

Apr./May 2011

## HUSKIE CONNECTION

OFF-CAMPUS & NON-TRADITIONAL STUDENT SERVICES

### Tips for Easing the Transition between School and the Work World

For those students graduating in May, you are probably experiencing many thoughts and emotions. Graduating from college can be one of the best times in a person's life, but it can also be a time of uncertainty. Make sure that you are not only planning for that special day, but that you also make a plan for after graduation. Here are some tips to consider when preparing for the transition from college into the working world:

**Start polishing your resume.** One important thing to do before you graduate is to update your resume. Career Services has helpful information on how to make your resume stand out among the rest. You may also want to attend a resume writing workshop. Contact Career Services at 815-753-1641 or visit their Web site at <http://www.niu.edu/careerservices/index.shtml>

**Brush up on your interviewing skills** by scheduling a mock interview with Career Services. The professional staff may be able to give you good feedback about what you are doing right during the interview and may also give you advice on how to strengthen your areas of weakness.

**Complete an internship.** Most academic majors require college students to complete at least one internship before graduation. Working as an intern can help you gain valuable experience in your field. It can also help you decide which area of your chosen field is the best fit for you.

**Think about where you would like to live after graduation,** and have a plan for getting there. Do you plan to move in with your family, get an apartment with friends, or venture out on your own? Whatever the case may be, make sure you plan ahead!

**Lastly, apply, apply, apply!** You should apply for jobs even if you only meet some of the qualifications the potential employer is seeking. By sending in your application materials, you at least put yourself in the running to be considered for the job you want.

Kristney Vault  
Graduate Assistant

### How to Plan a Party on a Budget

Now that you know what to do to prepare for graduation, take time to relax! If you want to throw a party but don't quite have the cash, don't fret; there are plenty of tips and ideas that will help you create an unforgettable party on a budget. We all know how expensive planning a party can get, so before you begin to stress about finances, read on for some ways you can cut costs when planning your party.



One easy and fun way to cut costs when planning a party is by doing some of the tasks yourself. For example, create your own dips, fruit/veggie tray, and/or bake your own goods instead of buying them from the grocery store. Not only will you have control

of what is being served at your party, you also will not be paying the extra cost that is added on to most prepackaged items. This is a great opportunity to also impress your friends with your cooking skills. Instead of hiring entertainment, have a game night instead. This will create more social interaction than having your guests sit and watch someone else put on a show.

Be sure to check the local newspaper if any items you may need for the party are on sale. If you start planning your party early, you will have plenty of time to search for sales and get the best prices. Don't be afraid to use items that you already have in your own home. Also, instead of hiring a professional DJ or band for your party, create your own playlists on your MP3 player or iPod. This allows you to know exactly what kind of music will be in rotation.

Planning a party doesn't have to equal the financial stress of paying for college. Taking advantage of time, sale prices, and your own two hands are very important aspects of keeping any event under even the smallest budget. Using the ideas stated above and being calm throughout the planning process will help you plan a party that will go down in history.

Destiny Riley  
Graduate Assistant

## Using Food as Healthy Fuel

Have you ever felt like you were running low on energy to study or get through the day? If you answered yes, then utilize the following information about your daily food intake.

An important factor in having energy throughout the day is to always eat a balanced breakfast. This is probably one of the most well-known but most underused facts about nutrition. You need to get a good blend of complex carbohydrates, protein, and many other important nutrients. Many people shy away from fats, but they are also essential. Omega-3 fatty acids are also key. These can typically be found in coldwater fish (sardines, salmon, tuna) and vegetable oils (soy, flaxseed, canola). These are needed for brain development and growth.

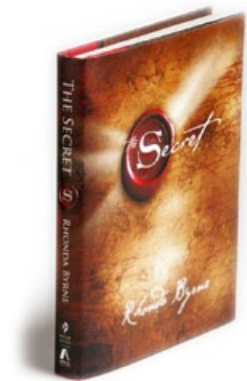
In order to use protein and carbohydrates effectively, a few things must be learned first. Two important amino acids help the brain function at its peak: tyrosine and tryptophan. Tyrosine is essential for perking up the brain and tryptophan helps the brain relax. A meal with proteins containing a high amount of tyrosine, moderate amount of sugar with heavy reliance on the complex carbohydrates, and a low amount of calories will do well to perk up the brain. On the other hand, to relax the brain, a meal with proteins containing a high amount of tryptophan, carbohydrates, and calories will do the trick. High tyrosine foods are seafood, soy, meat, eggs, and dairy. High tryptophan foods are chocolate, pastries, desserts, nuts, seeds, and legumes. You should also avoid refined carbohydrates because they provide only short term energy. Complex carbohydrates that should be ingested are found in grains, legumes, fruits, and vegetables. Foods that increase memory, cognitive functioning, problem-solving, and learning ability include fish, soy foods, fruits, berries, vegetables, chocolate, nuts, seeds, whole grains, beans, tea, red meats, organic and plant oils, and water. All these foods can and will help improve brain function, which will be useful as finals approach! For further information on what foods fuel your body, visit <http://www.onlineuniversitylowdown.com/2007/08/20-foods-that-w.html> or <http://www.askdrsears.com/html/4/t040400.asp>

Jody Danna-Hoehne  
Student Coordinator



## A Good Read

Wondering what to do during those lazy days? Interested in reading a good book? Read *The Secret*, a self-help book written by Rhonda Byrne. Byrne describes "the secret" as the power of positive thinking. There are many interesting aspects of the book, but I found the most interesting to be Byrne's discussion of the universe.



Once you know "the secret," you will know how to have the universe work in your favor. *The Secret* essentially informs readers that we are all creators of our own universe. If we think positive thoughts, those thoughts will manifest themselves in the universe and attract positive things. No matter who you are, you have the power to translate positive thoughts into positivity in your life. If you think negatively, you will attract negative things in your life. This is where the law of attraction comes into play. The law of attraction described in *The Secret* refers to the fact that "like" things attract. It was interesting to read about the laws of attraction in a way that actually made sense, especially because the laws of attraction are described as relating to laws of physics and science. If you want positive things to come to you, Byrnes describes how you have to think positively and not underestimate the power of thought.

Byrnes interviews a variety of people including psychologists, doctors, and writers, all who believe in "the secret." The book also covers additional topics such as secrets of money, health, relationships, the world, and life. *The Secret* has been made into a film and landed on the New York Times Best Sellers list. If you want to learn more about the book, check out the Web site at [www.theseecret.tv](http://www.theseecret.tv) to find out more information.

Arturo Jimenez  
Student Coordinator



## Someone You Should Know

Each month, Off-Campus & Non-Traditional Student Services highlights a student we feel is important for you to know. This month we are featuring **Tyinesha Holley**, a non-traditional student who frequents our lounge.

### What makes you a non-traditional student?

I am an off-campus student and a 30-year-old single mother of two children. My kids are 2 and 14 years old.

### What has been a challenge for you as non-traditional student?

Learning to balance being a mother, keeping up with schoolwork, working, and trying to do all of these things well.

### What has been one of your greatest accomplishments while being a student at NIU?

Last semester, I was able to maintain high academic achievements despite my other obligations.

### What advice do you have for other non-traditional students?

Don't be discouraged when it all seems to be too much. You'll find a system that works for you. When people try to tell you that you can't do it, prove to them that you can!

### What is your major and how does your major fit into your life plan?

My major is Family and Child Studies and it fits so well with who I am as a person. It provides me with the tools to not only help others but to be a better mother, teacher, and advocate for families.

### What do you like best about Off-Campus & Non-Traditional Student Services?

I love the support and concern the staff shows for the students that come into the office, including myself.

### What's something people might not know about you?

I never give up easy.

### If you could have any superpower, what would it be?

I sometimes wish I could be invisible.

### If you could trade places with any other person for a week, famous or not famous, living or dead, real or fictional, who would you trade places with?

I would trade places with Oprah Winfrey so that I could help others on a larger scale. I would also love to be able to have the money she has!

### If Hollywood made a movie about your life, who would play you in the lead role?

Tisha Campbell (from popular sitcoms such as *Martin*, *My Wife and Kids*, and *Everybody Hates Chris*)

### If you won \$20 million in the lottery, what would you do with the money?

I would buy myself a home, a nice car, and a truck. I would pay for both of my children's college education. I would invest, save, and of course help my immediate family and church family.

Antoinette Schrader  
Student Coordinator

## Spring and Summer Events

As warmer weather quickly approaches and the semester comes to a close, our office thought it would be beneficial for our students to learn more about exciting events occurring in the DeKalb area.

**April 23** 8:00am - 10:00am

### **Kishwaukee Kiwanis Earth Day Event at DeKalb/Sycamore Trail/County Farm Woods**

Meet along the trail behind the Movie Theater by WalMart in DeKalb.

**May 7** 10:00am - 2:00pm

### **Mother's Day Wildflower Walk**

Natural Resource Center in Russell Woods Forest Preserve, Genoa, IL

**May 21** 8:00am

### **8K Run and 2K Walk at Potawatomi Woods**

6th Annual 8K Run and 2K Walk hosted by The Kishwaukee Sunrise Rotary Club held at Forest Preserve at Potawatomi Woods Forest Preserve, Kirkland, IL. For more information, go to the club's Web site at [www.kishrotary.org](http://www.kishrotary.org)

**May 27 - May 29**

### **Flavors of Greece at Kane County Fairgrounds**

Main Street & Randall Road, St. Charles.

Authentic Greek cuisine, pastries, and bakery goods. Music and dancing, performances, Greek Market Place. Kid friendly amusement area. Greek Folk dance lessons. For more information, visit

<http://www.stathanasios.org/FOG.html>

**June 4** 10:00am - 1:00pm

### **Afton Prairie and Wetland Restoration Work**

13600 Crego Rd. DeKalb, 1 ½ miles south of Perry Rd. Meet in the middle parking lot and bring your boots! For more information, call 815-895-7191 or visit [www.dekalbcounty.org](http://www.dekalbcounty.org)

**June 10 - June 12**

### **Pride of the Fox Riverfest**

Main Street in St. Charles

Unique among Chicagoland festivals, Riverfest features the annual running of the ancient sport of dragon boat racing, a 40-ton Fantasy Sand Sculpture, water ski shows, and an assortment of events and entertainment for all ages. Visit <http://www.prideofthefox.com> for more information.

**July 1 - July 4**

### **Kirkland Lions Club 4th of July Celebration**

Activities include fireworks, a parade, food, and entertainment! Visit <http://www.kirkland4thofjuly.com/> for more information.



**July 3**

### **Art at Ellwood - Art Fair and Sale**

509 S. First Street, DeKalb

More than 80 artists and craftspersons from the Midwest exhibit on this spacious lawn. Juried show, screened for quality. Food and refreshments on grounds. Visit <http://www.ellwoodhouse.org> for more information.

**July 14 - July 31**

### **Fox Valley Repertory's Summer Arts Festival**

Fox Valley Repertory will host the inaugural Summer Arts Festival, which will showcase theatre and the visual arts at Pheasant Run Resort and throughout the city of St. Charles. Visit <http://www.foxvalleyrepertory.org> for more information.

**July 16 - July 17**

### **Oregon Trail Days**

Activities taking place during this 2 day celebration include: Native American Dancing and Wild West Cowboy Show, Horse drawn wagon rides, Tipi Camping, children's crafts, Live Raptor Show, Vendors offering Native American & Western art and jewelry, Live Country Music featuring a tribute to Johnny Cash, Southern Heritage and Dixie May Carter, 8K "Run-a-Muck" race on Sunday, canoe race, food vendors, and beer tent. A Native American & cowboy encampment will be held at Lowden State Park on Saturday from 10:00am-6:00pm and Sunday from 10:00am-4:00pm. Visit <http://www.oregontraildays.org> for more information.

For more events, visit

<http://www.planitdekalbcounty.com/calendar/> OR <http://www.enjoyillinois.com/thingstodo/thingsToDo.aspx>

Kayla Gagliardi  
Graduate Intern

## Important Dates to Remember

Throughout the semester, students are expected to know many important dates pertaining to class schedules and registration deadlines. We want to make sure you stay up to date, so we compiled a list of the most important dates of the semester.

- May 1: Last day to apply for summer 2011 graduation via self-service in MyNIU
- May 6: Reading Day
- May 7, 9-13: Final examinations
- May 14: End of spring semester; Undergraduate spring commencement

If you want more information on these dates, visit <http://catalog.niu.edu/content.php?catoid=14&navoid=402>

## Off-Campus & Non-Traditional Student Services Calendar of Events, Spring 2011

### May 2011

**3:** Study Break, 11:30am-1:30pm, Holmes Student Center Basement

Take a break from studying for finals to enjoy a free lunch and sign up for a free ten-minute seated massage.

For the most updated event information, please check out our Events Web site: <http://www.niu.edu/ComNonTrad/news/upcomingevents.shtml>

## Join our Listserv!

Interested in what Off-Campus & Non-Traditional Student Services has to offer? Join our weekly listserv! As an off-campus and/or non-traditional student, it is important to stay connected and informed about issues that directly affect you. Joining our listserv will allow you to receive weekly updates with the programs and services we provide along with other important dates and events both on and off campus. Come by our office (located on the lower level of the Holmes Student Center, Room 023J) to give us your name and email to sign up for the program, or simply email us at [commnontrad@niu.edu](mailto:commnontrad@niu.edu) and request to be on our listserv!

## Ideas? Suggestions? Let Us Know!

If you have any program ideas, suggestions for improving our services, or anything else you wish to share, do not hesitate to contact us via e-mail at [commnontrad@niu.edu](mailto:commnontrad@niu.edu) or call our office at 815-753-9999.



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HUSKIE CONNECTION

## Contact the Staff

### Director:

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### Graduate Assistants:

Kelli Bradley  
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815-753-9999

## Office Information

**Location:** Holmes Student Center, Lower Level, 023J and 023K

**E-mail:** [commnontrad@niu.edu](mailto:commnontrad@niu.edu)

**Website:** [www.niu.edu/commnontrad/](http://www.niu.edu/commnontrad/)

**Facebook Group:** NIU Off-Campus & Non-Traditional Student Services

**AIM:** NIUCommNonTrad

**Phone:** 815-753-9999

**Fax:** 815-752-9999



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