

A weekly newsletter with news and information for SUNY Niagara Students. It can also be found on the web <https://www.niagaracc.suny.edu/studentlife/weeklywolf/>

Use Myhub for FREE Enrollment Verifications:

Myhub is a free and secure online application provided by the National Student Clearinghouse. Myhub provides you with access to your verified education record from SUNY Niagara and all other colleges and universities that participate in Myhub where you also have an academic record.

Myhub offers many convenient self-service features, such as:

- Download and print enrollment, advanced registration, and “good student discount” certificates
- Order transcripts
- Add digital credentials hosted on Credly to your Myhub learner record

Through Myhub, you have lifetime access to your complete academic record of enrollment and degrees earned from participating institutions. You’ll also benefit from immediate access to new capabilities and resources, which will serve you throughout your professional life, as they are added to Myhub. Visit <https://www.myhub.org> today to create your account or log into Banner Web, click on Student Records, and choose “Enrollment Verification – National Student Clearinghouse”.
Enrollment Center/Records Office

Career and Transfer Services:

CAREER AND TRANSFER SERVICES week of 9/30/2024-10/4/2024

September 30, 2024

RAIV Hospitality Group - 11:30am-3:30pm at Niagara Falls Culinary Institute

October 1, 2024

CSL Plasma- 10:00am-2:00pm in the Learning Commons

University at Buffalo- 10:00am-2:00pm in the Learning Commons or in Student Success Center

Western Governors University- 10:00am-2:00pm in the Learning Commons

October 2, 2024

SUNY Empire- 10:00am-2:00pm in the Learning Commons

October 3, 2024

SUNY Morrisville - 10:00am-2:00pm in the Learning Commons

Niagara University- 10:30am-1:00pm in the Learning Commons

Daemen University - 10:00am-2:00pm - Nursing Wing - C- Building

ECMC - 10:00am-2:00pm - Nursing Wing - C- Building

October 4, 2024

Niagara University- 11:00am-1:30pm at Niagara Falls Culinary Institute

Niagara Gospel Mission- 11:30am-3:30pm at Niagara Falls Culinary Institute

Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, Learning Commons

TOBACCO USE IS
PROHIBITED

**NO SMOKING
NO VAPING**



REMINDER: SUNY Niagara is a Tobacco Free Environment

TOBACCO USAGE: The use of tobacco products on any College campus (this also includes smokeless tobacco products, e-cigarettes, and vaping) is a violation of the Student Rights and Responsibilities Code of Conduct. Refer to the SUNY Niagara Tobacco Free Environment Policy found within the Code. For the purpose of this policy, “tobacco” is defined to include any cigarette, ecigarette, cigar, pipe, bidi, clove cigarette, and any other smoking product; and smokeless or spit tobacco, also known as dip, chew, snuff or snus, in any form.

DRUGS AND/OR DRUG PARAPHERNALIA: Possession or use of any illegal controlled substance, drug, or drug paraphernalia is prohibited and will be reported to local and state authorities and will also be subject to disciplinary action by the College. Being under the influence of drugs including, but not limited to, marijuana, and any cannabinoid containing product is prohibited on College premises or at any College function. Any action that involves the forced consumption of illegal drugs for the purpose of initiation into or affiliation with any organization is also strictly prohibited, and will be subject to disciplinary action. See the College’s policy on Drug Usage within the Code for additional information.

All SUNY Niagara employees, students, visitors and contractors are required to comply with these policies, which shall remain in force at all times.

Sanctions will be applied if you violate this or other policies found within the Student Rights and Responsibilities Code of Conduct.

Breakfast Service Ending Time Change in Dining Commons

Starting Monday, September 23rd, breakfast will be served until 11:30am in the Dining Commons Monday through Friday. We hope you continue to enjoy Personal Touch offerings. Thank you for choosing us, we look forward to serving you.
Personal Touch Food Service

Cashier Hold to be Applied to Accounts on October 11th if Balance Due is \$500 or more

As a reminder, Cashier Holds will be placed on an account if the amount owed by a student to SUNY Niagara is \$500 or more as of October 11, 2024. A Cashier Hold prevents a student from registering for classes. The quickest solution to preventing a Cashier Hold is to pay the balance due using Nelnet, Banner Web or in-person at the Cashier's Office (room A205).

Other options available that may help a student lower a balance due below \$500 and result in ultimate removal of a Cashier Hold include:

- Enrollment in an in-term payment plan through Nelnet. Visit <https://www.niagaracc.suny.edu/tuition/plan/>
- Visit the Financial Aid Office to review options including a Parent Plus loans.
- Submit a Certificate of Residency if you are an out-of-county resident and have not yet submitted a COR.

For any questions or further assistance, please contact the Cashier's Office at cashier@niagaracc.suny.edu or visit our office in A-205 SUNY Niagara Cashier's Office

FALL 2024 SCREENING SCHEDULE
CINEPHILES OF SUNY NIAGARA

Students sometimes think that their professors are always, *SURE*, but this semester, the Cinephiles are sharing their *CULTY* PLACQUERS with you in a date of films that are more fun than those you know about them.

The Adventures of Buckaroo Banzai across the 8th Dimension
(Walter Parkes, 1984)

Wednesday, September 25, 2024, 10:30AM, in E-142, hosted by Christopher Kavanagh
Buck and Buckaroo Banzai (John Wood) After several decades, Buckaroo Banzai returns to the planet of Dr. Buckaroo Banzai (John Wood) Buckaroo and his loyal posse, the King Kong (John Wood) and the King Kong (John Wood) are the only ones left on the planet. Buckaroo Banzai (John Wood) and his posse, the King Kong (John Wood) are the only ones left on the planet. Buckaroo Banzai (John Wood) and his posse, the King Kong (John Wood) are the only ones left on the planet.

Who Framed Roger Rabbit?
(Robert Zemeckis, 1988)

Tuesday, October 1, 2024, 5:30-7:30PM, in E-142, hosted by Bill Blinn
Film historian cherish this movie as the most ambitious full-length feature to have ever combined the art of traditional hand-drawn animation with optical compositing before the age of computer-generated effects. In a gritty 1940's Hollywood, a cartoon rabbit innocently accused of murder has masters to turn. We only hope his in the hands of a born-out private investigator to prove his innocence.

The Adventures of Baron Munchausen
(Terry Gilliam, 1988)

Friday, November 1, 2024, 5:00PM, in E-142, hosted by Bill Blinn
This one takes the idea of a tall tale and makes it into a full-on feature. Baron Munchausen is a man who tells the most incredible lies of all time. He is a man who tells the most incredible lies of all time. He is a man who tells the most incredible lies of all time.

Rudolf the Red-Nosed Reindeer
(Michael Linnemann, 1975)

Tuesday, November 12, 2024, 5:00PM, in E-142, hosted by Raymond Muehler
These 1975's had received the same amount of the Academy Award nomination as the other films. It was the only one that was not a comedy. It was the only one that was not a comedy. It was the only one that was not a comedy.

FOR MORE INFORMATION, CONTACT THE CINEPHILES AT SUNY NIAGARA

SUNY Niagara Cinephiles
Who Framed Roger Rabbit?

Free showing!
Tuesday, Oct. 1
5:30-7:30PM
E-142

Presented by Bill Blinn

STUDY ABROAD MAY 2025 to AMSTERDAM/PARIS May 19 to May 26, 2025

Enrollment is now open for all students, faculty, staff and community members. Find out more about the trip here: www.efstudyabroad.com/2788669wj.

For any questions, please contact Bridget Beilein at brbeilein@niagaracc.suny.edu.

Student Life Events:



**Outdoor adventure club
fall hike**

Join us for a fall hike led by Biology Professor Danielle Brant at the John B. Austin Nature Trail
Address: 6674 Slayton Settlement Rd,
Lockport NY 14094

FRIDAY, OCTOBER 4TH AT 2:30 PM
Open to all! If you are interested
contact: Dan Miller
millerd@niagaracc.suny.edu



**FRIGHTWORLD
AMERICA'S
SCAREPARK**

**Discounted
5 House VIP Pass
ON SALE NOW
In the Student Life
Office G243**

\$10 Tickets (Originally \$55)

Cash and card accepted, one per person, must be a student with your school ID to purchase!

Fall 2024 Intramural & Recreation Programming:



OPEN BOWLING
Noon-4 p.m. Mon.-Fri.
6-10P (Bowling Alley)
**SUNY
NIAGARA**



**SUNY
NIAGARA**

ZUMBA®

COME DANCE WITH KELLY LORD!
5-6 p.m. Mondays Sept. 9-Dec. 9
G-116 (Dance Studio)



**NOON-4:30P
MON.-FRI.
G-117 (REC ROOM)**



SPALDING
TF-10
LEGAL
OPEN GYM
Tue. & Thurs.
Noon-2 p.m.

Wellness Center News:



Stress Management Tips

Keep in mind that stress isn't a bad thing.

Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to manage stress, not to eliminate it.

Talk about your problems, even if they won't be solved.

Talking about your stressors—even if you don't solve them—releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.

Prioritize your responsibilities.

Focus on completing quick tasks first. Having too many "to-dos" can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.

Focus on the basics.

Stress can start a harmful cycle where basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

Don't put all your eggs in one basket.

People who are overinvolved in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your career, family, friendships, and personal hobbies.

Set aside time for yourself.

Personal time usually gets moved to the bottom of the list when things get hectic. However, when personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun every day, without interruptions.

Keep things in perspective.

In the heat of the moment, little problems can feel bigger than they are. Take a step back, and think about how important your stressors are in a broader context. Will they matter in a week? In a year? Writing about your stressors will help you develop a healthier perspective.

Free COVID Tests Available

Please be advised that the Federal Government is providing FREE COVID home test kits again. We encourage everyone to place an order to be sure you have tests if/when you may need them. You can order 4 FREE test kits per household.

The website is: <https://special.usps.com/testkits> If you require further information, please feel free to **contact the Wellness Center**,

C122, at: 716-614-6275. Stay healthy and safe!

Cheri Yager MSN, BSN, RN, Supervisor, Health & Wellness Center