

A GUIDE FOR STUDENTS

TC3 is committed to fostering academic rigor and to providing the community support students need to succeed.

If you are...	Talk to	Things to know
struggling to cope with stress	Health and Wellness Services Counseling and Case Management Room 122 607.844.6577 Office of Community Living and Student Support Tioga Hall (C) 607.844.6589 607.280.0640 (RA)	Health and Wellness Services (HWS) Counseling and Case Management offers stress reduction programs, clinical counseling, and referrals to therapists in the community. Counseling can be in-person or through Zoom. Services are at no cost to enrolled students, non-judgmental, and confidential. Visit HWS Counseling and Case Management (Room 122) or call to schedule a time to talk to one of our clinical counselors or case manager. Students can also receive instant mental health support 24/7 by calling All Hours Connect at 607.272.1838. If you are in need of mental health support in or around the apartments, please contact the Office of Community Living, or contact an RA or RD either after hours or on the weekends.
feeling sick, injured or in need of medical records or supplies	Health and Wellness Services Health Center Room 118A 607.844.8222 Ext. 4487 Family Health Network: https://www.tc3.edu/fhn	The HWS Health Center offers free nursing care for injury and illness, over-the-counter medications, condoms, referrals to community health providers, and assistance with accessing immunization records. For medical emergencies call 911. Family Health Network Mobile Medical Unit is at TC3 every Wednesday during the semester.
concerned about your use of alcohol or other drugs	Health and Wellness Services Options Program Room 124 607.844.8222 Ext. 4539	The HWS Options Program provides confidential, short-term alcohol and drug education, risk assessments, brief motivational interviewing, and alcohol and other drug skills training.
in recovery or affected by a loved one who has faced addiction	Health and Wellness Services Collegiate Recovery Program Room 178 607.844.8222, Ext. 4541	The HWS Collegiate Recovery Program provides a supportive community for students affected by addiction. The program offers students the chance to talk one-on-one with staff members or join support meetings with peers.
in need of food	Health and Wellness Services Panther Pantry Room 116A	College can be difficult. Worrying about how to get healthy food can make it even harder. The HWS Panther Pantry can help. Operating hours are posted on the Pantry Main door, and provides no-cost food and other supplies to all enrolled students.
in need of an immediate free snack	Panther Pantry, Room 116A & Rooms 219, 220, 241 and the President's Office	In both of the main faculty suites (rooms 220 and 241) as well as additional administrative offices (including the President's Office), there are healthy snacks available for students. If you are hungry before or after class, you can just stop by and grab something to eat. There's no need to check in or ask. Feel free to just grab a snack. Snacks are also available in the Panther Pantry.

looking for childcare	Casey Goodwin Childcare Center 607.844.8211, Ext. 4477 cg069@tompkinscortland.edu	The TC3 childcare center offers daycare for children ages 6 weeks to 5 years old. Assistance with childcare center tuition is available for students who qualify. Children must enroll in and regularly attend the program, and they must have all their vaccinations up to date.
a mom who needs a space to nurse a baby or pump	Nursing Mothers Lounge Room 110 Also Childcare Center	The Nursing Mothers Lounge is located in Room 110 and is a comfortable private space available for nursing mothers.
a person with a disability including a chronic medical condition or a recent injury	Karen Rachetta Access and Equity Services, 607.844.8222, Ext.4420 kr072@tompkinscortland.edu Room 130G	If you qualified for extra time for tests in high school or if you're experiencing any challenges related to a documented disability, you should talk to Karen. Even if you haven't used an academic adjustment in a long time or don't plan on using it in college, it's still a good idea to check in with Access and Equity Services.
have experienced harassment or discrimination, feeling singled out or targeted based on race, gender, gender identity, etc.	TC3's Title IX Coordinator: Interim Associate VP of Student Affairs, Room 248 607.844.6591 Additional support: Office of Community Living and Student Support Tioga Hall (C) 607.844.6589 607.280.0640 (RA)	The College is committed to maintaining an educational and work environment that is free of any discrimination or harassment, and to fostering positive business and personal conduct, so that everyone, including students, employees, and invitees, is treated with respect and dignity in a non-discriminatory environment. If you have experienced harassment or discrimination, the college is committed to supporting you. Talk to one of our Title IX coordinators. If you have experienced harassment or discrimination in or around the apartments, please reach out to your RA, Residence Directors and/or the Office of Community Living.
an adult learner who needs help starting or continuing college	Adult Learner & Reconnect Center Room 208 Ext 3017	The Adult Learner & Reconnect Center focus is on supporting adult students from their initial first interest in attending TC3 through enrollment and completion. The Center's team can help with the application and enrollment process, SUNY Reconnect, registration questions, connecting with campus resources, and addressing challenges that may affect your success. The Center also provides a welcoming place to study, relax, and connect with other adult learners.
having trouble paying for books, a bus pass, or your meal plan	Staff in the Panther Welcome Center, Room 101 from financial aid, billing, or the card office, located right by the main entrance.	Staff can help determine whether additional funds are available to help you pay for books, transportation, or meal costs. There are sometimes local agencies, grants, and other funds to help cover these costs for students in need.
having a concern about your classes or progress, or just need to talk to someone about academics	Your assigned faculty academic advisor in Room 220 or 241	Advisors can discuss the challenges you are facing and can help you determine what strategies you may want to use to resolve your concerns. If needed, advisors can help you adjust your course schedule (drop, add or withdrawal from classes). Other times, discussing different strategies for time management or your study habits may help you overcome challenges. Advisors can also refer you to other resources if needed. We're here to help!
having trouble understanding course material or grasping concepts	Tutors in the Baker Center, second floor of the library Smb066@tompkinscortland.edu	Staff and student tutors are available to help you in any subject. Check in to the tutoring center if you're on campus, or login to our online tutoring available in Micorsoft Teams. Tutors can assist with specific problems or assignments, and can help you with study strategies when you are preparing for quizzes and tests.

unsure about your next steps after TC3 for your future career or education	The Student Success team in the Panther Welcome Center, Room 101 success@tompkinscortland.edu	Success Advisors can help you with transfer planning and career exploration. We can help you reach potential careers or four-year colleges, guiding you through the application process. There are also resources available in myTC3 like Career Coach and Handshake to help you find your next job.
unexpected or unplanned expense comes up	Possible help through the Student Emergency Fund – students can self-apply, and/or faculty/staff can apply for a student	Website: https://www.tompkinscortland.edu/student-emergency-fund • Student must be currently enrolled for 6 credit hours • Must be in good financial standing through Bursar's office • Emergency fund does not cover tuition, fees, routine monthly expenses (rent, etc) and technology needs (i.e. broken laptop) • Student must provide documentation regarding the bill they need help with. • If help is provided it would be paid directly to the billing company (no cash will be given to student)
still not sure who to talk to after reading this guide	You can search for "CARE Team" on TC3's website and find more information.	If you or a friend are experiencing a problem that is impacting your life at school, you can reach out to the CARE Team. If you are looking to talk to someone in or around the apartments, whether on a weekend or after hours, please contact your RA, an RD or the Office of Community Living. Also the Vice President of Enrollment Management and Student Affairs door (room 219) is always open to hear a concern.