Military and Post-Traditional Student Services is excited to celebrate the end of the academic year with its annual Post-Traditional Appreciation Week. This year, our Post-Traditional Appreciation Week will begin April 24. All our post-traditional students are invited to our three events.

The festivities will kick off with our Celebration Ceremony on Tuesday, April 25, from 5-6:30 p.m. in the Capitol Room within the Holmes Student Center. We will be honoring our graduating post-traditional students as well as our featured staff and learners from the past year. Also, we will be distributing graduation cords to our graduating student veterans. Food will be provided and attendees should feel free to dress casually. All are invited!

“We are excited to host this inaugural appreciation week awards ceremony,” Assistant Director Jeffery Salmon said. “We believe that this new signature event is a great way to celebrate all of our graduating post-traditional students, our students that have finished a challenging semester and faculty members that have made a difference in our students’ academic careers.”

On Thursday, April 27, we are hosting a Game Night downstairs in the MPTSS Lounge from 5-7 p.m. Pizza and drinks will be provided. Be sure to drop by to play some board games, hang out and relax before finals.

On Friday, April 28, we are having an end-of-the-year cook-out on the North Lawn of Adams Hall from 11 a.m.-2 p.m. Stop by to chow down on some hot dogs and burgers. We can’t eat it all on our own!

As we draw to the close of the school year, we hope that your semester has been a good and productive one. As always, if you need someone to talk to or somewhere to hang out, stop by the Lounge. From the MPTSS staff to you, we wish you the best of luck on all your coursework and your finals. Go Huskies!!
Meet Huskie Staff Member: Angelica Mendoza

Angelica Mendoza works as Assistant Director at the Latino Resource Center (LRC). Angelica is originally from California. Angelica received her undergraduate degree from California State University, Dominguez Hills where she studied psychology and Chicano/a studies. Afterwards, she received her Masters in Education from the University of California, Los Angeles.

The mission of the LRC is to promote a social justice agenda, as well as foster an inclusive environment where it seeks recruit, retain, empower and advance Latino/a students at NIU. The LRC achieves this mission by offering mentoring and leadership programs, peer support groups and academic advancement programs. The LRC will host its annual Latino Graduation on Sunday, May 7, at noon.

What are your proudest accomplishments working at the LRC?

One of my greatest accomplishments is hosting the annual Women's Empowerment Conference. I first proposed the conference six years ago to De Mujer a Mujer. I have coordinated this conference as an advisor to the student group De Mujer a Mujer. This student group promotes programs specific to the needs of Latinas, including psychological support, social networking and leadership opportunities. I'm also an advisor to the student organization DREAM Action. DREAM Action working in collaboration with the LRC to increase awareness regarding the situations undocumented students face in the United States and on the NIU campus. I consider the opportunity to help DREAM Action grow and create change on campus one of my most proud accomplishments. Most importantly, the accomplishments and opportunities the LRC has achieved has been through the collaboration of multiple students, faculty and staff. I'm happy to be part of that team.

Fun Facts about Angelica

- She used to have many pets which included a guinea pig, turtle, dog, cat, ducks, chickens and rabbits.
- She never saw snow until she moved to Illinois.

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Meet Huskie Post-Traditional Student: Nicholas Cepeda

Nicholas is a current Management Information Systems (MIS) graduate student who graduated from Northern Illinois University in May 2016. This school year has been special for Nicholas as he was accepted for a six-month Advanced Analytics and Optimization Internship at Disney World in Orlando prior his second NIU graduation in May 2018.

Nicholas embodies many aspects of a post-traditional student. He and his wife are both Marine Corps Veterans and served together overseas. He and his family of four are all attending school. Nicholas is also a transfer student and commutes from Huntley, Ill.

His intention was to build off of his operations experience with an OMIS undergraduate degree. However, Nicholas became more interested in the IT side of business and decided to take up the MIS Master's degree. “This program does a fantastic job preparing students for a career in business intelligence and analytics!” During his free time, he has been developing his technical skills. Nicholas really enjoys working with his son, who plays little league baseball.

His advice for fellow Huskies: “Personal development simply cannot occur if we stay within our comfort zone. We must push beyond our limits and stop making excuses for ourselves!”
Sarah Derylo: Like it or not, finals are just around the corner. But never fear! MPTSS is here!! We have some study tips for you to help get you through the end of the semester.

- Create a master to-do list and a schedule for the remaining days in the semester. Break cumulative exams into smaller study units, which will prevent you from feeling overwhelmed and help you monitor your progress daily.
- Predict possible questions. Review old tests, study guides or the course objectives.
- Quiz yourself. Cover up your notes and try to explain them. Create flashcards. If you find yourself struggling to remember, try different techniques to learn the material.

Krystal Do

- Start studying earlier (now)! Even if you can only fit in less than 30 minutes for each subject, do it. Remember from previous experiences that cramming the night before does not help, it makes you drained for the rest of the week.
- Study with classmates! Some professors are willing to hold reviews sessions if enough students request it.
- Take care of yourself! This means get seven hours of sleep per night, eat several meals per day and stay hydrated. Your brain needs rest, energy and fluids to perform well during Finals Week.

Laura Vivaldo Cholula

- Meet with the TA’s especially if they are holding a review session. Take other students to the review sessions to and ask questions.
- Start term papers and research papers at the library. The library has subject specialists who can help you find credible sources and help begin the writing process.
- Never turn in a first draft of a paper! Always proofread your work.

Thank You Krystal Do!

Our own Krystal Do is graduating in a few weeks. Krystal has been an invaluable member of our team serving as a student intern for the past years. We are going to miss her dearly, but we are so excited for her post-NIU plans. Before she leaves, we sat down to interview her about her time here at NIU.

MPTSS: So you’re graduating soon, congrats. What will your degree?

Krystal Do: Pre-professional chemistry with a minor in biology.

MPTSS: That’s so cool!! Any plans after graduation?

KD: Well, I got accepted to the pharmacy school at UIC Rockford for this fall. I’m very excited for that.

MPTSS: Congrats again! Now about your time with MPTSS. How did you first find out about the office?

(Continued on page 5)
UPCOMING EVENTS

MPTSS Celebration Ceremony
(April 25, 5-6:30 p.m.)
Place: Holmes Student Center, Capitol Room

MPTSS Game Night
(April 27, 5-7 p.m.)
Place: Holmes Student Center, MPTSS Lounge

MPTSS Cook-Out
(April 28, 11 a.m.-2 p.m.)
Place: Adams Hall, North Lawn

Finals Week
(May 8 - May 11)

Graduate Commencement
(May 12)
Convocation Center

Undergraduate Commencement
(May 13)
Convocation Center

GIVE US YOUR FEEDBACK!

Send us your feedback about this issue! What would you like us to include in this newsletter to make your learning experience worthwhile?

What kind of subjects would you like to read or to know more about?

Sending Newsletter Feedback:

E-mail: Send your e-mail to Jeffrey Salmon with “Newsletter Feedback” in the subject line.

Note: This email is for newsletter purposes, only. Any questions regarding any events mentioned in the newsletter should be directly addressed to the relevant department.

If you have any questions related to the student lounge, housing or the other services offered by our office, please e-mail us at ocntss@niu.edu.

Contact Us

MPTSS Lounge & Support Services
⇒ HSC 23K
⇒ (815) 753-9999
⇒ ocntss@niu.edu

Military Student Benefits Counseling
⇒ CLB 240
⇒ (815) 753-0691
⇒ mss@niu.edu
Fax:
⇒ 815-753-0943

HSC 23K Fax Number
⇒ (815) 752-9999

Website:
www.niu.edu/mptss

Content provided by Laura Vivaldo Cholula, Sarah Derylo, Krystal Do & Jeffrey Salmon
KD: For my freshman year, I commuted from Rockford, Ill., so when I saw a sign about a commuter lounge during my second semester, I decided to give it a try. After spending time just doing my homework, Jeff Salmon invited me to a SWAN meeting, where I was selected as Vice President. And after a few months, I was promoted to President.

MPTSS: Is there anything else you were involved with on campus?

KD: I joined the sophomore honor society, Lambda Sigma, where I got involved with a lot of community service and fundraising. I was also a member of the National Society of Collegiate Scholars and the Pre-Professional Association.

MPTSS: That's great! Lastly, do you have any key advice for other students working toward graduation?

KD: One thing that has helped me a lot is always trying to remember that everything will be okay. Don't give up. Take a break, talk to someone and try again tomorrow.

MPTSS: Thank you for sitting down with us and we wish you the best of luck in everything you do!

KD: Thank you!