STUDENT LIFE NEWSLETTER

ALL STUDENT ACTIVITIES ARE OPEN TO ALL NCC STUDENTS!

WEEK OF MAY 3-7, 2021

IT'S FINAL EXAM WEEK!

We are ALMOST THERE!!!!

TOP TEN STRESS BUSTERS FOR STUDENTS!

Source:
https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179

1. Get Enough Sleep
2. Practice Visualization
3. Exercise Regularly
4. Take Calming Breaths
5. Practice PMR (Progressive Muscle Relaxation)
6. Listen to Music
7. Get Organized
8. Eat a Healthy Diet
9. Try Self-Hypnosis
10. Use positive thinking and affirmations
HAVE YOU SIGNED UP FOR THE COLLEGE CENTRAL NETWORK?

The Advising Center hss received numerous new part time and full time job opportunities in all fields through the College Central Network. Please make sure to finish your account setup so that you can view all of these availabilities.

College Central Network | Account Activation

Nashua Community College

Nashua Community College would like to introduce you to our exclusive career site and job board powered by College Central Network.

As a current student of Nashua Community College, you have been pre-registered for this valuable service.

Please use the button above or this secure link to create your password and activate your account so you can review career development information and search job listings. Once your registration is complete, add the CCN App to your mobile device homepage.

ALL COMMUNICATIONS ARE LIMITED TO EMAIL UNLESS YOU OPT IN TO RECEIVE TEXT MESSAGES.

If you have any questions or concerns about this email, or need assistance in accessing this service, please contact the Academic Advising Center at (603) 578-8906 or send us an email.

Be Job Search Savvy & Smart!

Log in and check out the following job search resources:

Career Advice Articles
Career Advice Documents
Career Central Job Podcasts

Informal Central
Book return information

SPRING 2021
RENTAL RETURN INSTRUCTIONS
1. RETURN IN STORE AFTER NCC APP HEALTH PASS HAS BEEN COMPLETED AND SHOWN TO SECURITY AT ENTRANCE OR BY DROP BOX/CURBSIDE (SHOWN BELOW).
2. CURBSIDE/DROP BOX AT THE MAIN ENTRANCE, BEGINNING 5/2/21 RENTAL DUE DATE 5/10/21(AFTER THIS DATE FEES WILL INCUR)
3. USE THE FORM ON THE DROP BOX TO INCLUDE YOUR NAME, PHONE NUMBER, EMAIL ALL BANDED WITH ELASTIC WITH YOUR RENTAL RETURN/S.
4. STORE BUSINESS HOURS: MON – WED 8:30AM TO 5PM, THURS 8:30AM TO 6PM, FRI 8:30AM TO 2PM (MAY 7TH) 4PM (MAY 14TH)
5. BUYBACK DONE IN STORE ONLY- FOLLOW STEP ONE BEFORE COMING TO THE STORE.
The Campus Safety Department would like to inform those that haven't already yet, to please download the MyNCC app that can be found on any app store. It's useful functions and tools make it easily accessible to the information needed for many offices and daily announcements sent out by the campus. Alongside its applications, the COVID health screening form can be found on the home screen of this app. This health screening form is to be filed out each time you visit NCC. Once the form is completed, that is when a green check will appear and that is what you will show to the Campus Safety Screeners that are stationed at the Gregg Hall Entrance and the Main Building Entrance.

A brief video explaining the MyNCC app, and our COVID health screening submission has been uploaded to our Campus Safety and Security page on our NCC page located at this link: https://www.nashuacc.edu/about/campus-safety-and-security

If there are any additional questions and or in need of assistance with downloading the MyNCC app, please contact the Campus Safety Department at (603) 921-1089 or by email at nccsafety@ccsnh.edu
2021
THE BIG CONTEST
FEATURING STUDENT VISIONS OF RACIAL AND SOCIAL JUSTICE

DID YOU COMPLETE
A DIGITAL PROJECT IN A LIBERAL ARTS CLASS?
WIN CASH AND FAME AT HUGEMANITIES.COM
DEADLINE FOR ENTRIES: MAY 7TH, 2021

NEVER FEAR HUGEMANITIES™ IS HERE!

POWERED BY UNH COLA, THE ANDREW W. MELLON FOUNDATION, THE NH HUMANITIES COLLABORATIVE, AND CCSNH
WIOA is an employment and training program funded by the U.S. Department of Labor to help dislocated workers and other eligible adults access the tools they need to manage their careers through information and high quality services.

Please see the list of programs currently approved by WIOA/WorkNowNH

Non-Credit Programs and Courses
- Back End Coding Boot Camp
- Front End Coding Boot Camp
- Microelectronics Boot Camp

For more information on eligibility requirements, please contact:
Mackenzie Murphy
603-931-9896
MMurphy@ccsnh.edu

For-Credit Programs and Courses
- Business Administration: Accounting Associate Degree
- Early Childhood Education Associate Degree
- Early Childhood Education Lead Teacher Certificate
- Human Services Associate Degree
- Small Business Management Certificate

Nashua Community College
505 Amherst St. | Nashua, NH 03063 | nashuacc.edu
ARE YOU STRUGGLING TO AFFORD FOOD AS A COLLEGE STUDENT?

During COVID, you may be eligible for $234/month in grocery food cards.

Students who meet any of the following may be eligible:

- Students who have an Expected Family Contribution (EFC) of $0, as determined through the FAFSA process

- Students eligible for a state or federally financed work study during the regular school year, even if they are not currently participating in the program

- Students receiving Pell Grants

For more information about eligibility and other SNAP rules, visit https://www.dhhs.nh.gov/dfa/foodstamps/eligibility.htm

Students can apply for SNAP at https://nheasy.nh.gov

For Legal Help, go to nhlegalaid.org or call 1-800-639-5290
Bicycle Sale

Sat, May 22 10am - 4pm
352 Amherst Street, Nashua
across from Five Guys

- Quality used bikes
- Priced at a fraction of original cost
- Tuned and ready to ride
- Adult and children's sizes
- Mountain, road, and vintage bikes
- Cash or check ONLY

Fundraiser for Gate City Bike Co-op

We repair donated used bikes and give them to greater Nashua area low-income residents, for free.

GateCityBikeCoop.org
603-759-9056

Bicycle Clothing & Accessories

50% off MSRP • Brand New • Limited Quantities

May 8 10am-4pm
90 Phoenix Ave, Lowell

Clothing for Men and Women
- Jerseys, long and short sleeved
- Jackets
- Arm and Leg Warmers
- Gloves
- Shorts and Bibs
- Tights and Knickers
- Shoes and Socks

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GateCityBikeCoop.org

Accessories
- Helmets
- Seats
- Packs
- Bags
- Wheels
- Tires
- and More!
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 - Thursday May 6th-
Writing, Math, and Accounting
schedules located on this page:
https://www.nashuacc.edu/student-services/academic-success-center

UNH Fall Transfer Deadline Extended

- Transfer Informational Meeting: Sign up for a one-on-one appointment in-person or virtually with a transfer admissions counselor and discover why UNH is the right choice.
- Virtual Financial Aid Informational Sessions: Join a member of our staff from the UNH Financial Aid Office to learn about the financial aid application process and resources to help your students finance their UNH education.
- Livestream Campus Tour: Get the familiar sights and sounds of our stunning, New England campus – right on Instagram – as our tour guides proudly show you and your students their campus. Submit your questions for a real-time response during the live tour.

Please visit our website for a full listing of virtual options.
• 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

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

• Nashua Master Plan- If you are interested in participating in a Focus Group for the Nashua Master Plan, visit- 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

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