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.
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.
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
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:

<table>
<thead>
<tr>
<th>Student Reflection/Comment</th>
<th>Potential Action Steps</th>
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| I probably could have worked harder. | Ask: What does working harder look like for you this semester? Suggested action steps:  
  - 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. |  
  - 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 |  
  - 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! |
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.

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”

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.
CAPS & GOWNS
ORDER TODAY!

DEADLINE - MARCH 31, 2024
BUILDAGRAD.COM/NEC

For more information on the 2024 New England College Commencement Ceremony, please visit 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

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."
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.
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.

HOURS OF OPERATION

GILMORE DINING HALL
SOCIAL HOUSE

Monday - Thursday
Breakfast 7:30am - 9:30am
Continental 7:30am - 8:30am
Lunch 11:00am - 2:00pm
Late Lunch 2:00pm - 4:30pm
Dinner 4:30pm - 7:30pm

Friday
Breakfast 7:30am - 9:30am
Continental 7:30am - 8:30am
Lunch 11:00am - 2:00pm
Late Lunch 2:00pm - 4:30pm
Dinner 4:30pm - 6:30pm

Saturday & Sunday
Breakfast 7:30am - 9:30am
Continental 7:30am - 8:30am
Lunch 11:00am - 2:00pm
Late Lunch 2:00pm - 4:30pm
Dinner 4:30pm - 6:30pm

SIMON GRILL

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

STARBUCKS

Monday - Friday
6:00am - 4:00pm

TORTINGTON PUB

Wednesday - Sunday
5:00pm - 1:00am

LUNAR NEW YEAR

February 11th - Lunch Social Hour

DIY Chocolate Dipping

Social House @ Gilmore Specials

POPCORN CHICKEN BOWL

Available exclusively on Boost

9.49

Get the app

Boost Dumplings

5.95

Mashed potatoes topped with popcorn chicken and a 20 oz beverage of Simon Grill

GAME DAY TRIO

10.49

A multi-layered beef and cheese burger with bacon, lettuce, tomato, and a special sauce. A choice of grilled or fried chicken with a side of fries or a side salad. A choice of fries, a side salad, or a soft drink.