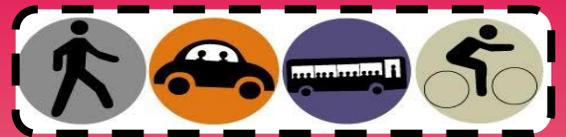


February 2017



THE COMMUTER CHRONICLE

Buffalo State Student Life Office

This Month's Commuter Tip:

Get involved! Attending events on campus and finding a club or organization you're passionate about is one of the quickest ways to meet like-minded peers and feel connected to your school. Join us at our first Commuter Breakfast of the semester on 2/7 from 8:15-9:30am in the Student Union Fireside Lounge. Relax, chat, and get to know your fellow commuter classmates!

Get to know the Commuter Ambassadors! Featuring: Alan Pomietlarz



Alan is a second year math education major who is also a member of the Muriel A. Howard Honors Program. His favorite part about being a Commuter Ambassador is meeting new people and attending the events for commuters on campus. When he is not in class or at one of the commuter events, you can find him at his favorite place on campus, the game room. His advice for commuter students? Take advantage of the opportunities and events given to us as a student at Buff State!

Stay up to date! Be sure to follow the Student Life Office on social media.

Student Life Office at Buffalo State

@BSCstudentlife

@buffalostatestudentlife

bscstudentlife.tumblr.com

@StudentlifeBSC



WINTER WELCOME 2017

NEW TERM
NEW CHOICES
NEW DECISIONS
NEW CHALLENGES
NEW OPPORTUNITIES



NEW YEAR. NEW YOU.

2017 IS HERE, WHAT IMPACT WILL YOU MAKE?

For more information:
FOLLOW OUR BLOG: bscstudentlife.tumblr.com/
EMAIL US AT: studentlife@buffalostate.edu
 twitter.com/bscstudentlife
 [instagram.com/buffalostatestudentlife/](https://www.instagram.com/buffalostatestudentlife/)

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." - John Quincy Adams

Are you looking to hone your communication and leadership skills?

Are you looking to inspire others into action?

*If so, our **Spring 2017 Leadership Series** is for you! Please join us every Wednesday at 6pm from 2/8 – 3/15 for our free leadership workshops!*

Contact Student Life at 878-4631 or studentlife@buffalostate.edu to reserve

5 ways to get back on track after the winter break:



- Eat Right** – Sticking with or renewing your efforts to consume a well-balanced diet, light on the junk food, heavy on the fruits and veggies, will help you stay healthy and focused in class.
- Keep Moving** – We know... it's cold outside, but making sure to keep up with your exercise routine will help to combat stress.
- Establish a Routine** – It can be difficult to adjust to a new class schedule but try your best to keep your body balanced by waking up, eating, and exercising around the same time everyday.
- Have Some Goals** – Think about what you want to accomplish this semester. Looking to bump up your GPA? Join a campus club? Set some goals and achieve them!
- Check the Socializing** – It's always great to see friends after not seeing them all winter break but know when you have caught up enough. Don't let yourself get behind in class because of too much socializing.



Pictured above: Commuter Ambassadors at Orientation on 1/19/17.