

March 2019

Campus Voice

NORTHWESTERN CONNECTICUT
COMMUNITY COLLEGE



Important Announcements, Events, & More!

Want to place an announcement or something you want to share for next month?

Email Andrew Wetmore awetmore@nwcc.edu or call 860-738-6344

What is Happening This Month...

N.C.C.C. Student Art Festival

Theme: Nature & The Environment!

Pieces to be inspired by the following: beautiful, environmentally friendly, sustainability, earth, climate, weather, water, seasonal, and all things natural!

Prizes: 1st: \$100, 2nd \$50, 3rd \$50 Amazon Gift Cards



MARCH 28, 2019 • 11:30AM-1PM • ASB ATRIUM

OPEN TO ALL NCCC STUDENTS. DEADLINE IS MARCH 28TH AT 10AM TO SUBMIT. TO ENTER THE ART FESTIVAL PLEASE REACH OUT TO ANDREW WETMORE, DIRECTOR OF STUDENT ACTIVITIES AT AWETMORE@NWCC.EDU, 860-738-6344, OR STOP INTO GW110

What is Happening This Month...



Scholarships available for 2019-20
Apply now at nwcc.edu/financial-aid/
Deadline is April 1st



What is Happening This Month...

Starry Night *Semi-Formal*

*Join us for an evening of dancing, music,
food & fun*

Date: March 8th, 2019

Time: 6pm-10pm

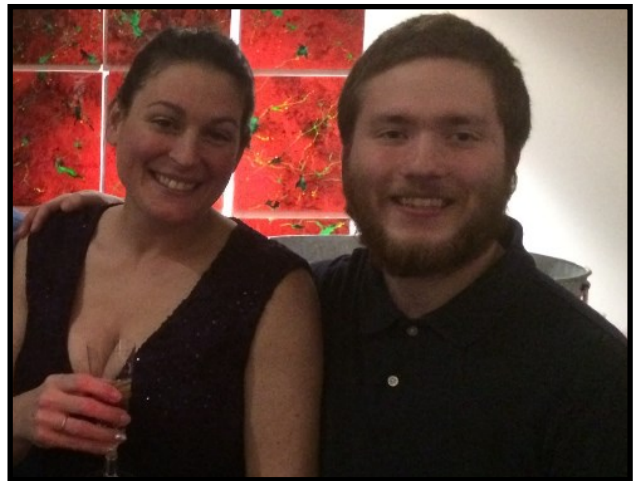
Tickets: \$5 Student \$10 Guest

**Tickets are available in the Student
Activity office and at the door*

Place: Arts & Science Building, NCCC



Sponsored by Student Senate & NCCC Deaf Club



What is You May Have Missed...

**Student Blood
Drive for the
American Red
Cross collects 28
pints of blood!**



What is Happening This Month...

FREE YOGA SESSIONS

About the Class:

- Who: Yoga Instructor Jan Young
- What: Complimentary Yoga Class for Relaxation.
- When: Every Thursday starting March 21st- April 25th, 2019
10:30am to 11:30am
- Where: Greenwoods Hall Gymnasium
- Why: Yoga has shown promise as an aid to smoking cessation because it reduces nicotine withdrawal symptoms

March 21st:
Turn in any
Vape or Juul
dispenser and
get a free
Yoga Mat!

Students and
guests should
provide their
own yoga mat
for this event.

Reserve your spot today!

<https://www.eventbrite.com/e/tobacco-free-yoga-for-relaxation-tickets-56349284226>

GREENWOODS HALL GYM

SPONSORED BY THE TOBACCO & VAPE FREE CAMPUS INITIATIVE

What is Happening This Month...

Join us for a conversation with Anne K. Howard, a true crime author with a popular blog, “Serial Murders in Connecticut,” in which she writes about different solved and unsolved murders in the Nutmeg State.

Tuesday, March 5, 6:30 PM in the Founders Hall Auditorium.

Howard's book, “His Garden: Conversations with a Serial Killer” won the Pencraft Literary Award for Best Non-Fiction of 2018. The book and interviews are featured in an episode of “21st Century Serial Killers,” airing on the Justice Channel in 2019.



Lost & Found...

Lost & Found services are maintained at the information center (FH104 and Student Activities GW110).

If you have lost an item while on campus, please check with Darlene at the information center 860-738-6300 or Andrew in Student Activities 860-738-6344.



What is Happening This Month...

*The Nursing/Allied Health Division at NCCC
and the Connecticut Office of Rural Health
Present*

know the risks. know the resources. kNOw Vape.



Guest Speaker:

**Dana Cavallo, Ph.D., Assistant Professor
of Psychiatry at the Yale School of Medicine**

**Thursday, February 28th
12pm - 1pm
Draper Learning Center**

Dana Cavallo has conducted numerous studies regarding tobacco products with an emphasis on vaping. She will share her experience as a researcher and clinician working with adolescents and young adults.

To register, scan here.



***Pizza lunch will
be served.***



Northwestern Connecticut
Community College
Park Place East • Winsted, CT 06098
www.nwcc.edu

<https://www.nwcc.edu/events/know-vape/>

What is Happening This Month...



This two day seminar is for both beginners and existing bloggers.

Tue, Mar 12, 2019, 5:00 PM – Thu, Mar 14, 2019, 7:00 PM EDT



Wed, March 13, 2019- 5:00 PM – 7:00 PM EDT

**For more information Contact the
Entrepreneurial Center of Northwest
CT**

Jane Williams, jwilliams@nwcc.edu,

"Are you interested in launching a startup?"

Northwest Startup is a hub to connect and guide startups in all stages of development from idea conception to global impact. Skilled industry mentors provide community support and feedback to help founders and their startups reach their full potential. Are you interested in launching a startup business or non-profit? Do you have a great idea that you think could become the next Twitter, Uber, or Airbnb? Come network and learn from mentors and founders about what it takes to launch your great idea! To help us better understand your business or idea, please complete this short survey: <https://www.surveymonkey.com/r/L7XX7XK>

What is Happening This Month...



**Open (informal) auditions for
NCCC Spring 2019 Talent Show**

March 2019 Schedule

Thursdays (3/7, 3/14, 3/21, 3/28)

Noon to one p.m. and

Fridays (3/1, 3/8, 3/15).

From three to four p.m.

Founders Hall Auditorium

For additional information, please contact

khunter@nwcc.edu or call (860)738-6402 **LGBTQIA+ Club Advisor**

Are you looking for books for your research?

Search Our Books



NCCC Library holds thousands of books. Overwhelmed? No worries! Please check out our guide to "How to Find a Book on Your Topic." It is available online: <http://nwcc.libguides.com/books> now.

Can't find books at NCCC Library? You can request books through C SCU Consortium Libraries. A new guide, "Borrowing Books from Other Libraries" is also online: <http://nwcc.libguides.com/books>.

Or stop by at the library and grab the hand-outs. If you have any questions, please ask our friendly library staff.

What is Happening This Month...



Free Program

Sponsored by

Charlotte Hungerford
Hospital

Connect to healthier.™



Freedom From Smoking®

A 7-week step by step program to help you quit smoking and transition to a smoke-free lifestyle

Ready to Quit? We can help!

WINSTED LOCATION

Classes begin Tues. March 19th

4:00-5:30 p.m.

Northwestern CT Community College
Founders Hall, Room 206

This American Lung Association program is designed to help smokers gain control over their behavior using a variety of evidence-based cessation techniques.

The program offers a structured, systematic approach to quitting, and its positive messaging emphasizes the benefits of better health.

Individuals who participate in Freedom From Smoking®:

- Experience immediate health benefits
- Learn to address physical, social and mental aspects of addiction
- Are more likely to be smoke free after one year
- Receive personalized attention in a supportive environment

For Information and Registration

Contact Sandy at 860-496-6538



What is Happening This Month...

Writers! Artists! Photographers!

Get published! See your work in print!

Submit your work to NCCC's annual literary and arts journal, *The Mad River Anthology*. Please send creative writing (fiction, poetry, essays, short plays, etc.) in no more than 10 double-spaced pages. Photographs and black and white artwork are also welcome. Send to Faculty Advisors, Dr. Whitaker and Prof. Treat: JWhitaker2@nwcc.edu or JTreat@nwcc.edu
Hurry! Deadline is Monday, March 18.



Early Childhood Education Association

CHOCOLATE CANDY BAR SALE

The Early Childhood Education Association is selling Gertrude Hawk Chocolate Candy Bars for its fundraiser.

All proceeds will be donated to the President's Student Emergence Fund.

Candy bars are \$1.00 and come in a variety of flavors.

Please see Mami (860) 738-6456, Michele (860) 738-6305 or an Early Childhood Education student.

Please remember also our New Socks and Undergarment Collections for Susan B. Anthony.

Have an idea for events you want to see on campus?

Contact the Student Activities Office at 860-738-6344 or awetmore@nwcc.edu



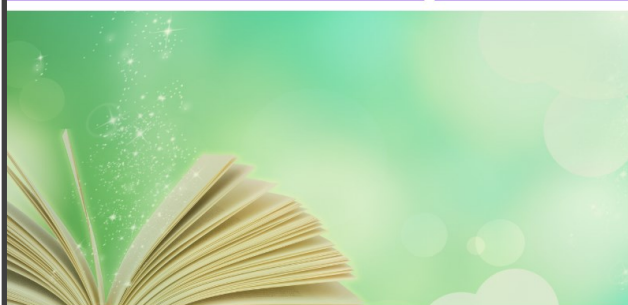
What is Happening This Month...

ENG* 102

LITERATURE AND
COMPOSITION

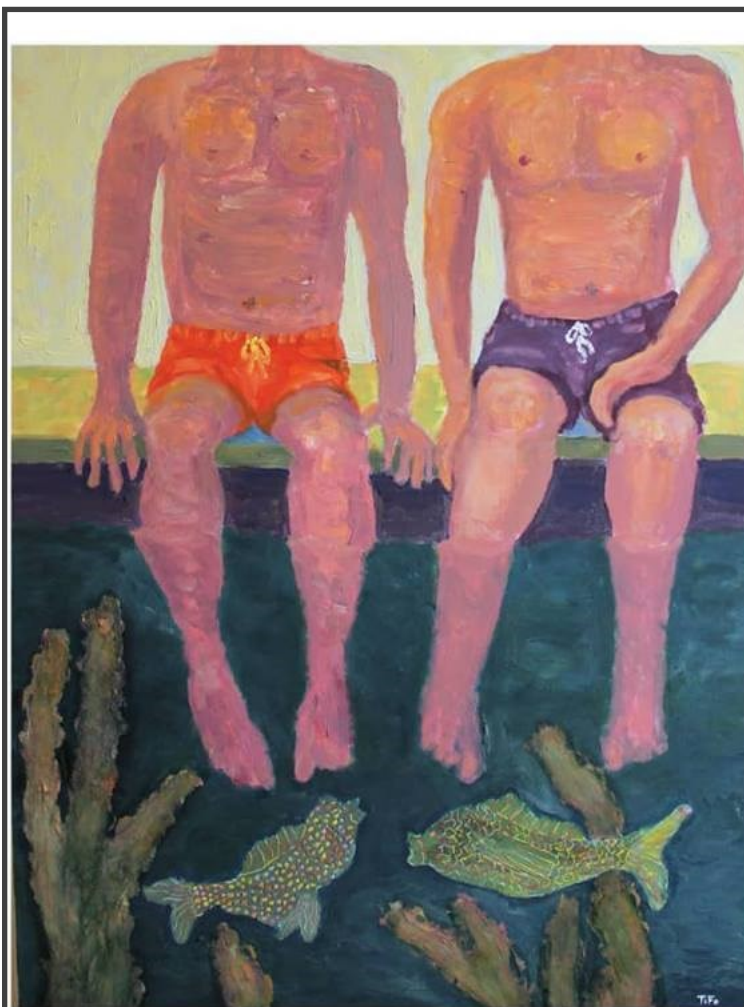
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M AND W
12-2:30 PM



COMPLETE YOUR COURSE IN 8 WEEKS!
BEGINS 3/25/19

A scenic landscape featuring a calm lake reflecting a blue sky with white clouds and distant mountains. A semi-transparent white circle is overlaid on the center of the image. Inside the circle, the text reads: "NCCC Presents: DEEP Certification in SAFE BOATING AND PERSONAL WATERCRAFT March 11, 12, & 14 6-9 PM". In the bottom right corner of the circle is the Northwestern Connecticut Community College logo, which is a green circle containing a white building icon and the text "NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE" and "1965".



Timothy Forry Paintings
February 28 – April 4, 2019
Opening February 28, 3:00–5:00

NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE . Park Place East . Winsted, CT 06098 Gallery Hours 9-5, M-F

What is Happening This Month...



TRANSFER THURSDAYS

ASB ATRIUM 10:00 am—1:00 pm

SUBJECT TO CHANGE WITHOUT NOTICE

SCHOOL

DAY/DATE

**F
E
B**

Central Connecticut State University

TH 28

Bay Path University —*Rescheduled from 2/7*

TH 28

**M
A
R
C
H**

Southern Connecticut State University

TH 7

Massachusetts College of Liberal Arts **Rescheduled from 2/28*

TH 7

University of Connecticut—GAP

TH 7

Holy Apostles College

TH 7

Quinnipiac University

TH 7

Westfield State University

M 18

Western New England University

M 18

Bay Path University

TH 21

Central Connecticut State University

W 27

University of Hartford

TH 28

**A
P
R
I
L**

Southern Connecticut State University

TH 4

Quinnipiac University

TH 4

Bay Path University

TH 11

Westfield State University

TH 11

Western Connecticut State University

TH 11

Massachusetts College of Liberal Arts

TH 11

Western New England University

TH 11

University of Bridgeport

W 18

University of Hartford

W 18

University of New Haven

W 25

Central Connecticut State University

M 29

Good to Know...



March Library Display Case

.... is a collaborative work with **AAUW** (American Association of University Women) of **NCCC** to celebrate **Women's History Month** and **International Women's Day** (March 8).



It features posters, books, DVDs and periodicals related to

Do you need a comfortable spot between classes?

The NCCC library has plenty of armchairs and study carrels for relaxing or studying, computers, the latest newspapers and magazines, and the college art collection. Please come to the library and find a comfortable spot!



Ready to become a student leader?

Join the Student Senate!



- ⇒ **Meets every Tuesday at 12 noon in GW110**
- ⇒ **Helps organize campus-wide events**
- ⇒ **Sponsors clubs and activities**
- ⇒ **Determines use of the Student Activity Fund**
- ⇒ **Voice of the Student Body**

Interested? Contact Andrew Wetmore, Director of Student Activities at 860-738-6344 or



President
Marcus Johnson



Vice President
Amanda Gregg



Treasurer
Phoebe Casciani



Secretary
Eileen Nieves

Good to Know...

Join the Spanish Club!

Come learn Spanish and the culture surrounding the language.
Spanish is the second most spoken language in the world.



Activities:

- ❖ Conversational Spanish
- ❖ NYC trip to Spanish Harlem
 - ❖ Spanish Games
 - ❖ Mobile Pantry
 - ❖ Authentic Cuisine
- ❖ Fundraisers for local Hispanic Charity



Meetings held at 11:30am on Monday
Room 206 in Founders Hall.

Meetings are held every other Monday and other times.
Contact Advisor: Professor Jessica Treat: jtreat@nwcc.edu

Good to Know...

Thinking about withdrawing from a class?

Is one of your classes more difficult than you thought it would be? Or just not as interesting as you thought it would be? Are you falling behind in your assignments? If you are thinking about withdrawing from a class, TALK TO YOUR INSTRUCTOR first. He/she will be able to give you an idea of how you are doing overall and may be able to offer you suggestions for improvement and explain other options available to you such as tutoring that is available at the Academic Success Center or study skills classes. BEFORE you withdraw, consider the following:

Withdrawing from a class can have an impact not only on your current funding (i.e. Financial Aid, Veteran's benefits or Scholarships, etc.) but may also impact your FUTURE funding

Withdrawing from a class will make you ineligible for Dean's List Honors for that semester

Too many "W's" on your transcript can impact your ability to transfer to a four-year institution, acceptance into a particular degree program and/or acceptance into graduate school

If you still decide to withdraw from your class, you can withdraw online in MyCommNet or you can fill out a Withdrawal form and bring it to the Registrar's Office. **The deadline to withdraw is 4:30 pm on April 10th.** Failure to withdraw may result in an "F" in your class.

Are you planning to graduate?

Graduation is NOT an automatic process – **you must apply to graduate** (whether you plan to attend the ceremony or not).

- You need to meet with your advisor to have them fill out and sign a Degree Works audit or Graduation Worksheet.

Bring the signed Degree Works audit or Graduation Worksheet along with your completed graduation application to the Registrar's office in Green Woods Hall Room 215.

Graduation applications are available at the Registrar's Office or online at

https://www.nwcc.edu/wp-content/uploads/2011/02/GRADUATION_APP_2019.pdf

THE GRADUATION APPLICATION DEADLINE IS FRIDAY MARCH 29th.

NO SLEEP SQUAD

BY: HEATHER DAMIANI

“It takes courage to grow up and become who you really are.”

-E.E. CUMMINGS

The good part about this graduation this May is that there is no graduation fee. What students graduating in May should know is that you **MUST** submit a graduation form to the registrar’s office by March 29th. **YOU DO NOT GRADUATE AUTOMATICALLY** you must apply. First, you need to schedule an appointment with your academic advisor to determine if:

All your credits will transfer

you are enrolled in the correct program(s) of study

You have met all program requirements by the end of the semester

Then your advisor must sign off on your plan

If you have an incomplete it must be completed with a passing grade or better for you to graduate. Otherwise you will need to reapply for graduation after the completion of these credits. You can find your advisor in My Commnet under the student banner service and your unofficial transcript. Next you need to make sure that all your financial obligations with the bookstore of cashiers, etc. Last, your plan needs to be returned to the registrar’s office in Greenwoods Room 215.

Disclaimer: The No Sleep Squad is a section intended to allow students to provide writings about current events or items of interest to themselves or their fellow students. **This section is written by students and content in this section does not reflect any official opinions or policies of Northwestern Connecticut Community College or the Department of Student Activities that oversees this publication.**

Are you a student who wishes to provide content for this section?

Contact the Director of Student Activities, Andrew Wetmore at awetmore@nwcc.edu to find out how.

Good to Know...



We Are Hiring

Seasonal Greenhouse Assistant

Job Description

The Seasonal Greenhouse Assistant is responsible for all types of greenhouse work including proper cut back and shaping of plants, lifting daily plant schedules, watering as needed, and sanitation of all growing areas. The Greenhouse Assistant has good communication skills and can work with all members of the Greenhouse Growing Team. The ability to take direction and learn methods over time is important for this role. The ability and willingness to cross train in other production departments is an essential part of this role. This position will begin in late February and end in early to mid-summer.

Essential Responsibilities:

- Cut back/Shaping of crops
- Lifting for Plant Schedules
- Sanitation
- Watering
- Labeling
- Crop Consolidation and Movement
- Culling

Position Requirements:

- Ability to move 40 lbs. or more.
- Ability to perform repetitive tasks.
- Ability to perform work both indoors and outdoors.

Required Skills:

- Motivation, dependability.
 - Unfailing attention to detail.
 - Excellent interpersonal communication skills.
 - Ability to adapt to constantly changing priorities.
- White Flower Farm is an EEO/AA Employer.

The Seasonal Greenhouse Assistant is a temporary, 40 hours per week position, paid at a rate of \$11.00 per hour. Interested candidates can apply in person at White Flower Farm (30 Irene St. Torrington) or at www.indeed.com

White Flower Farm is an EEO/AA Employer.

What is You May Have Missed...

NCCC 2019



Fresh Check Day, the signature program of the [Jordan Porco Foundation](#), is an uplifting mental health promotion and suicide prevention event that includes interactive expo booths, peer-to-peer messaging, support of multiple campus departments and groups, free food, entertainment, and exciting prizes and giveaways. Fresh Check Day aims to create an approachable and hopeful atmosphere where students are encouraged to engage in dialogue about mental health and helps to build a bridge between students and the mental health resources available on campus, in the community, and nationally.



What is You May Have Missed...



NCCC 2019

freshcheckday®

