

April 18th: Good Friday – College Closed / No Classes

Take the SUNY SVP Campus Climate Survey!

If you received an invitation to this survey from SUNY a few weeks ago and have not completed it yet, please remember to do so by the deadline: this Wednesday, April 16, 2025.

This survey is conducted only every other year, and helps us improve our campus safety and environment.

Thank you in advance for your time and effort to complete the survey!

Akie Yanagi, Ph.D., Director of Planning, Research & Institutional Assessment

Wellness Center News:

VISIT WITH THERAPY DOGS!!

SUNY NIAGARA WELLNESS CENTER presents

ESCAPING ANXIETY

FEATURING KAI ROBERTS

Want to hear from someone who
 struggles with anxiety and what helped?
 Looking for a way to de-stress in a busy
 semester?

TUESDAY APRIL 15th in G211
10-11 AM-Therapy Dogs, Plant a succulent, make an
 anxiety toolkit
11-12 Kai's presentation, FREE LUNCH afterwards

WIN GIVEAWAYS!

When Kai developed anxiety and panic disorder as a student at
 Carnegie Mellon, he discovered the healing power of writing about
 his feelings and created a series of hip-hop lyrics to illustrate
 what he was going through. As a previous sufferer of anxiety,
 Kai Roberts is a spirited performer and speaker, with a
 passion for uplifting his audience.

FUNDED BY SUNY MENTAL HEALTH GRANT

**active
 minds
 speakers**

HIDDEN MISCHIEF

**ALCOHOL AND SUBSTANCE USE
 PREVENTION AND IDENTIFICATION PROGRAM**

Take a walk through our simulated
 bedroom and search for hidden drugs
 and paraphernalia, while learning
 about popular concealment methods.

FREE SNACKS!

PROGRAM INCLUDES:

- A presentation about items in the room
- Signs and symptoms of use
- Current substance use trends
- What to do if you suspect someone may be using substances

**SPONSORED BY
 SUNY NIAGARA
 WELLNESS CENTER,
 STUDENT LIFE,
 STUDENT HOUSING
 & NORTH-POINTE
 COUNCIL**

APRIL 16, 2025 @4:00PM
 STUDENT HOUSING, 1ST FLOOR, GAME ROOM

The new issue of *CampusWell* is out!

Video: Self-care hacks beyond the spa

https://niagaracc.campuswellplus.com/?video=4879&feed=54&utm_source=school&utm_medium=email&utm_content=self-care-hacks-beyond-spa&utm_campaign=0425W2

Our best tips on how to deal with social anxiety

<https://niagaracc.campuswell.com/dealing-with-social-anxiety>

UCookbook: Greek pasta salad

<https://niagaracc.campuswell.com/ucookbook-greek-pasta-salad>

7 ways to make the most of your spring

<https://niagaracc.campuswell.com/make-this-your-best-spring-ever>

Ask the nutritionist: “Are avocados actually healthy? Aren’t they full of fat?”

<https://niagaracc.campuswell.com/ask-the-nutritionist-are-avocados-healthy>

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

Important Spring Deadline – April 29:

The deadline to request an S/U/W Grade or Withdraw from the College is Tuesday, April 29.

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 Records Office in A-161.

Submit a Graduation Application by May 2nd!

- Log into Banner Web
- Go to “Student Records”
- Click on “Apply for Graduation”

The online application allows you to confirm the degree/certificate you are seeking and designate a preferred name on your diploma. *If you are earning more than one degree and/or certificate in May 2025, please submit an application for each.*

For more information regarding graduation, please visit: <https://sunyniagara.edu/registration-records/graduation/>

Assistance is available in Records – A-161 or call (716)614-6250
Records Office

Career and Transfer Services: Week of 4/14/25

April 14, 2025

Niagara University 11:00am-1:00pm at Niagara Falls Culinary Institute
Buffalo State- 10:00am-2:00pm in the Learning Commons

April 15, 2025

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

April 16, 2025

Delaware North - 11:30-1:00pm - Niagara Falls Culinary Institute
Buffalo State -11:30am-3:30pm at Niagara Falls Culinary Institute

April 17, 2025

ECMC - 10:00am- 2:00pm - Nursing Wing C- Building
Grand Canyon University - 10:00am- 2:00pm - Nursing Wing C- Building
City Buffalo - 10:00am-2:00pm in the Learning Commons
Pennsylvania Western University- 10:00am-2:00pm in the Learning Commons

April 18, 2025

College Closed

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

Looking for a Job for the Summer:

The SUNY Niagara Operations department is looking to hire seasonal employees (90 days in duration) this summer. Employment will begin approximately mid-May and end in mid-August. The rate of pay will be \$15.50 per hour and you can work up to 40 hours per week. The typical work schedule is Monday – Friday 6:30am – 3:00pm.

If you are interested, please fill out an application at: <https://niagaracc-suny.peopleadmin.com/postings/3284>

Jonathan Bellomo, SPHR, Assistant Director of Human Resources

Student Nurses Association

HELP DONATE TO MENTAL HEALTH

April 10th- 17th

What We Need

Crayons, Coloring books, little deodorants for male and females, Brushes, Combs, & lotion



How can you help?

YOU CAN DROP ITEMS OFF AT
THE BIN OUTSIDE C-174 OR
HELP BY BUYING MENTAL
HEALTH STICKERS \$3

The money gathered from stickers will be used to
buy the supplies needed, for Niagara Falls
Memorial

Student Life News:

COMMUNICATING CLIMATE RISKS, VALUES, AND SOLUTIONS

AN EARTH WEEK WEBINAR

WITH CHIEF SCIENTIST AT THE
NATURE CONSERVANCY,
AUTHOR, AND DISTINGUISHED
PROFESSOR

KATHARINE HAYHOE

04.17.25
12-1 ET

OPEN AND FREE FOR SUNY
STUDENTS, FACULTY, AND STAFF



AWARDED CLIMATE SCIENTIST
EXPLAINS HOW SPEAKING ABOUT THE
CLIMATE CRISIS TO THOSE AROUND
US CAN CHANGE THE WORLD



Please join SUNY Sustainability for their upcoming webinar:
Communicating Climate Risks, Values, and Solutions with Katharine Hayhoe on April 17th, 12:00 - 1:00 pm.

Katharine Hayhoe is a renown sustainability advocate, Chief Scientist at the Nature Conservancy, distinguished Professor at Texas Tech University, [author](#), and [speaker](#). Her full bio can be found below.

Registration, though not required, is available here: <https://www.eventbrite.com/e/communicating-climate-risks-values-and-solutions-with-katharine-hayhoe-tickets-1301249705899?aff=oddtcreator>.

We hope you join us in our fight for a better, cleaner, and safer SUNY!

CELEBRATE EARTH DAY

APRIL 21ST-26TH

MONDAY

APRIL 21

E241

12-12:50PM

Planetarium Show on Exoplanets



Join Dr. Suman Baral for a planetarium show and interactive Kahoot about exoplanets

TUESDAY

APRIL 22

LEARNING
COMMONS

1-3PM

Free Milkweed Starter Plants



Plant a milkweed seed in the Learning Commons and take home a starter plant to support Monarch butterfly migration!

APRIL 22

LEARNING
COMMONS

1-3PM

Reusable Giveaways



Visit the Learning Commons to pick up your SUNY Niagara reusable straws, cutlery, and grocery bags and learn more about Earth Day!

APRIL 22

STUDENT HOUSING
VILLAGE

6 PM

Worm in the Dirt Snack and Rock Painting



Join RA Kaelyn for an Earth Day themed snack and rock painting in the Student Housing Village Game Room

THURSDAY

APRIL 24

E140

5:30PM

Join Animation Club for a Wall-E Movie Night



Enjoy pizza and drinks while watching Pixar's Wall-E! Open to all students!

SATURDAY

APRIL 26

WHIRLPOOL
STATE PARK

10AM

Outdoor Adventure Club Hike- All are Welcome



Join the Outdoor Adventure Club for a 90-minute hike at Whirlpool State Park! Meet in the parking lot at 10:00 AM and enjoy the fresh air and scenic views. Whirlpool State Park, Niagara Scenic Pkwy, Niagara Falls, NY 14303. Email Millerd@niagaracc.suny.edu with any questions

Jessica Heideman, Student Life

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.**

Barnes & Noble: 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!

Alysha Brizzell | Assistant Manager

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