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To-do List

The following TO DO list will give you a step by step checklist of deadlines and forms that need to be submitted to Barnard. You may print this out to keep track of deadlines, but we encourage you to check back in case information is added or changed.			
<i>Date</i>	<i>TO DO/Contact Information</i>	<i>Description</i>	<i>Further instructions</i>
15-June	TO DO: Complete and submit Dining Services contract	All students must submit their choice of meal plan by completing a dining services contract	<i>Form included in packet.</i> Email completed form to VISP@barnard.edu
15-June	TO DO: submit information for adviser assignments.	Adviser Questionnaire - The Office of International Programs will use the information you provide to pair you with an academic advisor.	<i>Form included in packet.</i> Send the completed form to VISP@barnard.edu
Mid-June	TO DO: Complete and submit online Housing contract online housing descriptions	All students must submit their choice of housing by completing the housing contract	<i>You will receive an email from housing with instructions on how to fill out this form</i>
Mid-June	TO DO FIRST: Activate your eBear/email login Note: your eBear and Barnard email accounts and your UNI (see below) will be created in early December - we will let you know as soon as they are available.	eBear is an intranet portal to allow access to online resources not available to the public. You will use it to register, file your program, submit forms, and more. You should set up your email at the same time you set up eBear. Your eBear and Barnard email have the same login and password.	Read eBear instructions, which will give you the url for getting your login and password, and will explain how to find the online forms you will need to submit through eBear. You will need your seven-digit Barnard ID. This number can be found in your welcome letter (to arrive mid-June).
Mid-June	TO DO: Activate your NEW UNI	Your UNI (your initials + a four-digit number) will be used to access electronic resources throughout the university, including library journals and e-collections, computer labs, Courseworks and more.	Search for your assigned UNI; then create a unique password. Your SSN is required to set up your UNI. If you did not provide an SSN, the College has created a nine-digit number for you to use, provided in your welcome letter (to arrive mid-June).
Mid-June	TO DO: Submit ID photo Columbia University ID Office idcard@columbia.edu 212-854-7225	Avoid long lines and submit your photo now. Then your official CUID (Barnard/Columbia ID card) will be given to you when you arrive for Orientation.	Submit color photo online (jpeg format, must be passport-style: face forward, head and shoulders clearly visible. No photos with sunglasses/hats). Please note that you will need your SSN (or college-assigned nine-digit number, as mentioned above in the UNI section).
Mid-June	TO DO: Complete online Directory Information/ Emergency form via eBear.	Indicate whether or not you wish to be listed in online directories and whom you wish us to contact in case of an emergency.	Submit form via eBear

To-do List (continued)			
<i>Date</i>	<i>TO DO/Contact Information</i>	<i>Description</i>	<i>Further instructions</i>
Mid-June	TO DO: Complete online forms via eBear. Office of Disability Services 212-854-4634	(If applicable) 1) Needs Assessment Form 2) Disability Housing Request	Submit both forms via eBear
Mid-June	TO DO: Ask parents or guardians to complete online Family Information Form Barnard Parents	Parents are invited to connect with Barnard. Learn about the Parents Fund Council and meet other families.	Family Information Form (to be submitted by parent/guardian)
30-June	TO DO: Submit required health forms (<i>included in this packet</i>) Primary Care Health Services Elliot Wasserman 212-854-2091 ewasserman@barnard.edu	The Primary Care Health Service provides treatment of acute and chronic illness, gynecological care, health and nutrition counseling, allergy treatments, vaccinations, medications dispensary, a 24/7 emergency clinician-on-call, a travel health clinic, health promotion and education, and referral to off-campus specialists .	NYS Health Law requires all students to submit:1) Record of Immunization for Measles, Mumps And Rubella 2) a signed Meningitis Response Form. NOTE: Students who fail to submit the required information may be asked to leave the campus.
1-Aug	TO DO: email your flight information to VISP@barnard.edu so we may prepare for your arrival. <i>Please note that we do not provide transportation from local airports to campus.</i>		
1-Aug	TO DO: Payment due IN FULL. Office of the Bursar bursar@barnard.edu 212- 854-2026	Payment is due August 1. Please note that there is no grace period. Late fees will accrue after the deadline has passed. Registration for classes will not be permitted until all balances due to the College have been cleared.	You will receive your bill in early July. Click here to pay bills online at Barnard Click here for instructions to pay via wire transfer
28-Aug	Move-in to your residence hall	You must check in with Rachel 9am-5pm.	See more arrival information in this packet.
29-Aug	Orientation begins	Meet your fellow domestic and international Barnard students, get to know the campus, and explore the city!	Click here to learn more about the New Student Orientation Program (NSOP) (you will be on the “transfers” track)
15-Sept	TO DO: purchase mandatory student insurance	Purchase this insurance online for \$58 for full-year coverage	Click here to purchase insurance.

Arrival information

- o You should plan to arrive at Barnard on Sunday, August 28, 2011. Please send your arrival day/time/flight information to us at visp@barnard.edu by August 1. We need to be able to plan for your arrivals.
- o When you arrive at either JFK or Newark airports, you will need to go through customs and get your luggage and then come to Barnard. There will be lines for yellow taxis waiting outside baggage claim, if you wish to take a taxi. Do NOT agree to take a ride from anyone offering taxi services inside baggage claim; if you plan to take a taxi follow the airport signs for the taxi line and you will see an organized system for getting a yellow cab. Depending on how you choose to get from the airport to Barnard, it can take 45 minutes to 2 hours in transit.
- o Information on buses, trains and other transportation from the airports to Manhattan is available here:

<http://www.panynj.gov/airports/ewr-ground-transportation.html> (Newark)

<http://www.panynj.gov/airports/jfk-ground-transportation.html> (JFK)
- o When you arrive to Barnard, go directly to your residence hall to check-in and receive your packet.
- o Please arrive 9am-5pm. If you experience major delays in your arrival you should call my office at 212-854-1777 to notify us.

Packing List

Dear student,

Though this list is intended for full-time students, we thought you might find it helpful as well. Some things you will bring from home; others you should buy or rent in NYC. Don't worry, we'll also take you to a store where you can get everything you couldn't pack or forgot to bring!

For Your Room:

- Air purifier (if you are prone to allergies)
- Alarm clock
- Blanket, comforter, extra long twin sheets, pillow(s)
- Camera
- Cleaning supplies (broom and dustpan, glass cleaner, sponges, small trash bags)
- Clothes hangers
- First aid kit, flashlight, sewing kit
- Lamps (we recommend a three-spotlight floor lamp;
- Pictures, plants, posters, decorations, rug
- Small cube refrigerator (or rent one from [Collegiate Storage & Rental](#))
- Small desk-top fan (window fans are not permitted)
- Storage crates
- Surge protector power strip (regular extension cords are not permitted)
- Umbrella, raincoat, boots, winter coat
- Waste basket

For College Life:

- ALL BARNARD correspondence you received over the fall
- Address book, envelopes, stationery, stamps
- Appointment book, calendar
- Book bag or knapsack
- Computer, laptop, printer, USB drive
- Desk supplies: pens, pencils, eraser, glue, scissors, highlighters, notebooks, tape, thumbtacks, stapler

For Personal Needs:

- Blow dryer and hair products
- Laundry bag, detergent, iron, small ironing board
- Personal care products
- Shower caddy
- Towels, washcloths, shower shoes

What NOT To Bring:

- All of your books and notes from high school
- Air conditioner or window style fan
- Blue or Yellow "sticky putty" or double sided tape for hanging posters (we recommend blue painter's tape)
- Candles (even dewicked ones) or incense (they are fire hazards and NOT permitted)
- Cinder blocks
- Extra furniture
- Halogen lamps (they are fire hazards and NOT permitted)
- Microwave oven, hot plate, open coil heater, toaster oven, or toaster
- Pets
- Telephone, answering machine, or modem (they will not work in our buildings)
- Your entire wardrobe

Academic Calendar 2011-2012

(most updated version available [here](#))

Fall Term 2011

Monday, Sep 5 - Labor Day - University Holiday

Tuesday, Sep 6 - First Day of Classes

Friday, Sep 16 - End of Change of Program Period, Last Day to Add Class, Last Day to Receive Tuition Refund for Class Dropped

Tuesday, Oct 11 - Last Day to Drop Class

Thursday, Oct 20 - Midterm Date

Monday, Nov 7 - Academic Holiday

Tuesday, Nov 8 - Election Day - University Holiday

Thursday, Nov 17 - Last Day to Pass/Fail

Thursday, Nov 24 - Thanksgiving Day - University Holiday

Friday, Nov 25 - University Holiday

Monday, Dec 12 - Last Day of Classes

Tuesday, Dec 13 - *Thursday, Dec 15* - Study Days

Friday, Dec 16 - *Friday, Dec 23* - Final Examinations

Spring Term 2012

Monday, Jan 16 - Martin Luther King Jr. Birthday Observed - University Holiday

Tuesday, Jan 17 - First Day of Classes

Friday, Jan 27 - End of Change of Program Period, Last Day to Add Class, Last Day to Receive Tuition Refund for Class Dropped

Tuesday, Feb 21 - Last Day to Drop Class for Most Schools

Monday, Mar 5 - Midterm Date

Monday, Mar 12 - *Friday, Mar 16* - Spring Recess

Thursday, Mar 22 - Last Day to Drop Class for Schools Not Noted Above

Thursday, Mar 22 - Last Day to Pass/Fail

Monday, Apr 30 - Last Day of Classes

Tuesday, May 1 - *Thursday, May 3* - Study Days

Friday, May 4 - *Friday, May 11* - Final Examinations

Wednesday, May 16 - Commencement

Advice from previous students

- Don't put too much on your plate: of course academics matter but this year abroad is way more than just classes.
- Try to hang out with American students, that's the best way to discover American culture from the inside
- Start travelling as soon as you can, time flies too quickly and it's great to be able to discover some other parts of the country (on the east coast, the main cities are really not far away from NYC: DC, Boston, Philadelphia...)
- Don't take too many things in your suitcases: you'll need room for what you'll bring back home!
- Don't buy your books full prices at the bookstore, try [amazon.com](https://www.amazon.com) or other discount websites
- Explore, explore the city! Walk, get off the subway somewhere and walk again!
- Try to know which kind of classes you'd like to take: it's not because the American system is different from our own that you have to try it all if it doesn't fit your way of working. If you're not comfortable speaking out in a class, don't pack your schedule only with seminars!
- Try a dance class.. so great! live music and wonderful instructors
- NYC is an amazing ethnic city: try a bunch of different restaurants, get your palate used to spicy food, Thai food, Indian food, Ethiopian food.
- Go for a musical on Broadway
- Get on the mailing list of the departments you're interested in: they have a bunch of events really interesting to attend
- Open an account with Citibank
- Virgin Mobile was a great plan for me as for the phone company
- Go to all the VISP programs as it is good to meet friends who are in a similar position to you (and they are super fun!)
- Make the most of all the amazing extra-curricular programs Barnard has to offer, starting in your first semester! I didn't get involved with any extra-curricular until the second semester and that was a huge mistake as it is a great way to meet friends and learn cool new stuff.
- Make the most of Barnard's dedicated academics, go to the lectures and professor's office hours. Have a look on Culpa to check your prof out but take it with a large pinch of salt. Check out the greenhouse above Milbank hall and St John's Divine Cathedral's peacock garden.
- Explore uptown! Harlem has a rich history and its own distinctive street life that has been lost elsewhere in New York. I love the Studio Museum and it is a 15 minute walk away from Barnard.
- Learn to take the A train on 125th street- I did in my last few weeks and you can get to the Lower East Side in half an hour. Take weekend trips outside the city, you never know when you will have the time again.
- One recommendation I have is sign up for classes immediately, as in whenever the shopping period begins. It's such a shame not to get into a class simply because you signed up a bit later. Don't put it off! I would advise adding *all* the classes you're interested in, and then testing them out to see which teachers you like etc. It makes for a hectic 'shopping period' and often I'd leave a class early, so as not to miss the next one, but it meant that I got a real sense for what my options were.
- One other piece of advice, is remember to email professors directly when you're signing up for a seminar. MOST seminars require you to send teachers a small description of yourself, your academic interests etc. Adding the class on ebear does NOT GUARANTEE you'll get into the seminar in many cases.

Medical and Health Information

Requirements for Attendance

The following are the vaccinations that a student studying in a secondary institution in New York State, i.e. Barnard, needs to have or show proof of having immunity through a titer (lab test to show immunity).

The Meningitis vaccine is advisable but not mandatory. When you fill out our online forms, you will need to choose from 3 options (which is NYS mandated) a. I've had the vaccine and when; b. I will have the vaccine within 30 days or c. I choose not to have the vaccine.

Measles

Students born on or after January 1, 1957 must submit proof of immunity to measles. Only one of the following is required:

- The student must submit proof of two doses of live measles vaccine: the first dose given no more than 4 days prior to the student's first birthday and the second at least 28 days after the first dose; **or**
- The student must submit serological proof of immunity to measles. This means the demonstration of measles antibodies through a blood test performed by an approved medical laboratory; **or**
- The student must submit a statement from the diagnosing physician, physician assistant or nurse practitioner that the student has had measles disease;

Mumps

Students born on or after January 1, 1957 must submit proof of immunity to mumps. Only one of the following is required:

- The student must submit proof of one dose of live mumps vaccine given no more than 4 days prior to the student's first birthday; **or**
- The student must submit serological proof of immunity to mumps. This means the demonstration of mumps antibodies through a blood test performed by an approved medical laboratory; **or**
- The student must submit a statement from the diagnosing physician, physician assistant, or nurse practitioner that the student has had mumps disease

Rubella

Students born on or after January 1, 1957 must submit proof of immunity to rubella. Only one of the following is required:

- The student must submit proof of one dose of live rubella vaccine given no more than 4 days prior to the student's first birthday; **or**
- The student must submit serological proof of immunity to rubella. This means the demonstration of rubella antibodies through a blood test performed by an approved medical laboratory (Since rubella rashes resemble rashes of other diseases, it is impossible to diagnose reliably on clinical grounds alone. Serological evidence is the only permissible alternative to immunization.);

Medical and Health Information (cont.)

Meningococcal Disease

New York State PHL Section 2167 requires post-secondary institutions to distribute information about meningococcal disease and vaccination to the students, or parents or guardians of students under the age of 18. The institution is required to maintain a record of the following for each student:

- Certificate of Immunization for meningococcal meningitis disease; **or**
- A response to receipt of meningococcal meningitis disease and vaccine information signed by the student or the student's parent or guardian; **AND, EITHER**
- Self reported or parent recall of meningococcal meningitis immunization within the past 10 years; **or**
- An acknowledgement of meningococcal disease risks and refusal of meningococcal meningitis immunization signed by the student or student's parent or guardian.

REQUIRED Supplementary Insurance

Supplemental Insurance Plans: Enrollment Deadline is **September 15!**

Full-year: \$56

REMINDER: **September 15** is the deadline to purchase the supplemental Aetna Student Health Plan (ASH) insurance plan, which is especially helpful for students who do not have insurance through parents or guardians.

Coverage is until August 21, 2012.

All students are already automatically covered under ASH's basic plan, which has

umbrella coverage of \$5,000 per illness/per policy year. This supplemental insurance is **required** in order to maintain your visa.

To make this purchase, please go to www.aetnastudenthealth.com and go to the Students link (top left corner) and type in Barnard. Next click "Plans and Products Offered to You." From there click "Enroll" then "Enroll Here: For Your Aetna Student Health Plan." You will need your Barnard student ID# and a Visa or Mastercard.

Should you have any questions, please contact the Primary Care Health Service's Department Manager at 212-854-8305.

Summer 2011

Dear Incoming Student:

Welcome to Barnard College! This letter is intended as a guide to help you through the Health Service portion of the admissions process. We will also offer some important tips on how to take good care of yourself while you are here.

First, it is essential that you complete all of the medical forms that are included in the links on the admissions site. New York State law requires that all students have documentation of 2 measles, mumps and rubella (MMR) vaccinations and that all students complete the Meningitis Response form.

These forms are essential to your being allowed to enter the Residence Halls at Barnard.

Please arrange an appointment with your medical provider in order to have all the proper forms completed in time. All forms must be sent together, at the same time, via fax or by mail. It is not necessary to send them both ways.

All forms must be submitted together at the same time to avoid confusion about missing or duplicate pages

Forms should be submitted via fax to 212-854-2702 (preferred method)

OR via mail to Barnard College Primary Care Health Service, Lower Level Brooks Hall
3009 Broadway, New York, NY 10027

These forms must be submitted by June 30, 2011

Please retain a copy of all forms for your records

Late submission of forms after the deadline may put you at risk for housing and registration holds

Secondly, we have some suggestions for you on how to prepare for Barnard. Some of these suggestions are based on experience with current students, and some are based on recommendations endorsed by the Society for Adolescent Medicine. At the time of your required pre-college exam by your medical provider, please take advantage of that visit to get to know details about your health.

- Learn your family medical history. This may be in your records from when you were much younger and may contain information of which you are not aware.
- Obtain a copy of your immunization history for your own personal records.
- Discuss any ongoing medical or psychiatric problems with your medical provider and formulate a plan for the care you will need at Barnard. If you have a chronic illness, it would be advisable for you to bring a copy of your medical records with you. If ongoing medical follow-up is needed, please visit us at the Primary Care Health Service when you arrive. We can either work with you here or refer you to a specialist as needed. (We maintain a list of board-certified specialists.)
- Learn about your health insurance coverage and if you have private family health insurance bring your insurance card with you.
 - Does your plan cover health care in New York City?
 - Do you have a prescription plan? What is your co-pay?

If you have a specific insurance question call your insurance company.

- There is no per-visit fee for you to be cared for in the Barnard Primary Care Health Service. However, if you need a referral to an outside specialist, that visit is **not** free. In that case, if you have private family insurance, you will use your own insurance first, and then the mandatory insurance provided by Barnard College will cover at least part of the referral visit. If you do not have private/family health insurance, we encourage you to purchase the Supplemental plan offered through Aetna Student Health after August 22, 2011 at http://www.aetnastudenthealth.com/stu_conn/student_connection.aspx?groupID=474925
During the academic year, the insurance will cover visits only if a Barnard Health Service provider has referred you.
- We maintain a small dispensary on site for commonly used medications, for which there is a charge. We accept Visa, MasterCard, or Checks (from a U.S. bank). Please note that we **do not** accept Cash, American Express or Discover.
If you have private insurance with a prescription plan, you might be given a prescription to be filled in a local pharmacy, as your co-pay may be less than we charge you for your medication.
- Bring a small medical kit to use “*just in case.*” This should include the following:
 - a digital thermometer
 - acetaminophen or ibuprofen
 - diphenhydramine (Benadryl)
 - your favorite cold preparation
 - a chemical ice pack
 - Band-aids
 - antibiotic ointment
 - and anything else that you wish to include

We look forward to meeting you. Please let us know if there is anything we can do to help make your transition here an easier one.

Sincerely,

Brenda Slade

Brenda Slade, NP, MA
Director

Marjorie Seidenfeld

Marjorie Seidenfeld, MD
Medical Director

BARNARD

THE LIBERAL ARTS COLLEGE
FOR WOMEN
IN NEW YORK CITY

INCOMING STUDENT IMMUNIZATION INFORMATION

PRIMARY CARE HEALTH SERVICE
BROOKS HALL – LOWER LEVEL
212-854-2091(main desk) / 212-854-2702 (Fax)
For questions e-mail:
ewasserman@barnard.edu

The vaccinations and/or proofs of immunity for MMR and the completion of the Meningitis Response form are required by New York State Public Health Laws 2165 and 2167. Please print out the next several pages, bring them to your health care provider to document your immunity from measles, mumps and rubella. If you have had a meningococcal meningitis vaccination, you will need to provide documentation of that as well. In addition to the requirements of the law, Barnard College requires other immunization information.

Please have all dates in the mm/dd/yyyy format

Date ____/____/____

Birth Date ____/____/____

PART I

Name _____
Last First M

Address _____

City, State, Zip _____

Part II - TO BE COMPLETED & SIGNED BY YOUR HEALTH CARE PROVIDER.

All information must be in English.

A. M.M.R. (Measles, Mumps, Rubella) (Two doses required.)

1. Dose 1 Must have been given at age 12 months or later

(Date:) _____

2. Dose 2 given at age 4-6 years or later (at least one month after first dose)

(Date:) _____

(Please complete only if applicable)

3. Date of Measles Titer _____ Result: Positive Negative

Date of Mumps Titer _____ Result: Positive Negative

Date of Rubella Titer _____ Result: Positive Negative

B. TUBERCULOSIS SCREENING

1. Have you ever lived for at least 1 month in the Middle East, Africa, Asia, or Latin America. Yes No
2. Have you ever had close contact with anyone with tuberculosis? Yes No
3. Have you ever had close contact with anyone who is incarcerated, homeless, a migrant farm worker, HIV infected or an IV drug user? Yes No

If you have answered “NO” to All of the above questions, you may skip to the bottom of this page and continue.

If you have answered “YES” to any of the above questions, a PPD or Mantoux test is required. Please answer the applicable TB-related questions on this page.

Date of PPD placement _____ Date of Reading _____

4. Chest x-ray (required if tuberculin skin test is positive) result: normal abnormal

Date of chest x-ray (If TB skin test positive) _____

Date TB Prophylaxis was given _____

B. Hepatitis A

Dose #1 _____ Dose #2 _____

or

Hepatitis A Titer: Date _____ Result Positive Negative

Hepatitis B

Dose#1 _____ Dose#2 _____ Dose#3 _____

Hepatitis B Titer: Date _____ Result Positive Negative

C. Varicella Immunization (Chicken Pox)

Dose#1 _____ Dose#2 _____

or

Varicella Titer: Date _____ Result Positive Negative

TETANUS-DIPHTHERIA-PERTUSIS (Primary series with DTaP or DTP and booster with Td in the last ten years meets requirement.)

Primary series of four doses with DTaP or DTP:
Completed Basic Series: Yes No

Tdap (date of most recent booster)_____

C. POLIO (Primary series in childhood meets requirement; three primary series schedules are acceptable)

Completed Basic Series? Yes No

Last Polio Booster date_____

D. HPV VACCINE (dates for each one)

#1 _____ #2 _____ #3 _____

Health Care Provider's Information : (Please note that only a physician, physician's assistant or nurse practitioner are acceptable signatures.)

Provider's Name

Signature

Provider's address

Place Provider's Stamp Here

Provider's Telephone and Fax number

Date (mm/dd/yyyy)

Please read these questions and answers before answering the Meningitis Response form

General Meningitis Questions

Q: What is meningitis?

A: Meningitis is an inflammation of the membranes that cover the brain and spinal cord. People sometimes refer to it as spinal meningitis. Meningitis is usually caused by a viral or bacterial infection. Knowing whether meningitis is caused by a virus or bacterium is important because the severity of illness and the treatment differ depending on the cause. Viral meningitis is generally less severe and clears up without specific treatment. But bacterial meningitis can be quite severe and may result in brain damage, hearing loss, or learning disabilities. For bacterial meningitis, it is also important to know which type of bacteria is causing the meningitis because antibiotics can prevent some types from spreading and infecting other people. Before the 1990s, *Haemophilus influenzae* type b (Hib) was the leading cause of bacterial meningitis. Hib vaccine is now given to all children as part of their routine immunizations. This vaccine has reduced the number of cases of [Hib infection](#) and the number of related meningitis cases. Today, *Streptococcus pneumoniae* and *Neisseria meningitidis* are the leading causes of bacterial meningitis.

Q: What are the signs and symptoms of meningitis?

A: High fever, headache, and stiff neck are common symptoms of meningitis in anyone over the age of 2 years. These symptoms can develop over several hours, or they may take 1 to 2 days. Other symptoms may include nausea, vomiting, discomfort looking into bright lights, confusion, and sleepiness. In newborns and small infants, the classic symptoms of fever, headache, and neck stiffness may be absent or difficult to detect. Infants with meningitis may appear slow or inactive, have vomiting, be irritable, or be feeding poorly. As the disease progresses, patients of any age may have seizures.

Bacterial Meningitis Questions

Q: How is bacterial meningitis diagnosed?

A: Early diagnosis and treatment are very important. If symptoms occur, the patient should see a doctor immediately. The diagnosis is usually made by growing bacteria from a sample of spinal fluid. The spinal fluid is obtained by performing a spinal tap, in which a needle is inserted into an area in the lower back where fluid in the spinal canal can be collected. Identification of the type of bacteria responsible is important for selection of correct antibiotics.

cont'd on page 2

Q: Can bacterial meningitis be treated?

A: Bacterial meningitis can be treated with a number of effective antibiotics. It is important, however, that treatment be started early in the course of the disease. Appropriate antibiotic treatment of most common types of bacterial meningitis should reduce the risk of dying from meningitis to below 15%, although the risk is higher among the elderly.

Q: Is bacterial meningitis contagious?

A: Yes, some forms of bacterial meningitis are contagious. The bacteria can mainly be spread from person to person through the exchange of respiratory and throat secretions. This can occur through coughing, kissing, and sneezing. Fortunately, none of the bacteria that cause meningitis are as contagious as things like the common cold or the flu. Also, the bacteria are not spread by casual contact or by simply breathing the air where a person with meningitis has been.

However, sometimes the bacteria that cause meningitis have spread to other people who have had close or prolonged contact with a patient with meningitis caused by *Neisseria meningitidis* (also called meningococcal meningitis) or Hib. People in the same household or daycare center, or anyone with direct contact with a patient's oral secretions (such as a boyfriend or girlfriend) would be considered at increased risk of getting the infection. People who qualify as close contacts of a person with meningitis caused by *N. meningitidis* should receive antibiotics to prevent them from getting the disease. This is known as prophylaxis. Prophylaxis for household contacts of someone with Hib disease is only recommended if there is 1 household contact younger than 48 months who has not been fully immunized against Hib or an immunocompromised child (a child with a weakened immune system) of any age is in the household. The entire household, regardless of age, should receive prophylaxis in these cases.

Q: Are there vaccines against bacterial meningitis?

A: Yes, there are vaccines against Hib, against some serogroups of *N. meningitidis* and many types of *Streptococcus pneumoniae*. The vaccines are safe and highly effective.

Taken from the CDC website: <http://www.cdc.gov/meningitis/about/faq.html#b>

Barnard College Primary Care Health Service Information and Consent Form

Please read the Important Consent Information sheet prior to signing this form

Welcome to the Barnard College Primary Care Health Service! We are looking forward to working with you during your time at Barnard. Our clinical services offer a full range of primary care and women's health care with referral to outside consultants when indicated. **There is no charge for your visit. Most laboratory tests are without charge, as are x-rays, and other procedures we may order. A wide variety of medications are offered onsite at a significant discount.**

In addition to clinical care, we offer a variety of other services: nutrition counseling, stress reduction programs, sexual health counseling and peer health education and outreach through the Well-Woman program. We work closely with other health-related services, including the Furman Counseling Center, Alcohol Substance Awareness Program (ASAP), and the Barnard-Columbia Rape Crisis Anti-Violence Support Center. We operate as a clinic and therefore your clinician may consult with another clinician *within* the Health Service, ASAP or the Counseling Center if it is clinically necessary to provide you with the most appropriate care.

More information on staff, services, hours and links to other health sites is available at www.barnard.edu/primarycare.

No information will be released outside the Health Service, either within the college or to your family, without your express prior consent.

Our mission is not only to provide you with excellent and sensitive clinical care but also to enable you to become informed and knowledgeable health care consumers. We ask that you help us by providing feedback regarding your satisfaction with our services. Specifically, if you are dissatisfied with your care at any point, *please* either speak with the clinician involved, or with director of the service (x4-2091)

PLEASE SEE THE BARNARD PRIMARY CARE HEALTH SERVICE NOTICE OF PRIVACY PRACTICES AS REQUIRED BY FEDERAL LAW, WHICH DESCRIBES HOW HEALTH INFORMATION ABOUT YOU (AS A PATIENT OF THIS PRACTICE) MAY BE USED AND DISCLOSED, AND HOW YOU CAN HAVE ACCESS TO YOUR INDIVIDUALLY IDENTIFIABLE HEALTH INFORMATION

Receipt of Notice of Practice Information and Privacy Practices Written Acknowledgement

I have been made aware of and offered the opportunity to read a copy of Barnard College Primary Care Health Service Notice of Practice Information and Privacy Practices.

Signature of Patient

Date

Print Name of Patient

Barnard College Primary Care Health Service
Lower Level Brooks Hall, 3009 Broadway
New York, New York 10027
Phone 212.854.2091 Fax 212.854.2702
www.barnard.edu/primarycare

MENINGOCOCCAL MENINGITIS VACCINATION RESPONSE FORM

New York State Public Health Law requires that all college and university students enrolled for at least six (6) semester hours or the equivalent per semester, or at least four (4) hours per quarter, complete and return the following to Barnard College Primary Care Health Service. Please refer to our website at www.barnard.edu/primarycare for more information on meningitis.

Please print legibly in black ink

Name _____
First Middle Last

Home Address _____
Street City State Zip

Barnard ID # _____ Student e-mail: _____

Student cell phone: _____

Date of entry to Barnard: ____/____/____ Date of Birth: ____/____/____
M Y M D Y

Check one box only

I have (my child has) had the meningococcal meningitis immunization within the past 10 years.
Date received (MM/DD/YY) ____/____/____
Documentation of the meningitis vaccination (e.g. Menomune or Menactra) signed by your health care provider must be submitted with this form.

I have read, or have had explained to me, the information regarding meningococcal meningitis disease. I (my child) will obtain immunization against meningococcal meningitis within **30 days** of the beginning of the next semester.

I have read, or have had explained to me, the information regarding meningococcal meningitis disease. I understand the risks of not receiving the vaccine. I have decided that I (my child) will **not** obtain the immunization against the meningococcal meningitis disease.

Signed _____

Date

(*Student's signature OR Parent/Guardian's signature if student is under age 18*)

(MM/DD/YY)

Parent/Legal Guardian Section of Health Form

Consent for Treatment of Minors:

If your daughter is UNDER age 18 this form must be completed.
(Please print legibly in black ink.)

I, _____ hereby give permission to the clinicians at
(Name of Parent/Guardian)

Barnard College Primary Care Health Service to provide medical care for

(Students Legal Name)

I understand that clinicians are compelled by the laws of the State of New York to maintain my daughter's confidentiality with regard to all sexuality-related health needs.

Signature of Parent/Legal Guardian

Date

BARNARD

2011-12 Upper-class Dining Contract

Please check

- Sophomore/Junior/Senior Barnard
 Transfer Student Columbia

Please print clearly

Last Name _____ First Name _____ BC ID No. _____
 Billing Name _____ Phone Number _____
 Billing Address _____ E-Mail _____
 City _____ State _____ Zip Code _____

Please check **ONE** meal plan below

Standard Board Plan Cost [per semester]			
00	<input type="checkbox"/> Unlimited Plan	120 Points	\$2,691.00
15	<input type="checkbox"/> 150 Meal Plan	430 Points	\$1,863.00
17	<input type="checkbox"/> 75 Meal Plan	200 Points	\$ 900.00
18	<input type="checkbox"/> 60 Meal Plan	300 Points	\$ 900.00
21	<input type="checkbox"/> 30 Meal Plan	0 Points	\$ 300.00
22	<input type="checkbox"/> 15 Meal Plan	150 Points	\$ 300.00
25	<input type="checkbox"/> Points Only Plan	300 Points	\$ 300.00

Kosher Board Plan Cost [per semester]			
04	<input type="checkbox"/> Unlimited Plan	120 Points	\$2,846.00
16	<input type="checkbox"/> 150 Meal Plan	430 Points	\$1,967.00
19	<input type="checkbox"/> 75 Meal Plan	200 Points	\$1,000.00
20	<input type="checkbox"/> 60 Meal Plan	300 Points	\$1,000.00
23	<input type="checkbox"/> 30 Meal Plan	0 Points	\$ 350.00
24	<input type="checkbox"/> 15 Meal Plan	150 Points	\$ 350.00
25	<input type="checkbox"/> Points Only Plan	300 Points	\$ 300.00

- For Barnard students, this contract is for the academic year. For Columbia students, it is for one semester. A drop or change of a dining plan will not be accepted after the fourth day of each semester (September 9, 2011 and January 20, 2012). Charges will be prorated during this period. A Dining Service Change Form must be completed with the Barnard Bursar.
- All Barnard students (full time commuters and all dorm residents) are required to enroll in a Barnard meal plan. First year students residing on campus are required to enroll in an Unlimited Plan. Upper-class Students residing on floors 2-8 in the Barnard Quad (Brooks, Hewitt, Reid, and Sulzberger Halls) are required to enroll in a "150 Meal Plan" as a minimum. Students residing elsewhere in Barnard/Columbia housing and all full-time Commuters are required to enroll in a \$300 Plan as a minimum.
- When dropping a meal plan, any remaining meal plan points are forfeited.
- Any meal plan points remaining at the end of the Fall semester may be carried over to the Spring semester providing the student remains enrolled in a Barnard meal plan during the Spring semester. Any meal plan points remaining at the end of the Spring semester are forfeited.
- Unused meals do not carry over from the Fall to the Spring semester.
- I understand that by signing this contract, I am authorizing the College to enroll me in the meal plan specified above. I agree to be liable for the plan unless I cancel it in writing on the Barnard College Dining Services Change Form prior to the start of the semester. If I do not cancel it prior to the semester and if I default on my payment, the College may disclose that I have defaulted, along with relevant information to credit reporting agencies. I understand that the College reports delinquent accounts to a collection agency. I agree to pay any costs of collection including, without limitation, interest, penalties, collection agency costs, court costs, and attorney fees. Collection costs can be up to 40%. This agreement applies to any

I have read and understand this contract and agree to abide by all terms and conditions contained within it.

Student Signature _____ Date _____

Questionnaire for VISP Students

Name _____

1. What are your main academic interests at this time?
2. What do you consider to be your academic strengths?
3. What do you consider to be your academic weaknesses?
4. What is your greatest concern about coming to Barnard? Coming to New York?
5. What is one thing you would definitely like to pursue while at Barnard, either academically or personally?
6. Do you prefer to work collaboratively or independently?
7. What are your favorite ways to spend time? Hobbies? Interests?
8. What would you like your adviser to know about you?
9. Why did you decide to study abroad? Why did you choose to come to Barnard specifically?