OUTDOOR ADVENTURES:

2019 SUMMER TRIP

This summer NIU is offering a 12-day hike through the Outdoor Adventures office. This trip includes hiking in Acadia National Park and Adirondack State Park. Students will be hiking near the Atlantic Ocean, experience several days of camping and go on challenging hikes through the mountains. The end of this trip wraps up by visiting Niagara Falls.

Although this trip does come at a cost, there are discounted rates for students. For the entire 12-day trip, the cost for students is $500. This price includes: Use of NIU Adventure Center’s gear, transportation by van from NIU to all of the sites, all meals including breakfast, lunch, and dinner, leadership and planning by the trip leaders as well as all other fees including campsite fees.

The entire itinerary for the trip is located on the Outdoor Adventure Centers website. The trip begins early on May 13 and students return on May 24. Any students interested have the option to attend one of their four informational meetings. The informational sessions will be a great opportunity to ask questions and find out more about the trip.

Taking advantage of this type of opportunity is extremely beneficial for students. This can be a great way to meet other students that share similar interests with you. In addition, because the trip is early in the summer, it would still leave time to work or complete an internship throughout the majority of the summer. As students, it’s important to remember self-care, and take time to travel if that’s something you believe you might be interested in.
Each month Associate Director Jeff Salmon shares insights and thoughts with Post-Trads.

Three cheers for spring break! I hope everyone enjoys a well-earned week off. The first eight weeks of the semester has seen a lot of cold, wind and snow. I know for students that probably isn’t the most stressful part as midterms have come and gone. We are proud of all the hard work you have put and hope you reap the benefits of your studies with good grades.

Anyone have fun plans? I’m leaving for the West Coast on the Sunday of spring break. I’ll be joined by many NIU colleagues at the annual NASPA Conference in Los Angeles. I’m presenting on engaging military students on a college campus. I’m looking forward to conducting this presentation with a former NIU colleague and graduate school classmate.

The time in LA won’t be all professional development. My wife and I have a one-day excursion to Disneyland planned. Hope everyone has a safe and fun time away classes!

NIU CAMPUS HEALTH & WELLNESS FAIR

NIU’s 2019 annual Health and Wellness Fair for all staff and students will be held in the Holmes Student Center Ballroom (on the main floor), from 10 a.m. – 1 p.m., on April 3.

This event has been created to walk students through the various dimensions of wellness. Vendors will discuss various aspects of health, help raise awareness of several health conditions, and offer various products, free screenings and assessments and other services.

This event is a great opportunity for both staff and students to educate themselves about health and wellness while also learning about different services offered to them.

This event is sponsored by the NIU Employee Assistance Program & Training Center.

LINKEDIN WORKSHOP

Come to this hands-on workshop on March 27, at 2:30 p.m., at the Campus Life Building Room 235, to learn how to create your LinkedIn profile. You’ll also learn strategies for optimizing your LinkedIn headline and profile summary as well as leave with ideas about how LinkedIn can support your career development and job search goals from Joyce Keller of NIU Career Services. All veteran students, transfer students, commuter students and off-campus living students are encouraged to attend.

Participants must be able to log into LinkedIn during the workshop, so be sure to register with LinkedIn prior to the workshop! A laptop will be needed and can be rented from the University Libraries.

To preregister contact Jeffrey Salmon at jsalmon1@niu.edu.

This workshop is College of Business Passport credit approved.

THE FISH HOOK

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MEET HUSKIE STAFF MEMBER: TERI SCHMIDGALL

Teri Schmidgall received her Bachelor’s degree in History and Secondary Education, and then received her Master’s Degree in Community Counseling. Teri joined Career Services at NIU one semester after she graduated with her Master’s Degree, and she has been here ever since. She recently celebrated her 12-year anniversary working at NIU!

One of her favorite things about NIU is the diverse population of students. She enjoys the fact that NIU students come from all different backgrounds. She shared that she also loves her colleagues and enjoys working with all of them. In her office, she would like students to know that their drop-in services have greatly expanded. For most topics, students are able to walk in with no appointment and meet with a counselor for 20-30 minutes. She recommends that students come to her office sooner rather than later, and to take advantage of all the services her office has to offer!

When giving students advice, she says to always remember that working hard towards good grades can open more opportunities. She encourages students to remember that motivation must be internal if you want to make a change.

In her free time, she loves going on vacation and traveling the world. She said France was one of her favorite places to stay, and she also enjoys Spain. She said that her favorite memory as an undergrad was sitting in the library surrounded by her books. She enjoyed the ability to have time for herself to be productive and efficient.

MEET HUSKIE POST-TRADITIONAL STUDENT: CAITLIN EKBERG

Caitlin Ekberg is a freshman at NIU and she’s currently majoring in pre-physical therapy. When she was in junior high she suffered from acute back pain which made it difficult for her to walk, run and do daily activities. She realized at a young age that the only thing that really seemed to help was physical therapy. She also spent time shadowing a physical therapist in Rockford, Ill. which helped further her passion.

As a non-traditional student, Caitlin has a 30-45 minute commute to campus from her hometown. She enjoys being a commuter student because it allows her to still spend quality time with her family. As a commuter student, she said it was hard at first to find a community on campus. She mentioned that as a commuter student you’re not forced into a specific community, like students are who live in the dorms.

Despite this challenge, being able to commute to NIU was one of the main reasons she chose this university. She is able to commute with her sister who is also a Huskie. NIU was also one of the only local schools which had the program she is especially interested in. Her best experience, so far, at NIU was going on a hiking trip to Matthiessen State Park. She went on the trip with fellow pre-physical therapy students.

In her free time, she works as a swim coach back home at a sports club. By having this job, she is able to swim a lot which is something she enjoys. She also enjoys spending time with her family and her little brothers.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Room/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breaking Barriers Meeting</td>
<td>March 20</td>
<td>12 – 1 p.m.</td>
<td>Campus Life Building</td>
<td>Room: 100</td>
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<tr>
<td>Guac and Goals</td>
<td>March 20</td>
<td>1 – 2 p.m.</td>
<td>Holmes Student Center</td>
<td>Room: Promenade lounge</td>
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<tr>
<td>LinkedIn: The basics</td>
<td>March 20</td>
<td>3:15 – 4:30 p.m.</td>
<td>Campus Life Building</td>
<td>Room: 235, Limited to first 15 Attendees</td>
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<tr>
<td>Anxiety Screening Day</td>
<td>March 21</td>
<td>10 a.m. – 2 p.m.</td>
<td>Founders Memorial Library</td>
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<tr>
<td>Marketing Yourself Workshop</td>
<td>March 25</td>
<td>10 – 11:30 a.m.</td>
<td>Holmes Student Center</td>
<td>Room: TBD</td>
</tr>
<tr>
<td>Outdoor Adventures Informational</td>
<td>March 25</td>
<td>5 – 6 p.m.</td>
<td>Student Recreation Center</td>
<td>Room: TBD</td>
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<tr>
<td>Paint Night</td>
<td>March 26</td>
<td>6:30 – 8:30 p.m.</td>
<td>Student Recreation Center</td>
<td>Room: Meeting room, must RSVP</td>
</tr>
<tr>
<td>LinkedIn Workshop</td>
<td>March 27</td>
<td>2:30 – 3:45 p.m.</td>
<td>Campus Life Building</td>
<td>Room: 235, Please RSVP</td>
</tr>
<tr>
<td>NIU Campus Health and Wellness Fair</td>
<td>April 3</td>
<td>10 a.m. – 1 p.m.</td>
<td>Holmes Student Center</td>
<td>Room: Ballroom</td>
</tr>
<tr>
<td>Facts and Snacks Workshop</td>
<td>April 4</td>
<td>12:30 – 1:30 p.m.</td>
<td>Campus Life Building</td>
<td>Room: 100</td>
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