

HEALTH SCIENCE CENTER

RESOURCE LIST

HSC LIBRARY

THE HSC LIBRARY OFFERS A TRANQUIL ENVIRONMENT AND ABUNDANT NATURAL LIGHT, MAKING IT AN IDEAL SETTING FOR FOCUSED LEARNING AND COLLABORATIVE STUDY SESSIONS.



STUDENT LOUNGE

THE MEDICAL STUDENT LOUNGE OFFERS A QUIET SPACE WITH REFRIGERATORS, MICROWAVES, COUCHES, AND A FOOSBALL TABLE, WHERE STUDENTS CAN RELAX AND TAKE A BREAK FROM THEIR STUDIES.



MART/HSC CLASSROOMS

STUDENTS CAN RESERVE CLASSROOMS IN THE MART BUILDING AND HSC FOR STUDYING. THIS IS PERFECT FOR GROUP STUDYING OR ANYONE WHO ENJOYS USING A WHITEBOARD. REACH OUT TO KIMBERLY MALAMUTT TO RESERVE!



LEARNING SPECIALISTS 2-154A

THE LEARNING SPECIALISTS AT STONY BROOK MEDICINE OFFER INVALUABLE SUPPORT TO STUDENTS, PROVIDING TAILORED GUIDANCE THAT HELPS OPTIMIZE STUDY STRATEGIES AND ENHANCE ACADEMIC PERFORMANCE.



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WATER FOUNTAINS/MICROWAVES

THERE ARE A FEW MICROWAVES AND WATER FOUNTAINS NEAR THE LIBRARY. THE CLOSEST WATER FOUNTAIN TO THE LIBRARY IS DIRECTLY UP THE ESCALATORS IN FRONT OF THE LIBRARY; MICROWAVES ARE LOCATED BELOW ON L2, AND ALSO IN THE MART.



SNACKS/FOOD

BESIDES THE MAIN CAFETERIA ON L5, THERE IS A STARBUCKS LOCATED NEAR THE MAIN PATIENT ENTRANCE OF THE HOSPITAL. WE ALSO HAVE A "GRAB AND GO"/SANDWICH SHOP DIRECTLY TO THE RIGHT OF THE ESCALATORS ON L5. THERE IS ALSO A VENDING MACHINE LOCATED DIRECTLY ON THE LEFT OF THE ESCALATORS ON L3.



CAPS OFFICE 3-040F

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) OFFERS FREE AND CONFIDENTIAL SERVICES TO STUDENTS INCLUDING crisis intervention, brief counseling for individuals, couples, and groups. counseling is completely confidential!



MISCELLANEOUS

THE HOSPITAL ALSO HAS OTHER THINGS THAT STUDENTS MAY NEED SUCH AS A CHAPEL, AND A LACTATION ROOM. THE STONY BROOK UNIVERSITY HOSPITAL CHAPEL IS LOCATED ON LEVEL 5 BY THE MAIN HOSPITAL ENTRANCE NEAR THE GIFT SHOP. THERE ARE ALSO LACTATION PRIVACY PODS LOCATED ALONG THE SIDE OF THE CAFETERIA ON L5.



HSC RELAXATION SPACES

RESOURCE LIST

MART

THERE IS A NICE LOUNGE AREA WITH COMFORTABLE CHARIS OUTSIDE OF THE TBL CLASSROOMS IN THE MART, WITH A MICROWAVE AND WATER FOUNTAIN NEARBY.



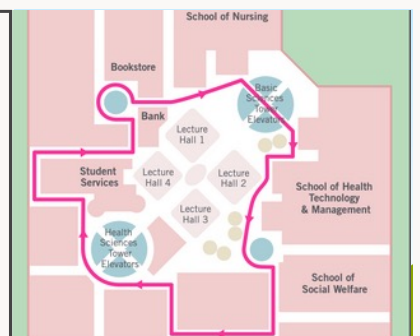
OUTDOOR TERRACES

THE HSC HAS A NUMBER OF OUTDOOR TERRACES, PROVIDING THE PERFECT SPOT TO SOAK UP SOME SUNSHINE OR ENJOY A PEACEFUL LUNCH IN THE FRESH AIR!



WELLNESS WALK

THE WELLNESS WALK ON THE SECOND FLOOR OF STONY BROOK'S HEALTH SCIENCE CENTER IS A DEDICATED PATHWAY DESIGNED TO INSPIRE MOMENTS OF PEACE AND MENTAL CLARITY DURING A BUSY DAY.



COMFORTABLE CHAIRS IN HSC

THERE ARE A NUMBER OF COMFORTABLE CHAIRS AND BOOTHS SPRINKLED THROUGHOUT THE HALLWAYS OF THE HSC FOR RESTING, RELAXING, OR STUDYING. THESE CAN BE FOUND NEAR THE CSC OR VENDING MACHINES ON L2 AND ON L3 IN THE GALLERIA.



STUDENT CLUBS

RESOURCE LIST

DOCS FOR ROCKS

JOIN THIS CLUB IF YOU WANT TO CLIMB WITH FRIENDS OR LEARN HOW TO BELAY - SOMETIMES THEY EVEN ORGANIZE OUTDOOR CLIMBING TRIPS!



RUNNING CLUB

THE RUNNING CLUB ORGANIZES EVENTS TO RUN, JOG, OR WALK WITH FRIENDS, SUCH AS AROUND CIRCLE ROAD OR AT THE SETAUKET GREENWAY TRAIL. THEY OFTEN PROVIDE FOOD OR SNACKS AFTERWARD, TOO!



WEEKLY GROUP

LOOK OUT FOR WEEKLY EMAILS FROM THE STUDENT ORGANIZERS OF WEEKLY GROUP, TYPICALLY HELD ON THURSDAY EVENINGS. THIS IS A GREAT WAY TO DESTRESS AND CHAT ABOUT HOW YOU'RE FEELING. EVERYTHING IS CONFIDENTIAL!



INTRAMURAL SPORTS

EACH YEAR, STONY BROOK STUDENTS ORGANIZE A VARIETY OF TEAMS TO PLAY INTRAMURAL SPORTS INCLUDING SOCCER, FOOTBALL, AND BASKETBALL.



LOCAL SURROUNDING AREAS

RESOURCE LIST

AVALON PARK

AVALON PARK IN STONY BROOK IS A PEACEFUL NATURAL SPACE WITH TRAILS, PONDS, AND MEADOWS, PROVIDING A CALM GETAWAY FOR FOR THOSE LOOKING TO ESCAPE TO NATURE.



PORT JEFFERSON

HERE YOU CAN GO ON A WALK BY THE WATERFRONT, ICE SKATE IN THE WINTER, EXPLORE BOUTIQUE SHOPS, COZY CAFES, AND A VARIETY OF RESTAURANTS. SOME GREAT STUDY SPOTS INCLUDE LOCALS CAFE AND SOUTHDOWN COFFEE SHOP.



WEST MEADOW BEACH

WEST MEADOW BEACH IS A PEACEFUL SPOT ON THE LONG ISLAND SOUND WHERE YOU CAN RELAX ON THE BEACH OR GO FOR A WALK OR RUN ALONG THE MILE LONG PAVED PATH. THIS IS THE BEST SPOT FOR SUNSETS!



STONY BROOK VILLAGE

THIS IS A GREAT PLACE TO GRAB A BITE TO EAT (BREW CHEESE) OR A COFFEE (CRAZY BEANS) AND EXPLORE BOUTIQUES AND RESTAURANTS. IT IS ALSO A GREAT PLACE TO WATCH THE SUNSET, RENT A KAYAK, OR WALK ALONG THE WATER BY SAND STREET BEACH.



WEST CAMPUS

RESOURCE LIST

RECREATION CENTER

PARTICIPATE IN PROGRESSIVE PROGRAMS, SERVICES, AND FACILITIES, INCLUDING INTRAMURAL SPORTS, FITNESS AND WELLNESS PROGRAMS, CLUB SPORTS, INFORMAL OPEN RECREATION, AND SPECIAL EVENTS. CONTAINS BASKETBALL COURTS, WEIGHTS, AND AN INDOOR TRACK.



STUDENT HEALTH SERVICE

DELIVERS ACCESSIBLE, HIGH-QUALITY PRIMARY HEALTHCARE TO SBU STUDENTS, YOU CAN COME HERE FOR PHYSICALS, VACCINES, AND MORE. ALSO CONTAINS THE CAPS WEST CAMPUS OFFICE ON LEVEL 2.



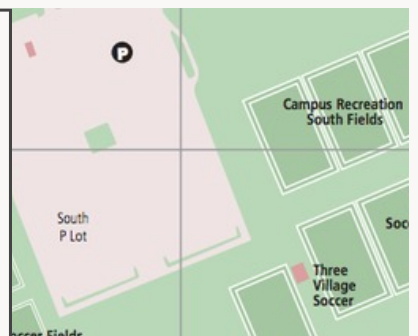
RUNNING TRACK

THIS TRACK PROVIDES STUDENTS WITH A CONVENIENT AND ACCESSIBLE SPACE TO ENGAGE IN PHYSICAL ACTIVITY AND PROMOTE OVERALL HEALTH AND FITNESS.



SOCCER FIELDS

HAVING A SOCCER FIELD ON CAMPUS ENHANCES STUDENT LIFE BY PROVIDING A SPACE FOR RECREATIONAL ACTIVITIES AND SPORTS EVENTS, FOSTERING A SENSE OF COMMUNITY THROUGH TEAM SPORTS AND FITNESS.



HELPFUL LINKS

[STUDENT HEALTH, WELLNESS & PREVENTION SERVICES](#)

THIS IS THE MAIN HUB FOR STUDENT HEALTH AND WELLNESS RESOURCES AT STONY BROOK UNIVERSITY. IT PROVIDES INFORMATION ON VARIOUS WELLNESS AND RECREATION RESOURCES.

[EAST CAMPUS WELLNESS RESOURCES](#)

THIS PAGE OFFERS MENTAL HEALTH AND WELLNESS COUNSELING, AS WELL AS FINANCIAL HEALTH AND WELLNESS RESOURCES SPECIFICALLY FOR MEDICAL STUDENTS AT STONY BROOK.

[HEALTHIER U](#)

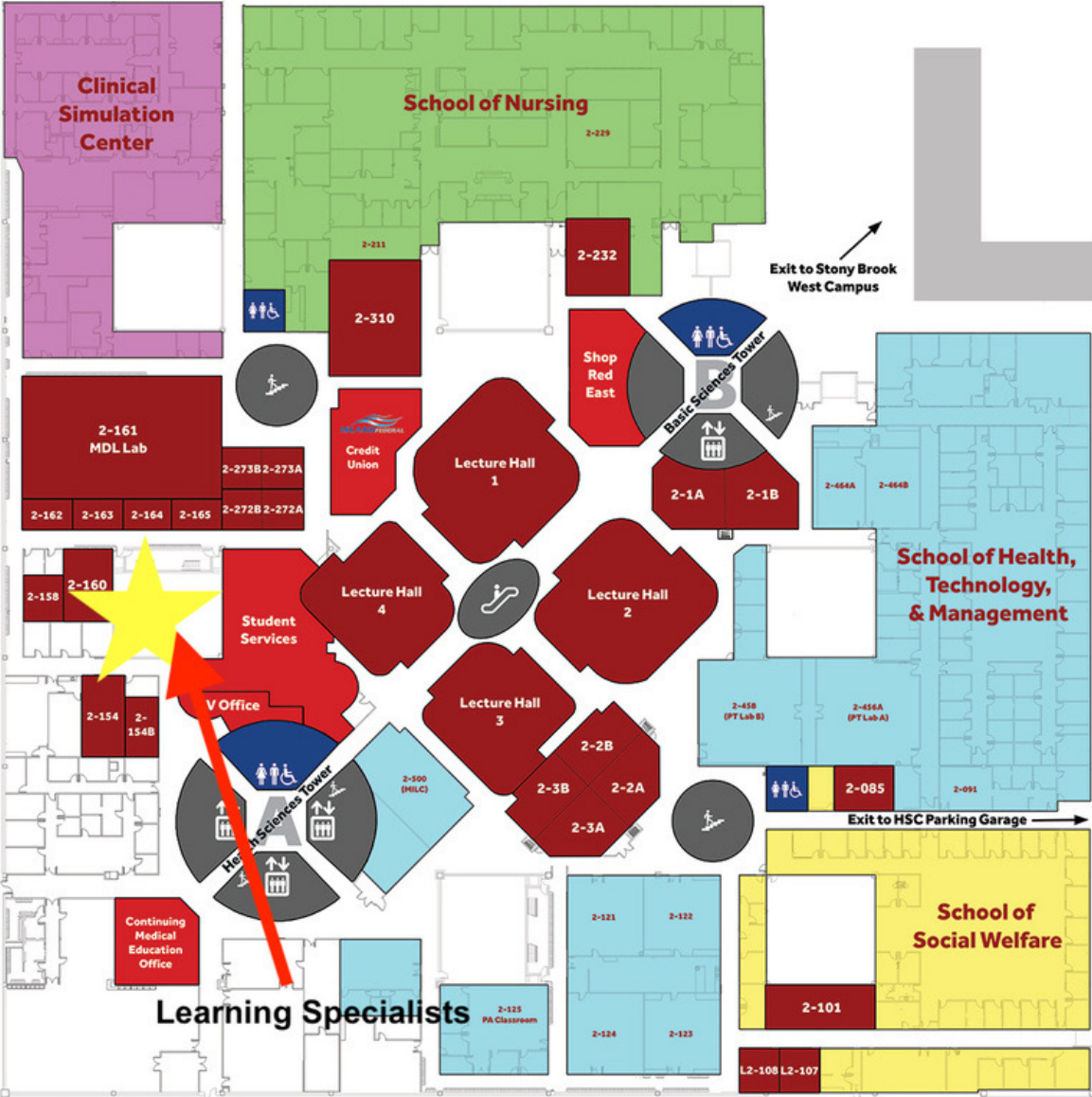
THIS RESOURCE IS AIMED AT PROMOTING EMPLOYEE HEALTH AND WELLNESS BUT COULD ALSO BE USEFUL FOR STUDENTS. IT PROVIDES INFORMATION ON EVENTS AND WELLNESS PROGRAMS.

[COUNSELING AND PSYCHOLOGICAL SERVICES](#)

THIS SERVICE OFFERS COUNSELING AND PSYCHOLOGICAL RESOURCES TO HELP STUDENTS MANAGE THEIR MENTAL HEALTH.



L2



Learning Specialists

L2



Microwaves/Eating Space



Water Fountain