

# BUFFALO STATE COLLEGE



## Bengal Family Newsletter September 2022

### Opening Statement from the Dean of Students



Dear Bengal Families,

We are excited to welcome our new and returning students! The *Bengal Family Newsletter* is a monthly e- newsletter designed to share campus updates with our Bengal family members. As family members of a Buffalo State student, we see you as partners in supporting your student's educational experience and want to assure you have information as the year progresses.

These next few weeks we will welcome our new Bengals through the New Student Orientation Bengal Bound days and Convocation, a special Welcome Ceremony for the Class of 2026 and transfer students, and all of our Bengals through our Weeks of Welcome events.

Here are some areas you may want to consider as the semester begins:

- Understand your student's **privacy rights**. Student records and information about students are private and can only be shared with their expressed written consent.
- Establish mutual communication expectations between you and your student in order to stay connected throughout the semester.
- Discuss finances (utilize our online cost calculator [here](#)) and review the **Student Accounts** and **Financial Aid** websites with your student.
- Take a look at the **Campus Safety page** and encourage your student to be aware of all the on campus safety resources.
- Assure your students are aware of **mental health resources** on campus and how to report concerns through our **Care Team**.
- Recommend that your student keeps the number for University Police programmed into their phone; 716-878-6333.
- Familiarize yourself with **Buffalo State's Academic Success resources**. If your student needs academic accommodations to support a known, or suspected, temporary or permanent/chronic disability, encourage them to register with **Student Accessibility Services**.
- Encourage your student to get excited and think about how they are going to tackle their studies and find ways to be **involved in our campus community**.

We encourage you to stay connected and engaged while working with us to empower your student's success on campus. The [Division of Student Affairs](#), and [Student Leadership and Engagement](#) web pages and social media platforms are great places to start. If you or your student need anything please outreach to us at [Dean of Students](#).

Sarah Young  
Dean of Students

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## Weeks of Welcome



Student Leadership and Engagement is excited to welcome students back to Buffalo State for the start of the Fall 2022 semester! One way we like to celebrate the start of a new semester is through Weeks of Welcome, which is a series of programs hosted by student organizations and the campus community. The schedule is posted on the [Weeks of Welcome website](#), so make sure to check for more details! Another great way to get involved early on is to visit [Bengal Connect](#) and the [CORQ Events App](#)! Here you can join and learn more about student organizations registered at Buffalo State and events taking place on campus!

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## Student Highlights

This month, we are highlighting two students are part of the B.E.A.T. Team. They play a vital role at the college's Orientation program.



Name: Bukasa Mpiana

Major: Biology Minor: None

Hometown: Buffalo NY

Involvement on Campus: B.E.A.T Team, Buffalo State Club Rowing, International Student Organization

Favorite place to eat on campus: Starbucks

Favorite place to study: EH Butler Library

Name: Tiana Outley

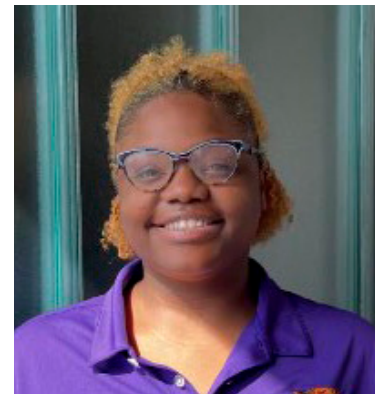
Major: Psychology Minor: Dance

Hometown: Syracuse NY

Involvement on Campus: B.E.A.T Team, Secretary of RHA

Favorite place to eat on campus: Anchor Bar (Loves the Chicken Wings)

Favorite place to study on campus: EH Butler Library Study Rooms



# Anne Frank Project-14th Annual Social Justice Festival



Buffalo State's Anne Frank Project presents our 14th Annual Social Justice Festival, *AFP 2022: Healing Through Stories*. While we make our way into our new, post COVID lives, we cannot ignore the wounds that surface regularly as we struggle to return to a sense of 'normalcy'. These feelings of loss, grief, and anxiety have been heightened following the racially motivated mass shooting in our community at Tops supermarket. Our stories have been broken -- how will we put them back together? We welcome and invite everyone

to participate in actively engaging sessions that reflect on stories that will, have, or can heal these wounds. The sharing of unique skillsets, knowledge and approaches to healing is an act of both social and personal justice. It was Anne Frank's wish to 'repair the world' -

- AFP 2022: Healing Through Stories is an opportunity for all of us to actively respond to that challenge.

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## What's New at Health Promotions

Health Promotion is excited to announce several new and returning opportunities this semester. Here are a few!

Check out our [September 2022 Newsletter](#) "The Promotional" for upcoming events, contests and more.

Visit the new BOW Lounge (Bengals On Wellness) on Tues, Wed & Th outside the bookstore in the student union from 11am-1:30pm and participate in various wellness and stress busting activities, chat with a health ambassador, grab some free popcorn and visit with a campus or community partner such as Accessibility Services, Tutoring Center, Library, Horizons Health Services, Roswell, Community Access Services, an insurance navigator and more. Pet a therapy dog (as available), learn about upcoming events and programs.

Text us! Text "BOW" or "Bengal" to 716-992-7077. Each month you will receive the link for the promotional newsletter and you can text your questions (non- emergency/non-clinical). Messages are reviewed and responded to during office hours.

Health Promotions is recruiting new Health Ambassadors! Do you need an internship or want to expand your resume or just get involved on campus? We are looking for students from all majors to get involved and help from making flyers, taking photos & videos to helping staff the "BOW Lounge" during the semester and more. [Fill out this online application](#).

[Register here](#) to participate in the BSC Fall 2022 Wellness Challenge.

Participate in [10 activities on the list](#) (Categories: On Campus, In Buffalo, At Home, Self-Care, & Acts of Kindness) send in your selfies to [healthpromo@buffalostate.edu](mailto:healthpromo@buffalostate.edu) and you will be entered to win a \$25 Amazon Gift card!

We are also looking to train new CPR instructors. We will cover the cost and train you...we just ask that you help co-instruct at least 2 CPR classes per semester. Looking to just get certified? Sign up for our first class of the semester on Fri Sept. 2<sup>nd</sup> at 9:30am. <http://tiny.cc/BSCCPRRSVP> Students \$10 (Faculty/Staff \$15 & Alumni \$50). We will announce additional CPR classes in early September. (Make sure you follow us on social media for updates and any last-minute changes)

Do you need a flu shot or the COVID vaccine or booster? Wegmans will be hosting 4 clinics on campus. Registration information is available here: <https://healthpromotion.buffalostate.edu/events-programs>

New to Buffalo State: Give & Take Station. Do you have something that you don't need any more but might be helpful for someone else? Now you can bring in items to pay it forward. Ex. books, school supplies, clothes etc. Located in the vestibule of the Weigel Wellness Center, during office hours. Non- food/non-prescription items are accepted. Overflow of items will be donated to a local charity when extra space is needed. We also have a donation box for eyeglasses, cell phones and hearing aids that benefit the community.

Check out the new bike group: **Bengals & Bikes** where you can attend information sessions and rides with other Bengals. Learn how to change or patch a tire, tips on purchasing a bike, local businesses or check out the scenery on a group ride. (Sometimes other riders can lend a bike or you can rent from REDDY on campus <https://financeandmanagement.buffalostate.edu/bicycle> )

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## New Year, New Name!



We are excited to share with you our new name and mission. Formerly known as the Career Development Center (CDC), we

have excitedly changed our name to the Career and Professional Education Center (CAPE). We continue to be committed to empowering students, their career education, and professional pursuits, through a supportive and inclusive environment. Be sure to follow us on social media for updated information, events, and career tips!

Mark your calendars for September 1<sup>st</sup> for our annual Part-time Job and Internship Fair. We will be hosting over 40 employers looking to hire our Buffalo State students. The event will take place from 11:00 am - 1:30 pm in the Student Union Plaza. We have many employers visiting campus this semester. For more details login to **BengalLink** today!



## Residence Life is Ready for a New Year



We are again excited to welcome and welcome back our students to campus and the residence halls. The beginning of the fall semester is always an exciting time with lots of great energy! Your student will learn a lot of new information during the first weeks of school both about how to be academically successful, but also about how to access staff and services on campus. We use your student's Buffalo State email as our primary form of communication. They received a welcome email on move-in day with a lot of good information and we thought it would be good to

highlight a few of those things for parents and family members as well.

- **Roommate Tips:** Your student's resident assistant (RA) will be working with them to individually and collectively complete a roommate agreement at the very beginning of the year. The roommate agreement helps students talk through the major sticking points of living together (e.g., sleep/study schedules, sharing, guests). We know that living with another person, perhaps for the first time, can cause anxiety, but approaching the roommate relationship and roommate agreement with honesty and an open mind
- **Res Life Staff:** The Complex Director or Assistant Complex Director can usually be found in their office near the building lobby. These staff members supervise your RAs and CAs and can be a great resource during the year. Please visit our website to discover the professional staff member for your student's hall. For a list of full staff, please visit: <https://residencelife.buffalostate.edu/about-us>.
- **Mail & Packages:** Our residential package center is located in the lower level of the Campbell Student Union in room 111. Students will be notified by email when something has arrived. For information about how to address things and hours to pick up mailed items visit our website: <https://residencelife.buffalostate.edu/mail-and-packages>.
- **Work Orders:** If you are experiencing a maintenance issue please submit a work order immediately. <https://residencelife.buffalostate.edu/maintenance-and-custodial-services>
- **Raising & Lowering the Beds:** Please do not attempt to raise or lower the beds. If you would like the height adjusted, submit a work order and maintenance will do it. See your RA or CA for assistance in submitting a work order if you need help

## Get Involved In Your Community

Student Civic Leadership Board members are students who care about issues facing our communities and our world, and have demonstrated ways in which they have worked towards change, and want to continue to address critical community issues such as poverty, hunger, homelessness, climate change, diversity and inclusion, equity, and access to education. [Click here](#) to apply.

Want to get involved? Listed below is a list of activities that will engage you with the community.



### Wednesday September 8, 2022: Connect Life on Campus

11:00 a.m. - 1:00 p.m.

Campbell Student Union

Learn about volunteer opportunities with this important health focused organization!



### Wednesday September 21, 2022: Global African Village

11:00 a.m. - 1:00 p.m.

Campbell Student Union

Learn about volunteer opportunities to address poverty in Uganda.



### Tuesday September 20, 2022: Voter Registration Day!

11:00 a.m. - 1:00 p.m.

Campbell Student Union and Butler Library

Make sure you are registered and ready to vote in this year's election!



### Saturday October 1, 2022: Bengals Dare to Care Day!

8:30 a.m. - 1:00 p.m.

Location: Student Union **Pre-Registration Required**

Join us for this family friendly day of service in the Buffalo community.

Volunteers and student leaders are needed. More information can be found on the **Civic and Community Engagement website**.

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## Legal In NYS, But Not on Campus

The recent change in State laws allow for the use of cannabis, but only by those age 21 or older. Federal law still prohibits the use, possession, and cultivation of cannabis at educational institutions, which includes Buffalo State. Visit **WEED OUT the Truth** for more information.

## Food, Food, Food!

Dining Services offers a wide range of healthy, sustainable meal choices for students across campus. Our dining facilities are designed to provide students with comfortable places to dine: Whether inside the Bengal Kitchen, our all you care to eat dining hall or at a variety of retail locations located throughout campus, there's always a place to relax and enjoy a meal.

For more information visit [Dine On Campus](#).

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## Study-Away Fair

Students, faculty, and staff members are cordially invited to attend the fall 2022 Study-Away Fair on Thursday, September 15, from 11:30 a.m. to 1:30

p.m. in the Campbell Student Union. Stop in to meet with representatives from Buffalo State and SUNY and hear about opportunities for study abroad, exchange, international internships, and National Student Exchange.

More information can be found on the [Study Away website](#).

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## Campus COVID-19 Updates

For updates and important information about COVID-19 at Buffalo State, please review the [Coronavirus Information website](#).

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## 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](mailto:deanofstudents@buffalostate.edu)

Web: [deanofstudents.buffalostate.edu](http://deanofstudents.buffalostate.edu)



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