PARENT & FAMILY NEWSLETTER

September 2023



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 <u>Parent</u> and Family Facebook Group to get real time updates.

Cheers, Allie Birchmeier Director New Student and Family Programs

QUESTIONS? Contact fyp@nec.edu

New England College's FOLL FESTIVAL ALUMNI & FAMILY WEEKEND

Friday, September 29 & Saturday, September 30

For a complete schedule of events and to register, please click <u>HERE</u>.

INAUGURATION OF PRESIDENT WAYNE F. LESPERANCE, JR.

September 30 We hope you and your family will join us as we celebrate the Inauguration of New England College's 16th President, Dr. Wayne F. Lesperance, Jr. The Inauguration Ceremony will take place at the Rosamond Page Putnam Center for the Performing Arts at 3:00 p.m. After the Inauguration, we hope you would join us for live entertainment by Changes in Latitude Band on the Simon Green followed by fireworks at 8:15 p.m. There will be dinner options available for purchase. For more information about Inauguration, please click <u>HERE</u> and to register, click <u>HERE</u>.

QUESTIONS?

Contact <u>alumni@nec.edu</u>

IMBRE SUMMER RESEARCH

NEC IMBRE SURP

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This summer 8 students 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.

FIRST TEACHING JOB!!!

The Ed Department has a lot of grads now out teaching. Recent alumnus, Anastasia Sells got her first teaching job after graduating from NEC. Sells was K-8 major with a concentration in English. Congrats!



CAREER AND LIFE PLANNING

Thinking about the next step in life or your career? Stop by and introduce yourself for 5-10 minutes to Shannon. Get some help with beginning your search for internships/PT Job etc and getting a feel for handshake.

You can set an appointment by emailing <u>Ssciria@nec.edu</u> or through the handshake app.

20 Main Street

QUESTIONS?

Contact clp@nec.edu

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





App Store

Google Play

MENTORING TIPS

By Julie McCrory

Welcome New Students and Families to the NEC community! For returning parents and students, initial trepidations have passed and 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 son or daughter is adjusting to college life, stirs up a mix of emotions. Here are some suggestions for managing this exciting yet anxious time: Allow your (first-year) student to determine the frequency of communications. This will encourage them to make friends, connect with clubs and organizations, as well as other campus resources rather than relying solely on your help, guidance, and support. Encourage good time management and study skills now to build a foundation for a successful academic future. Getting enough rest and eating healthily is more important than ever. Building a positive relationship with their professors is also a key component of a student's educational journey. Our faculty is invested in your student's academic progress and is very willing to help. Remind your student that additional support is available in the Writing and Academic Support Center (WASC) located in the Danforth Library. There they will find professional tutors that assist with a wide range of subject material, as well as peer tutors for specific content in their major. Counselors at the Wellness Center can also provide strategies for managing stress, anxiety, and sleep issues. Remind your student about "The Ship" in the Simon Center to meet with a Peer Success Coach, and our Advising Staff for academic concerns, course changes, as well as a quiet place to work. And finally, autumn in New England is incomparable! Encourage your student to enjoy this beautiful season by exploring campus trails, visiting other local charms, and to make the most of their college experience whatever the season.

PILGRIM SHOP 20 Main St, Henniker, NH



603 428 2220 NEC.EDU/COLLEGE-STORE

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

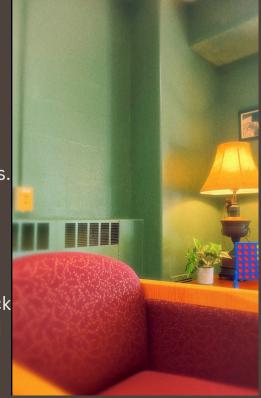
It can be easy for students to play to their strengths while ignoring struggle areas. This almost never works out in the long run. Being aware of struggle areas can help students to be proactive in targeting useful resources before a stressful situation hits.

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 <u>Web Page</u> and <u>Instagram</u> for more information and stay tuned!





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Dineoncampus.com/nec

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: <u>NOREPLY@SQBXMAIL.COM</u>, 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

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A tasty deal you just can't pass up!

SignupEarlyFora Fall 2023Commuter Meal Plan Now through September 15th toreceive20% Bonus Flex Cash



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Make Yourself At Home!

Meet, Eat, and Greet with us. Enjoy tips on how to settle into campus life.



September 14th 11-2pm







RENNOVATING CARRIAGE HOUSE

Here are a few photos from moving the printing press equipment from IAD to Henniker into the new

art spaces!





Mac and Cheese Seasoned with Flaming Hot Seasoning!



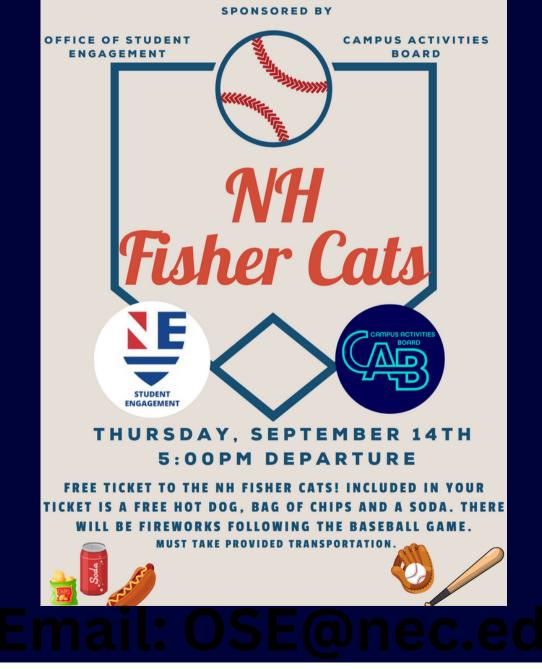
@@@necfoodie Dineoncampus.com/nec

NEC.OSE

FACEBOOK OFFICE OF STUDENT ENGAGEMENT

Vol.3

SE Office of Student Engagement N E W S L E T T E R **ickets STILL available!**



OFFICE OF STUDENT ENGAGEMENT





OFFICE OF STUDENT ENGAGEMENT

WEDNESDAY

NEW ENGLAND COLLEGE PRESIDENTIAL CANDIDATE TOWN HALL MEETING

Ryan Binkley WEDNESDAY, SEPTEMBER 13TH EVENT STARTS AT 7:00 PM SIMON CENTER GREAT ROOM 98 BRIDGE ST, HENNIKER NH 03242





For More Information Contact Dr. Nathan Shrader Nshrader@nec.edu | (603) 428-2591 **nec.edu**



FIRST OF THE YEAR Community Uednesday

FOR STUDENTS, STAFF, & FACULTY: BE A PART OF THE FESTIVITIES!

WEDNESDAY, SEPTEMBER 13TH 4 - 6 PM TORTINGTON ARMS PUB

Food & Games Drinks available after 5PM

SPONSORED BY RESIDENTIAL LIFE AND THE OFFICE OF STUDENT ENGAGEMENT.

OFFICE OF STUDENT ENGAGEMENT





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8:00PM

THURSDAY, SEPTEMBER 21ST TORTINGTON ARMS PUB





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CAMPUS.COM NEC

5pm-7pm

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FOR STUDENTS, STAFF, & FACULTY: BE A PART OF THE FESTIVITIES!

WEDNESDAY, SEPTEMBER 13TH 4 - 6 PM TORTINGTON ARMS PUB

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Gilly News



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 Omeganecats





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Make Yourself At Home!

Meet, Eat, and Greet with us. Enjoy tips on how to settle into campus life.



September 14th 11-2pm

Buy now, get Chittwells Rewarded

A tasty deal you just can't pass up!

Sign up Early For a Fall 2023 Commuter Meal Plan

Now through September 15th to receive 20% Bonus FlexCash

50 Meals + \$100 Flex Cash / \$20 BONUS 25 Meals + \$75 Flex Cash / \$15 BONUS

10 Meals + \$50 Flex Cash / \$10 BONUS

FREE STARBUCKS

> Secure this sweet deal today! dineoncampus.com/NEC



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SCAN TO SIGN UP & SEAL THE DEAL!

SENIORS ATTENTION PLEASE.

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The New England College Senior Student Council is a group of elected seniors (90 credits and above) working together to make the senior year the best year of the college experience! Throughout the year, the SSC organizes social events and activities surrounding commencement.

Positions include President, Vice President, Treasurer, Events Coordinator, & Social Media Coordinator!

If you are interested in being involved with this year's Senior Student Council, visit the OSE Office, Simon 314!



2023 Fall Semester **Snacking on Science Seminars**



Lori Koziol, PhD (New England College) September 12, 12:15-1:15pm Subject: Microbiology

Dr. Lori Koziol is a Professor of Biology and Health Science at New England College, Her research straddles microbiology and immunology, and her latest focus is on metabolism of soil bacteriaand the microbiomes of vineyard soils.



Amy Rohlfing, PhD (St. Anselm College) September 26, 12:15-1:15pm Subject: Microbiology

Dr. Amy Rohlfing is an Assistant Professor of Biological Sciences at St. Anselm College. She studies the disease-causing bacteria Clostidiological Schences are which can cause severe gastrointestinal illness, and is the leading cause of hospital acquired infections in the US.



Hannah Nelson, PhD (New England College) October 10, 12:15-1:15pm Subject: Exercise and esports

Dr. Hannah Nelson is an Assistant Professor of Kinesiology at New England College. Her research is on the physiology of exercise in a wide array of sports, with a current focus on esports.

Geoff Cook, PhD/Eric Simon, PhD (New England College) October 24, 22:15-11:5pm Subject: VR technology in education (GC)/Modernizing biology textbooks (ES)

Drs. Geoff Cook and Eric Simon teach in the Biology and Health Science Department of New England College. Dr. Cook uses corals to identify novel antibiotic compounds, explore novel strategies for the conservation of coral reefs, and study microbiomes. Dr. Simon is an author of several biology textbooks, and he specializes on biology education. versity of New Hampshire, Durham) Cheryl W



November 14, 12:15-1:15pm Subject: Host-Microbe Interactions

Dr. Chervl Whistler is a Professor of Molecular, Cellular, and Biomedical Sciences at the University of New Hampshire, Qurham. She studies symbiotic Detartian and dimensional sciences a une relationships. Her work spans evolution of symbiosis, phage-bacterial interactions in shaping emergent pathogenic lineages, and the gut-brain axis and opioid addiction.



Suzanne Cooke, PhD (University of New Hampshire, Manchester) November 28, 12:15-1:15pm Subject: Microbiology

Dr. Suzanne Cooke is a Lecturer at the University of New Hampshire, Manchester, She is a trained instructor for Tiny Earth, which focuses on crowdsourcing antibiotic discovery from soil. She also studies microplastics in aquatic environments.

Please join us in Science Building 208A for great science and snacks





PICKING trip

SEPTEMBER 23 1:00-4:00PM / FREE ENTRY

REGISTER AHEAD FOR A SPOT ON THE BUS

OFFICE OF STUDENT ENGAGEMENT







Congregational 35 Gould St Henniker, NH Church of Henniker, 1-5pm Wed 10-1pm Sat 3-6pm Fri New Life Thrift Shop



If you would like your event shared in the OSE weekly newsletter, please send an email and jpeg to ose@nec.edu by Thursday of the following week.

OFFICE OF STUDENT ENGAGEMENT