

The Wolfpack

April 25, 2014

An update for freshman students' parents

Vol. 1 Issue 5

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WATCH OUT!



Tune in to Jeopardy! on April 28 to see alumnus Dr. Robert Kochersberger, '72, compete on the screen.

Tips for final exam week

by Luis Rodriguez, '17

With the end of the semester only a couple weeks away, students are beginning to feel the pressure of final exams. While upperclassmen have had multiple semesters to get adjusted to preparing for finals, those exams may seem daunting to freshmen. Here are some tips for your student to have a stress-reduced exam week.

First, your student should find his or her comfort zone. Often, studying in a residence hall room can be distracting. Your student may need to find a study zone outside his or her dorm room. St. Bonaventure University offers many study spaces for students to use. The William E. and Ann L. Swan Business Center is open 24 hours a day, offering classrooms for students to study, while the Quick Center for the Arts offers study spaces in its loft. Another place students find peaceful is Café La Verna, as well as University Ministries. With multiple study spaces around campus, every student should find a study sanctuary.

Students often put aside studying until the very end; however, trying to retain a lot of information in a short amount of time is inefficient and stressful. Encourage your student to begin studying as soon as he or she gets new material, even at this point in the semester. Now is also a great time for students to chart what work remains in each

course, noting due dates and percentage of course grade for each task, as well as plotting a final exam game plan. If not stated in syllabi, students should ask professors if their exams are "cumulative (including material learned since January) or if it is a "last test" (covering the final unit).

Also, encourage your student not to stay up all night studying. The key to doing well on finals is a good breakfast and a good night of sleep. Giving the brain nutrients and time to recover will result in better test grades.

Encourage your student to use what Bonaventure has to offer. The Teaching and Learning Center (TLC) offers many services to students who seek academic help. As finals week draws near, the TLC will host events to promote good study habits. One of the events is called "Study in the Sun," which will take place in the Rob-Fal-Richter Courtyard on April 29 from 11 a.m. to 1 p.m. Tutors will be available to help students by subject, plus, students can go to the TLC to get help with papers – no matter the topic.

Bonaventure offers a variety of spaces and help to ensure success. One other thing that may help: a few calming words from you, encouraging your student.

Sophomores-to-be continue in student government

by Madeleine Faircloth, '17

The class of 2017 Student Government Association (SGA) officers will move into their sophomore year with a year's experience and plans for the future. These four officers — President James Cook, Vice President David Bryant, Secretary Jessica Laursen and Treasurer Lawrence Hayes — were recently re-elected.

Joining the officers in representing their respective classes are student senators Mary Quinlan, Gabrielle Slavny, Jacob Everhart, Erin Bilello, Conor Hynes and Maggie Kiernan.

The SGA represents the interests of students, promoting student involvement and general welfare of the University. The Association also works with all on-campus clubs and organizations to make sure SGA policies are followed.

In September, the officers will organize a panel of alumni to come talk with students. They will touch on issues like what to do after graduation and what they did as students that improved their careers.

The Class of 2017 will also be sponsoring a Bald for Bucks event for cancer awareness

in October. Bald for Bucks is an organization that raises funds for cancer research and patient care at Roswell Park Cancer Institute in Buffalo, N.Y. All students are encouraged to participate.

Additionally, the officers are planning a talent show sometime in November. The show will be open to all students.

"We're so excited to keep up the great work of the current sophomore class, and we're looking forward to adding many more events to get student involvement at highest possible level possible," said Bryant.

Spring Weekend:

the weekend Bonnies live for

By Ryan McDonough, '16

During the weekend of April 25, students will loosen their backpack straps to tighten their kickball cleats. They can ditch their headphones to enjoy loud live music outdoors instead. It's finally time for students to remove their noses from their books and, instead, dive nose-first into an inflatable obstacle course.

Spring Weekend will be here soon, and members of the St. Bonaventure University community are ready.

Bradley Wigsten, a sophomore strategic communication and digital media major, smiled when reminiscing about last year's Spring Weekend experience.

"Spring Weekend, for me, was a nice break from the stress of the looming finals week, and it served as a reminder of what it really means to be a student here at Bona's," he said. "The academics are what we're here for, but a huge part of our four years here is the experience, and a majority of my fondest memories of freshman year came from Spring Weekend. While playing kickball and running around in inflatables, it's impossible not to have a great time."

The Campus Activities Board (CAB) plans the majority of Spring Weekend events.



Photo courtesy of sbu.edu

"One of the big things CAB is doing for Spring Weekend is the bevy of inflatables," said Cody Didas, the president of CAB. "We will have a Velcro wall, an obstacle course and a mechanical bull. We'll also have a caricature artist." These activities, along with carnival-style food, games and a live-performance stage, mark the center of activities for the weekend-long celebration.

Didas said he is most eager about the live music planned for this year's Spring Weekend.

"I think students should be excited about the performers we're bringing in, especially the DJ group Badverb," he said. "They'll be performing from 6:30 to 8 on Saturday night. They're very upbeat, energetic and I think students should really look forward to Badverb's performance as they highlight the Spring Weekend set list."

CAB and the First-Year Experience department are teaming up to host a black light after-party in the Rathskeller on Saturday night. A DJ selected by students will perform a four-hour set. Dining Services will provide free food and a signature Spring Weekend mocktail (an alcohol-free cocktail). Students attending will receive a free Spring Weekend t-shirt to decorate with fluorescent ink for the black lights.

WSBU the Buzz, St. Bonaventure's on-campus radio station, will provide more music during Spring Weekend music.

Station Manager Mike Arena said students will be live DJing. He also added WSBU staffers will be giving out WSBU-logo sunglasses, as they have done in past years.

In addition to the live music and inflatable entertainment, students can also compete in the annual kickball tournament.

"A big group of my friends got together and formed a kickball team and competed in the tournament," Wigsten reminisced. "It was a ton of fun to compete with all of my friends, sporting our customized neon jerseys. I can't wait until this year's tournament. We're going for it all."

Spring Weekend is all about celebrating the year's hard work and enjoying the spring weather with good friends before the long summer away from the Bona Bubble.

Committee chooses ABR book

by Jackie Roberts, '16

First-year students at St. Bonaventure University begin their experiences with a summer reading assignment. The book is chosen by a committee of students, faculty and staff members who hope their choice will interest and inspire the incoming students.

The 2014-15 All Bona Reads (ABR) selection will be "The Promise of a Pencil: How an Ordinary Person Can Create Extraordinary Change" by Adam Braun.

Three students and 10 faculty members make up the ABR committee. Among them is Jean Ehman, director of the Teaching and Learning Center.

"We look for a book that engages students quickly," Ehman said. "Unfortunately, some people don't like to read so we try to get them interested early."

Committee member Maddie Gionet first found the book.

"Maddie found out about the book on LinkedIn and brought it to the ABR committee," said Ehman. "Within two weeks, (First-Year Experience director) Chris Brown and I were on the phone with Braun's agent negotiating the costs." Costs include purchasing books for each student and bringing the author to the university to speak.

Gionet said she was drawn to the book because she has a huge spot in her heart for non-profits and do-good stories.

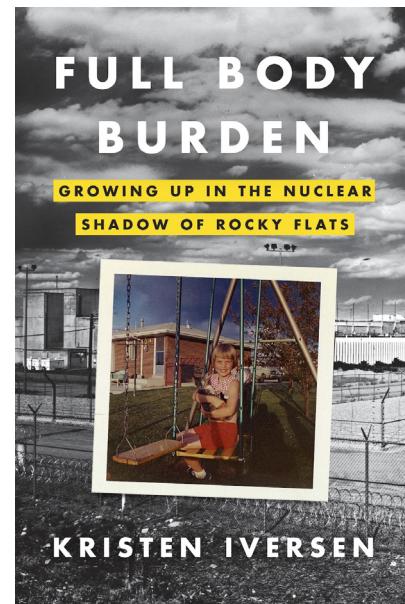
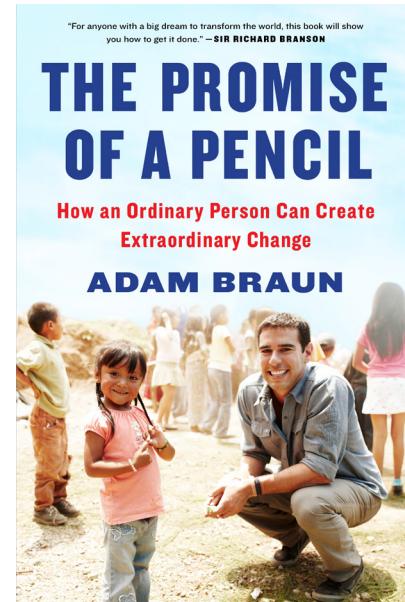
"There are so many connections with what Adam does to what we believe in at this school," said Gionet. "I think this is a great opportunity for the university to reflect its Franciscan values of service."

Ehman said the committee gravitated toward the book because it emphasizes making your life a story worth telling. The author also writes about how decisions he made in college have impacted his life, which committee members felt would be beneficial for college students to read.

"It really is a great story for incoming freshmen because this is a turning point in their lives and a time to begin their own stories," Gionet said.

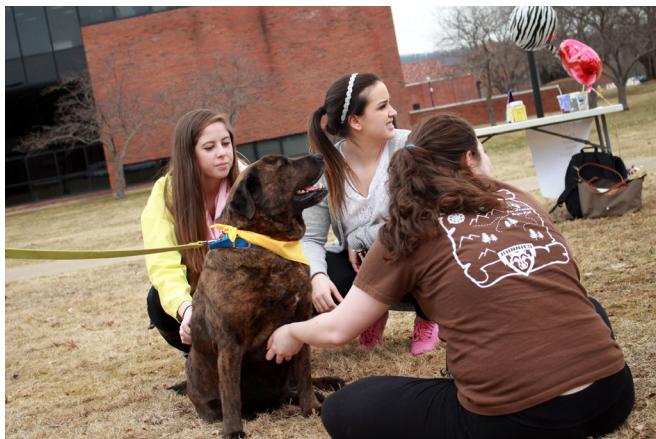
The book is divided up into mantras. After each mantra, a chapter follows explaining how the author used that concept in his life. As a part of the First-Year Experience, freshmen enroll in a University 101 course. The book is an important part of the curriculum for the class. Both Gionet and Ehman hope to see the last mantra of the book, "Make your life a story worth telling," used as a reference point for the course.

Each year, the author comes to speak on campus. Ehman said Braun will be ABR's ninth speaker.



Your students read this book, "Full Body Burden" by Kristen Iversen, to fulfill their ABR requirement last year. Iversen writes of her childhood, which she spent living near the then-secret Rocky Flats nuclear power plant.

Furry photo op



The Cattaraugus County SPCA brought dogs to campus on April 4 for students to spend time with. Students had to make a dollar donation in order to pet the dogs. All proceeds went to the SPCA.

A message from the Parent Advisory Council

I am sure that by now you have noticed some correspondence from fellow parents of Bonaventure students. The communications you may have received are actually some of the first steps taken toward the development of the St. Bonaventure Parents Advisory Council.

The mission for the Parents Advisory Council is to help provide parents with the opportunity to actively participate in the lives of St. Bonaventure students. The Council helps parents stay connected through direct involvement in the programs that support the University's mission and enrich the St. Bonaventure experience for the most important people on campus – the students.

The Parents Advisory Council is comprised of current parents representing each of the four classes, and is administered through the University Advancement Office. The Parents Advisory Council is led by a Council Chair (or Co-Chairs) and Committee Chairs for each of the three sub-committees (Admissions, Student Life, and University Advancement).

The Parents Advisory Council supports St. Bonaventure in its mission to be a leader in higher education celebrated for fostering the development of knowledgeable, skilled, compassionate individuals by mentoring students within vitally engaging learning environments.

Recognizing that parental participation is an important element of a successful education program, the Parents Advisory Council of St. Bonaventure seeks to:

- Serve as liaison between parents and St. Bonaventure University
- Act as an ambassador for the University
- Assist in providing information to parents about University activities and programs
- Encourage parent participation in University activities
- Act as a resource for parents, students, faculty, and administration
- Support St. Bonaventure in its fundraising, admissions and career services initiatives

If you think you may have an interest in playing a role in this new endeavor please contact me, Alan Riddle, in the University Advancement Office either by email at ariddle@sbu.edu or phone at (716) 375-4031.

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