

**New England College Pilgrimage 2020
Family Member Presentation Part I**



**Welcome Remarks by
Dr. Michele Perkins, President of New England College**



Life in the times of COVID-19

**with Dr. Wayne Lesperance, Vice President of Academic Affairs
and Stan Horton, Director of Student Conduct**





COVID-19 Information

- Academic calendar
- Classroom protocols
- Staying safe at New England College
- Leaving campus
- Pilgrim's Promise



COVID-19 Information

Stay up to date on all of the plans for returning in the fall at www.nec.edu/fall-plans

You can review the Returning to Campus zoom webinar that was held on 7/8 as well

Wellness Center

Laura Anderson, MS APRN FNP-C
Medical Director & Nurse Practitioner





Local Services

- Concentra Urgent Care
 - 1279 South Willow St.
 - 603-644-3330
 - Express Med Urgent Care
 - One Highlander Way 603-625-2622
 - Minute Clinic
 - 271 Mammoth Rd. 866-389-2727
 - The Elliott at River's Edge
 - 185 Queen City Ave. 603-663-3000
 - Manchester Public Health Department
 - 1528 Elm St. 603-624-6466
 - Hospitals/Emergency Rooms
 - Elliott Hospital
 - 1 Elliott Way
 - Catholic Medical Center
 - 100 McGregor Street
- ** Copays may apply to any services
** Highly recommend NEC sponsored health insurance



Immunizations

- Wellness Center in Henniker
- Immunization clinics held multiple times on campus
- Walgreens Pharmacy
- CVS Minute Clinic
- Manchester Public Health Department



College Health Requirements I Due July 15

- Health History
- Informed Consent
 - If under age 18, student, parent/guardian and a witness who is over the age of 18 must also sign (total of 3 signatures).
- TB Risk Assessment
 - Must include any follow up testing if indicated including TSPOT, chest x-ray and treatment
- Immunizations
- Hepatitis B (series of 3 or titers)
- MMR (series of 2 or titers)
- Tdap
- Meningitis ACWY
 - Menactra or Menveo
 - Booster dose after age 16
- Meningitis B (2 doses)
 - Bexsero or Trumenba
- Varicella (Chicken Pox)
- HPV
- Hepatitis A

Complete a COVID-19 test AFTER August 1st before returning to campus



College Health Requirements I Due July 15

- Your User Name and password for your Mediat Student Health Portal **is the same as you would use for your NEC email.** (example: Jsmith_UG)
- You cannot use your home email for this.
- Below you will find the links to the Mediat student health portal sign in page and the NEC Mediat Tutorial Video. These links will assist you in accessing and uploading all of your health information.
- Watch the video first – it will save you time and mistakes!
- Once on the portal – READ the directions. This will also save you time and mistakes. Incorrect information must be redone (such as Informed Consents missing signatures or immunization records that are jpeg and not pdf scans...). We do not accept any paper documentation.

Mediat Tutorial Video: <http://www.youtube.com/watch?v=ftXDg7f29EQ>

Mediat Student Portal Page: <https://nec.medicatconnect.com>



Health Portal Access

- Your User Name and password for your Mediat Student Health Portal **is the same as you would use for your NEC email.** (example: Jsmith_UG)
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Student Financial Services

Kristen Blase, Assistant Vice President of Student Financial Services





Financial Aid and Billing

View financial aid and billing account in the MyNEC portal: nec.edu/mynecportal

1. Complete financial aid requirements by July 15
 - o Submit 20-21 FAFSA at studentaid.gov
 - o Complete tasks listed at nec.verifymyfafsa.com
 - o Complete Federal Direct Loan Master Promissory note at studentaid.gov
 - o Complete Federal Direct Loan Entrance Counseling exercise at studentaid.gov
2. Satisfy fall tuition payment by July 15
 - o Check or credit/debit card in MyNEC or call 603-428-2226
 - o TMS monthly payment plan at nec.afford.com
 - o Federal Parent PLUS loan at studentaid.gov
 - o Private student loan with any bank of choice
3. Insurance
 - o Student health plan- waive or enroll at crossagency.com/nec
 - o Tuition refund insurance- waive or enroll at GradGuard.com/COI/NEC
 - o Purchase student property insurance if interested at nssi.com



Financial Aid

- File the FAFSA each year by March 1 at studentaid.gov or on the myStudentAid mobile app
- Financial aid award letters are sent to you by email from NEC
- Complete any outstanding financial aid application requirements at nec.verifymyfafsa.com by July 15



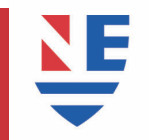
Financial Aid Application Requirements

- [Nec.verifymyfafsa.com](https://www.verifymyfafsa.com) provides secure transfer of information
- [Nec.verifymyfafsa.com](https://www.verifymyfafsa.com) first time user, click create account
- Complete all items by July 15
- For Federal student loan borrowers, complete the Master Promissory note and Entrance Counseling exercise at studentaid.ed.gov by July 15.



Billing

- Fall semester invoice due July 15
- Winter term invoice due November 15
- Spring semester invoice due December 15
- Summer term invoice due May 1
- Add an authorized user such as a parent in the MyNEC billing portal
- Estimated housing costs are updated in MyNEC in August
- Financial aid requirements and payment must be complete prior to moving in & starting a semester



Payment Options

- 5 month payment at nec.afford.com
- Parent PLUS loan studentaid.gov
- Private student loan (any bank of your choice)
- Check or debit/credit
- International payments at nec.flywire.com
- Private scholarships (send a copy of letter to sfs@nec.edu)
- Veteran's benefits (send a copy of COE to sfs@nec.edu)



Tuition Insurance

Enroll or decline at [GradGuard.com/COI/NEC](https://gradguard.com/COI/NEC)

GradGuard™ Tuition Protection Insurance reimburses up to 100% of tuition and other related expenses up to the policy limits. The coverage expands the scope of the College's refund policy by ensuring full reimbursement for tuition, room and board and other fees for covered medical withdrawals at any time during the semester.

College refund policy:

If a student withdraws during the semester for any reason, a refund or credit for tuition and board is issued according to the following schedule (all other charges are non-refundable)

- 100% prior to the first week 75% during the first week
- 65% during the second week 55% during the third week
- 40% during the fourth week 0% after the fourth week
- For summer and JTerm, the College refund policy is 100% prior to the first week, 80% during the first week, 50% during the second week, 0% after the second week.



Insurance

Waive or enroll at crossagency.com/nec

- NEC requires all students to have affordable health care compliant insurance coverage in NH
- The student health plan is mandatory, except if you have comparable coverage in the state of NH. International students are not eligible to waive this coverage.
- Coverage information and details are available at crossagency.com/nec
- \$1,610 cost for the year



Billing and Financial Aid Questions

Student Financial Services

Email: sfs@nec.edu

Phone: 603-428-2226

Billing and payment portal MYNEC: nec.edu/mynecportal

Tuition insurance: gradguard.com/tuition/nec

Financial aid portal: nec.verifymyfasfa.com

Student Health Insurance: crossagency.com/nec

SFS Hours Monday – Thursday 9:00 a.m. to 6:00 p.m., Friday 9:00 a.m. to 5:00 p.m.

Schedule an appointment! <https://calendly.com/kfullam/pilgrimage-meetings-with-sfs>

Building Partnerships

India Barrows, Director of Diversity & Inclusion

Jason Buck, Dean of Students

Stan Horton, Director of Student Conduct



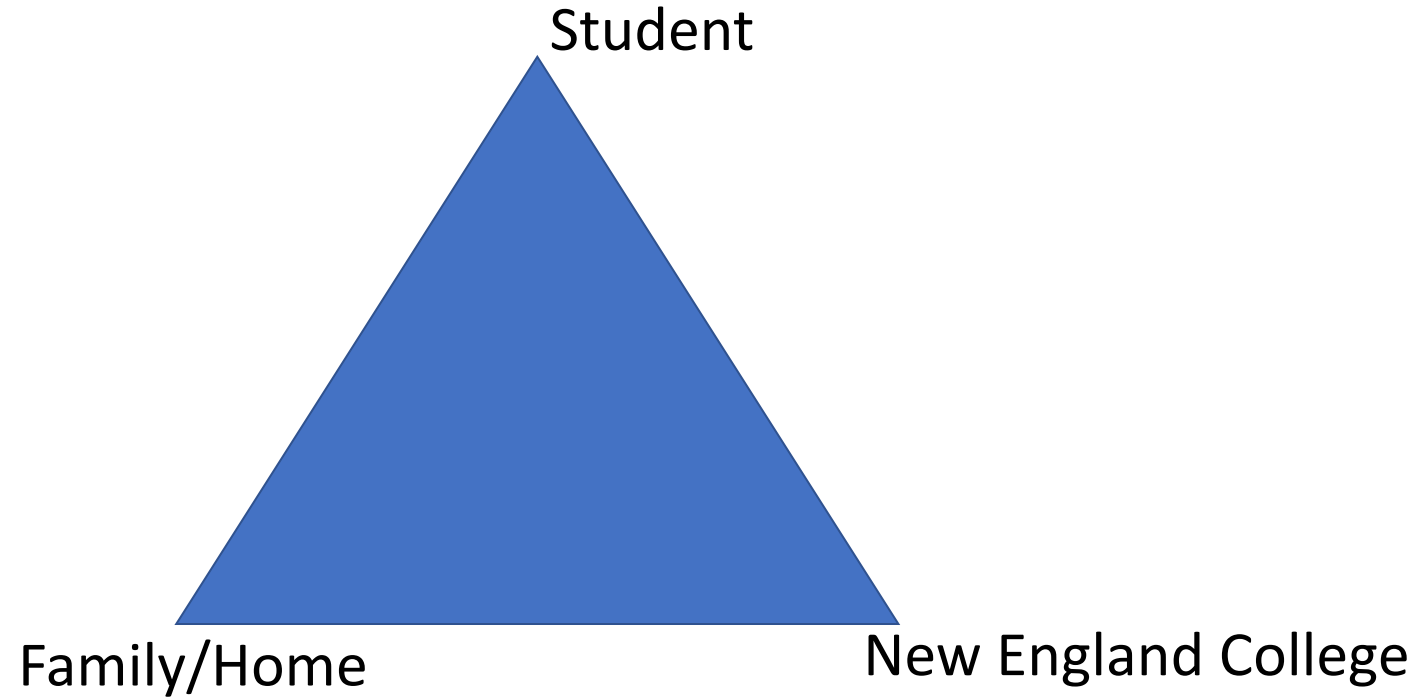
**New England
College**



Goals

- Identify areas for conversation and action this summer to prepare for Fall
- Discuss laws and policies that dictate the colleges communication
- Brainstorm ways in which the college and families can partner

Our Partnership



FERPA



Family Education Rights and Privacy Act



Building Partnerships

Helping students to learn to advocate for themselves...

FERPA does not stop parents, family, friends, etc. from sharing concerns with NEC!



Building Partnerships

Parents & Guardians: Please make sure you have your phone on in the middle of the night! You would be amazed at the number of parents/guardians we cannot reach after hours.



Alcohol

- Misperceptions
- Peer Pressure and “Fitting In”
- Law Enforcement
- Overall Safety- Amnesty



Marijuana

- Legality in NH
- Focus on Education
- Other ways to relieve stress



Sexual Conduct and Consent

- What is Title IX?
- Conversations about Consent
- Role of employees and confidentiality
- Encourage outreach to support systems
- Orientation Review- online class



Common Transition Issues

First Six Weeks are Pivotal

- Developing new friendships
- Finding a niche
- Rural location
- College-level classes
- Structuring Time
- Independence
- Stepping out of comfort zone



Non-Academic Resources

- Dean of Students Office
- Diversity and Inclusion
- Residential Life & Housing
- Student Engagement
- Counseling Services
- Campus Safety
- Student Conduct
- Career and Life Planning
- Dining Services
- IT Help Desk



Summer Discussions

We would be happy to speak with you about this process and/or any concerns!

**New England College Pilgrimage 2020
Family Member Presentation Part II**



Academic Achievement Team

**Advising, Access and Accommodations, First Year Programs, Mentoring,
Tutoring**





Mentoring Program

“College is one of the most significant investments for a family. Mentoring provides the additional resource to help students make the most of the investment in a student’s future.”



What is Mentoring at NEC?

Common Transition Concerns

- Meeting people
- Academic Challenges
- Being away from home
- Sharing living spaces
- Managing my time
- Making the most of the college experience

Mentoring's Overarching Goals

- Support student independence
- Strengthen academic skills
- Collaborate with students as they refine interests and goals
- Maximize each family's College investment
- Meeting students where they are



What is Mentoring at NEC?

Our Mentoring Team

- 7 Full-time staff
- Dedicated to working with Mentoring students
- Extensive experience in Higher Education
- Understanding of New England College
- Educational backgrounds (undergraduate and graduate) aligned with the role of Mentor

Who Are Our Students?

- Mirror the general student population in their involvement in clubs, organizations, all intramural sports;
- Academic backgrounds vary and align with larger college population
- Over 25% are student athletes
- Typically more males than females
- Between 40-50% have disclosed a disability through the Office of Disability Services
- 43% were above a 3.0 for the Spring 2020 semester



What is Mentoring at NEC?

Join Us to Learn More!

Mentoring Informational Session

July 28th at 6:00pm

<https://nec.zoom.us/j/99218434912>

If you cannot attend but would like to learn more about the Mentoring Program at NEC please email ebrooks@nec.edu



Academic Advising

Shared advising model

- Professional Academic Advisor and a Faculty Advisor

Developmental model empowers students and fosters self-advocacy skills

- First-year outreach is initiated by advisors to encourage participation & connection
- Senior-year outreach is initiated by students as they implement their independent problem solving and goal-setting skills.

Advising is designed to:

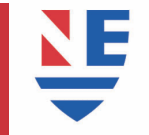
- Offer students encouragement, advice, and support;
- Challenge students;
- Assist students in realizing the full potential of their academic opportunities;
- Help students as they create meaningful educational plans that are compatible with their own strengths and emerging goals; and,
- Enable students to assess their academic progress.

Questions? Reach out to advising2@nec.edu



First Year Programs

- At **NEC** all first year students take a **First Year Experience** course called Bridges to Learning. In this course students will spend a lot of time getting to know the resources on campus, and getting to know their peers.
- This class is co-taught by an upper class student called a Peer Leader, and a faculty/staff member. They will be your student's guide throughout orientation, first semester, and hopefully for the rest of their time at **NEC**.
- Students will explore their personal strengths, challenges and values and participate in a variety of activities to prepare for academic, social and future success.
- Transfer students will take a special section with other transfer students.



Tutoring

- A free service to all New England College students
- Peer and Professional Tutors offer appointments 6 days a week, in-person and online
- Smarthinking Online Tutoring is available 24/7
- In addition to content tutoring, tutors help with:
 - Writing support - brainstorming, critical thinking development, organization of ideas, thesis development, outline preparation, revision strategies, and editing strategies.
 - Critical reading skills
 - Time management and study skills
 - English for Speakers of Other Languages - We assist students for whom English is an additional language with reading and writing skills and facilitate small group conversation practice sessions.



Tips from the Dean's Office

- Before your student comes to campus:
- Order textbooks from e-campus: <https://nec.ecampus.com/>
- Check email for communication about needed supplies.
- Gather materials for learning.
 - Notebook
 - Planner (paper or electronic)
 - Pens/pencils
 - Course specific materials (calculator, art supplies, etc.)



Disability Defined

- Physical or mental health condition that significantly impacts a major life activity
 - Concentrating
 - Sleeping
 - Eating
 - Walking
 - Bodily functions
- May qualify for reasonable accommodations



Documentation

- Psychoeducational/Psychosocial Testing Reports
- Letter from a provider:
 - Confirm diagnosis and provide testing if applicable
 - Discuss in detail impact and barriers and functional limitations
 - Provide recommendations and rational as to why those recommendations are being offered.
- Prior IEPs and 504s permitted as supporting documentation but may not have the needed information in them.



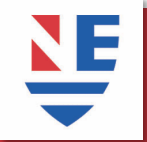
Transitioning from High School to College

- Governed by different laws (IDEA does not apply; ADA, 504 and FHA apply).
- Shift from success to access.
- Documentation must be more specific and cost is shifted to the student.
- Student must identify themselves.
- Parents no longer have access to student records without written consent.
- School cannot make decisions on basis of parent interaction.

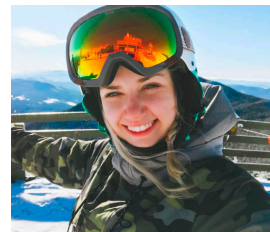
Career & Life Planning



Meet the Staff



We seek to guide both students and alumni as you apply to opportunities and develop your professional identity. We LISTEN TO YOUR individualized goals and pathways! Appointments are only an email away!



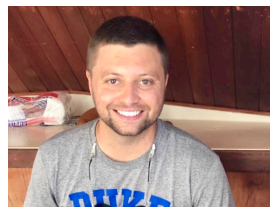
Meghan Brandow, MS

Mbrandow@nec.edu



Lindsay Coats, MFA

LCoats@nec.edu



Shannon Sciria, MS

Ssciria@nec.edu



Career & Life Planning

Get advice and assistance with:

- Resume and CVs and Cover Letters
- Job and Opportunity Searches
- Business Etiquette
- Exhibition and Grant Proposals
- Graduate School Applications
- Interviewing
- Increasing Your Web Presence
- Marketing
- Project Planning
- Networking



Gary Samson, Katelynn Hawes, Mt Washington Retreat, 2016

*You will graduate with a **TOOLBOX** of skills and knowledge to forge your path*



Career & Life Planning

Internships

offer you an opportunity to expand your classroom knowledge into the work setting.



The Office of Diversity & Inclusion

India Barrows, Director

Rowan Queathem, Assistant Director





Mission Statement & Vision Statement

Mission Statement

The Office of Diversity and Inclusion (ODI) is dedicated to providing intentional programs and services which enhance self-awareness, academic success, cross-cultural engagement, as well as encourage individual and collective advocacy. We will assist in creating an inclusive campus environment that fosters respect for each person, equity, appreciation for all cultures, and promote diverse ideas within the New England College community.

Vision Statement

The Office of Diversity and Inclusion (ODI) seeks to create an environment that is student-centered where all members build capacity for cross-cultural competence that serves as a catalyst for social justice.



What we do

- Create and facilitate cultural programs that are fun and/or educational
- Support the growing ALANA student network, LGBTQIA+ community members, and build allyship
- Meet with faculty, staff, and students on matters of diversity & inclusion



Our Framework

- Define one's identity, understand intersectionality and articulate how these factors influence the college experience
- Practice personal accountability and develop meaningful peer relationships using effective intrapersonal/interpersonal skills within an academic and social environment
- Demonstrate effective cross-cultural communication proficiency that is applied daily when discussing the multiple dimensions of diversity
- Illustrate an understanding of social responsibility and civic participation that ignites social action
- Identify and explain the impact of systemic barriers placed on an individual and communities
- Use acquired knowledge about cultural diversity to make informed decisions
- Employ the Social Change Model in an effort to dismantle oppressive behaviors and systems



Cultural Heritage Celebrations

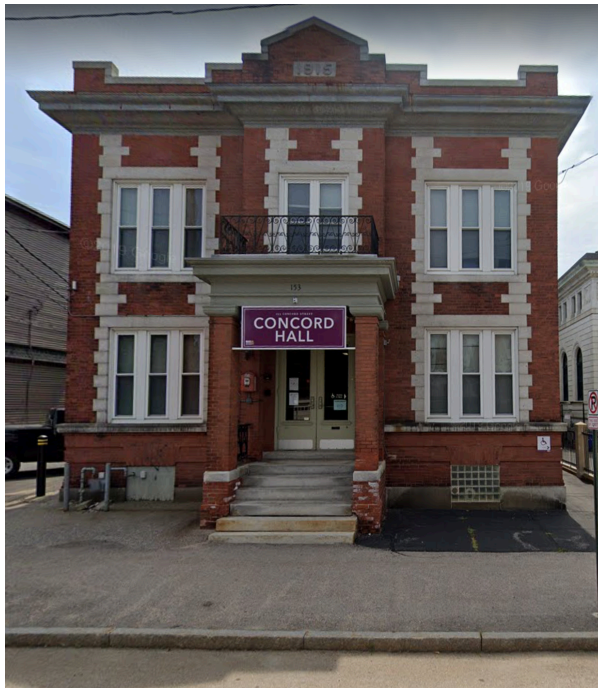
- Bachata Night for Hispanic Heritage Month
- National Coming Out Day and Trans Day of Visibility
- The Intercultural Holiday Peace Gathering celebrating our rich diversity before the holiday season
- Martin Luther King Jr. Programming Series for Black History Month- 6 weeks of celebrating the legacy of MLK and the descendants and traditions of the African Diaspora
- The Women's Leadership Brunch for Women's History Month
- We co-host the Semi-Formal with the Multicultural Student Coalition
- Unity Graduation Brunch to celebrate all ALANA and LGBTQIA graduates with their affinity regalia

Making the Transition to College

Julie Nicknair-Keon, LCMHC NCC, Director of Counseling



New England College Institute of Art and Design Counseling Services



153 Concord St. Manchester, NH 03104

To Schedule an Appointment:

Call 603-836-2527

Email Counseling@nec.edu

Stop by Concord Hall 104

Hours:

Monday, Wednesday, Friday
8:30am – 4:30pm*

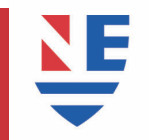
Tuesday & Thursday
8:30am – 5:30pm*

*Hours subject to change

After Hours Emergencies:

Call Campus Safety: 603-836-2112

*The Mental Health Center of Greater Manchester Mobile Crisis Line
Community Mental Health 24-hour emergency services
(800)-688-3544*



Mental Health Services

Individual Counseling Services: Common concerns include: College Transition, Anxiety, Depression, Alcohol and Other Drugs, PTSD, Eating Disorders, Peer/Relationship/Family Conflicts, Stress Management

Couples Counseling: Assist with improving romantic relationships and resolve interpersonal conflicts, including addressing issues such as communication, healthy limits and boundaries, establishing long term goals

Group Counseling: Currently we have a Grief Group on our Henniker campus which meets every three weeks which is open to all NEC students and we are exploring an Al-Anon group and Healthy Stress Management Group. There are several area support groups which are easily accessible in the Manchester area.

Wellness Assessments: Students may be referred and/or mandated if there is a concern about a students' wellbeing

Education and Programming: Throughout the year counselors, along with Henniker campus medical staff and the Health Educator, offer a wide variety of programs to increase Health Awareness and Strategies to improve one's overall health and wellbeing

Collaboration with home providers and Referrals to external providers and resources

Crisis Intervention and Management: We work in collaboration with *The Mental Health Center of Greater Manchester Mobile Crisis Line* *Community Mental Health 24-hour emergency services (800)-688-3544*

Mental Health services are included in the cost of tuition/room & board for all full time undergraduate students



Confidentiality

The Wellness Center is a licensed medical facility and must enforce HIPPA laws. All services are private and confidential. We do not release any information about a student without that student's written permission, except in the case of imminent danger to self or others, court order, or where otherwise is required by law.

If a student is under the age of 18, we must have parent/guardian authorization to treat until the student is 18 years of age. An ***Informed Consent*** form must be printed, signed (by both student and parent/guardian), and uploaded into student health portal prior to arrival at NEC.

Note: Each student is responsible for their password for their Electronic Health Record. Do Not give this out to anyone.
Protect you privacy!



FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



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CAGLE CARTOONS.COM
THE BUFFALO NEWS 2/16/09



Quick Tips for a Successful College Launch

- Set a regular time to talk/face time: once a day maximum – once a week minimum & stick to it.
- Limit how much of your personal stressors you share with your student-they're trying to deal with their own.
- If there is something significant happening at home please tell your student (e.g.: a very sick family member; you're selling your home/moving).
- LISTEN, validate, and encourage them to get involved, get outside, eat healthy, and use their resources such as Professors, Tutors, Advisors, RA's, Peer Leaders, Coaches, Wellness Center, etc.
- Normalize the stressors of the transition: sleep may be more difficult, the excitement of the dining hall wears off after a few weeks, not everyone will like you and that's OK, when they're bored there's always homework-look at the syllabus, not everyone drinks/parties – REALLY!
- Let them know that some roommates can make great roommates but not great friends.



FUN FACTS:

After friends, parents are the most common place students will turn for help.

- 76% of students say they would turn to friends
- 63% of students say they would turn to parents
- 20% of students say they would turn to school counseling
- 18% of students say they would turn to a Resident Advisor
- 17% of students say they would turn to a crisis hotline

If you invest the time now to talk to your child about his or her hopes for college and the future, chances are, they'll confide in you about struggles they may experience later on. Together, you can deepen your child's resiliency and coping mechanisms, and enhance your own family's ability to navigate life's complex transitions

YOU NEED TO KNOW:

- Emotional health is a critical part of the college transition that should not be overlooked.
- Emotional issues are cited as a leading reason students struggle during college.
- Students who have skills in managing stress and taking care of their overall wellness will be better able to handle the challenges of college.
- Even with physical distance, parents have enormous influence on their children's behavior, decisions and welfare.
- If you notice signs of a larger problem, educate yourself on the issues and the signs of emotional distress.
- If your child has a problem, address it quickly and properly.

If you are the parent of a student with a diagnosed mental health condition, it is vital to have an active transition plan and remain vigilant so that your child can have a successful college experience.

Transitioning Your Student to Their Away From Home

Doreen Long, Associate Dean of Students

**Graziano DiCiaula,
Assistant Director of Residential Life &**

Housing





Our Mission

We strive to foster a community that provides a healthy and safe learning environment and promotes intellectual curiosity, personal accountability, civility, and social development for all students.



Self Advocacy

- Resident Advisors
 - Help with a work order
 - Minor Roommate Concerns
 - Engagement/Getting Involved
 - General Questions
- Area Coordinator
 - Roommate Issues
 - Questions they don't feel comfortable going to an RA
 - Wellness Issues
 - Behavior Concerns
- The Next Step
 - Assistant Director
 - Associate Dean of Students



Housing

- Housing & Meal Plan Contracts
 - <http://pilgrim.nec.edu/portal>
- Housing Letters
 - Emailed to NEC Email account August 3rd
 - Anyone who submits their contract after July 15th may not receive their assignments on August 3rd but will receive it soon after. You will receive it before your move-in date.



Move in Dates

- **Manchester Campus**
 - Friday, August 21st
- **Fast Pass**
- **Drop Off Days**

https://www.nec.edu/wp-content/uploads/NEC_new-student-move-in-guidelines_7-2020.pdf



What to Bring

Pilgrim.nec.edu/portal
for a closer look at the
list

You should bring:

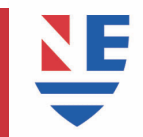
- Alarm clock
- Bed sheets (twin XL)
- Clothing and shoes
- Clothes hangers
- Laundry supplies (detergent, dryer sheets)
- Personal care items (soap, shampoo, toothpaste, medications, etc.)
- Pillow
- Towels and washcloths
- Washable comforter/blankets
- Waste basket & bags

You may want to bring:

- Area rug/mat
- Hair dryer
- Clothes drying rack
- Computer (we recommend a laptop to save space)
- Cups, bowls, dishes, mugs, and silverware
- Reusable water bottle
- School supplies (pens, pencils, notebooks, etc.)
- Dish washing liquid and sponge
- Flashlight and batteries
- Small microwave (no larger than 0.6 cubic feet-600 watts*)
- Dust buster/broom/Swiffer sweeper
- Backpack/book bag
- Laundry basket or laundry bag
- Dry erase board (for room door)
- Bike or skateboard (must be stored in your room)
- Refrigerator (4.2 cubic feet-2.5 amps*)
- Shower bucket and shower shoes
- Small desk lamp and extra bulb
- Small TV (and coaxial extension cable)
- UL listed coffee pot
- UL listed hot air popcorn popper
- UL listed surge protector "power strip"
- Shallow under-bed storage boxes
- Headphones
- Basic First Aid Kit (band aids, antibiotic cream, etc.)
- Paper towels/napkins
- Non-perishable snacks
- Posters/photos for walls
- Command strips or Masking Tape for hanging posters/photos (duct tape can damage the walls and is not recommended)

DO NOT BRING:

- Pets other than FISH! (limit to 5 gallon tank)
- Extension cords or multi-outlet plugs that are NOT surge protected
- Furniture of any kind - including futons, overstuffed couches, chairs, beanbag chairs, recliners, etc. **Outside furniture is NOT permitted**
- Any appliance with an OPEN heating element
- Large trunks or bulky luggage (no storage space is available)
- Drones or hoverboards
- Keurig/other K-cup coffee maker*
- Firearms, explosives, air soft guns or other items or toys that look like real weapons, in accordance with the NEC Weapons policy in the Student Handbook
- Halogen lamps or lava lamps
- Candles, incense, or anything with an open flame
- Air conditioner
- Space heater
- Personal curtains
- Other items that are disruptive to community living (i.e. large and/or powerful sound systems/big screen televisions, vaping materials**)



Questions?

Residential Life & Housing

Institute of Art & Design:

Life@nec.edu



Questions:

- Advising- advising2@nec.edu
- Move in Questions- movein@nec.edu
- Office Student Engagement- ose@nec.edu
- Residential Life- Life@nec.edu
- Student Financial Services- sfs@nec.edu
- Wellness- wellnesscenter@nec.edu
- Fall Plans- fallplans@nec.edu

THANK YOU!

