

## NCC Weekly Update: April 4, 2020



**A** new month to...

**P**ersevere,

**R**ejuvenate,

**I**nspire,

**L**augh

### Weekly Updates:

- **What a difference two weeks has made in the life of our college!** As we take stock on the move from campus learning to online learning, we should be impressed with our faculty, staff, and our students! An analysis of our activity inside Canvas, our learning platform, demonstrates how active everyone is. Here are some numbers that compare both 16-week and second 8-week face-to-face data before and after March 22, 2020.
  - Page views since March 22 have increased by 72%, and actions taken (submitted assignments, etc.) have increased by 96%. On average we have had 17,966 page views per day, and 2,142 actions were taken.
  - It is also encouraging that students are logging into their courses and have not disappeared. There are only a handful of students not participating, and both faculty and advisors are reaching out to them to see what the problems are.
- Monday, March 30, all high school **CNA** courses were up and running online! Through the help of Alicia Pennings, Sarah Fykstra, and Julie Paulsen, 11 different schools and 98 different students entered the online world, most for the first time. Many of the **Transitions** staff helped make all 98 individual phone calls to each of these students to ensure they were ready and able to start.
- NCC received notification on Wednesday, April 1, from the **Iowa Department of Education** indicating that our **interim state accreditation evaluation and equity visit** is scheduled for November 19-20, 2020. More information and reminders about this visit will be scheduled in the days/weeks ahead. Please mark your calendars!

- Alethea Stubbe participated in an **IACCP** (*Iowa Association of Community College Presidents*) virtual meeting on Wednesday, April 1.
- On Thursday, April 2, a virtual meeting was held with **CMBA Architects** to discuss the building plans for our Health programs.
- A virtual **CAO** (*Chief Academic Officers*) meeting was held on Friday, April 3; John Hartog was able to “zoom” in.
- As stated in the last Weekly Update, the decision for **May Commencement** was made this week. We have decided to make this a **virtual experience**. This will be communicated to students on Monday, April 6. I’m trusting all of you to keep it confidential and not discuss or share that information with anyone at this point.
- **Housing Students** have been enjoying FREE pizza Friday competition. Jena sends out a NCC trivia question via email each week, and the first student who replies to her email with the right answer wins a FREE pizza from a pizza joint near them on Friday. This week’s trivia question was: *How many water fountains are on NCC’s campus (this includes Buildings A, B, C, D, H, LLRC, and the dorms)?* Last week’s winner was Jacob Brigham, and this week’s winner was Nolan Ahlden.
- Before all of the closures and COVID-19 response, the **LLRC staff** were scheduled to welcome Sheldon Middle School students to the LLRC for field trips. Since we couldn’t bring them to the LLRC this week, we brought the LLRC to them! LLRC Director, Greta Giese, gave the students a virtual tour of the LLRC, sharing with them safety policies and gym etiquette tips. Assistant Rec Coordinator, Erin Swenson, provided virtual advice on safe lifting techniques for bench press and squats. The students have to watch the videos and tell Middle School PE teacher, Larie DeGroot, one thing they learned or found interesting. Larie said they are already posting their responses on their Google Classroom and doing a great job!
- Many of our students are currently struggling to make ends meet. We all have the opportunity to help through “**Give It Up & Give Back**” this spring! Remember to give one of your poor spending habits and give back to our students in need this spring. If you are willing to contribute, please contact Morgan Granstra.
- The **28-Day Habits of Health Challenge** began on Monday, March 30. The importance of making healthier choices to move closer to your health lifestyle goals and live your best life has never been more important than now! Let’s get healthier together! (*See the attachment for the 6 simple Habits of Health.*)
- Now, more than ever, it is important to offer **thanks** to those with whom we work. An encouraging word can definitely go a long way! (*See Thunder Thank-You in the attachment.*)

### Upcoming Events:

- |            |   |
|------------|---|
| ○ April 14 | Executive Council Meeting                         |
| ○ April 27 | Board of Trustees Meeting                         |
| ○ May 3    | Spring Online Classes End                         |
| ○ May 8    | Spring Semester Ends / ADN Pinning / Commencement |

## Happy Birthday!

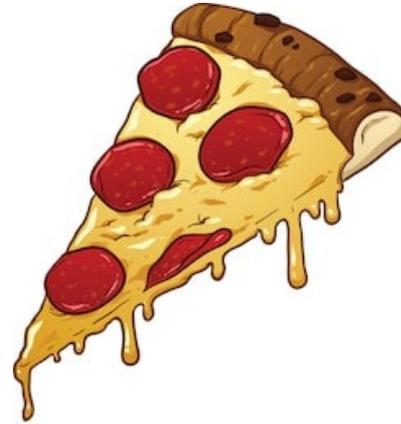
- Wednesday, April 8
  - Monday, April 13
  - Friday, April 17
  - Sunday, April 26
  - Wednesday, April 29
- Denise Truckenmiller  
Morgan Granstra  
Lacey Steffen  
Pamela Lien  
Ben DeWit & Deb Kleinwolverink

Be safe.

In your service,

Alethea F. Stubbe, Ph.D.  
President  
Northwest Iowa Community College  
712-324-5061/800-352-4907 Ext.166  
[aletheas@nwicc.edu](mailto:aletheas@nwicc.edu)





**Housing Students  
get  
FREE Pizza**





# Interim State Accreditation Evaluation & Equity Visit

## NOVEMBER 2020



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

“Thank you.”



**Brad Gill**

Thank you, not just for every lesson you’ve taught me in the book, but more so, the lessons you were able to teach me to avoid in life.

- - Robert Hildebrand, NCC Student

*“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”*

- Randy Pausch

# 28 – Day Habits of Health Challenge

Let's get healthier  
together!

Habits of Health	
 Healthy Mind	<b>Habits of Healthy Mind.</b> I practiced the STOP-CHALLENGE-CHOOSE strategy at least 1x today and/or read the Habits of Health book (or blog), watched educational videos/webinars on the Habits of Health, listened to the Habits of Health Podcast, and/or completed 1 page of the LifeBook.
 Healthy Eating & Hydration	<b>Habits of Healthy Eating &amp; Hydration.</b> I followed my healthy eating plan, ate a healthy, portion controlled meal (or snack) low in sugar, fat and carbohydrates every 2-3 hours and drank 60+ oz of water (or non-caloric beverage) today.
 Healthy Motion	<b>Habits of Healthy Motion.</b> I moved my body today, completed focused activity/exercise and/or prioritized being more active during the day.
 Healthy Sleep	<b>Habits of Healthy Sleep.</b> I practiced my twilight ritual of shutting down 1 hour before going to sleep and got my personal recommended hours of sleep. (Ideally 7-8 hours min.)
 Healthy Surroundings	<b>Habits of Healthy Surroundings.</b> I prepared my environment to create more optimal health wellbeing in my life (i.e. organized my pantry, workspace, home, exercise area, etc. to promote healthy lifestyle habits/choices). I connected with my healthy support system (i.e. spent focused time being active with friends/family members, invested time into an interactive online support community, worked out with exercise partners, attended group health/fitness class, or had a conversation with a personal trainer, health coach or accountability partner).
 Healthy Weight Management	<b>Habits of Healthy Weight.</b> I feel I made progress today in practicing the Habits of Health to reach or maintain my healthy weight and a healthy waist circumference to decrease my chances of disease and to improve my overall health.

# Happy “NCC” Anniversary



## April

- 4.6.98 Mike Oldenkamp
- 4.10.01 Lori Richards
- 4.10.06 Jennifer Dokter
- 4.24.98 Tara Fjeld
- 4.26.04 Robbie Jungers
- 4.26.11 Karri Spanjer



Thank you for your  
“service” to NCC!