

Life at NU



NIAGARA
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Campus Activities



Campus Involvement

WHAT CAN STUDENTS GET INVOLVED IN?

- Clubs and Organizations
- Club Sports & Intramurals
- Honor Societies
- Community Service & Volunteerism (IMPACT)
- Intercultural Engagement Center
- Attend Athletic and Theatre Events
- Castellani Art Museum - CAM



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Niagara University Clubs & Organizations

Service & Social

Aquila Literary Journal
Bowling Club
Campus Programming Board (CPB)
Cheerleading
Circle K
College Democrats
Commuter Advocacy Board (CAB)
Crochet Club
Disney Club
Lions Club
Midnight Melodies
NU CARES
NU Dance Crew
NU Esports
NU Fight For Life
NU Lions Club
NU Players
Outdoors Club
Peace Action NY
Pickleball Club
Physics & Astronomy Club
ROTC Color Guard & Ranger Challenge
Ski & Snowboard Club
SOAR 40:31
Soar Throats (Acapella)
Student Athletes of Color Alliance (SACA)
Student Government Association (NUSGA)
Students for Informed Intimacy (SII)
Student Veteran's Organization
St. Vincent DePaul Society
WNIA Radio Station
Writing Club
Yoga & Wellness Club

Sociocultural

African Caribbean Student Alliance (ACSA)
Asian Student Union (ASU)
Black Student Union (BSU)
Indigenous People's Club
Latinos Unidos
Muslim Student Association (MSA)
NU Pride Alliance (NUPA)
Students Aligned to Stop Sexism (SASS)

Club Sports

Baseball (Men's)
Basketball (Men's and Women's)
Danceline
Field Hockey (Co-Ed)
Figure Skating (Co-Ed)
Golf (Co-Ed)
Hockey (Men's & Women's)
Tennis (Co-Ed)
Lacrosse (Men's & Women's)
Rugby (Men's & Women's)
Soccer (Men's & Women's)
Softball (Women's)
Volleyball (Men's & Women's)

Greek Life

National Panhellenic Council
Alpha Sigma Alpha (Sorority)
Phi Sigma Sigma (Sorority)

Niagara University Clubs & Organizations

Honor Societies

Alpha Phi Sigma – Criminal Justice
Beta Alpha Psi –
International Accounting/Finance
Beta Beta Beta – Biology
Beta Gamma Sigma – Business
Delta Epsilon Sigma – Catholic Colleges
Eta Sigma Delta –
International Hospitality Management
Gamma Sigma Epsilon – Chemistry
Society Kappa Mu Epsilon – Mathematics
Lambda Pi Eta – Communications
Phi Alpha – Social Work
Phi Alpha Delta – Pre-Law
Phi Alpha Theta – History
Phi Beta Delta – International Education
Phi Sigma Iota – Modern Languages
Pi Sigma Alpha – Political Science
Pi Lambda Theta – Education
Psi Chi – Psychology
ROTC Scabbard and Blade
SALUTE – Student Veterans
Sigma Alpha Sigma –
President's Honor Society
Sigma Iota Epsilon – Business Management
Sigma Tau Delta – English
Theta Alpha Kappa – Religious Studies

Academic

Accounting Society
Active Minds
American Chemical Society (ACS)
American Sign Language (ASL)
Biology Club
Club Managers Assoc. of America (CMAA)
Criminal Justice Association
Emerging Technologies Club
Finance Club
Future Teacher's Association (NUFTA)
History Forum
Hospitality and Tourism Association (HTA)
Justice Club
LSAT Study Group
Marketing Association (NUMA)
Mock Trial
Model UN/Eurosim Association
Philosophy Club
Psychology Club
Pre-Law Student Association
Public Relations Student Society of America
Social Work Student Association (SWSA)
Spanish Language Club
Society for Human Resources Management
Sport Management Association (SMA)
Student Nurses Association (SNA)
Theology Club



Campus Involvement

Leadership Opportunities

- Niagara University Student Government Association (NUSGA)
- Intercultural Club Advisory Board (ICAB)
- Campus Programming Board (CPB)
- Residence Life Community Advisors
- Orientation Leaders
- Club officer positions



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Campus Involvement

Skill Development

Resume attributes employers look for:

- Involvement, leadership, teamwork, communication, time management, problem-solving, creativity, flexibility, etc.



Campus Involvement

Student Services Fee

- CPB and NUSGA events
- Ticketed home Purple Eagles games
- NU Theatre productions
- Kiernan Recreation Center membership
- Health Services
- Counseling Services
- Library Printing

DATE	EVENT	TIME/LOCATION	COST/ON-SALE
AUGUST/SEPTEMBER			
Mon. 28	Sundae Monday	12:30pm - Gallagher	FREE
Thurs. 30	Thursday Night Trivia	9pm - Dunleavy 127	FREE
Fri. 1	Late Nite Niagara - Family Feud	9pm - Dunleavy 127	FREE
Sun. 3	Chicken Wing Festival - Buffalo	12pm - Bus Leaves Gallagher	\$10 - 8/28
Wed-Thurs 6-7	Club & Organization Fair	11am - 2pm - Gallagher Center	FREE
Wed. 6	Outdoor Movie - Guardians of the Galaxy 3	8:30pm - O'Shea Quad	FREE
Fri. 8	Late Nite Niagara - Country Night	9pm - Kiernan Rec. Center	FREE
Sat. 9	Firstfest Carnival	3:30pm - 6:30pm - O'Shea Quad	FREE
Mon. 11	Buffalo Bills Game Viewing Party	8pm - Gallagher MPR	FREE
Fri. 15	Late Nite Niagara - Grocery Bingo	9pm - Dunleavy 127	FREE
Sat. 16	Whirlpool Jet Boat Tour	12:30pm - Bus Leaves Gallagher	\$25 - 8/31
Thurs. 21	Thursday Night Trivia	9pm - Dunleavy 127	FREE
Fri.-Sun. 22-24	Family Weekend	Register @ Niagara.edu/family-weekend	
Fri. 22	Late Nite Niagara - Open Skate	8pm - Dwyer Arena	FREE
Tues. 26	NU Cash Cab	8pm - Gallagher MPR	FREE
Fri. 29	Late Nite Niagara - Mocktails & Karaoke	9pm - Gallagher MPR	FREE
Sat. 30	Smash Brothers NY Rage Room	4:30pm - Bus Leaves Gallagher	\$10 - 9/18
OCTOBER			
Mon. 2	Sundae Monday	12:30pm - Gallagher	FREE
Wed. 4	PizzaPalooza	7pm - Gallagher MPR	FREE
Fri. 6	Late Nite Niagara - Movie Nite	9pm - Dunleavy 127	FREE
Wed. 11	Throwback Bingo	9pm - Dining Commons Ext.	FREE
Fri. 13	Late Nite Niagara - Murder Mystery	9pm - Gallagher MPR	FREE
Tues. 17	Barbie Night	8pm - Dunleavy 127	FREE
Thurs. 19	Thursday Night Trivia	9pm - Dunleavy 127	FREE
Fri. 20	Late Nite Niagara - Monte Mash	TBD - Kiernan Center	FREE
Sat. 21	NU Men's Hockey Tailgate Party	5pm - Gallagher MPR	FREE
Wed.-Tues. 25-31	Spooktober Week	Events all week long!	FREE
Wed. 25	Casino Night w/ \$400+ prizes	8pm - Gallagher MPR	FREE
Thurs. 26	Tampa Bay vs. Buffalo Bills	4pm - Bus Leaves Gallagher	\$75 - 10/10
Fri. 27	Cupcake Wars	9pm - Gally MPR	FREE
Sat. 28	Frightworld Scream Park	6pm - Bus Leaves Gallagher	\$10 - 10/16
Mon. 30	Haunted Mindreader Nick Wallace	7pm - Dunleavy 127	FREE
Tues. 31	Halloween Psychic Night	7pm - Gallagher MPR	FREE
NOVEMBER			
Fri. 3	Late Nite Niagara	9pm - Gallagher MPR	FREE
Mon. 6	Sundae Monday	12:30pm - Gallagher Center	FREE
Wed. 8	Women's Basketball Tailgate Party	5pm - Gallagher MPR	FREE
Fri. 10	Late Nite Niagara - Laser Tag	7pm - Kiernan Rec. Center	FREE
Thurs. 16	Thursday Night Trivia	9pm - Dunleavy 127	FREE
Fri. 17	Late Nite Niagara - Open Skate	9pm - Dwyer Arena	FREE
Sat. 18	Movies & Munchies @ Regal Cinemas	6pm - Bus Leaves Gallagher	\$5 - 11/6
Wed. 29	NU Minute to Win It	8pm - Gallagher MPR	FREE
DECEMBER			
Fri. 1	Late Nite Niagara - Jolly Bingo	9pm - Dunleavy 127	FREE
Mon. 4	Love Yourself Night	7pm - Gallagher MPR	FREE
Fri. 8	Winter Semiformal	6pm - Doubletree Niagara Falls	TBD

*Bus trip tickets are sold out of the Office of Campus Activities beginning at 9am on listed dates.
 *Events and dates are subject to change. Follow NiagaraCPB on Instagram for ALL the latest details!



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Campus Involvement

Your student a Commuter?
Are you wondering if this applies?

YES IT DOES!



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Campus Activities Office



To Learn Even More:

Visit the CAO

Lower Level Gallagher Center

Mati Ortiz

mortiz@niagara.edu

Bill Newton

wjn@niagara.edu



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Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Dining Services



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Metz

CULINARY MANAGEMENT

ENVIRONMENTAL SERVICES

Founded in 1994 by John Metz, Metz Culinary Management is a family-driven company that collaborates with its client partners to deliver restaurant-inspired foods.

Operating in multiple sectors including healthcare, K-12, higher education, and B&I, our understanding of these segments allows us to curate a personalized, memorable dining experience for every guests.



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It's All About the Food

Russell J. Salvatore Dining Commons

The daily rotating menu is a unique blend of innovative regional concepts, including a fresh salad bar, fruit & yogurt bar, house-made pizza, global cuisines, and more.



Gallagher Center

The Gally food court offers multiple food outlets including grilled favorites, Poblano's, a new high-end deli, Tim Hortons, and the C-Store.



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Russell J. Salvatore Dining Commons

HOURS OF OPERATION

Monday – Thursday
7:30AM – 10:30PM

Saturday
9:30AM – 8PM

Friday
7:30AM – 8PM

Sunday
9:30AM – 10:30PM

Extended Lunch & Late Night: Limited Options Available



Gallagher Center

HOURS OF OPERATION

Gally Grille

Monday – Friday: 10:30AM to 8PM
Saturday & Sunday: 11AM to 8PM

Poblano's

Monday – Friday: 10:30AM to 7PM
Saturday & Sunday: CLOSED

Market St. Deli

Monday – Friday: 10:30AM – 7PM
Saturday & Sunday: CLOSED

The Grove

Monday – Friday: 8AM to 8PM
Saturday & Sunday: 12PM to 8PM

Tim Hortons

Monday – Friday: 7AM to 7PM
Saturday: 8AM to 2PM
Sunday: 10AM to 1PM



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Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Commuter Meal Plans

Option 1

- 32 meal swipes with \$200 Gally Gold

Option 2

- 45 meal swipes per semester with \$350 Gally Gold

Option 3

- 80 meal swipes per semester with \$400 Gally Gold

Residential Meal Plans

Carte Blanche “Unlimited” Plan

- Unlimited meals/week at the Dining Commons
- 8 Guest swipes (per semester)
- \$100 Gally Gold

Purple Plan

- 12 meals/week at the Dining Commons
- 6 guest swipes (per semester)
- \$250 Gally Gold



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Additional Options

GALLY GOLD: A declining balance and available to spend at Gally and the Dining Commons.

Gally Gold does not roll over from one school year to the next.

CAMPUS FUNDS: Can be used anywhere on campus that accepts the Student ID card.

This money rolls over for your entire time at NU!



See a QR code on our menu? Scan it!

DIETARY REQUIREMENTS SCAN

ONLY SHOW MEALS WHICH ARE...

VEGETARIAN
 VEGAN
 GLUTEN FREE

CALORIES

CARBS

PROTEIN

FAT

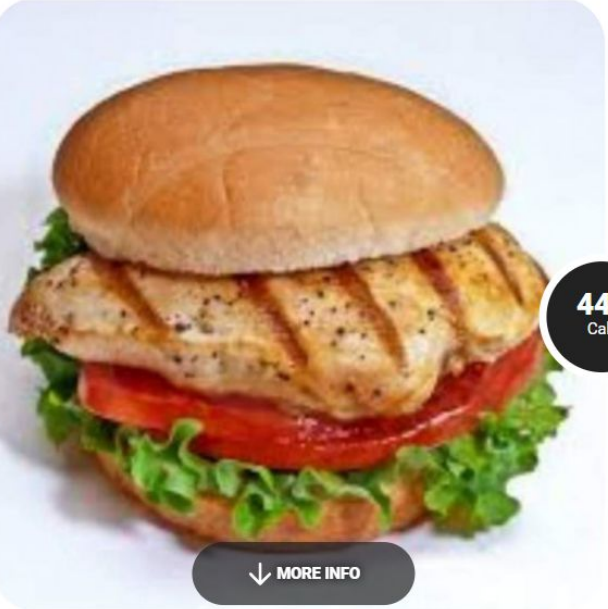
EXCLUDE ITEMS THAT CONTAIN...

WHEAT
 TREE NUTS
 PEANUTS
 EGGS
 MILK
 FISH
 CRUSTACEAN SHELLFISH

SESAME
 SOY

Exclude items that **'May Contain'** selected allergens

Grilled Chicken Sandwich - 1 Serving



440
Cal *

CONTAINS:

WHEAT
 SESAME
 SOY

Cholesterol 175mg	58%
Sodium 790mg	34%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 59g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%

* Adults need around 2000 Cal per day.

[↓ MORE INFO](#)

[↑ MORE INFO](#)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition. * Adults need around 2000 Cal per day.



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Use your phone!

View the menu, check out upcoming events, giveaways, specials, and so much more!

Facebook: Metz Dining at Niagara University

Instagram: @metzatniagara

Website: metzniagara.com

Have feedback?

Text us at 55744

**feed
US
your
THOUGHTS!**



**NIAGARA
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Zack Schmidt
General Manager



Dan Drees
Executive Chef



Meshunda Herd
Retail
Manager



Robert Mogel
Operations
Manager



Walidah Abrams
Catering
Manager



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Residence Life



Residence Life

- A safe environment created to support and complement students' academic experiences
- Four year transformation from freshman to adult
- First year students live in Seton and O'Shea in freshman communities
- Two dedicated Community Advisors on their floor
- As sophomores and above, they choose their own rooms
- Room assignments were sent on June 27 to their NU emails



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Residence Life

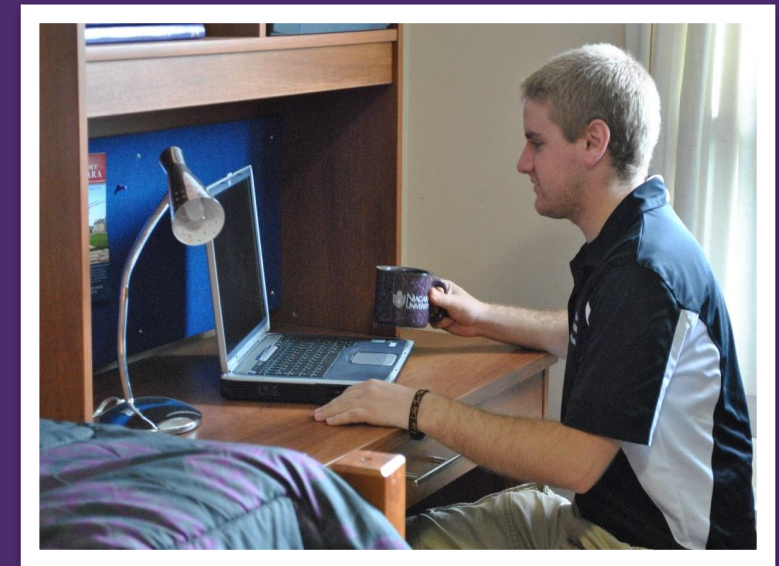
Two Year Residency Requirement

- University-wide policy
 - Unless student lives within 50 miles and commutes from family home, is 21, married, etc.
 - Student must complete at least their first and second years on campus
 - **But housing is guaranteed for all 4 years!**
-
- Why stay for two years at least?
 - Greater academic success
 - Greater rate of persistence to graduation
 - Safety

4 year graduation rate

4 year commuters graduate at 70%

4 year residents graduate at 94%



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Residence Life



- Why live on campus for all four years?
 - Earn higher GPA
 - Are more likely to graduate
 - Are more likely to interact with faculty
 - Are more likely to assume leadership roles
 - Are more likely to attend cultural events
 - Are more likely to utilize campus resources
 - Report greater satisfaction with their college experience
- Connections, Support & Convenience
- Being “all in” on this new intense academic experience

Residence Life

Who is there to help my student if they need it?

- **Community Advisors** – upperclass students, 2-3 on duty each night, 2 on each floor
- **Residence Directors** – professional staff who live in residence and can respond to emergencies 24/7
- **Campus Safety** – does rounds in the buildings, can respond to emergencies 24/7
- **Associate Director, Assistant Deans, Dean of Students** – on call 24/7 for emergencies

- We take student safety seriously and we will call you if there's an emergency with your student.



Residence Life

Roommates

- All of the printed materials you and your student receive today can serve as a reference guide for you during the year if trouble arises
- Our belief is that having a roommate is an incredibly important part of their development and their college experience
- We have many support systems and safety nets in place for students in case they hit a bump in the road
- We encourage communication with roommates as issues arise prior to a room switch
- Please encourage them to tell us EARLY on if something isn't working out so we have time to find a better solution for them
- Differences are expected. Diversity is a cornerstone of our community and Vincentian mission.



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Residence Life

Move In Day

- **Friday, August 23!**
 - Some students may have earlier Move In days
- Your student will receive a packet of info via email in early August
- We will assign you a time to move in (between 8:00 and noon) to alleviate traffic in the parking lots, elevators, hallways, etc.
 - Roommates get the same time if they move in the same day
- Make sure ALL of your boxes/bags/items get labeled with your student's name and room number before you arrive!
- Also in your folders - What to Bring/Not Bring



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Residence Life



How to reach me:

Kim Fenton

Associate Dean for
Residential Living & Dining

kfenton@niagara.edu



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THE **power**
OF **niagara**

CONFIDENCE CLARITY • PURPOSE



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**Thank
You!**



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