



## STUDENT LIFE

### OFFICE OF STUDENT LIFE

The Office of Student Life is dedicated to making each student's undergraduate experience as positive and productive as possible. Student Life professionals are available to meet with students on a drop-in basis as well as by appointment. The office is located at 215 Lexington Avenue, fifth floor and can be contacted at 646-592-4125.

Each student's well-being and plans for the future are primary concerns of the Student Life staff at Yeshiva University. Orientation programs help incoming students acclimate to college life and develop skills needed for maximum achievement. Counseling and advising are available to assist students in exploring personal concerns, fulfilling their potential, and achieving a close relationship with members of the university community.

The Office of Student Life, working closely with the University Dean of Students, coordinates university programs in the following areas:

### OFFICE OF SPIRITUAL GUIDANCE

The Office of Spiritual Guidance serves to enhance the religious, spiritual, and social needs for all students on the Beren campus. Spiritual Guidance coordinates programs with other offices on campus to promote continued spiritual growth for all students as they pursue their college careers. Rachel Ciment, Director of Spiritual Guidance, arranges individual conferences with each new student in order to help make a smooth transition from high school/seminary to campus life. The Office of Spiritual Guidance is found on the fifth floor of 215 Lexington and can be reached at 646-592-4126 and at rciment@yu.edu.

**The Madricha Program** is an initiative specifically for incoming students on the Beren campus, where upperclassmen are chosen to serve as mentors to newer students. The Madrichot arrange specialized and unique programming for new students on campus throughout their first year of school. The Madricha program is an added layer of support for new students to help them ease into college life, while building on the foundations of Torah values and commitments that inspired them before they arrived at college.

### Mashgichim Ruchani'im

Our Mashgichim are concerned about the personal, religious growth of the women at the Beren Campus and strive to develop meaningful relationships with all students. They are available to offer guidance regarding issues of spiritual exploration and personal growth as well as to talk with students about religious life

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on campus. They give weekly classes on relevant topics and meet informally with groups of students. For specific contact information, please call 646-592-4126.

## **OFFICE OF UNIVERSITY HOUSING AND RESIDENCE LIFE**

The office of University Housing and Residence Life is located on the fifth floor of 215 Lexington (646-592-4163; [berenhousing@yu.edu](mailto:berenhousing@yu.edu)), with additional offices in each of the four dormitory buildings. Campus living provides students with an exciting and unique community, which offers a multitude of opportunities. The excitement of Midtown Manhattan coupled with the warmth and individual attention of our tight-knit dormitory community, create camaraderie in the Big Apple.

Housing is available for full-time undergraduate women in the following residence halls:

- Brookdale Residence Hall (50 East 34<sup>th</sup> Street) is a 20-story building consisting of 4 or 5 person suites, each with a private bathroom. There are also a number of “deluxe rooms” featuring fully renovated kitchens. This building houses most freshmen and sophomores and a high percentage of the junior class.
- Schottenstein Residence Hall (119 East 29<sup>th</sup> Street) offers the privacy of single rooms with communal bathrooms. It is located on the corner of 29<sup>th</sup> Street and Lexington Avenue.
- 35th Street Residence Hall (150 East 35<sup>th</sup> Street) consists of 4 and 6 person, deluxe apartments, each with a full kitchen.
- 36<sup>th</sup> Street Residence Hall (151 East 36<sup>th</sup> Street) is a 5-story walk-up, consisting of single and double (1 room for 2 people) rooms with communal bathrooms.

Residing in housing is required for all first year students and all students in housing are automatically enrolled in one of the dining plans offered through food services. The Residence Life program is geared to help students have the most positive, engaging and enjoyable experience possible at Yeshiva University. It is built to support a student’s journey of self-discovery and foster an environment to grow, explore and thrive, while benefitting from:

- A safe and secure environment that places students at the center of campus life and with easy access to a multitude of activities
  - Numerous amenities including comfortable lounges, state of the art fitness centers, updated laundry rooms and relaxed living space just steps away from the best New York City has to offer
  - Exclusive residence hall events and dynamic floor programming
  - An exceptionally caring environment with specially-trained Resident Advisors in every building, helping their residents navigate college life and dormitory living
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- Vital campus services at the students' doorstep — including academic advisement, career development, writing assistance, student counseling and more

Living on-campus is the ultimate way to ensure students get the very best of what Yeshiva University has to offer, both academically and with access to extra-curricular activities. It is a great way to make friends, become involved in a new community, and gain independence. For more information about university housing and how to apply online, please refer to the housing website <http://yu.edu/student-life/housing/women/>.

### **Shabbat Enhancement Program**

Shabbat on campus is not to be missed. The Shabbat Enhancement Program, sponsored by the Office of Student Life, enables students to enjoy a warm Shabbat atmosphere, with programs featuring dynamic guest speakers, including popular faculty members, prominent scholars, public figures and YU administrators. Student clubs and the student Shabbat Enhancement Committee help create the Shabbat programming which takes place every weekend throughout the academic year. There are also several coed Shabbatot which bring students from both undergraduate campuses together to enjoy Shabbat together on the Beren Campus. Our dynamic rabbinic couple hosts each Shabbat and welcome students and guests to an enjoyable, relaxing and most meaningful Shabbat experience.

### **OFFICE OF DISABILITY SERVICES**

The Office of Disability Services coordinates reasonable accommodations and support services for students with disabilities. Some of the disabilities served include physical, emotional, learning disabilities, ADHD, hearing impairments, and visual impairments. Students who have a documented disability, or who suspect that they may have a disability, are encouraged to contact the Office of Disability Services at 646-592-4132. They may also email [rkohn1@yu.edu](mailto:rkohn1@yu.edu) or drop in at 215 Lexington Avenue, Room 606.

### **Student Health**

The Undergraduate Student Health Center offers care for episodic illnesses and minor injuries on campus at no cost to the student. Should a student require emergency department services, specialist physician services or diagnostic testing, she will be referred through the Beth Israel Medical Center - Student Health Services network of providers.

The health center staff reviews the health forms for entering students and ensures compliance with the required immunization records. The professionally staffed Student Health Center is located in Brookdale Residence Hall 2B and can be reached at 212-340-7792.



Injuries and accidents which occur during YU educational or extracurricular activities are reported to the health center and the Office of Student Life by the staff member in charge of the activity. Students are required to immediately report any injury suffered on university premises to the nearest YU Security post.

### **COUNSELING CENTER**

The college years are exciting, challenging, and may also be stressful at times. The Yeshiva University Counseling Center is committed to supporting our students academically, spiritually and emotionally.

The Counseling Center provides undergraduates with a wide range of services, including assessment, short-term individual psychotherapy and medication management, crisis intervention, referrals and psycho-education workshops. Students dealing with adjustment problems, loneliness, depression, anxiety, or who just want to talk are encouraged to make an appointment. All services at the Counseling Center are free of charge and confidential. The Counseling Center is located in 205 Lexington Ave, suite 401. To schedule an appointment, please call 646-592-4210 or email [counseling@yu.edu](mailto:counseling@yu.edu). For more information, visit us at <http://www.yu.edu/student-life/counseling/>

### **ACADEMIC ADVISEMENT CENTER**

The Center offers services which include educating about college requirements, choosing a major, setting academic goals and strategies for academic success. A wide variety of academic advisement, including general academic, pre-health, pre-law, pre-engineering, shaped major, and internship advisement, is available through the Office of the Academic Dean. For assistance contact the Academic Advisement Center at 646-592-4170.

### **INTERNATIONAL STUDENTS**

The Office of International Students and Scholar Services (OISS) provides a wide range of services to over 400 international students and scholars studying and pursuing research at Yeshiva University. We provide immigration support and assistance with cultural adjustment, to help students achieve their educational goals. The OISS prepares immigration documents to enter the U.S. and apply for work permission; helps students maintain their legal status through guidance and interpretation of immigration regulations; and supports all types of cultural adjustment concerns. Contact information: Wilf Campus: 646-592-4203; Beren Campus: 646-592-4125; Jennifer Golden, Director, OISS at [oiss@yu.edu](mailto:oiss@yu.edu)

### **STUDENT GOVERNMENT**

Both Stern College for Women and Sy Syms School of Business have Student Councils, the student elected body dealing with student, faculty, and administrative

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matters as well as the planning of extracurricular activities on campus. The Torah Activities Council (TAC) plans Torah programming for all students such as lectures, volunteer activities, holiday events, and outreach programs. All three student councils work closely in planning the major campus-wide programs of the year. The Student Life Committee, comprised of student leaders, deans and college administrators, works to enhance the student experience on campus.

## **EXTRACURRICULAR ACTIVITIES**

Despite the heavy undergraduate course load, extracurricular activities are an important aspect of college life and encourage the integration of all aspects of the student's education. The university encourages students to take advantage of the unequalled cultural and recreational facilities of New York to further their particular interests, whether in the theater, music, art, sports, etc.

### **Clubs**

A wide variety of Student Council clubs, many inspired by academic interests, meet regularly during the school year. The Dramatics Society and So You Think Stern Can Dance afford an opportunity for theatrical expression as well as an opportunity to perform in the areas of song, dance, and drama. Women interested in music also enjoy participating in the choral groups and chamber music ensembles.

Our myriad clubs host speakers and symposia on topics of interest in various fields. Student councils, individual classes, and clubs often co-sponsor events. Radio Station WYUR, a student operated member of the Intercollegiate Broadcasting System, transmits programs of interest to students on all campuses.

At Sy Syms School of Business, the Tamid Group, Women in Business, Finance Club and others offer a full range of activities, including forums with guest speakers and social affairs. The Syms annual awards dinner, each year in May, is the yearly highlight.

All posters and notices announcing student events must carry the names of the sponsoring student councils and clubs. Clubs or student activities that are antithetical to the values and ideals of Yeshiva University will not be recognized or supported.

### **Athletics**

The Beren Campus offers an array of athletic opportunities for undergraduate women through its intercollegiate and intramural programs and through its numerous recreation/fitness activities. The Beren Campus has six NCAA Division III intercollegiate athletic teams that compete against other colleges throughout the Northeast. The program includes teams in cross country, basketball, fencing, soccer, tennis, and volleyball, which are open to all students with the interest, talent, and commitment to participate. A seventh team, Softball, should achieve varsity status within the next two years. The University offers no athletic scholarships; its teams generally compete only against other non-scholarship teams.



The student-run intramural athletics program utilizes the gymnasium in the college building and rented athletic facilities. The university takes advantage of the location of its Beren Campus by making use of commercial athletic facilities to supplement its own. Students compete against other Yeshiva University students in intramural athletic events in such sports as basketball, soccer, and volleyball.

For those students interested in staying or getting in good physical condition, five fully equipped fitness centers are located in the dormitories and school building. Fitness facilities are available from the early morning through late-night hours.

Athletics Department contact information: 245 Lexington Avenue, 11<sup>th</sup> floor; 212-340-7727.

Yeshiva University places the highest priority on the overall quality of a student's educational experience and on the successful completion of the academic requirements. The Department of Athletics seeks to establish and maintain an environment in which a student-athlete's athletic activities are conducted as an integral part of the overall educational experience. We strictly adhere to the principles of fair play and amateurism and place special importance on the impact of athletics on the participants rather than on the spectators. We seek to develop sportsmanship, ethical conduct, and positive societal attitudes in our student-athletes and provide an honest, fair, and open environment where the student's health and well-being is protected. The Department of Athletics encourages participation by maximizing the number and variety of athletic opportunities for students. No athletic events are scheduled on the Sabbath or Jewish Holidays.

### **Publications**

Students publish *The Observer*, the official student newspaper, and co-publish *Kol Mevasser*, a magazine with emphasis on Jewish studies. All publications are edited and published by the students themselves.