

# The Campus Link

A newsletter for parents & families

April 8, 2009



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## Advance Registrations Set for April

Starting Tuesday, April 14, all currently enrolled students are able to register for summer 2009 courses.

Registration for fall 2009 begins at that time, as well. Registration for seniors opens April 14 and 15; for juniors on April 16 and 17; for sophomores on April 20 and 21; and for freshmen on April 22 and 23. Each class is broken down by the number of credit hours that have been completed at the end of the fall 2008 semester. The registration breakdown is posted at [www.niagara.edu/records/registration.htm](http://www.niagara.edu/records/registration.htm).

Summer and fall course schedules are posted at [www.niagara.edu/courses/](http://www.niagara.edu/courses/).

All undergraduate students must meet with their advisers prior to either summer or fall registration. In addition, they need to check and edit their profile, if necessary. It can be found on their myNU page.

Sometimes students are not able to register. This could be due to having an outstanding account, missing some 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. A notification of a "hold" is e-mailed to them at their NU e-mail account and is also displayed on their myNU. It is the student's responsibility to contact the office that put up the hold and submit what is necessary to have the hold lifted. The offices will post hold codes from March through August. These are removed as soon as the student becomes compliant.

To ensure that your student has the best opportunity for course selection, and can register at the appointed time, please remind and encourage him/her to see his/her adviser, edit his/her profile, and take care of hold codes.

## Commencement Weekend 2009

### Commencement Liturgy

Saturday, May 16

Upper Level Gallagher Center, 4 p.m.

### Undergraduate Ceremony

Sunday, May 17

University at Buffalo (North Campus)  
Alumni Arena, 12:30 p.m.



### Please Note:

- Tickets are **required** to attend the commencement ceremony. No one will be admitted into the Alumni Arena without a ticket.
- Students will be allotted six tickets each.
- Students will be required to show their student ID card and sign for their **own** tickets.

Tickets will be distributed through the campus activities office the week of April 27 – May 1, and the week of May 4 – May 8. If additional tickets are available, redistribution will take place on May 12 at 9:30 a.m. in the campus activities offices on a first-come, first-served basis.

For more information regarding commencement, please visit the Commencement 2009 Web site at [www.niagara.edu/commencement](http://www.niagara.edu/commencement).

## Getting Ready for Move-Out Day

### Moving Out

It's almost time for the mass campus exodus, as campus dwellers vacate their spaces and head to their summer sites. If your student lives on campus, here are some things for you all to start thinking about now in order to make a smooth transition:

**Getting Info Early.** Gathering checkout information from residence hall staff members by going to meetings and reading what's being passed out is your student's responsibility.

**Heading Home.** How will your student get home? Discuss whether a van, a car, a borrowed truck or another mode will work best.

**Storing Stuff.** Because most campuses don't have summer storage space, consider where that rug, microfridge, furniture and more will go. Students who are planning to move off campus next year should try to get permission to store some stuff over the summer — it's better to ask now, though, rather than expecting it'll be okay at the last minute.

**Having Enough Containers.** Encourage your student to gather boxes and bags now because they can be tough to come by at the very end of the year. Suitcases, duffel bags, crates and plastic containers work well, too.

**Starting to Pack.** The packing should start before move-out day in order to prevent stress, anxiety and a hectic scramble on that last day.

**Cleaning It Up.** The dust bunnies and sticky residue will be plentiful once things get boxed up, so prepare your student for the clean-up job ahead. It's important to leave the room clean — not only is leaving a mess disrespectful to the kind cleaning staff who have helped your student all year, there is also a hefty charge associated with room cleaning.

**Throwing Stuff Out/Recycling.** Students need to find out how to recycle and discard unwanted items so they can put those things in their proper place. Things can't just be left in the room, waiting for someone else to take care of them — make sure students talk to residence hall staff to get the scoop.

Move-out is an inevitable necessity that students can't ignore. Doing so will just make their final day in the halls messy, confusing and expensive, if they don't follow the process in place. Better to get the info now and plan ahead for a smooth transition!

## In Honor of Earth Day

Earth Day is April 22. Looking for some interesting environmental info to share with your student on this occasion? Here are some options:

■ **Ecological Footprints.** See what kind of impact you're each having on the planet by figuring out your ecological footprint at [www.earthday.net/footprint/index.html](http://www.earthday.net/footprint/index.html).

■ **Sustainable Suppers.** What is this "eating local" thing all about? The Web site [www.sustainabletable.org](http://www.sustainabletable.org) offers some great resources.

■ **The Great Stuff Conundrum.** Check out The Story of Stuff at [www.storyofstuff.com](http://www.storyofstuff.com). It's a 20-minute Web video about our production and consumption patterns. As students are getting ready to consolidate their stuff before moving home, it could be a good reminder of ways to create a more sustainable, environmentally friendly world.

Happy Earth Day to you!



## The Rise of Emotions

Saying goodbye on move-out day can get emotional for some students. It may hit them that they're leaving behind some great friends for the summer — or maybe longer, for those who are graduating. So, be prepared that move-out day won't just be about the packing and cleaning tasks. Your student may want to track down friends, spend some time and say good-bye.



*Making the final  
stash versus the  
can of trash*

## Resume Reminders

The end of the year is only a few weeks away and for many students that is the start of the summer job season. This

year — probably more than ever before — your student wants a resume that jumps out at potential employers. There is no silver bullet to landing the perfect summer job or internship. However, taking a little extra time on the basics could make it more likely that your student's resume makes the final stash versus the can of trash!

Encourage students to keep these basics in mind when creating their resumes:

- Avoid college slang — don't make potential employers guess what you are talking about.
- Don't go overboard — you have done a lot in your time at college, but you aren't writing a memoir, you are compiling a resume. Try to limit your resume to one to two pages with the highlights of your experiences.
- Make sure you include any volunteer experiences that provided you with specific marketable skills. Don't limit your resume just to paid positions.
- Ask a mentor, supervisor or friend to review your resume for clarification, typos and to ensure that you didn't forget to include anything.
- Don't forget to clean up your social networking sites. Employers are members of Facebook and MySpace too, and the picture you paint on your resume may be tarnished if it doesn't match what they perceive from the pictures posted on your Web profile.
- Network, connect and build relationships now. You may not land the job, but if you have built connections and impressed potential employers, they may forward your name/resume on to someone who is looking, too. Every connection counts!
- Be sure that voice mail messages are professional and “clean,” pleasant and to the point. This is no time to be cute.
- More and more employers are looking at both sound verbal and written communication skills. Prepare a 30-40 second commercial about yourself. Be able to tell the prospective employers why you want to work for them and what you can add of value.
- Be certain to have three solid references, or reference letters, preferably from past employers (including volunteer work supervisors). A faculty reference can't hurt, either.
- No matter what the nature of the job, dress up for the interview. It says something positive about you as a person. First impressions are long lasting.

Also, encourage your student to talk with the knowledgeable career services folks in career development ([www.niagara.edu/career/](http://www.niagara.edu/career/)). They can help formulate a resume to remember!

## Time Management From Different Angles

We're all looking for ways to work smarter and more efficiently. And while time management is often discussed on campus, here are some different angles to help students who may still be struggling in this area:

**Beware That Stuff Steals Time.** It's so true. When you have too much stuff in your living space, you spend more time looking for things. By doing a “stuff purge,” students will be better able to get to things quickly while staying more organized.

**Decompress Your Mind.** A stressed, overactive mind is not as time efficient as a calm, collected one is. So it's important that students make breathing techniques, exercise or other stress management tools a natural part of their everyday lives. Not only will their time usage be more efficient, their bodies will be healthier.

**Don't Over Schedule.** There comes a time in some students' schedules when they just can't fit anything else in. So, learning to say no is important. It's much better to be realistic than trying to be all things to all people. The latter is bound to disappoint someone and to overwhelm your student.

**Avoid Weekend Reliance.** It's easy to say during the busy weekday, “I'll get to that over the weekend.” However, weekends often get full, plus it's important for students to give themselves some down time, too. So, encourage students not to rely on weekends as their time to get most things done. They can dose it out over the weekdays, too, for maximum efficiency.

**Time Stealers.** Random texting, chatting endlessly due to unlimited cell phone minutes, spending hours on video games or Facebook... all are time stealers. Is this how students want to be spending their precious free time? Ask them.



## Taking a look at birth order

### Figuring Out Our Families

Focusing on family dynamics makes a lot of sense. Part of the equation can be birth order, which, according to

some experts, plays an integral role when it comes to why we are the way we are.

Kevin Leman, author of “The Birth Order Book: Why You Are the Way You Are,” says that the following general characteristics fit various birth orders:

**An Only Child or First-Born** may be a perfectionist, reliable, a list-maker, well-organized, critical, serious, scholarly, an achiever, self-sacrificing, a people-pleaser, conservative, a supporter of law and order, a believer in authority and ritual, legalistic, loyal and self-reliant. Only children or first-borns often feel confident that others take them seriously.

**A Middle Child** may be a mediator, have the fewest pictures in the family photo album, avoid conflict, be independent, be extremely loyal to a peer group and have special friends. Middle children can have the most contradictory characteristics, such as being friendly and outgoing or quiet and shy. They may be the ones in the family who get “lost.”

**A Youngest Child** may be manipulative, charming, a bit of a showoff, a people person, a good salesperson, precocious, outgoing, affectionate, uncomplicated, rebellious, critical, temperamental, spoiled, impatient and impetuous. Youngest children may sometimes be viewed as absent-minded and have a tough time being taken seriously.

#### But Wait, There’s More

Of course, these are generalities and characteristics may vary. Birth order is about the tendencies we have, based on where we fall in the family. Other factors

that may influence birth order include:

- **Spacing.** If there are more than five years between children, a “second family” of sorts begins, causing children to take on different roles than those mentioned above.
- **Gender.** If there are two girls in a family and one boy (or some other mix), that can impact how birth order plays out.
- **Physicality.** The size of kids, their physical beauty/plainness, disabilities and more can also turn “typical” birth order patterns around.

No one person fits all these characteristics. Birth order is but one tool to examine family patterns and relationships in that never-ending quest to figure out your family!

*Source: Family Issues Facts from the University of Maine Cooperative Extension, [www.umext.maine.edu/onlinepubs/htmpubs/4359.htm](http://www.umext.maine.edu/onlinepubs/htmpubs/4359.htm).*



### Seasonal Student Issues

There’s a seasonal ebb and flow when it comes to student issues. Here’s some things your student may be experiencing:

- Loss of 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
- Feeling like they are no longer accountable for their actions — may turn to vandalism

### Most Men Don’t Want Hard-Drinking Dates

Miscommunication between genders continues to be an issue on many of today’s college campuses. Case in point: Many college women believe that college men are drawn to them when they’ve been drinking excessively. Except the truth, according to a new study, is that 71 percent of these women overestimate the amount of alcohol that the typical college man hopes his date would imbibe.

Drinking to attract male attention and to pursue intimate relationships was a rationale found by the study done at Loyola Marymount University. “There is a great, and risky, disconnect between the sexes,” lead author Joseph LaBrie, an associate professor of psychology at the campus, told The Washington Times (3/10/09). “While not all women may be drinking simply to get a guy’s attention, this study may help explain why more women are drinking at dangerous levels.”

Research shows that college women have been drinking more and more — binge drinking is up 22 percent among college women, according to the National Center on Addiction and Substance Abuse at Columbia University. This is double the increase seen among college men.

What parents can do in the midst of this scenario is to share these types of statistics with their students. Females need to know that men aren’t necessarily looking for the “girl gone wild” when it comes to alcohol. And males need to know that these assumptions are out there so they can set the record straight. Healthier students and healthier relationships are on the line.