



PARENT & FAMILY NEWSLETTER

February 2024

Mentoring Program

Happy New Year and happy Spring Semester! New schedule, new classes, and new professors (oh my!) can all add up to new stressors. Remind your student to use the skills they gained in the fall. Attend every class (on time!), keep course syllabi handy for reference, check Blackboard and NEC email daily, and take care of homework assignments as soon as possible. If your student is new to NEC, make sure they have the required textbooks and other materials they may need to have a successful start. Encourage them to use academic and wellness resources, set up weekly tutoring appointments, and find study spaces in The SHIP (Simon Center), and Danforth Library. Developing good habits now will make the college transition that much smoother.

If your student is returning after a bumpy fall semester, encourage them to reflect on what they learned from that experience and brainstorm how to develop more productive strategies going forward. The Mentoring Program can help! Contact Erin Brooks, Director of Mentoring (ebrooks@nec.edu) for more information or scan QR Code.



RENEW Your FAFSA

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.

Federal Student Aid
An OFFICE of the U.S. DEPARTMENT of EDUCATION

PROUD SPONSOR of
the AMERICAN MIND®

Learn more at [StudentAid.gov/types](https://studentaid.gov/types). Apply at www.fafsa.gov.

It is time to renew the FAFSA to apply for financial aid for the next academic year. Submit the 2024-2025 Free Application for Federal Student Aid (FAFSA) at studentaid.gov by March 1, 2024. To meet with a NEC financial aid counselor, a Zoom or phone appointment may be scheduled through your Navigate app or by emailing sfs@nec.edu.

Academic Advising Updates

Hello everyone!

We are so excited that our students have returned to campus! As a reminder, academic advising is in the SHIP in the Simon Center. We are here Monday – Friday and are a terrific resource for students. Students are welcome to stop by our office to discuss their academic progress and any other related topics, but they are also welcome to utilize the space we have available for studying, group collaboration, and simply taking a break between their classes.

Students must continue to monitor their NEC emails from Advising2@nec.edu, review their course syllabi for important course deadlines, and their academic calendar for important dates such as add/drop or withdrawal deadlines.

We wish all our students a successful Spring Term!

-Academic Advising

PILGRIM SHOP
20 MAIN ST, HENNIKER, NH



603 428 2220
NEC.EDU/PILGRIMSHOP

Writing and Academic Support Center

Looking Back = Moving Forward with Confidence

By the time you're reading this, we're in a new month (yay, February!) and a new semester (yay, spring!). We're all about looking forward, right? Well, yes, but a quick look back to fall semester might help students move forward with confidence. Help your student(s) with a quick reflective practice to assess the past and make positive and lasting changes moving forward.

Questions to ask your student(s):

How did you feel about last term?

*This question is open-ended and designed to start the reflective practice. Did your student(s) enjoy their classes? What about them was enjoyable? Did your student(s) struggle in any classes? If so, in what ways? Encourage your student(s) to recap.

Did you feel last term was a successful one for you? Tell me more.

*Keep in mind, "success" means something different to everyone. For one student, success might mean all As and Bs. For another, success might mean a passing grade in a really tough class. For others, success might not have anything to do with grades but, rather, a sense of overall growth and satisfaction.

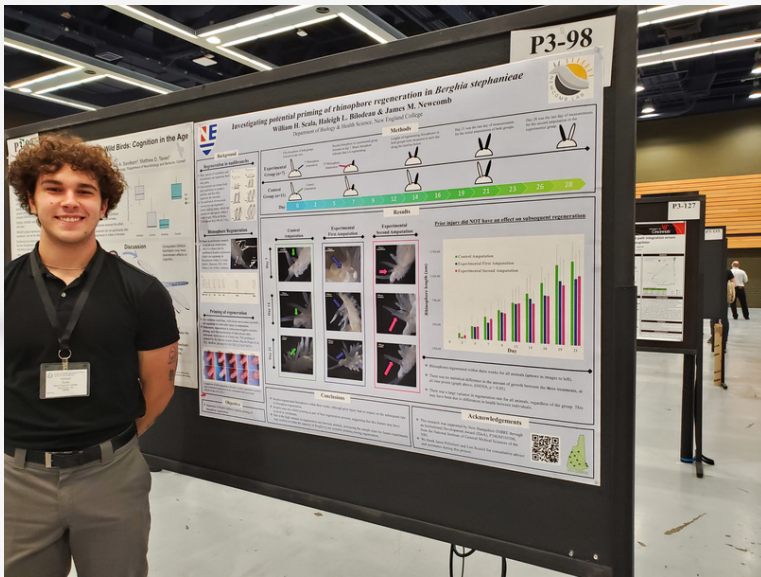
If you could have a do-over, what might you change or do differently?

*Here's the opening for setting goals and making changes. While every student is different, here are some options for changes/modifications based on responses:

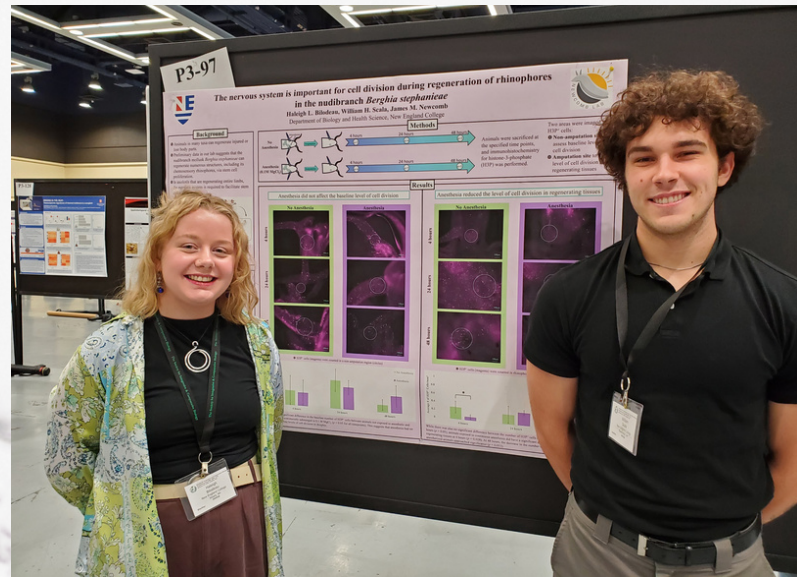
Student Reflection/Comment	Potential Action Steps
I probably could have worked harder.	Ask: What does working harder look like for you this semester? Suggested action steps: <ul style="list-style-type: none">• Visit instructors' office hours• Set up a study group with peers• Meet with a tutor at the Writing and Academic Support Center
I struggled with managing my time. College is a lot different from high school.	<ul style="list-style-type: none">• Use a planner/calendar/to-do list• Create a schedule—and stick to it!• Meet with a tutor for time management tips and strategies• Work consistently with a tutor for accountability
There's a lot to keep track of—it's kind of overwhelming	<ul style="list-style-type: none">• Meet with a tutor to make sure you know where to look for course info (syllabus, Blackboard, e-texts, online platforms)• Reach out to your instructor and/visit during office hours.
Nothing, really. I felt good. Grades were good. I'm good. Everything's good!	Keep up the momentum and continue to use the strategies that have been working so far!

Students Present Research

Haleigh Bilodeau and Will Scala presented their research in January at the Society for Integrative and Comparative Biology annual conference, in Seattle, WA.



Will's poster was titled "Investigating potential priming of rhinophore regeneration in *Berghia stephanieae*"



Haleigh's was titled "The nervous system is important for cell division during regeneration of rhinophores in the nudibranch *Berghia stephanieae*"

News from Criminal Justice



Shown in the pic (in uniform) is Officer Makenzie Fels, NEC '23, a newly graduated from the Academy at the Prince William County Police Department in Virginia. She is flanked to her left by Officer Ian Morse, NEC '22, of the Fredericksburg Police in VA, and to her right Telecommunications Specialist Lauren Hobson, NEC '23, of the Stafford County Sheriff's Office in Virginia. All 3 were on the annual DC trip when they found their "new homes" and joined the growing group of alumni that go on the DC trip and get employment.



CAPS & GOWNS

ORDER TODAY!



DEADLINE - MARCH 31, 2024
[BUILDAGRAD.COM/NEC](https://www.buildagradschool.com/nec)

For more information on the 2024 New England College Commencement Ceremony, please visit [nec.edu/commencement](https://www.nec.edu/commencement)

Commencement Information

<https://www.nec.edu/commencement>

More Info Coming Soon!

Saturday, May 18, 2024, at 10:00 a.m.

The Simon Green

98 Bridge Street, Henniker, NH 03242

PEER LEADERS

who are the peer leaders?

Peer Leaders are student leaders who co-teach the First Year Seminar (FYS) that introduces new students to college life and how to be successful their first semester.

They also are orientation leaders. Peer Leaders are compensated for their work and come from a variety of places and experiences. Can you picture being a part of the 2024-2025 Peer Leader team?

Applications available by scanning the QR Code →
Deadline is February 29th

Peer Leader Application 2024



2023-2024 PL'S AT A GLANCE

- Study 11 different majors
- Play on 5 different NEC athletic teams
- Participate in 10+ student orgs
- Includes commuter students



GAIN SKILLS

Communication
Public Speaking
Self-Confidence
Organization

**100% OF THE
GROUP WOULD RECOMMEND
THE POSITION TO INTERESTED
FRIENDS**

JOIN A COMMUNITY

Since the inception of the Peer Leader program, more than 334 current and former NEC students have gone through the training and have co-facilitated a First Year Seminar.

**2023-2024 PL TEAM:
5 SOPHOMORES
4 JUNIORS
7 SENIORS**



WHAT WAS MOST VALUABLE ABOUT BEING A PEER LEADER?

"Meeting my best friends, preparing me for my career, and building my confidence as a leader."

"This experience pushed me so far out of my comfort zone in a great way. I was forced to meet an entirely different group of people and staff I might have never encountered without it. Even though I still have things I need to work on, it showed me that I can improve in things I want to personally and all I need to do is try."



NEC Diversity and Inclusion

February 2024 Newsletter

Upcoming Events

African American Arts, Food, history, trivia, Kahoot, fashion, movies etc.

-The Chinese Lunar Year

-Holi Festival.

-LGBTQ Day of Silence

-Arts, Culture and Language Celebration

Countries and States represented by students who met with Director of Diversity and Inclusion

Spain, India, France, Zambia, Italy, Ghana, Nigeria, Central African Republic, Congo, Czech Republic, Trinidad, Haiti, Venezuela, Pakistan, Sweden, Caribbean Islands, Kenya, Tanzania, Liberia, Hawaii, New York, Connecticut, Massachusetts, Rhode Island, New Jersey, Maine, Texas, Florida, California, Virginia, Pennsylvania, New Hampshire, Vermont

The Diversity and Inclusion Office is inviting everyone to join the celebration of the Black History Month. A variety of activities are in place to educate the community about the African American experiences, culture and some of their achievements. Lots of literature will be displayed in the library. Please take advantage of that and learn more.

Details of all the Spring events will be posted around campus and on social media.



Black History Poems, Art, Kahoot and Movie



Chartwells

HIGHER ED

DINING @ NEC NEWSLETTER

BOOST



boost

The best way to order food on campus

Get the app

Boost Ordering

Pick-Up & Drop Off Your



Container Here

- One Time Cost of \$7.00 (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 \$7.00



O2GO

TEXT 2 CHAT



We're Listening

TEXT US YOUR FEEDBACK, QUESTIONS AND COMMENTS

850-999-5648

Text 2 Chat

chartwells

where hungry minds gather

ROCKBOT

THE SOCIAL JUKEBOX APP

Pick the music at Gilmore from your phone!



UNLIMITED
SONG SELECTION!

Get the ROCKBOT APP for FREE!



FOLLOW US



SOCIAL MEDIA

X **@NECFODIE**

f **@NECEATS**

CREATING ENGAGEMENT AROUND CAMPUS



DATE - FEBRUARY 15 TIME 11AM-2PM
LOCATION SOCIAL HOUSE

We are spreading JOY and creating a unique campus experience for our students that connects them with their campus community and peers.

For the spring semester, JoyFul will focus on welcoming students to campus by connecting all avenues of campus together and giving back to the community.

DINE ON CAMPUS

Browse daily menu items for each dining location, special events, promotions, nutritional information, and add Pilgrim Dollars to your student id.

DOWNLOAD OUR APP TODAY!



DINE ON CAMPUS

Find dining hours, menus, events, nutritional information and more!

FEEDBACK
Text us your feedback

MENUS
Find your favorite food

NUTRITION
Add meals to your fitness tracker

DINEONCAMPUS.COM/NEC

HOURS OF OPERATION

GILMORE DINING HALL SOCIAL HOUSE

SPRING 2024
STARTS JANUARY 28th, 2024

Monday - Thursday 7:30am - 7:30pm

Breakfast 7:30am - 9:30am
Continental 7:30am - 3:30pm
Lunch 11:00am - 2:00pm
Late Lunch 2:00pm - 4:30pm
Dinner 4:30pm - 7:30pm

Friday 7:30am - 6:30pm

Breakfast 7:30am - 9:30am
Continental 7:30am - 3:30pm
Lunch 11:00am - 2:00pm
Late Lunch 2:00pm - 4:30pm
Dinner 4:30pm - 6:30pm

Saturday & Sunday 11:00am - 6:30pm

Brunch 11:00am - 1:30pm
Late Lunch 1:30pm - 4:30pm
Dinner 4:30pm - 6:30pm

SIMON GRILL

Monday - Friday 10:00am - 9:00pm
Saturday 12:00pm - 5:00pm
Sunday 4:00pm - 9:00pm

STARBUCKS

Monday - Friday 8:00am - 4:00pm

TORTINGTON PUB

Wednesday - Sunday 5:00pm - 10:00pm



@NECEATS @NECFODDIE

dineoncampus.com/nec

GAME DAY TRIO



DUMPLINGS 5.95



Social House Superbowl Party

Sunday @ 4:30pm
February 11th

JOIN US FOR
FOOTBALL & GOOD FOOD

www.dineoncampus.com/nec

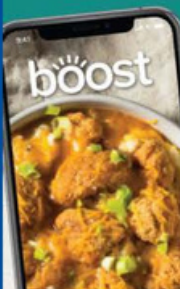
LUNAR NEW YEAR

February 9th | LUNCH
SOCIAL HOUSE



POPCORN CHICKEN BOWL

AVAILABLE EXCLUSIVELY ON BOOST



Mashed potatoes topped with popcorn chicken and a 20 oz beverage at SIMON GRILL

9.49

Get the app
Boost Ordering

SOCIAL HOUSE @ GILMORE EVENTS

DIY Chocolate Dipping

