

OCTOBER 2023

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# CAMPUS VOICE

Connecticut State Community College Northwestern Campus



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Honoring Our Past, Securing Our Future

Welcome Week 2023



Important Announcements, Events, News & More!

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

Email Andrew Wetmore [awetmore@nwcc.edu](mailto:awetmore@nwcc.edu) or call 860-738-6344



# Welcome Week



Fall 2023



# Welcome Week



Fall 2023



# STOP THE BLEED TRAINING

Joanna Cyr, Melissa Bettigole and Connie Hotchkiss are offering two Stop the Bleed and AED Review sessions for faculty and staff.

The skills you learn may help you save a life!

If you wish to attend one of the training sessions, please register below:

Tuesday October 10, 2023 12:30-1:30 pm >> <https://forms.office.com/r/sRhkQuhi39>

Thursday November 2, 2023 12:30-1:30 pm >> <https://forms.office.com/r/x0Tm3ic17H>

For questions or more information contact Connie Hotchkiss at [CHotchkiss@nwcc.edu](mailto:CHotchkiss@nwcc.edu)



## DEI Excellence Award Program

### Our DEI passport is NOW available!

#### What is the DEI Excellence Ward?

- An initiative to increase awareness, knowledge, and skills in inclusive, cultural awareness & social justice.

#### How do I get more information?

- Talk to your CCS 1001 Instructor
- Email [NW-DEIEcellence@groups.ct.edu](mailto:NW-DEIEcellence@groups.ct.edu)

#### How do I get started?

- Pick up your DEI Participant Journal at one of the designated locations:
  - Your CCS 1001 Instructor, Library, Dean of Faculty & Students Office (FH103), Office of Disability Services (GW303), Student Activities (GW110)





# TEMPORARY CHANGES TO FAFSA



For Students: Your 2024-2025 FAFSA will become available sometime in December 2023 instead of October 1st, 2023.

This is due to the FAFSA simplification act and several significant changes to the application itself that the US Department of Education is currently working on.

The 2025-2026 FAFSA and beyond, will return to October 1st.

If you have any questions or concerns, please contact the Financial Aid Office:

Phone: [860-738-6326](tel:860-738-6326)

Email: [NW-FinAid@nwcc.edu](mailto:NW-FinAid@nwcc.edu)



# TRANSFER WEDNESDAYS

TRANSFER WEDNESDAYS is a rolling event that happens each Wednesday in the Arts & Science Building Atrium. Representatives from schools will be on hand from 10:00 am-1:00 pm to meet with students who may be looking to transfer to their institution.

For questions, kindly contact Rick Boger-Hawkins [860-738-6307](tel:860-738-6307) [rboger-hawkins@nwcc.comnet.edu](mailto:rboger-hawkins@nwcc.comnet.edu)

**Wednesday, October 4, 2023:** University of Connecticut, Albertus Magnus College, University of New Haven, UMass Lowell (11-2:00)

**Wednesday, October 11, 2023:** Grand Canyon U. Online, Husson University, Southern Connecticut State University

**Wednesday, October 18, 2023:** Post University

**Wednesday, October 25, 2023:** TBA

**Wednesday, November 1, 2023:** University of Connecticut, Quinnipiac University

**Wednesday, November 8, 2023:** Albertus Magnus College, Grand Canyon University, Post University, Western Connecticut State University

**Wednesday, November 15, 2023:** Central Connecticut State University, University of New Haven





## PEER 2 PEER MENTORS

The Peer2Peer Mentors had a one day retreat at the Wilderness School where they learned about team building, and success strategies.



## OXFORD CONSORTIUM ON HUMAN RIGHTS

Are you interested in human rights? Do you love to travel? Then this is the opportunity for you! Students are encouraged to apply for the Oxford Consortium for Human Rights conference held at Oxford University in England. This year's conferences are:

- Human Rights in Climate Emergency and War – March 18th-24th, 2024
- Human Rights and New Technology – July 1st-7th, 2024

Scholarships are available for students interested in applying. You can apply here: <https://forms.office.com/r/8NEgZARqdT>. The application deadline is October 27th with a notification of acceptance or denial by December 9th.

For more information, please reach out to Jessie DePonte, Program Director of Team Success Scholars ([jdeponte@nwcc.edu](mailto:jdeponte@nwcc.edu)).





Northwestern Makerspace

**CT STATE**  
COMMUNITY COLLEGE

**NORTHWESTERN**

**Makerspace**

Make it  
Break it  
Fix it



**Hours of  
Operation**

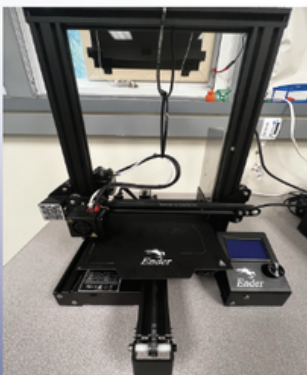
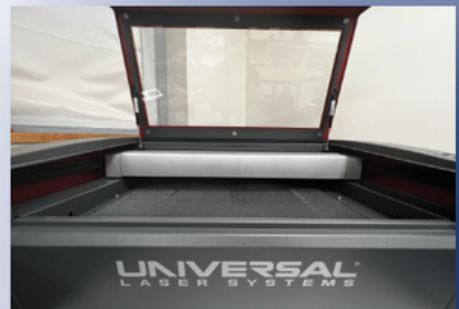
Monday: 11:00am-4:00pm

Wednesday: 11:00am-4:00pm

**Room GW #124**

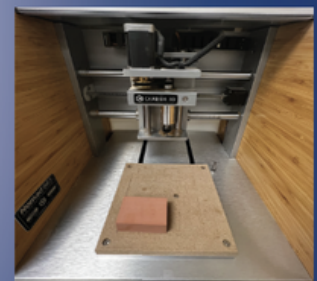
**Open to any**

Student, Faculty, or Staff

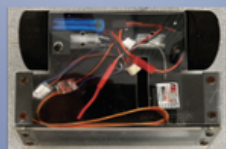


**If you have an Idea,  
We have the tools**

Laser Cutter, 3D-Printers,  
CNC Router, Sewing Machine,  
and more



**Drive and customize  
1lb robots**



**Contact**

Professor Doug Hoffman

[Dhoffman@nwcc.edu](mailto:Dhoffman@nwcc.edu)

860-738-6332



## Northwestern CARE Team Mission Statement:

The CARE team is a campus-wide team of appointed staff and faculty responsible for identifying, assessing, and responding to concerns and/or disruptive behaviors by students, faculty/staff, and community members who struggle academically, emotionally, or psychologically, or who present a risk to the health or safety of the college or its members.

## Team Goals:

- Provide a safe and supportive physical and emotional environment for members of the college community.
- Identify, assess, and intervene with individuals who are struggling or who demonstrate concerning or threatening behavior.
- Provide support and resources to community members who are concerned for another individual.

## CARE Referral:

Completing a CARE referral is an essential first step in supporting students in distress on your campus. Complete a referral when you have any concerning observations or interactions with a student or think they need more coordinated support. CARE referrals help connect students with support services including basic needs on and off-campus. Basic Needs can include those with housing and food insecurity, transportation, childcare, mental health and disability services. Completing a CARE referral will inform the CARE Team to reach out and offer further assistance in the areas needed.

## Scan QR to Access Care Referral Form



Your one piece of information is important to contribute to building the community of support many students need to succeed.

## Responding to Students in Distress

A quick reference guide for Faculty and Staff to recognizing, responding and referring distressed students.  
CARE Referral form: [ctstate-advocate.symplicity.com/care\\_report](http://ctstate-advocate.symplicity.com/care_report)

| Concerns and Warning Signs |  |  |  |
|----------------------------|--|--|--|
|                            | Academic   | Physical   | Emotional  |
| <b>RECOGNIZE</b>           | <ul style="list-style-type: none"> <li>• Talking and writing about violence, death or suicide.</li> <li>• Disorganized and inconsistent participation and class performance.</li> <li>• Repeated requests for extensions/ make-up examinations</li> </ul>  | <ul style="list-style-type: none"> <li>• Disheveled appearance, change in grooming/hygiene.</li> <li>• Visible recent self-harm marks.</li> <li>• Confused and/or rapid speech.</li> <li>• Appearing under the influence of alcohol or drugs.</li> <li>• <b>Basic Needs</b></li> <li>• Food, housing, clothing, financial, and childcare support.</li> </ul> | <ul style="list-style-type: none"> <li>• Reports of multiple stressful events (death, illness, trauma, relationship issues).</li> <li>• Marked change in behavior and mood fluctuations including:               <ul style="list-style-type: none"> <li>• Severe anxiety, irritability, angry hostile outbursts or aggressive comments.</li> <li>• Emotional flatness, expressions of hopelessness or worthlessness.</li> <li>• Extreme changes in energy, appearing out of touch with reality, hearing or seeing things that do not exist.</li> </ul> </li> </ul> |
|                            | <p><b>Safety First:</b> Safety is a priority, call 911 for help if the student displays any threatening or potentially violent behavior.</p>   |  | <p><b>Be Proactive:</b> Engage students early, pay attention to their needs and warning signs, and set limits on disruptive behavior.</p>  |
| <b>RESPOND</b>             | <p><b>Be Direct:</b></p> <ol style="list-style-type: none"> <li>1. Directly ask about your concerns and/or the warning signs.</li> <li>2. Directly ask, are you having thoughts of hurting yourself or suicide? Are you having thoughts of hurting others?</li> <li>3. Ask yourself, do you believe there is imminent danger?</li> </ol> <p><i>If you are unable to ask these direct questions, get someone who can.</i></p> |  |  |
|                            | <p><b>Active Listening:</b></p> <ul style="list-style-type: none"> <li>• Give your full attention.</li> <li>• Use a calm voice and take a few breaths.</li> <li>• Restate cause of student distress and help requested.</li> </ul>   | <p><b>Concrete Help:</b></p> <ul style="list-style-type: none"> <li>• Provide clear and concise recommendations.</li> <li>• Help them get to the next step (i.e., an appointment with their academic advisor, Timely Care or Wellness Counselor on campus.)</li> </ul>   | <p><b>Consultation/Documentation:</b></p> <ul style="list-style-type: none"> <li>• Following, document your interaction by completing a CARE Referral form.</li> <li>• FERPA permits communication regarding a student of concern when there is a legitimate need to know.</li> </ul>  |

## CARE Team Members

Ruth E Gonzalez, Chair  
 Andrew Wetmore, Co-Chair  
 Kiersten Balboni – FA  
 Mike Emanuel-Faculty  
 Amanda Moreau-Adult Advocate SBAP  
 Brian Plessinger-Campus Safety  
 Jacqueline Kuns-Secretary  
 Alayna Scarangelo-GPA  
 Tracy Smith-Michnowicz-Faculty  
 Jay Whitaker-Dean of Faculty and Students





# Food for Thought - Student Food Pantry

Location:

Founder's Annex (FX) rooms 317 (pantry) & 319 (office)

Please be sure to read the information below carefully to apply.

- If you need help, please fill out a form found here: <https://nwcc.edu/food-pantry/>
- For your FIRST appointment in THIS semester, you will be required to fill out some personal information. All information entered in this form will be kept 100% confidential. Due to our relationship with the CT Food Bank, we are required to collect this information once a semester.
- You will then be asked to choose an appointment day and time. We do NOT take same day appointments and we do not honor appointments made after 3pm the day before a requested appointment.
- You will pick up your supplies at Food for Thought in the Founders Hall Annex in Room #319. Besides supplies, you will also receive a \$20.00 gift card from Stop and Shop.

| <b>Fall 2023 Appointments Times</b> |  |
|-------------------------------------|--|
| <b>Monday</b>                       | <b>9:30am – 3:00pm</b>                                     |
| <b>Tuesday</b>                      | <b>9:30am – 2:30pm, 3:30pm – 5:30pm</b>                    |
| <b>Wednesday</b>                    | <b>9:30am – 10:30am, 11:30am – 3:00pm</b>                  |
| <b>Thursday</b>                     | <b>9:30am – 10:30am, 11:30am – 1:30pm, 2:30pm – 5:30pm</b> |
| <b>Fri, Sat, Sun</b>                | <b>Closed</b>  |





# Founders' Hall Gallery

THE GALLERY AT FOUNDERS' HALL PRESENTS  
**LGBTQ ELDERS**



## Portraits by Joseph Radoccia

The "LGBTQ Elders: Portraits by Joseph Radoccia" series captures the profound intimacy of creating portraits, where hours of silent observation translate into intricate marks on paper, revealing unseen aspects of a person. These portraits aim to represent the unspoken experiences, endurance, and victories of aging within the LGBTQ community. The oversized format symbolizes claiming space and visibility that was once denied, while also maintaining an intimate connection to individual identities. The vulnerability of the exposed paper and the intricate mark-making reflect the complex paths that shaped each individual. The exhibited portraits are a selected gathering that muses on the passage of time, offering a poignant reflection on the diversity and changes within the LGBTQ elder community.

**OCT 09 -  
NOV 03, 2023**

GALLERY HOURS MONDAY-THURSDAY 9AM-9PM

Virtual Artist  
Reception

NOV 1ST, 2023

5:00PM



# NORTHWESTERN LIBRARY HOURS FALL 2023

## On-Ground Services Available\*

Monday – Thursday

9:00 a.m. – 5:00 p.m.

## Chat Services Available\*\*

Monday-Thursday

9:00 a.m. – 7:30 p.m.

Friday

9:00 a.m. 4:30 p.m.

Saturday

10:00 a.m. – 2:00 p.m.

Sunday

10:00 a.m. – 2:00 p.m.



\*Due to staffing reductions, the physical Northwestern Library is open Monday through Thursday. There are no evening hours for the fall semester.

\*\*The CT State Library chat service is now available seven days each week during the semester. This chat service is staffed by librarians across the CT State Library and is available for students, faculty and staff who need research assistance. Chat service is accessible through the Northwestern Library webpage.



# FALL 2023 SEMESTER ACADEMIC CALENDAR

## AUGUST

August 25 – CC Faculty Semester Begins

August 28 – CSU Work Year Starts

August 29 – CSCU Classes Start

## SEPTEMBER

September 4 – Labor Day, NO CLASSES

## NOVEMBER

November 7 – CC Reading Day, NO CLASSES

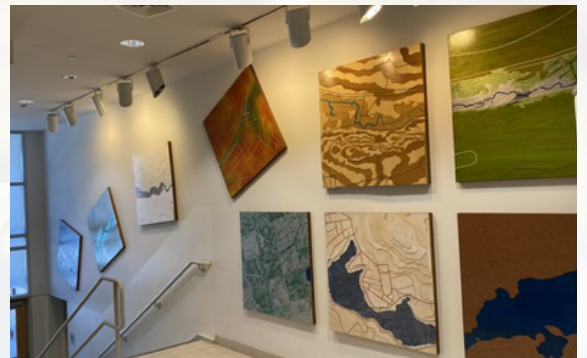
November 22-26 – Thanksgiving Recess, NO CLASSES

## DECEMBER

December 11-17 – CSU Final Exams

December 12-18 – CC Final Exams

December 23 – CC Faculty Semester Ends



## MEDITATIVE COLORING

REDUCE STRESS  
RELIEVE ANXIETY  
DISPLACE NEGATIVE EMOTIONS  
EXERCISE YOUR BIAN  
COME COLOR WITH US!



Located in the  
Meditation &  
Relaxation Center,  
3rd Floor Arts &  
Science Building

Sponsored by the Visual Art Department and Student Activities



## Fall 2023 Blood Drive



# American Red Cross

### Please schedule your blood donation appointment today

CT State Community College - Northwestern is proud to sponsor a blood drive with the American Red Cross on October 3, 2023. For most of us we have someone in our lives who has required blood at some point. We have employees who have recently required blood transfusions and without donations .....

An estimated 38 percent of Americans are eligible to give blood or platelets, but of those, less than 10 percent actually donate each year.

If you are healthy and eligible, please come out to donate. Most donations take about an hour, so book your appointment, roll up your sleeve and become a part of the lifesaving mission of the Red Cross and give the gift of life to those in need.

#### Drive Details:

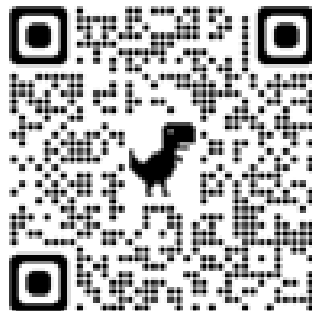
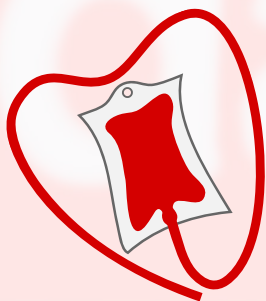
Drive Date: October 3, 2023

Primary contact: Gail Kulas

Drive Times: 9:00am to 5:00pm

Email: [GKulas@nwcc.commnet.edu](mailto:GKulas@nwcc.commnet.edu) Number: 860-738-6304

You can book your appointment using the link or QR Code below. They will take you directly to the appointment website. <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NWCCCT>



There are many ways you can help, so if you are unable to donate, please volunteer on one of our committees before, during or after the event. Most importantly we hope you participate and help us recruit donors from our campus and our communities.

You will hear more in the coming weeks. Book your appointment today!

Thank you,  
Gail Kulas & the Volunteer Committee



# Timely Care

FREE MENTAL HEALTH SERVICES

timely care  
Telehealth  
for Students

**TOP QUALITY  
VIRTUAL CARE  
ANYTIME, ANYWHERE.**

MEDICAL TALKNOW SCHEDULED COUNSELING HEALTH COACHING

DOWNLOAD THE TIMELYCARE APP TO ACCESS  
OR LEARN MORE AT [timelycare.com/ctstate](https://www.timelycare.com/ctstate)



## Emotional Support When Students Need It

- Unlimited 24/7, on-demand triage mental health support, coaching services, and crisis management by behavioral and health professionals.
- Provides support for a variety of issues, including critical situations.
- Eliminates the possible days or weeks of wait time for a student to get emotional support.
- Removes possible stigma of a student walking into clinic seeking mental health resources.
- Helps manage demand for counseling center services with virtual visits.
- Patient records can be shared back to counseling center.

Contact Dr. Ruth Gonzalez regarding how to access these services- [rgonzalez@nwcc.edu](mailto:rgonzalez@nwcc.edu) 860-738-6315



## STUDENT SUPPORT LINKS

**CT STATE**  
COMMUNITY COLLEGE

**NORTHWESTERN**

Mental Health  
Self Screening

**SCAN ME**



988 Suicide &  
Crisis Life-Line

**SCAN ME**



Mental Health  
Counselings Help

**SCAN ME**



Campus Events

**SCAN ME**



## STUDENT EMERGENCY FUND

**N\$EF** | Northwestern Student  
Emergency Fund

The Northwestern Student Emergency Fund (NSEF) was established to provide a source of funds for current and enrolled CT State Northwestern students who encounter unexpected emergency expenses, which fall within the parameters of eligibility. Students should contact Dr. Ruth Gonzalez, Director of the Office of Student and Community Life prior to applying for funds.

Dr. Ruth Gonzalez, Director of the Office of Student and Community Life  
Goulet House, 1st floor (56 Park Place)  
email: [rgonzalez@nwcc.edu](mailto:rgonzalez@nwcc.edu) | phone: 860-738-6315

To review the guidelines for applying and to find the application form please visit:  
<https://nwcc.edu/nsef/>



**CT STATE**  
COMMUNITY COLLEGE

# The Office for Disability and Accessibility Services

The Office for Disability and Accessibility Services (ODAS) provides reasonable accommodations to help students with documented disabilities thrive by enhancing self-advocacy and self-awareness in a comprehensively accessible environment.

## Start the Review Process

Don't wait until you have a problem to begin setting up disability supports for your classes.

Accommodations are NOT retroactive. If there is a barrier to your education, begin the process and schedule an intake. Even if you aren't sure you need accommodations for the classes you're taking, it's better to have your

Accommodation Letter ready in case anything changes.



## What do I need TO DO?



### FIRST-TIME Students Requesting Accommodations:

- Begin a CT State confidential file with ODAS to explore and request accommodations. Access the link below or listed QR code to complete the ODAS Self-Disclosure Form and follow the steps to register and schedule an intake appointment with your home campus ODAS.

[https://ctstate-accommodate.symplicity.com/public\\_accommodation/](https://ctstate-accommodate.symplicity.com/public_accommodation/)

### RETURNING Students with Approved Accommodations:

- Begin a CT State confidential file with ODAS to renew your accommodations. Access the link below or listed QR code to complete the ODAS Self-Disclosure Form and indicate you are a returning ODAS student.
- Once completed, ODAS will process your file and you will receive an email with instructions to submit your semester request.
- Accommodations are never retroactive and not in effect until your semester request is processed and accommodation letters have been sent to you and your instructors.

[https://ctstate-accommodate.symplicity.com/public\\_accommodation/](https://ctstate-accommodate.symplicity.com/public_accommodation/)

**We're Here to Help!**

Email us at [CTState-Accommodations@commnet.edu](mailto:CTState-Accommodations@commnet.edu) or find our [campus director](#).



Care Closet

# Northwestern Care Closet



In need of free clothing for a job  
interview, important event  
or for everyday living?

Visit the Northwestern Care Closet  
Located in the Goulet Building.

Contact Dr. Ruth Gonzalez  
[rgonzalez@nwcc.edu](mailto:rgonzalez@nwcc.edu) to schedule a  
meeting or stop in from 9am-2pm.





## U-Pass Fall 2023

All you need is a U-Pass CT and your student ID to ride buses and trains in Connecticut.

Get where you need to go without having to pay a fare!

### Who is eligible?

The U-Pass is available to both full- and part-time credit undergraduate students taking at least one class per semester on campus at the participating colleges and universities. At this time, graduate students as well as exclusively online, non-credit, and early college/high school students are not eligible for the program.

### Where can I obtain my UPass?

Students will be able to obtain a UPass when/where they obtain their student ID's after the start of the Fall Semester. You can obtain both at either the Office of Student Activities (GW110), The Cashiers Office or at the Library.

### For how long is the pass effective?

The Fall semester U-Pass covers August 1-December 31.

### What is the cost?

Each student is charged \$40 per semester for the pass. The DOT has set this special rate for our students only; normal cost to the public is \$63 per month. The transportation fee is considered an institutional charge, so financial aid may be applied.

### What is required for students to use the pass and on what types of transportation can it be used?

Students must have a valid student ID to show along with their pass when using the transportation systems. Students can use the unlimited semester pass to travel within the state on rail or bus, including CTtransit and CTfastrak, but excluding Amtrak. Have your U-Pass and valid student ID ready when you board any of these services:

#### **CANDYSTRIPER Northwestern CT Transit District (NWCTD)**

Greater Bridgeport Transit (gbt)

Norwalk Transit Housatonic Area Regional Transit (HARTtransit)

Milford Transit South East Area Transit (SEAT)

Windham Region Transit District (WRTD)

9 TownTransit/Estuary Transit District Middletown Area Transit (MAT)

CTtransit & CTtransit Express

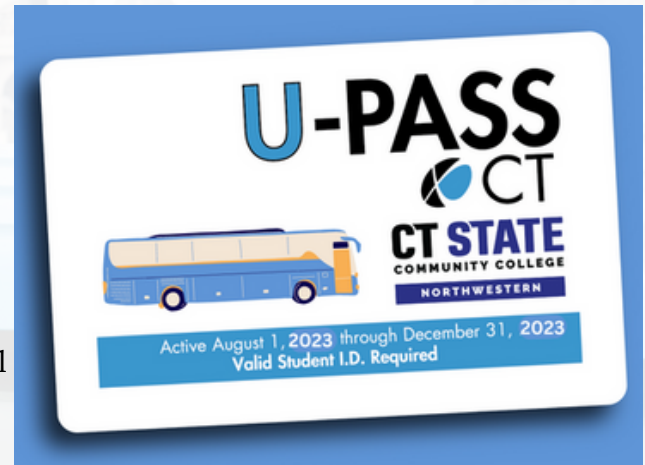
CTfastrak New Haven Line (intrastate travel only. Not valid for travel to NYC)

### What happens if a student loses the pass?

A student may only be given one replacement pass per semester. After that, they must wait for the next semester to get a new pass.

### What happens if a student attends multiple CSCU schools?

Students should only be charged once for the pass. Students will have to request a waiver after the payment of the first fee.





2-1-1-

# HOW CAN WE HELP YOU?



**CONNECT WITH  
HELP AT  
WWW.211CT.ORG  
OR DIAL 2-1-1**

Out-of-State: 1-800-203-1234  
TTY: 800-671-0737

*Free...Confidential.....  
24 Hours a Day Every  
Day.....Multilingual/TTY*



**2-1-1 connects people to the resources they need to address everyday challenges of living and those that develop during times of community emergencies.**

- Housing
- Child Care
- Energy Assistance
- Health Care
- Substance Abuse Treatment
- Veteran's Services
- Food
- Suicide Prevention
- Tax Prep
- Job Training
- Senior Services
- and more

In addition to referring callers to a wide range of health and human service resources, 2-1-1 offers specialized programs to address specific needs and situations.

- 2-1-1 Navigator
- 2-1-1 Child Care
- 2-1-1 Child Development Infoline
- Mobile Crisis Service



2-1-1 is supported by the State of Connecticut and Connecticut United Ways.