

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.

- ❑ Missing friends at school
- ❑ Transitioning back to life at home after being away all year (for students who go away to school)
- ❑ Adjusting to a new routine
- ❑ Working full-time instead of going to school full-time
- ❑ Anxiety about academics
- ❑ Handling summer classes
- ❑ Reestablishing relationships with siblings, parents and friends
- ❑ Budgeting their money and saving for fall
- ❑ Looking toward next term and the changes that may occur

JUNE 2010



**NIAGARA UNIVERSITY**  
Education that makes a difference.



## *It's Orientation Season!*

**A**s you and your student prepare to visit campus for one of the CARE sessions, keep a few things in mind...

- ◆ What's important to you and your student?
- ◆ Consider: housing, parking, career prep, learning assistance, commuter concerns, internships, classroom expectations and more.
- ◆ Combine asking questions & listening
- ◆ Take notes—the sheer volume of information you are offered can make remembering everything difficult.
- ◆ Listen to presenters and panels, yet ask questions when they come up.
- ◆ Keep in mind that NO question is a dumb one!
- ◆ Give your student some space
- ◆ It's important to learn to navigate on her/his own.
- ◆ Allows your student to meet other people and ask questions.
- ◆ A dose of self-responsibility at orientation sets a positive tone for the year ahead.
- ◆ Get to know others

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Summer farmer's markets, here you come! As you and your family attempt to incorporate more fruits and vegetables into your diet, the Centers for Disease Control and Prevention (CDC) offers tips that can help.

### A Cup Equals...

Here's a chart to help determine what constitutes a cup of certain fruits and veggies:



### Veggies

- 1 large bell pepper = one cup
- 1 medium potato = one cup
- 2 large stalks of celery = one cup
- 1 large sweet potato = one cup
- 1 cup cooked greens or 2 cups raw = one cup (spinach, collards, mustard greens, turnip greens)
- 1 large ear of corn = one cup
- 12 baby carrots or 2 medium carrots = one cup
- 10 broccoli florets = one cup
- 1 cup salsa = one cup



### Fruits

- 1 small apple = one cup
- 1 large banana = one cup
- 1 medium grapefruit = one cup
- 1 large orange = one cup
- 1 medium pear = one cup
- 1 small watermelon wedge = one cup
- 2 large or 3 medium plums = one cup
- 8 large strawberries = one cup
- 2 medium cantaloupe wedges = one cup
- 32 grapes = one cup
- 2 small boxes of raisins = one cup
- 2 cups of lettuce = one cup
- 1 cup of 100% fruit juice = one cup

### Ways to Incorporate More Fruits & Veggies Into Your Day

Your students can easily incorporate more fruits and veggies into their diets with these strategies:

- ◆ Top granola or yogurt with sliced apples or frozen berries
- ◆ Top toasted whole wheat bread with peanut butter and sliced bananas
- ◆ Add vegetables, such as diced tomatoes and onions, to your omelet
- ◆ Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick"
- ◆ Add frozen spinach to tomato sauce and put it on whole wheat pasta
- ◆ Ask for less cheese and more vegetables on your pizza, like onions, mushrooms and bell peppers
- ◆ Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas, brown on both sides in a pan until the cheese melts and top with salsa
- ◆ Add frozen vegetables like peas and broccoli to a casserole or pasta
- ◆ Open canned soup, add 1-2 cups of frozen vegetables and serve on top of rice
- ◆ Add grapes, sliced apples or pears to chicken salad
- ◆ Add tomatoes, radishes and green peppers to tuna salad
- ◆ Top broiled meat, chicken or fish with salsa

### What Should I Eat on a Daily Basis?

Take a simple quiz at

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to find out how many fruits and veggies you need on a daily basis. All you have to do is plug in your age, gender and level of physical activity for an instant reading

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- ◆ Don't hesitate to introduce yourself to coaches, student affairs staff, advisors, student leaders, faculty, deans, staff and others.
- ◆ Also mingle with other parents/families who are going through the same thing that you are.
- ◆ Make the rounds
- ◆ Take tours around campus to see academic buildings, residence halls, community spaces and much more—even if it's hot! Then, when your student starts talking about these places during the semester, you'll be able to accurately picture the surroundings!
- ◆ Be paperwork prepared
- ◆ Do the legwork ahead of time so you're ready with necessary health, academic and other info that may be needed.
- ◆ Talk with your student so you can both compare notes about what's needed during orientation.

Here's to a positive orientation experience for all!

### ***Keep Yourself Healthy!***

CARE sessions are scheduled on some of the hottest days of the year. Drink water, stay cool and pace yourself.



### **Family Summer Fun**

We know that you know how to have fun as a family. But in the craziness of busy work and social schedules, the summer weeks can quickly pass by. Before you realize it, August is here and it's time to pack up to send your student off to college. Carve out some time now to spend quality time together. It doesn't have to be anything fancy – or expensive. A night spent on your back porch talking and watching fireflies will do. And so will a day trip to a local state park. Just pick a few things that you think all will enjoy and have some family fun. Here are some ideas to get you started:

- ◆ Volunteer at a local shelter for a morning. A soup kitchen, an animal adoption center, whatever! You'll feel good about helping – and your family will learn something too.
- ◆ Pick a book and read it together. Carve out time weekly to have “book chats” over coffee—or another fun treat—and learn from one another. The book doesn't have to be a classic.
- ◆ Go to the beach for the day. Load up the car with Frisbees, buckets and shovels, and other sun fun. Don't forget the sunscreen!
- ◆ Visit a local historical site. You can even pick one your youngest has visited on a school trip – she's sure to appreciate being the “expert” for the day!
- ◆ Pick a craft project to work on

## Dating Violence

The issue of dating violence has come very prominently to light as a result of May's alleged murder of a University of Virginia senior by a fellow student she used to date.

Dating violence is physical, sexual, emotional and/or verbal abuse between persons who are now, or have been, in a casual or serious dating relationship. Sometimes, in their inexperience, young daters find certain behaviors flattering in their partners, instead of recognizing that they could be signs of potential abuse. Not allowing someone to spend time with friends, texting someone constantly to check in, and offering "advice" about hair or clothes are all behaviors that could be considered "cute", but in reality might mean much more.

Following are some issues to talk about with your student now as a cautionary tale.

### What are the characteristics of dating violence?

- ◆ Your partner gets jealous when you go out or talk with others
- ◆ Your partner constantly checks up on you
- ◆ Your partner frightens or intimidates you
- ◆ Your partner imposes restrictions on the way you dress or your appearance
- ◆ Your partner puts you down, but then tells you he or she loves you
- ◆ Your partner makes you choose between him/her and your family
- ◆ You are afraid to break up with your partner because you fear for your personal safety

### What factors contribute to dating violence?

- ◆ The need for peer approval
- ◆ Gender-role expectations
- ◆ Lack of experience in relationships
- ◆ Little contact with adult resources
- ◆ Less access to societal resources like medical attention and shelters
- ◆ Barriers to gaining legal assistance
- ◆ Substance abuse
- ◆ Pressures by peers to act violently

- ◆ "Romanticized" view of love

### What are some of the most common forms of verbal and emotional abuse?

- ◆ Name calling
- ◆ Intimidating looks
- ◆ Use of pagers and cell phones to maintain constant contact
- ◆ Monopolizing a partner's time
- ◆ Isolation from family and friends
- ◆ Making a person feel insecure
- ◆ Saying, "I love you" too soon
- ◆ Making threats, manipulation, humiliating a person in public

### What are some of the most common forms of sexual abuse?

- ◆ Unwanted touching and kissing
- ◆ Statutory rape

### What are some of the most common forms of physical abuse?

- ◆ Hitting, beating, shoving and pushing
- ◆ Roughhousing/play wrestling
- ◆ Restraining

### What can you do if your student needs help?

If you do find yourself in a conversation about a potentially abusive relationship, consider the following:

- ◆ Demonstrate a willingness to listen non-judgmentally
- ◆ Ask open-ended questions to encourage dialogue
- ◆ Try to dialogue, rather than interrogate
- ◆ Refrain from showing negative body language
- ◆ Reflect back on what you are hearing at various points during the conversation
- ◆ Get assistance, if necessary, and don't forget to offer resources, on campus and beyond, that could be helpful

Unhealthy relationships can occur if a student doesn't raise his/her awareness and talk with trusted others. That's where you come in.

Source: But I Love Him by Dr. Jill Murray (2000)

## Student Health Insurance

None of us ever wish for a health-related crisis to occur, yet it's important to plan for this possible "what if." Determining your student's health insurance specifics for the upcoming year requires knowledge and prior planning. For instance, how will your student use the campus health center? What local hospital will he/she be affiliated with should they need to seek emergency or afterhours care.

First of all, many young people can now be covered on their parents' health insurance until they're 26 years old, thanks to the recent Affordable Care Act ruling from the White House.

James Turner, president of the American College Health Association recommends that, once your student arrives on campus, figure out the following things:

- ◆ Does your child know how to seek medical care should he/she become ill while on campus?
- ◆ What services does the Student Health Center provide for your student?
- ◆ How are services billed for care received?
- ◆ How will you obtain receipts for insurance reimbursement for any expenses incurred?
- ◆ How will you budget for these costs?
- ◆ Will your child need an out-of-network referral for specialty referrals or outpatient testing such as laboratory testing, ultrasounds, x-rays, or MRI's?
- ◆ How will your child get routine prescriptions filled while at school?
- ◆ If your child does not have insurance coverage, how will your student cover medical and diagnostic expenses not provided by the student health center. (laboratory testing, ultrasounds, x-rays, MRI's, and specialty referrals)

Talk with your insurance agent now as you plan for fall. This prior planning will ensure that both you and your student are prepared with an appropriate plan should medical assistance be required.

Sources: The Aggregator, The Wall Street Journal, 5/9/10; The New York Times, 5/10/10

"The Affordable Care Act requires plans and issuers that offer coverage to children on their parents' plan to make the coverage available until the adult child reaches the age of 26. Many parents and their children who worried about losing health insurance after the children moved away from home or graduated from college no longer need to worry."

Accessing Insurance: What young adults and parents need to do :

- Check for immediate options
- Watch for open enrollment
- Expect an offer of continued enrollment

The implementation date required by the Act is Sept. 23, 2010, although Secretary of Health and Human Services Kathleen Sebelius has called on leading insurance companies to begin covering young adults voluntarily before this date.

Learn more about it all at [www.whitehouse.gov/blog/2010/05/10/a-long-overdue-change-help-young-adults-get-coverage](http://www.whitehouse.gov/blog/2010/05/10/a-long-overdue-change-help-young-adults-get-coverage).

