

The Campus Link

A newsletter for parents & families

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Understanding your student's technological world

Techno Glossary

Technology is second nature to your student as he/she text messages a friend, e-mails you and downloads a professor's podcast, all in the span of minutes. Wouldn't it be nice to have that wealth of techno-knowledge? Here is a simple glossary to help you understand those terms that are part of your student's everyday academic and personal worlds.

BlackBerry: A device that combines a cell phone, Personal Data Assistant and Web browsing. Known for its handling of e-mail, it is wireless and can handle other wireless information services.

Blogs: Short for Web log, a blog is a Web page that serves as a publicly available personal journal. It does not allow visitors to adjust the original posted material; you can only add comments to the blog.

Bluetooth: Short-range radio technology designed to simplify communication among Internet devices and between devices and the Internet. It also aims to shorten data synchronization between Internet devices and other computers.

CDRW: Short for CD-ReWritable disk, it's a type of CD disk that enables you to write onto it in multiple sessions.

Cookie: A computer "cookie" is a small file which contains a unique identification tag, placed on your computer by a Web site. The Web site saves a complementary file with a matching tag. When you revisit, the Web site can be acquainted with you again by matching the cookie on your computer with the corresponding item in its catalog.

Cyber Communities: These virtual communities are online "locations" where people correspond with other people on a grassroots, many-to-many basis. They include Facebook, MySpace.com and others. The practice is often referred to as "social networking."

Firewall: A software program that protects your computer from offensive Web sites and potential hackers.

Firewire (also known as IEEE 1394): A piece of hardware made up of two components: the plug in the back of your computer and a wire that connects devices working with more data like camcorders, DVD players and digital audio equipment.

HTML: Short for Hyper Text Markup Language, a category of computer language used for files that are posted on the Internet and viewed by Web browsers. HTML allows you to create Web pages and e-mails displaying text, graphics, clickable links or interactive forms. HTML allows customization but does have its drawbacks including taking up space in your e-mail account, slow downloading and increasing viruses, etc.



Tapping Into School Traditions

Join Us for NU Family Weekend Oct. 20-22

Niagara University's 51st annual Family Weekend is right around the corner. It's a weekend filled with events that help you connect with your student:

- Casino Night and Prize Auction.
- Brunch with members of Niagara's higher administration.
- See Niagara Falls and the surrounding sights on the Niagara Scenic Trolley, and purchase special discount tickets for the Maid of the Mist.
- Our feature event, the "150th Jubilee Dinner" on Saturday night, featuring great food and a family-friendly comedian.
- The Eucharistic liturgy in our Alumni Hall Chapel.

Watch Where You Walk!

Each campus offers unknown terrain, so, no matter how sure-footed you are, watch where you're walking during campus visits. It's easy to be so engrossed in what your student is saying that you stumble off a curb. So...

- Check out where the sidewalks end.
- Don't walk in the street.
- Beware of loose gravel/stones that can turn your ankle with one misstep.
- Look down now and then to see if the path you're on has cracks or stumbling spots.

By watching where you walk now and then, you can easily avoid any mishaps — and continue to enjoy your day on campus!

Personal Safety Tips for Students on NU's Campus

Since it's National Crime Prevention Month, what better time to remind your student of some basic personal safety tips?

- **Be aware** of what's going on around you!
- **Follow the buddy system** when walking outside after dark. Always use well-lighted and well-traveled routes.
- **Lock your car** at all times. Don't leave property in the vehicle where it can be seen.
- **Avoid giving rides** to strangers or hitchhikers.
- **Become familiar with the location** of campus blue-light emergency phones.
- **Purchase a sturdy bicycle chain or cable** and fasten your bike securely when not in use.
- **Report any suspicious persons** to the campus safety office immediately or to a residence life staff member.
- **Watch your books at all times**, especially in the dining hall and snack bar. (Others might try to sell them for you!)
- **Use the campus safety's Operation Identification program** to mark your valuables.
- **Never prop open any locked or exterior building doors.** Remove props from doors whenever you see them.
- **Report safety and/or security deficiencies** to campus safety immediately.
- **Lock your door** whenever you nap, sleep or leave the room — even to shower.
- **Secure first-floor room windows** when no one is home.
- **Keep valuables locked** and/or out of sight.



- **Avoid keeping large sums of cash** in your room and/or apartment or speaking indiscriminately about the arrival of money.
- **Don't leave notes on your door** announcing that you're not at home.
- **Be mindful of visitors** to your room or apartment — don't take in overnight guests whom you don't know.
- **Report immediately the loss of your keys** to an RA or CA. Lock changes are mandated to prevent the misuse of lost or stolen keys.
- **Never loan your keys** to anyone!
- **Report any stranger** in your living unit immediately to a residence life staff member.
- **Escort your guests** throughout the building whenever possible. (You are responsible for their actions!)
- **Control use of your telephone.** Never give out your personal authorization code. Others might use it for long-distance calls without your approval.)
- **Don't leave your clothing unattended** in the laundry room. Mark all pieces in a place other than the label.
- **Check whether your family's homeowner's insurance covers** your possessions while away from home.
- **Let your roommate(s), RA/CA or family members know** whenever you're going to be away for the night or an extended period.
- **Become familiar** with all campus housing emergency procedures, especially fire evacuation guidelines posted in your living unit.

Supporting your student during this hectic time

Midterm Madness

The time is here — the year’s first round of midterm exams. Your student is likely preparing to show how much he/she learned, or didn’t learn, when midterms kick into high gear later this month.

As a parent or family member, you can help alleviate some of the panic associated with this high-stress time of year. For instance, you can:

- **Be understanding when your student is not in touch.** Preparing for midterms often throws students off schedule, causing them to be unable to get to everything on their to-do list. One of those things may be calling or visiting you as frequently. Try to understand and don’t take it personally.
- **Keep burdens away.** This may not be the best time to tell your student that money is tight or that the house is up for sale, especially if there’s nothing he/she can do about it.
- **Encourage healthy eating.** Good nutrition will help your student stay focused and on track. Too much caffeine during late-night study sessions can throw his/her system out of whack.
- **Send positive stuff.** An encouraging e-card, a piece of real mail, a fun magazine to read when midterms are over ... all of these “little” things can mean a lot!
- **Don’t add academic pressure.** Making all or nothing statements like “You better pass this test” or “If you fail, we’ll pull you out of school” adds a whole other layer of stress to an already stressful time. Try to steer clear of ultimatums and unnecessary pressures so your student has a shot at doing his/her best.

And let your student know that you are there, ready to talk and process through things, when he/she needs you. Having the support of people who believe in you can make a huge difference in getting through midterms successfully.



Celebrating the Sesquicentennial



(L-r) Bryan Eckenrode, lecturer of fine arts, led the processional for the morning Mass. Mati Ortiz, director of campus activities, and Bill Newton, assistant director, served a special anniversary cake after Mass; brightly colored banners designated faculty from the various colleges as they processed into the afternoon convocation.

Help students set realistic goals

The Goal Post

Fall and football are now upon us! What does that have to do with student leadership? In football, there’s a goal post. And in the leadership world, you need to post some goals.

To help your student keep on track, you can share these five elements of a successful goal:

- **Achievable.** Set goals that are realistic within the context of your life. Too often the reason any of us fail is that we set unachievable goals.
- **Measurable.** Use quantifiable words in your goal lingo rather than fluffing them up with airy concepts. For instance, saying, “I’ll spend two extra hours per week on writing assignments” is easier to measure than “I’ll put more effort into my writing assignments.”
- **Short.** Keep your goals to short paragraphs. That way, they’re easier to commit to memory and always keep in mind.
- **Positive.** State your goals in a positive manner that makes them appealing. It’s a good way to motivate yourself mentally.
- **Begin/End.** Determine when you will start working on each goal and when it should be achieved. This will help you focus ... and succeed!

It’s never too late for students to set some reasonable, attainable goals. At this point in the academic year, they know what lies ahead schoolwise and where they need to extend extra effort. They also know what activities, sports and other commitments go into their days. Help them develop both short- and long-term goals — and then offer your support. It always helps students to have a fan waiting in the stands as they strive for their personal goal post.

IM: Short for Instant Message, a type of communications service that enables you to create a kind of virtual chat room with another individual to correspond in real time over the Internet, similar to a telephone. While text-based and not voice-based, instant messaging systems such as Yahoo or AOL alert you whenever somebody on your private list is online. You can then initiate a chat session with that particular individual.

iPod: A type of portable media player marketed by Apple Computer. It stores music and other media in a built-in hard drive. Small and compact, it is very easy to use. Plugging your iPod into your computer allows you to download and transfer songs.

iTunes: The bundled software used for transferring music, photos and videos is called iTunes. As a music jukebox application, iTunes stores a comprehensive library of the user's music on their computer and can play music from a CD. iTunes is used in conjunction with an iPod.

Jump Drive: A jump or thumb drive is portable, stable memory storage. It is about the size of a human thumb — hence, its nickname. It is a plug-and-play portable storage device that uses flash memory and is lightweight enough to attach to a key chain. You can save files, music and pictures on a jump drive and when the user plugs

the device into their USB port, the computer's operating system recognizes the device as a removable drive and assigns it a drive letter.

Podcast: An audio file that you download and listen to on your computer or a portable MP3 player such as an iPod. The word itself comes from the combination of two other words: iPod and broadcast. It is similar to a RSS.

RSS Feed: Stands for Really Simple Syndication. RSS collects news from various Web sites and provides it to your computer in a simple form. You can stay up-to-date by retrieving summaries of the latest content from the sites you are interested in. You save time by not needing to visit each site individually. RSS does this automatically and there is no need to join each site's e-mail newsletter.

Sidekick: Identical in function to a BlackBerry, the T-Mobile Sidekick has a small keyboard that pivots out for a different style of typing.

SMS Short Message Service: A service available on most digital cell phones that allows the sending of short messages, also known as text messages, between mobile phones, other handheld devices and even regular telephones. Other uses involve ordering ring tones, wallpapers and entering competitions.

Text Messaging: A convenient way to

send a brief electronic letter directly to a friend's cell phone. It has developed into a kind of new language that uses abbreviations. It is used in BlackBerrys, Sidekicks, AOL and Yahoo Instant Messaging, etc.

Vcard: An electronic business card or virtual card that can be attached to e-mail messages.

VoIP: Stands for Voice over Internet Protocol and is a technology that allows you to make telephone calls using a broadband Internet connection instead of a regular (or analog) phone line. Basically, you make calls over your computer.

Vodcast: Online "video on demand" identical to a podcast but has a video component to it.

Wi-Fi: Is a play on the term Hi-Fi. Students with laptop computers that have Wi-Fi components communicate with one another over a radio frequency in much the same way that walkie-talkies do. No wires are needed to access the Internet.

Wiki: A type of Web page where visitors can make modifications to the content of the pages. For example, Wikipedia.org is a Web-based encyclopedia that is created and maintained by visitors to that Web site. Wiki means "quick" in Hawaiian.

Researched and written by Tony Agati, a teacher and former student affairs professional from Virginia.

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:

- Realization that college life may not be as perfect as they were expecting it to be.
- Diversity issues become apparent as students learn to interact with those who are different from them.
- Anticipating midterms and fearing academic failure.
- Feeling behind in classes and needing to make contact with instructors.
- People start being more "real" after the first month on campus and showing their true colors.
- May be inclined to skip classes to catch up on sleep and other tasks.
- Feeling like they need to set intentional goals to make the most of the remainder of the semester.
- Cliques can form, leading to feelings of inclusion or exclusion, and conflicts between friends can occur.