



PARENT & FAMILY NEWSLETTER

September 2024



Welcome to all of the new parents and families and welcome back to all of our returning families. We hope your student is settling in this semester. We put together this newsletter to share information about upcoming events, campus resources and other campus happenings. We also highlight some experiences students have been able to be a part of. We hope this is helpful for you to get a taste of what is going on, and also gives you some information so that you can feel more informed as a family member. If you ever have questions, please reach out and I can help direct you to the appropriate office! You can also join our Parent and Family Facebook Group to get real time updates.

Cheers, Allie Birchmeier
Director New Student and Family Programs

QUESTIONS?

Contact fyp@nec.edu



FALL FESTIVAL

ALUMNI & FAMILY WEEKEND

SEPTEMBER 27 – 29, 2024

Highlighted events for parents & families - Saturday, September 28, 2024



MEET AND GREET W/ ATHLETIC DIRECTOR

9 AM - Simon Center - Sayce Lounge

Join us for coffee & meet NEC's AD Dave DeCew & learn about the athletic programs at NEC



CAMPUS WIDE LUNCH & LAWN GAMES

11:30 AM - Simon Lawn

Join fellow parents & families for lunch & a variety of fun fall activities



PARENTS RECEPTION

3:30 PM - John Lyons Center

Hear from President Lesperance & meet fellow NEC parents at this cocktail reception



NASHVILLE RECORDING ARTIST RUSTY GEAR

6:30 PM - Tortington Arms Pub

Come listen to Nashville recording artist Rusty Gear playing Americana, country & blues music feat. NEC alum Jeff Boyd



HENNIKER HANDMADE & HANDGROWN

10 AM - 4 PM - 57 Main St.

Over 70 local vendors will be showing off their work at this great craft festival

To see the full schedule and to register, please visit
www.alumni.nec.edu/FallFestival2024, or follow this QR code:



INBRE SUMMER RESEARCH

NEC INBRE SURP

This summer 10 students and five faculty participated in our Summer Undergraduate Research Program and presented their research at the NH-INBRE Annual Conference in August, at the Omni Mount Washington Resort.



Internship Fair

Unlock Your Potential with
Real-World Experience!

When:

- Tuesday, September 10
- 1PM - 3PM

Where:

- Great Room,
Simon Building

What to bring:

- Your resumé
- A smile!

QUESTIONS?

Contact clp@nec.edu

Presented by NEC Career & Life Planning (CLP)



NICHE®

How was move in? How are classes? We hope new and returning students are settling in to the new year. Do you love being a part of the New England College community? Share your experience on Niche! Your positive review can make a big difference in helping future students discover what makes NEC special; it only takes a few minutes to leave a positive review. Click the link to get started: [Leave a Review on Niche](#)



Foundations of Education class, first year education students participated in an on-campus scavenger hunt during their first week of class. The President even got in on the fun!

MENTORING TIPS

By Julie McCrory

Welcome Students and Families to the NEC community! We are so excited that you are here! For returning parents and students, the transition back to college has hopefully been a smooth one. For first-year parents, coping with an emptier nest as well as worrying about how your student is managing college life, can be anxiety provoking. Here are some suggestions to keep in mind and pass along to your student: Try not to panic if your student communicates less frequently as the semester progresses. That is a positive sign of growing self-confidence and independence. Making friends, and involvement with clubs and organizations, helps them rely a little less on your guidance and support. Encourage good time management and study skills NOW to build a solid foundation for subsequent semesters. Getting enough rest and eating healthy food is more important than ever for students. Encourage them to speak to their professor(s) if they are struggling with an assignment. Remind them of the academic support available on campus in the Writing and Academic Support Center (Danforth Library), and in "The Ship" in Simon Center to meet with the Advising Staff for course changes, help with meeting degree requirements, as well as a quiet place to work. Even if your student isn't currently enrolled in the Mentoring Program, they are always welcome on the 4th Floor of the Simon Center should they have questions/concerns or are looking for a place to do homework outside of the residence hall. Counselors at the Wellness Center can also provide strategies for managing stress, anxiety, and sleep issues. Autumn is a truly special time in Henniker, so make sure your student gets outside to enjoy this colorful season! 🍁 🍂 🍁



Flu, Covid, and Required 2nd Dose Vaccines



Limited Supply
Please pre-register now to reserve your vaccines

Where: Simon Great Room
When: Thursday, September 26th
10 am - 2 pm

Open to students, faculty, staff, and community members.

Covered by most insurances
Bring your insurance card to the clinic

PILGRIM SHOP

20 MAIN ST, HENNIKER, NH



603 428 2220

NEC.EDU/PILGRIMSHOP



BEAT THE BURNOUT

Discover practical methods to enhance self-awareness and situational awareness, boosting self-confidence and decision-making.

A unique and fresh approach on managing the effects of chronic stress and trauma on the mind and body. Now is the time to start putting action behind the awareness.

Speaker: AK

Ak Dozanti is a former Deputy Sheriff turned First Responder Wellness Coach & Specialist. Her courses have gained nationwide notoriety for her approach to officer wellness.

Host Agency:
Hillsboro Police Dept

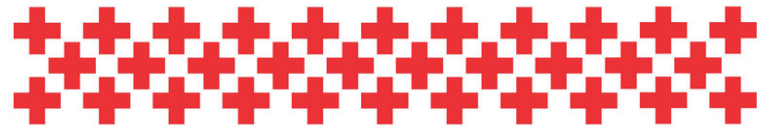
CO-SPONSORED BY
THE NEW ENGLAND COLLEGE
CRIMINAL JUSTICE DEPARTMENT



September 19	9:00 - 1:00 PM
New England College	SIMON CENTER 98 BRIDGE ST Henniker, NH
Cost	FREE
Questions	FRANK JONES FJONES@NEC.EDU

American Red Cross

Give blood. Help save lives.



Blood Drive
New England College

Simon Center
98 Bridge Street
Henniker, NH 03242

Wednesday, September 25, 2024
10:00 a.m. to 3:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: NEC to schedule an appointment.

Maximize your blood donation. Help more patients. If you are an eligible type O, B - or A - donor, consider making a Power Red donation. Red blood cells are the most commonly transfused blood component.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Fall into donating! Come to give blood Sept. 16 thru 30 for a \$15 e-gift card: rcblood.org/fall.



TIPS FOR STARTING THE SEMESTER STRONG

From the Writing & Academic Support Center

Find a Study Space

Dorm rooms are often not an ideal setting for getting schoolwork done. There are many places on campus that can act as a study space. The Writing and Academic Support Center is full of them. From private and group study rooms to armchairs and a myriad of semi-private desk nooks, students can get their work done either collaboratively or in peace.

Be aware of both strengths and struggle areas

It can be easy for students to play to their strengths while ignoring struggle areas. This almost never works out in the long run. Being aware of struggle areas can help students to be proactive in targeting useful resources before a stressful situation hits.

Be aware of available resources before a crisis hits

At the Writing and Academic Support Center, we encourage students to come and see us before things get stressful. The first couple of weeks of classes can sometimes lure students into a sense of calm as assignments are often smaller or more spread out. Then it's a game of catch-up as the weeks go by and assignments start coming up due at a more frantic pace. We're always happy to help in moments of academic crisis, but the first couple of weeks are a great time for students to come in to meet with a tutor, make sure they understand the foundations of their courses, and get a plan for success in place.

Use those resources

A calculator and a GPS are both resources. Most people don't feel bad about using them. Our goal at the Writing and Academic Support Center is to have our services be seen as just another resource with no sense of shame or fear attached. We are open six days a week (closed Saturdays) with flexible scheduling and appointment types. Students can meet in person or over Zoom, just once or over the course of the entire semester. We also have tons of study spaces, board games, a community puzzle, and a tea/hot chocolate station. Additionally, we host a number of events and giveaways throughout the school year. Check out our [Web Page](#) and [Instagram](#) for more information and stay tuned!



ACADEMIC ADVISING

Welcome to the Fall 2024 Semester! Academic Advising has had a busy summer connecting with new and returning students as they prepared for fall. Now that the add/drop period has concluded, we hope everyone feels excited for the semester ahead. As a reminder, our office continues to be available for students to check in, discuss future planning, utilize our space for homework or study time, and much more. We encourage students to remain mindful of our upcoming semester due dates and monitor their emails for important announcements.

Upcoming September important dates:

- September 6 (Friday) Last day to file Pass/No record – 1st 7-week course
- September 20 (Friday) Last day to file Pass/No record - full term course
- September 25 (Wednesday) Last day to Withdraw from 1st 7-week course
- September 27 (Friday) Last day to finish Incompletes - Spring & Summer term

As always, we encourage students to contact us with any questions by emailing advising2@nec.edu. We wish our students an amazing Fall Semester!

Academic Advising

Next time, order ahead with Boost!

How to pay with your campus card:

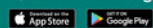
1. Go to **Account**
2. Click **Manage Payment**
3. Select **Campus Card**, Add **Campus Card** as follows **012300** (NEC student ID – numbers only), follow the prompts



Get the app



Boost Ordering



JOIN US

**YOU'RE INVITED TO THE FALL 2024 INSTITUTE OF ART AND DESIGN
FACULTY EXHIBITION AND IAD STUDENT WELCOME**

RECEPTION
Wednesday, September 18

New and returning IAD Student Welcome from 4:00–5:00 p.m.
Faculty Exhibition from 5:00–6:00 p.m.

CHESTER GALLERY OF ART
39 Main Street
Henniker, NH 03242

For additional information and up-to-date gallery hours, visit nec.edu/events.

Curing Student Homesickness

From the Writing & Academic Support Center

For many of the new students coming to New England College this fall, this semester will be their first time living on their own. No matter how close or far your student originally came from to get to Henniker, a change in living situations will be a transition. Part of that transition is a feeling many get when moving: homesickness. Homesickness is a very common feeling of distress that arrives when we are moved away from our home, our family, and friends for a period of time. For some students, homesickness will be a temporary ailment that disperses after settling into the swing of things on campus; for others, this could be a feeling you will have to deal with more frequently. This month, the team at New England College's Writing and Academic Support Center would like to pass on three tips for parents that can help with their students' case of homesickness as a new academic year kicks off.

Establish a Routine!

Planning out what route you take to class, what you'll have for lunch, or where you will bunker down to do some studying are all examples of simple routines a student can set to ease the feelings of anxiety that are especially common at the start of an academic year. By setting these routines, you are also getting out of your comfort zone and starting to immerse yourself in your new environment!

Keep In Contact With Home & Friends!

Like having a set routine in your day, encourage your student to find an ideal and consistent time and day for a phone call or Facetime to periodically check in. Remind them they are never alone and will always have loved ones they can reach out to!

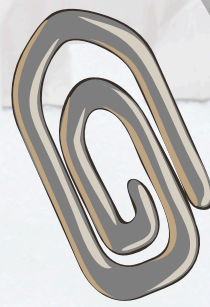
Stay On Top Of Physical & Mental Health!

Feelings of homesickness can cause us to isolate and neglect our health which only perpetuates the issue at hand. Try to get some kind of physical activity in daily, something as small as a quick walk around campus can have great benefits. Also, consider starting a journal to record and process your daily emotions, it can act as a cathartic way to let out your feelings.

About Us

The Writing and Academic Support Center at New England College is a resource for any student that may need support by providing in-person or virtual 1 on 1 sessions for: specific coursework, writing coaching, or just to build important skills for academic success (time management, study strategies, etc). The Writing and Academic Support Center is open six days a week (Monday through Saturday), morning, afternoon, and evening on the second floor of the Danforth Library. Students may sign up for appointments by emailing WASC@nec.edu, using the Navigate smartphone app, or just come on up to the second floor of the library and talk to our staff!

SIMON MAIL CENTER



The Campus Mail Center provides incoming and outgoing mail and package services for the campus community. We accept packages from all major carriers including USPS, FedEx, UPS, DHL and Amazon as well as flower deliveries. We do not accept deliveries from Door Dash, Grubhub, Ambient, Whole Foods, or similar delivery drivers as well as restaurants or pizza deliveries. We are located on the lower level of the Simon Center. Our hours of operation are Monday through Friday 8:30am - 5:00 pm. We provide metered postage, envelopes and package tape. We also have a small assortment of free, lightly used boxes and packing bubble as well as new priority boxes from the US Postal Service. We only accept cash payments.

All students should use their campus address for all mail and packages even if living in off campus housing. The Post Office will not deliver to a residence if you are a student. UPS and FedEx often bring packages to the Mail Center as well.

YOUR CAMPUS ADDRESS

To ensure timely delivery of your mail, please address it appropriately using the following format:

Name*

NEC Box # ____**

98 Bridge Street

Henniker, NH 03242

*Name - Please use your full name for items you are having mailed to you on campus. Nicknames, parent names or lack of a name could result in your packages or mail being misdirected or Returned to Sender (RTS) without notice.

** NEC Box Number - This number is unique to you and all mail will be delivered to your mailbox without notice. It is your responsibility to look for any mail left in your mailbox.

ABOUT YOUR MAIL AND PACKAGES

STUDENTS ARE RESPONSIBLE FOR PICKING UP THEIR MAIL AND PACKAGES FROM THE CAMPUS MAIL CENTER

STUDENTS WHO RECEIVE PACKAGES WILL RECEIVE AN EMAIL NOTIFICATION AND TWO REMINDERS FROM THE WEB TRACKING SYSTEM: NOREPLY@SQBXMAIL.COM, INDICATING THERE IS A PACKAGE. UNTIL YOU RECEIVE AN EMAIL FROM THE MAILCENTER, YOUR PACKAGE IS NOT READY FOR PICK UP.

PERISHABLE ITEMS – THE CAMPUS MAIL CENTER DOES NOT HAVE THE ABILITY TO KEEP PERISHABLE ITEMS REFRIGERATED. STUDENTS SHOULD PICK UP PERISHABLE ITEMS IMMEDIATELY UPON NOTIFICATION. THE CAMPUS MAIL CENTER IS NOT RESPONSIBLE FOR PERISHABLE ITEMS THAT ARE NOT PICKED UP IN A TIMELY FASHION.

INCORRECTLY ADDRESSED ITEMS – MAIL RECEIVED WITH AN INCORRECT NAME OR NO NAME WILL BE HELD FOR SEVEN DAYS. IT IS THEN THE RESPONSIBILITY OF THE OWNER TO INQUIRE AT THE CAMPUS MAIL CENTER OF THEIR PACKAGE AND PROVIDE THE TRACKING NUMBER AND THE NAME OF THE SENDER AS PROOF OF OWNERSHIP. AFTER SEVEN DAYS, THE MAIL/PACKAGE WILL BE RETURNED TO SENDER.

RESTRICTED ITEMS: BANNED ITEMS – FOLLOWING ARE SOME OF THE ITEMS THAT WILL NOT BE ACCEPTED AT OR DISTRIBUTED BY THE CAMPUS MAIL CENTER: ALCOHOL, OR ALCOHOL RELATED MATERIALS AND DEVICES, ILLEGAL DRUGS, HAZARDOUS OR FLAMMABLE MATERIALS, LIVE ANIMALS, FIREARMS OR FIREARM RELATED MATERIALS AND GROCERY DELIVERIES.

YOUR MAIL AFTER ACADEMIC SESSIONS: STUDENTS MUST PICK UP ALL MAIL AND PACKAGES BEFORE LEAVING CAMPUS AT THE END OF EACH ON-CAMPUS SESSION. ANY ITEMS THAT HAVE NOT BEEN PICKED UP WITHIN TWO WEEKS OF THE END OF THE ACADEMIC YEAR WILL BE RETURNED TO SENDER. ANY STUDENT REMAINING ON CAMPUS AFTER THE END OF THE ACADEMIC YEAR MUST INFORM THE CAMPUS MAIL CENTER DIRECTLY TO ARRANGE FOR NON-ACADEMIC SERVICES.

FORWARDING: THE CAMPUS MAIL CENTER IS ONLY ABLE TO FORWARD ONLY 1ST CLASS USPS MAIL IF PROVIDED A FORWARDING ADDRESS. IT IS THE RESPONSIBILITY OF THE INDIVIDUAL TO UPDATE THEIR ADDRESS WITH ALL CORRESPONDENTS, INCLUDING AMAZON PRIOR TO LEAVING CAMPUS. ANY NON-FORWARDABLE MAIL WILL BE RETURNED TO SENDER WITHOUT NOTICE. MAIL OR PACKAGES FOR STUDENTS WHO HAVE NOT PROVIDED A FORWARDING ADDRESS WILL RETURN TO SENDER.

PLEASE CONTACT US AT

mailcenter@nec.edu or
(603) 428-2312

"ON AIR"

NEC Sports Talk Radio Show

91.7 WNEC
Thursdays

2:00 PM-2:30 PM

9/12-11/14

<https://wnecfm.org/>



SATURDAY



NEC FOOTBALL
FAN BUS

NEC VS PSU

FREE SWAG FOR EVERYONE ON THE BUS!

7 SEPTEMBER 2024 10:30AM
DEPARTURE TIME



SPONSORED BY THE OFFICE OF STUDENT ENGAGEMENT AND ATHLETICS

OFFICE OF STUDENT ENGAGEMENT

OSE@NEC.EDU

FRANK SANTOS JR.

Thursday
September 19

8 PM
Putnam Center



R-RATED

HYPNOTIST

EXPERIENCE THE POWER OF HYPNOSIS

Sponsored by the Office of Student Engagement

NURSING STUDENTS!

STUDY GROUP

FOR NURSING STUDENTS

FRIDAYS 10:30-12:00

1st floor of library with
Caroline, Nadia, and Terri



Diversity and Inclusion Newsletter



September 2024



Mt. Kearsarge



The Ambassadors toured the Kearsarge Indian Museum on August 17, 2024



More from ODI



THE OFFICE OF DIVERSITY AND INCLUSION

establishes partnerships with community members to create an inclusive student-centered environment that fosters respect for each person and celebrates each other's differences.

Hania a student from Pakistan given a tour of New England College by the director of diversity and inclusion

Ambassadors and Proteges under training



During BINGO the students were encouraged to share their cultures.



New students enjoying the Diversity BINGO activity during the Fall orientation



Proteges socializing in the Office of Diversity & Inclusion



Upcoming Events

The following are upcoming events hosted by the Office of Diversity and Inclusion

- **AMBASSADOR RETREAT**
- **ARTS AND CULTURE EXHIBITION**
- **DIWALI FESTIVAL**
- **ADINKRA BATIK WORKSHOP WITH -ODI & RA SATYA**
- **AMBASSADORS' WEEKLY TRAINING**
- **HISPANIC HERITAGE MONTH**
- **MULTICULTURAL DISHES EVENT BY ODI & RA VANESSA**
- **MULTICULTURAL DANCE AND DRUM PERFORMANCE**
- **NATIVE AMERICAN HERITAGE**
- **ODI DAY**

