

BUFFALO STATE COLLEGE



Bengal Family Newsletter March 2022

Opening Statement from the Dean of Students



Dear Bengal Families,

During the next few weeks, we have a slate of self-care activities planned to keep students connected to resources and focused during midterm season leading up to spring break. Many of these events are highlighted below in our "Upcoming Events" section. Additionally, [Weigel Health Promotion](#) will be hosting a variety of workshops and events, including our beloved therapy dog programs. Please remind your student that workshops and events can be a welcome break from the schedule they have been keeping; a time to step out of their norm and experience something different on campus.

With the tragic death of Buffalo State student Royden Cave on March 13, this past week has been particularly difficult for many of our students. I hope you can reinforce the importance of your student seeking support while they are here on campus. We have reminded our students about the support services on campus and in the community; especially our on-campus [Counseling Center](#).

Finally, I want to highlight this week's Buffalo State Gives event on March 16 and 17. This event is an opportunity for our community to support student programs at Buffalo State. I hope you are able to review the programs offered and find something that you have a connection with. If you have questions about the Buffalo State Gives event, please reach out to our Office of Development and [visit the Buffalo State Gives website](#) for more information.

Sincerely,
Sarah Young, Dean of Students

Make a Difference and Support Students During Buffalo State Gives



Buffalo State has come together for the **fourth annual Buffalo State Gives**, a 24-hour philanthropy event which starts today, March 16 at noon and ends tomorrow, March 17.

Parents and families are the backbones of student success at Buffalo State. Without your support, many students would not be able to navigate the financial, academic, and emotional challenges of their college experience.

Please **visit the Buffalo State Gives website** to learn more about how this initiative helps students through scholarships, hands-on research, and experiential learning. If you can donate during Buffalo State Gives, check out the featured campus departments and programs you can support. Faculty and staff work tirelessly alongside families to ensure our students are not only successful academically, but that they also receive a holistic and transformative educational, professional, and social experience. Buffalo State Gives would not be possible without the commitment of parents and families and generous donor support!

Bengal Stripes Leadership Program Helps Students Develop Personal and Professional Skills



The **Bengal Stripes Leadership Program** seeks to prepare students for college and helps them develop the essential skills necessary to be personally, professionally, and academically successful at Buffalo State College and beyond. This is accomplished through education, development, and training in a series of workshops, personal development programs, civic engagement, and campus programs within the college and community.

Students interested in participating in the Bengal Stripes Leadership Program can sign up by completing the **Bengal Stripes Leadership Enrollment Registration Form**. This registration form will enroll the student in the Bengal Stripes Leadership Program Path on **Bengal Connect**. Students are welcome to take the **workshops** in any order and at any time that fits their schedule. All workshops are free and open to all Buffalo State College students.

For questions or to request more information about the program, please contact Student Leadership and Engagement at **716-878-4631** or **sle@buffalostate.edu**.

Career Development Center Launches Bengal Internship Award



The [Career Development Center](#) is excited to announce the new [Bengal Internship Award \(BIA\)](#) for students! This award was established to offset some of the financial burden students face when they participate in unpaid or underpaid internships. These internships disproportionately affect female students, students of color, and first-generation students, who constitute a substantial portion of Buffalo State's diverse student population. The BIA is just one way the Career Development Center is breaking barriers to success for students. We're also excited to share the BIA has been selected as one of the initiatives for this year's [Buffalo State Gives event on March 16 and 17](#) and we hope you'll join us in its success!

Ways You Can Support the Bengal Internship Award:

- Encourage your student to [apply for the Bengal Internship Award](#). The deadline for applications is April 8.
- Please consider [making a donation](#) to support the BIA. No gift is too small, and all contributions will go a long way toward helping students acquire the skills, networking contacts, and experience they need to develop their professional career. If your place of employment offers donor matches, please be sure to indicate it on your [donation form](#).
- Follow the Career Development Center on [Facebook](#), [Instagram](#), and [Twitter](#) to stay up to date on the [Buffalo State Gives](#) event. We'll post prizes for donating, share the successful BIA applicants for summer 2022, and share our students' career success as they complete internships that may have been out of their grasp without your help.

Tell Students: Participate in Broad-Based Fee Student Consultation for Spring 2022



The Office of Finance and Management and The Office of Student Affairs invites all students to participate in [Buffalo State's broad-based fee](#) student consultation for spring 2022. This is an opportunity for students to connect with college administrators and to ask questions, provide feedback, and learn about the college fees that fund services on campus. [Students are encouraged to view the virtual presentation and provide their feedback on the fees.](#) For questions, please contact the Office of Finance and Management at vpfm@buffalostate.edu.

Call for Student Essay Submissions: 2022 Scharps Memorial Legal Essay Competition



Junior and senior students who have an interest in legal studies are encouraged to participate in the SUNY 2022 Scharps Memorial Legal Essay Competition for the chance to win a cash prize! The deadline for student essay submissions is 11:59 p.m. EST on March 27. [Learn more about the essay competition and instructions to participate.](#)

Tell Students: Fall 2022 Scholarships Now Available



Please let students know that fall 2022 scholarship applications are now available in the [Campus Application Portal for Scholarships Portal \(CAPS\)](#). Students may apply for fall scholarships until April 10. For questions, please email scholarship@buffalostate.edu.

Fall 2022 Registration Begins April 6



Registration for fall 2022 classes officially opens on Wednesday, April 6. As early as mid-March, students should start thinking about scheduling a registration appointment with their Academic Adviser via the [Bengal Success Portal](#) to discuss fall 2022 semester course planning and to obtain their advising PIN number. To prepare for an advising appointment, students should:

- [Log in to review their Degree Works audit sheet.](#)
- [Review their academic roadmap](#), if they have declared a major.
- [Review the list of Intellectual Foundations courses](#), required for all majors.

For questions or assistance, students can contact the Advising Office at advise@buffalostate.edu.

Buffalo State's 150th Commencement Ceremony is May 21



Congratulations to Bengal families of graduating seniors! The 150th Buffalo State College Commencement will be held on Saturday, May 21, 2022, in the Buffalo State Sports Arena.

We welcome you to campus on commencement day and look forward to congratulating your graduate. Bachelor's graduates and candidates will receive four guest tickets when they register for their applicable ceremony:

- **9:00 a.m. Baccalaureate Ceremony**
School of Arts and Sciences | Individualized Studies
- **1:00 p.m. Baccalaureate Ceremony**
School of Education | School of the Professions

The Graduate School Ceremony will be held at 5:00 p.m. for master's degree and advanced graduate certificate graduates and candidates.

Ceremony registration and ticket distribution begins on Thursday, April 14. Live stream viewing in the Campbell Student Union Social Hall is provided for guests without tickets for the baccalaureate ceremonies. Tickets are not required for the receptions in the Student Union that immediately follow each ceremony. The ceremonies will all be live streamed on the commencement website for guests who are unable to come to campus on commencement day.

Seniors eligible to participate in commencement and those who submitted a degree application as of March 4 will receive a letter of invitation at their permanent addresses during spring recess.

Please [visit the Families section of the commencement website](#) for information on directions and parking, flowers and gifts for your graduate, photography, commencement policies, and more. The website is continually updated with new information, so check back periodically.

Student Leader Highlights

Each month we will highlight various student leaders on campus. Meet the following student leaders who stood out in March!

Demba Jallow, Men of Merit Leader



My name is Demba Jallow and I am a senior here at Buffalo State College. I believe I am one of the school's leaders here on campus and I can attribute a lot of my leadership skills to the Men of Merit program. They have taught me how to effectively communicate with others and bring people together and lead them towards one goal. My favorite place on campus is the Campbell Student Union. There is no better place on campus because that is where there is a big mix of people, and there is nothing better than interacting with all of the great students and faculty here at Buffalo State. I hope to see all of you on campus and get to know you!

Daniel Simeon, Men of Merit Leader



My name is Daniel Simeon, and I am currently a senior criminal justice major at Buffalo State College with the intentions of graduating with my bachelor's degree and with the hopes of becoming a lawyer in the

future. Attending school here has allowed me to meet new individuals, build and reveal personal character, find different opportunities, and rekindle family relationships. Being here for some time now, I find that my favorite place to chill is the Campbell Student Union where I've been able to interact with other students, share stories, and enjoy myself. An opportunity such as attending the Men of Merit program has given me the chance to change negative habits and build positive ones. Listening to the other participants' experiences and sharing my own has presented me with a platform to relate with others and serve by speaking my thoughts and extending encouragement. My plan is to use the power of my voice to show that what we say and don't say matters. Leaving behind affirmations by using my voice to speak and teaching others that our speech is potent is a goal so they can use that same ability in their own lives.

Upcoming Events

Prevention Week

During Prevention Week from March 14 to 18, **Weigel Health Promotion** will host a **series of events** to help keep students safe during Buffalo State College's spring break. Students are encouraged to attend to build their résumés or for extra credit. For questions, please contact Paula Madrigal at madrigpa@buffalostate.edu.

Weigel Health Promotion Presents:

Prevention Week Starting 3/14/22

| | |
|---------------------------------|--|
| 3/14 @ 11am | Narcan Training w/Horizon http://tiny.cc/NarcanMarch14 |
| 3/14 @ 12:30pm RSVP Required | Stop the Bleed ECMC Tourniquet Training tiny.cc/StopTheBleedBuffState |
| 3/15 & 3/22 @ 11am-1:30pm | Free HIV Testing w/Community Access Services Student Union Lobby |
| 3/15 @ 11am-1:30pm | Molina Health Insurance Navigator Student Union Lobby |

Safe Spring Break * Spring 2022

| | |
|--|---|
| 3/15,17,19,21 @ 6pm | Yoga in Houston 125 |
| 3/15 @ 12:30pm | Mindfulness Workshop: Conquer Yourself Before Life Conquers You Weigel 203 |
| 3/17 & 3/24 | Live Cooking Show w/ Thyme-N-Honey tiny.cc/ThymeNHoneyFB |
| 3/19 & 3/26 @ 12pm | Yoga in Houston 125 |
| 3/24 @ 9am-4pm Weigel Health Center | Molina Health Insurance Navigator Walk-Ins Welcome |

Contact: madrigpa@buffalostate.edu
Custom Links are Case Sensitive

Student Self-Care Event

All students are invited to attend the free annual Dean of Students Self-Care event on Wednesday, March 16 from 12:00 to 2:00 p.m. in the Campbell Student Union Social Hall. This event is the perfect place for students to jumpstart their health journey! The event will include healthy treats, holistic health workshops, and information about our on-campus gym membership. For questions, please contact the [Dean of Students Office](#) at 716-878-4618.



JOIN THE DEAN OF STUDENTS OFFICE FOR OUR ANNUAL SELF CARE EVENT

Prioritize your health and wellbeing.

**MARCH 16, 2022, 12 PM - 2 PM
CAMPBELL STUDENT UNION SOCIAL HALL**

Try out some healthy treats, attend holistic health workshops, participate in a yoga class, explore our on campus gym membership and the eight dimensions of wellness, grab a balloon hat and more.

This is the perfect place to jumpstart your health journey!

VISIT [HTTPS://DEANOFSTUDENTS.BUFFALOSTATE.EDU/](https://deanofstudents.buffalostate.edu/)
FOR MORE INFORMATION.
CALL US AT 716-878-4618 FOR INQUIRIES.
WE ARE LOCATED IN CAMPBELL STUDENT UNION 311.

Grant Allocation Committee Funded

President's Spring Student Forum



President's Spring Student Forum

Tuesday, March 22, 2022

12:15 – 1:00 p.m.

PLEASE JOIN TO CONNECT VIRTUALLY WITH CAMPUS LEADERSHIP. QUESTIONS FOR OPEN DISCUSSION ARE ENCOURAGED WHEN REGISTERING.



Register for Zoom Link:
<https://tinyurl.com/springforum1>



President Conway-Turner is hosting a virtual Spring Student Forum on March 22 from 12:15 to 1:00 p.m. Students are invited to attend this open session to ask any questions about the spring semester. **Students can register now for the Zoom meeting link.**

Job and Internship Fair



The Career Development Center is hosting a Job and Internship Fair for students on March 22 from 12:00 to 2:30 p.m. in the Campbell Student Union Social Hall. This event is open to students from all majors and class years, as well as alumni. More than **50 employers** will be in attendance this year, representing a diverse cross-section of industries. Students are encouraged to dress professionally and to bring multiple copies of their résumé.

For more information, including a list of participating employers, **visit the Career Development Center website.**

Exploring Nutrition in a Global World



The **Health, Nutrition, and Dietetics (HND) Department** will celebrate Buffalo State College's 150th anniversary with a presentation by Molly Morgan, alumna and registered dietitian, on March 24 at 5:00 p.m. in the **LoRusso Alumni and Visitor Center**. This free event is open to the Buffalo State community and the public. Join us as we explore global foods, flavors, and trends in nutrition and health. The presentation will also include information on how artificial intelligence may affect the global food chain. For more information, please contact Carol DeNysschen at denyssca@buffalostate.edu.

Mother's Day Succulent Plant Sale



Buffalo State's **Rotaract Club** is holding a Mother's Day Succulent Plant Sale through March 28 to benefit the Buffalo and Erie County Botanical Gardens. The 4-inch succulents are in hand-painted, sealed clay pots and are \$15 for one, \$25 for two, or \$35 for three. Each additional succulent costs \$10. Place your orders online through the **Succulent Sale Order Form**. The plants will be available for pickup on May 5 and May 6 from 10:00 a.m. to 4:00 p.m. in Caudell Hall. For questions, please contact the Rotaract Club at rotaractclub@mail.buffalostate.edu.

Take Back the Night

Take Back the Night is an international event and non-profit organization with the mission of ending sexual, relationship, and domestic violence in all forms. Buffalo State has been hosting a Take Back the Night event for over a decade, and this year's event is on April 6 from 6:00 to 8:00 p.m. in the Campbell Student Union Social Hall. This event is open to everyone and we invite all attendees to wear teal in support of Sexual Violence Prevention. For more information, please contact the **Dean of Students Office** at **716-878-4618**.

The poster features a teal background with a dark grey rectangular area containing text and graphics. The text includes: "you are not alone support victims", "be the generation that changes the culture", "It's ok to ask for help", "Be an activist for CHANGE", "IT'S ON" (in a white box), "It is NOT your fault", "break the silence", "Take Back the Night", and "see something, say something we believe you". A central graphic shows a stylized orange and white logo with a building and a scale. Below the dark grey area, the text "SAVE THE DATE" is written in large white letters, followed by "APRIL 6, 2022", "STUDENT UNION, SOCIAL HALL", and "6:00-8:00 P.M." in smaller white letters.

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Contribute to the Bengal Cookbook

Have a delicious dish or drink you want to share with our Bengal family? **Weigel Health Promotion**, in collaboration with **Chartwells Dining**, is inviting all Buffalo State students, faculty, staff, and alumni to **submit their favorite recipes, tips, tricks, and more** to be added to a new **free online Bengal Cookbook**. You're encouraged to upload photos and videos of your dish, events or special occasions where the dish has been served, or cooking demonstrations. Once several recipes are collected, the cookbook will be printed and available in the Weigel Health Center. Additionally, each semester, a few recipes from the cookbook will be selected to feature in the Bengal Kitchen for everyone on campus to enjoy. For questions or suggestions, please contact Paula Madrigal at madrigpa@buffalostate.edu.



Athletics Games



Attend Buffalo State Athletics games and events to cheer on our Bengals! **View the Athletics calendar for upcoming game schedules.**

Buffalo State's 150th Anniversary



This year, we are celebrating Buffalo State College's 150th anniversary! **Learn more about our 150th anniversary events** and look for opportunities to participate throughout the year.

Visit Buffalo State

If you are planning to visit our campus, [view the academic calendar](#) and [learn more about Buffalo State and the surrounding community](#).

Follow Us on Social Media!

To keep up to date on student information throughout the month, follow the Life at Buff State social media accounts on [Instagram](#), [Snapchat](#), [Twitter](#), and [Facebook](#).

For more general information about the college, follow the Buffalo State social media accounts on [Instagram](#), [Twitter](#), [Facebook](#), [YouTube](#), and [LinkedIn](#).

Other Questions or Need Help? Contact Us!

If you have questions, need help, or are looking for more or different information from this newsletter, please contact us:

Dean of Students:

 **Call:** [716-878-4618](tel:716-878-4618)

 **Email:** deanofstudents@buffalostate.edu

 **Web:** deanofstudents.buffalostate.edu



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The State University of New York

} believe. inspire. **achieve.**