

March 17th – 23rd is Spring Recess – College Closed / No Classes

Career and Transfer Services:

March 10th

Maxim Healthcare- 10:00am-2:00pm in the Learning Commons

March 11th

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

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

Army National Guard - 10:00am-2:00pm in the Learning Commons

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

Rochester Regional Health - 10:00am-2:00pm in Nursing Wing - C-Building

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

March 12th

Whirlpool Jet Boat Tours - 10:00am-2:00pm in the Learning Commons

OLV Charities Camp Turner 11:00am-3:30pm at NFI

March 13th

Office of Parks and Recreation 10:00am-2:00pm in the Learning Commons

Buffalo State - 10:00am-2:00pm in the Learning Commons

March 14th

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

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

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



March 10th Summer & Fall registration for current students begins

Register before new students! Schedule an appointment with your advisor to plan courses and register for next semester. This is mandatory to register – don't miss it! Visit

<https://www.niagaracc.suny.edu/registration-records/csreg/> for more information.

Wellness Center News:

CONVOS WITH THE COUNSELOR

Start off the month by grabbing a drink or bite to eat
& join the conversation!

Caitlin Jones, LMSW from the Wellness Center will be
available to chat and share more about personal
counseling services available at SUNY Niagara & NFCI.

When?

March 11th, April 1st, May 6th
2:30-3:30pm

Where?

NFCI 2nd Floor near Student Success



Want to make an individual counseling appt.?

Call the Wellness Center at
(716) 614-6275

Wellness Wednesday
**Supportive
Conversations
with GLYS!**
STRESS MANAGEMENT &
COPING SKILLS

FREE FOOD
& RAFFLES

glYS
WESTERN NEW YORK INC.
growing together, youth support

Wednesday, March 12, 2025
Student Housing, 1st Floor
Game Room 4:00-6:00pm

"Stress Management & Coping Skills": Tools and techniques to
help manage stress, anxiety, and challenges related to
LGBTQ+ identity.

SPONSORED BY
SUNY NIAGARA
WELLNESS
CENTER & SUNY
WELLNESS GRANT

FREE FOOD AND GIVEAWAYS!
\$50 Amazon Gift Card Raffles!
Create a safe space letter board for your room!
Stress relief kits!
ALL STUDENTS WELCOME!

The new issue of *CampusWell* is out! Grounding meditation for stress relief:

Video: How to make the most of office hours

https://niagaracc.campuswellplus.com/?video=3053&feed=78&utm_source=school&utm_medium=email&utm_content=how-to-make-most-office-hours&utm_campaign=0325W1

Manage your stress with this 5-minute visualization meditation

<https://niagaracc.campuswell.com/5-minute-grounding-meditation>

FitnessU: 6 arm exercises you can do without equipment

<https://niagaracc.campuswell.com/arm-exercises-without-equipment>

A beginner's guide to networking

<https://niagaracc.campuswell.com/take-the-fear-out-of-networking>

Ask the counselor: "What should I do if someone from a different culture ignorantly insults my culture?"

<https://niagaracc.campuswell.com/ask-counselor-cultural-insensitivity>

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>

Cheri Yager MSN, BSN, RN, Wellness Center

Barnes & Noble News:

Caps & Gowns are now available at the bookstore!

The cost is \$44.98 for the cap, gown, and tassel. **Students MUST fill out the form and purchase in store by May 2nd to be eligible to receive 2 guest tickets and participate in the commencement ceremony on May 17th.**

NFCI students should purchase at the NFCI bookstore.

Tickets will be available to pick up starting May 6th at the campus store where cap & gown was purchased.

We strongly recommend purchasing the cap & gown early to ensure we have time to order your size if needed.

Everyone who buys the cap & gown will receive a FREE pocket notebook (while supplies last) and a SUNY Niagara or NFCI Lawn Sign!

Please note that the bookstores are CLOSED during Spring Break March 17th to 21st.

Alysha Brizzell | Assistant Manager

Student Life News:

CALLING ALL SUNY NIAGARA INTERNATIONAL STUDENTS!

INTERNATIONAL STUDENT MEET AND GREET
MARCH 11TH, 2:30 PM-3:30 PM

In the Student Leadership Room G-244
(across from dining commons)
Free Refreshments & Snacks

COME MEET OTHER INTERNATIONAL STUDENTS AND GET TO KNOW YOUR DSO!



This is not mandatory but highly encouraged!
For questions reach out to your DSO, Andrea Adinolfi, at aadinolfi@niagaracc.suny.edu

UB GUEST SPEAKER SERIES

DAMAR HAMLIN

GET TICKETS TO UB'S GUEST SPEAKER SERIES TO SEE DAMAR HAMLIN

MARCH 13TH
TIME 7PM

LOCATION: UB NORTH CAMPUS CENTER FOR THE ARTS

BUFFALO BILLS SAFETY & COMMOTIO CORDIS SURVIVOR

FOR TICKETS VISIT THE STUDENT LIFE OFFICE IN G243

BROUGHT TO YOU BY YOUR STUDENT ACTIVITY FEE

NFCI student club is hosting

PAINT & SIP

Grab a Brush, Sip Some Juice, and Let's Paint!

WEDNESDAY
March 12th, 5 -6 pm
NFCI First Floor Atrium

Canvas & Tote Bag Painting

Bring your friends and create your masterpiece while enjoying some sparkling juice

Sponsored by your Student Activity Fee



Disney • PIXAR

BRAVE

NFCI DINNER AND A MOVIE SERIES

Wednesday, March 12th
NFCI Theatre @6pm

ENJOY SCOTTISH CUISINE AND THE MOVIE BRAVE

SCAN TO SIGN UP



MACARA FALLS CULINARY INSTITUTE



Recipe from the Food Pantry:



BEAN SOUP

INGREDIENTS:

- 1 can (15 oz) black beans
- 1 can (15 oz) sliced tomatoes
- 1 cup chicken or vegetable broth

INSTRUCTIONS:

- Combine all ingredients in a pot.
- Simmer for 10-15 minutes, stirring occasionally.

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.

The SUNY Niagara Welding Department is a strong supporter of women in the manufacturing industry. They are hosting the event listed below on Saturday, March 22nd.

If you have a daughter or know other friends of yours with young women that might want to try their hand in our programs like welding or machining, please have them register for the event using the QR code.

They will get to cut some objects on our CNC plasma table, weld them together, and if they want finish them off with spray painting they can do that. They will get a taste of what our field is about.

Joseph Schmidt, ARPC Coordinator

GIRLS IN MANUFACTURING

Join our one day hands-on technical experience designed to empower and encourage girls to consider careers in manufacturing!

MARCH 22, 2025
9AM-1PM
SUNY NIAGARA WELDING LAB

**SUNY
NIAGARA**

During this event participants will:

- Learn all stages of the manufacturing process
- Use tools and equipment to weld and create a project that they can take home
- Meet women leaders in the area who work in manufacturing
- Enjoy lunch and receive a free t-shirt

This event is designed for girls aged 13+.

Register today.

Dream It Do It Repeat: New York offers equal opportunity programming. While the Girls In Manufacturing program is focused on females, the program is open to all genders. Women make up about 47% of the American workforce but only 30% work in manufacturing. The focus of Girls In Manufacturing programming is to encourage more girls and women to consider careers in manufacturing.

**dream it.
DO IT.**



SCAN ME



Scan above for registration
by March 15th.

Risk, Boom and Rebirth

200 Years on the Erie Canal



**Come to the featured speaker presentation series
and discover the rich history of the Erie Canal**

March 26, 2025 | 9:00am - 4:00pm

**Persistence, Innovation and Audacity:
Creation of the Great Western Canal**
Dr. Matthew Clarcq | 9:00am in E-142

Canal at Canalside: Heart of Buffalo's Waterfront
Bonnie Waterman & Dr. Katherine Johnson | 10:00am in E-142

**Rugged Reality: Mark Twain Punctures
Mythification While Elevating the Real Canal**
Dr. Elizabeth Sachs | 11:00am in E-142

Pathways to Progress
Dr. Adelle Cerreta | 1:00pm in E-140

The Erie Canal and New York Landscape
Professor Nancy Knechtel | 2:00pm in E-140

Keynote: Lockport's Erie Canal Flight of Five Locks & The Erie Canal's Bicentennial

Mr. David Kinyon, Chairman of the Board of Directors
of the Lockport Locks Heritage District
3:00pm in E-140

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