

Week of November 25, 2024

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/>

The College will be Closed November 28th and 29th

There will be **NO shuttle service until December 1st** with Sunday/Holiday Hours on that day.

Important Fall Deadline: December 3rd

The deadline to request an S/U/W Grade or Withdraw from the College is **Tuesday, December 3.**

- **Withdraw from a Class** – To drop a course and receive a W (withdrawal) grade as a final grade, complete the electronic [Drop or Withdraw from a Course](#) form.
- **Withdraw from College (All Classes)** – To withdraw online from the college and receive “X” grades for **ALL** of your current courses, complete the electronic [Request for College Withdrawal \(All Classes\)](#) form. If you completed any modular courses, you will receive the grade earned and “W” grades will be applied to all other college coursework.
- **Satisfactory/Unsatisfactory (S/U) Grades** – To elect to receive a final grade of S/U in a course, students must submit the electronic [S/U grade request](#) form which will also require approvals from the course instructor and the student’s advisor. Selecting the S/U option may be beneficial to students in certain circumstances; however, students should be aware of the impact on course loads in future semesters, financial aid/academic standing implications, and the transferability of S/U grades. Both grading options may also impact eligibility for Excelsior. Please contact the Financial Aid Office for questions related to Excelsior.

Mod courses differ in deadlines – refer to the online [Student Calendar](#) for more information.

If you would like to discuss any of these options, please contact the Student Success Center at 716-614-6290 or email studentsuccess@niagaracc.suny.edu. If you have any questions about submitting a form, please email records@niagaracc.suny.edu or stop by the Enrollment Center in A-105.

Enrollment Center/Records Office

Career and Transfer Services for November 25-29:

November 25:

Army National Guard 10 am – 2 pm in the Learning Commons
Trocaire College 10 am - 2 pm in the Learning Commons
NYS Department of Civil Service 10 am – 2 pm in the Learning Commons

November 26:

University at Buffalo 10 am – 2 pm in the Learning Commons
People Inc. 10 am - 2 pm in C- Building *Nursing Wing*

November 27:

No Tabling

November 28 & 29:

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

Student Showcase Information Session:

There is an information session planned for December 4th at 1pm in the ACE conference room, where we will describe the Student Showcase, the application process, and answer questions.



The Student Showcase Committee

Student Life Events:



**SABRES TICKETS
ON SALE NOW**

**PURCHASE A SABRES TICKET
IN THE STUDENT LIFE OFFICE
STUDENT ID REQUIRED
ONE PER STUDENT**
While supplies last

**HOME GAME ON
DECEMBER 5TH
@7PM
SECTION 120**

\$15

Image of Sabres players in blue jerseys.



LIFE IS BETTER ^{with} FRIENDS
DONATE BLOOD

Blood Drive

SUNY Niagara (Student Center)
G Building - Room 211
3111 Saunders Settlement Rd, Sanborn, NY 14132

Tuesday, November 26, 2024
9:30 a.m. to 2:30 p.m.

Sponsored by: Office of Student Life
Download the Blood Donor App, visit RedCrossBlood.org or call
1-800-RED CROSS to schedule your appointment today!
Find A Drive: SUNY Niagara

QR code: SCAN FOR APPOINTMENTS

Appointments Preferred
ID Required

Get Two Custom Pairs of FRIENDS
+ Red Cross Socks when you give

"while supplies last"
Keep a pain and give a pain to a friend.
Help spread the word about how important and easy
donating blood is!

American Red Cross logo

Recipe of the Week:

INGREDIENTS

- ½ cup old-fashioned rolled oats
- ¾ cup water
- Pinch of salt
- ½ cup blueberries, fresh or frozen, thawed
- 2 tablespoons nonfat plain Greek yogurt
- 1 tablespoon toasted chopped pecans
- 2 teaspoons pure maple syrup

DIRECTIONS

1. Combine oats, water and salt in a jar or bowl. Cover and refrigerate overnight. In the morning, heat if desired, and top with blueberries, yogurt, pecans and syrup.
2. Tip: People with celiac disease or gluten-sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.



**CREAMY BLUEBERRY
PECAN OVERNIGHT
OATMEAL**

Image of a bowl of oatmeal topped with blueberries, pecans, and yogurt.

Budget Friendly, Easy Meal

**This and other great recipes can be found in the books in the Food Pantry.
Some ingredients may also be available in the pantry for each recipe.**

Call for Nominations for the Chancellor's Award for Excellence in Adjunct Teaching!

Do you have an EXCELLENT adjunct (part-time) instructor at SUNY Niagara?
Did this adjunct faculty member make a difference for your educational journey?

Nominate your adjunct faculty member for the prestigious SUNY Chancellor's Award for Excellence in Adjunct Teaching!

Fill out a quick nomination form with the link below by December 19!

https://www.surveymonkey.com/r/ChancellorAdjunct_24

Enjoy Your Break!

Wellness Center News:

Visit **CAMPUS WELL** for this week's articles and resources.

GRATITUDE JOURNALING WORKSHOP

Join Cathi Jones, MSW from the Wellness Center for an evening of gratitude journaling, team tips and tricks as you start or continue your journaling journey! We will meet in the Student Housing Village, 4th Floor, Game Room.

WEDNESDAY
NOVEMBER 27

TIME
4-6PM

GET A FREE JOURNAL FOR ATTENDING (WHILE SUPPLIES LAST)

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

Dining Commons Specials for Week of November 25:

BISTRO INTERNACIONAL

Specialty Station of the Week

Chicken Fajita Wrap

\$9.95

Make it a combo!

Add a 22 oz fountain drink or 20 oz bottle of water for \$2.00

SUNY NIAGARA

WEEKLY FEATURED ENTREES:

- **Sub of the Week**
 - Assorted Cold Cut
- **Burger of the Week**
 - Cowboy Burger
- **Specialty Pizza**
 - Buffalo Chicken Finger

Weekend Specials

Friday
Mix or match any two G&G Sandwiches or Wraps for \$11.95

Saturday
Any two slices & fries w/ a Fountain Drink for \$11.50
OR
\$2 off any Sandwich Combo

Sunday
GAME DAY SPECIAL!
\$23.99
Large Calzone
Fingers & Fries
(3) Fountain Drinks

All Weekend
Breakfast All Day!
Breakfast will be available from open-close Saturday & Sunday

Personal Touch FOOD SERVICE



NIAGARA FALLS CULINARY INSTITUTE
**GINGERBREAD
 VILLAGE**

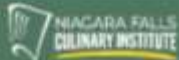
Discover the *Reimagined* Gingerbread Village at the
 Niagara Falls Culinary Institute!

December 7-8 & 14-15

Sat. 10 a.m. - 5 p.m. • Sun. 11 a.m. - 4 p.m.









New this year!
 • Gingerbread houses on display
 • Adult cookie decorating classes
 • Wine tasting and holiday cocktail classes
 • Ornament making and new crafts for kids!



26 Old Falls Street
 Niagara Falls, NY 14304
 716-614-6290

KEY DATES

December 2024

- 
December 3rd : S/U/W Deadline - Last day to elect S/U (Satisfactory/Unsatisfactory) or W (withdrawal) grades for Fall 2024. Dropping a course may negatively affect progress towards your degree - talk with your advisor. Dropping a course may also affect your eligibility for Financial Aid - speak to someone in the Financial Aid Office. For assistance with the process, contact the Student Success Center at 716-614-6290.
- December 3rd : X grade Deadline** - Last day to withdraw from ALL Fall 2024 classes, with an X grade on your transcript. Withdrawal from College form available on Banner Web. This may affect your Financial Aid and academic standing. Contact the Student Success Center at 716-614-6290 or Enrollment Center at 716-614-6250.
- 
December 5th : Tuition Payment Due Date for Winter 2025 - Contact Cashier's Office for questions at (716) 614-6443 or visit niagaracc.suny.edu/tuition/ for more information.
- 
December 13th : Fall (December) Graduation Application Submission Deadline - Apply online in Banner Web. Contact the Enrollment Center for questions at 716-614-6250.
- 
December 16th - 21st : Last week of classes for Fall - Final exams to be held during regular scheduled class times.
- 
December 23rd : Fall final grades available - Grades available on Banner Web after 4:00 PM.
- December 23rd : Senior Scholar registration for Winter 2025 begins** - For questions, contact the Enrollment Center at 716-614-6250.
- 
December 25th - December 31st : Winter Recess - College Closed.



**Considering changing your major?
 Not sure of your academic status?**
 Stop by the Student Success Center
 next to the Tripp Cafe or call
 716-614-6290 for help!