Colby·Sawyer College

Parents & Family Newsletter February/March 2025



Dear Parents and Families,



It is so good to have the students back on campus again! As cold and icy as it is up here on the windy hill, the students bring a warmth back to the campus. I've been reading the book *Wintering* by Katherine May and reflecting on how this season is an opportunity to pause, reflect and regroup. My team and I are eager to regroup with your students – advising them, advising their clubs, partnering with them around programming, and helping them meet their personal/academic/professional goals. You will read more about that below.

We continue to work to make this place a home away from home for your students. To reflect this quote, your student can expect comfort food, friendly faces, and fireside chats in the Lodge to help get them through these cold days.

Warm Regards,



Robin Boroughs Davis, J.D.

Vice President for Student Development, Dean of Students, & Title IX Coordinator

Student Activities

Be sure to check out all of the ways to embrace winter in NH! A long list of recent club information with dates, meeting times, and student contact information was shared with students. There is always something to do on a daily basis. If you hear otherwise, suggest to your students that they search their email from "Announcements" as information is sent to students on a weekly basis. Campus Activities Board (CAB) of students also posts regularly on social media.

https://www.colby-sawyer.edu/campus/student-activities

Students may reach out to Amanda Moak '12, Director of Student Activities & Orientation and Sarah Fields '16, Program Manager for Student Activities & Orientation with questions or suggestions to: activities@colby-sawyer.edu

The Student Activities Office (SAO) and the Campus Activities Board (CAB) are kicking off Spring 2025 with action-packed weekends filled with game nights, blockbuster movies, and live entertainment. Event flyers are emailed to students and posted on video monitors across campus. Follow them on Instagram @CSCSAO for the latest activities.

Residential Education

See https://www.colby-sawyer.edu/campus/residential-education for more information about Residence Halls, Housing Applications, Programs, and the Code of Community Responsibility.

Students should reach out to residential@colby-sawyer.edu with questions or concerns. Residential Assistants and Area Coordinators live on campus as well and are easily accessible for in-person discussions and guidance for students.

Important CSC dates are located on the **Academic Calendar**: https://www.colby-sawyer.edu/academics/academic-resources/academic-calendars located under Academic Resources, drop-down menu to Academic Calendar or you can simply search “Academic Calendar” in the search bar of https://www.colby-sawyer.edu/



Student Success & Making Connections

Hello families,

Welcome back to another semester at CSC with us!

Sometimes it is challenging for our students to come back from break and remember how to live away from home, with others, while learning. When students let me know it's hard, I

validate that. They're right; it is! And, students also have a campus full of people who want to help them out! While it doesn't make class *content* any easier, there are experiences that can help reduce the stress of being in college. To summarize the research, students' stress can be reduced, and the value of their time in college can be increased, when they engage regularly in co-curricular activities and when they have one mentor on campus that they trust.

With that in mind, encourage your students to connect with their Resident Assistants, Peer Mentors, Peer educators, TAs, advisors, faculty, and staff. And we have so many co-curricular opportunities. Our Outing Club is really flourishing; taking groups to the mountain for Ski Mt. Sunapee Sundays! And, while the snow will still fly for a while, groups of students are enjoying the "apricity" together. I love this word which means, "the warmth of the sunlight in the winter." It reminds me that, even though our students lean into the wind between classes, each of our days brings us a little more light. This week I saw a student get halfway across the quad and then stop and turn their face to the sun like a solar panel!

If you have questions about resources that could help your student, please reach out to Karin Berthiaume (krberthi@colby-sawyer.edu), whom we are fortunate to welcome as our new Director of Student Success and Retention!

Warmly,

Erica Webb

Outgoing Director of Student Success

PRESIDENT SYKES
IS HAPPY TO ANNOUNCE

SKI DAY



Ski Day was a tradition held throughout the 1970s as a spring semester cousin to Mountain Day.

Thanks to a Wesson Honor's Capstone, it was revived last March!

Classes are cancelled when the bells ring at 10am, and resume at 5pm.

Transportation available.
Mt. Sunapee Lodge activities 11am-1pm.
Stay tuned for updates about limited free student ski rentals & faculty/staff passes.

Ski or Ride at Mount Sunapee

Sundays at Sunapee



Pre-registration is required to reserve a seat on the free transportation to Mount Sunapee on Sundays. https://mynew.colby-sawyer.edu/student/Pages/Home.aspx

Transportation to Mt. Sunapee departs the parking lot outside Campus Safety, behind Austin Hall at 10 AM and departs Spruce Lodge/Rentals Shop at 3 PM.

Students should check their emails from the Student Development Office for more information and links to the online registration.

Citizenship Education and Community

Hello from Citizenship Education! Citizenship Education's role is to work with students who, for one reason or another, have been referred to our office due to alleged student conduct concerns. The student conduct process and policies are designed to be educational in nature. We encourage personal development responsibility, while also helping ensure a culture of accountability on campus by overseeing the formal conduct process as well as hosting various programming initiatives. We also organize and supervise our student-led hearing board, the Community Council. Students with a taste for a leadership opportunity are always welcome at the table! Navigating life on campus can sometimes be confusing, especially for students who may not be as familiar with the Code of Community Responsibility. While on average relatively few students are ever referred to our office, there are times that it does happen. We encourage you to reach out at any time to speak to us about any questions or concerns you might have!

For more information click:

https://colby-sawyer.edu/citizenship-education

Or email :

citizenship@colby-sawyer.edu

Transportation Help

Have your student reach out to Jen Schad (jen.schad@colby-sawyer.edu) to schedule transportation assistance to Dartmouth Coach or Manchester Airport. See more information on our website under **Parents & Family or click here:** https://colby-sawyer.edu/parents/transportation **Students** should email Jen Schad with questions or requests. **Advance notification to schedule a ride is required. Any rides returning to campus must be scheduled before leaving campus for a school break.**

Colby-Sawyer College

Student Development

Student development is the growth of individuals through different experiences at college that build upon one another. CSC serves as a transitional stage for students to succeed and to grow through academic and non-academic experiences and connections. CSC is committed to providing a safe environment using proactive partnerships with Athletics, Campus Safety, Baird Health, Citizenship Education, Residential Education, Student Activities, Student Success & Retention to support our students.

Campus Safety

Campus Safety provides public safety service 24 hours a day, 365 days a year. The Campus Safety office is located in James House and is open Monday - Friday 8:00 AM through 5:00 PM for administrative services (which includes ID's, vehicle registration, and room keys.)

To contact the Campus Safety Officer on duty call:

603.526.3300

Click below for more information:

https://colby-sawyer.edu/campus-safety

THE STABLE
COLBY-SAWYER'S CAMPUS STORE

https://shop.colby-sawyer.edu/

The Colby-Sawyer Store called *The Stable* is located in Ware Campus Center .

Contacting Your Student

PHONE

In the event that you are unable to contact your student, call Campus Safety at 603.526.3675, or in an emergency at 603.526.3300.

MAIL: https://colby-sawyer.edu/mailroom

Your student has an individual mailbox in Ware Student Center.

Student's Name

CSC xxxx (x= box number)

541 Main Street

New London, NH 03257

***Be sure to write CSC or mail can be misplaced in the New London Post Office.**

Baird Health & Counseling Center

Make an Appointment

Students can call the Baird Health & Counseling Center at 603-526-3621 to make an appointment Monday - Friday when classes are in session.

Pharmacy Services

Students are encouraged to establish an account at a local pharmacy. Colonial Pharmacy (603-526-2233) and Robert Scarlett Pharmacy (603-526-4716) will deliver directly to Baird Health & Counseling Center for pick up at the student's convenience during normal hours of operation provided that the student has made arrangements for payment. https://colby-sawyer.edu/baird-health

As students return to campus for the spring semester, aside from their college friends, they are greeted by the cold New England winter, academic stress, and the cold and flu season. Prioritizing healthy habits is key to staying successful academically and enjoying all that college life has to offer.

To support overall well-being, it's important for students to fuel their bodies properly. Reaching for whole foods like fruits, vegetables, lean proteins, and whole grains, while reducing the intake of processed foods will help your immune system stay strong. Getting outside and moving while soaking in natural sunlight is equally important for strong immunity and overall health. Whether taking a longer path to get to classes or taking a study break to check out one of the local trails, spending time outdoors has proven benefits for physical and mental health and stress management.

Although seemingly impossible while in college, aiming for 7-9 hours of sleep each night to recharge will keep the immune system strong. This, plus maintaining consistent sleep patterns can improve mood, concentration, and overall academic performance, helping students thrive throughout the semester.

What else fills your cup? Coloring, movie night with your besties, playing a musical instrument, or calling home? Engaging in activities that give us positive emotions is just as important as eating vegetables when it comes to overall health.

And if your student feels like they are coming down with something contagious, sharing is no longer caring. Take steps to prevent the spread of illness by wearing a mask, using hand sanitizer after blow one's nose, practicing frequent hand washing, and getting plenty of rest.

As always, feel free to contact Baird for a free consultation or appointment.

All offices & services, including Dining Services and contact information are located here: https://www.colby-sawyer.edu/offices It's helpful to bookmark this webpage.

Stay tuned for more information coming to: https://www.colby-sawyer.edu/community/commencement

Save the Date!

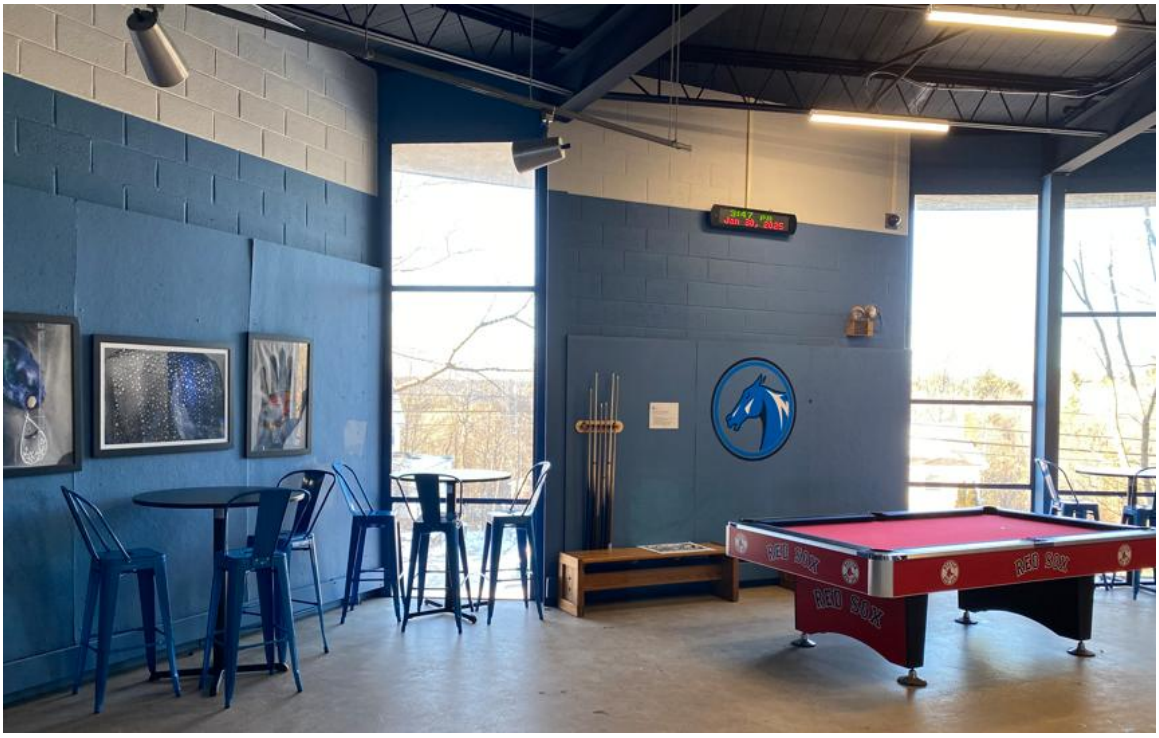
Commencement 2025

Colby-Sawyer College will celebrate its 187th Commencement on Saturday, May 10.

NOTEWORTHY:



Game Room Improvements: Newly painted walls by staff volunteers, new furniture, new air hockey game, and a Keurig Coffee & Hot Chocolate Bar thanks to generous donations and fundraising efforts by the Student Government Association


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RED SOX

