Hey Huskies! We hope you are getting well-adjusted into your second semester at NIU. Snow/ice cancelations may have changed a lot of your plans for the beginning of the semester, but hopefully sunnier days are in the future!

As you look forward to the next couple of weeks, midterms are approaching fast. Make sure your syllabi are marked in your calendars and you can prepare for the papers and exams that may be in your future. Make plans and achieve!

As this is a new semester, try to set new goals and strive for even greater accomplishments than before. Development and achievement is what college is all about, so make sure to check out any of the professional development events being offered this semester.

Whatever it is that you want to accomplish this semester, plan for success by making goals and staying organized. Good luck!
A message from the dean of students:

As first-year students, there may be some pressures on you as you transitioned into being an NIU Huskie. Even though change can bring a lot of exciting and new things into our lives, it can also add some stress. As you continue to make your way here as a Huskie, take a minute to think about what matters to you and how you want to impact the world. Your hard work and determination will keep you going when things get rough. As you think about being your best self, your health is part of the picture. We have programs and resources you might like to explore.

**Staying well physically.**

Try working out at RecWell, think about an intramural sport or try an outdoor adventure. You’ll have a chance to de-stress, get strong and meet new people. Or go with some friends you already know and enjoy spending time together.

**Staying well mentally and emotionally.**

Go to Counseling and Consultation for an initial consult. They’ll work with you to figure out what type of service might be the right fit for you. Or talk with them about getting connected to a group for support and encouragement. If you’re worried about a friend, there are ways you can support them like helping them get connected to support services.

**Staying well academically.**

Talk with your academic advisor and get an academic checkup. Look into the A+ program to learn study skills and time management techniques you can try out or see if there is an internship to explore to make the most of your academic well-being.

If you need help getting connected to resources that support your health and wellness, contact the Dean of Students, Dr. Kelly Wesener Michael. She is here to help you reach your goals DeanofStudents@niu.edu.
Looking for ways to develop your future career and involvements?

Attend a Jobs PLUS event today!

- Learn more about important competencies like integrity, interpersonal skills, teamwork, adaptability, stress management, decisiveness, perseverance, leadership, change management, analytical skills, and commitment.

- You can immediately apply what you learn from us.

- You’ll have experience to add to your résumé and to discuss during future job interviews.

- You’ll make friends and network with fellow students, alumni, and community members.

- You get to learn while you’re getting paid!

If you’re interested in any of these benefits, apply here!
Are you looking for more information about any of the following opportunities?

- Involvement in student organizations or clubs
- Campus involvement
- Attending campus events
- Mentorship opportunities
- Service
- Research opportunities

**Look no further!** Sign up for a Huskies Get Connected (HGC) appointment! HGC is a one-on-one consultation with a knowledgeable peer to help you discover ways to get connected that are personally meaningful to you! Sign up for an appointment today!
Are you an NIU student without an on-campus meal plan? Consider the Huskie Food Pantry! The Huskie Food Pantry provides food and nutritional amenities for currently enrolled students. Stop by the Huskie Food Pantry at the Chick Evans Field House on Thursday nights from 5:30-7:30pm.

Looking for volunteer experience? Sign up for a shift to help unload the truck, stock shelves, and assist with Pantry Night!

Huskie Food Pantry
For more information contact Leanne Kulchawik, lkulchawik@niu.edu
For disability-related accommodations, please contact University Recreation and Wellness, 815-753-0231.

Rec well! Move well!

Personal Training
Small Group Training
Sign up with your friends or on your own, to get personalized training in a small group.
Twelve-week
Student: $175
Member: $200
(Includes five nutrition coaching sessions)
Six-Week
Student: $125
Member: $175
(Includes three nutrition coaching sessions)
go.niu.edu/MOVEWELLSGT2

Personal Training
Receive specialized workouts tailored to your fitness goals. Get started today with a Fitness Assessment for just $10.
go.niu.edu/MOVEWELLPT2

For more information contact Leanne Kulchawik, lkulchawik@niu.edu

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