

BUFFALO STATE COLLEGE



Bengal Family Newsletter September 2021

Opening Statement from the Dean of Students



In recent years, Buffalo State has seen an increasing need to create a sense of belonging for students. The **Dean of Students** area works closely with many offices to provide the extra support students may need to feel connected to the college and to succeed each semester. Our Dean of Students area directly supports students who may be experiencing family crises, illness, or other difficulties. The **Dean of Students staff** is available to assist students as they manage mental health challenges, unexpected financial burdens, or academic stresses. We have a student of concern **Care Team** that meets weekly, our **Milligan's Food Pantry**, an **emergency relief fund**, and programming that supports prevention and wellness. The food pantry and the emergency relief fund have been so important during the pandemic by providing support to students who need help paying for housing, food, and other basic necessities. During the week of September 13, we hosted our annual **Prevention Education Week**, a collaboration with many offices including the **Weigel Health Center**, **Health Promotions**, the **Counseling Center**, **University Police Department**, **Student Conduct and Community Standards**, **Inclusion and Equity**, and **Chartwell's Dining**. In addition to emails and social media, many of our office referrals are made by word of mouth. Please reach out to us if you have questions or thoughts on how we can support your student, and please refer your student to us when they are in need. I want all students to know that through our words and through our actions, we care about them and their success at Buffalo State; I want to ensure that our students feel our commitment to the Buffalo State **Compact**.

Letter from the President of Buffalo State College



I bring greetings to you from Buffalo State College as we begin the early weeks of the fall 2021 semester. It was with great anticipation that I awaited the arrival of new and returning students this fall. To get ready for the return of students, every corner of campus worked hard to prepare our facilities, get new and established dining options in place, institute health and safety protocols to manage COVID-19 and all other potential threats, and of course faculty and staff prepared to deliver an outstanding academic program and superior support programs for our students.

So, ready, get set, go! We prepared to start the fall semester. In fact, we really jumped into the semester by even staging activities for students to jump or take a leap into a stunt set. Your students may have mentioned that even I joined the frivolity and took a leap.

Already it has been wonderful to see students crossing campus each day as they go to classes. I stop students as I cross campus to just “check in” and see how their first weeks are going. I have been getting good reports about developing friendships, interesting classes, and exciting athletic games. So, I believe all is going well for the adjustment or return to college life. You are a part of the support team for your student, so don’t forget to check in with them and let them know you are thinking of them as well. And if they have a problem or a question, please encourage your student to reach out to a faculty or staff member on campus. We are all here to be a bridge over any troubled water they experience.

If you have a student that has not completed their COVID-19 vaccination, please encourage them to do it as soon as possible. This is a requirement for all SUNY students, and they must be fully vaccinated by September 27, or they will be disenrolled from in-person classes and will no longer be able to be on campus. This requirement will assist the campus in maintaining the health, safety, and well-being of all members of our community.

Finally, I want to invite you to join our campus for Homecoming 2021. It will be extra special because this year we are celebrating the 150th anniversary of the founding of Buffalo State College in 1871. What a legacy we have.

Welcome to the fall semester and I look forward to seeing you on campus throughout the year.

Enjoy your fall,
Kate Conway-Turner, Ph.D., President, Buffalo State College

Student COVID-19 Vaccine Requirement Deadline is September 27



As announced on August 23, the State University of New York (SUNY) and Buffalo State mandate went into effect for all students to be fully vaccinated against COVID-19, or to have an approved exemption, to attend in-person classes. Students who do not complete their COVID-19 vaccine regimen by Monday, September 27 will be automatically withdrawn from all in-person classes by the Registrar's Office, assigned a grade of W, and will be 100% financially liable for the courses. Find and schedule a COVID-19 vaccine appointment at a location near you. Students can submit their completed COVID-19 vaccination card to the Weigel Health Center by email at weigel@buffalostate.edu.

Tutoring Services Enhance Academic Success



Did you know that attending tutoring is one of the most important habits of successful students? In fall 2020, more than 88% of Buffalo State students who attended at least one tutoring session ended the semester in good academic standing! Taking advantage of Buffalo State's tutoring services is a great academic success strategy.

Tutoring services is located in the [Academic Commons](#) in the [Butler Library](#). The Academic Commons includes the [Writing Center](#), which offers help with any writing assignment at any stage of the writing process, the [Math Center](#), which offers help with any undergraduate math course, [Subject Tutoring](#), which helps with almost any subject area, and general academic skills coaching. Students can log in to the [Bengal Success Portal](#) to schedule an appointment or grab a drink from Starbucks and just walk right in! [Learn more about tutoring services.](#)

Restorative Justice Center Resolves Conflict and Focuses on Repair

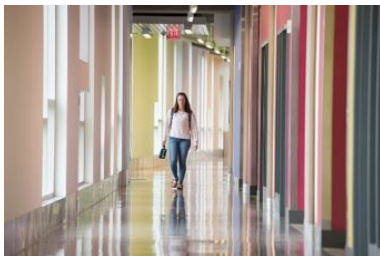


The Restorative Justice (RJ) Center is open for its second year on campus. Restorative Justice is used nationwide at colleges and universities to resolve student conflict and incidents by repairing harm done by an action.

The goal is to work with all individuals, harmed and accused, to come to a resolution. Restoration can be completed through restorative justice circles, mediation, conferences, conflict management and even through letter writing. [Learn more about the Restorative Justice Center.](#)

This year, we added a team of [RJ Ambassadors](#) to host campus-wide community circles and to be available for daily [drop-in hours](#) in the RJ Center. Students are welcome to visit the RJ Center, located on the lower level of Bengal Hall in Room 15 inside the Student Conduct and Community Standards Office.

Tips to Reduce Feelings of Homesickness and Tips to Prepare for Breaks from Classes



Homesickness is a completely normal feeling for your student to have when starting or returning to college, and luckily, it's only temporary. Homesickness often occurs after students return from break, a long weekend, or around the holidays.

The following tips can help your student reduce their feelings of homesickness on campus:

- Reach out to others on campus, like your faculty, resident assistants, residence hall staff, or job supervisors, to share your feelings and find support. There are so many offices on campus who are here to support you.
- Create new traditions that make campus feel like home.
- Establish routines that help you get through the day.
- Stay in touch with friends and family.
- Find opportunities to connect with other students by joining clubs, getting an on-campus job, and attending programs and events on campus.
- Volunteer for community service projects. Contact the office of [Civic and Community Engagement](#) to find opportunities.
- Find a [spiritual or religious community](#) on or around campus.

Preparing for breaks from classes is another important thing for your student to keep in mind. The following tips can help your student prepare for upcoming breaks from classes:

- Prioritize your mid-term exams, final exams, and projects. While preparing for break is exciting, do not get distracted; use the upcoming break as motivation to do well on your exams and projects.
- If you are a residential student, set aside time to pack your belongings; this can be an efficient break from studying! Make sure you have everything you'll need to bring home, including clothes and school supplies, as you will not be able to return to your residence hall once you leave for break. Also be sure to clean up your room before you leave by washing any dirty dishes and taking out the garbage. Make sure to close your windows and lock your door too!
- Communicate with your family members about your break times and when you plan to be home. Be sure to discuss your travel plans and if you need to book transportation tickets or if you are getting a ride from family.

Athletics Appoints New Director, Returns to Fall Competition



On June 1, Buffalo State appointed a new Director of Intercollegiate Athletics, Renee Carlineo, the first woman to occupy this role. Carlineo returns for her second stint at Buffalo State, previously serving as the Bengals' head strength and conditioning coach and assistant women's lacrosse coach from 2007-2012.

This fall, Athletics kicked off a full return to competition! So far, Men's Cross Country took first place in the opening Daniel Walker meet, and the Women's team placed third, a strong start to the year for both teams. Athletics is also in the process of restarting recreation and intramural activities by October 1, and students will be required to be fully vaccinated against COVID-19 to participate. The Buffalo State Ice Area reopened on Monday, September 20 as well. [Learn more about open skate, open swim, intramurals, and fitness center hours.](#)

To keep up to date on Athletics, follow the Buffalo State Bengals on [social media!](#)

Student Leader Highlights

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

Abel Celestano, Resident Assistant



Abel Celestano is from the Bronx, NY. He is majoring in Computer Information Systems and minoring in Business and Economics, and he's also a Resident Assistant on campus.

Abel chose to go to Buffalo State College because he had two siblings who went to school, but they didn't go far away. He wanted an on-campus experience where he could meet different people and make friends.

Abel decided to become a Resident Assistant because his freshmen year was mostly virtual, and he wanted to find a way to make friends. He said there were times where he felt like he didn't belong, and he wanted to help others who felt that way.

Theo Pencic, Bengal Athlete of the Week



Theo Pencic was named Bengal student-athlete of the week on September 13. Pencic is a senior forward on the Buffalo State men’s soccer team and he’s majoring in Business. He helped lead the Bengals to several victories and was awarded the most valuable player during his tournament. [Read more at: *Pencic Named Bengal Athlete of the Week.*](#)

Upcoming Events

Homecoming and Family Weekend



This year’s Homecoming theme, “Let the Good Times Roar...150 Years at Buffalo State College,” embraces the amazing 150-year milestone in the college’s history, and celebrates our students, faculty, staff, alumni, and friends who have been and continue to be a part of our campus community. Join us during Homecoming Week from September 27 to October 2 as we reflect on our past and look toward our future and keep the good times roaring. For questions about Homecoming and Family Weekend, please contact Student Leadership and Engagement at sle@buffalostate.edu.

Weeks of Welcome



Student Leadership and Engagement is hosting Weeks of Welcome from August 30 to October 8 to welcome new and returning students to campus for the fall 2021 semester! [View the Weeks of Welcome event schedule.](#)

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 about our 150th anniversary events](#) and look for various 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 for Buffalo State students:

- [Buffalo State Veteran and Military Services Office Relocates, Expands Student Connections](#)
 - [Buffalo State Provides Healthier Choices for Students with New Food Pantry Fridge](#)
 - [Buffalo State Geography-Based Activities Provide ‘Antidote to Zoom’](#)
 - [Buffalo State Student Resources to Re-Connect, Re-Engage, and Re-New on Campus](#)
 - [Buffalo State President Recognizes College’s Storied Past, Looks to Future in 150th Anniversary Celebration Kickoff](#)
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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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