



# New England College

## STUDENT AND FAMILY NEWSLETTER

IMPORTANT DATES | REMINDERS AND UPDATES | FALL SEMESTER RECAP

### Important Dates

- Last Day of Winter Term - *January 24, 2021*
- Classes Begin - *February 1, 2021*
- Last Day to Add or Drop Full Term Course - *February 5, 2021*
- Last Day to File Intent to Graduate (current term) - *February 5, 2021*

[Click Here for Full Academic Calendar](#)

### Checking Schedules

1. Go to <https://ssb1.always.nec.edu>
2. Type in your Student ID # and PIN to login. \*\*Note – if you are locked out or are unsure of your login information, please email [advising2@nec.edu](mailto:advising2@nec.edu) for a PIN reset.
3. Once logged in, please click on Student Services and Financial Aid
4. Next you will select: Registration
5. Lastly, click on: Student Schedule by Day and Time

This will provide a calendar view of your schedule which includes the course, days, and times they meet!



Men's Soccer Team Fall Breast Cancer Awareness Event

## Returning to Campus

All students who will be studying face-to-face on either NEC campus will be required to submit a negative coronavirus testing result to the Medical portal before the start of the term. Students who live in college-owned housing must submit their results prior to their move-in date, and commuting students must submit their results no later than Friday, January 28, 2021. The results must be from tests taking place after January 23rd – it is important that the test be within a week of the start of the term. Students will also be tested again on their move in day and about one week after the term starts.

Students will be receiving details in their email about the move back process. It will include a link to sign up for their COVID Testing Block for move in on either January 28, 29, 30 (for Henniker) and January 30 and 31 (2 days for Manchester). The links are also listed below:

[Manchester Move In Link](#)

[Henniker Move in Link](#)

## Apply for FAFSA

It is time to file your [Free Application for Federal Student Aid \(FAFSA\)](#) for the next school year. The NEC deadline for the 2021-2022 FAFSA is March 1, 2021, please submit it as soon as possible. The FAFSA must be renewed each year to apply for financial aid each school year. The easiest way to renew the FAFSA is by using the MyStudentAid app on a phone or tablet. After downloading the MyStudentAid app, choose myFAFSA from the menu and follow the prompts on the screen. Students may request an appointment with a Student Financial Services representative for FAFSA help through their [Navigate](#) portal.

## Looking for a job?

If you're looking for work while at school, be sure to check with local businesses and work study opportunities. Here are some ideas below!

- Pats Peak
- Dunkin Donuts
- Sonny's Main Street
- Super Scoops
- Charter Coffeehouse\*
- COVID Testing Monitor\*
- Shuttle Driver\*

\*For more information about work study opportunities contact them at [sfs@nec.edu](mailto:sfs@nec.edu)

## From the Wellness Center:



### Flu Vaccine

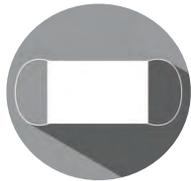
The Wellness Center would like to remind students and their family members to get your flu vaccine! It is never too late! The flu vaccine can go a long way to keeping you healthy over the winter months!



### Boost Immune System

*Try these over the counter supplements (be sure to check with your health care provider first):*

- Elderberry (600-900 mg once a day)
- Zinc (50 mg once a day)
- Vitamin D (5000 units once a day)
- Fish oil
- Cold Bee Gone (yes, this is literally a specific honey that you swab into your nose 1-2 times a day). Avoid if allergic to bees. Available on Amazon.
- Get some exercise! This is good for the mind, body and soul



### COVID-19

- Don't forget the importance of mask wearing. Be sure to wash cloth masks daily and air dry.
- Wash your hands for at least 20 seconds with soap and warm water, and use hand sanitizer if soap and water are not available.
- Maintain social distance of at least 6 feet from others and avoid crowds.
- If you are sick, stay home and call your healthcare provider.

*As for the Covid-19 vaccine – hope is truly around the corner. With three Covid-19 vaccines becoming available, please give some thought to getting this vaccine. The general public should have the vaccine available by late spring or early summer. The phase 3 trials have proven the vaccines to be safe and effective.*

## Summer Courses

It's not too early to begin thinking about taking courses over the summer! We'll be offering a variety of high, in-demand courses to assist students in graduating early or getting caught up on credits. For more information, please contact Academic Advising at [advising2@nec.edu](mailto:advising2@nec.edu).

## Mentoring Tips

A New Year, new semester, new schedule, new classes, and new professors (oh my!) can all add up to new stressors. Remind your student to use their skills as a successful college student. Get off on the right foot in each class by not missing either Zoom or in-class meetings early on, keeping course syllabi handy for reference, checking Blackboard, and their NEC email daily, and taking care of homework assignments as soon as possible. If your student has been taking a Winter Term course, final assignments are on the horizon. Motivation may be waning. Encourage them to push through. Those credits will be worth it. We are looking forward to seeing you in February. Best wishes for 2021!



# INBRE SUMMER UNDERGRADUATE RESEARCH PROGRAM (SURP) Summer 2021

**Application Due to [ddunlop@nec.edu](mailto:ddunlop@nec.edu) by January 10<sup>th</sup>**

New England College is a recipient of a National Institutes of Health INBRE (IDeA Networks of Biomedical Research Excellence) grant which supports the NEC INBRE Summer Undergraduate Research Program (SURP). SURP offers students research training opportunities at New England College with NEC professors in Biology and Health Science. The goal of the INBRE grant is to provide research opportunities that help encourage students to pursue graduate programs in biomedical research.

- The specific research aims depend on the research project and the research mentor (Dr. Cook, Dr. Koziol and Dr. Newcomb in Biology and Health Science and Dr. Sarah Gunnery in Psychology).
- The program normally starts mid-May and runs to early July with consideration to faculty vacation time (about 8 weeks).
- SURP students are provided free housing at NEC and paid \$15 per hour for undergraduate research training.
- All students are required to present at the NH-INBRE Annual Meeting in early August whether this is virtual or face to face. If it is face to face, then lodging, registration and transport are provided.

To apply, download the application at <https://www.nec.edu/wp-content/uploads/NEC-INBRE-SURP-APPLICATION-2021-final.pdf> and e-mail your completed application to Dr. Debra Dunlop at [ddunlop@nec.edu](mailto:ddunlop@nec.edu).

# Facing Issues Before they Arise

## An important message regarding tutoring and resources available...

When applying to, touring, or choosing a college, what are the first criteria that come to mind? Programs of study? Cost? Sports teams? Location? Reputation? All of these are incredibly important factors, and they very rightly take up the most time, thought and attention when deciding what schools to visit or attend. As such, though, another important factor often gets overlooked in all the excitement of college life: support services. Yes, they get brought up in most tours and during orientation, but it can be difficult for students to believe, in all the optimism and thrill of a new start, that they might one day want or need the help of one of the many support services offered. By the time a crisis comes, their existence has so often been forgotten about by students and family.

Services such as advising, wellness, tutoring, career planning, student engagement, and many others all want students to succeed and get the most out of their time at school and they are worth actively remembering and utilizing, even before a crisis hits.

To take a preemptive strike at stress, it's absolutely worth assessing how the first semester or term went before the start of another one. What worked? What could have gone better? It could be grades, social life, technology, physical, mental or spiritual wellbeing, or a number of other factors that all play into navigating college life. Next, take a look at the student services that are offered. Most have their own web pages with contact information. Lastly, make a plan to get in touch with any support services that might be necessary at or before the start of the next term. Getting ahead of any potential roadblocks before they happen can make all the difference in the world for a successful semester.

To take a look at what student and support services are offered at NEC, check out this link:

<https://www.nec.edu/students-faculty-staff/>

The bottom half of the page has an extensive list of services to take advantage of.



# NEC Campus Store

Did you know in January 2020 New England College reformatted the NEC campus store?

To increase textbook affordability, NEC partnered with eCampus. Our new eCampus virtual bookstore gives students the power to purchase or rent textbooks over the internet. Students can choose between new, used, or digital textbooks and ship to campus or home. The virtual bookstore accepts credit card payments and eligible students can pay for orders using financial aid funds. What used to take a full morning, a lot of aggravation, and a strong back can now be completed on a futon at 3 am in about 15 minutes.

To compliment the textbook partnership, NEC opened a new campus store at 20 Main Street in Henniker. The Pilgrim Shop @ NEC offers apparel, gifts, electronics, and basic school and dorm supplies. As an institutionally owned store, any profits generated throughout the year are now reinvested directly back into New England College. The Pilgrim Shop is continuing to grow. If you have a great idea for us, we'd love to hear it.

Click the picture below to access each store:



## Pilgrim Plus Scholarship

New England College is excited to offer an amazing benefit to all NEC Alumni. All alumni of NEC are eligible for our Pilgrim Plus Scholarship, a 25% tuition reduction for a selection of our master's degrees. So going back to school at NEC has never been easier! To learn more about the Pilgrim Plus Scholarship or to find out about applying, please reach out to the Graduate Admissions Office at [graduateadmission@nec.edu](mailto:graduateadmission@nec.edu). Check out this link to the Pilgrim Plus website: <https://www.nec.edu/pilgrimplus/>

## MFA Reading series

Please join the MFA Reading Winter Series. In order to register for a session please email: [MLeahigh@nec.edu](mailto:MLeahigh@nec.edu). All sessions are held via zoom in the John Lyons Learning Commons Zoom Space. To learn more about each writer [click here!](#)

- Jennifer Militello & Andrew Morgan | January 5th 7:30 PM
- Brandon Hobson | Wednesday, January 6th 7:00 PM
- Jaclyn Gilbert and David Ryan | Thursday, January 7th 7:30 PM

## MFA Visual Arts

Please join the Visual Arts MFA cohort and faculty for Artist Talks on the evenings of Wednesday, January 6th through Sunday, January 11th. These talks are open to all of the NEC community. All artists talk are held via zoom. Click on the artists' name to access the zoom. For more information about each artists [click here!](#)

- [Tarina Rodriguez](#)  
7pm-8:20pm, Wednesday  
January 6, 2021
- [Fiona Amundsen](#)  
7pm-8:30pm, Thursday  
January 7, 2021
- [Hasan Elahi](#) 7pm-8:30pm,  
Friday January 8, 2021
- [Jason Schmidt](#) 7pm-8:30pm,  
Saturday January 9, 2021
- [Siglinde Langholz](#)  
7pm-8:30pm, Sunday  
January 11, 2021

# Self-Care During Self-Quarantine

The transition back to campus is an exciting time, but the necessity of quarantining to keep yourself and other people safe can create challenging emotions. Some students may experience loneliness, sadness, and irritability during the transition and for this reason, self-care becomes even more important.



**Quarantine Does Not Mean Isolation.** There are other ways to connect with people during this time, whether in small “bubbles” (roommates, housemates), virtually or outdoors. NEC will be hosting a variety of virtual events during the two-week quarantine to help facilitate connection and fun! It may also be helpful to schedule daily zoom calls with family, friends, or other support people. If there is someone you want to connect with while you are on campus, get outside! Pack plenty of warm clothes and enjoy the experience of winter in New Hampshire!



**Create a Routine.** Consistent schedules help support mood management and create more time to feel productive. Start a routine that involves waking up and going to bed around the same time. Be sure to include both academic responsibilities and fun activities when making a plan. You can contact Wellness services or Tutoring if you need assistance with organizing a routine.



**Be Prepared with Hobbies.** Because two weeks can feel like a long time, it is a good idea to bring things to do in your room or outdoors. Be prepared with craft supplies, instruments, knitting, books, puzzles, snowshoes, cards, camera, etc. Quarantine is a great time to learn something new and there are many free online tutorials!



**Don't Forget to Move.** Exercise increases endorphins, which results in increased happiness and relaxation, and even boosts the immune system. There are lots of trails and hiking spots in and around Henniker, and there are local guidebooks available on campus. If you can't get outside, explore YouTube videos on stretching, yoga or cardio.



**Ask for Help.** The Counseling team at NEC is here to support you during this time. We are happy to provide telehealth services for students during the quarantine period. Please contact 603.428.2253 or email [WellnessCenter@nec.edu](mailto:WellnessCenter@nec.edu) in Henniker, and 603.836.2527 or [Counseling@nec.edu](mailto:Counseling@nec.edu) in Manchester, with any questions or concerns. You can also follow us on Instagram at @necwellnessed for tips on how to stay physically and emotionally healthy.



# Fall Semester Recap



## Local Toys, Local Tots!

The collection box at the Henniker Brewery received donations from NEC community members!

## Men's Soccer

NEC's Men's Soccer Team included some photos from their Fall Semester, and Head Coach Brad Champion gives some words of advice.

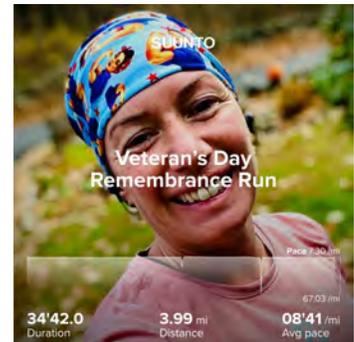
*"My only advice for parents is to encourage their child to join extra-curricular and co-curricular activities to get more out of the college experience. Also, a handwritten letter and the occasional care package goes a long way in lifting the spirits of their child while at school."*

- Brad Champion

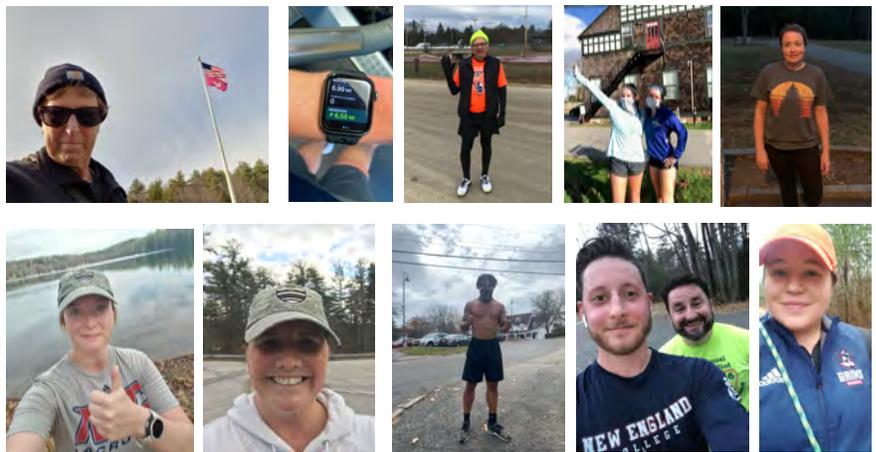


## 5K Remembrance Run

The Veteran's Affairs Office at New England College invited students and families to show their respect and support for those who have served and those who have fallen in the United States Armed Forces during the month of November by participating in the 5K Remembrance Run. The run/walk was accomplished on their own time during the entire month of November. This is an excellent way for people to remain healthy and motivated during these difficult times.



*This year we dedicated our event to Mike Josey, an Army veteran and a member of the New England College community who recently passed away. A cash donation was made to the Wounded Warrior Project on his behalf to honor his service.*



## Maya's Cookies

Dr. Carrie Colbert's fall marketing classes, students created a digital media plan for Maya's Cookies



# Halloween Spooktacular

The Event Management Class taught by Professor Ed Royer created, organized and successfully ran a socially distanced haunted trail, costume contest and corn hole tournament to coincide with Halloween with the help of Collegiate DECA, The Business Club and the Sport & Recreation Management Club. Researching and accounting for safety protocols and all school and state regulations and laws the students navigated a challenging semester and the many obstacles imposed by the pandemic while exhibiting excellent management and leadership skills to provide for a fun event for fellow students.



*"It's a great time and experience for the students, and we are hoping to grow this to an annual event with size and scope once restrictions are lifted and it's safe to do so."*

*-Edward Royer*