

August '25

In This Edition

- Registration Reminder
- Spotlight: Noah Simino
- Summer at the Library
- New Support Portal
- Registration Guide
- Success Coach Tips
- Fun and Games
- Upcoming Events
- Apps to Support You

The Current

RVCC Student Newsletter

It's Not Too Late!

Get Registered for Fall '25, Spring '26, and Summer '26

<https://www.rivervalley.edu/admissions/course-schedules/>

<https://sis.ccsnh.edu/>

Contact your Advisor for Help

Find your advisor here:

<https://myrvcc.rivervalley.edu/academics/list-of-advisors/> or

contact the Advising Center. Email us at rvccadvising@ccsnh.edu

Classes Start August 25th

R

Spotlight on...

Radiologic Technology program student, Noah Simino, applied for the American Society of Radiologic Technologists (ASRT) Student to Leadership Development Program (SLDP) while enrolled in his first year of the Rad Tech program at River Valley Community College. Noah decided to participate in this exciting and valuable three-year program that offers students a chance to get to know the ASRT, attend educational sessions, and network with medical imaging and radiation therapy professionals.

Noah was the only Radiologic Technology student between the two Radiologic Technology programs in the state of New Hampshire selected to represent the state as an SLDP student during the 2025 ASRT's House of Delegates and Annual Meeting. The meeting took place in Reno, NV between June 18th-June 23rd, 2025.

Noah Simino



Noah's participation in the SLDP program consists of:

- **Airfare, housing and a stipend for meals and other travel expenses.**
- **An educational program designed just for students.**
- **An insider's look into the world's largest association for medical imaging and radiation therapy professionals.**
- **Expanded opportunities for professional growth.**
- **Three years of continuing SLDP opportunities.**
- **An in-depth look at advocacy planning and current issues including a case study**

Noah Simino & Jessica Horton



According to Radiologic Technology Program Director and Associate Professor, Jessica Horton, who also attended the ASRT's 2025 House of Delegates and Annual Meeting as one of two NH state Medical Imaging and Radiation Therapy delegates, "Noah represented the Radiologic Technology program at River Valley Community College with ease and professionalism. He networked with the American Registry of Radiologic Technologists (ARRT), collaborated with students from Rad Tech programs throughout the country, learned about the profession's governance process, practice standards, and met countless mentors from across the country."

If you see Noah, please congratulate him and ask him about his experience as an ASRT SLDP participant!

Charles P. Puksta Library

Dedicated September, 2007

GRAPHIC MEDICINE



WHAT IS GRAPHIC MEDICINE?

The intersection of comics and healthcare. Includes memoirs, educational comics, and fictional stories that explore health, illness, caregiving, disability, and healing through words and images.

WHY READ GRAPHIC MEDICINE?

- Humanizes healthcare
- Makes difficult topics accessible
- Enhances empathy, cultural understanding, and communication skills
- Helps creators and readers process trauma
- Shares experiences across race, gender, disability, chronic illness, and more

The library is open all summer from 8am to 4pm. Stop by to check out state park passes, fun beach reads, board games, lawn games and more. Library staff are available for research help, book recommendations and more, email us at RVCCLibrary@ccsnh.edu

Graphics created by Shana Elburn, Library Specialist

GRAPHIC MEDICINE FOR HEALTH WORKERS

For health professionals, reading graphic medicine can help foster empathy for patients and caregivers, provide a safe space to criticize the healthcare system, work as a means of patient outreach and communication, and gives health professionals an outlet for reflection and stress relief.

Many people find comics and graphic novels to be more approachable than traditional non-fiction because they combine art and narrative to tell a visual story. Please scan the QR code for more information on Graphic Medicine or stop by the library to check out our collection!



NEW Support Portal



24/7 Help via chat, email or phone

24/7/365
SUPPORT

Get help ASAP with:

- Login issues
- Password resets
- Canvas & Navigate support, and MORE!



PORTAL resources.ccsnh.edu

CHAT chat.ccsnh.edu

PHONE 1-855-717-0069



RIVER VALLEY COMMUNITY COLLEGE

Student Registration Guide

Follow the steps below to register for courses in SIS:

Access SIS: <https://sis.ccsnh.edu/>

Log in with your EasyLogin information.

Example:

Email: asmith456@students.ccsnh.edu

EasyLogin: asmith456

Password: Same for both

Select the "**Student**" tab at the top of the screen.

Select the "**Registration**" list.

Click **Select Term** and complete the steps to select the term

Click the "**Add or Drop Classes**" link.

Enter the CRNs for all of the courses you are registering for. *The CRN is the 5-digit number assigned to each course or lab.*

Click the "**Submit Changes**" button

Registration is immediate and students should be able to see these courses listed in their Student Detail Schedule (also found under the "**Registration**" list).

Tips from the Student Success Coach

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own."

Mark Victor Hansen, inspirational speaker and author

Goal Setting and Persistence

- Setting a goal can give you a sense of purpose, help increase motivation and focus, and reduces stress, boost self-confidence.
- A study by Michigan State University found that there is a 43% success rate in a student research sample who set goals without writing them down.
- Success rates increased for participants who *wrote down their goals and committed* to taking action steps.
- Success rates rose to 73% of those who wrote it down and committed to action while also providing weekly updates to a friend, parent, teacher, or coach.
- Starting small and setting up a reward system increases resilience and perseverance. This action provides direction and leaves you with feelings of accomplishment, self-respect, and competency.

Best practices.

- Write it down.
- Commit to yourself "I will" finish this task by a specified date.
- Make them achievable and realistic. Start small and build intensity.
- Set up a reward system. It does not need to be complicated.
- Make it trackable; a checklist, an outcome, a grade on a test.

Resources:

The Power of Goal Setting,

<https://www.davron.net/the-power-of-goal-setting-an-academic-insight-into-success/>

Tutor.com Student Success Series, <https://www.youtube.com/watch?v=Z2GWGYD8Ze8>

Forbes Magazine: [Neuroscience Explains Why you need to Write down your goals if you actually want to achieve them.](#)

Done with Finals?

Sooo done with finals!!

Puzzle 1

SUDOKU

Puzzle 2

Puzzle 3

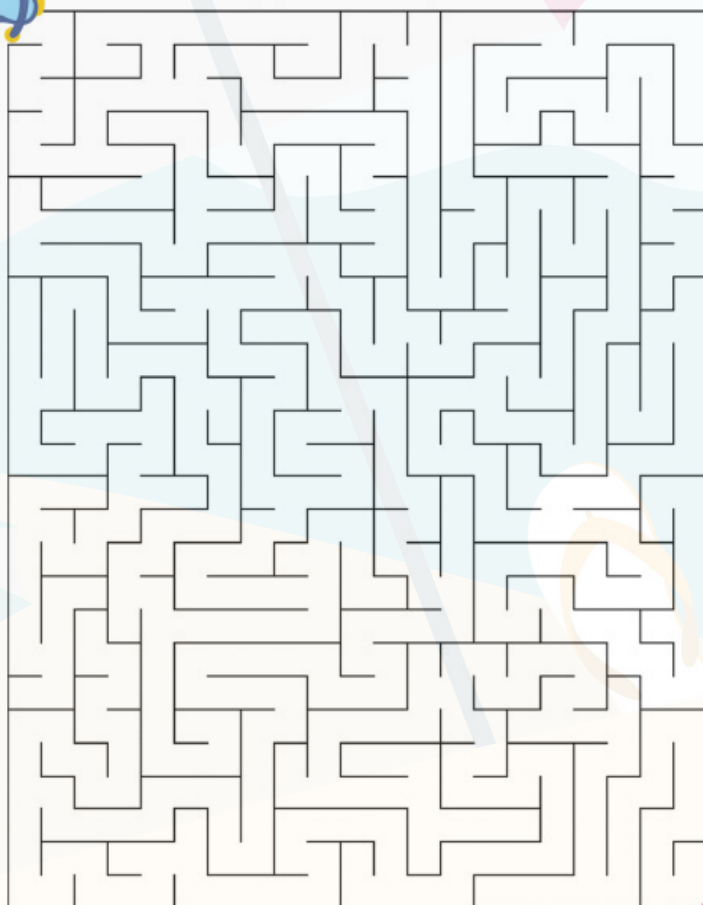
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	4					
			5		3	4
8	3		6	5		
	4					
5					1	9

To The Beach!

Directions: Bring your summer gear to the beach.



Take A Break for Fun & Games

New Student Orientation

Claremont Campus: August 19th, 4pm - 6pm
Library Room 100J

Keene Academic Center: August 20th, 10am - 12pm
Room 101

Sign up today!

<https://myrvcc.rivervalley.edu/registrar/new-student-orientation/>

**Welcome Week Event Information
Coming Soon!**

Keep an eye out for the
mid-month *Special Edition* of

The Current

This issue of The Current was prepared by
Diane E. Nocco, Academic Advisor

Puzzle 1 Solution	Puzzle 2 Solution	Puzzle 3 Solution	To The Beach Maze Solution
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BetterMynd @

RIVER VALLEY
Community College

COMMUNITY COLLEGE
system of New Hampshire

**Try it Out.
Talk it Out.**

**River Valley Community
College students get 3
FREE 50-minute
teletherapy sessions**



**MENTAL HEALTH
IS HEALTH**

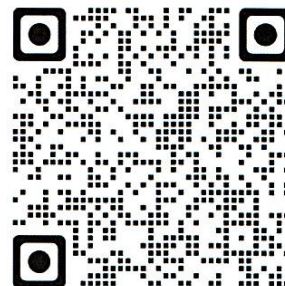
River Valley Community College students call

**844-BTR-MYND
(844-287-6963)**

**Something on your mind?
Teletherapy can help.**

Why do students (like you) go to therapy?

- ✓ Feeling consistently low or sad
- ✓ Persistent anxiety
- ✓ Handling a breakup
- ✓ Loss of a loved one
- ✓ Past or current experiences of trauma or abuse
- ✓ Academic pressures and performance
- ✓ Housing or roommate tension
- ✓ Challenges with family members or at home
- ✓ Balancing childcare / care for family members
- ✓ Experiencing discrimination related to your race, weight, religion, immigration status, gender, sexual orientation, or disability (not comprehensive)



Scan me to register

Learn more and register at www.bettermynd.com

Download These Apps!



One App. Every Resource. Total Support.

SAFETY FEATURES

SUPPORT FEATURES



TIME TO LEAVE™

Schedule your phone to call/text with a custom message for a discreet exit from uncomfortable situations.



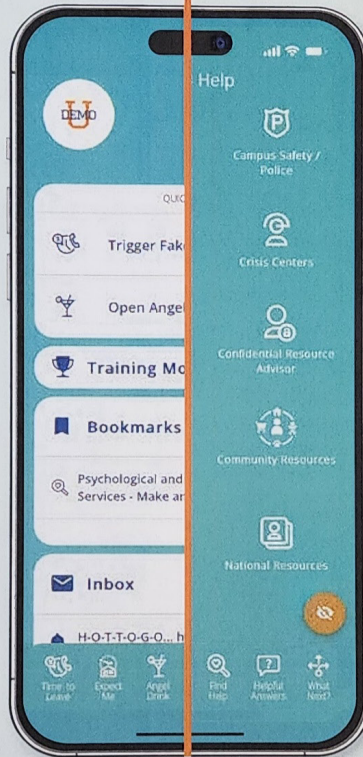
EXPECT ME™

Temporarily share your GPS location with friends so they get alerts if you're delayed.



ANGEL DRINK

Ask a server for help using a discreet onscreen menu.



FIND HELP™

Quick access to on- and off-campus support services.



HELPFUL ANSWERS™

FAQs about hazing, sexual assault, harassment, stalking and more to support you or a friend.



WHAT NEXT?™

Step-by-step guidance for next options.

You are in control while using the app. You will not mistakenly contact the police or anyone else.



Download Today!

FREE TO USE. ANONYMOUS.



Navigate360 For Students

EAB Navigate is a mobile app that makes it easier for students to connect with staff, faculty, and with resources that are offered through the college. It will allow you to view your class schedule, book appointments with your advisor and your faculty, etc.

You can use the attached QR code to download EAB Navigate to your phone. You can also login to the desktop site by following this link:

<https://rivervalley.navigate.eab.com/>

