

# Niagara University

## The Campus Link

Niagara's Newsletter for Parents and Friends

December 2011

### A CHRISTMAS MESSAGE FROM FATHER LEVESQUE

Dear Niagara Parents,

It always brings me great pleasure to offer special greetings to you, our Niagara University parents, during the holiday season. Christmas is a time to celebrate the birth of Christ and to thank God for His gifts of love, peace and forgiveness. This is also a time that transcends faiths, bringing our loved ones together to reflect on the blessings of the past year.

Before you know it, a new year will be upon us and your sons and daughters will commence another semester on Monteaugle Ridge. During the spring session, Niagara's Office of Student Affairs will also be transitioning to a new website for our monthly parent newsletters. You will receive notification via email sometime in January confirming that the parent newsletter will then be accessed through [UniversityParent.com](http://UniversityParent.com), a convenient, easy-to-navigate online resource. You can read more about this later in the newsletter.

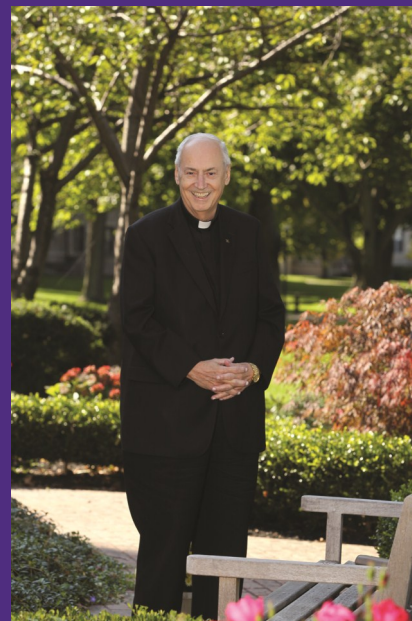
Simultaneously, much is being accomplished at Niagara University. We are presently celebrating a truly transformational period on Monteaugle Ridge. The success of the \$80 million "Promise of Niagara" capital campaign has furnished current and future generations of NU students with state-of-the-art facilities, cutting-edge academic programs and fortified endowments. It has been important in charting the future direction of the university, and helping us fulfill our mission as a Catholic and Vincentian institution. Our commitment to the holistic development of our students is stronger than ever.

As we await Christmas, I am thankful for all that we have achieved, made possible only because of God's continued blessing. Amidst the busy-ness of this Christmas season, let us remember what is truly most important to us.

May the peace and joy of the Christmas season be with you and your family throughout the coming year.

Sincerely,

Joseph L. Levesque, C.M.  
President



## Seasonal 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:

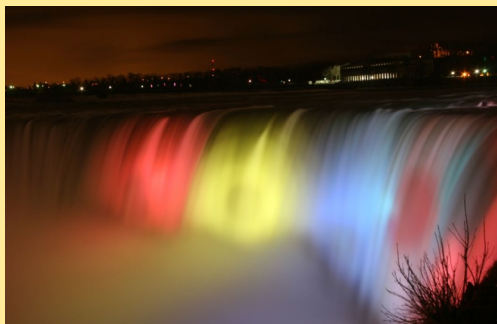
- ◆ Much panic, fear and cramming as finals and paper deadlines approach
- ◆ High temper as stress mounts
- ◆ The realization that some friends may not be returning next semester
- ◆ Increased pressure to participate in sexual activity because of the approach of vacation and extended separation
- ◆ Financial strain due to holiday gifts and travel costs
- ◆ Religious conflicts as he gets ready to return home after a semester of gaining new perspectives
- ◆ Excitement/anxiety about returning home
- ◆ Increased use of alcohol and drugs

## On-Line Transcripts

The Records Office is pleased to announce that student transcripts will no longer be mailed at the end of each semester. This will take effect starting this fall 2011. We have worked diligently to customize the student transcript that is available through their WebAdvisor account. This means that your student can print out their transcript as soon as all their courses have been graded and not have to wait for the mail. But, in an effort to "Go Green" students can view the same information without printing at all!



Official transcripts must be requested through the Records & Financial Services Office; go to <http://www.niagara.edu/records-request-a-transcript/> for more information.



## Appreciating the Holiday Season

Amidst the holiday hubbub, be sure to take some quality time to enjoy all the season has to offer with your student. After all, she/he has just arrived home after a finals and end-of-the-semester frenzy. And while celebrated the holidays on campus to a degree, now's the time to appreciate some simple moments...together.

Here are 5 ways to appreciate the holiday season during the next few weeks:

Take a drive through the local residential community to see the lights. Play holiday music in your car and sing along. Then, stop for some cocoa and cookies afterwards to round out the evening.

1. Play holiday music in your home to get in the spirit. This way, you can enjoy the holidays...while getting stuff done. It will everyone in your family get in the spirit too.
2. Consider the thousands of people who don't have a home, a family or a job to pay for holiday treats and meals. Give your time by volunteering for a local holiday event. There is no better way to get into the holiday spirit than by giving. Food banks, shelters and children's hospitals are great places to get involved.
3. Learn about other religious or holiday celebrations happening during this time of year. Take some time to explore online, to watch a TV special, to check out books or to talk with others. Share your learning with others and use it as another opportunity to give during this season of giving. Shelters and rescue groups all over the world need help for abused and abandoned pets this season. Visit <http://SantaPaws.info/> and take part in bringing some holiday cheer to dogs and cats waiting for forever homes. Visit the Operation Santa Paws website or Facebook page for a list of items that can be collected. Deliver your donation to your favorite local shelter sometime before Christmas.

Taking the time to appreciate the holidays will make you feel more blessed and less stressed. Make the shift in how you think about these next few weeks and you'll feel the difference – and your student will too.

## Spending an Extended Break with Your Student

The top three areas that usually cause conflict between families and college students during this extended break are...

3. **Expressing newly-developed or developing ideas surrounding religious, political and sexual beliefs.** One of the benefits of college is the opportunity to interact with people from all walks of life. Students may come home with new or different thoughts and values than those instilled in them while growing up. Sometimes students are struggling with the pressure of reconciling old and new ideals. Given their increased ability to think and process differences of opinion, this is an excellent opportunity for you to engage in productive dialogue and debate, rather than arguments.
2. **Trying to balance reconnecting with friends and spending quality time with family.** Students sometimes struggle with this over the extended break, because they are receiving pressure from multiple people. Additionally, students need to adjust to the changes that have taken place in friends – and themselves.
1. **Readjusting to house rules and routines after living independently.** While colleges and universities do have rules, students are used to making their own decisions and dealing with the consequences. As a parent, it may be difficult to allow this process to happen without interference. Sometimes a little bit of negotiation at the beginning of break can go a long way towards maintaining a conflict-free household.

Overall, the key to a successful break is treating your student like an adult. Communicating openly and honestly, listening with care and interest, and working together to establish rules and boundaries will help you and your student continue to develop a more mature relationship .



## Contacts



Niagara is a great resource for you and your student. There are many offices on campus that are happy to help.

- Academic Calender: <http://www.niagara.edu/academic-calendars/>
- Academic Support: <http://www.niagara.edu/oas/>
- Bookstore (Barnes and Nobel): <http://niagara.bncollege.com/>
- Career, Academic & Services Experience: <http://www.niagara.edu/case/>
- Campus Activities: <http://www.niagara.edu/cao/>
- Campus Ministry: <http://www.niagara.edu/ministry/>
- Campus Safety: <http://www.niagara.edu/safety/>
- Counseling Services: <http://www.niagara.edu/counseling/>
- College of Arts and Sciences: <http://www.niagara.edu/coas/>
- College of Business: <http://www.niagara.edu/business/>
- College of Education: <http://www.niagara.edu/education/>
- College of Tourism and Hospitality Mgt.: <http://www.niagara.edu/hospitality/>
- Food Services: <http://niagaradining.com/>
- Health Services: <http://www.niagara.edu/healthcenter/>
- Kiernan Recreation Center: <http://www.niagara.edu/kiernan-recreation-center/>
- MISA: <http://www.niagara.edu/misa/>
- Residence Life: <http://www.niagara.edu/residence-life/>
- Records and financial Services <http://www.niagara.edu/student-records-and-financial-services/>
- Student Health Services: <http://www.niagara.edu/healthcenter/>
- Student Outreach and Support: <http://www.niagara.edu/sos/>
- Veterans' Services: <http://www.niagara.edu/>

Watch for the new parents' newsletter coming in January!

## UNIVERSITY PARENT CONNECTION

Starting this January the Campus Link will be replaced by a new comprehensive resource for parents and families of Niagara students. Some of the new things you will see:

- ♦ A new Parent Connection section
- ♦ A new e-newsletter that will be sent to you each week
- ♦ This spring a new Parent Guide will be available

