Colby·Sawyer College

Parents & Family Newsletter Fall Semester 2025



Distant View of Campus from Mount Kearsarge

Dear Parents & Families,

It was so great seeing so many of you back on campus with your students for Homecoming & Family Weekend! What a perfect fall day for spending time together, sipping some freshly pressed cider, snacking on kettle corn, and listening to music. Below you will find messages from my colleagues about how to help your students thrive through midterms. It may be coming upon us quickly, but it is time to start planning for Thanksgiving break transportation.

For those of you with first-year students, the first few weeks can be stressful, but by now, your student will be settling into a new routine. As always, thank you for trusting us with your students.

Warm regards,



Vice President for Student Development & Dean of Students

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Student Success and Making Connections

As a student starts college, they are faced with making many transitions at once. There is quite a mix of joy, exploration, and anxiety throughout the first semester, and this is to be expected! Families and friends can offer support and information to help students start strong.

This month, the top five things you can do to help your student succeed are:

1. Encourage them to make social connections at campus-wide events or residence hall programs.

2. Encourage them to attend athletic events. Games under the new lights are a big draw this fall!

3. Remind them that it is normal if they feel stressed! Now that they are well into their classes and preparing for midterms, the reality of college-level work begins to set in. Continue to encourage them to use the resources available to them. And if they haven't done so yet now is a good time to start!

- Resources include the Student Learning Collaborative, Baird Health & Counseling and professors' office hours. Peer mentors are still available. In addition, students can create a free account with UWill, our telehealth service, and access wellness tools designed to reduce anxiety and increase confidence.

4. Following the fall recess, returning to campus can be both exciting and challenging. Feelings of homesickness can sometimes spike, especially with the added pressure of midterms. Encourage them to find the people and places on campus that feel like "home," where they can go for comfort and support — or just to relax as they prepare for the next push of the semester.

5. Remind them to check their Moodle course sites and Colby-Sawyer email daily, so they catch all the important deadlines and communication. This is especially important as time-sensitive dates emerge over the remainder of the semester, such as setting a time with their advisor to discuss class registration for the spring, or information from the Office of Residential Education about Thanksgiving break and end-of-semester housing.

- If they are facing challenges in one or more classes, your student will receive an email from our office after midterms offering support and reminding them of their resources.
- After Thanksgiving break, they will receive an email with **end-of-semester academic status information** that explains what an academic status is. A student's academic status describes a student's academic risk based on their GPA. Most students are in the "satisfactory academic progress" range and don't need to do anything other than celebrate the end of the semester! Students with a *cumulative* GPA below 2.0 might have a status of probation, suspension, etc. and I need to take some action during the break. I am available to help answer questions about this over the break; do not hesitate to email me and ask questions.
- **It is important to note that your students may see their grades changing during finals week as work is graded. Neither grades, nor their academic status, will be final until late December.**

  For more information, please email Karin Berthiaume, director of student success & retention, at krberthi@colby-sawyer.edu or check us out here!

Important Dates from the Academic Calendar

	Main Session 001
New Students Arrive	Friday, September 5, 2025
Returning Students Arrive	Sunday, September 7, 2025
First Day of Classes	Monday, September 8, 2025
Add/Drop Classes Deadline	Monday, September 15, 2025
Pass/Fail Deadline	Friday, October 3, 2025
Deadline to Remove an Incomplete Grade	Friday, September 26, 2025
Fall Recess (no classes)	October 13-14, 2025
Deadline for Submission of Midterm Grades	Wednesday, October 29, 2025
Deadline to Withdraw from Classes	Friday, November 7, 2025
Spring/Summer Registration	November 10-13, 2025
Residence Halls Close at 7:00pm for Thanksgiving	Tuesday, November 25, 2025
Thanksgiving Recess (no classes)	November 26-28, 2025
Residence Halls Reopen at 9:00am	Sunday, November 30, 2025
Last Day of Classes	Friday, December 12, 2025
Reading Days	December 13-14, 2025
Final Examinations	December 15-18, 2025
Residence Halls Close at 7:00pm for Holiday Break	Thursday, December 18, 2025

Opening, Closing, and Vacation Information, 2024-25

Fall Semester Opening

Housing:

- **New students arrive: Friday, Aug. 30, 8:30 a.m.-2 p.m.** *Check In will be in Wheeler Hall, Ware Student Center*
- **Returning students arrive: Monday, Sept. 2, 9 a.m.-3 p.m.** *Check In will be at The Curb, Sawyer Center*
- **Returning students** who are financially and medically cleared with the college for the Fall semester may request to arrive early, at a cost of $25 per night. **To make arrangements:**
  - Log into Residence https://colby-sawyer-residence.symplicity.com to complete an Early Arrival Fall 2024 application
  - Follow the link to the storefront to make payment. Once payment is received, you will be added to the Early Arrival list for your selected arrival date
  - Applications will be available beginning Monday, Aug. 12
  - Applications must be submitted and payment made within two business days prior to the selected arrival date, or by noon on Thursday, August 29 for early arrival on Saturday, Aug. 31 or Sunday, Sept. 1

Dining:

- New students: Board plan begins Friday, Aug. 30
- Returning students: Board plan begins Monday, Sept. 2

Classes begin Tuesday, September 3

Fall Recess (no classes Oct. 14 - 15)

Housing and Dining: College housing and dining remain open to students at no cost throughout fall recess

Thanksgiving Recess (no classes Nov. 27 - 29)

Housing: College housing closes at 7 p.m. on Tuesday, Nov. 26

- Students with travel concerns may request to stay until 10 a.m. on Wednesday, Nov. 27 at no cost
- Students who wish to stay in housing for any portion of Thanksgiving break may do so at a cost of $100
  To make arrangements:
  - Log into Residence https://colby-sawyer-residence.symplicity.com to complete a Thanksgiving 2024 application
  - Follow the link to the storefront to make payment. Once payment is received, you will be added to the Thanksgiving Break housing list
  - Applications available beginning Monday, Nov. 4 and must be submitted by noon on Monday, Nov. 25
- All college housing reopens at 9 a.m. on Sunday, Dec. 1

Dining: Board plan ends with dinner on Tuesday, Nov. 26 and resumes with dinner on Sunday, Dec. 1

- No meals are available during the break period. Dining services are closed.

Fall Semester Closing

Housing: College housing closes for students at 7 p.m. on Thursday, Dec. 12, or 24 hours after their last final exam, whichever comes first

- Students with travel concerns may request to stay until 10 a.m. on Friday, Dec. 13 at no cost
- No housing is available during the holiday shutdown

Dining: Board plan ends with dinner on Thursday, Dec. 12

- No meals are available during the holiday shutdown. Dining services are closed

January 2025 Early Arrival

- **Housing:** Students may choose to return to college housing beginning at 9 a.m. on Thursday, Jan. 2 at a cost of $25 per night. **To make arrangements:**
  - Log into Residence https://colby-sawyer-residence.symplicity.com to complete an Early Arrival Spring 2025 application
  - Follow the link to the storefront to make payment. Once payment is received, you will be added to the Early Arrival list for your selected arrival date
  - Applications available beginning Monday, Dec. 2
  - For requests to return on Thursday, Jan. 2 or Friday, Jan. 3, applications must be submitted and payment made by Thursday, Dec. 12
  - All other requests/payments must be made within two business days of the selected arrival date
  - To be eligible, students must be financially clear for the Spring semester prior to arrival

Dining: No meals are available during the January early arrival period

January 2025 Spring Semester Opening

Housing: College housing opens for all students at 9 a.m. on Monday, Jan. 20

- Students who wish to arrive prior to Jan. 20 should refer to "January Early Arrival" above
- **Classes begin on Tuesday, Jan. 21**

Dining: Board plan begins on Monday, January 20

Winter Recess (no classes Monday, Feb. 17)

Housing and Dining: College housing and dining remain open at no cost throughout winter recess

Spring Recess (no classes March 17 - 21)

Housing: College housing closes at 7 p.m. on Friday, March 14

- Students with travel concerns may stay until 10 a.m. on Saturday, March 15 at no cost.
- Students who wish to stay in housing for any portion of Spring Break may do so at a cost of $25 per night.
  To make arrangements:
  - Log into Residence https://colby-sawyer-residence.symplicity.com to complete a Spring Break 2025 application.
  - Follow the link to the storefront to make payment. Once payment is received, you will be added to the Spring Break housing list for your selected dates.
  - Applications will be available beginning Friday, Feb. 14.
  - All requests for Spring Break housing must be submitted by Thursday, March 13, or two business days prior to arrival.
- All college housing reopens at 9 a.m. on Sunday, March 23

Dining: Board plan ends at 2pm on Friday, March 14 (Grab and Go options will be available until 4pm), and resumes at 2pm on Sunday, March 23

- No meals are available during the break period. Dining Services are closed.

Spring Semester Closing

Housing: Students who are not graduating: College housing closes at 7 p.m. on Monday, May 5 or 24 hours after their last final exam, whichever comes first

- Students with travel concerns may request to stay until 10 a.m. on Tuesday, May 6 at no cost.

Dining: Board plan ends with dinner on Monday, May 5

Closing for Graduating Seniors

Housing: For students participating in commencement: College housing closes at 7 p.m. on Saturday, May 10

Dining: Board plan ends with breakfast on Saturday, May 10.

Link to Opening, Closing, and Vacation Information, 2025-26



Colby-Sawyer College Emergency Preparedness NewsLetter

Please click on the following link for more information from Pete Berthiaume, the director of emergency management & associate dean of students: Emergency Preparedness Newsletter.



Colby-Sawyer College First Aid Stabilization Team (CSCFAST)

CSCFAST: Student-Led Campus EMS

We are excited to announce CSCFAST (Colby-Sawyer College First Aid Stabilization Team), a new student-led EMS program serving the campus community. The purpose of the Colby-Sawyer EMS program is to provide students interested in medicine a place to train and practice the intricate procedures and precautions of emergency medicine.

- **Who They Are:** Certified NH-licensed EMTs trained through New London Hospital EMS
- **What They Do:** Respond to 911 calls placed from campus after an ambulance has been called. They stabilize patients until paramedics arrive.
- **When They're Available:** Every Friday and Saturday night while classes are in session.
- **Training Opportunities**: CSCFAST provides hands-on medical experience, leadership opportunities and service-learning for students across all majors.

Faculty and staff are encouraged to participate - the more trained EMTs on campus, the quicker our response times will be.

Interested? Contact Jen Schad, program manager, Ware Student Center, Room 102

Parents & Families

Welcome to the Colby-Sawyer community, parents and families! The Student Development team is excited to help students engage on campus and make Colby-Sawyer feel like a second home.

Student Development at Colby-Sawyer is dedicated to nurturing student growth and enhancing their campus experience. **Residential Education**, **Campus Safety**, **Student Success & Retention**, **Citizenship Education** and **Baird Health & Counseling Center** all work together to provide a safe, supportive and engaging environment for students to thrive in. Through our comprehensive support and experiential learning opportunities, our goal is to help students develop a strong sense of belonging and community.

We are available to answer questions and connect students with other offices and individuals who can provide additional help. Our central location is in Ware Student Center on the main floor in suite 102, next to the elevator to the dining hall. Staff members are often out and about connecting with people all over campus, so students can also reach out to us via email (**studentdev@colby-sawyer.edu**) to schedule a meeting or to find answers to questions.

Below is a link to a helpful resource guide for parents and families packed with all kinds of information to get families and students acquainted with the New London area and Colby-Sawyer's resources.

PARENT & FAMILY RESOURCE GUIDE

Have you found your way to the information above from the Colby-Sawyer website? For additional information, see the **Parent & Family Resource Guide** — and be sure to scroll down.



Student Transportation Assistance

If your student needs transportation assistance before or after school breaks, please have them reach out directly to Jen Schad in the Student Development Office via email jen.schad@colby-sawyer.edu or in person in the Student Development Office Suite located in Ware 102. Advance notice of ideally a week *or more* is preferred, and arrangements must be made directly with the student. Return rides to campus need to be made in advance of leaving for school breaks during college business hours ahead of time as well. The college does not have a full-time driver or vehicle available at all times. Arrangements to find a certified student driver and to see if a college vehicle is available takes time and rides are not guaranteed due to high demand from different departments on campus. The earlier a student makes the travel requests, the more likely we can help them. Transportations requests are not received during weekends after weekday office hours. Please read here for more information: Transportation - Colby-Sawyer College

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Important Community Information shared from

Baird Health & Counseling Center:

It's that time of year again, when we begin to see an increase in various respiratory infections and viruses.

Baird Health & Counseling would like to share some reminders and general information to help you navigate your symptoms and steps to take.

1. **FREQUENT HANDWASHING** is still an excellent practice that can help keep us ALL healthy!



2. **HYDRATE:** Increase your water intake, non-caffeinated tea, etc.



3. **REST:** Your body needs time to heal



4. **COVER UP:**



CSC Students:

- **Call Baird @ 603-526-3621** during normal business hours, Monday-Friday, 9 a.m.-3 p.m., if you have questions or feel that you may need to be seen by a healthcare provider for your symptoms.
- **Campus Safety** is a resource for you 24/7 @ **603-526-3300.**
- **New London Hospital @ 603-526-2911** or their walk-in care site **Express Care @ 603-526-5155** are available to you 7 days/week.

*__Current CSC policy__ for upper respiratory illnesses: https://www.colby-sawyer.edu/offices/baird-health/covid

Baird Health & Counseling Center believes all students are holistic beings with interdependent physical, emotional, social and spiritual needs. Therefore, as we move into the colder and busier academic season, it's important to remind our community of some basic supportive health practices. Try to maintain a consistent daily schedule that includes 7-9 hours of sleep, eating a healthy diet including water intake, spending time outside and

getting exercise, and washing hands with soap and water. Flu shots are available in different areas and are generally covered by insurance. In addition, it is important to talk about things that are causing stress, have fun, spend time with those you care about, and remind oneself of the things you are grateful for. “An ounce of prevention is worth a pound of cure.” As always, feel free to contact Baird for a free consultation or appointment. For more information, please click here: Health Services - Colby-Sawyer College



Colby·Sawyer College

EXPLORE. CONNECT. MAKE A DIFFERENCE.

Julie Nicknair-Keon, LCMHC NCC

Director of Health and Counseling

Baird Health and Counseling Center

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THIS WEEK



OCT 20-OCT 26

Monday
CAB Table @ Lunch
No Emerging Leaders today

Tuesday
Alcohol Awareness Week @ Lunch
Poet Tadeusz Dabrowski
4pm Archives
SAVE *Twilight* Red Flags Screening
7pm Wheeler

Wednesday
SNA Red Cross Blood Drive
Still time to sign-up! See below.
Alcohol Awareness Week Drunk Goggles
1pm Quad
CSC Players Improv
7pm Lodge

Thursday
Alcohol Awareness Week Trivia
8pm Lodge

Saturday
MSOC vs Albertus Magnus 12pm
WSOC vs Emmanuel 3pm



Quiet Evening at Kelsey Fields



Mountain Day 2025