

BUFFALO STATE COLLEGE



Bengal Family Newsletter November 2021

Remind Students to Purchase Spring 2022 Meal Plans

It's time for students to refresh and restart as we look towards the spring semester! Please remind students to **purchase their spring meal plan**. Meal plans have great benefits, including:

- Customizable options.
- Ability to use the meal plan at any dining service location on campus, including Anchor Bar, the Retail Food Court, and the Bengal Kitchen.
- Sales tax-free Dining Dollars, which are accepted at the PlanetariYUM and the Tech Café.

PLATES WITH A Purpose

Freshmen (0-29 Credits) living on campus must purchase: Freedom 19, Balance 14, or 175 Swipe Plan
Sophomores (30-59 Credits) living on campus must purchase: Freedom 19, Balance 14, 175 Swipe Plan, or 90 Swipe Plan

*The last day to use your meal swipes for the Fall 2021 Semester is 12/16/2021
*The last day to use your meal swipes & dining dollars for the Spring 2022 Semester is 05/20/2022
*Meal Swipes expire on a semester basis, dining dollar balances roll over from the Fall to spring semester.
*Your meal plan membership selection for the fall will also be assigned to the spring semester.

Meal Plan Memberships

*Meal Plan change deadline for the Fall 2021 semester is: 9/8/2021
*Meal Plan change deadline for the Spring 2022 semester is: 2/9/2022

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| FREEDOM 19 19 Meals Per Week + \$300 Dining Dollars + \$45 Bengal Bucks | \$3,155 Per Semester |
| BALANCE 14 14 Meals Per Week + \$375 Dining Dollars + \$45 Bengal Bucks | \$3,130 Per Semester |
| 175 SWIPE PLAN 175 Meals Per Semester + \$500 Dining Dollars + \$45 Bengal Bucks | \$3,030 Per Semester |
| 90 SWIPE PLAN 90 Meals Per Semester + \$825 Dining Dollars + \$45 Bengal Bucks | \$2,285 Per Semester |
| 40 SWIPE PLAN 40 Meals Per Semester + \$500 Dining Dollars | \$1,055 Per Semester |

Commuter & Upperclassmen Plans

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| COMMUTER MEAL PLAN 20 Meals Per Semester + \$200 Dining Dollars | \$410 Per Semester |
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CREATE YOUR OWN PLAN
Customizable amounts of swipes and dining dollars

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| DINING DOLLARS | MEAL SWIPES |
| \$200 GET \$5 FREE | 10 for \$105 |
| \$350 GET \$10 FREE | 25 for \$255 |
| \$550 GET \$25 FREE | 50 for \$500 |
| \$1,000 GET \$70 FREE | 65 for \$635 |
| + 5 FREE SWIPES | 80 for \$760 |

EAT GOOD DO GOOD

SIGN UP TODAY!

PURCHASE YOUR PLAN AT: WWW.DINEONCAMPUS.COM/BSC

Career Development Center Helps Students with Career Planning



Winter break is quickly approaching, and this time is a great opportunity for students to work on their career development plan. The following tips from the Career Development Center can help students start working on their career development plan now.

1. Check out BengalLink

BengalLink is Buffalo State's online job board that includes part-time, full-time, internship, and volunteer opportunities, as well as upcoming events and workshops at the Career Development Center. If your student is looking for a job, this is a great place to start!

2. Update Resume with Skills and Experiences

After the fall semester ends, your student should update their resume with new skills they may have learned from leadership or employment experiences.

3. Create a LinkedIn Profile

LinkedIn is a professional networking site used for career development and connecting with other professionals. Create a LinkedIn profile to start building and engaging with a professional network.

4. Conduct an Informational Interview

For students interested in learning more about a specific profession, the Career Development Center staff can help identify employers to speak with. Students can make an appointment with the Career Development Center by emailing askcdc@buffalostate.edu.

5. Follow Us on Social Media

The Career Development Center regularly highlights part-time, full-time, internship opportunities, and employment events on social media. To stay informed, follow the Career Development Center on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).

Students Can Now Register for January Term Classes



Beginning November 3, students can register for January Term classes. The January Term, or J-Term, is a three-week mini-term that occurs during the first three weeks of January. J-Term is an opportunity for students to earn 1 to 6 credits and is a great way to catch-up or get ahead. This year, J-Term classes begin on Wednesday, January 5, 2022, and end on Tuesday, January 25, 2022.

Matriculated students must secure approval from their academic adviser to register for more than 6 credit hours. Probationary students seeking to register for more than 6 credit hours must receive approval from their dean's office. Cross registration is not permitted during J-Term.

Federal Financial Aid Processing

- J-Term is not considered a stand-alone semester. It is part of the spring semester.
- Students identified as ineligible for federal financial aid after the fall semester cannot regain aid eligibility for the spring semester by attending J-Term.
- There is no cross-registration during summer or J-Term.

Financial Aid Facts

- A separate aid application is required to be considered for J-Term financial aid and is available online each November. Note: if your student expects a large refund in spring 2022 and it is enough to cover J-Term charges, they do not need to submit a J-Term aid application.
 - If students do not have sufficient aid to cover J-Term charges, their spring 2021 bill will include J-Term charges, and any applicable late fees.
 - For questions about aid for J-Term, contact the Financial Aid Office by email at finaid@buffalostate.edu or by phone at 716-878-4902.
 - [Learn more about J-Term aid, tuition, and fees.](#)
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Tips for Students to Prepare for Final Exams



In the weeks leading up to final exams, the following study tips can help your student prepare for success.

1. Create a Study Schedule

When creating a study schedule, students should plan time to study for each exam and allow time to sleep, exercise, and eat well. Students can use a blank weekly calendar and start by filling out their due dates and other fixed events. Ideally, students should begin studying at least 3 weeks in advance of their final exam, but if not, they should focus on remembering, condensing, and drilling.

2. Organize Notes in Sections

Instead of re-reading textbooks, students should read the notes they took and combine them into topic outlines with key points, terms, and vocabulary. If your student is part of a study group, they can divide their notes into sections and have each member create a summary.

3. Create Study Review Tools

After organizing their notes, students can create the following study review tools:

- Flash cards with the question on one side and the answer on the other side.
- Mind maps to create outlines in picture form.
- Timelines or charts to lay out a process.
- Mnemonics such as pictures, stories, poems, or acronyms.
- Study partners or groups to teach and test each other.

Students should seek to understand what they're studying, not just memorize it. If your student needs help clarifying anything, they can [access tutoring services on campus](#).

4. Design a Practice Test

Before designing a practice test, students should ask their instructor:

- How long will the test be?
- What topics or chapters will be on the test?
- Is the test based more on the textbook or on the notes?
- Will the test be multiple choice or essay format?

After finding out what the final exam will be like, students can design a practice test using old exams on reserve in the library. Students should also study the sample tests or study guides provided by their instructor.

5. Practice with Study Review Tools

Once your student prepares their study review tools, they should make the most of them by practicing and repeating. Students should have regular study sessions and stick to their study schedule.

Tell Students to Make Exam Appointments Online for the Testing Center at Student Accessibility Services



Does your student need to take their exams in the Testing Center at Student Accessibility Services (SAS)? The Testing Center empowers students to take ownership of their exam accommodations; **it is their right to determine when and if they want to use their exam accommodations.**

Students can schedule their own exam appointments directly with the Testing Center using the **online form** on the **SAS website**. For assistance completing the online form, or for questions about their responsibilities, students can contact Andrea Gustafson by email at exams@buffalostate.edu, or they can make an appointment with Andrea through the Bengal Success Portal to review the process.

Listen to 'Bow Tie Chronicles' Podcast for Student Information, Engagement, and Success Strategies

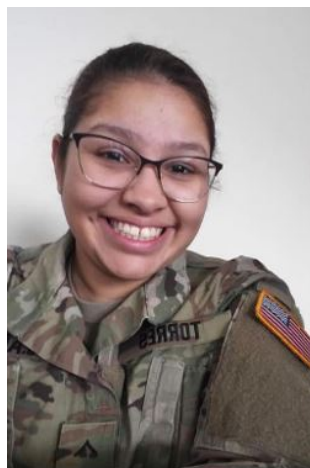


Tune in to the latest episode of the 'Bow Tie Chronicles' podcast with Dr. Tim Gordon, Vice President for Student Affairs. In the newest episode, Dr. Gordon and two student guests discuss final exam study hacks, support resources for students, and upcoming events on campus. [Learn more about the Bow Tie Chronicles podcast](#) and listen to the podcast on [Spotify](#).

Student Leader Highlights

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

Cristina Torres, Veteran and Military Services Student Assistant



Cristina Torres is majoring in Mechanical Engineering and her class year is 2023. Cristina works as a student assistant in the Veteran and Military Services Office. Cristina's favorite class is Physics and her favorite place on campus is the Veteran and Military Services Student Lounge.

Michael Avery, Veteran and Military Services Student Assistant



Michael Avery is majoring in Electrical Engineering: Smart Grid, and his class year is 2022. Michael works as a student assistant in the Veteran and Military Services Office and he is also the treasurer of the Institute of Electrical and Electronics Engineers (IEEE). Michael's favorite class is Data Science Tools in Energy Engineering and his favorite place on campus is the Veteran and Military Services Student Lounge.

Cambridge Boyd, Veteran and Military Services Student Assistant



Cambridge Boyd is majoring in Urban Planning and Public Administration and his class year is 2024. Cambridge works as a student assistant in the Veteran and Military Services Office and he is also the President of the Buffalo State chapter of Student Veterans of America (SVA). Cambridge's favorite classes are Dr. Jason Knight's classes in the Geography and Planning Department, and his favorite place on campus is the Veteran and Military Services Student Lounge.

Upcoming Events

Students Invited to Learn About Resident Assistant Positions for 2022-2023



Residence Life is holding information sessions for students to learn about the Resident Assistant (RA) position for the 2022-2023 academic year. The RA position is a student leadership opportunity designed to foster personal and professional development. Resident Assistants must be full-time students, maintain a minimum cumulative GPA of 2.50 each semester, and maintain a good conduct standing with Buffalo State. Applicants must attend one of the following mandatory information sessions to gain access to the application. These information sessions are scheduled for one hour and will review the position and the application process. Both virtual and in-person sessions are available, and the in-person sessions will take place in the Campbell Student Union Assembly Hall. For questions, please contact the Residence Life Office by phone at [716-878-3000](tel:716-878-3000) or go to the [Residence Life Resident Assistant Employment website](#).

Resident Assistant Information Sessions

- Tuesday, November 9, 12:15 p.m.
- Thursday, November 11, 12:15 p.m.
- Wednesday, November 17, 12:15 p.m.
- Tuesday, November 30, 7:00 p.m., [Zoom](#)
- Thursday, December 2, 7:00 p.m.
- Monday, December 6, 12:15 p.m., [Zoom](#)
- Friday, December 10, 3:00 p.m.
- Thursday, December 30, 1:00 p.m., [Zoom](#)

Students Invited to Attend Bengal Study Nights to Prepare for Finals

Tell students to mark their calendars for our end-of-semester Bengal Study Nights on December 6, 7, and 8 from 6:00 to 8:00 p.m. in Butler Library! This three-evening event will prepare students for finals academically, emotionally, and physically. It includes finals reviews, extended tutoring, relaxation activities, yoga, meditation, therapy dogs, games, food, and finals survival kits for the entire student body! Learn more on the [Bengal Study Night website](#). For questions, please email Lauren Copeland at copelala@buffalostate.edu.

Bengal Study Nights

December 6th, 7th, & 8th
6:00 p.m. - 8:00 p.m.
Butler Library

Fall 2021

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| <p><i>Prep for Finals!</i></p> <ul style="list-style-type: none">• Finals Review Sessions:<ul style="list-style-type: none">○ For a variety of classes (see website for course list)○ In-person or Virtual• Extended Tutoring:<ul style="list-style-type: none">○ Writing Center○ Math Center○ EOP's ACE | <p>Visit our website to see the entire schedule!</p> <p>https://academicsuccess.buffalostate.edu/bengal-study-night-0</p>  <p>SCAN ME</p> | <p>FREE PIZZA & DRINKS every night!</p>  |
| <p>FREE Finals Survival Kits!</p>  | | <p>Destress & Relax!</p> <ul style="list-style-type: none">• Meditation and Yoga• Massages• Create Mandalas & Stress balls!• And back by popular demand, one of our favorites - THERAPY DOGS!!! |
| <p>Prizes!</p> <p>You will have a chance to win a gift card to Barnes & Noble Bookstore or our GRAND PRIZE - a sleek new pair of headphones! (\$100 value!)</p> |  | |

Hosted by Student Achievement Programs and the Tutoring Centers
Additional support and funding provided by:
150th Anniversary Committee, Academic Affairs, E. H. Butler Library, EOP, Grant Allocation Committee, ROAR 2 Success!, Say Yes, Title III, and the Weigel Health Center.

Athletics Games



Attend Buffalo State Athletics games and events to cheer on our Bengals! [View the Athletics calendar for upcoming game schedules.](#)

Celebrating 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 other opportunities to participate throughout the year.

Visit Buffalo State

If you are planning to visit our campus in the fall, [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**

✉ Email: **deanofstudents@buffalostate.edu**

🌐 Web: **deanofstudents.buffalostate.edu**



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The State University of New York

} believe. inspire. **achieve.**