Welcome!

Congratulations on your decision to attend Fairleigh Dickinson University’s Metropolitan Campus. This booklet is designed to guide you through the steps you must take in order to be registered for classes in the fall semester. It also provides information on New Student Orientation and other areas of interest as you prepare to begin your FDU Experience!

This packet includes the following:
• Tips for Reducing Test Anxiety.
• Important dates, fees and department contacts.

Each summer, the Metropolitan Campus offers several overnight success sessions for newly admitted, full-time undergraduates. Attendance at one Overnight Success Session is mandatory for all new students including commuters and transfer students. Please be advised, orientation begins at 8 a.m. on Tuesday and ends by 5 p.m. on Wednesday.

During your Overnight Success Session, you will take all necessary mathematics and reading comprehension placement tests. You will also have the opportunity to meet with a special focus group of other students in your major. During this meeting, you will have a chance to meet with a faculty representative from your major. This is a great time to ask questions related to your academic program at Fairleigh Dickinson University. You will also have many opportunities to get to know other new students through Ice-Breakers, Campus Tours and Playfair!

Overnight Success Sessions

While you are testing, your family members attend a special orientation program that answers their questions about life as a member of the Fairleigh Dickinson University extended family. Please limit the number of family members attending to two. Family Orientation begins at 9:15 a.m. on Tuesday and concludes by 3 p.m. the same day. Long distance parents have the option to stay at the Ramada Inn Hotel, 375 West Passaic Street, Rochelle Park, N.J. 07662, (201) 845-3400. Perhaps you will take advantage of FDU’s proximity to New York City. Remember, family members will not participate in any student orientation activities after check-in.

To be assigned an Overnight Success Session, please complete the online reservation form (http://www.fdu.edu/metroorientation). Only the student will be able to remain in the Lindens during the Overnight Success Session. A confirmation will be e-mailed to you shortly after we have processed your request. Please contact the Dean of Students Office at (201) 692-2421 if you cannot attend your Overnight Success Session and need to be scheduled for another session.

Overnight Success Session and New Student Welcome Days are included in your new student fees and includes all meals, entertainment and housing.

During your Overnight Success Session, you will be housed in the Linden Residence Halls. The Lindens are air-conditioned, six-student, same-sex suites. All bedrooms are double occupancy. Each furnished suite has a common living area with cable and a television. The halls will be staffed with Orientation Leaders as well as on-call professional staff. All students will be required to stay on campus during the Overnight Success Session. Students will not be allowed to leave campus under any circumstances.
What to Bring

- Medical forms
- Alarm clock
- Bedding: pillows, sheets (extra long) or sleeping bag and blanket
- Towels and washcloths
- Personal toiletries (soap, shampoo, deodorant, etc.)
- Change of clothes/PJs
- Change for vending machines
- (Optional) Flip flops for shower use only.
- Wear comfortable shoes. No heels or flip flops permitted during Orientation Sessions.

Items that are NOT allowed

- Televisions, computers and/or video games
- Pets of any kind
- Guests
- Cell phones while in orientation sessions

Remember you are at Orientation to get acquainted with the University, meet new people and have fun!

If you are going to be a residential student in the fall, you must receive a meningitis vaccine by August 27 or you will not be allowed to reside in the halls!

The immunizations will be offered during the Overnight Success Session. If you choose to obtain your immunization at the FDU Health Center, you must reserve your vaccination via the online Reservation Form (http://www.fdu.edu/metroorientation). The cost of the immunization through the Health Center is at cost payable by cash or money order. Please be advised that checks and credit cards will not be accepted.

When will I get my schedule of classes?
Attend an Overnight Success Session. The earlier you attend, the better the options are for open courses and times.

Learn more about your major and field of study with faculty and academic deans
At your Overnight Success Session, all students get time for Q & A with experts in their fields.

Attend the advisement information session
On the first day of your Overnight Success Session, you’ll meet with professional advisers and other students in your major of choice.

Fill out a Schedule Planning Guide
A professional adviser will assist you in creating a schedule that best suits your needs as a first-semester freshman.

Take Placement Assessments
Your courses are based on your results so take your time and “Do Your Best!”

A professional adviser will create a tailored schedule taking into account your academic strengths and scholastic interests for the upcoming semester.
At the conclusion of the Overnight Success Session, you’ll receive your first college schedule! Please note: Transfer students will be eligible to register for fall courses 24 hours after completing all required testing. You will have the opportunity to make an appointment with your faculty adviser during your Overnight Success Session.

Questions?
One last word of advice …
Before calling the campus, check the University’s Orientation Web page, http://www.fdu.edu/metroorientation, for answers to commonly asked questions.
Tips for Reducing Test Anxiety

Does the thought of taking tests fill you with fear and dread?

Does thinking about exams cause your palms to sweat and your heart to race?

Perhaps you suffer from Test Anxiety

Most students experience some anxiety related to exams. Mild anxiety may serve to motivate individuals to put forth their best efforts. But when anxiety becomes too intense, it may interfere with a student’s ability to perform effectively in testing situations. Whether you experience anxiety across all test situations or your concerns are limited to one specific subject, you may find the following information useful. These basic instructions have helped many of your fellow students master their fears and become more effective test takers.

First … Breathe!!

Sounds too simple to be true, but taking a few deep breaths can have a significant impact on your body’s level of physiological arousal. How does your body typically feel when you are in a test situation? Common anxiety symptoms include dry mouth, sweating, trembling, nausea, muscle tension, pounding heart, concentration problems and breathing difficulties. Your body is reacting “as if” you are in serious physical danger! Recognition of these symptoms can trigger a wave of secondary anxiety or nervousness about being nervous!

What’s a student to do? JUST BREATHE!!

Second … Use Self-Talk to Help You Cope with the Situation

What are you telling yourself about the exam? Unfortunately, if you experience test anxiety you are probably subjecting yourself to a variety of negative thoughts or self-talk. Do the following statements sound familiar?

“EVERYONE else is smarter than me.”
“l can’t remember ANYTHING.”
“I don’t know question 2. I’M GOING TO FAIL.”
“I’m running out of time!”

How do you feel when you read these statements? These extreme or catastrophic thoughts can actually trigger physiological anxiety reactions. Negative self-talk is a bad habit. Like other bad habits it can be changed.

Finally … Stop Avoiding and Start Now!

It’s human nature to avoid things that make us feel very anxious. If tests make us anxious, we try to avoid tests. (This is quite difficult, if not impossible, to accomplish if you are a student). Our anxiety tends to generalize, so we avoid or procrastinate either studying for exams or scheduling to take tests.

Unfortunately, the more successfully we avoid the test, the less experience we have with our object of fear. Exposure and experience can help us conquer our fears. Reward yourself for your accomplishments. Building self-confidence is a gradual process. The building blocks of self-confidence are experiences.
Sample Test Questions

Reading Comprehension Test
(2 sample questions)
This test contains 35 questions. Some are of the sentence relationship type in which you must choose how two sentences are related (comprehension questions). Other questions refer to reading passages of various lengths and determining their relationships (sentence relationship questions). Some passages are 75 words in length, while others are longer.

Question #1 (Comprehension Question)
Read the statement or passage and then choose the best answer to the question. Answer the question on the basis of what is stated or implied in the statement or passage.

There are two types of pottery that I make. There is production pottery — mugs, tableware, the kinds of things that easily sell. These pay for my time to do the other work, which is more creative and satisfies my needs as an artist.

The author of the passage implies that:
(a) Artists have a tendency to waste valuable time.
(b) Creativity and mass production are incompatible.
(c) Buyers of mugs never appreciate good art.
(d) Pottery is not produced by creative artists.

Sentence Skills Test
(2 sample questions)
This test contains 35 questions. Two kinds of questions are given in this test. One type asks you to choose a word or phrase to substitute for an underlined portion of a sentence (sentence correction questions). The other type asks that a sentence be rewritten in a specific way without changing the meaning (construction shift questions).

Question #1 (Sentence Correction Question)
Select the best version of the underlined part of the sentence. The first choice is the same as the original sentence. If you think the original sentence is best, choose the first answer.

Ms. Rose planning to teach a course in biology next summer.
(a) planning
(b) are planning
(c) with a plan
(d) plans

Question #2 (Construction Shift Question)
Rewrite the sentence in your head, following the directions given below. Keep in mind that your new sentence should be well written and should have essentially the same meaning as the sentence given you.

Being a female jockey, she was often interviewed.
Rewrite beginning with
She was often interviewed…
(a) on account of she was
(b) by her being
(c) because she was
(d) being as she was
Sample Test Questions

College-level Mathematics Test
(1 question)
This test assesses proficiency from intermediate algebra through pre-calculus. Six categories are covered: algebraic operations; solutions of equations and equalities; coordinating geometry; applications; functions; and trigonometry. All figures in this test are drawn as accurately as possible, given the limits of the equipment being used.

Question #1
Solve the following problem.

If the 1st and 3rd terms of a geometric sequence are 3 and 27, respectively, then the 2nd term could be:
(a) 6
(b) 9
(c) 12
(d) 15
(e) 18

Elementary Algebra Test
(3 sample questions)
This test contains 35 questions in three primary categories. The first, operations with integers and rational numbers, includes computation with integers and negative rationals, the use of absolute values and ordering. The second category is operations with algebraic expressions. This tests your skills with the evaluation of simple formulas and expressions, and the adding and subtracting of monomials and polynomials. Both of these categories include questions about multiplying and dividing monomials and polynomials, the evaluation of positive rational roots and exponents, simplifying algebraic fractions and factoring. The third category tests skills in equation solving, inequalities and word problems. These questions include solving systems of linear equations, the solution of quadratic equations by factoring, solving verbal problems presented in algebraic context, geometric reasoning, translation of written phrases into algebraic expressions and graphing.

Question #1
If a number is divided by 4 and then 3 is subtracted, the result is 0. What is the number?
(a) 12
(b) 4
(c) 3
(d) 2

Question #2
16x - 8 =
(a) 8x
(b) 8(2x-x)
(c) 8(2x-1)
(d) 8(2x-8)

Question #3
2x + 3x + y =
(a) 6xy
(b) 5x + y
(c) 5(x + y)
(d) 6x + y

Sample questions adapted from the College Board’s Student Guide for Computerized Placement Tests

Answers (from preceding page)
Reading Comprehension Test — 1. (b), 2. (b)
Sentence Skills Test — 1. (d), 2. (c)
Placement Tests

As a new student, you will be required to take placement tests (assessments). These assessments evaluate the best course for you to begin in reference to English, reading, mathematics, computer skills and foreign language (if needed for your chosen major). Based on the placement assessments, courses will be assigned for you to help ensure you have the proper academic foundations necessary to be successful in your chosen field of study and in college course work in general.

The placement tests for English, reading and mathematics are completed using a computer program (Accuplacer®) from a nationally recognized testing service (College Board). Access to practice sample questions can be found on the College Board Web site. Although these questions will not be the same ones asked when you attend New Student Orientation, they are similar to the type of questions to expect. Please visit www.collegeboard.com/student/testing/accuplacer/index.html for more information regarding Accuplacer® and the sample questions.

The computer skills and foreign-language assessments are written tests created by FDU academic departments to best evaluate your beginning point and course sequencing. The computer-skills assessment is a self-identifying evaluation of your computer skills. The foreign-language assessments (in Spanish, Italian and French) review the level of understanding for vocabulary, verb conjugation and reading comprehension in a particular language. You may choose to take a different foreign language than the one you have previously taken (available languages at the elementary level include: Spanish, Italian, French, Arabic and Chinese) or culture courses. If you choose a different foreign language or culture course, no assessment is necessary.

If you have any questions about the placement tests, please call the Academic Resource Center at (201) 692-2076.

Save The Dates!

Freshmen Residence Hall
Move-In
Sunday, August 29, 2010

New Student Welcome Days
Freshman Convocation
Monday, August 30, 2010

Off-Campus Trip
Tuesday, August 31, 2010

New Student Welcome Days are mandatory and are complementary to the Overnight Success Sessions.

Welcoming Ceremonies, Class Picture, Get-to-Know-You Activities are all part of the fun!

Welcome Week
Monday, August 30 to Sunday, September 5, 2010

Welcome Week is for all students, new and returning, and begins at the conclusion of New Student Welcome Days. Many events are planned for Welcome Week.

The first day of classes will be September 1, 2010.
**Important Telephone Numbers**

Academic Student Services, Center for Academic Advisement Center .................. (201) 692-2339  
Academic Resource Center .................. (201) 692-2076

Admissions .........................................................(201) 692-2553

Athletics .........................................................(201) 692-2208

Campus Ministry ....................................................(201) 692-2406

Career Development Office .................. (201) 692-2193

Dean of Students Office .................. (201) 692-2190  
Orientation Line .................. (201) 692-2421

Educational Opportunity Fund Program  .................. (201) 692-2409

Enhanced Freshmen Experience Program  .................. (201) 692-2316

Enrollment Services
  Billing Questions  .................. (201) 692-2206  
  Registration Questions  .................. (201) 692-2214  
  Undergraduate Records Questions  .................. (201) 692-2375

Financial Aid Office  .................. (201) 692-2363

Public Safety .................. (201) 692-2222

Regional Center for College Students with Learning Disabilities  .................. (201) 692-2087

Residence Life  .................. (201) 692-2250

Student Counseling and Psychological Services  .................. (201) 692-2174

Student Health Services  .................. (201) 692-2437

Student Life Office  .................. (201) 692-2231

Transfer Student Services  .................. (201) 692-2433

University Website  .................. www.fdu.edu

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