



PARENT & FAMILY NEWSLETTER

October 2024

Things have been busy on campus with the first half of the semester flying by. It was nice to see families on campus during Fall Festival!

As always we encourage your students to be good self advocates and to reach out for extra support if they need it. If you need anything or have questions, don't hesitate to reach out.

-Allie



A Message from Mentoring

With mid-semester break approaching (October 14 & 15) focus and motivation may be in short supply for your student. Remind them just how far they've come in these first few weeks: lessons learned, challenges faced, and the positive experiences they've had. The change of season has brought on allergies and illnesses which can affect students' classroom attendance, as well as their ability to complete assignments. Falling behind contributes to overwhelm. Talking with their professors is a good first step in developing a plan to get back on track. Encourage them to stick to a homework/study schedule. Urge your student to use the academic support services available on campus. Reviewing course syllabi and Blackboard content to create old fashioned To-Do Lists can help students map out a timeline and strategy for completing those approaching end-of-semester papers and projects. The time and effort spent now will mean less stress toward the end of the semester. Maintaining a balance between schoolwork and other activities is an ongoing struggle in college. Prioritizing healthy sleeping and eating habits is important for students to be at their best. And don't forget to enjoy the beauty of autumn in Henniker! 🍁🎃🌿

Residential Life and Housing Updates

Fall Break

It's officially Fall, and for Residential Life and Housing that means the mid-semester break is right around the corner (Oct. 12th-15th)! Students are not required to leave campus during this Fall Break, but we do encourage those who can to take advantage of the extra-long weekend to head home for the break. For those who stay on campus, meal plans will be active but dining service locations operate on a reduced schedule. Students should refer to posted hours at each dining service location. Whether your student chooses to stay in their room on campus or leave campus for this short break, we hope they are able to find some time to relax and return to classes feeling refreshed.

Thanksgiving Break

Looking ahead into November, residence halls will be closed for the Thanksgiving Break between 7PM on Tuesday, November 26th and 8AM on Sunday, December 1st. With prior approval, some students will be permitted to stay 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. For those who do not qualify as stated above and would like to request to stay for the break, please note that students may be charged \$50/night for their break stay if approved and that 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.

Students will receive more information about the Thanksgiving break in their NEC emails in mid-October after they return from the Fall Break.

Academic Advising Updates

Hello NEC Community.

Now is a great time for students to consider adding a course to their fall schedule with a Fall II Term or the five-week online Winter 2024 Term. If students are interested, please have them visit the SHIP or email Advising2@nec.edu.

Mid-Term Grades

Students should be on the lookout for midterm grades that will be submitted in mid-October. These can be found in MYNEC.

Spring Course Registration

Registration for Spring 2025 will open on October 30th. Students should check their email for details regarding spring course registration.

We also need your help! We are hosting a coat drive for the NEC community. 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!

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

- The Academic Advising Team



NEC Community

Coat Drive

**Donation deadline:
4:00pm November 15**

Drop-off Location:
The SHIP - Simon Center First Floor

Please Donate

A new or gently used coat to community members in need to stay warm during colder months.

Thank you for your donation!

For more information please email us at advising2@nec.edu

Delta Mu Delta - International Honor Society in Business - NEC Scholarship Award Recipient

Gina Sciortino

We are pleased to announce Gina Sciortino is receiving the Delta Mu Delta - International Honor Society in Business - Regional Scholarship Award for outstanding business student. Please congratulate, Gina!

She will serve as DMD Ambassador at the ACBSP Region I Conference hosted by NEC on October 10-11, 2024. And she will be competing in the Student Showcase competition at the conference giving a presentation on the event theme Bridges Across Borders: Collaborative Strategies for Academic and Professional Success.



A full listing of all 52 Award recipients can be viewed on the Delta Mu Delta Website at <https://deltamudelta.org/announcements/2024-scholarship-award-recipients/>

Share with your student!

We're thrilled to introduce you to ZeeMee, a fun platform designed to help you connect with classmates! 🎉

ZeeMee is more than just a social network; it's a vibrant community where you can:

- **Meet Your Classmates:** Start building friendships and connections with fellow students. 🤝
- **Share and Discover Interests:** Showcase your hobbies, passions, and interests to find people who share similar activities and goals. ⭐
- **Have Fun Together with Live Events:** Launching soon! 📺

Click our [ZeeMee link](#) to get started! 💻
We're excited for you to take advantage of this platform to continue building your college network. If you have any questions or need assistance, feel free to reach out. ✉️

PILGRIM SHOP

20 MAIN ST, HENNIKER, NH



603 428 2220

NEC.EDU/PILGRIMSHOP

Tips From The Writing and Academic Support Center: Reducing Mid-Semester Burnout

It's the time in the semester where the novelty of a brand-new school year has worn off. Courses are well underway. We're past the halfway point, but it still feels like there's still so much to do and too far to go before the semester's end. Assignments are still due and stress is often high, but energy and motivation are both low.

Mid-semester burnout is a very real phenomenon that affects many students, faculty, and staff at some point during the school year. Below are some tips for managing and reducing academic burnout and finishing strong.

- **Prioritize sleep and self-care.** Keeping to a reasonable bedtime and meal times are two of the most important things that students can do to maintain their energy and avoid sleeping through that alarm.
- **Take things one day at a time.** Making a manageable to-do list each day can help reduce feelings of being overwhelmed by tasks. This can be handwritten or digital, but either way, the feeling of crossing items off the list is extremely satisfying!
- **Take breaks.** One way to do this without a break becoming an all-night internet spiral is to use a method called the pomodoro technique.

Pomodoro Technique

1. Choose a task to work on
2. Set a timer for 25 minutes
3. Work until the timer goes off
4. Set timer for a 5-minute break
5. Repeat for 4 cycles
6. After four cycles, take a 30-minute break



Alpha Chi

National College Honor Society

New Hampshire Eta Chapter of Alpha Chi, the National College Honor Society, were held on September 26 in the Simon Center Great Room.

Because of their exemplary achievements at New England College, the following students have earned the right to be inducted into Alpha Chi:

1. Tess Anderson (History)
2. Sydney Bucci (Psychology)
3. Christopher Chagnon (Physical Education K-12)
4. Catherine Collins (Elementary Education K-6)
5. Abigail Duffy (Psychology)
6. Macy Gordon (Elementary Education K-6)
7. Nicholas Lambert (Secondary Education Social Studies)
8. Ashleigh Lemay (Elementary Education K-8)
9. Olivia Lindberg (Business Administration)
10. Meaghan McCamish (Business Administration)
11. Kaleb O'Connor (Business Administration - Marketing)
12. Graham Padgitt (Business Administration - Accounting)
13. Jennifer Small (Nursing)
14. Emerson Zelis (Outdoor Education)



Meet the Professional Tutor Team

We're almost halfway through the fall semester already and professional and peer tutors at the Writing and Academic Support Center have had a very busy start to the school year. So far, tutors and writing coaches have conducted just under 300 appointments with students in over 40 different classes!

National Tutoring Week is an annual celebration of the positive impact that tutors have on their students and institutions. This year, it falls on the week of October 7-11, and is fast approaching. In the spirit of National Tutoring Week, here is a quick introduction to our wonderful team of professional tutors:

Terri joined the tutoring team in 2023 thinking she'd be specializing in education and writing courses. She still does, but has also been a huge part of helping our nursing students with their time management, note taking and study skills. In addition to all this, she has a deep love for the arts and APA formatting. Fun fact: Terri has recently become a fan of train travel. Her dream trip is to take a train ride across Canada.

Cassey has been a tutor at NEC since 2015. She works primarily with students in writing and the social sciences, but also dabbles in Quantitative Reasoning when the need arises. Fun Fact: Cassey loves to read. She read 106 books in 2023.

Caroline is an NEC alum and former travel nurse. She came back this year to work full time with our nursing students. Fun Fact: Caroline hates olives.

Tom is in his second semester as a tutor at NEC. He is our go to for help with all things business, accounting, and statistics, but won't shy away from helping students with their writing. Fun Fact: Tom both plays and coaches ice hockey.

Paul has been a tutor at NEC since 2017, but gained extensive teaching experience before he came our way, He is our evening and weekend warrior who specializes in writing and history as well as time management. Fun Fact: Paul has a lovely singing voice and is a semi-professional kazoo player.

Nadia came to NEC as a tutor for our nursing program and also works as an ICU nurse. Her knowledge and energy round out our team. Fun Fact: Nadia works on JDM cars as a hobby and has an MK3 Supra.



First year pre-service teaching students in the Foundations of Education course spent time this week learning from Hillsboro Police Department and SAU #34 School Resource Officer Danielle Normand about the role of the SRO and safety in schools.



Voter Registration Event

Wednesday, October 9, 2024

We will be holding an event with the Town of Henniker to help register students who wish to vote in Henniker in the upcoming elections. Your student may ask for a copy of their birth certificate or passport for the registration process, so please be prepared for those inquiries from your student. We will also be sharing reminders about their option to ask for an absentee ballot from their hometown/city. Wherever they choose to vote, we want our students to exercise their voices at the polls

ELECTION PALOOZA 2024



NEW ENGLAND COLLEGE'S STUDENT VOTER ACTIVITY FAIR

FEATURING:

- ✓ NH'S SECRETARY OF STATE
- ✓ LOCAL CANDIDATES
- ✓ DEMOCRAT/REPUBLICAN GROUPS

OCT. 9, 4-6PM

SIMON GREAT ROOM

HOSTED BY NEC'S CENTER FOR CIVIC ENGAGEMENT

LOVE TO SING? WE'D LOVE TO HAVE YOU JOIN OUR HENNIKER COMMUNITY CHORUS!

Community Chorus

We're a vibrant group of local members of all ages who enjoy singing everything from folk to gospel and beyond. Whether you're a seasoned singer or just love to sing in the shower, there's a place for you here. Come be a part of a fun and welcoming community. No auditions required, just bring your enthusiasm and passion for music.

Mondays from 4:00 p.m. - 6:00 p.m.
Starting October 14, 2024

CONGREGATIONAL CHURCH OF HENNIKER
43 MAPLE ST. HENNIKER

CONTACT: CAROL HAMILTON
CAROLBUTLERHAMILTON@GMAIL.COM



Wellness Center

OPEN HOUSE

Meet your Wellness Team!
Hot Chocolate, Cider, and Cupcakes

October 22 2 PM-4 PM

32 Union Street, Henniker, NH
Across from East Hall



NEC DINING FALL NEWSLETTER

NEC DINING EVENTS



MYSTERY AT THE RISTORANTE

October 24th | Dinner
Gilmore Dining Hall

Immerse in mystery and experience an evening of indulgence and investigation.

dineoncampus.com/nec

MID SEMESTER
BREAK
HOURS




MID SEMESTER BREAK
Hours of operation
10/13 - 10/15

SOCIAL HOUSE @ GILMORE
10/13 & 10/14 11- 6:30pm
10/15 11-7:30pm

SIMON GRILL
10/13 & 10/14 12 - 5pm
10/15 12- 9:30pm

STARBUCKS
CLOSED

TORTINGTON ARMS PUB
CLOSED (10/9 - 10/15)

Hours of operation & more can be found on:
dineoncampus.com/nec
@NECFEEDIE @NECEATS



YOU'RE INVITED TO A
HALLOWEEN Party

FOOD, MOCKTAILS,
CANDY, MUSIC & MORE

31 OCT

STARTS AT 11AM

SOCIAL HOUSE @ GILMORE

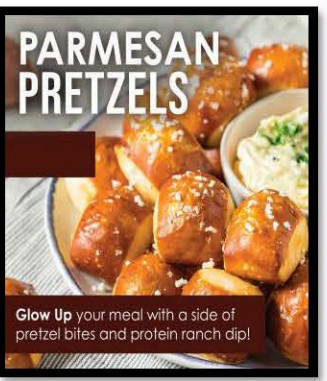
SIMON GRILL SPECIALS



THE AFTERNOON Pick Me Up!

Add a Frappuccino to your apple chips for an Afternoon pick me up.

Vanilla Frappuccino + Bare Apple Chips = **\$7.89**



PARMESAN PRETZELS

Glow Up your meal with a side of pretzel bites and protein ranch dip!

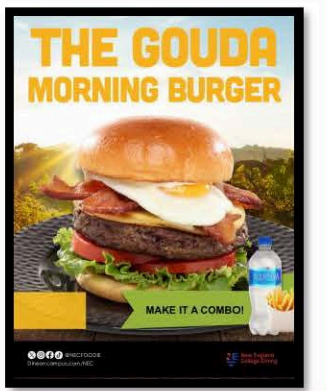


MEAL DEALS

1 10.49 CHEESEBURGER COMBO	2 8.50 2 TADS - CHICKEN OR BEEF COMBO
3 10.75 CHICKEN SANDWICH COMBO	4 8.50 CHICKEN TENDER COMBO

ALL COMBOS ARE SERVED WITH FRENCH FRIES & 20oz SODA OR AQUA FINA WATER

COMBO UP 3.50 | **UPGRADE** .75



THE GOUDA MORNING BURGER

MAKE IT A COMBO!

NEC DINING INFO

We offer a "We Proudly Serve" Starbucks location on campus in the Lyons Center. Order ahead with BOOST mobile app. Now serving pizza.



COLD. CREAMY.
CARAMEL.

Caramel Frappuccino®
Blended Beverage

boost



MAKE THE MOST OUT OF
Your Meal Plan

October 22nd | Social House - 11-2pm

Learn about all the built-in benefits of your meal plan, and how to use it across campus. Add Pilgrim \$5 & Commuter meal plan promotion - plus Bonus Flex Cash, promotion! Q & A & Giveaways!

First Year EATS

dineoncampus.com/nec
Follow us on Insta @NECFEEDIE
Facebook @NECEATS

Take advantage of this bonus offer and add Flex/Pilgrim \$'s to your student account. Fast, easy & tax-free. Visit dineoncampus.com/nec

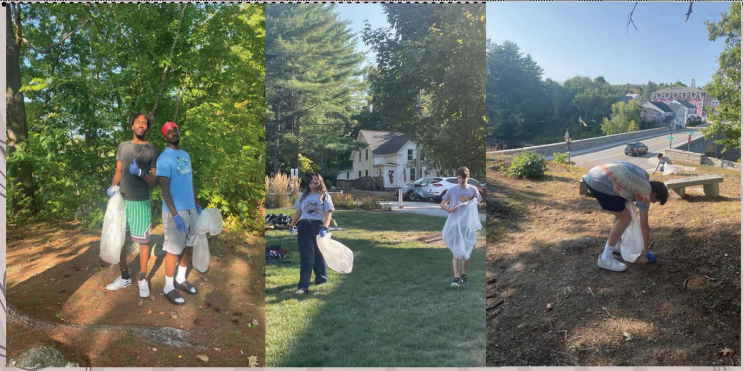


Diversity and Inclusion Newsletter

ODI Hosting a Clean-up Event on September 16



October 2024



Students Picking up trash on Campus on September 16, 2024

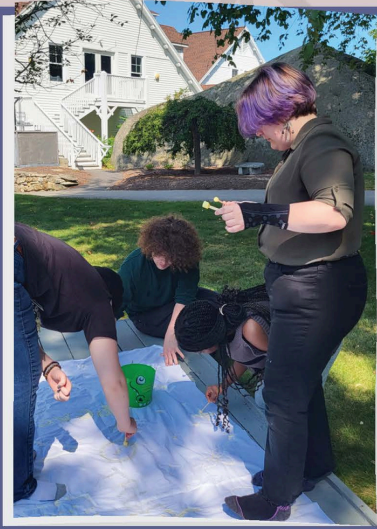


More from ODI



THE OFFICE OF DIVERSITY AND INCLUSION

ODI collaborated with other community leaders and students to clean-up the campus on September 16. Students were split into three groups and shared areas to pick up trash and promote environmental awareness.



ODI and RA Satya working on the Adinkra African Batik Prints. Students created their own diverse prints to express their art values.



Satya brought her art expertise to the Art workshop and encouraged students to create their art designs using natural resources.



Ambassadors and Proteges sharing their cultures with the president at the BBQ Events



Diversity Ambassadors and the Ambassador Program Working with Proteges to help them adapt well at NEC



Ambassadors, Preteges and International students with the President



ADINKRA AFRICA BATIK ART CLOTH DESIGNED BY STUDENTS AND NEC STAFF



STUDENTS CREATING MORE ADINKRA AFRICA BATIK ART DESIGNS

Upcoming Events

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

- ARTS AND CULTURE EXHIBITION
- PROTÉGES WEEKLY STUDY HALLS AND MEETINGS
- PROTÉGÉ'S COMMUNITY INVOLVEMENT AND VOLUNTEER WORK WITH ODI
- AMBASSADORS' WEEKLY TRAINING
- HISPANIC HERITAGE MONTH CELEBRATION AND MOVIE NIGHT
- MULTICULTURAL DANCE AND DRUM PERFORMANCE BY AKWAABA AFRICAN DANCE GROUP
- NATIVE AMERICAN HERITAGE
- ODI DAY

