FINALS AND SELF-CARE

With finals week coming up, it’s important that all students remember to continue practicing self-care! Often students become so focused on studying that they forget to take care of themselves mentally and physically.

Throughout the next week there are different events happening on campus to help promote relieving stress. These events include therapy animals at the library on certain days, coloring sheets available at the library and different food events across campus!

Throughout the entire week our office in the Campus Life Building, Room 170, will be providing snacks for students studying in our lounge. Come by and enjoy a quiet study environment and food!

In addition to events on campus, there are multiple ways to relieve stress on your own personal time. Some ideas are:

- Taking a study break to workout
- Making sure you’re getting enough sleep
- Taking a small break to spend time with friends
- Rewarding yourself with an episode of your favorite television show
- Getting your favorite food for dinner
- Watching your favorite holiday movie

It’s hard to perform well on your exams if you’re tired, hungry or mentally drained. If you invest in yourself as much as you invest in your studying, you’ll be better prepared when completing your exam!
WINTER BREAK
EVENTS & IDEAS

In the midst of studying for finals it’s always fun to have something to look forward to when you’re done for the semester! If you’re new to the DeKalb area, there are many different events/activities that could be fun to check out over break!

Both the Morton Arboretum and the Brookfield Zoo host light events throughout the month of December! The Morton Arboretum has a mile and a half trail with multiple different interactive light shows. Holiday Magic at the Brookfield Zoo includes animal exhibits, light shows, an ice skating rink and more! Both of these events require tickets, but for the Morton Arboretum with the coupon code: COMED2018 you can get a free ticket with every ticket you purchase!

Another local, and FREE, local light show is the “Larsen Lights Show”. This show is located at: 42W891 Beith Road Campton, Ill.. The show runs daily until January 5, 2019, and the times can be found on their website!

NETFLIX AND CHILL

Do you have bottled up FOMO? Do you have to isolate yourself from your friends so you don’t experience spoilers? Are you preparing to click “are you still watching” YES multiple times in a night? Sounds like you are ready to catch up on NETFLIX!

All of us from the office are preparing for some all day or night Netflix binges to get this past semester out of our system! What will we be watching….check it out!

CHRIS

• Parks and Rec
• The Office
• Criminal Minds (ALL OF THEM)

TAYLOR

• Gilmore Girls
• Atlanta
• How to Get Away With Murder
• The Resident

ANGELIA

• Great British Baking Show
• Scandal
• Girl Boss

THE FISH HOOK

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

I wish everyone the very best as you prepare and take final exams. Let me be the first to congratulate you on completing the fall semester. Sixteen weeks is a long time and lots happens. It’s a testament to your strength that you persisted and now get some much deserved time off.

Upon the completion of finals week, I’ll be taking off for hopefully a very warm and Sunny Orlando, Fla. My wife and I postponed a summer getaway and have been counting down to this vacation. I’ve never gone to Disney World’s Christmas Celebration but from everything I’ve read it is quite the scene. I’ll try to stay out of a sugar coma with all the special holiday treats the mouse will have available.

If you are traveling over break, I hope you stay safe and have loads of fun. The month off is a great time to refresh and spend time with family. Enjoy and we’ll see in the new year!

DONE WITH Finals WHAT YEAR IS IT
PEOPLE’S ORGANIZING WEEKEND
EMPOWERMENT RETREAT

On the weekend of February 8-10, 2019, Northern Illinois University will be sponsoring People's Organizing Weekend Empowerment Retreat (POWER), a three-day student retreat focused on community organizing.

The purpose of POWER is to empower student activists, who have previous experience planning and/or participating in activities centered on the tenets of social justice, to enhance their tool kits for the purpose of community organizing. Our goal is for student activists to strategically and effectively create spaces for intentional and culturally-specific planning focused on coalition building while allowing participants to work as allies and collaborators.

POWER was developed utilizing many sources, one of which is the Grassroots Organizing Weekend, sponsored by the United States Student Association. Upon examining this stellar example, our Office of Academic Diversity, Equity and Inclusion implored us to create our own experience. In January 2017, we held our own community-organizing weekend called, Community Organizing Retreat Experience (CORE). Students who attended the retreat reported that it impacted their activism and certainly helped in solidifying coalitions that were necessary to support particular groups of marginalized students that felt a heightened sense of trauma and of being targeted. The tentative schedule (please email us for that) is our best attempt at offering student activists the tools they need for community organizing.

Friday, February 8 – WHY?: A conversation of why you should be engaged in social justice and coalition building.

Saturday, February 9 – WHAT?: Various sessions on skill building and providing you what you need for community organizing.

Sunday, February 10 – HOW?: A conversation of how you should engage in community organizing using hands-on and role-playing activities in the creation of specific work plans.

Given the snow day and that finals are fast approaching, we are extending the registration period to Wednesday, January 23. To register, please visit the link: POWER registration. You must commit to the whole weekend; people who are selected will have meals covered but will contribute a nominal $5.

Christmas in the city...

Every year Lincoln park Zoo has the famous zoo lights on in the evenings so you can enjoy a free stroll through the park and enjoy both the animals and the Christmas festivities.

They are having several events that may interest our post-traditional population such as the Breakfast with Santa on December 16.

Enjoy quality family time with the big man in red during a delicious seasonal breakfast with complimentary cookie decorating for kids. Buy tickets today for one of four limited-capacity seatings at the landmark Café Brauer with views of the zoo’s Nature Boardwalk.

Adult (age 13 and older): $45
Child (ages 1-12): $20
Tiny Tot (12months old and younger): Free
MEET HUSKIE STAFF JESSICA WILLIAMS

Jessica Williams works in the philosophy department at NIU working mostly with undergraduates helping with editing the website, registering, student evaluations and logistics for guest speakers. She is also a post-traditional student. She loves working with the philosophy department and staying up to date on what is happening. Philosophy is an interest for Jessica and her favorite philosophical book is the *Schaupenhauer Cure* by Irvin Yolum because it is a counseling/philosophy hybrid.

Jessica is a clinical counseling graduate student here at NIU and enjoys getting free tuition by working for the university. Not only does she enjoy working with diverse students, but she enjoys embracing all NIU has to offer such as concerts, guest speakers, plays and recitals.

She is a graduate of Carroll University in Wisconsin with a BA in psychology and a BS in photography. Jessica loved her undergraduate studies and made a lot of friends along the way.

Right now, Jessica is deep into her hobby of reading (not class related material) and is currently reading *Silent Spring* by Rachel Carson. She enjoys reading the classics and would like to get more into fictional reading to lighten the mood after reading for her counseling degree.

MEET HUSKIE POST-TRADITIONAL STUDENT: ALEX TORRES-SOTO

Alex chose NIU because he had several high school teachers who went to NIU and had a glowing review. They loved it and said it felt like home to them. This inspired Alex to attend NIU. He is currently majoring in mechanical engineering. He chose mechanical engineering because he liked physics in high school. He likes how math and science are combined in the world. No surprise he likes the Big Bang Theory! Sometimes he even understands the references.

Being a non-traditional student, Alex feels he gets the best of both worlds. He gets to maintain his friendships at home and at school and he remarks the lounge makes it feel more like home because of the students he meets. He commutes 40 minutes to Aurora and notes that people have been a little crazy with the construction. Alex has been making friends easily at NIU because he is involved in one club specifically - Society of Hispanic Professional Engineers (SHPE)

For hobbies, Alex likes to watch movies and walk in the park. His favorite park is Starved Rock State Park. He really enjoys Marvel movies because they can take you places you would never see. Some of those include Avengers: Infinity Wars. He saw that in theatre five times. He doesn’t do spoilers and he also enjoys Black Panther and the old Star Wars movies.

Alex’s favorite memories of NIU this far are his contributions to Stem fest where he helped with a table that had Pac Man with bananas.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Snacks at the MPTSS Lounge</strong></td>
<td>December 10-12</td>
<td>11 a.m.-2 p.m.</td>
<td>Campus Life Building Room 170</td>
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<tr>
<td><strong>Newfoundland Dogs at Founders Library</strong></td>
<td>December 11</td>
<td>5:30 – 7 p.m.</td>
<td>Founders Library</td>
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<td><strong>CSWGS Crepes and Cocoa</strong></td>
<td>December 12</td>
<td>12 – 2 p.m.</td>
<td>Reavis Hall, Room 103</td>
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<tr>
<td><strong>The Giving Project</strong></td>
<td>December 13</td>
<td>12 – 1 p.m.</td>
<td>Founders Memorial Library, Room 337</td>
</tr>
<tr>
<td><strong>NIU Women’s Basketball Game</strong></td>
<td>December 17</td>
<td>5:30 – 7:30 p.m.</td>
<td>Convocation Center</td>
</tr>
<tr>
<td><strong>NIU Men’s Basketball Game</strong></td>
<td>December 17</td>
<td>8 – 10 p.m.</td>
<td>Convocation Center</td>
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