THIS WEEK!

VIRTUAL CLUB FAIR!

Tuesday Feb 9th at 6pm
OR
Wednesday Feb 10th at Noon
Come to both or just one!

WIN!

Everyone who attends and visits 3 clubs will be entered to win a raffle for a $50 Visa gift card!

Check your student email on Monday Feb 8th for the Remo link and invitation and then join us at the Club Fair and find out all about student life at NCC!

BACK!
By popular demand!
Cookie Decorating

This time we are doing it for Valentine's Day! Anytime next week, pick up your cookie decorating kit in the bin at the main entrance. Decorate your cookie, and post the photo on the MyNCC app by midnight on Valentine's Day. Cookies will be voted on, and the winner will receive a $50 Visa gift card!
"SUCCESS IS NOT A DESTINATION; SUCCESS IS THE JOURNEY!"

"It's Ok to be Different"
Tuesday, Feb. 9 at 1 p.m.
Zoom link HERE or: https://ccsnh.zoom.us/j/95274622354

At the age of 16, Nick Scott was an ordinary teenager with an interest in athletics, until a near fatal traffic accident changed life as he knew it... forever. After the accident, Nick became overweight and discouraged, but somehow found the determination, mindset, and personal strength to transform his life from a debilitating tragedy into a personal triumph. Now he uses those hard-won insights to help others awaken the beast within themselves and achieve their professional goals.

Join professional speaker, bodybuilder, author, wheelchair ballroom dancer, and personal trainer, Nick Scott, in hearing his incredible story.
Please join us for the 19th annual Dr. Martin Luther King, Jr. event
Wednesday, February 10, 2021
3:00 - 4:30 pm
Please Register in Advance

The Netflix documentary Trial 4 follows the case of Sean Ellis who was charged in the 1993 murder of a Boston police officer. Mr. Ellis has maintained his innocence; while fighting for his freedom, he has brought to light issues of systemic racism and judicial corruption. Join us to learn about the advocacy that Mr. Ellis has done related to statewide policy changes around criminal justice reform as well as the importance of allyship and perseverance.

Mr. Ellis will be joined by Attorneys Rosemary Scapicchio & Jillise McDonough.

The event is free, open to the public, and will be held virtually via Zoom. Attendees are asked to register in advance.

If you have questions or need to request access accommodations, please contact Yolanda Dennis, Chief Diversity Officer, at 508-588-9100 x1304 or email ydennis@massasoit.mass.edu
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. **Mondays 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. **Wednesdays at 12pm**
[Click here to join Body Power](#)

**Flow Flex:** 45-minute class will incorporate poses/stretches and breathing exercises and a mind focus to improve balance. **Wednesdays 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. **Thursdays 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](mailto:jaube@ccsnh.edu) or Ayman Ali, Fitness Center Coordinator [soli@ccsnh.edu](mailto:soli@ccsnh.edu)
A **free** benefit for our students – online therapy from BetterHelp!

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](mailto: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
Nashua Community College Virtual Transfer Fair

Thursday, February 18, 2021
11:30 to 1:30 (log-in anytime during those hours)

Virtual using REMO

Register to attend using the link below:
https://nashuacc.edu/transfer-fair

Call advising at 578-8906 for more info
Making Sense of COVID
A CCSNH Virtual Symposium

Join us for a day of scholarly exploration as we delve into COVID-19 and its effects on our world as CCSNH student scholars present results from their research on a wide variety of COVID-related topics. This is an opportunity to come together to learn about (and reflect on) an experience that is deeply affecting us all.

In addition to being a showcase for community college student scholarship, we will highlight the ways in which different sets of scholarly tools (from natural sciences, social sciences, and humanities) can illuminate aspects of the human experience.

Friday, Feb. 26, 9:00am-4:30pm (more details to come)

Schedule of Events

Morning Session: The Science of COVID-19
Basic Biology and the COVID Immune Response: What do we know, and what would we like to know?
COVID Testing Mechanisms: What are the current options, and how well do they work?
COVID Vaccines and Therapeutics: How do they work, and what’s in the pipeline?
COVID Genetics: Viral mutations and why they matter – are there genetic factors for susceptibility?
Epidemiology: Understanding the Vectors, Spread and Mitigation of COVID-19

Afternoon Session 1: What Social Sciences Can Tell Us About COVID-19
American Identity and Mask-Wearing in the COVID-19 Pandemic
COVID, Politics and Power: A Comparison of Governmental Reactions to the Pandemic

Afternoon Session 2: Why We Need the Humanities
Lessons from Pandemic Literature
The COVID Diaries: Collecting Stories from the Pandemic
Exploring the Role of Humanities in the Human Response to the Pandemic

Plus Student Art Exhibition and awards, Student Poetry Exhibition and awards, QA sessions, and more!

Click Here to RSVP Today!
Writing Assistance
Face to Face through **Zoom**
Click on link below or copy it into your browser to see the schedule

eWriting Center Available too!
SELF-ENROLL.
https://ccsnh.instructure.com/enroll/MNXLRG
Monday January 25-Friday May 7, 2021

Math & Accounting Tutoring
Face to Face through **Zoom**
Click on link below or copy it into your browser to see the schedule
Monday January 25-Friday May 7, 2021
Don't forget to download the MyNCC app at http://ncc.campusapp.com/ to check-in for your daily health screening. OR scan this QR code

NCC BOOKSTORE
CURBSIDE PICK-UP SPRING 2021
LOCATED AT THE MAIN ENTRANCE OF CAMPUS

CURBSIDE PICK-UP HOURS
1st & 2 weeks of class
Tuesday 1/19 through Friday 1/29
Mon–Wed 8am-5pm, Thurs 8am-6pm, Fri 8am-2pm

Once you arrive on Campus Call 603-880-7083
Have your ID handy and we will
Bring your order to your car.