

BUFFALO STATE COLLEGE



Bengal Family Newsletter October 2021

Opening Statement from the Dean of Students



I cannot believe we are already in the second half of the fall semester! So far we have celebrated [Homecoming & Family Weekend](#), kicked off our [150th Anniversary Celebration](#), hosted our Part-Time Job Fair, volunteered in the community during [Bengals Dare to Care Day](#), hosted a celebration of the [grand opening](#) of our [Academic Commons](#) and the [Whitworth Ferguson Planetarium](#), and hosted our 13th annual [Anne Frank Social Justice Festival](#). I have seen our students continuing to connect with faculty, staff, and their peers throughout campus during events, through their academic courses, and in the Campbell Student Union. This month's newsletter will provide more insight into our campus resources as we head into the end of the semester. As we are furthering our connection to students, we are also interested in hosting a Family Focus Group. [Please register to attend the virtual Family Focus Group](#) and join me on Wednesday, November 3 at 12:00 p.m. on Zoom. Prior to the meeting, you will receive a Zoom link at the email you registered with. Please continue to utilize our resources on campus to support your student and refer them to us if they need assistance.

Tell Students: File the FAFSA Early and Attend Student Financial Aid Day October 23



Please tell your student to get the most out of their financial aid by filing the Free Application for Federal Student Aid (FAFSA) early. Students can now file the 2022-2023 FAFSA using 2020 federal taxes at www.studentaid.gov. Buffalo State College's federal school code is 002842.

Please also encourage your student to attend the SUNY Statewide Student Financial Aid Day on Saturday, October 23, from 9:00 a.m. to 12:00 p.m. in the Financial Aid Office, Moot Hall 230. Financial aid professionals will be on site to assist prospective students with completing the 2022-2023 FAFSA and the NYS TAP application. Continuing students are welcome to participate in this event, too. Please encourage students to [register online](#), or by calling 800-342-3811, and to see the [What to Bring](#) section on our SUNY Financial Aid Day web page for a complete list of required documents.

Students Can Schedule an Appointment with their Academic Advisor to Register for Spring 2022



Registration for the spring 2022 semester begins on November 3! As early as mid-October, students can schedule a registration appointment with their Academic Advisor on the [Bengal Success Portal](#) to discuss their spring semester course planning and to obtain their advising PIN number. To prepare for the appointment with their Academic Advisor, students should:

- [Log in to Degree Works](#) 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.
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Student Accessibility Services Accommodates Students with Disabilities



Student Accessibility Services (SAS) assists both undergraduate and graduate students with disabilities. If your student has a disability and would like to connect with our office, please ask them to provide documentation of their disability by emailing sas@buffalostate.edu and a SAS staff member will reach out to them. Our office is located in Butler Library Suite 160 and our hours are Monday to Friday from 8:30 a.m. to 4:30 p.m.

Weigel Health Promotions Offers Training, Workshops, and Events for Students

Weigel Health Promotions offers a variety of services and training opportunities for students. View the list of [events and programs](#) we offer, including Narcan training, COVID-19 information, stop the bleed training, and more. We often collaborate with student groups and organizations to raise awareness on issues such as HIV/AIDS, drinking and driving, and vaping. For information updates and contests, follow us on [Facebook](#), [Instagram](#), and [Twitter](#). If you have ideas or suggestions for training and workshops, please contact Paula Madrigal by email at madrigpa@buffalostate.edu.

WEIGEL HEALTH PROMOTION PRESENTS

Oct 15th @ 11am LGBTQ Targeting by the Tobacco Industry w/ Roswell Online (Link Below)	 NATIONAL COMING OUT DAY October 12	Oct 15th 11am-5pm Assembly Hall FREE HIV/STI Testing w/ Evergreen & MOPHA
Oct 14th 11am-1:30pm Campbell Student Union Lobby Coming Out & Ally Photo Shoot	QPR Suicide Training Online * Free Anytime suny.edu/mental-health/	

COMING OUT
Week <http://tiny.cc/WeigelWorkshopFall2021>

Join us in celebrating PRIDE, coming out week and more!

CONTACT: PAULA MADRIGAL MADRIGPA@BUFFALOSTATE.EDU

[Buffalo State Health Promotions](#) [BSCHealthPromotions](#)
[BSCHealthPromotions](#) [BSCHealthPromo](#)
[buffalostate_healthpromotions](#) [weigel.buffalostate.edu](#)

Bringing the Class to YOU!

With Chefs
Stephen Forman &
Corey Kadish

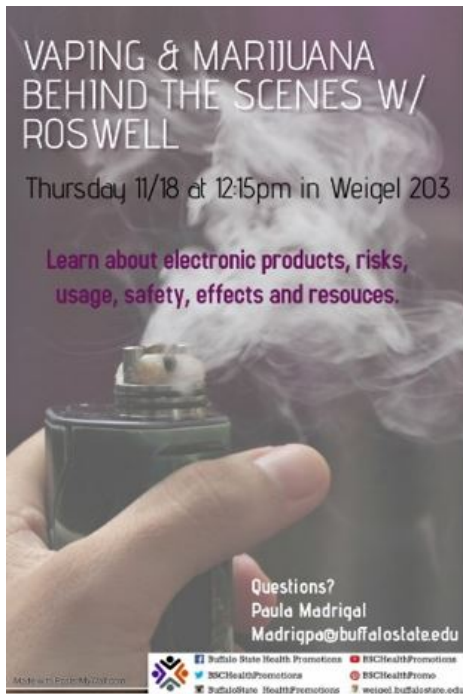
**Free Online
Facebook
Live
Cooking
Classes**

Certified Executive
Chefs, through the
American Culinary
Federation

Live on Facebook Every Thursday @ 7pm
<https://www.facebook.com/ThymeN Honey>

Questions? Suggestions? Requests?
Paula Madrigal
Madrigpa@buffalostate.edu

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[BSCHealthPromotions](#) [BSCHealthPromo](#)
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Students Can Complete Question, Persuade, Refer (QPR) Training Through SUNY



Question. Persuade. Refer.

Question, Persuade, and Refer, or QPR, is an evidence-based emergency mental health intervention for people at risk of suicide. The goal of QPR is to recognize a suicide crisis, interrupt it, and direct the person to appropriate care. The training is a one-hour online course that teaches participants how to question, persuade, and refer someone for help. Anyone can practice QPR in any setting, and it is appropriate in all relationships. There is no need for clinical training, only a willingness to listen, care, and help. Students can [register to attend the training](#) by entering “SUNY” as the organization code. [Learn more about the QPR Institute.](#)

Tips for Students to Manage Midterm Stress



Midterms can be an extra stressful time for students. Students are already juggling many responsibilities and challenges as they work hard to reach their academic goals. Sometimes taking just a few minutes during the day to unplug and re-charge can make a difference! Students can take a 5 to 10-minute walk listening to music or nature sounds to relax, watch a funny video on YouTube, or download a meditation app like Headspace or Ten Percent Happier to do a brief guided meditation. Other students might prefer drawing or sketching, taking nature photos, or playing a video game. Social media can be relaxing escapism too, but sometimes it can also be a source of stress for students. If social media becomes a source of stress for students, they can take a break by putting their phone on silent, or by putting it in a drawer for a little while.

If students feel stressed, anxious, or overwhelmed, please encourage them to reach out to the Counseling Center for support. The Counseling Center offers free and confidential services to all registered Buffalo State students. Sometimes one or two appointments with one of our licensed clinicians can be helpful. Students can call 716-878-4436 to schedule an appointment. The Counseling Center hours are Monday through Friday from 9:00 a.m. to 5:00 p.m. If a student feels they are in crisis and needs to check in with a counselor, they are welcome to walk into our office on the second floor of the Weigel Health Center and request an urgent-care consultation. Learn more about Counseling Center [workshops](#) and [virtual therapy groups](#).

Listen to 'Bow Tie Chronicles' Podcast with Vice President Gordon for Student Information, Engagement, and Success Strategies



New this semester, listen in with Dr. Tim Gordon, Vice President for Student Affairs, as he hosts the 'Bow Tie Chronicles' podcast. The podcast features a series of dynamic discussions about Buffalo State College activities, events, and support resources for students to get engaged on campus. [Learn more about the Bow Tie Chronicles podcast](#) and listen to the podcast on [Anchor](#) and [Spotify](#).

Student Leader Highlights

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

Althea Jones-Johnson, Assistant Complex Director and Student Conduct Board Member



Althea Jones-Johnson is a second-year graduate student in the Higher Education Student Affairs Administration M.S. Program, with an anticipated graduation date of May 2022.

“I learned of the opportunity of serving on the Student Conduct Board in the fall of 2020 when I started Buffalo State College as a graduate student. I reached out to the coordinator to learn more about the board and eventually signed up to hear student appeals and conduct cases. This is my second year serving on the board. It has provided me with a better understanding of the student conduct process and college policies. It has also helped enhance my leadership, critical thinking, and decision-making skills. I believe my interest and participation will be a benefit in my career as a Student Affairs professional.

In addition to serving on the Student Conduct Board, I am an Assistant Complex Director in Residence Life, an advisor for the Residence Hall Association, and the Secretary for the HESAA Collective. One of my favorite places on campus is the Whitworth Ferguson Planetarium.”

Diana Nguyen, Student Conduct Board Member and Peer Mentor



Diana Nguyen is a senior and a major in Psychology.

“One aspect I enjoy about being a member on the Student Conduct Board is my ability to promote conflict resolution and civility. I learned that working with students helps broaden my perspective and share empathy while also holding them accountable. While I am a member of the Student Conduct Board, I am also a Peer Mentor from the Roar 2 Success program, and I am the Vice President of the Psychology Club. When I am not involved with my extracurriculars, I like to grab food with friends and study in the library.”

Upcoming Events

Re-Charge with the Counseling Center



Students are invited “re-charge” with the Counseling Center in the Campbell Student Union Fireside Lounge on October 20 from 3:00 to 4:00 p.m. This event includes a relaxing activity, spending time with a therapy dog from Paws for Love, getting some self-care tips, and finding out more about our services. For questions, go to the [Counseling Center website](#), or call the Counseling Center at 716-878-4436.

Distinguished Alumna Visit: Deborah Oppenheimer, Academy Award Winner

Beyond Boundaries presents:

Wednesday, October 20th 5pm - 7:30pm
Jacqueline Vito LoRusso Alumni and Visitor Center
Reception & Master Class with Distinguished Alum Deborah Oppenheimer

Thursday, October 21st 7pm - 10pm
Burchfield Penney Art Center
Film Screening of **FOSTER**
+ Q&A with Ms. Oppenheimer

Deborah Oppenheimer

All events are free and open to the public. Per SUNY mandate, masks are required on the Buffalo State campus.

Beyond Boundaries is programmed by Professors Ruth Goldman and Meg Knowles and Chief Diversity Officer Crystal Rodriguez Sabery. This program is supported by the Grant Allocation Committee, the 100th Anniversary Fund, the Office of Equity and Campus Diversity, the Communication Department and the Burchfield Penney Art Center.

On October 20, visiting distinguished alumna and Academy Award-winning producer, Deborah Oppenheimer will join us on campus. The campus community and the public are invited to meet Ms. Oppenheimer at a reception on October 20 at the Jacqueline Vito LoRusso Alumni and Visitor Center at 5:00 p.m., followed by her Master Class in producing at 6:00 p.m. Additionally, we will screen Ms. Oppenheimer’s award-winning documentary film, *FOSTER* on October 21 at 7:00 p.m. in the Burchfield Penney Art Center, followed by a Q&A with the producer. All events are free and open to the public. Free parking is available at both locations. Per SUNY mandate, masks are required on the Buffalo State campus. [Learn more about Deborah Oppenheimer’s visit to campus.](#)

President's Fall Student Forum

President's Fall Student Forum

Tuesday, November 9, 2021

12:00 - 1:00 p.m.

PLEASE JOIN TO CONNECT
VIRTUALLY WITH THE
PRESIDENT'S CABINET AS
WE LOOK TOWARDS THE
SPRING 2022 SEMESTER



Register for Zoom link:
<https://tinyurl.com/bscfallforum>

On November 9, President Conway-Turner is hosting a virtual fall student forum as we look towards the spring 2022 semester. Students are invited to attend the forum to connect with the President's Cabinet and learn about the spring semester. [Students can register now for the Zoom meeting link.](#)

In-Person Yoga Sessions

A poster for yoga sessions. At the top, it says 'WEIGEL WELLNESS CENTER PRESENTS' in orange. Below that, 'YOGA' is written in large, bold, black letters. In the center is a silhouette of a person in a yoga pose (Padmasana) with a tree growing out of their head. Below the silhouette, it says 'FALL 2021'. The schedule is listed: 'MON @ 12PM W/ INSTRUCTOR LORENA MATHIEN', 'WED @ 11AM W/ INSTRUCTOR LORENA MATHIEN', 'TUES/TH @ 6PM W/ HEALBFLO', and 'SAT @ 12PM W/ HEALBFLO'. The location is 'HOUSTON GYM ROOM 125 * MASKS REQUIRED'. A disclaimer follows: 'This event is free for all students. Before participating in any exercise program, please consult with your primary care physician, and do not attempt any exercises that you are not comfortable doing. Please bring your own mat, mask and socially distance during the classes.' At the bottom, contact information is provided: 'QUESTIONS: THOMAS TRZEPKOWSKI TRZEPKTG@BUFFALOSTATE.EDU'. There are also social media icons for Facebook, Twitter, and Instagram, and a QR code.

This fall, the Weigel Wellness Center is hosting weekly in person yoga sessions, and the sessions are free for all students! Before participating in any exercise program, students should consult with their primary care physician, and should not attempt any exercises that they are not comfortable doing. Students should bring their own mat, mask, water bottle, and socially distance during the classes. [View the event and program schedule for details.](#) For questions, contact Thomas Trzepakowski by email at trzepktg@buffalostate.edu.

Fitness Center



The fitness center has reopened on campus! It's located on the second floor of the [Houston Gym](#) and is free to full-time undergraduate students. [Learn more about the fitness center hours and safety protocols.](#) For questions, contact Thomas Trzepkowski by email at trzepktg@buffalostate.edu.

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 with *Heathers: The Musical*



This year, we are celebrating Buffalo State College's 150th anniversary! From October 21 to 30, the Theater Department and Casting Hall Productions are presenting *Heathers: The Musical*, the story of Veronica Sawyer, a teenage misfit who hustles her way into the most powerful and ruthless clique at Westerberg High: the Heathers. Performances are on October 21, 22, 23, 28, 29 at 8:00 p.m., and on October 30 at 2:00 p.m. in Warren Enters Theatre, Upton Hall. Tickets are available through the [Rockwell Hall Box Office](#), online at theater.buffalostate.edu, or by phone at 716-878-3005. [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](#).

Related Reading

View related reading for additional information and resources about college students:

- [Back to School: Navigating a New Normal – University and Higher Education](#)
 - [The iConnected Parent: Staying Close to Your Kids in College \(and Beyond\) While Letting Them Grow Up](#) - Barbara Hofer
 - [Letting Go, Sixth Edition: A Parents' Guide to Understanding the College Years](#) - Karen Coburn
 - [Why Your Undecided Student May Be Drifting](#) - Vicki Nelson
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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.**