Please keep in mind that at this time all services and offices are all available remotely.

At NCC, there are a variety of services available to you, which include:

1) The Academic Success Center

The Academic Success Center (Located in the Library) is your gathering place for success! The academic success center assists students in reaching their academic potential by developing the skills and strategies necessary to become confident, independent and active learners. The academic success center provides academic services in writing assistance, tutoring, some testing services and disability services.

E-Writing Center - Submit your paper for review in Canvas! This service is available 24 hours a day, 7 days a week!

Students can SELF-ENROLL using this URL: https://ccsnh.instructure.com/enroll/MNXLRG

Please refer to the NCC Academic Success Center Website for the virtual tutoring schedules

https://www.nashuacc.edu/student-services/academic-success-center

If you have documented disabilities and would like a Reasonable Accommodations Plan – speak with our Disabilities Services Coordinator: Jodi Quinn (JQuinn@ccsnh.edu). Reasonable accommodations plans are provided to students to allow them to achieve at their highest potential and not let something that could be an obstacle get in their way.

To apply for a Reasonable Accommodation plan, please visit the disability services page on our website: https://www.nashuacc.edu/student-services/academic-success-center/disability-services

2) Library

The NCC Library on campus is closed but the website is open at https://library.nashuacc.edu/home and staff is working remotely to assist you. Visit the website to…

- Chat or text with staff.
- Get assistance with research assignments.
- Get help finding articles, ebooks or videos.
- Get answers to your questions about NCC.
- Read digital magazines.

You can also email the librarian at ncclibrary@ccsnh.edu.
3) **Wellness Center** - The 40,000 square foot Wellness Center houses a full-size gymnasium, suspended walking track, multi-purpose exercise room, fitness center, fully equipped locker rooms and lounge space. These facilities are open to all NCC students with a valid Nashua Community College ID and completion of the Wellness Center Registration form.

- The Fitness Center is currently closed, but we have plenty of opportunities for students to engage in wellness related and recreational activities! We hope to expand upon what is listed below so keep an eye out in your email and on the MyNCC app for future announcements!

- We will be offering e-sports opportunities in collaboration with Great Bay CC and students will have the chance to play against students from our other CCSNH institutions.

- Keep an eye out on the MyNCC app and student email for announcements for a student health/wellness challenge, for which we will offer prizes just for joining and finishing the challenge! (As well as 1st, 2nd, and 3rd place prizes.)

- We will periodically be sending out brief health and wellness related articles that will have quick tips, answer common questions, provide sample workout routines, and offer up resources for learning more about practicing healthy habits.

- We have an NCC Student Life and Wellness Center Canvas page that contains lots of resources and information regarding Covid resources, exercise tips and workouts, nutrition tips and articles, mental health resources, and more! If you are interested in checking that out please email awunderlich@ccsnh.edu for an invite!

4) **Amy Vazifdar – Director of Student Life , Room 204 (Wellness Center)**
   603.578.8900 x1580, avazifdar@ccsnh.edu

Amy Vazifdar sends out a weekly student newsletter to all students. Whether you are interested in service opportunities, student clubs (both academically and socially-oriented), or just fun activities, make sure to take a few minutes every week to peruse through the student activities available for you to take part in. Amy also includes any information that is important for all students to know.

NCC has a very active student senate. The Student Senate is the student government at the College. It exists to promote student unity through creating and supporting student interest in extracurricular activities and to exercise general policy-making authority over student activities and affairs.

The Student Senate consists of an Executive Committee and a senate body made up of senators from each club, as well as any and all students who wish to participate in student
government. The Student Senate promotes student activities, allocates and disburses Student Activity Funds, and represents the student voice to the Administration.

Each student at the College has the right and responsibility to participate in student government. There are many options including: running for elective office, sharing your concerns with Senators, and participating in the Senate sponsored activities. Students must be matriculated and in good standing to hold an office.

See the latest student activity newsletter: https://nashuacc.edu/images/IMAGES/Student-Life-Newsletters/StudentLifeNewsletter19-22Jan2021.pdf

For more information on Student Senate or student activities, please contact Amy Vazifdar at AVazifdar@ccsnh.edu

5) Mackenzie Murphy – Career and Technical Education (CTE) Continuing Education Coordinator

Contact Information: 603-931-9896 / MMurphy@ccsnh.edu

- If you have any form of prior learning credit or work-experience, Mackenzie can help you through the process of evaluating your experience to possibly earn more credits
- Assists students with referrals to state-funded financial resources that include: WIOA, Work Ready NH, WorkNowNH and SNAP benefits.
- Provides program and career counseling to CTE students

6) If you need any referrals to community-based support services such as mental health, homelessness, substance abuse, etc please contact the NCC CARE Team using the referral form on the NCC website: https://www.nashuacc.edu/care-team

The CARE team serves as a central network focused on a proactive and preventative approach to intervention before a crisis arises. The CARE Team is a resource for faculty, staff and students by which they can report student behaviors of concern. In some cases there may be no violation of the Student Code of Conduct, but the behavior may evoke alarm or concern among involved persons.

The CARE team assesses the incoming referrals of concerns made during regular business hours (M-F; 8am-4pm) and evaluates them to the National Behavioral Intervention Team Association NaBITA™ standard and determines the best course of action or intervention to that particular individual.

The CARE team is made up of carefully selected members of the college community, each with a specialized background that will ensure the most thoughtful, professional, and attentive response to a concern.
7) For other services available to you, please refer to:
https://www.nashuacc.edu/student-services/where-to-find-assistance-at-ncc

For Remote Learning Resources, please visit: https://www.nashuacc.edu/quick-links/remote-learning-resources Resource guide under Quick Links to resources for community

Greater Nashua Region Community Connections Guide to Recovery:

8) Tuition Assistance

If you or someone in your household have experienced a financial loss or increased expenses due to COVID-19, you may be eligible for tuition and fees assistance for the Spring semester at any of New Hampshire’s Community Colleges.

Update as of January 19, 2021: NCC does have CRRSA Funds to help students impacted by COVID-19. In response to additional guidance received from the Department of Education, we have removed the application temporarily to make modifications in line with the guidance. Check back soon.

For more information on tuition assistance, please visit: https://nashuacc.edu/pay-for-college/tuition-assistance-dollars or contact the NCC Financial Aid office at 603.578.8903, or Nashua_Financial_Aid@ccsnh.edu.

9) Better Help Free Counseling

BetterHelp provides professional counseling to students at anytime and anywhere! As an NCC student, you will receive an email invitation to use BetterHelp using a unique link to help you access the service. You will need to create an account to use this service. You will be matched with a license therapist within 24 hours based on the type of counseling that you are looking for. As a student, you can easily self-schedule a live session as well as interact via live and scheduled video, chat, phone and unscheduled messaging. You can also switch your provider in a click of a button. There is no cost to you as a student to utilize BetterHelp.

For more information on BetterHelp, please refer to this link:
https://www.nashuacc.edu/quick-links/betterhelp-free-counseling-for-students

Tips for Success at Nashua Community College:

➢ Stay organized and prioritize your time
➢ Use a calendar and put all assignments/deadlines in one place
➢ Look ahead and plan accordingly. This will minimize the need for last minute all nighters - which are never as good of an idea as they may seem. **You need to sleep!**
➢ Take advantage of the Academic Success Center. It is there to help you! It is not a sign of weakness to utilize these services, but rather demonstrates your commitment to succeeding while in college.
➢ Make a “To Do” list and cross things off as you go. This will help you feel as though you accomplished your tasks.
➢ Keep an eye on your student email and CANVAS accounts for announcements from your instructors. If you are struggling, ask your professors for help. They are there to help you!
➢ Stay connected to campus activities and events and to keep up to date with campus communications including campus closures by downloading the **MyNCC app**
➢ Keep your eye on the Summer, Fall and Spring schedule to register for classes and get your best fit schedule. *The schedule should be available by the end of March.*
➢ Keep an eye on the refund deadline and drop dates for this year by clicking on the 2020-2021 academic calendar link: [https://www.nashuacc.edu/academics/academic-calendar](https://www.nashuacc.edu/academics/academic-calendar)

If you need any assistance with anything or have any questions throughout the semester, please don’t hesitate to reach out and I would be more than happy to help. Remember to take some time for YOU and enjoy some of the virtual student activities that NCC has to offer!

I hope you have a wonderful Spring Semester!

Sincerely,
Mackenzie Murphy
603-931-9896
MMurphy@ccsnh.edu