Winter is here and so are the holidays! With that, there is a nice long break coming your way. Whether you are going somewhere or not, I hope that you all have a fantastic time with whomever you share the holidays with. Enjoy some hot chocolate and all your favorite binge-worthy TV shows or books you haven't picked up since summer. Take care of yourself!

For those staying in the Chicago area, here is a list of some things to do over break that may interest you. Feel free to check them out!

* Two skating rinks downtown
  McCormick in Millennium Park.
  The Ribbon at Maggie Daley Park.

* [Chrskindlmarket](#)

* Lincoln Park Zoo lights

* Shop at the malls all over the Chicago suburbs

* Go sledding in Sycamore

Winter break activities

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MPTSS Lounge & Support Services
CLB 170
(815) 753-9999
ocntss@niu.edu
HOW ARE YOU FEELING?

I know it’s that time of the semester where we feel our to do list is endless. Our schedules can get wacky and our minds are overflowing with school, work or life. Please take some time to stop and breathe. Check in with yourself and ask yourself how you are feeling or what it is that you need. I know that can all be tough in the moment, but I highly encourage you to give breathing a chance. You would be surprised by how light you may feel afterward. Those questions allow you to recognize where your mind is at and how you can make situations a little less stressful. I hope this helps and brings you peace as we approach finals.

FINALS ARE HERE!

"How’s studying for finals going?"

You have made it so far this semester and I am so proud of all of you! Finals can be stressful and frustrating, but that is ok. You are doing your best and that is all that matters. I believe in you! Go get em!

THE FISH HOOK

Each month Associate Director Jeff Salmon shares insights and thoughts with Post-Trads.

I’m hard-pressed to think of a busier three weeks of the year than the period that starts Thanksgiving week and ends with finals week. It truly feels like if you blink your eyes those three weeks have passed. My hope for everyone is that this time isn’t too stressful. I know that’s easy for me to say since typically finals week is pretty slow for NIU staff. You’ve worked very hard this semester so trust in yourself and you will be successful.

I hope you all have a great break. I’m looking forward to the holidays. My wife and I have decorated our new house for the first time which brings a smile to both of us. Have a happy and safe New Years and I look forward to seeing you all in the new decade!
“CANNABIS AT NIU - Cannabis may be legal in Illinois starting January 1, 2020, but you still cannot possess or use it on NIU campus property including at any NIU-affiliated events that are held off-campus. Possession and use are illegal under federal law, including both recreational and medicinal use. Federal law supersedes any state law authorizing cannabis possession or use on campus. See the full cannabis FAQ: go.niu.edu/cannabis”
Our Graduate Intern Nia has some advice and fun things to share with you.

In order to get through finals, Nia likes to make sure that her family and friends understand that she has finals and may not be available. She gathers her favorite snacks and coffee and heads to the library or a coffee shop to study. She suggests taking homework and study materials outside of the home because she just ends up watching shows.

Once finals are over, she will be spending winter break catching up on sleep and TV shows. Nia also looks forward to reading her favorite books. She likes to save academic work for the semester.

Nia is getting very excited for her last semester at NIU as she is graduating in May! Her advice to you all is to make connections with instructors and other administrators on campus.

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**WHAT ARE WE WATCHING?**

**NETFLIX, HULU, AMAZON, DISNEY+, ETC.**

**Laura**
- The office
- Rick and Morty
- How to Get Away With Murder

**Marissa**
- Outlander
- This is Us
- Lucifer

**Chris**
- Bones
- NCIS
- Criminal Minds

**Princess**
- The 100
- Breaking Bad
- Station 19

**Nia**
- Grownish
- The Handmaids Tale
- Modern Family

Person: "You can’t watch 9 years worth of television in 2 weeks!"

Me: "Watch Me!"
UPCOMING EVENTS

Media Club
(December 3, 3 – 4:30 p.m.)
Place: GSRC Arndt House

Game Night
(December 3, 6 – 7:30 p.m.)
Place: Recreation Center lobby

Pre-Kwanzaa Celebration
(December 3, 6 – 8 p.m.)
Place: Regency Room, HSC

Outdoor Adventures: Free! Weekly Wednesday
Crate Climbs
(December 4, 6 – 7:30 p.m.)
Place: Student Recreation Center, court 4

The Giving Project: Crafting for a Cause
(December 5, 12 – 1 p.m.)
Place: Founders Memorial Library, 338

Neptune Dining: Finals Late Night Breakfast
(December 9, 9 – 11 p.m.)
Place: Neptune Central, Neptune Dining

Finals Week
(December 9 – 14)

Winter Break
(December 23 – January 10)