important Campus Phone Numbers

[International Student Services \(ISS\)](#) 315.859.4021

Allen Harrison, Assistant Dean for International Students and Accessibility

[Campus Safety](#)

Non-Emergency (24 hours): 315.859.4141

Emergency (24 hours): 315.859.4000

College Information: 315.859.4011

Sadove Student Center - [Student Activities](#) 315.859.4194

[Student Health Center](#) 315.859.4111

[Counseling Center](#) 315.859.4340

[English Speakers of Other Languages \(ESOL\)](#) 315.859.4150

[Oral Communication Center](#) 315.859.4401

[Office of Residential Life](#) 315.859.4023

[Dean of Students Office](#) 315.859.4020

Student Transportation Office 315.859.4515/2515

[Police \(Kirkland Police Department\)](#) 315.853.2924

[Oneida County Sherriff](#) 315.768.7804

[New York State Police](#) 315.366.6000

[Fire \(Clinton Fire Department\)](#) 315.853.5031

On-Campus Emergency 315.859.4000

Off-Campus Emergency 911

General Information for First-year Students

Important Dates:

- **Late May:** Expect to receive an I-20 no earlier than this!
- **Late May:** Earliest date to apply for an F-1 Visa.
- **Mid-July:** Deadline to notify our office of your travel plans.
- **Mid-July:** Earliest date to arrive in the U.S. **Do not enter the U.S. more than 30 days in advance of the report date on your I-20.**
- **Mid-August:** Earliest date to arrive on campus for orientation. If you must arrive earlier or later, then contact our office immediately.

See **Pre-Arrival Information Sheet** for exact dates.

Obtaining a Visa:

- You will need a student visa to enter the United States to study. You must apply for a visa at a [U.S. consulate or embassy](#). Information is available at the official [U.S. government visa website](#) (pay special attention to all documents).
- Check with the [U.S. consulate or embassy](#) to determine what supporting documentation is required, e.g. I-20; college admission letter; [SEVIS](#) fee receipt; receipt for visa application fee; current passport valid for at least six months; evidence of financial support; passport-type photographs; nonimmigrant visa application, etc.
- **The visa officer may request additional application materials** to prove your visa eligibility. They may include: evidence of English proficiency, school records to verify academic preparation, and additional proof of strong ties to your home country.
- **If a visa application interview is required**, remain calm and answer all the visa officer's questions openly and honestly.
- Each Canadian student will receive an I-20, but is not required to obtain a visa.

Travel Documents to Bring to Hamilton:

- **I-20**
- **Passport:** All students including Canadians must bring a passport that is valid for at least six months.
- **I-94 Number:** Can be retrieved electronically after you enter the U.S. Go to and accurately fill out the [form](#) and print for your records.

Additional Documents to Bring to Hamilton:

- Official transcripts from secondary schools, colleges, or universities

- Medical and dental records, including certificates of immunizations and vaccinations
- Information about medical conditions or treatments, prescriptions for medication (including the generic and brand names) and eyeglasses
- International driver's license

Obtain English translations of these documents and have the translations certified by a U.S. educational advising center or a [U.S. consulate or embassy](#). Retain photocopies of all documents.

Travel to [Clinton, NY](#):

[Clinton](#) is located in upstate New York, about 250 miles (400 kilometers) from New York City. Because of the distance, Hamilton cannot provide transportation to campus from your point of arrival in the U.S. Students arriving from overseas continue from their port of entry in the U.S. (usually [John F. Kennedy](#) or [LaGuardia Airports](#) in New York or [Newark Airport](#) in New Jersey) to the cities of [Syracuse](#) or [Utica](#).

From Your Point of Arrival to [Syracuse, NY](#):

The easiest way to get to [Syracuse](#) is to continue traveling by plane. Book a connecting flight from your point of entry to the [Syracuse/Hancock International Airport](#), which is about one hour by car (taxi or [Uber](#)) from the Hamilton campus.

From Your Point of Arrival to [Utica, NY](#):

Students arriving at [John F. Kennedy](#) or [LaGuardia](#) Airports in [New York City](#) may find it less expensive to travel to [Utica, NY](#), (which is 20 minutes from campus by taxi or [Uber](#)) by bus or train. To do so:

- Take a taxi, [Uber](#) or bus from [Kennedy Airport](#) to [NYC Penn Station](#) (for the train) or [Port Authority Bus Terminal](#) (for the bus). This will cost approximately \$50 plus tolls and tips by taxi or [Uber](#) and about \$20 by bus. Check transportation schedules for an airport shuttle bus at to make your connection via train or bus to [Utica](#). Be sure to allow adequate time for customs and the trip into the city, and bring some U.S. currency with you to pay for the taxi or bus.
- Train travel to [Utica](#) costs between \$50 and \$100. You may make reservations for an [Amtrak](#) train online or by calling 1-800-872-7245. The trip takes about 5 hours.
- Bus travel also takes about 5 hours. You can check the [Greyhound](#) Bus Schedule and/or pre-purchase a ticket (about \$80) at the [Greyhound](#) website or call 1-800-231-2222.

Notices:

- Information about how to order and pickup bedding/linen can be provided by the [Dean of Students Office \(International Student Services\)](#).

- The [Multicultural Peer Mentoring Project \(MP²\)](#) is an initiative that is geared to ease your transition and acclimation to Hamilton.
- [The International Friendship Program \(IFP\)](#) pairs first-year international students with a volunteer from the community. This is a great source of support for new students as they become acclimated to life in the U.S.
- [The International Students Association \(ISA\)](#) is devoted to promoting cross-cultural conversations and improving diversity awareness on campus. ISA helps international students become active within the Hamilton community through planned events each semester. The organization also promotes building an international alumni network.

General Information about Hamilton College

Hamilton Student Identification Number (SID)

Your SID was given to you when you were admitted to Hamilton. It has seven digits. It is how the school will access your records. You should memorize it because you will be asked it often.

Hill Card

Your [Hill Card](#) is a form of identification. It lists your name and SID. You will need it to gain entrance to some of the main buildings on campus including your residence hall. Your [Hill Card](#) is included in your information packet and will be made available to you upon being picked up at the airport or train/bus station or you should pick it up at [Campus Safety](#) if you arrive on campus by car. Your first [Hill Card](#) is free, but if you lose it, the cost is \$20 to replace it.

Hamilton Email

Your Hamilton e-mail account is the main means of communication with the Hamilton campus. So check it regularly. If you have another email account(s), it may be helpful to forward it so you just have one account. Hamilton personnel will only use your Hamilton email to get in touch with you. Additionally, daily you'll receive an email with all of the events scheduled at Hamilton for each day.

On-Campus Phones

The number for all phones on the main campus is 315.859.XXXX. If you are calling a campus number from a campus phone you just dial the last four digits.

The Hamilton Student Handbook

[The Hamilton Student Handbook](#) sets forth the Code of Student Conduct along with the national, state and village laws and Hamilton policies that guide College and judicial actions in support of Hamilton student success. Hamilton's approach to the judicial process is one that is intended to be educational rather than punitive.

International Student Services (ISS)

If you have any questions, you can stop by the office, schedule an appointment or email Allen Harrison at aharriso@hamilton.edu or Regina Johnson at rjohnson@hamilton.edu. ISS also posts announcements and notifications and sends email messages through [Blackboard](#).

My Hamilton Webpage

This is an important page to bookmark on your computer's Web browser. This page displays various services and resources on campus. It also gives you quick access to the homepages of offices/topics.

Helpful On Campus Acronyms, Slangs and Information

ALCC – Afro-Latin Cultural Center

ATM – Automatic Teller Machine

CJ – Christian Johnson Academic Building

Dark Side – Southside of Campus

DMC – Days-Massolo Center (Cultural)

ESOL – English Speakers of Other Languages

HEOP – Higher Education Opportunity Program (Opportunity Programs)

ISA – International Student Association

ISS – International Student Services

KJ – Kirner-Johnson Academic Building

Light Side – Northside of Campus

Martin's Way – the red brick path that runs through the center of campus

Red Pit – Kirner-Johnson Academic Building Room 127

The Annex – Tolles Pavilion

The Barn – Beinecke Village Events Barn

The COOP – Community Outreach and Opportunity Project

The Hill – Hamilton

Wally J – Wallace Johnson Residence Hall

Sadove Student Center

Lower Level

Basement

Large area where many student programs and activities are held

Main Level

Bookstore

Textbooks, supplies and Hamilton clothes and gear

Euphoria Smoothies

Small café style eatery with a variety of healthy food and beverage choices

Conference Room

Large room where many events and meetings are held

Sunporch

Smaller room near the main entrance used for gatherings and meetings

Second Level

Student Activities Office

Supports a wide range of student leadership and co-curricular activities

Student Transportation Office

Schedules transportation for a variety of student activities

Radio Station

Home of Hamilton College radio station, [WHCL-FM 88.7](http://www.whcl.fm)

Third Level

Lounge and Activities

Used primarily for social space, preparation for programs and activities and studying

Beinecke Village

Lower Level

Events Barn

Programs and activities space

Tolles Pavilion

Very large space for programs and activities

Main Level

Lounges

Various spaces for students to socialize and use computers

Mail Center

Located on the opposite of the lounges across Martin's Way, the Center receives and distributes mail for faculty, staff and students and provides other postal services. It is also the location of assigned student mailboxes.

Howard Diner

One of a number of on-campus dining options. Also, a popular student spot for late night/early morning dining.

Automatic Teller Machine (ATM)

On campus one is located next to Howard Diner. These machines are also found outside almost all banks and in shopping centers. Often when withdrawing money from your bank account via an ATM you'll need to pay a fee that is included in the withdrawal amount.

Bristol Center

Lower Level

Conference Room

Main Level

[Auxiliary Services](#)

[Auxiliary Services](#) is responsible for a broad range of services and programs that include the College store, food service and vending. The office also oversees the [Mail Center](#) and [Print Shop](#) and directs the operations for the Bristol Center and the [Hill Card](#). **Hill Card replacement is available Monday-Friday 8:30 a.m.-4:30 p.m. Card replacement is also available at [Campus Safety](#) 24 hours, seven days a week.**

The Hub

Large space where numerous programs and activities take place

Second Level

Dwight Lounge

Large room where a variety of programs, events and meetings are held

Penney Room

Conference style room where meetings are held

Third Level

[Career Center](#)

Assists students with career planning and development. Services include assistance with writing cover letters and resumes, interviewing, internships, fellowships and scholarships, networking, etc.

[Heath Professions Advising](#)

Offers information, encouragement and guidance — and helps students gain career-related experiences. The office also assists with post-graduate planning.

[Fellowships & Scholarships](#)

Each year students compete favorably for some of the country's most prestigious and competitive national fellowships and scholarships.

Fourth Level

Guest Rooms

The Bristol Center offers Hamilton College visitors the opportunity to lodge on the campus. There are 12 guest rooms and a hospitality lounge located on this private floor that requires key access.

U.S. Currency

\$0.01 (1 cent): The coin is called a **penny** and is copper in color.

\$0.05 (5 cents): The coin is called a **nickel**, is silver in color and larger than the penny.

\$0.10 (10 cents): The coin is called a **dime**, is silver in color and is the smallest coin.

\$0.25 (25 cents): The coin is called a **quarter**, is silver in color and larger than the nickel.

A few silver-colored **50 cent** coins (half-dollars) and **\$1.00** coins are also in circulation. With the exception of some more recently-printed bills, paper money is all the same size and color. The bills come in \$1, \$5, \$10, \$20, \$50 and \$100 denominations.

Types of Coins



Penny = \$0.01



Nickel = \$0.05



Quarter = \$0.25

Dime = \$0.10

5 Pennies = 1 Nickel

2 Nickels = 1 Dime

2 Dimes and 1 Nickel = 1 Quarter

4 Quarters = 1 Dollar

Tuition/Ebill Statements

Hamilton College partners with [Blackboard/CASHNet](#) to provide electronic billing statements, accept electronic payments and administer its Time Payment Plan. Paper bills are mailed to first-year students, but all other students are only billed through [CASHNet](#).

[CASHNET](#) LOGIN

Login/sign-up to view statements and/or pay student account online.

Note to Parents/Others: to log into [CASHNet](#) *do not* use your [MyHamilton](#) username & password.

INSTRUCTIONS FOR ELECTRONIC BILLING

For Students

1. Click on [CASHNet for Students](#)
2. Login using your My Hamilton username/password
3. You can view your bills and history
4. To grant access to parents/others, click on Add New under Parent PINs.

For Parents

If you already received an email from your student:

1. Once you receive the email from [CASHNet](#) that the student has added you as a user/payer, access the provided link to set up your profile.
2. Enter banking or credit card information

If you have not received an email from your student:

1. Click on [CASHNet for Parents/Others](#)
2. Locate “Click here to register” and click
3. Enter the Student Account Number (Hamilton College ID), the Student Date of Birth in the format YYYYMMDD as the “Shared Secret” and select Parent/Other
4. Complete the required information and follow prompt
5. Student will receive an email notification to approve access
6. Once student has approved, parent/other will receive an email with their password to login in and create profile.

Each month when the tuition bills are ready, you will receive an email informing you that the bills are ready to view. Click on the link and log in with your user name and password. You can go in at any time and view your statements. The information will be updated monthly as the billing process is run.

If you have any questions, please call Student Accounts at 315-859-4324 or email stuaccts@hamilton.edu. You may also call the [Business Office](#) for assistance at 315-859-4315.

Thanks for your cooperation!

Tuition/Ebill Payment Options

The [Business Office](#) offers several payment options. Full payment of your student bill is due by the date indicated on your statement. You are responsible for paying any amounts not covered by financial aid or outside sources. A late payment fee may be assessed for any past due balances. A past due balance may result in your student account being placed on financial hold, which restricts future registration, diplomas and transcripts.

Payment Options:

Flywire (Payment from outside the U.S.):

Hamilton College has partnered with [Flywire](#) to make student account payments easier for international students and their families. Paying tuition with [Flywire](#) is safe, fast and convenient. Payments may be made in the student's home currency and the exchange rates provided are extremely favorable. In order to make a payment, it is not necessary to know the banking information for Hamilton College. Simply go to hamilton.flywire.com and provide information required to initiate payment from an account outside the U.S. Payments may also be made by credit card, but an additional convenience fee is applied.

PayMyTuition (International Payments):

Hamilton College has also partnered with PayMyTuition to make student account payments easier for international students and their families. Paying tuition with PayMyTuition is safe, fast and convenient and is an additional option to make an international payment. Payments may be made in the student's home currency and the exchange rates provided are extremely favorable. In order to make a payment, it is not necessary to know the banking information for Hamilton College. Simply go to <https://www.paymytuition.com/paynow/hamilton> and provide information required to initiate payment from an account outside the U.S.

Additional Information on PayMyTuition:

- [How to make a Payment with PayMyTuition](#) (video)
- [PayMyTuition's Rate Guarantee](#)
- [Frequently Asked Questions](#)

PayMyTuition customer support information:

Call 1.855.663.6839 (toll-free) or through one of their [local country contact numbers](#). You can also reach PayMyTuition Support at support@paymytuition.com or through their [support page](#).

No matter what time zone you're in, you will have a dedicated customer support team available to you through live chat, email and phone to answer any of your questions and help you make your payment.

Online:

- View and pay your student tuition statement of account with [CASHNet](#):
- Pay your student tuition statement of account through the [One Time Payment Gateway](#):
- Payments may be made by electronic check (ACH) or credit card.
- Convenience fee of 2.75% of the amount charged is applied for domestic cards and 4.25% for international cards.

By Mail:

- Please write the student ID# on check memo and send to Hamilton College's lockbox service at Hamilton College, PO Box 392023, Pittsburgh, PA, 15251-9023.
- Please do not enclose correspondence with your remittance to the bank. All correspondence should be directed to Business Office Student Accounts, Hamilton College, 198 College Hill Road, Clinton, NY 13323.
- Checks should be made payable to "Trustees of Hamilton College" and mailed at least five days before due date to ensure timely posting of your payment.
- Note: Payments sent by express mail services ([FedEx](#), [UPS](#), [Priority Mail](#), etc.) must be sent directly to the Hamilton College Business Office, 198 College Hill Road, Clinton, NY 13323, not to our PO Box in Pittsburgh, PA.
- **Important** — *do not* send scholarship checks to the Lockbox. Please send scholarship checks directly to the [Hamilton College Business Office](#).

Installment Payment Plan:

Hamilton has partnered with [Blackboard/CASHNet](#) to provide an installment Payment Plan (IPP) option for the 2019-2020 academic year. IPP Enrollment may be by semester or academic year. An administration fee of \$35 is charged per semester or \$45 if enrolled for academic year. Log in to [CASHNet](#).

Academics at Hamilton

Registration

At Hamilton, registration is done online by the student through [WebAdvisor](#). After you log onto [MyHamilton](#) you will also need your Username and Password to log onto [WebAdvisor](#).

Academic Calendar

For information on semester dates, breaks, following semester registration and holidays, please see the [College Calendar](#). Don't reserve your ticket home until you are completely sure of the date of your last final exam. The dates and times of final exams are listed with your course information in [WebAdvisor](#).

Course Selection

Courses can be accessed online under [Academic Areas of Study](#) on the Hamilton Website. This also includes course descriptions. Please be aware that not all courses are offered each semester. The actual semester class schedule can be accessed via [WebAdvisor](#).

At Hamilton all students are full-time and normally elect courses equal to four credits during both the fall and spring semesters. During each of these semesters, students may carry no more than five, and no fewer than three, full-credit courses. Any exception must be approved by the Committee on Academic Standing (CAS).

Both Hamilton's commitment to excellence and its need to operate within its resources have implications for course enrollment policy. Except for independent studies and courses with limited enrollments, a student shall be free to elect, during the calendar periods for registration, any course for which the prerequisites have been met. However, a senior who desires to elect a 100-level course must first obtain permission from the instructor.

Adding or Dropping a Course

The "add" deadline is always 2:00 p.m. of the seventh day of classes. The "drop" deadline is always one week after the middle of the term. Pick up a "course change" form in the [Registrar's Office](#) or print a copy using the link in the [Registrar's Office Forms section](#). Obtain the signatures of the instructor and your faculty advisor. Return the form to the [Registrar's Office](#) before the deadline.

To add or drop courses after the deadlines, students must petition the faculty Committee on Academic Standing. Petition forms are available from the [Registrar's Office Forms](#)

[section](#) or at the [Dean of Students Office](#). CAS is chaired by the Associate Dean of Students, Academic.

Honor Code

Matriculation at Hamilton is contingent upon a student’s written acceptance of the [Honor Code regulations](#). The code covers all coursework and course examinations at Hamilton during a student’s college career. Complaints alleging violations of the [Honor Code](#) shall be submitted in writing by instructors or students to the chair of the Honor Court or to the associate dean of students (academics).

Physical Education Requirement

You must participate in the program of instruction offered by the Physical Education Department. Each student is required to pass tests in swimming and physical fitness. A complete specification of the requirement is stated in the [“Physical Education” section](#). Instruction is available in badminton, fitness, golf, jogging, lifeguard training, power walking, racquetball, skating, squash, swimming, tennis, toning, volleyball and yoga. Except under unusual circumstances, it is expected that the requirement will be completed in the first year. You must complete the physical education requirement by the beginning of Spring Break of the sophomore year and before studying away.

Transfer students and January admits should register for a physical education course upon matriculation and consult with the department chair about completion of the requirement. Prior instruction may be applicable to Hamilton requirements.

Grading System

Your academic performance will be graded by instructors at the close of each semester with one of 13 grades. Each of these grades is used to determine your grade and class standing, according to the table below. The lowest passing mark is D-.

Letter grades with their numerical equivalents are shown below:

EXCELLENT	A+	(4.3)	A	(4.0)	A-	(3.7)
	B+	(3.3)	B	(3.0)	B-	(2.7)

SATISFACTORY	C+	(2.3)	C	(2.0)	C-	(1.7)
	D+	(1.3)	D	(1.0)	D-	(0.7)
POOR						
FAILURE	F	(0)				

The numerical equivalents of the letter grades are established to enable the registrar to construct students' grade point averages and class ranks, which are necessarily numerical. Instructors assign a letter grades to indicate their qualitative (not numerical) assessment of students' work.

Thus, for example, an instructor would assign "C+," "C" or "C-" to indicate assessments of "satisfactory," and an instructor may use any information he or she considers appropriate, including, but not limited to, numerical information to decide whether a student's work is "satisfactory." The registrar's conversion of the instructor's letter grade into an element of a student's grade point average is a separate matter.

Evaluation of performance in courses is represented by single grades which combine grades for work in courses and for final examinations in ratios determined by instructors. When you elect to take a course on a credit/no credit basis, standing in the course is represented by the notation of Cr, NC, or F (see "Credit/No Credit Option"). When independent studies or appropriately designated courses are carried for two semesters, the grades reported at the end of the first semester are tentative. The grades assigned by instructors at the end of the second semester become the final mark for both semesters.

Syllabus

During your first class meetings, you should receive syllabi from your professors. Syllabi are guides and should outline course content and the objectives of each course/class, in addition to requirements and expectations set forth by professors/departments. They should include calendars documenting when assignments are due, the dates of exams, as well as each course's grading breakdown. Read each of your syllabi carefully and keep them for your reference throughout the semester.

English Speakers of Other Languages (ESOL)

[English for Speakers of Other Languages \(ESOL\)](#) is a multi-disciplinary program incorporating instruction in written and spoken Standard English. In the program, there are opportunities for ESOL students to participate in tutorials, workshops and activities that challenge the limitations of the academic, social, and cultural implications of language use and language identity for ESOL students.

The Writing Center

[The Writing Center](#) provides resources and individual writing conferences to help you become a better writer at every level and in every discipline. Peer tutoring support is a standard feature of the [Writing Center](#).

Quantitative and Symbolic Reasoning Center (QSR)

The [Quantitative & Symbolic Reasoning Center](#) supports students in the development of their academic skills and fosters intellectual growth and collaborative learning. Other programs offered by the center include support for the College's quantitative and symbolic reasoning requirement, help for the mathematics portion of the [Graduate Record Exam \(GRE\)](#) and workshops designed to accompany specific courses.

Oral Communication Center

The [Oral Communication Center](#) helps students and faculty reach Hamilton's high standard for effective oral communication. The center provides students with one-on-one peer tutoring and group consultations, workshops, and seminars.

Accessibility

The [Dean of Students Office](#) provides coordination of individualized accommodations and support services for any student who has a documented need. Students seeking special arrangements due to a disability should provide recent documentation and/or an evaluation conducted by a specialist in the appropriate field.

Student Life Services

Elihu Root House

Dean of Students Office

- Academic Support Services, [Accessibility](#), Diversity and Inclusion, [International Student Services](#), Judicial Affairs, [Multicultural Peer Mentoring Project](#) and [Title IX/Harassment and Sexual Misconduct](#)

Registrar

- Register for classes, request transcripts, add and/or drop classes and [WebAdvisor](#)

Office of Residential Life

- Student Housing and [First Year Experience](#) (Program for Freshman)

Sadove Student Center

Student Activities Office

- Student Leadership, Student Clubs and Organizations, Greek Life and Student Assembly

Bookstore

- Purchase textbooks, supplies and Hamilton clothes and gear

Radio Station (WHCL-FM 88.7)

Beinecke Village

Mail Center

- In and outgoing mail including packages (purchase stamps, etc.)

Bristol Center

Auxiliary Services

- Hill Card including replacements

Career Center

- Assistance with writing cover letters and resumes, interviewing, internships, fellowships and scholarships, networking, etc.

Glen House

Outdoor Leadership

- First-year student orientation adventures, climbing wall and outing club

Chapel

Chaplaincy

- Meditation, Religious Holidays, Christian, Jewish, Muslim and Interfaith Communities, etc.

Community Outreach and Opportunity Project (COOP)

- HAVOC, ABC Tutoring, Alternative Spring Break, etc.

Wellness Center

Health Center

- Individual appointments including sexual health care, medication dispensary, in-house lab, etc.

Counseling Center

- Individual and group therapy, psychiatric services, biofeedback, etc.

Campus Safety

- Parking, Hill Card replacements, campus transports, etc.

Spencer House

Student Accounts

- Pay your bills/inquiries about bills

Siuda House

Financial Aid

Health Services

[Health Services](#) is part of the Joel and Elizabeth Johnson Center for Health and Wellness located on College Hill Road, between the Sadove Student Center and the Anderson Connell Alumni Center.

Services include the promotion of a healthy lifestyle through education and preventative medical care, and diagnostics and treatment of illness and medical conditions. [Health Services](#) is committed to providing high quality, compassionate care to students.

While there are no dental or vision services, there are many practitioners in the area. When scheduling appointments be sure to ask about costs. Dentists in particular can be very expensive and your health insurance doesn't cover dental services.

Services

[Health Services](#) is staffed with one full-time physician's assistant and one full-time nurse practitioner. Triage nurse services are available during clinic hours and students are encouraged to call the triage line with medical questions or concerns. Same day appointments with the nurse or provider are available. Students are seen by appointment with allowances made for emergencies. There is no fee for evaluation by the staff. [Health Services](#) maintains an in-house lab and a dispensary of common medications. For additional testing or services, students are referred to local specialists and/or imaging/testing centers.

Prescriptions

Please pick up any prescription you are expecting from the health center by 4:00 p.m. Monday-Friday. You will be notified after one week if prescriptions have not been picked up. After two weeks, unclaimed medications will be disposed of. Due to regulatory requirements, no controlled substances can be delivered to, stored or dispensed by [Health Services](#). Please review the [prescription policy](#).

Privacy & Records

Your privacy is of the utmost concern to the [Health Services staff](#). Records created and maintained by [Health Services](#) are considered student treatment records and your privacy of such information is governed by federal and state laws. Unless specifically authorized by law or required by court order, private medical or counseling information and your treatment records will not be shared or released without your consent.

[Frequently Asked Questions](#)

Counseling Services

[Counseling Services](#) is part of the Joel and Elizabeth Johnson Center for Health and Wellness located on College Hill Road, between the Sadove Student Center and the Anderson Connell Alumni Center. Standard hours of operation during the academic year only are Monday-Friday, 8:30 a.m.-4:30 p.m.

The staff is proud to offer multiple pathways to accessing a personal level of care that can meet immediate and long-term needs.

Their mission is to provide an excellent level of personal service across all modalities of treatment, kinds of interactions, and constituencies being served. In doing so, we value three main components in our work: trust, respect and connection.

Our Approach

[Counseling Services](#) staff recognizes that they are responsible for actions that lead to you respecting them as fellow human beings, trusting that they provide a safe and connected relationship, and create an environment in which you are equal partners in a collaborative relationship that reciprocates those same values. They strive to provide a diverse array of embodied approaches to therapy, and to maintain the highest standards of confidentiality.

In accomplishing this mission, they value approaching their work and themselves in ways that reflect the complexity of being human. This is reflected in the different approaches to therapy offered by their staff, the styles and qualities of the therapists who offer those approaches, and in the value they place on intersectional rather than reductionist ways of conceptualizing human differences. This value is also reflected in their staff members' commitment to serving all of Hamilton's students. Staff strives to understand and connect across differences of life experience, and they value their identities and your identity deeply. They understand that we all represent a rich tapestry of human experience that contains specific critical issues that impact our individual lives. While the staff understands that they cannot be all things to all people, they do hope to serve you well by providing a safe, confidential, connected environment to enhance your experience of this time in your life.

Privacy & Records

Confidentiality is the foundation of their work. Records created and maintained by [Counseling Services](#) are considered student treatment records and your privacy of such information is governed by federal and state laws. Unless specifically authorized by law or required by court order, private medical or counseling information and your treatment records will not be shared or released without your consent.

The staff offers a wide array of wellness-based services, including [group therapy experiences](#), in-person meetings with [staff](#) or [peer](#) counselors with no session limits, consultation with a [registered dietitian](#), [psychiatric services](#), biofeedback in our [relaxation room](#) and 24/7/365 [crisis](#) coverage.

To access any of the [services](#) that are offered, please call their Office at 315.859.4340 or feel free to stop by. All of their providers are knowledgeable, caring and have great respect for [individual difference](#). They can also make available a list of [local providers](#) if you want to meet with someone off-campus, and a directory of additional [resources and wellness based apps](#) that address a variety of concerns.

Campus Safety

[Campus Safety](#) is located off of College Hill Road, between Dunham Residence Hall and the Afro-Latin Cultural Center (ALCC).

Their office is committed to providing a safe and secure learning and working environment for every student, faculty member, staff, and visitor to Hamilton.

EMERGENCY PHONE NUMBER

315.859.4000

24 Hours, seven days/week

Contact [Campus Safety](#), [Counseling Services](#) and Hamilton College Emergency Medical Services at 315.859.4000

Non-Emergency: 315.859.4141

[EMERGENCY INFORMATION](#)

Emergency Medical Response

All patrol officers are trained in CPR, the use of an Automated External Defibrillator (AED) and basic first aid. The Department works with Hamilton College EMS and [Central Oneida County Volunteer Ambulance Corps \(COCVAC\)](#).

Crime Prevention Programs

The College conducts educational programs on sexual assault prevention, alcohol and other drugs, and general issues of personal safety during orientation and at other times during the academic year. In addition, [Campus Safety](#) conducts workshops in residence halls and other venues by request.

Personal Safety Escorts

From dusk to dawn, personal safety escorts from and to any on-campus location are provided to members of the campus community. Escorts will be completed via vehicle or foot patrol.

[BLUE LIGHT EMERGENCY PHONES](#)

Lockouts & Access to Facilities

[Campus Safety](#) can assist you if you've locked yourself out of your residence hall room. With the exception of the residence halls, which are locked at all times, most campus facilities are normally open when classes are in session, or by special request coordinated with [Campus Safety](#).

[LEARN MORE](#)

Medical Transportation

Non-emergency transports to and from [Health Services](#), classes and on campus residence halls are available. Approval for this service is granted by [Health Services](#) or Athletic Training Staffs.

Lost & Found

If you find any property, please take it to the [Campus Safety office](#). If you have lost any property, contact [Campus Safety](#) to determine if it has been turned in. Call 315.859.4141.

Emergency Planning and Procedures

EMERGENCY PHONE NUMBERS

If you witness an emergency event, the most important thing to do is to call one of the emergency numbers listed below.

ON-CAMPUS (24 HOURS, SEVEN DAYS/WEEK)

[Campus Safety](#): 315.859.4000

OFF-CAMPUS

Ambulance ([COCVAC](#)): 911

Fire Department ([Clinton Fire Dept.](#)): 911

[Police Department \(Town of Kirkland\)](#): 911

Planning & Preparedness

The campus routinely operates in a manner which avoids emergencies. However, we are not immune to critical incidents, so the College strives to plan and prepare for emergencies through written plans and protocols, training, effective communication strategies, and regular meetings of the [Hamilton Emergency Response Team \(HERT\)](#). A broader group, the [Hamilton Incident Management Team \(HIMT\)](#) is composed of additional senior staff and other essential personnel with overall administrative and managerial responsibility for the College during emergency incidents.

You are also encouraged to review the information contained in the links below as a means of becoming more familiar with your own roles and responsibilities.

[Quick Reference Guide — Emergency Action & Response](#)

[Building Coordinator List](#)

[Shelter-In-Place Procedures](#)

[Emergency Action Plans \(EAP'S\)](#)

In the event of any single emergency incident related to the following list, there are a number of immediate and defensive actions you should take. Actions are described under the [“Emergency Action Plans”](#) section.

1. Law Enforcement Emergencies
2. Medical Emergencies
3. Occupational or Residential Emergencies
4. Environmental Emergencies
5. Facility/Miscellaneous Emergencies

Library and IT Services



Technology and Audiovisual Help

Search or browse the LITS resource center for documentation about computers, printers, wireless access, voicemail, policies, etc., or call the Help Desk at 315.859.4181.

[LITS RESOURCE CENTER](#)
[EMAIL HELP DESK](#)
[AUDIOVISUAL SERVICES](#)



Borrow, Request & Renew

Acquire and provide access to library resources for you through purchasing, licensing and borrowing. Contact them for book and article requests or purchases, help with your library account, course reserves, and more.

[CIRCULATION & RESERVES](#)
[BORROW BEYOND HAMILTON](#)
[RECOMMEND A PURCHASE](#)



Research & Instructional Design

Peer tutors and professionals at the Research and Design Studio can assist you with library research, large format poster design, digital media creation, survey and mapping tools, citation management and so much more.

[SERVICES & RESOURCES](#)
[RESEARCH & DESIGN STUDIO](#)
[SCHEDULE AN APPOINTMENT](#)

Standard Hours of Operation

Sundays: 10:00 a.m. – 2:00 a.m. (Monday)

Mondays: 8:00 a.m. – 2:00 a.m. (Tuesday)

Tuesdays: 8:00 a.m. – 2:00 a.m. (Wednesday)

Wednesdays: 8:00 a.m. – 2:00 a.m. (Thursday)

Thursdays: 8:00 a.m. – 2:00 a.m. (Friday)

Fridays: 8:00 a.m. – 10:00 p.m.

Saturdays: 10:00 a.m. – 10:00 p.m.

The All Night Reading Room is open 24/7, College ID Required

[Detailed Dept. Hours](#)

Meal Plans

Hamilton College offers a variety of meal plans; all new students are required to participate in the Unlimited Meal Plan, which includes unlimited dining hall access.

Unlimited Meal Plan

The 21 Unlimited Meal Plan offers unlimited access to Soper Commons Dining Hall, McEwen Café, the Diner or the Little Pub (Pub Lunch). The 21 Unlimited Plan includes 10 guest meals per semester.

14 Meal Plan

The 14 meal plan offers fourteen meals a week which can be used in any of our dining locations. The 14 Meal Plan includes 20 guest meals per semester.

7 Meal Plan

The 7 meal plan offers seven meals a week which can be used in any of our dining locations.

Guest Meal

The guest meals provided as part of the 21 and 14 meal plans can be used for meals for a guest, for a second entrance during a meal period or for meals during a break period. Please let your checker know if you are using a Guest Meal. Guest Meals carry over from semester-to-semester but not year-to-year. Please feel free to contact us if you have any questions.

Dining Hall Meal Exchange: Supporting Student Organizations and Events

The Dining Hall Meal Exchange program can be used when a student group would like to hold an event which involves a meal service, but very limited additional funding. Essentially, this service provides the food items on the menu in the dining hall for that particular meal, complete with salad, beverage and dessert. The student group membership has the option to use a meal to support the provided service. Contact the catering office for more information about this offer.

Catering Exchange: Supporting Student Organizations and Events

The Catering Exchange program offers student group members the option to use a portion of their meal plan for any type of catering service. The group's dining requirements will be designed with the assistance of the catering staff. The catering team will help the student group determine the menu and level of service required for the event. Contact the catering office for their assistance with creating events.

Dining Hours

(Fall & Spring semesters)

McEwen Hall

Hours

Mon.–Thur. 7:30 a.m.–2:30 p.m. & 4:30–8 p.m.

Fri. 7:30 a.m.–2:30 p.m.

Closed: Mon.–Thurs. 2:30–4:30 p.m.

Breakfast

Mon.–Fri. 7:30–10 a.m.

Limited menu available 10–11 a.m.

Lunch

Mon.–Fri. 11 a.m.–2:30 p.m.

Dinner

Mon.–Thurs. 4:30–8 p.m.

Commons Hall

Hours

Mon.–Sun. 7:30 a.m.–4 p.m. & 5 p.m.–12 a.m.

Closed Daily 4–5 p.m.

Breakfast

Mon.–Sun. 7:30–10 a.m.

Lighter menu available 10–11 a.m.

Lunch

Mon.–Fri. 11 a.m.–2:30 p.m.

Lighter menu available 2:30–4 p.m.

Brunch

Sat. & Sun. 11 a.m.–2 p.m.

Dinner

Mon.–Sun. 5–9:00 p.m.

Late Night

Mon.–Sun. 9:00 p.m.–12:00 a.m.

The Little Pub

Pub Lunch

Mon. – Fri. 11 a.m.–1:30 p.m.

The Little Pub at Night

Tues.–Thurs. 8 p.m.–2 a.m.

Fri. 4 p.m.–2 a.m.

Sat. 8 p.m.–2 a.m.

Howard Diner

Hours

Mon. – Wed. 9 a.m.–12:00 a.m.

Thurs. & Fri. 9 a.m. – 4 a.m.

Saturday 3 p.m. – 4 a.m.

Sun. 3 p.m. – 12:00 a.m.

Late Night

Thurs. – Sat. midnight–4 a.m.

Other Food Options

Café Opus I

Location: McEwen Hall

Hours (Fall & Spring semesters only):

Mon.-Wed. 8:30 a.m.-4:30 p.m. & 7:30-10:30 p.m.

Thurs.-Fri. 8:30 a.m.- 4:30 p.m.

Sun. 10 a.m.-2 p.m. & 7:30-10:30 p.m.

Café Opus II

Location: Taylor Science Center

Hours (Fall & Spring semesters only):

Mon.-Wed. 8:30 a.m.-4:30 p.m. & 7:30-10:30 p.m.

Thurs.-Fri. 8:30 a.m.- 4:30 p.m.

Sun. 7:30-10:30 p.m.

Euphoria Smoothies

Location: Sadove Student Center

Hours (including summer):

Monday-Friday: 9:30 a.m.-5:30 p.m. (Lunch weekday hours 11:30 a.m.-4:30 p.m.)

Saturday: 12:00-5:00 p.m.

Sunday: 12:00-4:00 p.m.

Meals & Housing during Recesses/Breaks

Housing is available during all recesses to international students who register with Residential Life. This includes the following breaks:

Fall Semester

- Fall Recess
- Thanksgiving Recess

Spring Semester

- Spring Recess

Summer Break

Winter Break

Student meal plans include dining when halls are open during all breaks except winter and summer. When halls are open during those breaks students must purchase their meals.

Transportation

Student Transportation Office: transport@hamilton.edu or 315.859.4515/2515

Hamilton College Jitney Service

The Jitney benefits students and those wishing to use the service may do so free of charge. The eleven passenger vans are modern and comfortable. The Jitney leaves the Sadove Center Circle at the top of each hour and leaves each stop at the indicated number of minutes past the hour. Example: If you arrive at [Walmart](#) at 4:27 p.m., there will be a van there at 5:27 p.m., 6:27 p.m., and 7:27 p.m. on a regularly scheduled weekday. Please arrive at the pickup location a couple minutes before the Jitney is scheduled to arrive.

Daily Schedule

0:00 Leaves Sadove Center
0:05 Leaves [Dollar General](#) in Clinton
0:09 Leaves [Hannaford in Clinton](#)
0:20 Leaves [Target](#) in New Hartford
0:27 Leaves [Walmart](#) in New Hartford
0:35 Leaves [Marquee Cinema](#) in New Hartford
0:49 Leaves [Hannaford in Clinton](#)
0:53 Leaves [Dollar General](#) in Clinton (returns to Sadove)

General Weekly Jitney Schedule

(Check your email for up-to-date information)

Monday: 4-8 p.m.

Tuesday: 4-8 p.m.

Wednesday: 4-8 p.m.

Thursday: 4-8 p.m.

8-10 p.m. (Hale Transportation Shuttle Service)

10-12 a.m. (Downtown and [Marquee*](#))

12-2 a.m. (Downtown Only)

Friday: 2-8 p.m.

8-10 p.m. (Hale Transportation Shuttle Service)

10 p.m.-12 a.m. (Downtown and [Marquee*](#))

12-2 a.m. (Downtown Only)

Saturday: 12-8 p.m.

8-10 p.m. (Hale Transportation Shuttle Service)

10 p.m.-12 a.m. (Downtown and [Marquee*](#))

12-2 a.m. (Downtown Only)

Sunday: 12-8 p.m.

Utica Jitney Service

In order to create a greater connection with Utica and all it has to offer, Jitney service is also provided to Utica every other Saturday from 1:30-5:30 p.m. Check Hamilton email for details. Please see the schedule below for approximate pick up and drop off times.

0:30 Leaves Sadove Center
0:55 Leaves [Joel's Spanish Food](#) (1225 Park Ave., Utica, NY)
0:00 Leaves [Stanley Theatre](#) (259 Genesee St., Utica, NY)
0:10 Leaves [Florentine's Bakery](#) (667 Bleecker St., Utica, NY)
0:30 Arrives at Sadove Center

How to read this schedule: Every other Saturday the Jitney will run between the hours of 1:30 and 5:30 p.m. to Utica. The Jitney leaves the Sadove Circle on the thirty of each hour (i.e. 1:30, 2:30, 3:30, etc.) and leaves each stop at the indicated number of minutes past. Example: If you arrive at [Joel's](#) at 1:55 p.m., there will be a van there at 2:55 p.m., 3:55 p.m., and so on until 4:55 p.m. The last pick up for the Utica stops are between 4:30 p.m. and 5:30 p.m.

These hours are for the academic year only. For hours during the summer and other recesses, check Hamilton email.

CENTRO Bus Service

The [Central New York Regional Transportation Authority \(CENTRO\)](#) provides public bus service to Hamilton College with a stop on campus in front of Sadove Center. CENTRO [Route 30](#) makes stops at both the [Sangertown Mall](#) and the [New Hartford Shopping Center \(Walmart\)](#) before continuing into the City of Utica.

Uber

Lyft

Taxi/Cab Services

Alcohol Policy in New York State

The U.S. has specific laws regarding the sale and consumption of alcohol. *Please be aware that these laws are taken very seriously.*

Summary of New York State Laws Governing Alcohol

Under New York State law it is illegal:

1. To provide alcohol to persons under the age of 21 or to persons who are visibly intoxicated. Providing alcohol to persons under the age of 21 is a Class A misdemeanor which is punishable by imprisonment for up to one year, a fine of not more than \$1,000 and/or three years probation;
2. To misrepresent the age of a person under the age of 21 for the purpose of inducing a sale of alcohol. Those found guilty of violating this law shall be punished by a fine of not more than \$200, or by imprisonment for not more than five days, or by both fine and imprisonment;
3. For a person under the age of 21 to possess alcohol with the intent to consume it. Those found guilty of violating this law shall be punished by a fine of not more than \$50 and/or required to complete an alcohol awareness program and/or required to provide up to 30 hours of community service;
4. For any person under the age of 21 to present or offer any written evidence of age which is false, fraudulent or not actually his own, for the purpose of purchasing or attempting to purchase alcohol. Those found guilty of violating this law shall be punished by a fine of not more than \$100, and/or required to complete an alcohol awareness program and/or required to provide up to 30 hours of community service. Additionally, if it is found that a New York State driver's license was the written evidence of age used for the purpose of the purchase or attempted purchase, the person's license to drive a motor vehicle may be suspended for 90 days. Lastly, alteration of the required forms of identification (driver's license, passport or armed forces ID card) may constitute "possession of a forged instrument... with intent to defraud," which is a Class D felony under New York State penal law.
5. To sell alcohol, including charging admission at the door of an event where alcohol is distributed free of charge, without an Alcoholic Beverage Control license. Under New York State civil law the provider of alcohol may be liable for any damages or injuries caused by an intoxicated person.

Alcohol Policy at Hamilton

1. Persons 21 years of age and older may possess and consume alcohol in upper-class residence hall rooms, suites and apartments. Alcohol is not permitted in designated first-year student buildings (North, Major, Keehn, Wertimer, Wallace Johnson) or

on residence hall floors in South and Dunham that are designated for first-year students.

2. Open containers of alcohol are not permitted in public areas. Public areas include, but are not limited to, academic buildings, residence hall lounges and hallways, and outdoors. For purposes of this policy, suite lounges are not considered public areas.
3. Students may not display empty containers of alcohol in their rooms, suites or common areas.
4. Gatherings with bulk alcohol (defined as any quantity of beer in excess of two cases (48 twelve oz. cans), or the alcohol equivalent of wine or liquor) are not permitted in the residence halls (except where noted below). Kegs, beer balls and/or taps are not permitted in residence halls (except where noted below). Empty kegs may not be stored in residence halls.
5. Gatherings with bulk alcohol are permitted in College designated social spaces (Bristol Center Hub, Bundy Dining Hall, Beinecke Tolles Pavilion (Annex A & B), and Sadove Student Center basement). Social hosts are required to comply with the “Policy for Student-Sponsored Social Events,” published here and in A Guide to Social Programming available in the Office of Student Activities.
6. The College reserves the right to notify the parents or guardian of a student who is transported to the hospital for an alcohol or drug-related overdose, and to require that the student participate in an educational program on alcohol and/or other drugs. The College may also choose to notify parents or guardian of any alcohol or drug-related violation.

[Hamilton College’s Policy for Student-Sponsored Social Events with Alcohol and Educational Programs](#)

Smoking Policy in New York State

The smoking policy in New York State is very different from your home country or even from different states in the U.S.

Places Where You CANNOT Smoke:

- Bars
- Food service establishments
- Swimming pools and gymnasiums
- Public transportation, including subways, underground subway stations, buses, taxis/cabs and limousines
- Ticketing, boarding and waiting areas in public transportation terminals
- Colleges, universities and other educational institutions
- Public buildings including theaters, museums, libraries, retail stores, restrooms, etc.
- Hospitals and other healthcare facilities

Places Where You CAN Smoke:

- Private homes and private automobiles
- Designated hotel/motel rooms rented to guests
- Tobacco businesses

Hamilton College Smoking Policy

Smoking, defined as the burning of a lighted cigar, cigarette or pipe, is not permitted in any campus facility. This policy applies to all student residences, including all rooms, lounges, and public spaces, or outside within 25 feet of any residence hall.

Conversion Charts

Temperature

The equation for converting Fahrenheit to Celsius is:

$$(F-32) * (5/9) = C$$

FAHRENHEIT	CELSIUS
2 F	-16.6 C
4 F	-15.5 C
6 F	-14.4 C
8 F	-13.3 C
10 F	-12.2 C
12 F	-11.1 C
14 F	-10.0 C
16 F	-8.8 C
18 F	-7.7 C
20 F	-6.6 C
22 F	-5.5 C
24 F	-4.4 C
26 F	-3.3 C
28 F	-2.2 C
30 F	-1.1 C

FAHRENHEIT	CELSIUS
32 F	0 C
34 F	1.1 C
36 F	2.2 C
38 F	3.3 C
40 F	4.4 C
42 F	5.5 C
44 F	6.6 C
46 F	7.7 C
48 F	8.8 C
50 F	10.0 C
60 F	15.5 C
70 F	21.1 C
80 F	26.6 C
90 F	32.2 C
100 F	37.7 C

Volume

Metric to U.S.

CAPACITY		WEIGHT	
5 ml	1 teaspoon	1 gram	0.035 ounces
15 ml	1 tablespoon	100 grams	3.5 ounces
100 ml	3.4 fluid oz.	500 grams	1.10 pounds
240 ml	1 cup	1 kilogram	2.205 pounds = 35 ounces
16 ounces (oz.)	1 pound (lb.)	1 milliliter (ml)	1 pound (lb.)
1 liter	34 fluid oz. = 4.2 cups = 2.1 pints = 1.06 quarts = 0.26 gallons	1 inch (in.)	2.54 centimeters

U.S. to Metric

CAPACITY		WEIGHT	
1 fluid ounce	30 ml	1 tablespoon (tbsp.)	3 teaspoons (tsp.)
2 cups (1 pint)	473 ml	¼ cup	4 tablespoons
4 cups (1 quart)	0.95 liters	½ cup	8 tablespoons
4 quarts (1 gal.)	3.8 liters	8 fluid ounces (fl. oz.)	1 cup
1 oz.	28 grams	1 quart (qt.)	2 pints (pt.)
1 pound	454 grams	4 cups	1 quart

Distance

mph * 1.609 = km/h

Miles	Kilometers
1	1.6
2	3.2
3	4.8
4	6.4
5	8.0
6	9.6
7	11.2
8	12.8
9	14.4
10	16.1
20	32.1
30	48.2
40	64.3
50	80.4
60	96.5
70	112.6
80	128.7
90	144.8
100	160.9
1,000	1,609.3

km/h * 0.621 = mph

Kilometers	Miles
1	0.6
2	1.2
3	1.8
4	2.4
5	3.1
6	3.7
7	4.3
8	4.9
9	5.5
10	6.2
20	12.4
30	18.6
40	24.8
50	31.0
60	37.2
70	43.4
80	49.7
90	55.9
100	62.1
1,000	621.0

Adjusting to American Culture

American English has many unique colloquialisms and idioms that distinguish it from other English dialects. Below are some samples:

Shoot the breeze	to talk with others about general topics
Catch you later	you'll see someone at another time
Later	you'll see someone at another time
Awesome	really nice/Great
Get ahead	to make progress
Get around	to travel, to move about
Fell through	fail to occur, not to happen
Keep it down	to become more quiet
To stand out	to be noticeable
Hold on	to wait, to pause
To catch on	to finally understand
To show up	to arrive, to appear
Came about	how someone got to a decision
Run over	to review, to rehearse
Stick to it	to never change or abandon, to hold, to keep
To part with	to give away, to sell, to separate
Go for it	try at any length to reach your goal
Put up with	to tolerate, to accept unwillingly
Look forward to	anticipate with pleasure
To get through to	to make (someone) understand
To look up to	to respect, to admire greatly
To cut up in class	fool around
To look back on	to remember something from one's past
To put off	to postpone, to delay, to defer
To call off	to cancel, to stop
To take up	to begin work on
To get off one's chest	to finally release one's true feelings or emotions
To have on one's mind	to think about something a lot
To cut out	leave
Need a lift	to need a ride somewhere
Chill out	relax, calm down
Chillin'	relaxing
Dicey	chancy
That's cool	agree with one or more people
How's it goin'?	someone asking how your life is

What's up?	someone asking what is going on at that particular time
Get a life	find something to do, occupy yourself
Get real	face reality
Cool	someone likes something
Oh, ok	someone agrees with you
Wasted	when someone is drunk and not in control
Trashed	when someone is drunk
Knock it off	stop it
Hot	looks good
Get over it	move on to the next thing
Whatever	someone agreeing with you because they have no opinion in the matter
Not	when someone doesn't agree with you
No way	when someone doesn't want to do what you would like to do
Hey dude	hello to a person, greeting
Right on	exactly correct
Geeeee/um	speech filler when you don't know what to say
Wimp	slang term for someone who will not stand up for herself/himself
Chicken out	someone backs out from doing something/coward
Loser	annoying and useless
Screwed up	messed up
Geek	someone who lacks a social life
Babe	in appropriate term for a young woman
Jerk	someone who does inappropriate things in public
Wicked	something that is good, also used to mean something evil
Wicked good	something that is very good
Looks good	something that looks correct at first glance
Hum	a noise we make when thinking about something
To pull an "all-nighter"	to study all night without sleep
I'm beat	to be tired
Maxed out	exhausted
I'm swamped	to have a lot of work to do
Bent out of shape	when you are upset about something
Bummed	to be disappointed
Bummer	something that disappoints
Good call	expression meaning good idea
Catch some rays	to lay out in the sun
Go tanning	to lay out in the sun
Cheesy	something that is stupid
Couch potato	someone who is lazy and sits around a lot

Cram	study or do a lot in a short period of time
Cruisin'	driving around with no place to go
Cushy	easy
Dork	slang term used to describe someone who is strange
Whacko	someone who is considered crazy
Whack job	someone who is considered crazy
Basket case	someone who is considered crazy
Wussy	weak person
Rockin'	going very well
No sweat	not a problem
Pain in the neck	nuisance/annoying
Party animal	someone who likes to party and party often
Party pooper	someone who takes the fun out of things
Chintzy	low quality
Hit the sack	go to bed
Take a hike	leave alone
Get outta here	leave me alone, stop lying
Get shot down	to have an idea turned down
Down in the dumps	to be sad
Hook up	to set up
Veg out	to relax and do nothing
My bad	I made a mistake
Goofed up	made a serious mistake
Boo-boo	mistake
Word	to agree
Mad	a slang word for "super"
Break a leg	wishing someone good luck
Catch 22	a situation where conflicting rules make the desired outcome impossible
Big mouth	talk too much
Take a break	getting rest
Dead	slang term for quiet
Flip out	lost control
Freebie	free stuff/giveaway
Go bananas	go insane
Nut	crazy
Lame	inadequate
Meltdown	total collapse
Piece of cake	easy to do
Sharp	intelligent
Sucker	someone who is being deceived
Pig out	eat a lot/overeating

Get it	understand
Dough	money
Buck	a dollar
Deep pockets	has a lot of money
Booze	alcohol
Airhead	a stupid person

There are many more slang terms used in the U.S. You're encouraged to do some research to learn more about American slang. To get you started, here is a [good resource](#).

General Characteristics of Americans

Individualism: Americans generally believe that the ideal person is an autonomous, self-reliant individual. Most Americans see themselves as separate individuals, not as a representative of a family, community or other group.

Informality: Americans treat each other in an informal manner, even in the presence of great differences in age or social standing. It also extends in the way they dress and communicate with each other. It is quite acceptable for women to wear very little clothing in the summer; this isn't an indication of loose morals. It is also common for students to act casually with their professors and advisors; however, this isn't a sign of disrespect. First names are often used in the U.S. Often, a person will use first names with someone of approximately the same age and status. A woman older than yourself can be addressed as "Miss" or "Mrs. [Last name]," depending on her marital status. "Ms." Can be used for either a single or married woman unless she has a title such as Dr. (Doctor), Prof. (Professor) or Dean. An older man may be addressed as "Sir" if you don't know his name. If older people wish you to call them by their first name, they will probably ask you to do so.

Friendship: Friendships among Americans tend to be shorter and less intense than those among people from other cultures. This may be due to the fact that Americans move around so much and don't spend all their lives in just one place. Americans are often outwardly friendly with others, even if they don't know them well. In time you will learn to distinguish casual friendships from more serious and deeper relationships.

Time consciousness: Americans place considerable value on punctuality. They tend to organize their activities by means of schedules. When an appointment or invitation is made, you will be expected to be there on time. If you know you will be late, it is expected that you will call, email or text the host of the delay.

Awareness of other cultures: In spite of their being a highly educated population, Americans are remarkably ignorant of other cultures. You may find that they have very strange ideas about your country. Sometimes, their actions or statements may be well intended, although they may still be misinformed or hurtful. If you take offense, please politely tell the person that you are offended and inform them about your culture or traditions.

Privacy and private property: As members of a highly individualistic society, Americans may seem to be very possessive of not only their material things (home, clothing, cars, money), but of their knowledge (unwillingness to share class notes, test information, etc.). In spite of their directness in many matters, certain areas of discussion

are considered very private and should be approached gently. For example, personal financial affairs, age, religious beliefs, sexual behavior, and political views may be considered private and personal information.

National Holidays

Date	Official Name	Remarks
January 1 st	New Year's Day	Celebrates beginning of the Gregorian calendar year. Festivities include counting down to midnight (12:00 a.m.) on the preceding night, New Year's Eve. The traditional end of the holiday season.
Third Monday in January	Martin Luther King, Jr. Day	Honors the birthday of Dr. Martin Luther King, Jr. , Civil Rights Leader, who was born on January 15, 1929.
Third Monday in February	Presidents' Day	February 22 nd , the birthday of George Washington , the first President of the U.S. which was declared a federal holiday by Congress in 1879. The uniform holidays act in 1968 shifted the date of the commemoration of his birthday to the third Monday in February. While not official, many people now refer to the holiday as Presidents' Day and consider it a day to honor all American Presidents.
Last Monday in May	Memorial Day	Honors the nation's dead from the Civil War onward; marks the unofficial beginning of the summer season.
July 4 th	Independence Day	Celebrates the country's Declaration of Independence, also known as the Fourth of July.
First Monday in September	Labor Day	Celebrates the creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of America.
Fourth Thursday of November	Thanksgiving Day	A traditionally holiday to give thanks for the food collected at the end of the harvest season.

Sports

Sports play an important role in American culture and households. The most popular sports in the U.S. include:

1. Baseball

2. Basketball (both professional—[NBA](#) and college basketball)
3. American Football (not soccer)
4. Ice Hockey

Intramural Sports

Love sports and hanging out with your friends, but don't want to try out for a varsity Hamilton athletic team? The intramural program offers opportunities for participation in a wide variety of sports conducted under the supervision of the Department of Physical Education and a departmental advisor.

LEAGUES

Basketball

Two leagues (A and B) of student teams of 5 compete against each other to win fame, glory, and champion t-shirts!

[LEARN MORE](#)

Dodgeball

Play dodgeball against other student teams. Best 3 out of 5 matches wins the game.

[LEARN MORE](#)

Flag Football

Flag Football is an intramural league where student teams compete against each other for two 20-minute halves. All games are played on Steuben Field.

[LEARN MORE](#)

Ice Hockey

It's chilly outside, and we there is ice in the Sage — time to skate! Ice Hockey consists of 2 intramural leagues ("A" and "B"), both involving student teams of 5 competing against each other.

[LEARN MORE](#)

Kickball

Kickball consists of two teams, bases, and a big ball. Played like baseball, the goal of the game is to score more runs than the opposing team. All games are held at the softball field.

[LEARN MORE](#)

Soccer (Football)

Two leagues (A and B) of student teams compete against each other for fitness and fun!

[LEARN MORE](#)

Softball

All softball matches are held at Mason Field.

Volleyball

Student teams of 6 compete against each other. Best 2 out of 3 games wins. All matches are held in the Alumni Gym.

Popular American Food



Bagel: Type of bread that is a round ring shape. Usually served with cream cheese, or butter. It can also be served with other breakfast food (eggs, ham, bacon, sausage, etc.) and with sandwich meat.

Pizza: Thin crusty bread usually topped with tomato sauce and cheese and additional toppings of your choice such as pepperoni, sausage, vegetables, etc.

Tacos or Burritos: Originate from Mexico. A hard or soft tortilla shell stuffed with ground beef or chicken with cheese, lettuce, diced tomato, sour cream and salsa.

BBQ: Chicken, steak and ribs are common barbeque meats and poultry. They can be marinated in seasoning and/or topped with a barbeque sauce.

Hamburger/Hotdog: Typical American summer cookout foods.

Submarine (Sub)/Hero Sandwich: A sandwich that's made with an oblong-shaped bread and stuffed with meat, vegetables and dressing. Can be served warm or cold and with potato chips.

Nachos: Originate from Mexico, often served as an appetizer. The dish is made with corn tortilla chips and is topped with melted cheese (your choice), refried beans, jalapeno peppers, black olives, salsa and sour cream. It can also be topped with seasoned ground beef.

Buffalo Wings: Originate from [Buffalo, New York](#). Buffalo wings are chicken wings that are deep fried and tossed in spicy hot sauce of varying degrees depending on one's taste. The wings are often served with celery and carrot sticks with bleu cheese dip.

Dietary Restrictions: Gluten-free, lactose-intolerant, Halal, Kosher, vegetarian, vegan, etc.

Local Dining

American

ACROSS THE ROW BISTRO

8 East Park Row
Clinton, NY 13323
315-381-3076

Distance from campus: 1 mile

ALTERI'S RESTAURANT

7 College Street
Clinton, NY 13323
315-853-6363

Distance from campus: 1 mile

BREAKFAST AT TIFFANY'S

7840 State Route 5
Clinton, NY 13323
315-853-8093

Distance from campus: 5 miles

CAVALLO'S RESTAURANT

40 Genesee Street
New Hartford, NY 13413
315-735-1578

Distance from campus: 7 miles

CHARLIE'S PLACE

8170 Seneca Turnpike
Clinton, NY 13323
315-732-3631

Distance from campus: 5 miles

CHOPHOUSE BY CHESTERFIELD

(Located inside the Doubletree by Hilton
Hotel Utica)

102 Lafayette Street
Utica, NY 13502

315-316-0926

Distance from campus: 10 miles

CLINTON ALE HOUSE

42 Meadow Street
Clinton, NY 13323
(315) 381-3021

Distance from campus: 1 mile

CORELIFE EATERY

4517 Commercial Drive
New Hartford, NY 13413
315-790-6542

Distance from campus: 5 miles

FIVE GUYS BURGERS AND FRIES

4829 Commercial Drive
New Hartford, NY 13413
315-736-4897

Distance from campus: 6 miles

MICHAEL'S FINE FOOD & SPIRITS

7672 State Route 20
Corner of Routes 12 & 20
Waterville, NY 13480
315-841-3077

Distance from campus: 12 miles

MOTUS

234 Genesee Street

Utica, NY

315-624-9090

Distance from campus: 10 miles

NOLA'S

9 West Park Row

Clinton, NY 13323

315-853-3052

Distance from campus: 1 mile

**OCEAN BLUE RESTAURANT
AND OYSTER BAR**

118 Columbia Street

Utica, NY 13502

315-735-2583

Distance from campus: 10 miles

PANERA BREAD COMPANY

4821 Commercial Drive

New Hartford, NY 13413

315-768-1702

Distance from campus: 6 miles

**PIGGY PAT'S SMOKE & ALE
HOUSE**

3955 Edgebrook Place

New Hartford, NY 13413

315-737-4449

Distance from campus: 10 miles

SUBWAY

32 College Street

Clinton, NY 13323

315-859-1000

Distance from campus: 1 mile

TEXAS ROADHOUSE

4511 Commercial Drive

New Hartford, NY 13413

315-736-2958

Distance from campus: 5 miles

THE TAILOR AND THE COOK

(Reservations Required)

94 Genesee Street

Utica, NY 13502

315-793-7444

Distance from campus: 10 miles

**TURNING STONE RESORT
RESTAURANTS**

5218 Patrick Road

Verona, NY 13478

800-771-7711

Distance from campus: 13 miles

THE WILLOWS RESTAURANT

900 Culver Avenue

Utica, NY 13501

315-765-0271

Distance from campus: 12 miles

**ZEBB'S DELUXE BAR AND
GRILL**

8428 Route 5, Seneca Turnpike

New Hartford, NY 13413

315-735-8547

Distance from campus: 6 miles

Coffee Shops

DUNKIN' DONUTS

33 Utica Street
Clinton, NY 13323
315-853-5709
Distance from campus: 1 mile

UTICA COFFEE ROASTING CO.

1 West Park Row
Clinton, NY 13323
315-272-2358
Distance from campus: 1 mile

Pizza

GIOVANNI'S PIZZERIA

12 East Park Row
Clinton, NY 13323
315-853-7700
Distance from campus: 1 mile

TONY'S PIZZERIA

41 College Street
Clinton, NY 13323
315-853-4310
Distance from campus: 1 mile

International

BELLA CUCINA (ITALIAN)

4479 Commercial Drive
New Hartford, NY 13413
315-736-4885
Distance from campus: 6 miles

CHIPOTLE MEXICAN GRILL

4815 Commercial Drive
New Hartford, NY 13413
315-736-2467
Distance from campus: 6 miles

CAFE CANOLE (ITALIAN)

1 Campion Road
New Hartford, NY 13413
315-733-6592
Distance from campus: 7 miles

GEORGIO'S VILLAGE CAFÉ (ITALIAN)

60 Genesee Street
New Hartford, NY 13413
315-792-1111
Distance from campus: 7 miles

CAFE DEL BUONO (ITALIAN)

4609 Commercial Drive
New Hartford, NY 13413
315-736-3023
Distance from campus: 6 miles

THE GRAPEVINE (MEDITERRANEAN)

120 Genesee Street
New Hartford, NY 13413
315-733-0257
Distance from campus: 6 miles

CARMELLAS CAFÉ (ITALIAN)

8530 Seneca Turnpike
New Hartford, NY 13413
315.797.3350
Distance from campus: 6 miles

MICHAEL T'S (ITALIAN)
8390 Seneca Turnpike
New Hartford, NY 13413
315-724-4882
Distance from campus: 6 miles

**MINAR FINE INDIAN CUISINE
(INDIAN)**
609 French Road
New Hartford, NY 13413
315-797-9918
Distance from campus: 9 miles

**MITSUBA JAPANESE
RESTAURANT**
Orchard Shopping Center
17 Ellinwood Drive
New Hartford, NY 13413
315-768-8266
Distance from campus: 6 miles

**MOE'S SOUTHWEST GRILL
(MEXICAN)**
4632 Commercial Drive
New Hartford, NY 13413
315-765-0007
Distance from campus: 6 miles

**PHOENICIAN RESTAURANT
(LEBANESE)**
623 French Road
New Hartford, NY 13413
315-733-2709
Distance from campus: 9 miles

PHO EVER NOODLES (ASIAN)
8469 Seneca Turnpike
New Hartford, NY 13413
315-733-6888
Distance from campus: 5 miles

RED SAMURAI (JAPANESE)
8562 Seneca Turnpike
New Hartford, NY 13413
315.733.8866
Distance from campus: 6 miles

SUMO JAPANESE STEAK HOUSE
4671 Commercial Drive
New Hartford, NY 13413
315-768-8885
Distance from campus: 6 miles

**SYMEON'S GREEK
RESTAURANT**
4941 Commercial Drive
Yorkville, NY 13495
315-736-4074
Distance from campus: 6 miles

TAJ MAHAL (INDIAN)
60 Genesee Street
New Hartford, NY 13413
315-507-5155
Distance from campus: 7 miles

Shopping in the Area

NEVER sign your name on any paper that you do not fully understand. Never buy anything until you know how much it costs, no matter how great a bargain it seems. Once a contract is signed, it becomes a binding legal document and cannot be cancelled. Some international students have had difficulty with unscrupulous business people and companies. Always be sure to keep the receipt, or sales slip, for anything you buy. In some stores, all packages are checked at the door as a protection against stealing; your receipt is proof that you have bought the things in your possession. If you find that what you have bought is the wrong size or color, you can usually return it, or ask for a refund or credit. To do this you must show the receipt or sales slip.

In the U.S. sales taxes are not included in the price; therefore, be prepared for the added cost. Everything you buy in a store in New York State is taxed, except necessary food items. In most of New York State, the tax is 8-9%. This means that percentage of the total cost of an item is added to the final cost as a tax. In other words, for every dollar an item costs, you pay an additional 8-9 cents.

Discount (Bargain) Stores

Some of the moderately priced local stores for food, clothes and household items include:

- **ALDI**: 8432 Seneca Turnpike, New Hartford, NY, 855-955-2534 (Hours: 9:00 a.m.-8:00 p.m.)
- **BJ's Wholesale Club**: 400 River Road, Utica, NY, 315-797-3300 (Hours: 9:00 a.m.-9:00 p.m.)
- **Target**: 1 Sangertown Square, New Hartford, NY, 315-738-0471 (Hours: 8:00 a.m.-10:00 p.m.)
- **Walmart**: 4765 Commercial Drive, New Hartford, NY, 315-736-4932 (Hours: open 24 hours)

Shopping Malls/Plazas

- **Sangertown Square**: Boscov's, Champs, Dick's Sporting Goods, H&M, JC Penney, Macy's, etc.
- **New Hartford Consumer Square**: Applebee's, AT&T, Barnes & Noble, Best Buy, Jersey Mike's, Michaels, Staples, Starbucks, etc.
- **North Utica Shopping Plaza**: Bass Pro Shop, Burlington, Lowe's, Walmart, etc.
- **Destiny USA in Syracuse**: Apple Store, Best Buy, Famous Footwear, Foot Locker, TJ Maxx, etc.

Services in the Area

Service	Address	Phone
<u>Access Federal Credit Union</u>	6 Franklin Avenue, Clinton	315.557.1000
<u>Clinton High School</u>	75 Chenango Avenue, Clinton	315.557.2233
<u>Clinton Post Office</u>	40 College Street, Clinton	315.853.2033
<u>Clinton United Methodist Church</u>	105 Utica Road, Clinton	315.853.3358
<u>College Barber Shop</u>	16 College Street, Clinton	315.853.2016
<u>CVS Pharmacy</u>	Meadow Street, Clinton	315.853.2401
<u>Faxton/St. Luke's Urgent Care</u>	1676 Sunset Avenue, Utica	315.624.5226
<u>Hamilton College Chapel</u>	198, College Hill Road, Clinton	315.859.4011
<u>Key Bank</u>	2 Franklin Avenue, Clinton	315.853.6134
<u>Kinney Drugs</u>	12 Franklin Avenue, Clinton	315.853.3980
<u>Kirkland Town Library</u>	55½ College Street, Clinton	315.853.2038
<u>Kirkland Police Department</u>	2 New Street, Clark Mills	315.853.2924
<u>Life in Christ Family Church</u>	25 Robinson Road, Clinton	315.853.1582
<u>NBT Bank N.A.</u>	1 Kirkland Avenue, Clinton	315.853.5501
<u>Oneida County Dept. of Motor Vehicles</u>	321 Main Street, Utica	315.798.5749
<u>Oneida County Health Department</u>	185 Genesee Street, 5 th Floor, Utica	315.798.6400
<u>Resurrection Assembly of God</u>	44 Kirkland Road, Clinton	315.853.1655
<u>St. Elizabeth's Medical Center</u>	2209 Genesee Street, Utica	315.801.8100
<u>St. James Episcopal Church</u>	9 Williams Street, Clinton	315.853.5359
<u>St. Luke's Medical Center</u>	1656 Champlin Avenue, New Hartford	315.624.6000
<u>St. Mary's Roman Catholic Church</u>	13 Marvin Street, Clinton	315.853.2935
<u>Slocum-Dickson Medical Group</u>	1729 Burrstone Road, New Hartford	315.798.1500
<u>Slocum-Dickson Urgent Care</u>	1729 Burrstone Road, New Hartford	315.798.1400
<u>Social Security Office</u>	10 Broad Street, Utica	877.405.6750
<u>Stone Presbyterian Church</u>	South Park Row, Clinton	315.853.2933
<u>The Clinton Florist</u>	1 East Park Row, Clinton	315.853.2731
<u>West Park Row Salon</u>	4 West Park Row, Clinton	315.381.3040

Information on Clinton and the Surrounding Area

Founded in 1787 by pioneers from Connecticut, the picturesque village was widely known during the 19th century for its many private secondary schools, a distinction that earned it the sobriquet School town. For nearly 100 years, these academies and seminaries met the educational needs of hundreds of students throughout the Northeast, including U.S. president [Grover Cleveland](#), [Red Cross](#) founder [Clara Barton](#) and transcontinental railroad visionary and university founder [Leland Stanford](#). Other famous people in American history attended [Hamilton College](#), which sits atop a hill overlooking the village. Founded in 1793 as the [Hamilton-Oneida Academy](#) by the Reverend [Samuel Kirkland](#), a missionary to the [Oneida Indians](#), it was chartered as a college in 1812 by the [New York State Board of Regents](#). Today it stands as one of America's oldest and finest liberal arts colleges. Among its many prestigious alumni are abolitionist [Gerrit Smith](#), U.S. Vice President [James Sherman](#), painter [Daniel Huntington](#), poet [Ezra Pound](#), and distinguished statesman [Elihu Root](#).



A [Clinton](#) native, Mr. Root won the Nobel Peace Prize in 1912, and for many years his family tended to the gardens in the glen behind the Root homestead on the Hamilton campus. Today, the [Root Glen](#) is open to the public and has become a favorite spot for quiet walks among the shaded red-shale paths to admire the many species of trees, shrubs, plants and flowers.

Clinton's Village Green serves as the focal point for much of the activity in the community, especially during the summer months. Whether attending the Tuesday evening concerts, sampling fresh produce and delicious baked goods during the Thursday afternoon Farmers Market, learning about days past during Historic Clinton Week, watching one of the many annual parades, or just relaxing on a bench and enjoying the children play by the fountain, the Village Green is the center of community life in [Clinton](#).

[Clinton](#) also enjoys an unexpectedly rich cultural life for a community its size. The [Kirkland Art Center](#), housed on the Village Green in the original 1842 Methodist Church, sponsors gallery exhibitions, coffeehouses, concerts and a wide variety of arts, crafts and even fitness classes, while [Hamilton College](#) offers several performing arts series,

lectures, readings and exhibitions. Even the local coffee shop sponsors poetry readings on Wednesday evenings.

With its beautiful trees charming small-town atmosphere, [Clinton](#) is also a wonderful place to take a leisurely stroll. Historical markers throughout the village celebrate Clinton's past, including one plaque naming the central village area to the [National Register of Historic Places](#); another marking the [Chenango Canal](#), a feeder to the [Erie Canal](#); and a third marking the site of the Clinton Pharmacy, which from its modest beginnings on West Park Row has grown to become the international pharmaceutical giant, [Bristol-Myers-Squibb](#). Enriching the area is the home of early mineral spring activity, which resulted in the founding of Franklin Springs in 1790, a hamlet on Clinton's south side. To the north is Clark Mills, founded in 1798, and the home to textile mills originally built by the A.B. Clark and Company around 1840 and which survived under various owners until 1943.



While visitors can might easily spend several days taking advantage of all that [Clinton](#) has to offer, the village's central location, nice restaurants, and variety of bed and breakfasts also make it an ideal location from which to explore other regional attractions. In addition to its many beautiful scenic vistas, [Central New York](#) is rich in American history. Visitors to the area can visit the [Erie Canal Village](#), [Fort Stanwix National Monument](#), the [Oriskany Battlefield](#) and the [Baron Von Steuben Memorial](#). Also nearby are the [Adirondack Park](#), [The National Baseball Hall of Fame](#), an antique collector's paradise, [The Munson-Williams-Proctor Institute](#), the [Stanley Performing Arts Center](#) and [Turning Stone Casino](#).

Culturally, recreationally and aesthetically [Clinton](#) is a wonderful place to visit and a great place to live.

[Map and Directory of the Village of Clinton and Town of Kirkland](#)

Sources:

Survival Guide to Rensselaer for International Students
Hamilton College Website