



All submissions to the WEEKLY WOLF must be made to studentsvcs@niagaracc.suny.edu prior to Monday morning at 9 a.m.

Message from President Murabito:

Hello students,

This is the first installment of the a brand new student newsletter called The Weekly Wolf, in it you will find news and information that matters to you and updates on upcoming events. Each Monday you will receive the newsletter and find information from myself, faculty, Student Services, Student life, Athletics, and more.

I hope your semester is going well, and you are staying safe.

Wishing you continued health,
William J. Murabito, Ph.D.

Intramural/Recreation Virtual Activities:

POWER ON

NCCC Intramural & Recreation Virtual Zoom Classes



MONDAY, APRIL 27 - 5PM

REJUVENATE ZOOM MEETING ID: 389-861-245

This class will reconnect mind and body to relieve stress and tension through meditation and somatic based work.
Instructor: Kim Vincent, NCCC Adjunct Professor



TUESDAY, APRIL 28 - 9AM

PILATES ZOOM MEETING ID: 781 0672 4077

Exercise that consists of low-impact flexibility and muscular strength and endurance movements.
Instructor: Ana Salgado-Taylor, ATC



WEDNESDAY, APRIL 29 - 5PM

ZUMBA ZOOM MEETING ID: 785-897-1903 // PASSWORD: 01232010

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.
Instructor: Amanda Vincek, NCCC I&R Zumba Instructor



THURSDAY, APRIL 30 - 9:30AM

DALY METHOD
EXERCISE AND STRETCH ZOOM MEETING ID: 738 8107 1320 // PASSWORD: 1wAaAR

Concentrating on movement prep and functional exercises. Focus is on muscle activation, core strengthening and balance.
Instructor: Renee Daly, DC & ATC, owner of Daly Method



FRIDAY, MAY 1 - 10:30AM

CROSSFIT ZOOM MEETING ID: 533-632-192

An effective workout for losing weight, and improving aerobic performance, flexibility and agility.
Instructor: Wyatt Krueger, certified Crossfit Trainer & Owner of Crossfit Amherst



Student Life Goes Virtual



VOLUME 20, ISSUE 4

APRIL 27TH-MAY 1ST 2020

Monday, April 27th

#MakeltMonday



DIY
Yardzee

12:30 pm | Facebook

Tuesday, April 28th



7 pm | Facebook

Join us for your chance to win a free Walmart gift card!

Join here: crowd.live/QIHP
CODE: QIHP

Wednesday, April 29th

#WorldTravelerWednesday



Tour National Parks with us this week!

Join us for your chance to win a free DoorDash gift card!
10 am | Facebook

#WhipltUpWednesday

Join us while our SGA President whips up some Jalapeno Poppers!

1 pm | Facebook

STUDENT LIFE AND THE ENGLISH DEPARTMENT PRESENTS

OPEN MIC NIGHT

TO RECOGNIZE NATIONAL POETRY MONTH

Wednesday, April 29th at 7pm | Facebook Live

with Special Guests



RheaSunshine & Quick the Poet

Thursday, April 30th

#Tips&TricksThursday

12 pm | Facebook



7 pm | Zoom

Join us for your chance to win a free DoorDash or Target gift card!

<https://zoom.us/j/91688384391>

Friday, May 1st

#FITFRIDAY

Full Body Workout!

11 am | Facebook



APPLY TO BE AN
ORIENTATION LEADER!

APPLICATIONS DUE MAY 6TH!

DON'T MISS OUT ON THIS PAID LEADERSHIP OPPORTUNITY!

Show off your NCCC pride, welcome new students, and make life long friends!

Email mshelto@ncccrcc.org for more info and an application!



Stay Connected!

@StudentlifeatNCCC

@nccc_studentlife

Campus Pantry:

Reminder: The Campus Pantry is open for online ordering. If you are in need of food, please be sure to submit your order by Wednesday at 12 pm for Friday pickup. Click this link to order <https://forms.gle/yMH1ArieX45zznEj8>

Molly Cole, Student Life Technical Assistant
Student Life

Career Services Holding Career Planning and Virtual Employment-Assistance Workshops and Appointments

Students interested in help with choosing an academic program or career path, job searches, [cover letter](#) and [resume writing](#), [interview skills](#), or [setting up a LinkedIn profile](#) can attend a virtual workshop on these topics or contact Career & Transfer Services Advisor Casey Button at cbutton@niagaracc.suny.edu for a one-on-one virtual meeting.

Casey Button, Career & Transfer Services Advisor
Career & Transitional Services

Student Showcase Voting Open!

The NCCC Student Showcase has gone virtual, and you can view all projects online: <http://niagaracc.suny.edu/showcase/>

Campus Well by Student Health 101 April 22, 2020 edition

Click below to access:



NCCC Virtual Clothesline Project April 2020

Each year the Wellness Center at Niagara County Community College hosts The Clothesline Project. Due to the current COVID-19 pandemic, the college is closed, and all classes are held remotely. The Wellness Center offers remote counseling services to all enrolled students, with availability during the week. In addition to counseling services, it is their goal to reach out to the college community. With that mindset, Counselor/Instructor Colleen Mary Summerville (LMSW) took the initiative to create a virtual clothesline project to take the place of the one held on campus.

The Clothesline Project is held each Spring semester during the month of April, and it is open to the surrounding communities.

We hope you enjoy our virtual project. To view, visit: https://youtu.be/mqGL_NJquIM



2020 Commencement Survey for Graduates

Thank for your continued assistance in planning the 2020 Commencement ceremony. Based on the information we received from the past survey on commencement and the continued uncertainty caused by COVID-19, we would like to get some additional information from the graduating class. Many of you liked the idea of having a summer ceremony but that may no longer be possible. Please take a moment and click on the link below to give us your thoughts regarding how you feel about commencement.

<https://form.jotform.com/201114926982961>

Please let us know prior to May 3, 2020. I look forward to hearing from you soon,

Thanks,
Julia D Pitman, Vice President of Student Services

Student Services Contact Information:

The general email accounts and phone extensions listed below are being checked on a regular basis by office staff. If you leave messages or send emails, the information is passed along to the appropriate staff member to assist you. We are still keeping students as our top priority--we are just doing it virtually. Stay Healthy, Stay Safe, Stay Home!
NCCC Phone Number: 716-614-6222

Admissions **Ext. 6200**
<http://www.niagaracc.suny.edu/admissions/>
Email: admissions@niagaracc.suny.edu

Functions: Admission see web for more details

Athletics & Intermural Recreation **Ext. 6270**

<https://www.nccathletics.com>

Functions: Sports and Intramural Recreation. See web for more details

Child Development Center **Ext 6245/6246**

<http://www.niagaracc.suny.edu/child-development/>

Functions: Childcare center on campus. See web for more details

Career & Transitional Services **Ext. 6292**

<http://www.niagaracc.suny.edu/cts/>

Email: ncccsec@niagaracc.suny.edu

Functions: Accessibility Services, Applied Learning, Career Services, Transfer Services, First Year Experience, and Testing Center. See web for more details

Educational Opportunity Program EOP **Ext. 5977**

<http://www.niagaracc.suny.edu/eop/>

Email: eop@niagaracc.suny.edu

Functions: Serves students who are currently accepted into the EOP Program; the EOP Academic Support Specialist serves as the academic success coach for those specific students. EOP provides additional academic/personal support and resources for EOP students. See the web for more details

Financial Aid **Ext. 6266**

<http://www.niagaracc.suny.edu/fin-aid/>

Email: finaid@niagaracc.suny.edu

Functions: Administer aid—federal and state programs. See web for more details

Registration and Records **Ext. 6250**

<http://www.niagaracc.suny.edu/registration-records/>

Records Questions: 716-614-6250 records@niagaracc.suny.edu

Registration Questions: 716-614-6884 registration@niagaracc.suny.edu

Functions: Registration/Records, Registration sessions, graduation applications, transcript requests. See web for more details

Student Life **Ext. 6255**

<http://www.niagaracc.suny.edu/studentlife/>

Email: studentlife@niagaracc.suny.edu

Functions: Student club, leadership, events and more. See the web for more details

Student Housing Village **731-8850**

<http://www.niagaracc.suny.edu/housing/>

Email: housing@niagaracc.suny.edu

Vice President for Student Services **Ext. 6240**

Email: studentsvcs@niagaracc.suny.edu

Functions: Oversee division and student discipline, monitors shuttle services, student ombudsman and advocacy

Student Resource Center **Ext. 6290**

<http://www.niagaracc.suny.edu/sd/>

Email: src@niagaracc.suny.edu

Functions: Academic Counseling, Advisement Services, Change of Major, Withdrawal Counseling, SOT advisement. See web for more details.

Wellness Center **Ext. 6275**

<http://www.niagaracc.suny.edu/wellness/>

Functions: Health Services, Personal Counseling, immunization review for admissions, Allied Health physical processing, and provides other resources. See web for more details

Visit the sites below for additional resources:

Current Students:

<http://www.niagaracc.suny.edu/current/>

Family Resources:

<http://www.niagaracc.suny.edu/family/>