



PARENT & FAMILY NEWSLETTER

March 2024

Happy almost spring. We are just about halfway through the spring semester. There is a lot of information in this newsletter about upcoming processes on campus. Fall course selection is next week, housing selection is approaching right after break and mid-term grades will be posted during break. Cap and Gown orders are due this month too! Offices remain open during the break, so it is a perfect time for students with a little extra time to reach out and get connected with services.

RECENT EVENTS



NICHE®

\$1,000 College Survey Scholarship

Take a short survey on your college and be entered for a chance to win \$1,000. Your review will help others find a college that's right for them.

[\\$1,000 College Survey Scholarship - Niche](#)



ResLife Important Information



Residence Halls will be closed for the upcoming Spring Break between 7PM on Friday, March 15th and 8AM on Sunday, March 31st.

All students are required to leave campus for the duration of the break unless they request and receive permission to stay in advance. We encourage students to make their travel plans ahead of time before tickets are sold out. Spring Break is a great time to begin the conversation with your student about plans for finishing out the spring semester strong and thinking ahead to summer and the fall 2024 terms.

After Spring Break, students can expect to participate in Housing Selection for the 2024-2025 academic year between April 5th and April 12th for on-campus housing. As a reminder for families, NEC has a three-year on-campus residency requirement, which means that all undergraduate students are required to live on campus for their first 3 years (or six semesters) unless they meet one or more of the established eligibility criteria. We highly recommend all students confirm their eligibility before signing any lease off campus! If your student has questions about housing selection, they can email us at ResLife@nec.edu stop by Simon 312, or attend one of the scheduled virtual drop-in Q&A sessions. Students should check their NEC email for more information about housing selection.

Diversity and Inclusion Newsletter →



New England College 6 March 2024



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

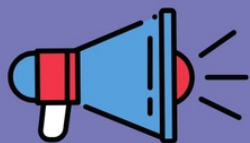
PROUD SPONSOR of
the AMERICAN MIND®

Learn more at StudentAid.gov/types. 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. 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.

TIP TUESDAY!

Registration Edition



01

Meet with your faculty advisor to come up with a plan for courses. Be sure to have back up courses just in case.

02

Have your CRNs written down and ready to go!

03

Know your registration time for when your registration opens

04

Charge your laptop or mobile device before registration



05

Log into your MyNEC ahead of time to look for any holds.

Spring REGISTRATION

Meet with your Academic Advisor to register for Fall Term courses.

When:

Wednesday, March 13th
3:00 PM - 5:00 PM

Where:

Simon Center Great Room

When can I start registering?

Remember credits must have been earned,
in progress courses do not count towards credits earned.

**90+ Credits
Earned**

3:00 PM

**30+ Credits
Earned**

4:00 PM

**60+ Credits
Earned**

3:30 PM

**0+ Credits
Earned**

4:30 PM

NEC GIVES

GIVING DAY APRIL 2-3, 2024

36 HOURS: ALL IN



Teamwork *works*—
are you up to the
challenge?

Giving Day is a fun annual event at NEC where students, alumni, staff, and faculty come together as a community to give back to NEC. Alumni participation and annual giving helps the College in many ways. This year we will have 36 hours to accomplish more than ever before!

*You can make your gift online at
<https://www.givecampus.com/d8pyq3>
or by mail to:*

**New England College
Office of Advancement
98 Bridge St. Henniker, NH 03242**



Writing and Academic Support Center

Tips for Pulling Through the Mid-Semester Slump

The mid-semester slump is a fact of college life. Students make it through their midterms only to realize that the seven weeks they've already been through are about to be repeated. Warmer weather beckons, even as more schoolwork is piled on. It might seem like forever until the arrival of summer vacation, but there is hope! Here is a list of helpful tips for successfully navigating through the rest of the semester:

REST It can be easy to feel like adequate rest will take too much time away from schoolwork. However, a well-rested brain will ultimately help you do more in a shorter amount of time. We tend to work slower when we're exhausted. Aim to get enough sleep and take breaks as needed.

PLAN AHEAD Often, the second half of the semester picks up and school can get overwhelming. Write out all your due dates in advance to know what's ahead and how much time you have before things are due.

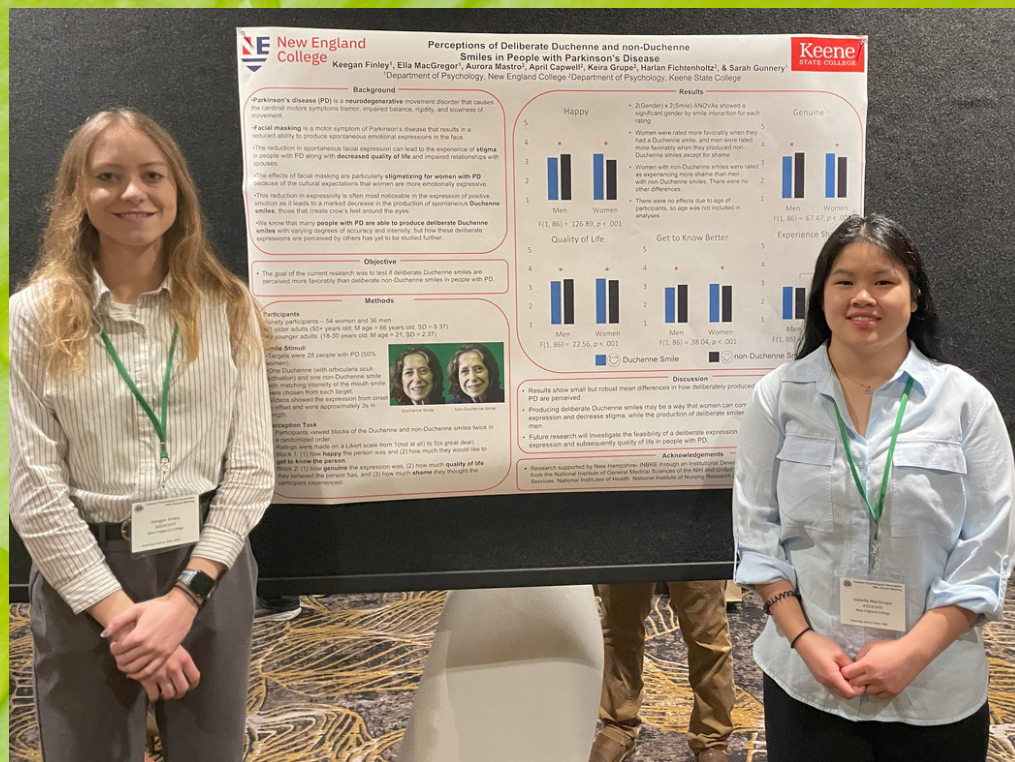
BREAK IT UP Try breaking your assignments into smaller, more manageable steps. Once you've written down all significant due dates, you can create your own time frames for working on smaller components. For example, if you have a research paper due at the end of April, you can pick a date to have your research completed and another to have an outline finished.

LOOK TOWARDS THE END OF THE SEMESTER When you're busy, it is easy to get tunnel vision and feel like it's never going to get easier or slower. It can be helpful to remind yourself of what dates you will have a break and to look forward to them, even planning for something you know you'll enjoy when the semester ends. Pick something and let yourself remember how good it will feel to get everything turned in and enjoy a break.

The tutors and writing coaches are here to help navigate the second half as well!

Students Present Psychology Research

Keegan Finley and Ella MacGregor presented the work they did in Dr. Sarah Gunnery's lab this summer as part of the Summer Undergraduate Research Program at the Eastern Psychological Association annual meeting in Philadelphia this past weekend.



The Current Drug Threat

WITH SPECIAL AGENT
PAUL J. SPERA

WHEN:
Tuesday,
March 12
3:30 PM

WHERE:
Simon
Great Room



Paul J. Spera currently serves as an Assistant Special Agent in charge of the Drug Enforcement Administration's New England Field Division, overseeing all DEA operations in New Hampshire, Vermont, and Maine. He has been instrumental in starting several innovative and successful initiatives to combat the methamphetamine trafficking plaguing Northern New England.

Special Agent Spera also organized the DEA-led Basic Narcotics School in NH to help raise awareness among law enforcement of fentanyl and methamphetamine. He also has made numerous public appearances on behalf of the DEA, speaking about drug trafficking trends on a global scale and law enforcement efforts to combat these threats.

Criminal Justice Club is hosting an upcoming event for all students and open to the community. This should be particularly informative for students majoring in Criminal Justice, Psychology, and Political Science, as well as for any member of our community that is concerned with this problem that has taken far too many lives.

Learn about the current drug trends and threats, including drug cartels, facing New Hampshire and the United States. Paul Spera from the DEA New England Field Division will be discussing where these drugs come from, what threats they pose, including One Pill Can Kill, and what the DEA is doing to combat these threats



CAPS & GOWNS

ORDER TODAY!



DEADLINE - MARCH 31, 2024
[BUILDAGRAD.COM/NEC](https://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>

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

The Simon Green

98 Bridge Street, Henniker, NH 03242

A Message from Mentoring Program

Spring Semester is finally living up to its name with sunshine-filled days, and milder temperatures. The first seven weeks are nearly at an end with students trying to stay focused while looking forward to Spring Break, March 18th-29th. Fall Semester (and Summer terms) course registration will be held March 13th. Talk with your student about their plans for courses and remind them to meet with their faculty advisor. This is an important connection for your student as they proceed in their degree program.

Encourage your student to reflect on the first half of the semester. Are there "tweaks" that they could make in the second half to improve their writing skills, test preparation, and/or time management? Several academic support services on campus are ready to help: Academic Mentors, Professional and peer tutors, Peer Success Coaches, and Academic Advisors. Students shouldn't hesitate to utilize these valuable resources. Enjoy the two-week break with your son or daughter as they recharge to return with renewed enthusiasm to finish the remaining weeks of the semester!

Sports and Recreation Students Attend Sports Management Summit



A group of Sport and Recreation Management Students recently attended the regional sports management summit, where they were able to interact with industry leaders. They attended sessions that covered a variety of topics, including partnerships, business intelligence and analytics, recruiting, sales and service, event management, and communications.

Students were also able to network with top executives and hiring managers from organizations across New England at the Career and Networking Fair.

PILGRIM SHOP

20 MAIN ST, HENNIKER, NH



603 428 2220
NEC.EDU/PILGRIMSHOP

NEC DINING NEWSLETTER

SOCIAL HOUSE @ GILMORE



Social House | March 13th | Dinner

@necfoodie
dineoncampus.com/nec



Social House | April 17th | Lunch

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dineoncampus.com/nec



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dineoncampus.com/nec

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.



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

SIMON GRILL



4.95 Glow Up your meal with a side of spicy seasoned nacho fries topped with queso!

@necfoodie
dineoncampus.com/nec



\$11.99

Get the app
boost



10.95

Chicken tenders and Onion Rings served with Jalapeno Ketchup and your choice of 20 oz. water or soda.

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dineoncampus.com/nec

Chartwells



\$3.99

AQUAFINA AND SUNCHIPS HARVEST CHEDDAR



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