

# HI-TIDE

*A Parent and Supporter's Guide to SUNY Oswego*



**OSWEGO**  
STATE UNIVERSITY OF NEW YORK  
NEW STUDENT ORIENTATION

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## A MESSAGE FROM ANGIE BROWN

Hello! My name is Angie Brown and I am a Family Nurse Practitioner. I am also the Director of Student Health Services. I have worked at SUNY Oswego for eight years. Let me tell you a little about Health Services and what it can provide for your student. We have five Nurse Practitioners (including me), two RN's, one LPN, one MA and a secretary that provide a variety of care and services to our students. At Health Services we provide basic primary care like you would receive from your home provider. We see students for sick visits, injuries, STI (sexually transmitted infections) testing, physicals and sports waivers to name a few. Some of the other services that we provide that might be different than your student would receive at home is transgender care and prescribing PrEP (pre-exposure prophylaxis). Students are able to self-schedule appointments online (for certain appointments) or can call to make an appointment. We also offer in-person visits and telemedicine visits. We would love to see your students and help them through your journey. Welcome to the Oswego Family.

## HEALTH AND WELLNESS

### JORDAN WHITNEY, CLASS OF 2023

Welcome to Oswego! We are so excited to welcome your student on campus this semester. We know that sometimes, it can be a little nerve-wracking to send your student to campus to look after their own mental and physical health. This week, I wanted to share the resources we have on campus just for this! Our Health and Counseling Services offer not only their services, but programs, events, and much more. A big part of the college transition for every student is knowing and learning how to handle stress and your own time management. A very utilized way of relieving this stress is going to the fitness center!



## CAMPUS RECREATION

We are proud to provide our students with various recreational opportunities conveniently located at Lee Hall and Swetman Gym. These programs are a great way to stay active while having fun with a group of friends. Open recreation and equipment check out are available daily to play pickup basketball, racquetball, soccer, volleyball, badminton or swim laps in Lee Pool. Intramural Sports provides a variety of different leagues and tournaments each semester. Students can choose to join a recreational or competitive sport league like flag football, basketball, soccer, volleyball, floor hockey and softball. Each intramural sport league has a women's, men's and coed division. Nontraditional sports such as badminton, spikeball, tennis, broomball as well as wellness programs are also offered each semester. All equipment is provided and students pay no additional fees to participate in Campus Recreation programs. Visit us at [oswego.edu/campusrec](https://oswego.edu/campusrec) for more details.

Another great resource that is offered to all students at Oswego is wellness coaching. Wellness coaching is a non-clinical service where your student can meet with a coach weekly or bi-weekly to discuss health and wellness goals, and learn how to overcome barriers your student may be facing in regards to these goals. Our wellness coaches include Brian Wallace and Dr. Amy Bidwell who are both certified through WellCoaches. Wellness Coaching is free for all students and does not require a fitness center membership. A student can sign up at any time on the fitness center page on the Oswego website.

## FITNESS CENTER

Students have the option to purchase a fitness center membership right on campus at their two locations: Cooper or Glimmerglass Fitness Center. At both facilities, you can find free weights, selectorized weight equipment, cardio machines, and more.

With a fitness center membership, students will have access to group exercise classes such as kickboxing, yoga, indoor cycling, muscle toning, boot camp, and Zumba. All of these classes are taught by trained student staff. Students also have access to personal training with their membership. Our personal trainers are qualified to train students of most fitness levels, but are not meant to address rehabilitative concerns. This is a great option for students who are looking for the motivation to work out, but also don't know where to start! Students are also offered a one-day orientation to the fitness center, where a trainer will be able to show them how to use the equipment and get started on a simple program. Fitness Center Memberships are \$65 per semester or \$130 for the entire academic year. Students can sign up online, and the membership will be added to the bill.



## HEALTH SERVICES

Our highly experienced and caring staff at Health Services provide accessible health services just as your hometown provider's office would. They offer laboratory testing, physical examinations, as well as a small dispensary with common medications. They offer HIV and STD testing, and transgender care. They also partner with OCO (Oswego County Opportunities) to provide reproductive health care. Health Services also provides medical and dental referrals if a student requires more specialized care.

If your student ever needs to be seen after hours, WellNow Urgent Care and Lake Ontario Prompt Care are local places that offer after-hour and weekend care. They can also call Fonemed to speak with a registered nurse about any health concerns. If there is ever a medical emergency, students should call (315) 312-5555, or 5555 from any campus phone, to be connected with our University Police who can dispatch our student ambulance service SAVAC. SAVAC is a volunteer organization on campus that provides ambulance service and transportation to the Oswego Hospital Emergency Room.



## COUNSELING SERVICES

The Counseling Services Center is available to students free of charge, this includes individual or group counseling. Many groups are offered through counseling services concerning various topics such as homesickness, stress, grief, LGBTQ+ support, sexual assault, and much more. Groups are free and open to all campus students, but a screening may be required to join some groups. Couples counseling is also offered if the participants are both registered SUNY Oswego students. This is for anyone who is looking to improve their relationship with their significant other.

Students, family members, and staff are able to use the counseling center for consultation services. While counselors cannot confirm or deny if a student is a patient of theirs, counseling services can provide general information about mental health concerns if someone is worried about a friend, family member, or their own mental health, and don't know how to proceed. Through outreach, programs, and workshops, Counseling Services raises mental health awareness and is a large part of our campus culture. These programs are often facilitated by our COPE Team. The Cope Team is a group of peer educators who promote educational campus environments connected to psychological health and wellness.

Students can call to make an appointment for individual, group, or rapid access to crisis or they can use "Let's Talk", which are virtual drop-in hours that are meant to be informal and non-clinical consultations with students. Students may benefit from one drop-in meeting to have the chance to just sit and talk to a professional about what's on their mind, within this session students may be encouraged to schedule an appointment with counseling services for ongoing counseling. All of our information is on the website [www.oswego.edu/csc](http://www.oswego.edu/csc), be sure to check out the telecounseling hub for latest events, info and access to self-help guides.

### CONTACT LIST

**Office of New Student Orientation**  
(315) 312-4455 • [orient@oswego.edu](mailto:orient@oswego.edu)

**Fitness Center**  
[fitness@oswego.edu](mailto:fitness@oswego.edu)

**Health Services**  
(315) 312.4100 • [whealth@oswego.edu](mailto:whealth@oswego.edu)

**Counseling Services**  
(315) 312-4416 • if emergency please call 911

**Please note:** SUNY Oswego's official form of communication is college email. Please encourage your student to check their email daily for important messages from their academic advisor, campus offices, and more.