



**February 17<sup>th</sup> : President's Day – College Closed.**

### **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

### **Need to Order an Official Transcript?**

Place your order online through [Banner Web](#):

- Click on the Student Records tab
- Click on Academic Transcript - Order Official

You can also go to the [Records Office webpage](#) and click on the “Order Official Transcripts” button.

The fee is \$10 plus tax for each official transcript ordered.

Please note: Unofficial transcripts are free of charge and may be obtained by logging into Banner Web; click on the Student Records tab; choose Academic Transcripts – View Unofficial.

Questions? Email [records@niagaracc.suny.edu](mailto:records@niagaracc.suny.edu), call (716) 614-6250, or stop by the Enrollment Center (A-105) for assistance.

### **Guide to Online Services:**

Many student services are offered online via Banner Web. For more information, please see the [Guide to Online Services](#).  
Enrollment Center/Records Office

### **Career and Transfer Services:**

**CAREER AND TRANSFER SERVICES week of February 17 to 21:**

#### **February 18, 2025**

City Year Buffalo- 10:00am-2:00pm in the Learning Commons  
Niagara University- 10:30am-1:00pm in the Learning Commons  
ECMC - 10:00am-2:00pm in Nursing Wing - C-Building  
Niagara University Nursing - 10:00am-2:00pm in Nursing Wing - C-Building

#### **February 19, 2025**

Army National Guard - 10:00am-2:00pm in the Learning Commons  
NYS Dept of Corrections and Community Supervision - 10:00am-2:00pm in the Learning Commons

#### **February 21, 2025**

Intandem- 10:00am-2:00pm in the Learning Commons

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

**Scan QR Code for the shuttle tracker  
and see where it is in real time!**

Shuttle will run on HOLIDAY SCHEDULE FOR FEBRUARY 17



## Wellness Center News:



Join The Wellness Center for a new group:

# Therapeutic Thursdays with The Wellness Center

EVERY THURSDAY 2:30 PM-3:30 PM  
STARTING 2/20  
CONFERENCE ROOM IN THE HUB

Struggling with anxiety, stress, feeling down or having no motivation?  
Want more support and ideas to manage stress this semester?

Join other students and counselors from the Wellness Center for a group that is space to relax, share with other students, and learn new skills to cope!

Questions??  
Stop in the Wellness Center (C-122)  
or call 716-614-6275



## Wellness Wednesday Reduce the Stigma

mental health advocates of WNY  
BE HEARD. BE HELPED.

PANEL OF PEER ADVOCATES SHARING THEIR EXPERIENCES WITH MENTAL HEALTH CONCERNS, ADDICTION/SUBSTANCE USE & RECOVERY!

GROW STATION: DECORATE A FLOWER POT & PLANT SEEDS!  
COLORING SHEETS!

**FREE FOOD and GIVEAWAYS!**  
**RAFFLES for \$50 Amazon gift cards!**

Date: Wednesday, February 19th  
Time: 4:00pm- 6:00pm  
Where: Student Housing,  
1st Floor, Game Room

FREE FOOD  
Amazon raffles  
Giveaways  
Flower planting  
Coloring

SUNY NIAGARA  
Sponsored by:  
SUNY Niagara Wellness Center  
& SUNY Wellness Grant

The new issue of *CampusWell* is out!

**Video: A full day of vegan meals for under \$6**

[https://niagaracc.campuswellplus.com/?video=1634&feed=52&utm\\_source=school&utm\\_medium=email&utm\\_content=full-vegan-meals-under-\\$6&utm\\_campaign=0225W2](https://niagaracc.campuswellplus.com/?video=1634&feed=52&utm_source=school&utm_medium=email&utm_content=full-vegan-meals-under-$6&utm_campaign=0225W2)

**A comprehensive guide to online dating**

<https://niagaracc.campuswell.com/all-about-online-dating>

**FitnessU: Pairing up to sweat it out**

<https://niagaracc.campuswell.com/pairing-up-to-sweat-it-out>

**How to handle feelings of jealousy and envy**

<https://niagaracc.campuswell.com/why-not-me>

**UCookbook: Baked falafel with creamy tzatziki dressing**

<https://niagaracc.campuswell.com/ucookbook-baked-falafel-tzatziki>

**Check out your SUNY Niagara resources, events, & announcements:**

<https://niagaracc.campuswell.com/category/campus>

**Enter to be 1 of our 5 \$50 Amazon gift card winners this week:**

<https://niagaracc.campuswell.com/enter-to-win>

Thanks for your time,

Cheri Yager MSN, BSN, RN, Wellness Center

## Barnes & Noble Bookstore News:

**Final days to use Financial Aid in the bookstore!** Thursday, February 20th is the last day that any purchase (or return!) can be made in the bookstore at SUNY Niagara or NFCI using Financial Aid. Stop by to grab any school supplies you may need, a good book to relax with, or a logoed apparel item. Everything in the store is covered with the exception of gift cards. Ask an employee to check and see how much you may have to spend. If placing an online order, please be sure to do so by 12pm on February 20<sup>th</sup> so that we have time to process your payment.

Be sure to check your email to see if you have a Wolf Packed order to pick up! These are required physical textbooks that you'll need to succeed in your classes. Reminder emails are going out weekly if you have an order to pick up, but after 3 reminders we have to return the books to the shelves. Stop by the bookstore, call 716-614-6840, or email [sm760@bncollege.com](mailto:sm760@bncollege.com) if you have any questions!

Alysha Brizzell | Assistant Manager, Barnes & Noble Store #760

**Student Life News:**



**ICE Jam**  
**OPEN SKATE**  
FRIDAY, FEBRUARY 28TH, 8-9:30 PM  
CORNERSTONE ICE ARENA  
1 GRIGG LEWIS WAY, LOCKPORT, NY 14094  
ENJOY CORNERSTONE ARENA'S FRIDAY NIGHT ICE JAM OPEN PUBLIC SKATING AND LASER LIGHT SHOW  
**FREE ENTRY AND SKATES WITH SUNY NIAGARA ID**  
BROUGHT TO YOU BY YOUR STUDENT ACTIVITY FEE



**TICKETS ON SALE**  
**WATCH THE CHAMPIONS IN ACTION!!!**  
**BUFFALO BANDITS** HOME GAME ON MARCH 8TH AT 6:30 PM SECTION 313 **\$10**  
**PURCHASE A TICKET IN THE STUDENT LIFE OFFICE IN G243**  
Student ID required. One per student  
While supplies last  
Brought to you by your student activity fee

**Recipe from the Food Pantry:**



**CHICKEN RICE BOWL**

**INGREDIENTS:**

- 1 can (12.5 oz) chicken, drained
- 1 cup instant rice
- 1/2 cup salsa
- Other toppings as desired

**INSTRUCTIONS:**

- Cook rice according to package instructions.
- Mix rice, chicken, and salsa; heat in the microwave for 2 minutes.

**This and other recipes can be found in the books available in the FOOD PANTRY. See someone in Student Life, G243, for hours of the pantry.**

**Missed an issue Weekly Wolf?** Visit this website for past issues: <http://www.niagaracc.suny.edu/weeklywolf/>