



PARENT & FAMILY NEWSLETTER

December 2024

Supporting Your College Student's Transition Home for Winter Break

As winter break approaches, you are welcoming your student back home for an extended period of time. While this reunion is often filled with excitement, it can also come with its own set of challenges. After months of independence and self-reliance at college, the transition back into the family dynamic can sometimes feel like a jarring shift for both students and family members. Here's how you can support your college student as they adjust to life at home over winter break.

Manage Expectations and Foster Open Communication

The return home may bring some tensions, especially around expectations. College students have spent months adjusting to their own schedules, social lives, and personal routines. Coming back to family life often means stepping into a more structured environment with familiar rules and responsibilities. Parents might expect their child to resume old household duties, while students may feel the need for more freedom and autonomy. To navigate these differences have open and honest conversations with your student. Before they arrive, discuss expectations for the break—what activities you'd like to do as a family, any household responsibilities, and how they're feeling about the transition. This dialogue helps avoid misunderstandings and promotes mutual respect as everyone adapts to being together again.

Be Mindful of Their Need for Space

College students often experience a sense of independence that can feel overwhelming when they return home. After living in dorms or apartments with little supervision, the more structured environment of home might feel stifling. While students may be thrilled to reunite with family, they may also need time to themselves to decompress, reflect, or adjust to the slower pace of life at home. As a family member, recognizing the need for space is important. Encourage your student to take time to unwind, whether it's through their own activities, spending time with friends, or simply resting. Balancing family time with personal downtime can ease the transition and ensure your student feels both supported and respected.

Adjusting to the Pace of Home Life

The pace of college life is fast, with constant deadlines, social engagements, and extracurricular activities. When students return home, the rhythm can feel much slower, with fewer obligations and more free time. For some, this change in pace can lead to feelings of boredom or restlessness, while others may simply feel overwhelmed by the lack of structure. Encourage your student to take advantage of the slower pace to rest, but also offer suggestions for how they can stay engaged. They might want to pick up a hobby, read for pleasure, or tackle a small project at home. Providing them with opportunities to balance relaxation with purposeful activities can help them find a sense of fulfillment during the break.

Supporting Mental Health and Well-Being

Winter break can bring a variety of emotions—excitement about reuniting, but also the stress of adjusting back to home life. Your student may experience feelings of homesickness for their college friends or may feel disconnected from family members who have been living different lives during their time away. Recognizing these emotional shifts is important. Be a listening ear when your student expresses any concerns or frustrations, and validate their feelings. Encourage self-care, whether it's through relaxation, exercise, or hobbies. If you notice signs of anxiety or depression, don't hesitate to reach out to a counselor or therapist to support your child's mental health during this transition. Students from NH can telehealth with our counselors.

Encourage a Healthy Routine

Even though it's winter break, it's important to maintain a healthy routine. Students might have fallen out of their regular schedules during the semester due to late nights and fluctuating meal times. Returning home presents an opportunity to get back into a rhythm, with regular meals, exercise, and sleep. Encourage your student to get outside, exercise, or engage in other healthy activities. Offer family routines, such as meal preparation together or taking walks, to help restore balance. This can ease the transition back into their home environment and prepare them for the semester ahead.

Give Them a Sense of Purpose

While the winter break is intended to be a time to relax, students often feel a sense of unease if they aren't staying productive. Encourage them to set goals for the break, whether it's revising for upcoming exams, working on personal projects, or helping out around the house. Giving them a sense of purpose can help ease feelings of restlessness or boredom. However, ensure that their break isn't consumed entirely by expectations. This time away from school is also a much-needed opportunity to rest and recharge before the busy spring semester.

Conclusion

Welcoming your college student home for winter break can be a joyful, rewarding time for both parents and students. While the transition from college life back to home life might present some challenges, maintaining open lines of communication, respecting each other's needs, and encouraging balance and self-care can help ease the process. Ultimately, winter break is a chance for your student to recharge, reflect, and reconnect with family—and, with your support, they'll return to school refreshed and ready for the next chapter.

Enjoy the break and the time with your student!

FAFSA 2025-2026

3 Types of Federal Student Aid

1



Free money.

Grants are usually based on financial need and don't have to be repaid.

2



Borrowed money.

Loans are an investment in your future. But remember, they must be repaid with interest.

3



Earned money.

A work-study job lets you earn money while you're in school.

The 2025–2026 FAFSA is now open! Apply for financial aid for next year by completing your FAFSA today at studentaid.gov.

What is FAFSA?

The FAFSA (Free Application for Federal Student Aid) is the application you need to complete each year to apply for financial aid to help pay for school.

Why should I file now?

- The FAFSA must be renewed annually.
- The 2025–2026 FAFSA is for classes starting after June 30, 2025.
- Some forms of financial aid are limited, so applying early increases your chances of receiving the maximum amount of aid.
- Submitting early allows you to focus on other aspects of attending college and removes the stress of last-minute planning.

Need help?

You can schedule an appointment to get in-person, phone or Zoom assistance with your FAFSA filing [here](#).

Academic Advising Updates

Hello NEC Community,

Thank you again to all who donated towards our NEC coat drive this year. We received many donations and have been working to ensure those that need a coat, receive one!

As a reminder, Winter Term begins Monday, December 9. There is still time for students to add a course onto their schedule ([Winter-2024-Tentative-Class-Schedule](#)). This is a great opportunity for students to earn additional credits during their break.

Students are also encouraged to continue to contact us with any questions they have about their spring schedule ([Spring-2025-Tentative-Class-Schedule](#)). The Spring Semester begins on Tuesday, January 21.

As always, we are available for any questions or concerns by emailing advising2@nec.edu. We wish you all a wonderful holiday season!

-Academic Advising Team



SAVE THE DATE

SATURDAY, MAY 3, 2025

2025
Commencement

10:00 a.m. | The Simon Green | 98 Bridge Street, Henniker | nec.edu/commencement

Writing and Academic Support Center

Tips for a Productive Winter Break

The fall semester is over! Hopefully students are giving themselves a pat on the back and are preparing for six weeks of basking in the glow of a job well done. Many students are taking courses over the winter term. Should students need assistance in their winter courses, the Writing and Academic Support Center is open during the break. Tutors and writing coaches are available both in person and over Zoom. Students should email wasc@nec.edu to ask about scheduling an appointment.

For students who are not enrolled in a winter course, there are still plenty of things they can do to make sure their time off is both productive and relaxing. Below are three ideas and tips for a productive winter break:

1. Practice Self-Care

There is no question that feelings of stress can run high during the semester. One way to make the most of the break is for students to practice self-care. This can mean different things to different students, but some good places to start might be:

- o Prioritizing adequate sleep
- o Getting some sort of exercise
- o Spending time on creative pursuits
- o Spending time with friends and family

2. Reflect and Reset

Taking some time to reflect on how the fall semester went is another important step to take during winter break. Students should consider what went well for them and what strategies worked to help them achieve their goals. Additionally, they should think about areas that did not go according to plan and what they might do differently in the spring.

3. Catch Up on Reading

For the book lover, it can be difficult to carve out the time for pleasure reading during the semester. Winter break is a great time to catch up on reading. In fact, reading for pleasure offers a variety of mental health benefits including reduced feelings of isolation, stress, and anxiety. Ebooks, audiobooks, and graphic novels, as well as young adult, middle reader, or even children's books all offer these same benefits and absolutely count! If that's not enough of a reward, how about a raffle prize? Danforth Library and WASC are teaming up again for our third annual Winter Break Book Bingo challenge. Students, Faculty, and Staff who read five books in any of the bingo categories and return their bingo card to WASC get entered to win a raffle prize. If they get a Bingo, their name gets entered twice! Students can pick up a paper copy of the Bingo sheet at the WASC front desk or ask at the library circulation desk. Additionally, they can use a digital copy, available below.

WRITING AND ACADEMIC SUPPORT CENTER / DANFORTH LIBRARY



WINTER TERM BOOK CHALLENGE



B I N G O

AUTHOR WITH YOUR INITIALS	AN ANTHOLOGY	BANNED BOOK	SOMETHING RED	FROM THE LIBRARY
FOOD IN THE TITLE	RELATED TO CURRENT EVENTS	A CLASSIC	ROMANCE OR HORROR	RE-READ SOMETHING
ASIAN AUTHOR	MENTAL HEALTH	FREE CHOICE	RECOMMENDED BY A FRIEND	GRAPHIC NOVEL
AUDIOBOOK OR E-BOOK	NON-FICTION	ONE-WORD TITLE	FEMALE MAIN CHARACTER	TAKES PLACE IN WINTER
PART OF A SERIES	SOMETHING FUNNY	TWO FOR ONE! A "BIG" BOOK (YOU DECIDE WHAT THAT MEANS)		RELATED TO YOUR MAJOR

FOR STUDENTS, FACULTY & STAFF: READ 5 BOOKS OVER WINTER BREAK/ WINTER TERM AND BE ENTERED TO WIN A \$25 GIFT CARD TO AN INDEPENDENT BOOK STORE OR AMAZON. GET 5 IN A ROW BINGO AND BE ENTERED TWICE!

EMAIL WASC@NEC.EDU YOUR BINGO CARD BY 1/25/25



TELL US ABOUT YOUR BOOKS AND IF YOU RECOMMEND THEM!



The Danforth Library and Writing and Academic Support Center are hosting the third annual Winter Term Book Challenge Bingo! Students who read books to fill any five squares will be entered to win a \$25 gift card to either a bookstore of their choice or to Amazon. Get a "BINGO" for double the entries! Submissions can be emailed to WASC@nec.edu until 1/25/25- simply tell us which books you read, which squares they filled, and whether you recommend them.

Criminal Justice Club Toy Drive

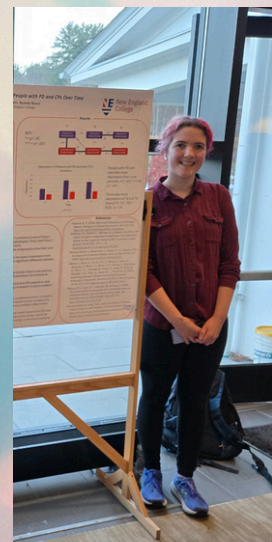
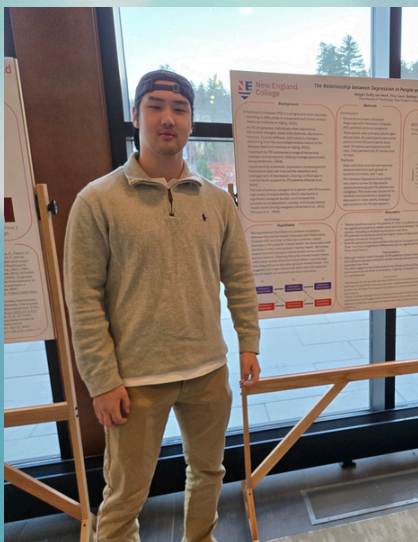
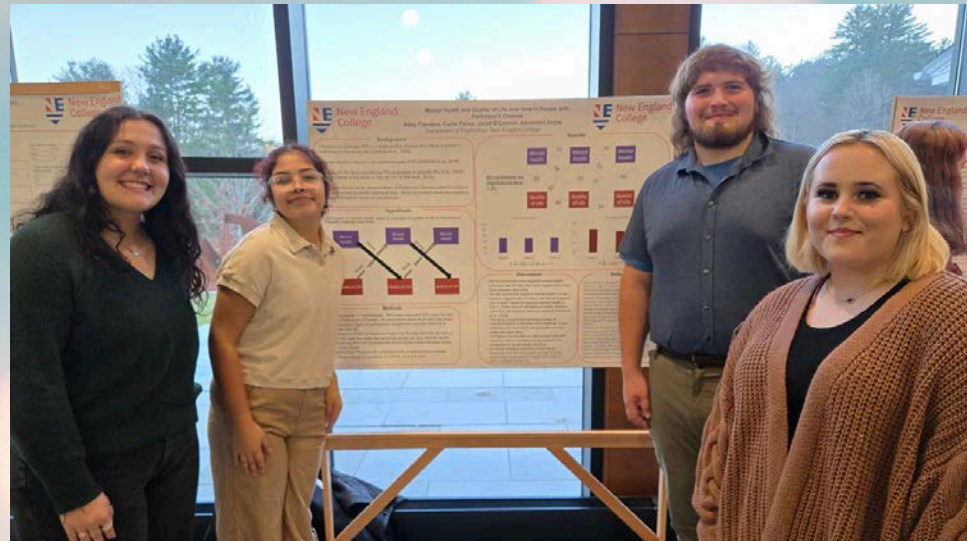
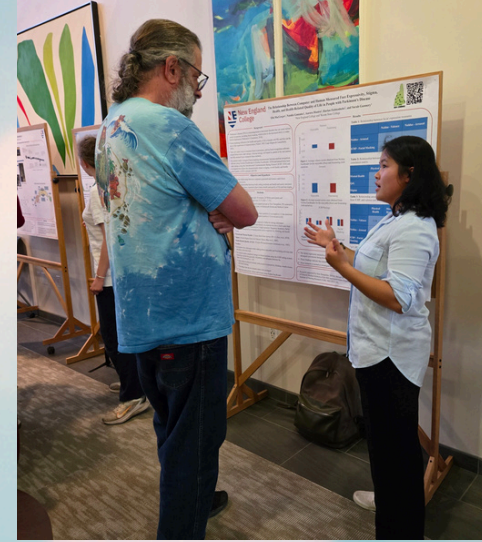
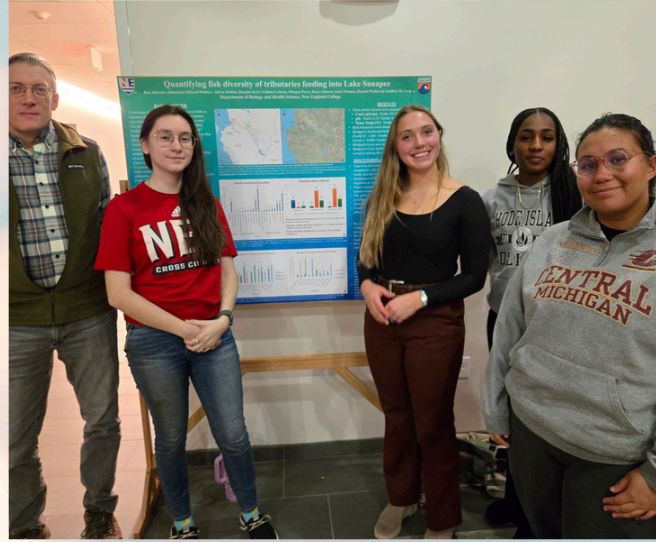
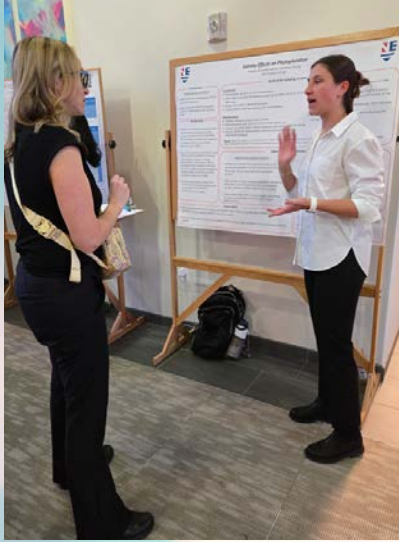
This December brought another successful and joyous toy drive event at NEC to benefit the kids at the Children's Hospital at Dartmouth. The NEC community, with the generous support of the Concord NH Police Department and our corporate partner, Morquip of Hillsboro, NH, provided more than \$7,500.00 in toys and monetary donations to CHaD! This was more than last year, and certainly a reflection of the wonderful community we are all a part of. The CHaD representatives sent me a wonderful message of appreciation to all of us, Concord PD, and Morquip for the donations. The CHaD van was full when it left campus on December 2nd!

[Watch WMUR's coverage of this event](#)



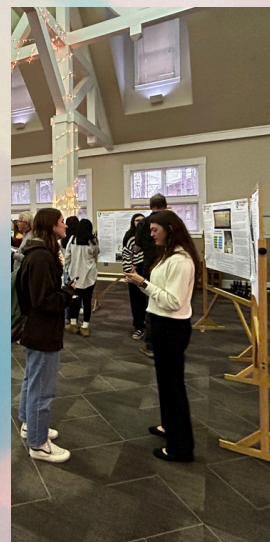
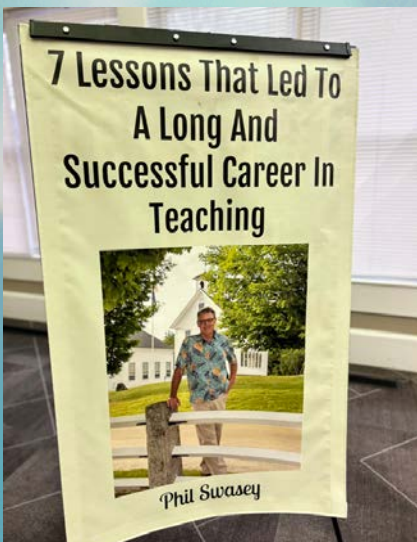
SHE Students Present Research

The SHE division hosted a fall Showcase on Students event in November, when over a dozen students presented their research or coursework to the NEC community.



Education Students Present Research

Students in the education major shared their practicum fieldwork projects with support from the H-D cooperative teachers, and special guest presenter and author, Phil Swasey



Nursing Cooperative Partner Fair

New England College nursing students recently engaged with local healthcare organizations on campus to discover fantastic internship and employment opportunities at our Nursing Cooperative Partner Fair! It was a wonderful chance to network and boost their careers!



Mentoring Program Tips

We hope you enjoyed a wonderful Thanksgiving holiday with your student! The first week of December is the last week of classes for the fall semester. Make sure your student is aware of how their professors are delivering these remaining class meetings: in-person, Zoom, Blackboard or a combination of the three. Hopefully your student is prepared for final exams, papers, and presentations. Winter Term begins Monday, December 9th. For students taking a class during this time, it can be easy to forget to log into Blackboard without the structure of either an in-person class or scheduled Zoom meeting. With only five weeks in the term, distractions at home can lead to procrastination quickly creating a backlog of homework. Encourage your student to set aside a specific time every day to read the course materials, post in the discussion board, and stay on top of weekly assignments. This is especially important if your student needs these Winter Term credits to improve their GPA and stay on track. If your student's fall semester ended on less than solid footing and you feel they would benefit from more intensive academic support, please contact Director of Mentoring Erin Brooks at ebrooks@nec.edu to discuss enrollment. From all of us on the Mentoring Team, HAPPY HOLIDAYS!!! 🎅 ❄️ 🎄

GET READY FOR WINTER FUN! REQUEST YOUR PATS PEAK SEASON PASS!

New! Pats Peak will be using RFID (*Radio Frequency Identification*) for electronic access to the lifts!

NEC students, faculty and staff will need a RFID PATS PEAK SEASON PASS to use when skiing, snowboarding and snowtubing.

2 Easy Steps:

1. Use link or QR code to fill out a form to request your Pats Peak Season Pass.

patspeak.com/nec



Please allow 24 hours for processing.

2. Pick up your Season Pass at Pats Peak Guest Services.



Have a fun winter on the mountain!

PILGRIM SHOP

20 MAIN ST, HENNIKER, NH



603 428 2220

[NEC.EDU/PILGRIMSHOP](https://nec.edu/pilgrimshop)

Updates from Res Life

We hope your student had an enjoyable Thanksgiving Break and finished out the last week of the semester strong. The residence halls will be closed during Winter Break, starting at 7pm on Friday, December 6th. Meaning that all residential students, with the exception of those approved for winter housing, will be required to leave campus before this deadline. Students who are currently enrolled in Spring 2025 courses may leave non-essential belongings in their rooms during the break but they will not be able to access their rooms so they should be sure to bring home anything they may need during the break. All residential students should be sure to follow any closing instructions they receive from ResLife about preparing their room for the break before leaving campus.

Winter athletes, students completing an internship or student teaching, and those requesting to access their room on campus at any time during the break for any other reason should already have submitted their winter housing request using the link they received in their NEC email. 24-hour quiet hours are now in effect through the end of the semester so students can focus on studying for exams and finishing up their final assignments.

The Residence halls will re-open for students who are enrolled for the Spring 2025 semester on Monday, January, 20, 2025 at 8AM. Students who will not be returning for the Spring 2025 semester should plan to remove all of their belongings and check out of their rooms before they leave campus at the end of this semester. Spring 2025 semester classes begin on January 21st and students should be sure to check their NEC emails regularly in January 2025 for additional details or return to campus instructions.

Diversity and Inclusion Newsletter



December 2024



THE OFFICE OF DIVERSITY AND INCLUSION
CELEBRATED THE NATIVE AMERICAN
HERITAGE MONTH WITH THE NEC
COMMUNITY



International Students' Presentations Event

International Students' Presentations on November 1, 2024



Students and staff enjoyed dancing a Pakistani Dance choreographed by Flania an exchange student from Pakistan. It was a great awareness event on the Pakistani cultural values and art.



Florence an exchange student from Guatemala presented some of her cultural values, art, history and, diverse dishes from her country

More from ODI

Students celebrated the National STEM Day with faculty, staff, and the library team in the Great Room



Hania an Exchange student from Pakistan presented her culture to the New England College Community. She shared a lot about the history of Pakistan, important art designs, education system, food, her family values, dances, tourism industry, etc.



Ambassadors, Proteges, and International students on a cultural educational trip in Manchester



Ambassadors, Proteges, and International students at the Harvard Art Museum on November 24, 2024. They enjoyed appreciating art from different parts of the world including the Special Exhibition from Germany educating about Art and Identity in a global Nation



Students from diverse backgrounds socializing in the office of Diversity and Inclusion. Countries represented are, Pakistan, America, Congo, Ghana, St. Lucia Island, St Croix Island, and Cape Verde

