

Week of December 2, 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/>



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 December 2nd to 6th

December 2, 2024

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

December 3, 2024

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

Trocaire College- 10:00 am - 2:00 pm in C- Building *Nursing Wing*

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

UB - 10:00 am - 2:00 pm in the Student Success Center

December 4, 2024

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

Buffalo State- 10:00 am - 2:00 pm in the Student Success Center

December 5, 2024

Niagara University- 10:00 am - 2:00 pm in the Student Success Center

Medical Health Associates- 10:00 am - 2:00 pm in C- Building *Nursing Wing*

December 6, 2024

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


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

Student Showcase Information Session:



The Student Showcase Committee

Wellness Center News:

Visit  for this week's articles and resources.



MENTAL HEALTH IS HEALTH

Wednesday
Dec. 4th
11:30 AM
G-211

OPEN CONVERSATION ABOUT OUR MENTAL HEALTH JOIN THE WELLNESS CENTER IN REDUCING STIGMA RELATED TO MENTAL HEALTH

- Join us for FREE T SHIRTS (while they last)
- FREE lunch after our speaker, Kevin Berthia, from Active Minds
- A chance to relax and focus on your mental health amid the stress of finals and holiday season

ABOUT KEVIN BERTHIA-OUR FEATURED SPEAKER

Kevin Berthia is a Suicide Survivor, Advocate, and Speaker. Kevin pours his heart into sharing his powerful story of growing up in silence, always feeling the need to hide the unbearable pain he was in. Through high school and into his early twenties, Kevin was known as the life of the party. Until his very public suicide attempt at the Golden Gate Bridge changed everything. Since 2013 Kevin has captivated his audiences with his candidness about how he was able to overcome his pain and fully embrace himself in order to live his best life. He lives to inspire others to break their own silence and know that help is available. Kevin's story of HOPE has touched a diverse group of audiences all around the world including several magazine outlets along with local and national news stations. Kevin's story was also featured on the Steve Harvey Show, Red Table Talk, and Dr. Phil Show. Kevin believes that having survived an attempted suicide plays a major role in the prevention of additional suicides. No one knows more about the darkness that surrounds suicide than those who have walked in its shadow.

QUESTIONS?

Contact the Wellness Center, C-122 or 716-614-6275 with questions or to make an appointment for counseling.



Mental Health Monday Chair Yoga/Yoga Class

Monday, December 2nd

4:00 - 6:00 PM

Student Housing Village,
1st Floor Game Room



Join Caitlin Jones, LMSW, RYT from the Wellness Center for a gentle flow chair yoga class. This class will start with an overview and introduction on the history of yoga and some education on poses. Then we will practice as a group for a gentle flow chair yoga class and move to the mat for a longer practice!

Learn about poses you can do in class or at home to relieve stress quickly!

Wear comfortable clothes you can move in and bring a water bottle to stay hydrated. Feel free to bring a yoga mat if you have one!

All students are welcome,
see you there!



Student Life:

Recipe of the Week:

INGREDIENTS

- Butter or Cooking Spray (to grease mug)
- 3 Large Eggs
- 2 Tablespoons Milk
- 2 Tablespoons Shredded Cheese
- Pinch of Salt & Pepper

Optional Add-In Items

- Ham, Sausage, Hot Pepper, Mushrooms, etc.

DIRECTIONS

1. Grease the inside of a microwave-safe 12-ounce mug with the butter. Add the eggs and milk, then beat with a fork until well combined.
2. Stir in the cheese, salt, pepper and optional items.
3. Microwave on a medium-high setting for 1 1/2 minutes, then stir and microwave until the eggs are set, an additional 1 to 1 1/2 minutes.
4. Let cool slightly before serving.
5. Enjoy!

MUG OMELET



Budget Friendly, Quick, 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

Destress Fest at Barnes & Noble

Activities	Sales	Details
Hot Chocolate Station Play Doh DIY Stress Balls Coloring Pages	15% Off Trade Books Take an Additional 25% off NCCC Clearance NCCC logoed merch only. Includes Shirts, Hats, Waterbottles, Notebooks, Winter Hats/Gloves & more...	Wednesday, December 4th & Thursday, December 5th Barnes & Noble Bookstore Sanborn Campus 10am - 3pm

ATTENTION CHESS PLAYERS:

Every Friday from 9:30 to Noon they will be playing chess in the Honors Lounge, E227, for the rest of the semester. Here's a picture from last time they played.



Pamela Lange, M.S. Ed., Assistant Professor Integrated Reading & Writing and Honors Coordinator
Arts, Humanities, and Social Sciences Division

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!

Dining Commons Specials for Week of December 2:


WEEKLY SPECIALS

SUNY NIAGARA COMMONS DINING

Personal Touch

BURGER Jalapeno Burger	PIZZA Chicken Fajita	
SUB Cheesaburger Sub	SPECIALTY Beef Burrito	

SUNY Niagara
Music Department Concerts
Arts & Media - F Building Theatre



MUSIC

Rock Band - Dec 3rd 7pm
Jazz Band - Dec 4th 7pm
Department Showcase - Dec 5th 12:30pm
All College Choir - Dec 5th 7pm
Electronic and Experimental - Dec 6th 7pm