

Tips for a Successful Move-in Day

Move-in day is right around the corner, whether it's your student's first or third time. It's a busy, emotional day that can be made much smoother by following some simple tips...

- ◆ Bring along your own water—campus vending machines are notorious for selling out on this busy day
- ◆ Have a handcart available—if you have access to a simple handcart, it can help you and your crew move boxes more efficiently. While Niagara has some carts available for student use, they are in high demand on move-in day, as you might imagine.
- ◆ Pack items in sturdy containers—and make sure that no one box is too heavy by spreading out the books. Remember that most of our residence halls do not have elevators so boxes will need to be carried upstairs.
- ◆ Encourage your student to communicate with their roommate(s) ahead of time—this will prevent duplication of larger items like rugs and TVs. And be sure to check the list of items to bring (on line at the resident life website <http://www.niagara.edu/residence-life/> or in the housing packet sent to your student) to make sure you are bringing everything you need and that you are not bringing items that are prohibited (like microwaves).
- ◆ Keep winter items at home—ship or deliver them when the time comes, as they'll just take up too much room right now when sweaters and mittens aren't an immediate need
- ◆ Bring along two empty bins—most students have items to send home once they realize they can't fit everything in their residence hall room. A ready supply of empty bins makes it easy to take items back home
- ◆ Help your student unpack and get settled in (somewhat)—leave things to do so she/he can make their own space
- ◆ Don't linger too much in your student's room on move-in day—there are activities to get to, people to meet and a college life to get started!
- ◆ Follow campus instructions—the process has been mapped out based on years of experience and will help everyone have a safer, smoother move-in day. You can lessen your wait in housing registration lines by showing up a bit later in the time period set aside for check-in rather than at the precise hour they open.

All the best as you navigate a successful move-in day!

In this Issue

- Move in Day
- Car or no Car
- Convocation
- Student Issues
- Interests and Abilities
- The Name Game
- Community Resources
- Services and Activities

Making Move-in Day Memories

Take along a family member or friend whose sole responsibility it is to record the day's events. What a great keepsake! Whether it's with a digital camera or a video camera, the memories captured will last a lifetime.

Encourage the person to bring along a notepad and a pen too—there might be a chance to catch a funny quote for the day or to interview folks during some down time. A great digital or paper scrapbook could be created and sent to your student a few weeks after the semester starts—along with some friendly greetings from home.



To Bring a Car or Not To

This is a biggie. Having a car on campus is very important to some students. Everyone's family circumstances differ. If you are exploring the possibility of your student having a car on campus, consider the following pros and cons:

Pros

- * Increases student's ability to get to an off-campus job or internship
- * Student is able to travel home more frequently and easily
- * Going into town to buy supplies or groceries is less of a hassle
- * Student can get away from campus to study or take a break
- * Opportunities to get involved in the community become more accessible

Cons

- * The availability of parking
- * Cost of gas remains high
- * Student may travel home too frequently and lose out on campus experiences
- * Costs associated with car upkeep, including oil changes

and maintenance, can eat into student's meager funds

- * College students are considered "higher risk" drivers, therefore insurance rates may increase and strict regulations may be placed on them as drivers
- * Students with cars are often pressured by students who don't have cars to drive them places or loan out their car

If the possibility exists for your student to have a car on campus, consider this pro and con list carefully. Many, many students go through their college years without a car on campus. Not having access to a car can help them learn to solve problems creatively and to explore public transportation in ways they never would have otherwise.



New Student Convocation

This convocation is the official welcoming ceremony of new students and parents to the university community. It conveys the importance of academics and the commitment of faculty and students to intellectual development. During the convocation, and throughout all of the "new student" orientation weekend, your student will also experience Niagara University's strong sense of community derived from a Catholic education and the values of St. Vincent de Paul.



New 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:

- ◆ Getting adjusted to college life for the first time (or once again)—feelings of loneliness and homesickness
- ◆ Worries about being able to handle academic pressures and schedules
- ◆ Roommate adjustments and conflicts
- ◆ Money management struggles
- ◆ Lack of social life and lots of questions about how to get involved in new activities

Your Student's Interests & Abilities: A Worksheet You Can Use Together

For a student, determining interests and abilities is an important step when it comes to choosing a major. After all, most students want to pursue a major that both challenges and satisfies them. By answering the questions below, your student will have a more complete sense of just what type of major could fit best. Ask him/her one day during some quiet time.... you might just be surprised at what you find out!

This is a tough time for many students heading to college. The economic uncertainties make it that much more difficult to select a major, out of fear that the one selected might not be the right choice. As your student wrestles with these decisions, remember that the best major may just be the one that makes him/her the happiest, despite the worries about what the future holds.

Interests

- What activities are you drawn to?
- If you had free time in the next 48 hours, what would you do with it?
- What topics do you like to learn about?
- What academic subject matter do you have a passion for?
- What causes speak to you? Why?
- What do you answer when people ask you what you're interested in?

Abilities

- What were your best subjects in high school and/or your previous college?
- What are currently your best academic subjects?
- What talents have you used in your past jobs?
- What skills do you bring to your extracurricular activities?
- What abilities help you do a good job during community service projects?
- What talents and abilities would you like to develop?

Tuning In...

Ask your student:

- What academic topics challenge you?
- What types of class projects do you look forward to?
- What kinds of ideas inspire you?
- What tasks speak to your interests and abilities?
- What kind of work would you be proud to do?



Take Stock of the Stuff

Before your student heads to college in the fall:

- Take stock of belongings
- Estimate and itemize the dollar value
- Update this list annually and keep it in a safe place



The Name Game

You and your student will both be meeting many new people this academic year. Here are some tricks to help you remember names:

- ◆ **Unique Features.** Focus on something interesting about the person, from hair color to a wacky interest they may have.
- ◆ **Repetition.** During your first meeting, repeat the person's name out loud ("It's really nice to meet you, Steph!"). Also, say the name to yourself several times during that first encounter.
- ◆ **Mnemonic.** Try turning the person's name into a mental image of an object. For instance, Steph sounds like "step" so this will remind you of her from now on.
- ◆ **Associate.** While repeating the name, try to associate the mnemonic with the person. Steph sounds like "step" so imagine her running up the stairs.
- ◆ **Double Take.** At the end of your initial encounter, repeat the person's name ("See you later, Steph!").
- ◆ **Write it Down.** And if your memory needs a nudge, write it down!

Practice the name game and soon you'll be a pro, able to remember the friends and professors that your student is talking about, as well as the people you meet on campus, too!



Connecting with Community Resources

The resources available to students and their families around here are numerous! Yet, as the beginning of the academic year is just around the corner, there are some resources within the community that you may want to get familiar with right away.

- ◆ A Bank. Where will your student do his/her banking at NU? One of the benefits available to students at NU is the on-campus Credit Union. Students enjoy the benefits of having a safe and cost effective alternative for their banking needs.
- ◆ A Hotel for Parent/Family Weekend. It's a good idea to book this now, if you haven't already, to beat the rush! Places can sell out quickly. And, while you're at it, making dinner reservations couldn't hurt either.
- ◆ A Mechanic. If your student has a car on campus, urge him/her to ask around to see whom local folks use as their mechanic. Asking people like housekeeping and support staff makes a lot of sense—they know this town!
- ◆ A Place of Worship. NU's Campus Ministry can help with this.
- ◆ A Spot of Nature. It's good for students to have a little campus getaway, whether it's a city park, a hiking trail or a lake. Take a look at a map to see what's close by.
- ◆ Health Care Options. If your student needs mental or physical health care while away at school, don't hesitate to connect with Niagara's Student Health Services for help and referrals. It'll provide great peace of mind to have these things in place.

Connecting with these community resources—and more—now will add to the comfort level in your student's new town. Our community is looking forward to welcoming you and your student!

The NU Express -Jump on the Bus!



The Office of Campus Activities sponsors the NU EXPRESS community shuttle, allowing NU students to explore and take advantage of many area retail shopping centers every Wednesday, Friday and Saturday during the semester. On Sundays, the NU Express takes a group of students to one of three area shopping malls.

<http://www.niagara.edu/nuexpress/>



The Office of Student Outreach and Support (S.O.S.) is dedicated to assist-

ing student in any challenges they may encounter at Niagara University. They guide students toward solving problems and foster awareness of University services and resources. Students may visit them for a lifesaver anytime!

The S.O.S. office is located in the upper level of the Gallagher Center.

myNU

Remind your student to sign up for myNU, a portal system for students, staff and faculty. It was designed to offer personalized content and conveniently organized information.

New Student Orientation

Just prior to the official opening of the fall and spring semesters, special programs are held to introduce new students to college life. Under the auspices of the campus activities office, orientation begins the process of connecting with others in a learning community, as well as provides time needed to become familiar with campus traditions and a new environment.

Niagara University Beginnings -NUB 102

Niagara University Beginnings is a one-credit seminar course required of all first-year students, introducing them to the academic culture of Niagara University. In this class, students learn about how their academic course of study is integrated with the University's Catholic and Vincentian missions, the General Education Curriculum, and student life.