



Week of February 10-14, 2025

STUDENT LIFE NEWS

All NCC student activities are open to all NCC Students!

STUDENT CLUB AND ACTIVITY CALENDAR

Student Activities for February 10-14, 2025

Monday Feb 10	Tuesday Feb 11	Wednesday Feb 12	Thursday Feb 13	Friday Feb 14
<p>NOON and 5PM Club Fair</p>  <p>CLUB FAIR</p> <p>NCC Café</p> <p>Follow Amy on Instagram for all club meeting times!</p>  <p>@avazifdarnc</p> <p>Open Gym: 12-1 Mon-Thurs:</p> 	<p>NOON Club Fair</p>  <p>CLUB FAIR</p> <p>Noon: Campus Christian Fellowship</p>  <p>Library Conference Room 133</p> <p>Spring 2025 Fitness Center Hours</p>  <p>Mon-Thurs: 10-5 Friday: 10-4</p>	<p>FREE LUNCH THIS WEEK WEDS FEB 12, 2025 Cream of Chicken Soup with Grilled Cheese</p>  <p>FREE! Stop Into Café 505 Weds from 11:45-1pm</p> <p>Noon: Outdoors and Nature Club Mtg</p>  <p>Library Conference Room 133</p> <p>5pm: Cafeteria FREE PIZZA</p> 	<p>NOON: DANCE CLUB Auditorium</p>  <p>Noon: IEEE Club Mtg (Institute of Electronics and Electrical Engineers) Streeter 150</p>  <p>Noon: Game Room</p>  <p>4pm: Campus Christian Fellowship</p>  <p>Library Conference Room 133</p>	<p>Happy Valentine's Day</p> <p>12:30pm Windows Literary Magazine Club Mtg</p>  <p>Streeter 251</p> <p>For all club and activity info: Email Amy Vazifdar at avazifdar@ccsnh.edu for more info. OR keep an eye on the MyNCC App. Keep In Touch! Download NCC's Mobile App!</p> 

All Student activities are open to ALL NCC Students!

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Nashua Community College

Monday February 10th in the Cafe
Tuesday February 11th at noon in Cafe

NCC CLUB FAIR!!!

Join an NCC Club!
Start a new club!
Meet you fellow students!
Get some lunch!

Questions? Email Amy at avazifdar@ccsnh.edu










NASHUA COMMUNITY COLLEGE

Share the Love

EVENT

Please join the NCC Honors and PTK in making donations to Marguerite's Place for the month of February in order to help unhoused women and children. New towels, bedding, cleaning supplies, and diapers are among the items that need to be donated.

Donation bins are in the Atrium and at the entrance of Gregg Hall. To donate monetarily, go to margueritesplace.org or scan the QR code for their Amazon Wish List. Please join us in donating and Sharing the Love!



*If shipping directly to Marguerite's Place from Amazon, please add "NCC + your name" to the gift receipt.



WINDOWS MAGAZINE



IS CALLING FOR YOUR SUBMISSIONS!

Short stories or
nonfiction under 1500
words, poetry,
photography, visual
arts, and/or comics.
Max 3 submissions!

Please feel free
to come to our open
door meetings every
Friday at 12:30pm, 251
Streeter Hall! Not
required to submit.

Submit your pieces to
sdaley288@students.ccsnh.edu
or
cjoyner@ccsnh.edu

NEW!!

Comic section!
Submit your
9"x6" OR 4.5"x6"
comics by email!

DUE BY:

March 15th, 2025

Coffeehouse info to come.

Time for some book love...

Blind date with a book!

Celebrate love with a mystery book and maybe find a new passion!

#wherehaveyoubeenallmylife
#checkmeout

Furry Friend Visits in Library

Lyra and Welkin: Feb 4 and 18, 2-3pm
Bambi & Apollo: Feb 6 and 20, noon - 1



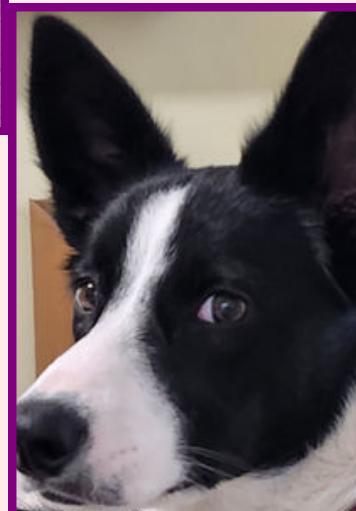
Lyra



Bambi



Apollo





Want a Blind Date (with a book)?



Surprise yourself
with a lovely read!

Stop by the library to pick up
one of 14 mystery books to
explore something new, rediscover
a classic, or find your new favorite!



SPRING 2025 LIBRARY TUTORING SCHEDULE JAN. 27 - MAY 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Current schedule also on the library website: 	
8:00 AM							
9:00 AM		MATH Christine Morris 9 - 11am					
10:00 AM	MATH Ken Healy 10am - 12pm		WRITING Rebecca Robinson 10am - 12pm	WRITING Rebecca Robinson 10am - 12pm			
11:00 AM							
12:00 PM	WRITING Debra Swanson 12 - 2pm		MATH Ken Healy 12 - 2pm				
1:00 PM							
2:00 PM		WRITING Carole Davis 3-5 P.M.					
3:00 PM							
4:00 PM	Need help outside of these hours? We also offer online tutoring!		Go to any Canvas course and click on "24/7 Tutoring"	More information on in-person tutoring in additional subjects coming soon!			
5:00 PM							
6:00 PM							

Android Users

Email Amy at avazifdar@ccsnh.edu to request Desktop/laptop access to the MYNCC app. Or call 603-578-8934



Or just scan here



College Transfer Visits this Week

Monday, February 10: 11am-2pm National University,
Shaniece Lewis slewis4@nu.edu

Tuesday, February 11: 11am-1pm Massachusetts College of
Pharmacy and Health Sciences, Christine Cuddemi,
Christine.Cuddemi@mcphs.edu

Wednesday, February 12: 11am-1pm SNHU Cynthia
Sylvester, c.sylvester@snhu.edu

NCC Food Pantry

Room 203 Wellness Center

ITEMS NEEDED



Apples
Applesauce
Bananas
Bread
Chicken/Beef/
Vegetable Stock

Grocery Bags
Mandarin oranges
Parmalat (Shelf Stable)
milk
Protein Shakes
String/Stick cheese
Yogurt

Important College Resources:

- Access to **Food and Meals** through the NCC Food Pantry
- Transportation-**Free Bus Transportation** in the city of Nashua through the UPass Program
- Information on **Housing Resources**- Contact Amy Vazifdar at avazifdar@ccsnh.edu
- Counseling and **Mental Health**- Bettermynd.com
- Support and Resources with issues related to **Domestic Violence or Sexual Assault**- Title IX Coordinator-Assistant Director of Campus Safety, Craig Nelson- cjnelson@ccsnh.edu
- USafeUS- <https://www.usafeus.org/theapp>

An advertisement for the U-PASS program. The top section has a yellow background with the text "U-PASS" in large white letters. Below this, it says "A NASHUA TRANSIT SYSTEM PROGRAM". The middle section features a photograph of four diverse students and staff members smiling and looking at a smartphone. Below the photo is a blue circle with the "NCC" logo and the text "STUDENTS & STAFF". The bottom section has a dark blue background with the text "RIDE FREE!" in large white letters, followed by "JUST SHOW YOUR SCHOOL ID!". At the very bottom, it says "BUS MAPS & SCHEDULES ARE AVAILABLE AT: www.RideBigBlue.com" and includes the "NTS" logo.

Valentine's Day is this week

Here are some things to keep in mind

USafeUS Can Help



10 Signs of Healthy Relationship

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



Comfortable Pace
The relationship moves at a speed that feels enjoyable for each person.



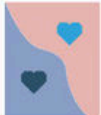
Trust
Confidence that your partner won't do anything to hurt you or ruin the relationship.



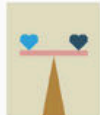
Honesty
You can be truthful and candid without fearing how the other person will respond.



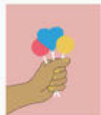
Independence
You have space to be yourself outside of the relationship.



Respect
You value one another's beliefs and opinions, and love one another for who you are as a person.



Equality
The relationship feels balanced and everyone puts the same effort into the success of the relationship.



Kindness
You are caring and empathetic to one another, and provide comfort and support.



Taking Responsibility
Owning your own actions and words.



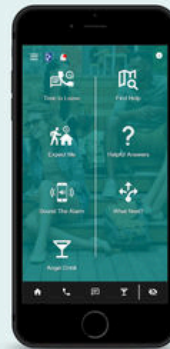
Healthy Conflict
Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



Fun
You enjoy spending time together and bring out the best in each other.

Learn more at joinonelove.org

Open your camera & hover to download the uSafeUS app!



- Fake a call or text to make a smooth exit from an uncomfortable situation
- Notify friends when you're walking alone on campus
- Quick links to support and answers to your questions about sexual assault, relationship violence, & stalking



10 Signs of Unhealthy Relationship

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.



Intensity
When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.



Possessiveness
When someone is jealous to a point where they try to control who you spend time with and what you do.



Manipulation
When someone tries to control your decisions, actions or emotions.



Isolation
When someone keeps you away from friends, family, or other people.



Sabotage
When someone purposely ruins your reputation, achievements, or success.



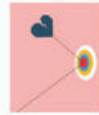
Belittling
When someone does and says things to make you feel bad about yourself.



Guilt
When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



Volatility
When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



Deflecting Responsibility
When someone repeatedly makes excuses for their unhealthy behavior.



Betrayal
When someone is disloyal or acts in an intentionally dishonest way.

Learn more at joinonelove.org

If something doesn't feel right, trust your instincts



uSafeUS[®] can give you a reason to leave

FREE THERAPY SESSIONS!



**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