



# STUDENT LIFE NEWSLETTER

WEEK OF SEPT 30–OCTOBER 4, 2024

ALL STUDENT ACTIVITIES ARE OPEN TO ALL STUDENTS!



CASTING →

An illustration of a woman with blonde hair and a man with brown hair, both looking at a large white sheet of paper, likely a script. The woman is on the left, wearing a red top and a necklace. The man is on the right, wearing a green shirt. Above them is a yellow arrow pointing right with the word 'CASTING' written above it.

**The Student Theater Arts Guild RETURNS!!** The first meeting is Weds 10/2/24 in the NCC auditorium at NOON

A postage stamp in the top right corner of the advertisement, featuring a circular design and the text 'No. 024 30s'.

## WINDOWS MAGAZINE

MEETING TIME!


Come and connect with local artists!	Fridays 12:30pm Streeter 251
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**We want you for our editing team!**

# STUDENT ACTIVITIES WEEK 6

## NCC Weekly Student Activity Calendar

Fall 2024-All Student activities are open to ALL NCC Students!

Monday Sept 30	Tuesday Oct 1	Wednesday Oct 2	Thursday Oct 3	Friday Oct 4
<p><b>NOON Student Senate Meeting</b></p>  <p><b>McIntyre Conference Room 2<sup>nd</sup> Floor of Wellness Center above café Room 200</b></p>	<p><b>Noon: Campus Christian Club Mtg</b></p>  <p><b>Library Conference Room</b></p> <p><b>Fall 2024 Fitness Center Hours</b></p>  <p><b>Mon-Thurs: 9-5 Friday: 10-4</b></p>	<p><b>Free Lunch today! Fried Chicken-starting at 11:45 in the kitchen</b></p> <p><b>NOON: Multicultural Club Meeting-Streeter 106</b></p>  <p><b>NOON Outdoor and Nature Club</b></p>  <p><b>Streeter 150</b></p> <p><b>Noon: Theater Club</b></p>  <p><b>NCC Auditorium</b></p>	<p><b>Noon: Nerd Club</b></p>  <p><b>Game Room: 203 in Wellness Center</b></p>	<p><b>12:30pm Windows Magazine Club</b></p>  <p><b>Streeter 251</b></p> <p><b>Download NCC's Mobile App!</b></p>  <p><b>Search for "MyNCC" at the App Store or "Nashua Community College" on Google Play</b></p> <p><b>Keep In Touch!</b></p>

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**If you didn't get to the CLUB FAIR**

But you still want to find out more about an NCC club OR start a club, scan code to join!



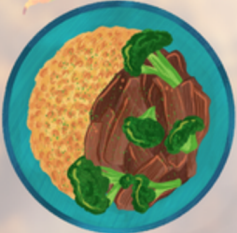



# Weekly Lunch Menu

**NCC**

## Weekly Lunch Calendar

September 30-Oct 4, 2024

**Cafe 505**

Mon 9/30	Tue 10/1	Wed 10/2	Thu 10/3	Fri 10/4
 <b>Orange Flavored Beef w/ veggie, fried rice, and roll</b>	<b>Beef soft tacos w/ Spanish rice and black beans</b>	<b>Fried Chicken, Mashed Potatoes, and Corn Bowl w/ gravy</b> <b>FREE FOR ALL STUDENTS!</b>	<b>Lemon Chicken with pasta and Greek salad</b>	<b>Cafe Closed</b>   

## FREE LUNCH SPECIAL! TUES 10/2/24

Fried Chicken, Mashed Potatoes,  
and Corn Bowl w/gravy



**FREE! Stop into Cafe 505**  
**WEDNESDAY**  
**11:45am-1:15pm**

# College & University Recruiting Schedule: Fall 2024

## October

Tuesday, Oct. 1: 12-3pm New England College: Kyle Smith [KSmith2@nec.edu](mailto:KSmith2@nec.edu)

Thursday, Oct. 3: 11am-2pm National Guard, SSG Jacob Atkins  
[jacob.b.atkins.mil@army.mil](mailto:jacob.b.atkins.mil@army.mil)

Tuesday, Oct. 8: 10am-2pm: Saint Anselm College, Rich Paraz,  
[rparez@Anselm.Edu](mailto:rparez@Anselm.Edu)

Thursday, Oct. 17: 11am-2pm National Guard, SSG Jacob Atkins  
[jacob.b.atkins.mil@army.mil](mailto:jacob.b.atkins.mil@army.mil)

Thursday, Oct. 24: 12am-2pm ROOM 150: University of New Hampshire, Nancy Baddaoui (and UNH Team) with food & videos [Nancy.Baddaoui@unh.edu](mailto:Nancy.Baddaoui@unh.edu)

Monday, Oct. 28: 10am-1pm UMass Lowell: Susan Murphy,  
[Susan\\_Murphy@uml.edu](mailto:Susan_Murphy@uml.edu)

## November

Wednesday, Nov. 13: 11am-2pm Scott Fournier from Fitchburg State University

Tuesday, Nov. 19: 10am-1pm Susan Murphy from UMass Lowell  
[Susan\\_Murphy@uml.edu](mailto:Susan_Murphy@uml.edu)

Thursday, Nov. 21: 11am-2pm National Guard, SSG Jacob Atkins  
[jacob.b.atkins.mil@army.mil](mailto:jacob.b.atkins.mil@army.mil)

## December

Wednesday, Dec. 4: 11am-1pm SNHU, Cynthia Sylvester [c.sylvester@snhu.edu](mailto:c.sylvester@snhu.edu)

Thursday, Dec. 5: 10am-1pm Susan Murphy from UMass Lowell  
[Susan\\_Murphy@uml.edu](mailto:Susan_Murphy@uml.edu)



**Try it Out.  
Talk it Out.**

# Nashua Community College students get 3 FREE 50-minute teletherapy sessions



## MENTAL HEALTH IS HEALTH

### Something on your mind? Teletherapy can help.

#### Why do students (like you) go to therapy?

- ✓ Feeling consistently low or sad
- ✓ Persistent anxiety
- ✓ Handling a breakup
- ✓ Loss of a loved one
- ✓ Past or current experiences of trauma or abuse
- ✓ Academic pressures and performance
- ✓ Housing or roommate tension
- ✓ Challenges with family members or at home
- ✓ Balancing childcare / care for family members
- ✓ Experiencing discrimination related to your race, weight, religion, immigration status, gender, sexual orientation, or disability (not comprehensive)



Scan me to register

Learn more and register at [www.bettermynd.com](http://www.bettermynd.com)

brainfuse

# Online Tutoring

and so much more!

24/7 Tutoring for all NCC students!



Receive **Instant Tutoring** and interact with a live tutor.



Use the **Writing Lab** for comprehensive feedback or connect with a live tutor.



**Submit a Question** anytime and receive a reply from a tutor.



**Personalized Skills Building** library of lessons and videos.



**Test Prep** in academic subjects and standardized tests.



**Create your own flashcards** and online games to reinforce classroom learning.



**Form online study groups** with peers, and faculty using MEET.



Use **eParachute** to discover your strengths and talents to map out your future career.

Access Brainfuse by clicking on the “24/7 Tutoring” tab in any Canvas course.



# NEW FOR FALL 2023

# 24/7 TUTORING

Connect with tutors  
late night and  
weekends when NCC  
tutors aren't available



Learn more about it  
here! →



Look for the *24/7 Tutoring button* in any Canvas course.



*We have in-person tutoring this Fall! Check out our most updated schedule!*

## FALL 2024 LIBRARY TUTORING SCHEDULE



SEP. 3 - DEC. 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM					
9:00 AM					
10:00 AM	<b>WRITING</b> Carole Davis 10am - 12pm	<b>WRITING</b> Rebecca Robinson 10am - 12pm		<b>WRITING</b> Rebecca Robinson 10am - 12pm	
11:00 AM					
12:00 PM					
1:00 PM		<b>MATH</b> Christine Morris 1pm - 3pm			<b>WRITING</b> Debra Swanson 1pm - 3pm
2:00 PM					
3:00 PM					

Current schedule  
also on the  
library website:



Help us improve our  
tutoring experiences in  
the future!



Need help outside  
of these hours?  
We offer online  
tutoring!



Go to any Canvas  
course and click  
on  
"24/7 Tutoring"



NOTE: calendar is subject to change - updated 09/08/2024

# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



NCC Partners with UsafeUS to provide awareness, prevention, and resources for all of our students!

uSafeUS is here to help you support your friends.

uSafeUS

Google Play

Download on the App Store



**BRIDGES IS THE LOCAL CRISIS CENTER WITH A 24 HOUR HOTLINE: 603-883-3044 OR YOU CAN CHAT LIVE AT [WWW.BRIDGESNH.ORG](http://WWW.BRIDGESNH.ORG)**



**Protect Yourself. Protect Your Friends**

**Stay Safe**

**Easy Ways to Exit an Uncomfortable Situation**

- Send yourself a fake text or call to leave an uncomfortable situation
- Let friends know to expect you when walking alone
- Ask wait staff for help without anyone knowing

**DOWNLOAD & SELECT YOUR CAMPUS**

Available on the App Store

GET IT ON Google Play

@uSafeUS

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