

The  
*Campus  
Link*

*Niagara's newsletter  
for parents and friends*

### Seasonal Student Issues

**T**here's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month.

- ◆ Some students lose their motivation for the final push
- ◆ Spring fever hits and problems arise as students become restless
- ◆ Anticipating the end of the year
- ◆ Frustration and confusion develop because of class registration
- ◆ Papers and exams are piling up
- ◆ Summer job panic



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Education that makes a difference.



### A Summer Planning Checklist

**I**t's almost that time. The end of the term is right around the corner and there are decisions to be made and plans to be prepared. This checklist offers some food for thought so that you and your student are ready to dig into the summer season!

**Figure Out Storage.** Is your student moving off campus next year? Is all the stuff too voluminous to fit in the family car? If so, you'll need to figure out storage options. That stuff needs to go somewhere!

**Determine Classes for Next Term.** Is your student all set with classes for next term? Those might include summer classes, internship credits or fall term choices. Just make sure those academic ducks are in a row.

**Have Graduation Specs in Place.** If your student is graduating, has a cap and gown been ordered? Have all the necessary paperwork been done? Have plans been made for out-of-town visitors? What's the plan for after the graduation ceremonies when it comes to dinner reservations? These kinds of details can sneak up on you.

**Know What the Summer Will Bring.** It's difficult for students to plunge into their summers without having a plan. Does she/he have a job lined up? An internship?

#### Other Summer Considerations

Some additional things to think about before the summer comes include:

- ✓ Scholarship deadlines
- ✓ Having housing lined up for the fall
- ✓ Transportation home after the spring term is over
- ✓ Budgeting for summer costs
- ✓ Living arrangements for the summer

## Great Care Package Ideas for the Final Push

Students can use all the support they can get, especially as final papers and exams kick in. Here are some ideas for things that many students would love to find in an end-of-the-year care package:

- ◆ Smart Food popcorn (to keep their brain humming!)
- ◆ A stress ball
- ◆ A fun pen or pencil
- ◆ Funny quotes or cartoons from the newspaper
- ◆ Coffee, tea or hot chocolate
- ◆ A modest gift card to a local restaurant or store
- ◆ A goofy photo from home
- ◆ Nice soap or body wash
- ◆ Nutritious snacks like nuts, granola bars or dried fruit



## Understanding the Census on Campus

It's time to stand and be counted! On campus, students are going to be experiencing the 2010 U.S. Census this month. As such, they'll likely have some questions about things like, who should fill out Census forms, why and where they should fill out their forms (at school or at home?) and more.

Luckily, the federal government is making it fairly easy to get accurate information out to students and those who care about them. Just head to <http://2010.census.gov/2010census/> and type "Census on Campus" in the search box to gain access to four short, student-friendly videos that put the Census in understandable terms. Some of the facts include:



- ◆ If students aren't living with their parents during the school year, they'll be counted where they live, including on-campus residence halls and off-campus apartments.
- ◆ Wherever a student lives on April 1, 2010 is where he/she will fill out a census form.
- ◆ If a student doesn't live with his/her parents, parents should not include their student on their form.
- ◆ Everyone has to be counted where they are now.
- ◆ The Census only asks seven simple questions of college students, so the whole form will take less than 10 minutes to complete.
- ◆ It's illegal for the Census to share information with anyone so all answers are kept confidential.
- ◆ Students aren't exposing themselves to any dangers by filling out the form.
- ◆ The Census counts everyone living in the U.S., regardless of citizenship. So, even international student living in the U.S. are counted.

Census figures lead to fund allocation and a better understanding of the U.S. population. So, help your student get ready to be counted!

Up to 25 percent of college students have abused prescription stimulants, according to the Higher Education Center for Alcohol, Drug Abuse and Violence Prevention. And during this time of year when students are studying through the night and cramming for finals, there may be an up-tick in illegal use. However, there are some things you can watch for that could indicate stimulant abuse. Warning Signs may include:

- ◆ The unexplained disappearance of meds
- ◆ Declining grades
- ◆ Loss of interest in usual activities
- ◆ Changes in friends and general behaviors
- ◆ Disrupted eating or sleeping patterns

### Why They Turn to Stimulants

Students often use stimulants to increase their energy, alertness, wakefulness and concentration. They may use them:

- ◆ To stay awake and alert beyond their natural ability
- ◆ As study aids
- ◆ To stay up all night
- ◆ To elicit feelings of euphoria
- ◆ To control their appetite

Although prescribed stimulants are used to create a calming, focusing effect among people with Attention Deficit Hyperactivity Disorder (ADHD), they have a different effect on those taking them illegally. Students can become psychologically dependent on them. And once they start taking stimulants in higher doses, students may be at risk of everything from paranoia to high body temperatures to hostility to heart failure, seizures and death.

Students can gain access to prescription drugs like stimulants by:

- ◆ Stealing them from someone they know
- ◆ Buying them from someone they know who has a valid prescription
- ◆ Faking a medical condition to get a doctor's prescription
- ◆ Buying them from online pharmacies not requiring prescriptions

Students take stimulants in a variety of ways, including: swallowing them whole, chewing them, injecting crushed pills in powder form, snorting crushed pills in powder form, taking them in combination with alcohol

So, keep an eye out for stimulant abuse, particularly at this volatile time of year.



**Commonly Abused Stimulants:** Ritalin, Adderall, Concerta, Dexedrine

Source: [www.higheredcenter.org/high-risk/drugs/prescription-drugs](http://www.higheredcenter.org/high-risk/drugs/prescription-drugs)

## Credit Card Protection for Underage Consumers

The Federal Reserve's new rules for credit card companies went into effect on February 22, 2010. There are specific protections for underage consumers within these rules. For example:

- ◆ Those who are under 21 will need to show that they are able to make payments or will need a co-signer, in order to open a credit card account
- ◆ Those under age 21 who have a card with a co-signer and want an increase in the credit limit must have their cosigner agree in writing to the increase
- ◆ For more on the new credit card rules, head to [www.federalreserve.gov](http://www.federalreserve.gov).



Starting Monday, April 12<sup>th</sup>, all currently enrolled students are able to register for summer 2010 courses.

We will also begin the registration for fall 2010. Fall registration for seniors opens on the April 12<sup>th</sup> and 13<sup>th</sup>; juniors on the 14<sup>th</sup> and 15<sup>th</sup>; sophomores on the 19<sup>th</sup> and 20<sup>th</sup>; and then the freshmen on the 21<sup>st</sup> and 22<sup>nd</sup>. Each class is broken down by the number of credit hours completed at the end of the fall 2009 semester. The number of completed hours includes transfer credit from other colleges, AP and CLEP credit, along with the courses completed at NU. The registration breakdown will be posted at <http://www.niagara.edu/records/registration.htm> on March 29th.



All undergraduate students must meet with their advisor prior to either summer or fall registration. In addition, they need to update their profile which is found on their myNU page. This process should start no sooner than March 29<sup>th</sup> when the web sites are activated.

Sometimes students are restricted from registering. This could be due to an outstanding account, missing financial aid paperwork, non-compliance with health services regulations and/or having an incomplete admissions folder. In these cases, the student's record has a 'hold' put up and notification of a 'hold' is emailed to them at their NU email account and is displayed on their myNU. It is the responsibility of the student to contact the office which put up the hold and submit what is necessary to have the hold removed. The offices will start posting hold codes during the month of March up until the end of August and are removed as soon as the student becomes compliant.

For your student to have the best opportunity for course selection, please remind and encourage your student to see their advisor, edit their profile and take care of their hold codes to insure that they can register at their appointed time. Also, to check their completed credit hours on their myNU because sometimes credit earned elsewhere may not be posted yet.

### **Checkout Prep...*Making move-out day less stressful***

If your student lives in the residence halls, he or she will be going through the room checkout process before leaving. Since that time is right around the corner, here are a few tips to share with your student to ensure that the process is smooth as can be:

- Go to Informational Floor/Hall Meetings and Read Notices Sent to Students.. The residence hall staff will pass out information about checkout and the process students need to follow. Encourage your student to go to informational meetings and to read the materials. Ask questions of the hall staff, too—they'll welcome the interest!
- Don't Ignore It. It's important to note that the checkout process isn't optional—failure to comply with hall policies will likely result in an improper checkout charge and won't allow students a final say in their room damage charges. Students need to turn in their keys and sign out of their rooms officially. Ignoring the process just makes the aftermath messy—and expensive.
- Make a Checkout Appointment with Your RA. Students should take a look at their final exam schedule and plan when they'll go home accordingly (students are expected to move out within 24 hours of their last final). RAs are students, too, going through finals while also trying to close the building so, students should make an appointment with their RA to check out. Encourage them to stick to this timeframe out of respect for the staff's schedule—and to make sure that, when they're ready to leave, there is an RA ready to help. Otherwise, they may have to wait awhile when all they want to do is hit the road for the summer!

Continued on the next page.

## Checkout Prep...continued

- **Clean the Room!** Once students start packing and moving things around, the giant dust bunnies are bound to make themselves known. Encourage students to clean as they go so that they don't have a big mess to contend with when they're ready for checkout.



Leaving a room filthy is not only disrespectful to the kind cleaning staff who have helped your student all year, there is also a hefty charge associated with it.

- **Contend with Rug Residue.** If your student is holding the rug in place with duct tape, there will likely be sticky residue. Leave enough time to clean that up. Again, if left behind, he/she will be charged for floor cleaning.
- **Think About Other "Little Things."** Furniture that was in the closet all year needs to be put back on the floor. Tape residue on the walls and doors needs to be removed. These "little things" add up.
- **Know What You're Signing.** Once the room condition has been assessed, your student will probably be asked to sign a room inventory, saying that she/he agrees with the assessment. Make sure that she/he pays attention to what it is being signing so there are no surprises over the summer!

### Other Move-Out Considerations

- **The Way Home.** How will your student get home? In his/her own vehicle? Will you borrow a truck or van? Make sure plans are made to be out prior to the

final closing of the residence halls.

- **Storing Belongings.** Niagara allows students to store items over the summer only if they are returning to residence the following year. So, if your student is moving off campus, can he/she leave some bigger items—carpets, furniture, etc.—in that rented space, even if he/she isn't yet paying rent? Or will you need to rent a storage space?
- **Having Enough Containers.** Boxes, trash bags and other containers are often at a premium during the end of the year. Make sure your student is well-equipped to start packing so that doesn't need to happen on the actual move-out day! Consider using suitcases and duffel bags, too.
- **Stuff Disposal.** It's important that students find out how to discard and recycle unwanted items within the halls. They can't just leave items in their room or the hall so, encourage your student to talk with residence hall staff ahead of time. Many discarded items which can still be used will be donated to local charities.
- **Emotions May Surface.** Saying goodbye to friends and moving on can be emotional for many students. Be prepared that move-out day won't be all about the tasky things—it'll likely involve seeking out friends, swapping addresses and more.

