WEEK OF MARCH 8-12, 2021
All Student Activities are open to ALL NCC Students!

Tuesday 3/9:
All student Q&A on Zoom with the College President at noon!
https://ccsnh.zoom.us/j/3721185769

Thursday 3/11 at Noon:
Student Senate: Join Zoom Meeting
https://ccsnh.zoom.us/j/3721185769

NEXT WEEK!!!!

Spring Break

Student Senate is looking for officers for next year! It's going to be a great year so come check us out on Zoom!
Campus Transition Plan to Hybrid Learning

Transition Plan for Campus

As COVID-19 cases continue to decline in Nashua, NCC will move forward with the plan to phase in additional on-campus learning after Spring Break. Please review the steps below, and monitor your email for additional information.

Transition Schedule

- **ALL classes will continue to be remote until Spring Break (Jan. 19- March 20)** with the exception of the lab courses in Aviation, Automotive, Culinary Arts, Precision Manufacturing, and Nursing Simulation labs, which have already come back to campus and are following all current COVID restrictions and mitigation procedures.
  - **Spring Break, Week of March 15 – No classes**
  - **Monday, March 22 - Friday, March 26** it is the intent of the college that faculty will continue to follow the current **Option C** as stated on the website, so NCC can remain vigilant to our campus safety protocols & mitigation efforts in light of those traveling during Spring Break.
  - **Monday, March 29**- it is the intent of the college that faculty will follow **Option B**, as students incrementally transition back to campus in a hybrid fashion while factoring in safety protocols for those who travel during the week of Spring Break. The College will begin hybrid learning for all students with science labs and all co-requisite courses (Math English, and Anatomy & Physiology). Students can check Canvas for their exact schedule.
  - **Monday, March 29 – staffing**- it is the intent of the college to return to 50% staffing levels for all offices. The campus will continue to remain closed to the public, and appointments will be required for access to any of the offices. At this time, staff may access the building through the employee entrance at the Maintenance/Facilities door, as this will be opened back up to control traffic flow into the buildings with students returning to campus. Employees may still access the building by appointment for business needs during the hours of 8 AM to 4 PM by contacting Campus Safety at (603) 921-1089 to arrange a time and using the Main Entrance or Judd Gregg entrances.
  - **Monday, April 5** - it is the intent of the college that faculty will follow **Option A** as stated on the website, as we move to our full hybrid model.
  - **The campus building hours will remain 8am to 4pm until further notice.** If you are a faculty member and need access at different times to deliver a course, please contact the Campus Safety Department at (603) 921-1089 to make arrangements.
  - **There will be no on-campus access to the Library, Wellness Center, and Cafeteria facilities until further notice.**

In addition, the task force will continue to monitor the situation and will be communicating with the college campus on any changes or further updates along the way. We will also be offering refresher training via zoom (invitations to be sent at a later date), to go over campus safety protocols and will provide additional support for new employees joining our campus community.

For more information, please visit the Spring reopening plan on our website.
THIS WEEK- If you know someone interested in attending NCC!

VIRTUAL OPEN HOUSE
Wednesday 4:30pm-6:00pm
MARCH 10

Explore Amazing Programs.
Speak with Faculty, Create Your College Pathway (Running Start, Early College, Dual Admissions, Articulation Agreements), Meet with Financial Aid, the MultiCultural Department, Disability Services or even the Bursar’s Office!

NCC has 50+ degree, certificate, and career training programs including Front & Back End Coding Boot Camps, Microsoft Certification, Microelectronics Boot Camp, and Accelerated Degree Pathways.

Adult Learner? Learn about the benefits of enrolling in the ALL Program (Accelerated Lifelong Learning); Learn about NCC WIOA/WorkNowNH eligible programs and qualification requirements; or simply how to fit a full-time class schedule around work, family & other responsibilities.

Job Seekers: Interested in Non-credit training opportunities? Learn more about Coding Boot Camps, Microsoft training and certification, ED2Go.

THIS OPEN HOUSE WILL BE POWERED BY REMO, A VIRTUAL SPACE WHERE PEOPLE CAN COMMUNICATE, CONNECT, AND COLLABORATE!
RSVP: nashuacc.edu/openhouse.
NHTI's 21st Annual Multicultural Day

April 6, 12pm-2:30pm*
Register HERE for the Zoom Link

Are you from the U.S., or abroad? Are you interested in sharing more about the state, territory, or country you’re from? Do you have any talents (singing, dancing, drawing, etc.)? If so, we want to highlight you and your homeland!

We are searching for anyone who would like to share pictures of their homeland, traditional food, and artifacts; or participate in our virtual fashion or talent show!

If you would like to participate, please fill out the sign-up form attached or email Rhi or Rosie below. Students, staff, and faculty are all welcome to submit responses. The deadline to submit your talent or skill is March 24.

If you have any questions or comments, please contact Rhi Suarez at rsuarez@ccsnh.edu or Rosie Hughes-Smith at rhughessmith@ccsnh.edu.

*2:30 p.m. is the tentative finish time of the program, but it may go a little over time depending on the number of participants.

To access Zoom registration link above, click below
https://ccsnh.zoom.us/meeting/register/tJwlcuCsTluH9a2QWud8MT-DR3mbNAEeqzQk
Ongoing Tournament.
Join ANY time this semester!

ARE YOU INTERESTED IN ESPORTS?
Play will begin on Monday, 2/22

For more info contact bscott@ccsnh.edu or join the Discord below.

Don't see your game? Let us know.
If the interest exists, we'll host a tournament or event.

Follow the link in qr code to join the EVENT Discord
Manchester CC is welcoming students from NCC to join their weekly fitness classes! Jennifer Aube, MCC's Wellness Programming Coordinator; and Ayman Ali, MCC's Fitness Center Coordinator each host a few classes each week, and you can join for FREE via Zoom! Mix it up and get your daily exercise in with a great variety of class options! See the schedule below, and visit the attached link for the Zoom links:

https://www.mccnh.edu/student-life/wellness

Email awunderlich@ccsnh.edu with questions.

Free Virtual Fitness Classes

“Exercise not only changes your body, it changes your mind, your attitude and your mood!!”

We have 4 different classes available for ALL LEVELS!!

Barre fusion: 30-minute low-impact workout that blends elements from different exercise styles including ballet, Pilates and yoga. Monday at 12pm

Click here to join Barre Fusion

Body Power: 30-minute class uses your own body weight instead of weights to build power and strength. Wednesday at 12pm

Click here to join Body Power

Flow Flex: 45-minute class will incorporate poses/stretches and breathing exercises and a mindful focus to improve balance. Wednesday at 5pm

Click here to join Flow Flex

Core & Balance: 30-minute class will help you strengthen your core and lower back in addition to great stretches to help you with flexibility. Thursday at 9am

Click here to join Core & Balance

Questions? Please reach out to any of our Certified Personal Trainers: Jennifer J. Aube, Wellness Coordinator jaube@ccsnh.edu or Ayman Ali, Fitness Center Coordinator aali@ccsnh.edu
BetterHelp Free Counseling Service for NCC Students

On Thursday, January 28, all students registered for Spring 2021 except for non-credit, running start, and early college students, received an email from me announcing the free online therapy benefit from BetterHelp followed by an email on Friday, January 29 from BetterHelp with the CCSNH invitation. As a student, you can also request another invitation email throughout the semester.

The invitation email includes a unique link for you to create an account and access the service free of charge. If you use any other links to create your account, you may be prompted to provide credit card information or payment. You **DO NOT** have to provide credit card information or payment if you use your unique link. BetterHelp is paid for by CCSNH and NCC, there is no cost to students.

Additional information regarding BetterHelp can be found on the BetterHelp webpage located on our website under Quick Links [https://nashuacc.edu/quick-links/betterhelp-free-counseling-for-students](https://nashuacc.edu/quick-links/betterhelp-free-counseling-for-students).

Remember that confidential and convenient counseling for you is only a step away through our partnership with BetterHelp! Please do not hesitate to contact Amy Vazifdar at avazifdar@ccsnh.edu or me with any questions.

Take good care,

Lizbeth Gonzalez
Vice President of Student and Community Affairs
Title IX Coordinator
603-578-8928
lgonzalez@ccsnh.edu
To access tutoring via the Academic Success Center, see below:
Tutoring runs from:
Monday, January 25 - Friday, May 7
Writing, Math, and Accounting
schedules located on this page:
https://www.nashuacc.edu/student-services/academic-success-center
**Other Important Links!**

**Information that could benefit YOU as an NCC student!**

- The WIOA (Workforce Innovation Opportunity Act) provides educational and financial assistance for students wishing to pursue credit or non-credit programs. Please see the link if you would like more information on this and other benefits including SNAP, WorkNowNH, and WorkReadyNH - [https://nashuacc.edu/images/2018-images/CTE_Continuing_Ed/State-Funding-Financial-Assistance-Programs-for-Students.pdf](https://nashuacc.edu/images/2018-images/CTE_Continuing_Ed/State-Funding-Financial-Assistance-Programs-for-Students.pdf)

- The Office of the Governor, Chris Sununu has announced the new Emergency Rental Assistance Program for eligible NH residents who cannot pay their rent and utilities as a result of Covid-19. For more information on this program, visit [https://nashuacc.edu/images/IMAGES/Student-Life-Newsletters/EmergencyRentalAssistanceProgram.pdf](https://nashuacc.edu/images/IMAGES/Student-Life-Newsletters/EmergencyRentalAssistanceProgram.pdf)

- Nashua Master Plan- If you are interested in participating in a Focus Group for the Nashua Master Plan, visit [https://imagine.nashuanh.gov/](https://imagine.nashuanh.gov/)

- Information on Covid protocols surrounding isolation, quarantine, and vaccination schedule- [https://nashuacc.edu/images/IMAGES/Student-Life-Newsletters/Covid-Quarantine-Information-For-Students.pdf](https://nashuacc.edu/images/IMAGES/Student-Life-Newsletters/Covid-Quarantine-Information-For-Students.pdf)

- And just a reminder, we do have a student blog that you can view here- [https://nashuaccstudents.blogspot.com/](https://nashuaccstudents.blogspot.com/)