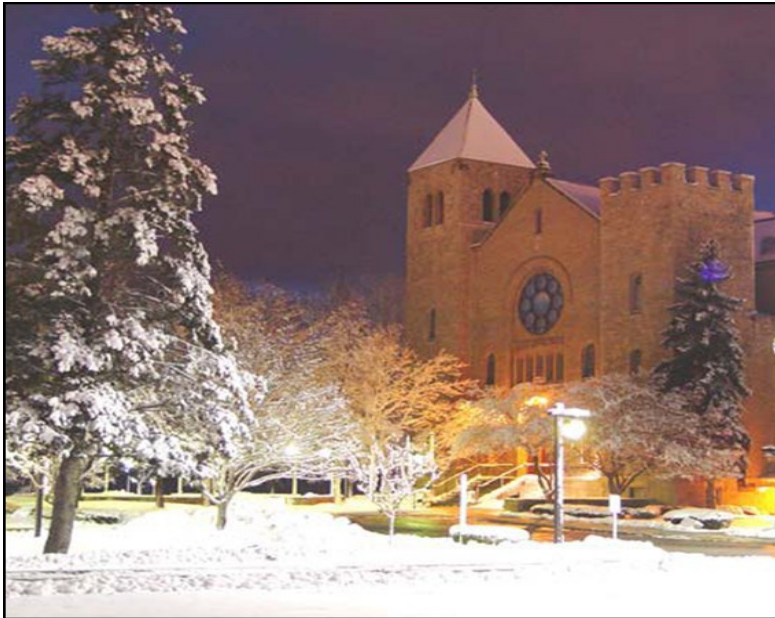




**NIAGARA UNIVERSITY**  
Education that makes a difference.



## *The* **Campus** **Link**

*Niagara's newsletter for  
parents and friends*

### **Setting Goals in a New Year**

Call them resolutions or call them goals—either way, they're things we'd like to accomplish in the next few months. It's important that students head into a new year with some goals in hand. Perhaps they have to do with:

- ◆ Academics—Now that grades are out, what are the plans for the upcoming semester academically?
- ◆ Involvement—Is there an interest in a club or organization? If so, this could be the time!
- ◆ Relationships—How will he/she meet new people while staying connected to old friends?
- ◆ Wellness —What good things can be done to improve health in the new year?
- ◆ Career Exploration—What types of internships should be explored ? Is the resume in current?

These are just a few of the categories your student may be considering. Successful goals often include the following traits:

1. They're 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.
2. They're Measurable. Use quantifiable words in your goal lingo rather than fluffing them up with concepts that are too general.
3. They're Short. Keep your goals to short paragraphs. That way, they're easier to commit to memory and always keep in mind.
4. They're Positive. State goals in a positive manner that makes them appealing. It's a good way to motivate yourself mentally.
5. They Begin and End. Determine when you will start working on each goal and when it should be achieved. This will help you focus...and succeed!

By discussing goal setting, you're helping your student create a path to success. Here's to 2011 and a fresh start!

## Helping Your Student Ask for Help

Countless numbers of people have a tough time asking for help—even the most seasoned professionals. For some reason, asking for help makes many people feel weak or vulnerable. Let's view asking for help in a different light: strength of character. Those who have the courage to ask for help show that they aren't afraid to admit that they don't know everything. Sometimes, especially when they are really struggling, students forget that those who work on campus expect that students don't know everything. So...that means that they also expect that they'll ask for help. That being said, how does one who isn't the most comfortable asking for help go about doing so? Consider sharing these thoughts with your student during the next month. Remember that even the best leaders have help. Even the president of the United States surrounds himself with the best staff he can. We don't view this as a weakness, do we? If he can ask for help, you most certainly can too.



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**Recognize your strengths and your limitations.** Nobody is perfect. What do you do really well? In what areas do you typically struggle? Take stock of what you do well and let those around you know. This may help them feel more comfortable asking you for help when they need it. And find out what they do well so you can tap into their strengths too. Remember, no one can go at it alone. Teamwork is where it's at.

**Be honest when you are in over your head.** There will be times when you can't do everything alone. When this happens, be honest with yourself and others. Nobody can do it all and there will be times when you have to prioritize. When you communicate this to others, they are more likely to be supportive and understanding.

**Take stock of the resources on hand.** NU's campus communities is chock full of great folks! More often than not—no matter what the issue at hand—an expert can be found right in front of you who can offer assistance. Why not take advantage of this? You'll meet more people, you'll be offering the best service you can to others and you'll be healthier in the long run. It's a win-win-win for all involved.

**Let others know when you've asked for help.** Why hide it? When you let others see that you are willing to get help when you need it, you role model healthy behavior. Some folks really do have difficulty reaching out to others and admitting they need assistance. By being honest when you reach out, you are setting a great example for those around you.

### Here are some of the NU Offices that can help your student:

Academic Support: <http://www.niagara.edu/oas/>

Student Outreach and Support / Emergency Loans: <http://www.niagara.edu/sos/>

Career Services: <http://www.niagara.edu/career/>

Campus ministry: <http://www.niagara.edu/ministry/>

Counseling: <http://www.niagara.edu/counseling/>

## Keeping Yourself & Your Student Healthy

Researchers continue to uncover new information regarding germs. In fact, they now know that cold viruses are more tenacious than previously thought—some of these nasty viruses can live on hard surfaces for at least 18 hours. Remind your student that washing hands frequently remains the best line of defense against catching and spreading cold and flu viruses. There are also some additional tips you can share:

- ◇ Don't borrow others' cell phones. You'll avoid coming in contact with a host of germs this way.
- ◇ Try not to touch your eyes or nose. These are the places where cold germs enter your body.
- ◇ Bring your own pen. Sharing pens is a prime way to pass germs.
- ◇ Wipe surfaces often. Use a soapy sponge to wipe up surfaces you touch frequently.
- ◇ Sneeze into your elbow. When kids today are taught to “cover their mouth,” this is how it's done. When tissues aren't available, sneezing (or coughing) into your elbow keeps germs off your hands.
- ◇ Toss all of your used tissues promptly—yourself. Don't ask others to do so for you, as it puts them at risk.
- ◇ Exercise, eat well and get enough sleep. All of these things help boost your immune system—and your ability to successfully fight off viruses. Source: cdc.gov



Niagara's Health Services <http://www.niagara.edu/healthcenter/>

## 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:

- ◆ Feelings of happiness/ restlessness from break
- ◆ Resolve to do better academically
- ◆ Renewed interest in classes
- ◆ New leadership skills starting to emerge
- ◆ Unwanted weight gain
- ◆ Cold weather blues
- ◆ Not many social activities scheduled
- ◆ Possible roommate changes
- ◆ Wedding plans for those who got engaged over break
- ◆ Anxiety and uncertainty for those who just arrived at a new school

## Caffeinated Alcoholic Energy Drinks:

### The Four Loko Effect

Four Loko, the caffeinated alcoholic energy drink, came crashing into campus consciousness last fall when nine Central Washington University students were hospitalized after drinking it at an off-campus party.

Officials say the caffeine in Four Loko may delay the effects of alcohol consumption, which can lead someone to consume more than they normally would. As a result, the malt liquor beverage is often referred to as “blackout in a can.” (Continued on Page 5)



## Save the Words

Word—n. a unit of language, consisting of one or more spoken sounds or their written representation, that functions as a principal carrier of meaning.

Did you know that each year hundreds of words are dropped from the English language, never to be used again?

In fact, 90 percent of what we communicate today is done so in just 7,000 words. It certainly seems that the more we can shorten words and sentences, the happier we are. After all, two primary modes of communication for many of us are emailing quick responses via a Blackberry or texting back and forth via cell phone. But, what is happening to language as a result?



At Savethewords.org, a group of dedicated wordsmiths from Oxford Dictionary have put together a website devoted entirely to saving lost words. Knowing that words are the cornerstone of language, they believe that the more words we know, the better we can communicate what we mean to say.

When you visit Savethewords.org, you can learn new words, share additional “lost words” for expert verification and addition to the website, adopt a word and get ideas for how to incorporate it into your everyday vocabulary, sign up to receive a word a day in your email, and more. Savethewords.org also has a Facebook group you can join.

Here’s a word from Savethewords.org to get you started: “lubency.” It’s a noun, which means will- ingness or pleasure. And used in a sentence, it looks like this: After telling students about this great website, they checked there email each day with excitement, showing there newfound lubency in enriching there vocabulary.

## Creative Celebrations!

January and February are packed with creative opportunities for celebrating. Whether you see your student daily or just a few weekends during the semester, you can show you are thinking about her/him by acknowledging these holidays in simple ways:

January:

- Jan. 3—Drinking Straw Day
- Jan. 8—National English Toffee Day
- Jan. 9—Positively Penguins Day
- Jan. 10—National Clean Off Your Desk Day
- Jan. 13—Rubber Duckie Day
- Jan. 21— National Hugging Day
- Jan. 23—National Pie Day
- Jan. 24—Belly Laugh Day
- Jan. 25—National Speak Up and Succeed Day
- Jan. 29 – National Puzzle Day
- Jan. 31 – National Inspire Your Heart with Art Day

February:

- Feb. 1—G.I. Joe Day
  - Feb. 4—Bubble Gum Day
  - Feb. 11—Satisfied Staying Single Day
  - Feb. 15—National Gum Drop Day
  - Feb. 24—National Chili Day
  - Feb. 27—Academy Awards Night
- Finding reasons to celebrate can help your student get through the long winter months.



## Summer Possibilities Abound

Many students will be talking with advisors, professors and peers throughout the semester about how to get the most out of their summer break. Some will choose to take classes, while others will choose to get academic credit through an internship or to volunteer through a specific organization. If your student is interested in spending the summer in an academic-related internship, job or volunteer position, there are plenty of resources available to make this happen!

The process for deciding what to do can be overwhelming for students. Sometimes, they end up so overwhelmed with the possibilities and that they procrastinate. Oftentimes, this results in missed deadlines and opportunities. Encourage your student to start the decision process early.

Your student should consult with his/her academic departments and the Office of Career Services. Typically, these offices will have access to internship listings in every academic field. The staff can also offer students guidance on what types of experiences will help them gain the best professional experience and where to go to get more information. If your student is interested in doing some research on his own, the Internet is also invaluable!

Students from the colleges of arts and sciences, business, or hospitality and tourism are eligible to participate in the co-op program in their junior or senior year, enabling them to gain both paid work experience, and academic credit in their major. The cooperative education program increases career choices for students, and often times opens the door to full-time employment after graduation. Cooperative education lets you explore the world of work first-hand by providing a unique opportunity for you to earn while you learn. Niagara University's Cooperative Education Program has proven to be an effective means of exploring and evaluating career interests, as well as a solid preparation for professional life.



### **Caffeinated Alcoholic Energy Drinks (continued from Page 3)**

New York has banned Four Loko with other states following suit. The FDA is currently investigating whether mixing alcohol and caffeine into one beverage is safe for consumption.

Through its wellness programs, NU has made a concerted effort to warn students about the dangers of Four Loko, advising them to steer clear of the drink.

Researcher Kathleen E. Miller at the Research Institute on Addictions at the State University of New York at Buffalo has found that students who drink energy drinks, with or without alcohol, are more likely to engage in risky behavior like drug use, binge drinking or smoking.