



NIAGARA UNIVERSITY
Education that makes a difference.



The Campus Link

*Niagara's newsletter for
parents and friends*

What Students Need: Sending Care & Encouragement

Students are in the final stretch, as they wrap up the academic year. This means papers, projects, activities and much more. It can be a stressful time, and your support along the way can make a big difference. Whether you're sending a care package or bits and pieces of encouragement along the way, your student is bound to appreciate your efforts! Some ideas include:

- **Notes of Encouragement.** Consider sending texts, emails or handwritten notes to encourage your student and show your support.
- **Healthy Snacks.** If you're putting together a care package, include some healthy snacks, like granola bars, dried fruit, yogurt-covered raisins and baked chips. That doesn't mean you can't include a few "guilty pleasures," too!
- **Photos.** Have the family dog pose for a portrait. Or have siblings do something goofy for the camera! Getting glimpses into family/friend life back home can give your student a needed break—and some laughs!
- **Cartoons & Quotes.** Send along that funny Far Side calendar page that you think your student will appreciate. Or print out an inspirational quote that fits and put it in a frame.
- **Comfy Clothes.** A pair of comfy socks, lounge pants or a hometown T-shirt can give your student some comfort and care.
- **Food Coupons.** A gift card for a local restaurant or grocery store could be very welcomed indeed, as your student might need to get off campus for a break during this intense time.
- **Office Supplies.** A new pack of highlighters or pens could certainly be put to good use!

Just think about who your student is and what brings comfort and care. That'll make all the difference!

Care Package Food Safety

If you're giving or sending your student perishable food items, be sure to keep food safety in mind.

Depression in College can be Overcome!

Depression among college students is not an unheard of or rare phenomenon. Approximately 10% of all college students experience a depressive episode each year (http://www.campuscalm.com/did_you_know.html). Fortunately, depression is treatable and can be addressed on campus, as well as at home.

There are many factors which contribute to depression in college students. Lack of social support is one factor. Parents can assist their student by encouraging their son or daughter to become more active in campus activities (<http://www.niagara.edu/cao/>). There are many clubs and organizations in which students can find social supports. Talking with one's son or daughter about their major can also be helpful. Many majors have clubs or groups specific to them. For example, here at Niagara, education majors can join NUFTA (Niagara University Future Teachers Association). Psychology majors can join Active Minds. Business majors can join NUMA (Niagara University Marketing Association) and so on. Finally, join the gym (<http://www.niagara.edu/kiernan-recreation-center/>). It's free for students and exercise is documented to elevate mood and alleviate depression.

Another contributor to depression is change. Students lose their schedules that once kept them on task. Students change their friends, significant others and living arrangements. Possibly a situation with a roommate leads to a change in their roommate. Some students look at all of these changes as opportunities, while others may view them as losses that cause sadness. Parents can talk with their students about their losses and encourage them to talk with friends, faculty and staff on campus on how to weather those storms. Encourage your student to engage in learning opportunities on campus to keep them focused. The Office of Academic Support (<http://www.niagara.edu/about-academic-support/>) is available with tutoring, proofreading services, task management and test preparation services. The offices of Counseling Services (www.niagara.edu/counseling) and Campus Ministry (<http://www.niagara.edu/ministry/>) are both available to help students with roommate challenges, loss of relationships and the changing status of friendships.

Lastly, some people are prone to depression and college students are no exception. Biological and neurological factors can increase the likelihood that a student will experience one or more depressive episodes in their lifetime, including their college years. It is important to assist your student in linking with wellness services either on campus or off campus to ensure that your student is receiving the support necessary to increase their overall success at Niagara. The office of Counseling Services (www.niagara.edu/counseling) can help your student on campus. Services are free and available throughout your son or daughter's college career. Referrals to appropriate, off-campus providers can also be made through the office of Counseling Services.

There is a great deal of information available to parents to assist their students through difficult times. The following are some resources you may find useful in encouraging your student to find personal, social and academic success:

Depression

<http://www.nmha.org/go/information/get-info/depression/depression-in-college>
<http://psychcentral.com/lib/2008/depression-and-anxiety-among-college-students/>
<http://www.npr.org/2011/01/17/132934543/depression-on-the-rise-in-college-students>

Relationships

<http://www.geneseo.edu/health/relationships>
<http://www.carroll.edu/students/wellness/counseling/relationships.cc>
http://findarticles.com/p/articles/mi_m0FCR/is_1_33/ai_62894068/

Breakups

<http://www.suite101.com/content/college-student-breakups-a53415>
<http://www1.villanova.edu/villanova/studentlife/counselingcenter/infosheets/breakup.html>
<http://counselling.anu.edu.au/brochure/surviving-relationship-break>



Promoting Car Care

If your student has a car, does she/he know how to take care of it? Car care is a lifelong skill that serve everyone well.

During April's National Car Care Month, encourage your student to visit www.carcare.org/car-care-guide to get a free electronic or print copy of their Car Care Guide. The guide includes:

- Tips on getting better gas mileage
- A car care checklist
- How to protect the environment through proper vehicle maintenance
- Descriptions of major vehicle systems and parts
- A maintenance log
- A list of questions to ask when repairs are being done

Another good resource is from the National Public Radio show "Car Talk" at www.cartalk.com. Their site includes:

- A test drive library
- A loan calculator
- The Car Talk auto advisor
- Info on hybrid vehicles
- How to sell your car
- Mechanic files
- Tips on how to keep your car running
- A roadside survival guide
- Safe driving tips for summer, winter and an-



"Toy Story 3": A Parenting Tale

Now that Oscar night has passed, we can look at the nominees clearly. One particularly poignant movie that earned accolades is "Toy Story 3."

This classic tale of a boy and the toys that love him grows up a bit, as the boy, "Andy," prepares to head to college. His toys are worried that they'll be forever forgotten. And his mother, despite being an animated character, tugs at every heartstring imaginable as she's hugging her boy goodbye.



"Toy Story 3" isn't just for kids. It's been the subject of Facebook and Twitter campaigns. Many traditional-aged college students who grew up with the original "Toy Story" movie in 1995 eagerly looked forward to the newest sequel. There was even a campus "cliffhanger" tour when the movie came out last year.

The storyline speaks to all of us, as we cling to the memories of childhood while navigating the adult world in front of us. It just might be a good summertime flick to share with your student.

Sources: The New York Times, 4/30/10; The Washington Post Campus Overload, 2/28/11

Student Issues

There'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 can cause anxiety
- Frustration and confusion develop because of class registration
- Papers and exams are piling up
- Summer job panic
- Concerns about moving home for the summer

Advance Registrations Set for April

Starting Monday, April 4th, all currently enrolled students are able to register for summer 2011 courses.

We will also begin the registration for fall 2011. Fall registration for seniors opens on the April 4th and 5th; juniors on the 6th and 7th; sophomores on the 11th and 12th; and then the freshmen on the 13th and 14th. Each class is broken down by the number of credit hours that have been completed at the end of the fall 2010 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> by March 18th.



Summer and fall course schedules will be posted at <http://www.niagara.edu/courses/> by March 18th.

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 18th when the web sites are activated.

Sometimes students are restricted from registering. 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 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.

Focusing on Heroes

When we talk about heroes, students have any number of people on their minds: from aunts to grandparents to sports stars to entertainers. Some opt for politically-minded folks while others are more drawn to humanitarians and non-profit figures.

Whatever the case may be, talking with your student about heroes can stimulate some interesting conversation. Chances are that this past year of school has helped to form some opinions. And talking about heroes is another way to learn more about what holds meaning to your student. As you embark on these discussions, consider people like Frank Buckles. He passed away on Feb. 27 at 107 years of age. He was the last U.S. World War I veteran. Buckles served as an Army ambulance driver in France during WWI and was then held as a prisoner of war for over three years during WWII. He also advocated for a national WWI monument in DC.

Frank Buckles is considered a hero by many. You and your student can learn more about him at www.frankbuckles.org.



Move-Out Prep

Making move-out day less stressful

If your student lives in one of NU's 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 may pass out information about checkout and the process students need to follow. There also will be e-mails sent to students about the closing process. Encourage your student to go to the meetings and 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. 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!

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. .

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!

As always, if you have questions about this or anything else, feel free to call (716.286.8100) or e-mail (housing@niagara.edu) us at the Housing Office.

Remind your student that leaving a room dirty is not only disrespectful to the kind cleaning staff, there is also a hefty charge associated with it.



Happy Easter