



PARENT & FAMILY NEWSLETTER

November 2024

Advising Updates

Registration for the Spring Semester ([Spring-2025-Tentative-Class-Schedule_10.14.24.pdf](#)) is officially open! Our office is available to assist students with their registration questions. In addition to Spring Semester, there is also still time for students to add a course onto their Winter 2024 Term schedule ([Winter-2024-Tentative-Class-Schedule_10.14.24.pdf](#)). This is a great opportunity for students to earn additional credits during their break. If students are interested, please have them visit the SHIP or email Advising2@nec.edu.

Also, our NEC community coat drive is still running! If you or anyone you know has new or gently used coats, please have your student drop them off before November 15th in the SHIP so they can contribute towards our drive. Those needing a coat in our community will be grateful! Thank you to those who have already donated.

As always, we are available for any questions or concerns by emailing advising2@nec.edu.

The Academic Calendar for next year has been released.
The location of the calendars on the website is [here](#).



Residential Life and Housing Updates

Residential Life and Housing hopes your October was more treat than trick this fall season. While it still feels like students just recently returned from the fall break, Thanksgiving Break is just a few weeks away! As a reminder, the residence halls will be closed for the Thanksgiving Break between 7:00PM on Tuesday, November 26th and 8:00AM on Sunday, December 1st. Fall 2024 courses will resume on Monday, December 2nd. With prior approval, some students will be permitted to stay on campus during Thanksgiving Break at no cost.

This includes:

- In-season athletes
- Students whose permanent address is more than 360 miles from the College
- Students who are sponsored by a faculty member to stay for an academic reason

All other students should make plans to leave campus for Thanksgiving break and we encourage those who are planning to head home or elsewhere for the break to make their travel plans in advance before bus, train, and plane tickets are sold out. For those who do not qualify as stated above and would like to request to stay for the break, please note students may be charged \$50/night for their break stay if approved and there will be no meal plan service during the break. In-season athletes should discuss meal options with their coach. All approvals will be decided on a case-by-case basis at the discretion of Residential Life and Housing.

At this time, we also encourage students and their families to begin thinking ahead to Winter Break and the end of the Fall 2024 semester. The residence halls will close for the winter break on Friday, December 6th at 7:00PM. All students will be required to leave campus by this time (winter athletes should check with their coach for their post-December 6th schedule). Students who are returning for the Spring 2025 semester may leave non-essential belongings in their room during the break, but they should be sure to bring home anything they may need during the break as they will not have access to their room on campus. Students who are not planning to return for the Spring 2025 semester should plan to check out of their rooms before they leave for winter closing. Additional instructions about preparing to leave campus at the end of the semester as well as the winter housing request form will be sent to students via their NEC email. Students will have floor meetings in November to discuss the details of break and closing.

And lastly, as the weather finally begins to turn colder in New Hampshire, the heat in the residence halls has been turned on. Fall and especially winter in NH typically requires warm clothing, bedding, and outerwear, so Thanksgiving break is the perfect time for students to bring home their summer items and return with their warm items for the final week of the semester.

Tips from Mentoring

With mid-semester break behind them and the holidays on the horizon, it can be difficult for students to maintain focus and motivation. After Thanksgiving Break (Nov. 27th-29th) just a few days remain in this semester! The last day of classes is December 6th. This can cause panic in your student as they realize that deadlines for papers and projects are fast approaching, as well as studying for final exams. For first-year students, the end of their first college semester can be especially stressful. Encourage them to push through any tendencies to procrastinate. Prioritizing homework and studying are crucial. Remind them to get plenty of rest, and to eat well. It can be tempting to pull all-nighters in an attempt to get everything done, but good time management is even more important as the semester draws to a close. Urge them to create a plan for completing assignments, including prep time for presentations and exams. As always, academic support services are available in the Writing and Academic Support Center (Danforth Library), in the Simon Center for Academic Advising (The SHIP), and the Mentoring Program (4th floor). Happy Thanksgiving from the Mentoring Team! 🍂🦃🍂



You're Invited

NEC Alumni & Parents
Networking Reception

NOVEMBER

THURSDAY

7

5:30 - 7:30 PM

2024

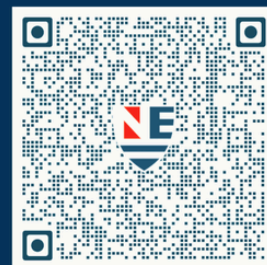
Host: Lex Scourby '75

THE 100 CLUB
PORTSMOUTH, NH

Space is limited. Kindly respond by November 1, 2024

RSVP to: alumni@nec.edu

Scan to RSVP:



Writing and Academic Support Center (WASC)

About Us

The Writing and Academic Support Center at New England College is a resource for any student who 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!

TIPS for the rest of the Semester

Fighting Daylight Saving Scaries!

In September, you begin to notice it, the summer sunsets of 8:00 PM dwindle to 7:30, then 7:00. By October, As the leaves change colors and the fall season gets into full swing, it begins to feel like there is less and less time to get everything you want done in a single day. November 3rd is the nail in the coffin for longer days when Americans set their clock back for daylight savings time (Except in Arizona and Hawaii!). The Writing and Academic Support Center here at New England College would like to help all readers combat the 'sunlight blues' we often experience after setting the clocks back an hour by giving some tips on how to make the most of your time with the shorter days.

Staying Active and Staying Connected

Physical activity can significantly boost your mood and energy levels. Try to incorporate exercise into your day, whether you take a walk outside during lunch or a quick workout at home. Exercise can help counteract the lethargy that often accompanies daylight saving's shorter days. Don't let the changing season isolate you. Make plans with friends and family, whether it's a small gathering or a virtual catch-up. Social connections can be a great way to combat the blues and keep your spirits up.

Adjusting and Creating Routine

Creating a consistent daily routine can provide structure during these shorter days. Set specific times for studying, working, and other activities. Having a clear schedule not only helps you stay organized but also ensures you're making the most of the available daylight. If you already have an established routine, however, daylight savings can interfere. For example, if you often workout in the evening, it can be hard to keep that motivation when it is dark out by the time you get to the gym. Consider making adjustments to your daily routine so that you can continue to practice good habits, such as exercise, and also to help smooth the transition to when we set the clocks back.

WASC Tips Continued

Getting Vitamin D

There are countless research studies and publications that tell us vitamin D, which can be produced from being exposed to sunlight, is very beneficial to the health of humans in many ways. A shorter period of daylight can cause us to get less of this important vitamin than we should. With sunset creeping in earlier, take advantage of the sunlight during the morning hours. Set your alarm a bit earlier to soak in the natural light, it can help boost your mood and energy levels and lead to you feeling more awake and alert. Another way to supplement the lack of natural light is to brighten your indoor space. Open up your curtains, use mirrors to reflect light, and choose bright colors for your space. Light therapy lamps which simulate sunlight, could also be a way to keep your vitamin D intake regular, and are popular in places such as Alaska that are known for their long, dark winters.

NEED A RIDE FOR *THANKSGIVING* BREAK?

Concord Bus Station & Manchester Airport Only
Email OSE@nec.edu to sign up for shuttle 1, 2, 3, 4, or 5

We are offering a shuttle service for
the following day and times:

Monday, November 25th

Shuttle 1: Depart the Simon Center at **9 AM**, Concord Bus Station at **9:30 AM** and Manchester Airport at **10:15 AM**

Shuttle 2: Depart the Simon Center at **2 PM**, Concord Bus Station at **2:30 PM** and Manchester Airport at **3:15 PM**

Tuesday, November 26th

Shuttle 3: Depart the Simon Center at **9 AM**, Concord Bus Station at **9:30 AM** and Manchester Airport at **10:15 AM**

Shuttle 4: Depart the Simon Center at **2 PM**, Concord Bus Station at **2:30 PM** and Manchester Airport at **3:15 PM**

Shuttle 5: Depart the Simon Center at **4 PM**, Concord Bus Station at **4:30 PM** and Manchester Airport at **5:15 PM**

***All times are estimate, please plan accordingly.**



Emergency Text Messaging Service

Students will be receiving a reminder to sign up for an NEC Emergency Text Messaging account in the next couple of weeks. This service would be used to send community members notices about any emergency situations on campus, so we strongly encourage students to sign up. We ALSO use this service to send out notices about weather-related class delays and school closings – students seem to like getting those messages on snowy mornings! Please encourage your student to sign up for this service if they have not yet done so. Also, your student can add an additional phone number to their account, so that a family member or loved one can also get these messages. If you want your students to add you to their account, please ask them to do so!



The Nursing Program will be hosting an event on November 16th called NightinGala to celebrate accreditation, our healthcare partners, and our first graduating class!



PILGRIM SHOP

20 MAIN ST, HENNIKER, NH



603 428 2220

NEC.EDU/PILGRIMSHOP

Education Department

“So thrilled to welcome Austrian exchange students, hosted by Conval High School, to New England College for an exciting day of experiencing American college life! From dodgeball and kickball games to tackling a low ropes course for team-building, the students embraced every activity with enthusiasm. They even got creative in a hands-on bookmaking class and enjoyed lunch at Gilmore. Thanks to everyone who made this day unforgettable! And a big thanks to my students for helping to host this event!!”



Photo 1: Senior Curator Kurt Sundstrom compares landscapes by John Constable and Claude Monet.

Photo 2: Director Jordana Pomeroy welcomes students.



Currier Museum of Art Visit

On October 24, students in the art history course “Art and the Natural Environment” enjoyed a special tour of the galleries with Senior Curator Kurt Sundstrom, who shared his expertise on landscapes and seascapes. The Currier’s new Director and CEO, Jordana Pomeroy, also met with the students. The course is taught by Associate Professor of Art History, Dr. Karen Hillson.



News from Criminal Justice



Photos of CJ students (seniors) in a class for the completion of the Granite State Police Career Counseling, LLC, law enforcement hiring lab. This intense and engaging experience is a course requirement for CJ-4010, and over several years has been instrumental in helping our graduates get hired into law enforcement at the Federal, State, County and local levels. It is a 3 part lab experience with a class, an entry examination, and mock oral boards with professionals from the field. The students enjoy this every year and give it excellent reviews.



NEC DINING FALL NEWSLETTER

UPCOMING NEC DINING EVENTS

First Year EATS
An Evening Breakfast

Because breakfast at any time is good




November 13th | 4:30-7:30pm
Social House


[@inecfoodie](#) [inecncampus.com/nec](#) 

DIY HOMEMADE PICKLES

CREATE YOUR OWN! MULTIPLE



Social House @ Gilly | 11-14 | 11:30-1:30pm

[@inecfoodie](#) [inecncampus.com/nec](#) 

JOIN US FOR **THANK • FUL**

Good Friends • Great Food • Giving Back



November 19th | Lunch
Social House @ Gilmore

[@inecfoodie](#) [www.dinecncampus.com/nec](#) 

Mix & Mingle

Mocktail Hour

Craft & Sip
Join us for delicious mocktails & craft with us!
November 20th | Pub | 6-8pm



First Year EATS

[@inecfoodie](#) [inecncampus.com/nec](#) 

NOVEMBER IS GRATITUDE MONTH

HOT DEAL

BEVERAGE SPECIAL

BUY 9 GET 1 FREE


@SIMON GRILL

*SEE CASHIER FOR YOUR PUNCH CARD


[@NECFODIE](#) TC 20 02 PEPSI PRODUCTS

DUMPLINGS 5.95

WITH DIPPING SAUCE




Glow Up your meal and add a side of dumplings to any entrée!

[@inecfoodie](#) [inecncampus.com/nec](#) 


PAY IT FORWARD

MAKE SOMEONE ELSE'S DAY WITH A RANDOM ACT OF KINDNESS!

Purchase a drink or snack for a friend ahead of time and receive a voucher that they can use at any time!



Month of November | Simon Grill & Starbucks

[@inecfoodie](#) [inecncampus.com/nec](#) 

NATIONAL *Gratitude* MONTH

SIMON GRILL SPECIALS

MEAL DEALS

| | |
|--------------------------|--|
| 1 10.49 CHICKEN COMBO | 2 8.50 3 TACO'S - CHICKEN OR BEEF COMBO |
| 3 10.75 BEEF COMBO | 4 9.50 CHICKEN COMBO |

ALL COMBOS ARE SERVED WITH FRENCH FRIES & 20oz SOJA OR AGUA FRIA WATER

COMBO UP UPGRADE

| | |
|--|--|
| 3.50 ADD A BOTTLED SOJA OR BOTTLED AGUA FRIA WATER TO COMBO PRICE OR SWAP POTATOES FOR BUNDTZEL | .75 SWAP OUT YOUR FRIES TO CORN BREAD OR SWAP POTATOES FOR BUNDTZEL |
|--|--|

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Breakfast

SAUSAGE CRUNCH TORTILLA WITH SPICY JALAPEÑO CREMA



BREAKFAST SALAD, SCRAMBLED EGG, CHEESE AND CRUNCHY BAKED BROWN PATTY WITH SPICY JALAPEÑO CREMA. ADD EGGS, PEAS, BACON, SAUSAGE

[@inecfoodie](#) [inecncampus.com/nec](#) 

THANK • FUL FOOD DRIVE

DONATE NON-PERISHABLE FOOD ITEMS ALL MONTH LONG

All items go to Henniker food pantry.

Drop off locations include:

- Social House @ Gilmore
- Simon Grill
- Starbucks



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FALL SEMESTER EVENTS



FLEX CASH INFO

Follow us! @NECFoodie

Add now, get Rewarded

A tasty deal you just can't pass up!

Add Pilgrim Dollars to your Student Account

Now through November 8th to receive Bonus FlexCash

| | |
|---------------|--------------------------|
| \$100 - \$150 | GET \$25 BONUS FLEX CASH |
| \$50 - \$99 | GET \$10 BONUS FLEX CASH |

Save on NH Meal Tax 9%

Flex Cash & Pilgrim Dollars carry from Fall to Spring Semester!

Secure this sweet deal today!
dineoncampus.com/NEC

What is FlexCash and Pilgrim Dollars?

There are two types of debit accounts: FlexCash and Pilgrim Dollars. Both are debit accounts that can be accessed at all locations around campus with a NEC ID card

What are Pilgrim Dollars?

Pilgrim Dollars may be purchased anytime at the Meal Plan Purchase page. Pilgrim Dollars are accepted at campus dining locations. Pilgrim Dollars are a way to add money to your student ID card at any time during the school year. Visit DineOnCampus.Com/NEC

O2GO CONTAINERS

Pick-Up & Drop Off Your

O2GO

by OZZI

Container @ Gilly

- One Time Cost of \$10.00 (flex cash or CC)
- Meal Swipe is required for your meal to go
- Return your used container to Gilmore Dining Hall for a clean container
- If your container is lost, you can purchase a new one for \$10.00

ALLERGIES?

Don't be shy
We are here to help.

scan here to learn more

Text... 2 CHAT

WE ARE HERE FOR YOU

Text Us 850-999-5648

For feedback, questions and comments about your dining experience.

We will only receive messages regarding your questions or concerns. Abuse and discrimination are not allowed. Your use of this service will not be held liable for any damages.

chartwells

dineoncampus.com/nec

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Order ahead

and skip the line at:

Get the app

Scan to download

Download on the App Store | GET IT ON Google Play

Boost Ordering

Diversity and Inclusion Newsletter



November 2024



THE OFFICE OF DIVERSITY AND INCLUSION

ODI collaborated with other community leaders to plan the Akwaaba Multicultural Event on October 3, 2024. This educational event on culture music and dances brought an awareness of some African values possessed by some students in the community. The event was very successful!



ODI Hosting the Hispanic Heritage Month Event on September 20, 2024.

More from ODI



Students enjoying the Hispanic Heritage Celebration. The President opened the ceremony with a speech on Diversity and Inclusion and the power of sharing cultural values.



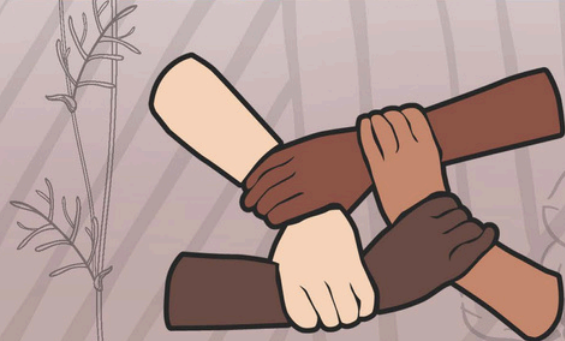
The cultures represented at the Hispanic Heritage celebration were from across Latin America. These include Venezuela, Puerto Rico, Dominican Republic, Panama, Argentina, Guatemala, and many more.



Students enjoying the LGBTQ History Kahoot in the Great Room



Ambassadors participating at the Trick or Treat Event on October 25, 2024



Upcoming Events

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

- **PROTEGES WEEKLY STUDY HALLS AND MEETINGS**
- **PROTÉGÉ'S COMMUNITY INVOLVEMENT AND VOLUNTEER WORK WITH ODI**
- **AMBASSADORS' WEEKLY TRAINING**
- **INTERNATIONAL STUDENT PRESENTATIONS**
- **NATIVE AMERICAN HERITAGE**
- **TRANSGENDER DAY OF REMEMBRANCE**

