

College will Be Closed Thursday, November 27 and Friday November 28

Week of November 24, 2025

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/>

Healing From Scratch Event at NFI:

The SUNY Niagara Health & Wellness Center was proud to sponsor an event at NFI on November 19th. This presentation was titled "Healing From Scratch" and was given by Dayna Altman from Active Minds. Dayna shared her personal story with a twist by using ingredients for making bread as metaphors as she discussed her battles with depression, OCD, and eating disorders and her path to healing.

Thank you to the students and staff that attended. Special thanks go out to the students that shared personal stories and ways they navigate their mental health journey.

Congratulations to our 3 Barnes & Noble gift card winners and thank you to La Patisserie for the delicious cookies. Dayna said it was the best cookie she's had in her life! Be on the lookout for more events coming soon from the SUNY Niagara Health & Wellness Center as part of the SUNY Mental Health grant.

Be well!

SUNY Niagara Health & Wellness Center

Important S/U/W/X Fall Deadline – Thursday, December 4th

The deadline to request an S/U/W Grade or Withdraw from the College is Thursday, December 4th.

Withdraw from at least one Class or All Classes – To drop a course and receive a W (withdrawal) grade as a final grade, or to withdraw online from the college and receive "X" grades for **ALL** of your current courses, complete the electronic [Request to Withdraw from Course or College \(All Classes\)](#) 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 Financial Aid for questions related to Excelsior.

Mod course deadlines differ – 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. Records Office

PLEASE NOTE:

**SUNY Niagara Shuttle will run Holiday/Sunday hours
On Friday, November 28
Saturday, November 29 and Sunday November 30
Regular Shuttle hours will
resume on Monday, December 1**



HYGIENE KITS

**Create. Give Back.
Grab a Slice.**

**Mon.
Nov. 24**

11:30 AM - 1:00 PM

STUDENT HUB

SERVICE
WITH A
SLICE

Pack a hygiene kit & make a real difference for a fellow student!

#ServiceMadeSimple

Brought to you by Student Life & Your Student Activity Fee

TRY IT TODAY!!!



DON'T FORGET SUNY SURVEY IS due by December 20, 2025

Basic Needs on Campus Survey coming to you from SUNY!



We know there have been many surveys this semester... Thank you!

This is the last one this semester and it's an important chance to help your fellow SUNY students.

Survey Details:

- Watch for an email from survey@suny.edu
- Open: **11/20/2025 – 12/20/2025**
- Takes **<10 minutes**.
- Participation is **voluntary** and **confidential**.
- Helps inform campus planning, guide policy decisions, set baselines for future basic needs work of SUNY.

SUNY wants to understand your experiences with:

- Food access
- Housing & homelessness
- Transportation
- Childcare

If you receive an invitation from SUNY, we encourage you to share your experience. Please help strengthen our campus community!

SUNY Niagara Office of Institutional Effectiveness/Research

CAREER AND TRANSFER SERVICES for this week:

Handshake Has Launched at SUNY Niagara!

Last week, you received an email announcing the launch of Handshake, and great news: every student already has an account! Now is the perfect time to log in, set up your profile, and start exploring the wide range of opportunities available to you. Whether you're looking for part-time work, full-time positions, or long-term career pathways, Handshake is your go-to platform to connect with employers and discover what's next. Dive in and start building your future today! Need assistance? Contact Kate Murphy in the Career and Transfer Office in the Student Success Center

November 24th Niagara University - 10:30am -1:00pm in the Learning Commons

November 25th University at Buffalo - 10:00am -2:00pm in the Learning Commons

Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, kmurphy@niagaracc.suny.edu

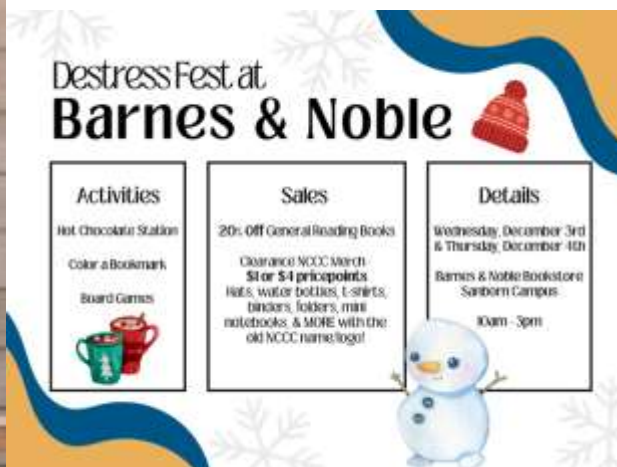
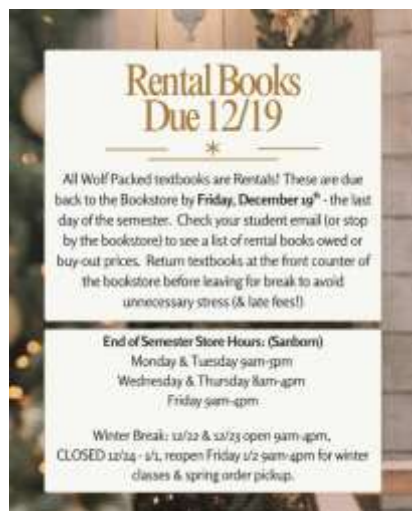
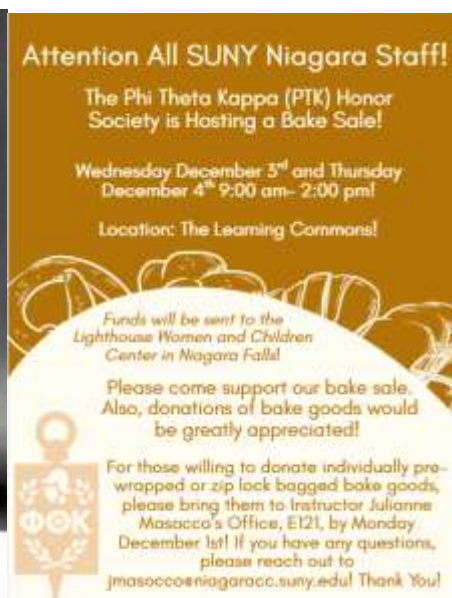
STUDENT SHOWCASE: How can you get Involved?

We are looking forward to the 2026 Student Showcase on April 23rd! You will take an idea from your coursework here at SUNY Niagara and present it. Your project can be a poster, a table project, an art exhibition, or a performance. You will be competing for prize money—over \$3,000 will be awarded. Please reach out to a faculty member and ask them to serve as your mentor through the process. You can also reach out to the library and we will match you with a mentor. After discussing your ideas with your mentor, fill out the [application](#).

For full details on the event, project types, and judging rubrics, visit the [Student Showcase webpage](#).

We can't wait to celebrate your accomplishments!

Jean Linn, MLIS, Technical Services Librarian & Archivist



**NFCI bookstore is open its regular 9am-3pm M-F until the semester ends. Open 9am-3pm 12/22 & 12/23, Closed 12/24 – 1/2, Open 9am-3pm 1/5.



Enjoy Your Break!