College Students and the Flu
What you should know!!

What is the flu?
The flu is a highly contagious viral infection of the respiratory tract. The flu is often confused with a common cold. The flu symptoms tend to develop quickly after a person is exposed to the virus.

What are the symptoms?
Chills, headache, sore muscles, runny nose, fatigue, diarrhea and/or vomiting, dry cough, sore throat, fever over 100° F (100 degrees Farenheit).

How do I treat it?
Most people with mild symptoms generally feel better after 3-4 days, by only taking Acetaminophen (Tylenol) or Ibuprofen (Advil). DO NOT take aspirin. If there is a pre-existing medical condition, such as lung disease, diabetes, and weak immune system, antiviral medicine (Tamiflu or Relenza) may be prescribed. The anti-viral medication should be started within 2 days of the first symptom. Please check with your physician.

Students can return to school when they are feeling better and have not had a fever for 24 hours without taking any medicine to lower the fever.

Where can I get the flu vaccine?
Flu vaccines are available at local health centers, doctor offices and pharmacies. You can also go to http://vaccinefinder.org/ for more information.

Any other questions? Please feel free to call The Center for Health, Wellness and Personal Counseling (201) 447-9257
Jazmine Gutierrez

My name is Jazmine Gutierrez and I am a student worker here at Bergen Community College in both the Offices of Admissions and Academic Advising. I enrolled at Bergen immediately after graduating high school, and I will complete my associate degree this spring. When I first started here, I was unsure of what I wanted to study. You might well expect me to say that I have figured it out by now, as I have been studying for nearly a year and a half, but the truth is that I am still NOT decided… or at least not completely. The funny thing about it is I know what I want my minor to be in, but not my major. It is stressful to think about sometimes, but I know I am not the only one facing this issue. If there is one thing I am certain about, it is that I am glad I decided to begin my educational career here at Bergen. Studying here has allowed me to explore the things I like and also discover the things I do not like. Now I have all of this information to use while selecting the next school I will transfer to. I definitely did not have this when I was graduating high school.

Besides taking classes, I am also a student worker on campus. I started in the Office of Admissions. Ever since, my people skills have grown exponentially. I surprise myself sometimes. I used to be this shy, quiet, person, but after working customer service, and welcoming prospective students to the school on the tours, I really have come out of my shell. Now I even help others come out of theirs too! Believe me when I say it can be done! When I started giving tours, I would blush so hard and stumble over all my words. Now I have reached the point where I can give tours freely and without any fear.

All in all, I guess I am doing pretty well for myself here at Bergen. The fact that both of my supervisors started out as student workers makes me realize that these jobs could potentially be as good an investment in my future as my grades. I believe that there are great advantages to working at the school where you study. You get to meet great people, put work experience on your resume, and create connections for the future. If I were given the option to re-do my college experience, I would not change a thing! I am glad I decided to begin my educational career here at Bergen. Studying here has allowed me to explore the things I like and also discover the things I do not like. Now I have reached the point where I can give tours freely and without any fear.

Understanding Satisfactory Academic Progress (SAP) for Financial Aid Purposes

To receive aid, students are required to meet a satisfactory academic progress requirements while completing their degree or certificate programs.

The academic progress of all students is measured annually. Failure to meet satisfactory academic progress requirements will result in an unsatisfactory status. Financial aid recipients who fall under the academic progress requirements for financial aid will be notified via e-mail at the student’s official BCC e-mail address.

Students whose aid is withdrawn may file a Satisfactory Academic Progress (SAP) Appeal Form. If an appeal is denied, a student will not receive financial aid until they are making satisfactory academic progress.

Students whose appeals are approved will be placed on financial aid probation. Financial Aid staff will inform students in this situation of a number of specific, on-campus resources to help them meet satisfactory academic progress requirements.

Students who fail to meet Satisfactory Academic Progress (SAP) will have their status recalculated each term until they begin to meet progress.

Please click on the following link: http://www.bergen.edu/current-students/financial-aid/standards-of-satisfactory-academic-progress for a more detailed explanation of the policy.
Payment Information

Bill Due Dates
Account Information by term is available online through the portal at my.bergen.edu under financial information for students. Tuition and fees payment will be due on the posted deadline dates.

Methods of Payment
Online
- Payment in full can be made at my.bergen.edu with MasterCard, Visa, Discover or American Express.

In-Person
- Bring your bill/schedule to the Bursar's Office (Room L-127). You may pay in cash.
- By check or money order for the full amount. Include the student's college ID number on the check or money order.
- By Visa, MasterCard, Discover, American Express or Debit Card.

By Mail
- Mail your bill to the Bursar's Office along with a check or money order for the full amount. Include the student's ID number on the check or money order to: Bursar's Office (Room L-127) Bergen Community College 400 Paramus Road Paramus, New Jersey 07652-1595

How to Activate Your Portal
Web Registration
- All currently enrolled students have a username and password and are eligible to use Portal at my.bergen.edu for looking up their academic information. Students who are in good academic standing may register via Portal.
- Forgotten username? Select What's my user ID on the student menu.
- To get your temporary password, select What's my password on the student menu and it will be sent to your email address on file.
- If you wish to change your email address, go to the Registration Service Window during office hours with your student ID card, driver's license or state issued ID.
- New students who are not seeking a degree use the first two letters of your last name, with the first letter UPPERCASE, followed by SIX (6) numbers of your student ID number (do not include the leading 0).

For example:
Last name Smith and student ID# 0123456
Initial password = Sm123456

Parking Decal and ID Card
- Parking decals and student ID cards (including ID updates) can be obtained at Public Safety, Room L-154, Monday through Saturday, while classes are in session. Individual identification is required.

Online and Partially Online Courses
ONLINE COURSES (indicated by a suffix of WB, WL, or WH, e.g., SOC-101-098WB)
These courses may be applied to Bergen degrees or certificates, taken as electives or for general interest, or taken for professional development.

How do online courses work?
All course information and materials are online. However, typically textbooks need to be purchased. You can access this material any time of the day from an internet-connected computer. Students participate in course discussions and interact with the instructor and other students. Some courses have online or proctored tests. Office hours also can be arranged.

Partially Online Courses
(Indicated by a suffix of HY, HL, or HH, e.g., WRT-101-005HY) These courses combine classroom and online learning by meeting fewer times per week than a traditional face-to-face class, as well as reduce travel and parking problems for students. At least one meeting time per week is replaced by schoolwork to be completed online via the Internet. These courses require that students have access to a computer (or time to spend in our freetime computer labs) and are organized, disciplined individuals who like to work independently. Students must be willing to meet with their classes for the time period specified in the master schedule. Face-to-face class time is required and an attendance policy will be enforced.

For more information, please visit: www.bergen.edu/dlearning