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NEWSLETTER

# PARENT & FAMILY NEWSLETTER

# TCNJ



**TCNJ**  
THE COLLEGE OF  
NEW JERSEY

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# Significant Dates and Deadlines



Save the date! We are looking forward to seeing everyone for Homecoming and Parent & Family Day on Saturday, October 19th, 2024!

Check out our [Homecoming website](#) for lists of activities and events (coming soon!).

## Celebration of Student Achievement (COSA)

The 27th Annual Celebration of Student Achievement will take place on Tuesday, April 30th and feature the research, scholarship and creative activity of TCNJ students from all disciplines.

Throughout the day, students will present their work in papers, posters, video, panels, performing arts presentations and exhibitions, and other forms of scholarly or creative activity.  
For more information, click [here](#).

## Preparing for Commencement?

Make sure to order your cap and gown by April 19th in order for it to be shipped to your house!

Click [here](#) to order, or call the bookstore at (609) 359-5056

Questions? Call 540-378-7001 or email [customercare@oakhill.com](mailto:customercare@oakhill.com)

If you are interested in having your senior photo taken, Spring session appointments are available for specific dates between **March 25th & April 5th.**

To schedule an appointment, click [here](#) to request a username and password to schedule your session!

# Commencement Information

**Commencement is  
May 16-17th 2024**

As commencement season is almost in full swing, make sure you are staying up-to-date with all things graduation! For more information, visit [commencement.tcnj.edu](https://commencement.tcnj.edu).



## Commencement Schedule

### Day 1

School of the Arts and Communication

School of Science

School of Engineering

School of Business

### Day 2

School of Nursing and Health Sciences

School of Humanities and Social Sciences

School of Education

Master's Students (All schools)

For specific graduation times, visit the [commencement page here](#).

"The Free Application for Federal Student Aid (FAFSA)" for the 2024-25 Academic Year is available. Do not miss the NJ State filing deadline of **May 15th!**

Office of Student Financial Assistance (OSFA) - Green Hall  
Room 101 - x2211



Office of Student Financial Assistance:

Telephone: 609.771.2211

Fax: 609.637.5154



### Spring Break Closing Information

Halls close at **8:00pm** on Friday,  
March 8th, 2024.

Halls re-open at **12:00pm** on Sunday,  
March 17th, 2024.

Click [here](#) for more information.

# Spring 2024 First-Generation Parents & Families Series

**FEB  
29**

Financial Aid  
Overview

**MAR  
28**

Campus  
Resources A-Z

**APRIL  
25**

Learning Outside  
the Classroom

**7:00pm - 8:00pm | VIA ZOOM**

Zoom Meeting ID: 964 8070 1860 | Passcode:393229

Presented by the Office of Mentoring, Retention, and Success Programs (MRSP)

Here is the [zoom link](#)!

## TCNJ Student Health Services

For information on Computer Vision Syndrome, please click [here](#) to learn more on how it affects our everyday lives.



# Recreate Your Night (RYN)

A unique & free opportunity with TCNJ's Recreation & Wellness programs! RYN offers a welcoming & inclusive environment where students can participate in four activities weekly to learn various ways to destress through recreation, and to grow holistically in body and mind. Activity-themes include:



WELL BEING



MOVEMENT



CREATIVITY



SOCIAL  
ENGAGEMENT



Tuesdays, Thursdays, Fridays 8pm-10:30pm  
Saturdays 2pm-4:15pm  
Located at the Student Recreation Center

<https://studentlife.tcnj.edu/about/recreation-and-wellness/>

# WHAT IS RECWELL?

## Fitness Center

### **FREE with TCNJ student ID**

Includes cardio and strength training equipment & functional fitness space

## Open Rec

Basketball, Volleyball, and more on the Rec Center Courts 2-11 pm weekdays and 1-8 pm weekends. Updates to hours on Instagram.

## Intramurals

Register as an individual or a team! We offer volleyball, softball, e-sports, basketball, soccer, and more.

## RECreate Your Night

### **FREE with TCNJ student ID**

Inclusive and fun events for all students to participate in focused on positive well-being, creativity, movement, and social engagement.

## Club Sports

There are 24 student-led competitive sports teams that compete against other colleges and universities.

## Group Fitness

Taught by certified instructors for \$25 a semester! We offer Yoga, Spin, Boot Camp, ZUMBA, and more.

## Fitness Court

An outdoor fitness court with seven stations that allows users to leverage their own body weight to get a complete workout.

# Week of Giving

**There are so many reasons to love TCNJ!**

The purpose of the Week of Giving is to bring the campus community together and allow students, faculty, and staff an opportunity to experience, engage with, and feel the love you have for your school!

There is no better way to support the college than through gifts for scholarships. Your generosity will help TCNJ remain affordable and accessible by providing vital scholarships for today's bright, curious minds and tomorrow's leaders.

For more information on the Week of Giving, click [here!](#)





Students receive  
**FREE IMMEDIATE ACCESS  
TO A THERAPIST**

Choose a therapist based on your preferences  
*issue, gender, language, ethnicity*

At a time that fits your schedule  
*day, night, weekend availability*

*Get started using your school email*

Experiencing a mental health crisis?  
Help is available 24/7/365

**833.646.1526**

*If you are experiencing a medical emergency call 911.*



TCNJ CAPS (Counseling and Prevention Services) is pleased to now partner with UWill, the nation's leading student mental health teletherapy provider. UWill offers students free, immediate, 24/7 access to a direct crisis connection and ongoing teletherapy. Students can choose a therapist based on preferences such as presenting issues, gender, language, and ethnicity. Students can also choose a time that fits their schedule, including day, night, and weekend availability. Access is quick and easy. Students can register at <https://app.uwill.com/login> using their TCNJ email address.

**BARNES & NOBLE**  
CAMPUS TOWN

# WELCOME PARENTS!

We are more than just a bookstore. We are a support system for your student as they navigate this exciting chapter. From textbooks to college gear, we've got you covered.

Sign up to receive helpful tips, exclusive discounts, and special surprises.



**GET 10% OFF TCNJ  
SPIRIT GEAR**

**SIGN UP NOW**



# Big Changes for TCNJ Dining

## Meet Our New Dietitian!

Nicole Piotrowski is the newest addition to the TCNJ Dining Services Team!

We encourage students to contact Nicole with any nutritional inquiries at [sdhrd@tcnj.edu](mailto:sdhrd@tcnj.edu).

## Upcoming Diversity Dishes at TCNJ!

TCNJ Dining Services is pleased to announce that our Diversity Chef, Pablo Naughton, will be hosting two events this upcoming month at the 91.3 Wokery in the Atrium at Eickhoff!



Read more about our new additions [here!](#)