Dear Graduating Student,

Congratulations! I hope your experience at The New School has surpassed your best expectations and that your relationship with us continues long after you receive your diploma.

As you pursue your educational and professional goals, remember that The New School offers resources and services to you. The following offices provide support for recent graduates:

- Center for Student Success – Career Services
- International Student and Scholar Services
- Office of the Registrar
- Student Financial Services
- Student Health Services
- Student Housing and Residence Life

The Office of Alumni Engagement automatically enrolls all graduates as members of The New School Alumni Association. Your membership entitles you to many benefits and offers many opportunities to remain connected to the New School community.

I strongly encourage you to take advantage of our services, and I wish you great success in the future.

Linda Abrams Reimer
Senior Vice President for Student Services
Career Services helps you market your skills, talents, and attributes to potential employers in your search for full-time employment. We encourage you to aim high, and we work with you to help you formulate and realize your career goals. We encourage you to take advantage of our services. The Center for Student Success – Career Services offers the following:

- Career advising
- Résumé, CV, and cover letter assistance
- Job search assistance
- Workshops, career fairs, information panels, and networking events
- Career Successlink (online job board)

**Center for Student Success – Careers Services**
63 Fifth Avenue, 4th floor, room 419
212.229.1324
careers@newschool.edu

Website: [www.newschool.edu/center-for-student-success/career-services/](http://www.newschool.edu/center-for-student-success/career-services/)
Blog: [www.newschoolcareers.blogspot.com](http://www.newschoolcareers.blogspot.com)

**Milano School of International Affairs, Management, and Urban Policy**
Career Development and Placement
Carol R. Anderson, Director
72 Fifth Avenue, room 407
212.229.5400 x1518
mgscdp@newschool.edu

Website: [www.newschool.edu/public-engagement/milano-school-career-services](http://www.newschool.edu/public-engagement/milano-school-career-services)

**The New School for Drama**
Robert Hoyt, Director of Professional Development
151 Bank Street, room 205
212.229.5859 x2630
hoytr@newschool.edu

Website: [www.newschool.edu/drama/professional-development](http://www.newschool.edu/drama/professional-development)
Congratulations! In the last few weeks you have worked hard to complete all the requirements for graduation. What’s next? If you are interested in applying for Optional Practical Training (OPT), available to most F-1 students, or Academic Training (AT), available to most J-1 students, please contact International Student and Scholar Services (ISSS) as soon as possible, if you have not done so already. Whether you plan to return home now or after OPT or AT, consider the following topics.

**Travel plans**
Make sure that you have completed all academic requirements for your program before you leave New York. Provided that you have maintained your F-1/J-1 status, you have a grace period following completion of your studies, OPT, or AT before you are required to depart the United States: F-1 students have a 60-day grace period following the completion of studies or OPT; J-1 exchange visitors have a 30-day grace period following the completion of studies or AT. The grace period begins the day that your program of study or OPT/AT authorization ends.

Purchase tickets for travel as far in advance as possible for the cheapest fares.

**Staying in touch**
Have you thought about how you will stay in touch with your New School friends and associates? Gather contact information before you return home, especially from professors and others whom you may wish to ask for recommendations and references. Give your contact information to the Office of Alumni Relations, which will enable you to access a database of New School graduates. Last but not least, celebrate your achievements with us at the International Student Graduation Brunch on Tuesday, May 19, from 11:00 a.m. to 1:00 p.m. at Wollman Hall, 65 West 11th Street, 5th floor, and join the New School ISSS Alumni Group on Facebook at www.facebook.com/iss.alumnigroup. Also, check out what the New School Alumni Office has to offer at www.newschool.edu/alumni.

**Moving your belongings**
Think now about what to do with the personal possessions—books, furniture, etc.—that you’ve acquired in New York City. What will you take with you to remember your experience? If you live in university housing, you must arrange to remove all your belongings by the move-out date of your residence hall.

**Reentry shock**
Most students are prepared for some culture shock when they come to study in a foreign country. Many do not anticipate the culture shock they experience on returning home. International Student and Scholar Services schedules reentry workshops for students returning to their countries after graduation. Workshop topics include family, friends, school, job, culture, and health. Contact the ISSS office for a schedule of workshops.
Family
You may find it challenging at times to communicate with your family. They may have difficulty adjusting to the ways that you may have changed during your time away from them.
Strategies: Share your experiences (blogs, photos, videos, stories, etc.), and let your family members know how much you appreciate the opportunities they have given you.

Friends
You and your friends may not be as close as you were before you went abroad. Be sensitive when you discuss your experiences with them. You may also miss your friends from The New School.
Strategies: Inquire about your friends’ experiences while you were away. Show interest in local events you may have missed. Do new things together to get the relationship on a new footing.

School
If you are continuing your education back home, the way you see your school may have changed, and you may need to find different ways of relating to your professors and fellow students.
Strategies: Talk about your academic experience with your advisor, especially if your career goals have changed.

Speak to the study abroad advisor about opportunities to volunteer with students planning to study abroad. Seek out others who have studied abroad—you are not alone.

Employment
It may take time to find a job in your field. Sometimes peers and prospective employers may have difficulty understanding your new and foreign qualifications.
Strategies: Plan ahead. Keep up with the job market. Do your own research, and check with the Center for Student Success – Career Services to see all the ways in which they may be able to help.

Home Culture
Your home culture may no longer be entirely to your liking, and you may sense that you no longer fit in as you once did. You may continue to think in the context of the broader cultural perspectives you have acquired.

Strategies: It is common to ignore the shortcomings of our home cultures when we are away and judge them on the basis of our changed perspectives when we return. Make friends who are interested in international and intercultural affairs. Keep up with news of your home country while you are abroad.

Physical and emotional health
Experiencing conflicting emotions and physical fatigue is part of the readjustment process. You should certainly seek help if you have any long-term emotional stress or difficulty readjusting.
Strategies: If you do not feel well, schedule a doctor’s appointment for a check-up. The best immediate remedy for reentry shock is to talk to others with similar experiences. You can and will continue to learn from your readjustment process. Your experience will last a lifetime.

References
www.internationalstudent.com/study_usa/graduation/returning-home.shtml

Frequently asked questions
Q  The program end date stated on my I-20/DS-2019 form is for a future semester. Can I stay in the United States until my I-20/DS-2019 expires?
A  No. Remember that F-1/J-1 students maintain their status by enrolling full time each semester. If you have met your degree requirements, you are considered to have completed your program regardless of the program end date printed on your I-20/DS-2019. Additionally, your I-20 or DS-2019 is considered to have expired when one of the following occurs:

1. The program end date in I-20 item #5 (or DS-2019 item #3) passes.
2. You violate the terms of your student status.
3. You change from the program of study as described in your I-20 or DS-2019. (If you are enrolling in another program of study next semester, come to International Student and Scholar Services to get a new form before the next semester begins.)
4. You complete the program of study as described in your I-20 or DS-2019. Your grace period (see below) begins the day after the last day of classes or the end of your OPT/AD authorization.

Q Do I have a grace period before I have to depart from the U.S.?

A F-1 students have a 60-day grace period. J-1 Exchange Visitors have a 30-day grace period. Begin counting the grace period from the day that you complete your coursework and requirements for your program of study or your OPT/AT.

Q What options do I have if I wish to remain in the U.S.?

A To remain in the U.S. after you have completed your I-20/DS2019 program of study or post-completion employment, you must establish a new primary purpose for being in the U.S. and engage in an activity related to that purpose. The following options may be available:

Option #1: F-1 Optional Practical Training (OPT) or J-1 Academic Training (AT) if you have not already used up your limit. OPT allows F-1 students to stay in the U.S. for up to one year after graduating to work and get practical training in their field of study by either working for a U.S. employer or starting their own business in the U.S. Similarly, J-1 students may request AT for up to 18 months, which could be extended to a total of 36 months after completing a PhD. Please contact ISSS for assistance. We recommend that graduating students apply for OPT or AT at least 30 days before their last day of classes. Regulations do not permit students of English as a second language to obtain OPT authorizations.

Option #2: Enroll in a new program of study and get a new I-20 or DS-2019 for the new program. If this means transferring to another U.S. college or university, contact International Student and Scholar Services as soon as possible to begin the transfer process.

Option #3: If you are eligible to change to a different visa category, apply to the U.S. government for a Change of Status before your grace period ends. Note: Students on OPT who are approved for H-1B status receive an automatic “cap gap” extension of F-1 status until the start of their H-1B status.

Q Can I discard old immigration forms and documents?

A No. Keep all of your official immigration documents from your time in the United States and at The New School. You will need them to document your activities and accomplishments if you apply for future U.S. visas or U.S. immigration benefits.

Q Do I have to file U.S. income taxes after I leave the country?

A You are required to file tax returns next year for U.S. source income earned this year. Tax forms and instructions can be found at [www.irs.gov](http://www.irs.gov). This is to your advantage if you expect to obtain a refund of some part of taxes withheld from your wages.

You are always welcome to discuss these and other questions with an international student advisor.

If you are being denied entry to the United States at the port of entry or face possible removal from the U.S. at a time when the office is closed, please call Security at 212.229.5165.

For travel signatures and other immigration related advice, please email ISS@newschool.edu, and an advisor will respond as soon as possible.

International Student and Scholar Services
72 Fifth Avenue, 3rd floor
New York, NY 10011
Phone: 212.229.5592
Fax: 212.229.8992
Congratulations on your graduation! The following information is intended to start you on the road to financial well-being as you make the transition from The New School to your next endeavor.

**Budgeting**

Living within your means (spending less than you earn) is key to financial security. It means that you won’t have to draw from savings and investments or, worse, use credit cards to meet your day-to-day living expenses. That way, your savings can be used for emergencies or to help you meet your longer-term goals like purchasing a home, having children, and eventually retiring in comfort. Making a budget and sticking to it will help you to live within your means. Budget for a specific savings goal instead of just planning to save your “extra” money. Ask your employer to direct-deposit a portion of your pay into a savings account instead of all in your checking account, or arrange for your bank to automatically transfer a set amount each month from your checking account into your savings account. Keep track of what you spend and compare it to your budget often to make sure your actual spending matches what you’ve budgeted.

**Financial Literacy: Some key figures you should understand**

The following ratios can help you quickly determine whether your spending is in line with what experts recommend.

**Housing payments ratio**: Determines how much of your monthly income goes toward your housing costs. Calculate by dividing your monthly housing costs by your gross income.

*Example* (using figures from sample budget): $1,200 divided by $2,900 = 0.41 or 41%

**Recommended ratio**: 28%

**Liquidity ratio**: Your ability to meet your monthly expenses in the event of a loss of income or emergency. Calculate by dividing your monthly expenses by your liquid assets (money in savings accounts, checking accounts, and other places where you can access the funds on short notice).

*Example* (using figures from sample budget): $2,205 divided by $5,000 = 0.441

**Recommended ratio**: 0.16 to 0.33—lower is better! The idea is that you should be able to cover three to six months of expenses from your assets if you experience a financial setback.

**Debt-to-income ratio**: Determines how much of your income goes toward debt payments. Lenders may use this in conjunction with your credit score to determine whether you are a good credit risk. Calculate by dividing your gross annual income into your total annual debt payments.

*Example* (using figures from sample budget): $2,400 divided by 35,000 = 6.8%

**Recommended ratio**: 30% or less
Credit

Free credit reports
The federal Fair Credit Reporting Act requires each of the three national credit-reporting agencies (Experian, Equifax, and TransUnion) to provide you with a free copy of your credit report at your request every 12 months.

Note: The information on each credit report can vary since not all creditors report to every credit reporting agency, so it is important to check each credit report, not just one. You can check them all at once, or you can stagger your requests over the year. Staggering can permit you to keep a more frequent eye on activity on your credit report; it could alert you to fraud or errors more quickly than if you check all three at the same time each year.

To request your free credit report, go to www.annualcreditreport.com or call 877.322.8228.

Repairing your credit

Even if you have damaged credit now, you can take steps to improve your credit rating. Raising your credit score will make you more eligible to borrow if you’ve been denied before because of poor credit. It will also help you to secure better items on consumer credit. For tips on how to repair your credit, see www.consumer.ftc.gov/articles/0058-credit-repair-how-help-yourself

Identity theft

Identity theft occurs when an unauthorized individual obtains your personal information such as social security or driver’s license numbers and uses them to commit fraud. Identity thieves may use your information to open a credit account in your name. When the bills aren’t paid, negative items will appear on your credit report that can affect your eligibility for loans and other credit. It can even hurt your chances of employment at some companies. Safeguarding your personal information is essential to preventing identity theft. Here are some tips on protecting your identity:

- Never carry your social security card or ID with your social security number on it in your wallet.
- Shred mail before throwing it away.
- Only provide your social security number to third parties when you have confirmed that it is absolutely essential. Always ask if they can assign you an alternative identification number.
- Block your name from pre-approved credit card lists by calling 1.888.5OPT.OUT.
- Only carry credit cards you use regularly in your wallet. Keep a list of all credit cards you keep in your wallet, and report losses immediately.
- Only make online purchases from trusted retailers.

Student loans

Loan status information
The National Student Loan Data System is a U.S. Department of Education website that contains the history of all of your federal student loans. That history includes the name of the school you were attending when you borrowed, which lender you borrowed from, a history of disbursements and status changes, and other valuable information. Visit this helpful site at www.nslds.ed.gov.

Loan consolidation
Consolidation loans combine several student or parent loans into one bigger loan from a single lender, which is then used to pay off the balances on the other loans. It is very similar to refinancing a mortgage.

Consolidation loans are available for most federal loans, including FFELP (Stafford, PLUS and SLS), FISL, Perkins, Health Professional Student Loans, NSL, HEAL, Guaranteed Student Loans, and Direct loans. Find out if consolidation is a good idea for you at studentaid.ed.gov/repay-loans/consolidation. This site includes repayment calculators, and much more.

Loan cancellation and discharge
There are opportunities for federal student loans to be canceled or forgiven, such as permanent disability, joining the Peace Corps/VISTA, or employment in certain fields.

To learn more, visit studentaid.ed.gov/repay-loans/forgiveness-cancellation.

Student loan ombudsman
The U.S. Department of Education has an office dedicated to resolving student loan issues between students and lenders. If you have an issue with your lender and you feel that you have exhausted all options, you can contact the ombudsman at www.ombudsman.ed.gov.
Personal finance resources on the web

Budgeting
cgi.money.cnn.com/tools/budget101/budget_101.jsp
You will find an online budget calculator and helpful tips on investing, purchasing a home or car, retirement, and taxes.

Interest rates (Prime, LIBOR, etc.)
www.nfsn.com/library/prime.htm

Credit cards and consumer debt
www.ftc.gov/bcp/menus/consumer/credit.shtm
Federal Trade Commission’s page on credit cards and consumer loans.

www.experian.com/live-credit-smart/10tips.html
Information on how to build a credit history, choose a credit card, and understand credit card security and fraud.

Identity theft
www.idtheftcenter.org
Identity Theft Resource Center

Student Financial Services
72 Fifth Avenue, 2nd floor
New York, NY 10003
Phone: 212.229.8930
Fax: 212.229.5919
Email: sfs@newschool.edu
A transition checklist for the graduating student

Graduation is an ending and a beginning, and transitions can be challenging. Schedule changes, new career paths, academic studies, and life adventures may be part of the transition. Student Health Services wants to support you as you transition to a new job, graduate school, or wherever you’re going. Here are some general tips that can help with life after graduation.

Reflection
Reflect on the meaning of your college experience. What have you learned both inside and outside of the classroom? Who has influenced you most?

Closure
Say goodbye to friends, faculty, and administrators. Spend time bringing closure to your college experience. Visit places you’ve always wanted to see but didn’t have enough time.

Expectations
Your next steps after graduating may go exactly as you or others expect—or they may not. The perspective you keep during your transition can make a big difference; greeting each step as a welcome part of your journey and practicing gratitude can be helpful. Remember to be gentle with yourself during this process since transitions aren’t always smooth.

Time management
Your sense of time may change with graduation. New School students have many different demands, including parenting, internships, part- and full-time jobs, and auditions. Whatever your current situation, there will be changes upon graduation. Take the time to celebrate your accomplishments.

No homework
Some jobs may require you to take work home, but many won’t. That means that once you leave the office or worksite, your time is your own. You can exercise, cook dinner, relax, take a walk, spend time with friends and loved ones, get a pet—the opportunities are endless. You could even take a class for fun.
HEALTH INSURANCE

If you paid the spring 2015 Student Health Services fee, you are entitled to use Student Health Services for counseling and medical services through August 19, 2015, at 11:59 p.m. If you waived the Student Health Services fee, you will be unable to use the services provided at Student Health Services.

You may find it difficult to obtain medical insurance after your New School insurance ends in August due to cost, unemployment, or lack of benefits provided through your employer. However, with planning and creativity, you should be able to maintain access to basic health care.

Investigate free and low-cost healthcare options in your area, especially the new Affordable Care Act plans. Some medical providers/community clinics have a sliding fee scale. Depending on where you live, you may be eligible for state-sponsored health insurance (Medicaid).

Review the included information about insurance plans and health service options now to make sure you have coverage after your New School insurance lapses.

Types of insurance plans

Note: Plan features vary by carrier.

PPO (Preferred Provider Organization): A network of physicians and hospitals that have agreed by contract to discount their rates. Members are usually free to seek care within the preferred-contracted providers network or from non-contracted providers, but seeking care from non-contracted providers results in a larger out-of-pocket expense for the patient or insured.

HMO (Health Maintenance Organization): A network of physicians and hospitals that provides a wide range of benefits (usually including preventive care) at low out-of-pocket expense. Typically HMOs do not cover care by doctors or hospitals outside the HMO network.

Indemnity (also known as Fee-for-Service Insurance): Indemnity plans cover a fixed percentage of the total cost of care; you pay the rest out of pocket. You can use any doctor or hospital you choose, but your out-of-pocket expenses typically will be higher than with a PPO or HMO.

POS (Point of Service): These plans combine PPO, HMO, and/or indemnity plan features. You usually choose a primary care physician to coordinate all of your care. Coordination may include authorization for certain services and referrals to specialists or other providers.

Personal health insurance and discount plans for health services

The cost of personal health insurance will vary depending on factors such as the plan you choose, your health, and the number of family members who participate. Exact costs can be determined only after you complete a request for a quote.

Discount plans are different from health insurance. There are no claim forms to file. Participating care providers agree to accept the plan’s stipulated fee for any service performed for persons enrolled in the plan.

Review the list of government-sponsored, private for-profit, and nonprofit entities offering health insurance and discounted health services. This list is provided for reference only and must not be construed as an endorsement by The New School. All information about services provided and costs can be obtained only from the service providers themselves.

Notes about health insurance

Limited or excluded services: Limited services involve conditions or treatments for which insurance coverage is limited under a plan. Excluded services involve medical conditions or...
treatments that are not covered by the insurance plan. Review any preferred policy to be sure it will cover the services you expect to need. Many people make the incorrect assumption that any and every health care service is fully covered. The recent Affordable Care Act (ACA) will, in the near future, affect certain limitations and exclusions of services; learn more at www.healthcare.gov.

**Weigh cost and benefits:** When purchasing a health plan, consider the amount of money you have to spend. Evaluate the cost of the policy in relation to your anticipated health care needs. Consider carefully the premium payment, deductibles, co-pays, co-insurance, covered medical expenses, exclusions, and preexisting conditions policies and procedures before you sign on.

**Know which doctors, hospitals, and other health care providers are included in your plan:** Make sure the providers you expect to need are included. Be clear about the policies and procedures for entering a hospital or getting specialty care. Learn about prescription drug coverage. Find out if the plan covers medical care when traveling away from your home or coverage area.

**Review the full benefits package before making a commitment:** Regardless of the plan or insurance carrier, understanding your policy is your responsibility. Make sure the plan offers coverage for your current and anticipated health care needs. Verify that coverage is provided for any chronic health conditions or disabilities that you or a family member may have.

**Helpful tips**

Make appointments with your current healthcare providers before your insurance expires. Complete any recommended exams and screenings, refill as many prescriptions as possible, and ask your provider to write a prescription for a two- or three-month supply of your medication, if appropriate.

Request and transfer copies of your medical and counseling records from your current provider to your new one.

It is important to seek treatment in an emergency, even if you are uninsured. Contact Student Health Services for a list of low-fee and free clinics.

Be attentive to your general health and needs. Get plenty of sleep, eat well, drink water regularly, exercise, and wear your seatbelt or helmet.

---

**Other places to find important information**


Provides information for international visitors and short-term residents about purchasing health insurance, understanding health insurance terminology, and obtaining medical care in the United States.

[www.ahrq.gov](http://www.ahrq.gov) (U.S. Agency for Healthcare Research and Quality)

Provides information on topics including health plans, choosing and using a health plan, prescription drugs, choosing a doctor, and quality of care.

[www.hhs.gov](http://www.hhs.gov) (U.S. Department of Health and Human Services)

Provides information on diseases/conditions, health insurance, childcare, vaccines, safety and wellness, drug and food safety, and more.

[www.mayoclinic.com](http://www.mayoclinic.com)

A highly respected private source for information about medical conditions and treatments, wellness, and more.


Locates federally funded neighborhood health centers for people with or without insurance.

**Please note:** It is your personal responsibility to fully investigate any health plan or program prior to enrolling or making any decisions about your health insurance coverage or care. The New School is not liable for any losses or risks incurred as a consequence of the use of this information by present or former students.
<table>
<thead>
<tr>
<th>Carrier/Sponsor</th>
<th>Phone No.</th>
<th>Web Address</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HealthCare.Gov</td>
<td>800.318.2596</td>
<td><a href="http://www.healthcare.gov">www.healthcare.gov</a></td>
<td>Affordable Care Act (ACA),</td>
</tr>
<tr>
<td>Medicaid (all states)</td>
<td></td>
<td></td>
<td>Medical, prescription, dental, vision</td>
</tr>
<tr>
<td>New Jersey</td>
<td>800.541.2831</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>800.356.1561</td>
<td><a href="http://www.state.nj.us/humanservices/dmahs/clients/medicaid">www.state.nj.us/humanservices/dmahs/clients/medicaid</a></td>
<td></td>
</tr>
<tr>
<td>NYC Mayor’s Office of Health Insurance Access</td>
<td>311 (NYC)</td>
<td><a href="http://www.nyc.gov/healthstat">www.nyc.gov/healthstat</a></td>
<td>Medical, prescription, dental, vision</td>
</tr>
<tr>
<td>Aetna Health, Inc.</td>
<td>800.872.3862</td>
<td><a href="http://www.aetna.com">www.aetna.com</a></td>
<td>Medical, prescription, dental, and vision insurance plans</td>
</tr>
<tr>
<td>BlueCross BlueShield</td>
<td></td>
<td></td>
<td>Insurance plans</td>
</tr>
<tr>
<td>Empire BCBS (New York)</td>
<td>888.630.2583</td>
<td><a href="http://www.bcbs.com">www.bcbs.com</a></td>
<td></td>
</tr>
<tr>
<td>Horizon BCBS (New Jersey)</td>
<td>212.476.1000</td>
<td><a href="http://www.empireblue.com">www.empireblue.com</a></td>
<td></td>
</tr>
<tr>
<td>(insurance plans)</td>
<td>800.355.2583</td>
<td><a href="http://www.horizon-bcbsnj.com">www.horizon-bcbsnj.com</a></td>
<td></td>
</tr>
<tr>
<td>Cigna</td>
<td>800.244.6224</td>
<td><a href="http://www.cigna.com">www.cigna.com</a></td>
<td>Insurance plans</td>
</tr>
<tr>
<td>Fractured Atlas</td>
<td>888.692.7878</td>
<td><a href="http://www.fracturedatlas.org">www.fracturedatlas.org</a></td>
<td>Medical and prescription insurance plans for artists</td>
</tr>
<tr>
<td>Freelancers Union</td>
<td>800.856.9981</td>
<td><a href="http://www.freelancersunion.org">www.freelancersunion.org</a></td>
<td>Medical and prescription insurance plans for independent contractors</td>
</tr>
<tr>
<td>EmblemHealth</td>
<td>877.411.3625</td>
<td><a href="http://www.emblemhealth.com">www.emblemhealth.com</a></td>
<td>Medical and prescription insurance plans (New York State only)</td>
</tr>
<tr>
<td>United Healthcare</td>
<td>866.633.2446</td>
<td><a href="http://www.unitedhealthcare.com">www.unitedhealthcare.com</a></td>
<td>Medical, short-term medical, dental, and prescription insurance plans</td>
</tr>
<tr>
<td>Discount Dental Plans</td>
<td>888.632.5353</td>
<td><a href="http://www.dentalplans.com">www.dentalplans.com</a></td>
<td>Dental programs</td>
</tr>
<tr>
<td>HealthPlex</td>
<td>800.468.0608</td>
<td><a href="http://www.healthplex.com">www.healthplex.com</a></td>
<td>Dental plans (NY &amp; NJ only)</td>
</tr>
<tr>
<td>Insurance Company.com</td>
<td>310.534.3444</td>
<td><a href="http://www.insurancecompany.com">www.insurancecompany.com</a></td>
<td>Dental insurance and discount plans</td>
</tr>
<tr>
<td>Stu-Dent Plan</td>
<td>212.998.9870</td>
<td><a href="http://www.nyu.edu/dental">www.nyu.edu/dental</a></td>
<td>Discount dental program</td>
</tr>
<tr>
<td>Needy Meds</td>
<td>800.503.6897</td>
<td><a href="http://www.needymeds.org/index.htm">www.needymeds.org/index.htm</a></td>
<td>Prescription, guide to free and low-cost health clinics</td>
</tr>
<tr>
<td>PPA Partnership for Rx Assistance</td>
<td>888.477.2669</td>
<td><a href="http://www.pparx.org/intro.php">www.pparx.org/intro.php</a></td>
<td>Prescription</td>
</tr>
</tbody>
</table>
STUDENT HOUSING AND RESIDENCE LIFE

Things to Consider When Searching for an Apartment

Location
- Is the apartment accessible from your place of employment?
- How far is it from subway, bus route, or other public transportation?
- How close are stores for shopping?

Layout
- Are the fixtures and appliances in the kitchen and bathroom up to date?
- Is there adequate water pressure?
- What are the dimensions of the bedroom?
- How much closet space is there?
- How many phone lines and electrical outlets are in each room?
- What is the overall cleanliness of the space?

Facilities
- Are the laundry facilities in the building or close by?
- Is storage available in the building?
- Is there central air conditioning?

General questions to ask
- Are utilities included in the rent?
- Are pets allowed?
- Is pest extermination an additional expense?
- Does the superintendent live on site?

Safety and security
- Are the building and surrounding areas well lit?
- How close is the building to well-traveled areas?
- Does the building have a doorman, buzzer, or intercom system?
- Are there sufficient working smoke and carbon monoxide detectors?
- Are there adequate escape routes in the event of a fire?
- What is the neighborhood’s crime rate? This information can be obtained at the local police precinct.

Helpful websites
- New York City Rent Guidelines Board: www.housingnyc.com/html/resources/resources.html
- www.tenant.net/nyc.html
- www.nycrgb.org/
- newyork.craigslist.org/i/apartments
- www.cityleases.com/city_rentals/manhattan_rentals.asp
- crashdwell.com/
- www.apartmentguide.com/
- www.trulia.com/for_rent/New_York,NY
How to Access Your Student Records
After Graduation

**Academic transcripts**
Graduates can view their New School records and request transcripts at my.newschool.edu. Visit the Academics tab and select View Your Complete Transcript (to view) or Request a Copy of Your Transcript (to obtain an official copy).

You can also request official transcripts from the university website at [www.newschool.edu/registrar](http://www.newschool.edu/registrar). Select Forms and download the PDF transcript request form. The completed form can be faxed or mailed to the Registrar’s Office (see form for fax number/address).

Note: Academic transcripts include degree conferral information. Actual diplomas for May graduates are mailed in late July.

**Enrollment and degree verifications**
Graduates who need written confirmation of their enrollment at The New School can download an enrollment verification document from my.newschool.edu. On the Academics tab, select Print Your Certificate. You can also request an enrollment verification letter on New School letterhead.

Third parties (such as prospective employers) who wish independent confirmation of degree conferral can be referred to the National Student Clearinghouse by calling 703.742.4200 or visiting [www.studentclearinghouse.org](http://www.studentclearinghouse.org).

**Student Health Services**
Your medical and counseling records are strictly confidential. If you need a copy of your medical or counseling file, you must sign a release form at Student Health Services or mail or fax a signed written request for your records to be sent to you.

If you want Student Health Services to release your medical or counseling records to a third party, the same procedure applies: you must sign the release form or mail or fax a written request giving them permission to release your information.

If you have questions, call Student Health Services at 212.229.1671.

**Student Disability Services**
Graduates who wish to obtain copies of any documentation they previously provided to Student Disability Services must request these in person at the office or in writing. These materials will be released to the student only, not to any third party.

Graduates who need information from Student Disability Services about accommodations for examinations such as the GRE, GMATS, or LSAT should call the office at 212.229.5626.

**Student Rights and Responsibilities**
Graduates who wish to know if they have a record on file in the Office of Student Rights and Responsibilities can contact the director at 212.229.5349.

If you have a record and wish to review the contents of your file, you must make an appointment with the director. You can review your file in person in the office only.

Any graduate who needs a form completed for graduate school, employment, or other purposes relating to their personal conduct record at The New School should call the Office of Student Rights and Responsibilities at 212.229.5349.
The New School Alumni community includes more than 67,000 New School graduates in all 50 states and more than 120 countries worldwide. Upon graduation, you will join a community of progressive thinkers who have pursued a variety of career paths and endeavors to bring about positive change in the world.

The New School is committed to helping you stay connected to this community and to providing you with benefits and opportunities exclusive to New School alumni.

As a New School alumnus or alumna, you can request an Alumni Card, which provides access to New School buildings, free admission or discounts for most New School public programs, as well as access to and reading privileges at The New School Libraries. It also provides access to the University Center café in the Bernard and Irene Schwartz Commons.

Stay in touch with the Office of Alumni Relations and keep your contact information current to ensure that you receive news and updates about alumni benefits, services, and events.

For the latest news, follow us on Twitter, like us on Facebook and join our LinkedIn group. We have many ways to spread the word about alumni accomplishments. Share your news with #NewSchoolAlumni on social media or send us an email at alumni@newschool.edu. You can also reach us at 212.229.5662 x3784.

Alumni have unlimited access to Wifi and Google apps and email

Graduates are able to keep the New School email address they used as students for as long as they choose. Email addresses remain in the format NetID@newschool.edu. To retain their email addresses, alumni must sign in to their email at least once every six months. Alumni also continue to have access to New School Google Apps and the university’s wireless network.