

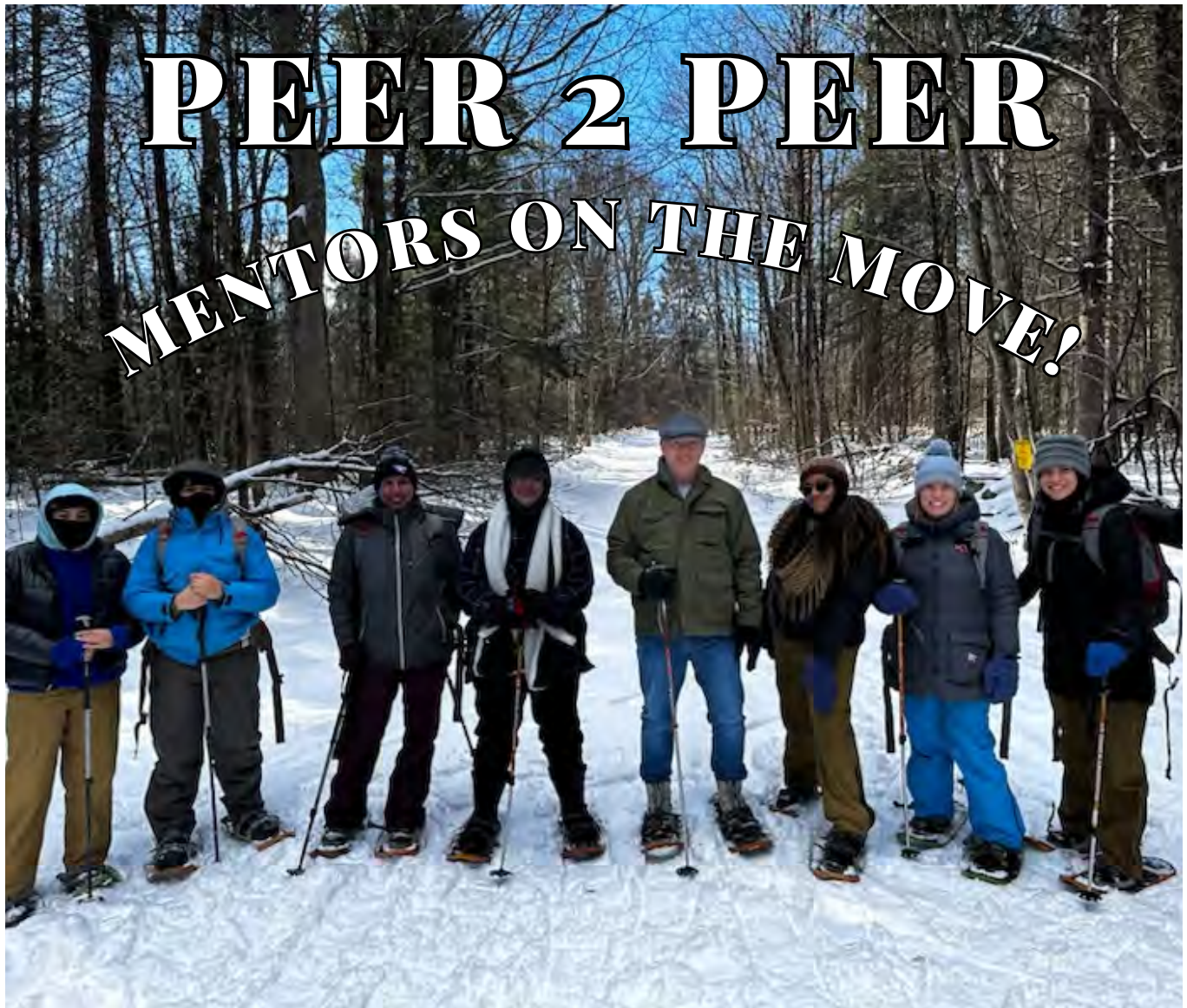
FEBRUARY 2024

CAMPUS VOICE

Connecticut State Community College Northwestern Campus



Honoring Our Past, Securing Our Future



CT STATE
COMMUNITY COLLEGE
NORTHWESTERN

Important Announcements, Events, News & More!

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

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



Welcome Megan Vo, Associate Dean of Student Development



Dean Vo joined CT State Northwestern in January as the Associate Dean for Student Development. She has a background in Creative Non Fiction and Applied Behavior Analysis. Megan spends her personal time with her 2 sons and 2 Australian Cattle Dogs. She is excited to provide additional support to students at Northwestern, and encourages students to stop by Founders 102 to say hello!

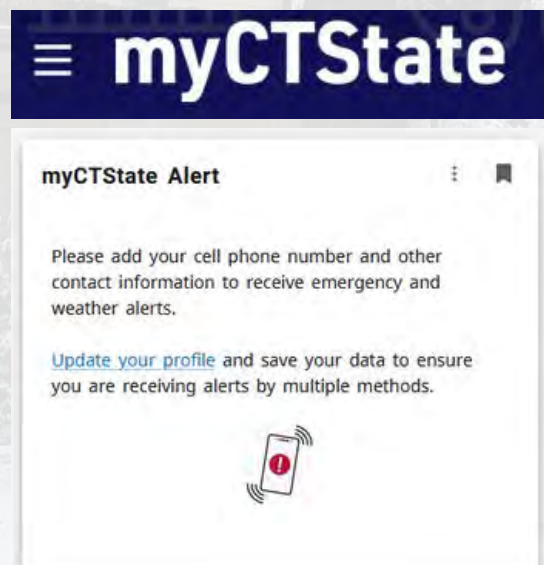


myCTState Alerts

IMPORTANT: Please login to your my.ctstate.edu and check that the correct CELL PHONE number is listed. This is how the campus will notify you of important emergency messages such as weather closings and security alerts.

It is important that you also select the campuses that you are enrolled in to ensure that you receive alerts for those specific campuses.

Click on Update your profile, enter your information and save it. That is everything!





Library Mini Golf is Back!



U-PASS @ NORTHWESTERN



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. All students taking on-ground or online may obtain a pass. Senior Citizens and High School Partnership students are not eligible.

For how long is the pass effective?

The Spring semester U-Pass covers January 1-July 30.

For more information: <https://www.nwcc.edu/upass/>

GET YOUR U-PASS AT THE LIBRARY,
IN THE STUDENT ACTIVITIES OFFICE (GW110),
OR THE CASHIERS OFFICE (GW 2ND FLOOR)



Fresh Check Day!

Fresh Check Day, the signature program of the [Jordan Porco Foundation](https://www.jordanporcofoundation.org/), is an uplifting mental health promotion and suicide prevention event for colleges 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.

Join Us!

Greenwoods Multipurpose Room

Thursday • 11:00AM -1:00PM

February 22, 2024

freshcheckday®
checkin'-in with college students

A MENTAL HEALTH *Check-in WITH* **Free Food** PRIZES & MORE!
INTERACTIVE BOOTHS



a program of the Jordan Porco Foundation | [jordanporcofoundation.org](https://www.jordanporcofoundation.org/)

Free Chipotle and Prizes!



Congratulations to CT State Northwestern's NURSING PROGRAM rated among the top ten programs in the state. Northwestern was cited for its commitment to our students and their future!





Food for Thought Teams Up with Stop & Shop

Support Northwestern's FOOD FOR THOUGHT student food pantry during the month of February at your local Winsted Stop & Shop. For every reusable bag purchased during February for \$2.50, Stop & Shop will donate \$1.00 to the pantry. Help support our students!

ALL YOU NEED IS LOVE

STOP&SHOP

All you need is love... and a Community Bag! This February, head over to our selected Stop & Shop store and purchase this reusable \$2.50 Community Bag. Every bag purchased this month will send our organization \$1.

stopandshop.2givelocal.com
Community Bag Program



Congratulations to CT State Northwestern and The Data Science Program: Ranked 4th in the country by TechGuide!





Relationships 101 Course

RELATIONSHIPS 101

**WITH AMANDA FROM
SUSAN B. ANTHONY PROJECT**

A 10-week class discussing different dynamics within relationships- friend, family, romantic, community, and professional.

Students who attend at least 9 out of the 10 weeks will receive a certificate of completion and a wellness tote filled with goodies!

STARTS ON THURSDAY, FEBRUARY 15TH

GOULET HOUSE

12:30 PM - 1:30 PM

Snacks and drinks provided!

Email awetmore@mwcc.commnet.edu

or call 860-738-6344 to sign up.

Susan B. Anthony Project
SAFETY • HEALING • GROWTH





Founders Hall Gallery Show

KIAYANI DOUGLAS WOMEN OF THE ANTEBELLUM



JANUARY 29 - FEBRUARY 27

THE GALLERY AT FOUNDERS' HALL | GALLERY HOURS MONDAY-THURSDAY 9AM-9PM
CT STATE COMMUNITY COLLEGE - NORTHWESTERN CAMPUS | PARK PLACE EAST | WINSTED, CT

Join us for the Artist Reception & Lecture
WEDNESDAY, FEBRUARY 21ST FROM 3-5PM

"Women of the Antebellum" explores the concept of Antebellum, referring to the time before the Civil War in the United States. This body of work is an investigation into the stories of Black Women across the African Diaspora. The portraits challenge conventional notions of civil unrest and war, highlighting how these women advocated for equal rights and liberation throughout the Diaspora. The project originated from a research endeavor delving into the contributions of Women to the African Diaspora and a personal exploration of motherhood. Kiayani aims to challenge perceptions of Black Women's roles in history and inspire others to continue their work. As an interdisciplinary artist and educator, she empowers students to connect art with various disciplines. The portraits are created digitally with traditional drawing techniques, printed on metal to engage with industrialism's impact, and will continue to evolve with more women's stories added.



Yoga Class

Late Start: February 2nd
Credit Class and Online

Contact your Guided Pathway Advisor.





American Red Cross Blood Drive



**American
Red Cross**

For Some - It is a Matter of Life or Death

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 February 15, 2024. For most of us we have someone in our lives who has required blood at some point and may not be with us without your support through blood donations.

Rules have changed around donating, so if you have been told you can't donate in the past, give the Red Cross a call OR use the donation questionnaire to see if you are now eligible.

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, eligible, and willing, please come 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: February 15, 2024

Drive Times: 9:00am to 6:00pm Last appointment at 5:45pm

Primary contact: Gail Kulas

Email: GKulas@nwcc.commnet.edu

Number: 860-738-6304

You can book your appointment using the link below. This link will take you directly to the appointment website where you can enter our zip code 06098 and select the February 15th Northwestern Drive.

<https://www.redcrossblood.org/give.html/donation-time>

If you are unable or unwilling to make a blood donation, we are looking for volunteers to assist us on the day of the event. Another way you can help is to spread the word!

Book your appointment today and THANK YOU!



Greenwood's Hall Lounge Parties

LOUNGE PARTIES

STOP BY THE GREENWOODS LOUNGE ROOM 108 EVERY FIRST AND THIRD THURSDAY AND GRAB A FREE BITE TO EAT!



Assorted Sandwiches
Thursday,
February 1st
12:30pm GW Lounge



Mac and Cheese
Thursday,
February 15th
12:30pm GW Lounge



Assorted Pizza
Thursday,
March 7th
12:30pm GW Lounge



Chicken Nuggets
Thursday,
March 21st
12:30pm GW Lounge



Assorted BBQ
Thursday,
April 4th
12:30pm GW Lounge



Breakfast For Lunch
Thursday,
April 18th
12:30pm GW Lounge




Assorted Ice Cream
Thursday,
May 2nd
12:30pm GW Lounge

PLEASE CONTACT JKUNS@NWCC.COMMNET.EDU IF YOU HAVE ANY QUESTIONS OR CONCERNS







Timely Care

FREE MENTAL HEALTH SERVICES



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



**DOWNLOAD THE TIMELYCARE APP TO ACCESS
OR LEARN MORE AT 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 860-738-6315



Kids Kloset



The Kids Kloset is a collection of gently used clothing, books, and toys available for Northwestern students to freely take for children (own kiddos, cousins, neighbors, etc.)



Come choose items during open hours or make an appointment!

Located in Founders Hall Room 207 (ECE Classroom)

For hours and more information, use this QR code to view our site



Make Appointment with Tracy Smith-Michnowicz
tsmith-michnowicz@nwcc.commnet.edu





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 | phone: 860-738-6315

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



SPRING SEMESTER ACADEMIC CALENDAR

Feb. 19: President's Day (NO CLASSES/College Open)

March 11-March 17: Spring Break Recess (NO CLASSES)

March 29-March 31: Day of Reflection

May 27: Memorial Day (College Closed)



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