WHY SO EXCITED?

There is so much to see and do on and around campus. You have a whole new world of friends to make and ways to get involved. For example, have you met the person sitting next to you in class yet? Take the time to say hello! I am sure they would love to meet you. What about that student organization you have been considering? My advice, learn more about it and don’t be afraid to ask questions. You have so many resources that are here to help. Make the most of your time at NIU. We are so happy you are here to share every great day with us!

HOW EXCITED AM I TO BE BACK ON CAMPUS?

THIS EXCITED!

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MPTSS Lounge & Support Services
CLB 170
(815) 753-9999
ocntss@niu.edu

Our office is located in the Campus Life Building Room 170. We are open every weekday from 8 a.m. - 4:30 p.m. We offer a place to relax between classes as well as: five free pages of printing a day, a fridge, a microwave, a coffee machine and more. Feel free to stop by during opening hours. Questions are welcome!

Best of luck as you begin your journey this year at NIU.
A huge thank you goes out to all those who stopped by to enjoy our Start NIU BBQ event! It was great to be in the company of commuters, off-campus residents, military students, and their guests.

We hope you had the pleasure of participating in other NIU Welcome Days activities around campus.

Our GA Chris has shared some insight on things to see and do around DeKalb along with some advice to help you thrive this semester.

Chris loves the outdoors, health and fitness, and food. He recommends checking out the Merritt Prairie Forest Preserve and the Shabbona Lake State Park. You can even stop in to Sycamore CrossFit for a drop in group fitness class. Stop by The Forge Brewhouse for some delicious food. Lastly, if you need to relieve some stress, stop by Kishwaukee College for a 60 minute $20 massage.

He advises students to go outside, make time for studying, and simply have fun.

Favorite study spot: Under the mulberry tree by the nursing building.
When you realize back on campus means you can attend NIU Athletics events again.

Don’t forget to show off your Huskie pride by wearing red and black EVERY Friday!
We can’t wait to see your Huskie pride around campus and at sporting events!

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

As I sit here writing at the beginning of week three, I’m trying to catch my breath. For staff such as myself, the semester really begins August 1. That’s when all the semester planning turns a corner and various trainings happen all leading up to Move-In Weekend and Welcome Days.

I hope you were all able to sample some of the Welcome Days flair. I helped direct traffic the first day students could move into residence halls, passed out t-shirts at the Huskie Welcome at the stadium and put on another successful Start NIU BBQ. We also hosted a very successful Welcome Back Luncheon on the first day of classes.

While the start of the semester is hectic, I hope you were able to find time for self-care. I’ve carved out time to watch some football and refinished a dining room table. Getting my craftiness on can be very relaxing. I hope you are having a great start to the new year. Remember that MPTSS is here to help throughout the year!

Join us for our first Facts and Snacks event on September 24, in CLB 100 from 12 - 1 p.m.. Facts and Snacks is a series of workshops designed to help students who identify as military veteran, adult learner, commuter or transfer students.

The topic for the first week is Transfer to Transfer Student Panel. This panel offers new transfer students to ask any and all questions of transfer students who have been in their shoes previously here at NIU.

It is a great opportunity to meet other transfer students (current and new) and to learn about resources on campus.

The following is our complete list of workshops for the semester:

September 25, 12:30-1:30 p.m., CLB 100, LGBTQ Identities and Experiences Panel, Co-Sponsor: GSRC

October 9, 12-1 p.m., CLB 100, Stress Management, Presented by NIU Recreation and Wellness

October 17, 4:30-5:30 p.m., CLB 100, What to Expect from Research at NIU, Co-Sponsor: OSEEL
Meet the MPTSS Staff

Princess is currently pursuing a B.S. in Electrical Engineering with an emphasis in Computer Engineering and a minor in Computer Science. After completing her undergraduate degree, she plans to enlist in the Army and join the Army Corps of Engineers. Princess was born in Landstuhl, Germany, as a natural-born American citizen. She is a member of Society of Women Engineers and Engineers without Borders. She joined the MPTSS team in the fall of 2017.

Laura is continuing her education at NIU by pursuing a law degree after receiving her bachelor's degree in political science with a minor with Latino and Latino studies. She comes to the MPTSS office from Elgin, Ill.. Her goal is to give back to the community using her legal education. As post-traditional student, she used the MPTSS lounge and support services. As a graduate assistant, she looks forward to assist undergraduate students and help them feel welcomed on campus. Laura's advice to students is, "study hard and do not be afraid to ask for help. Students should take advantage of all the opportunities and resources on campus".

Chris is pursuing a master's degree after completing his B.S. in athletic training at NIU in the spring of 2018. From 2009-2013, he served in the United States Marine Corps and then returned home to Yorkville, Ill., to begin school at NIU. He started at Military Student Services in August of 2013 and has continued to increase his knowledge of military benefits ever since. He enjoys pretty much any activity that helps him stay healthy and in shape. Recently he started an internship at Sycamore Cross-Fit and has really enjoyed gaining the knowledge and experience.

Marissa is a first-year graduate student pursuing an M.S.Ed in Higher Education and Student Affairs. She recently graduated from the University of Iowa with a B.A. in Psychology. She believes that each individual student and their needs and experiences are a priority. Marissa studied abroad in Finland and aspires to advise future students wishing to study abroad. She loves to travel and be a part of what the world has to offer. In her free time, Marissa spends time on the ice figure skating. She also enjoys drawing and painting as well as completing puzzles. Her advice is to never underestimate how capable you are.
**UPCOMING EVENTS**

**Wellness Fair**
(September 11, 10 a.m.-2 p.m.)
Place: MLK Commons

**Latin Chill**
(September 11, 4 - 7 p.m.)
Place: Latino Resource Center

**IT/STEM Fair**
(September 17, 4 - 6 p.m.)
Place: HSC, Ballroom

**Majors and Minor Fair**
(September 18, 11 a.m. - 2 p.m.)
Place: HSC, Ballroom

**Breaking Barriers (First Gen Support Group)**
(September 19, 2 - 3 p.m.)
Place: CLB Room 100

**Transfer-to-Transfer Student Panel**
(September 24, 12 - 1 p.m.)
Place: CLB 100

**Unity Walk**
(September 24, 5 p.m.)
Place: MLK Commons

**LGBTQ Identities and Experiences Panel**
(September 25, 12:30-1:30 p.m.)
Place: MLK CLB 100

**Diversity Reverse Career Fair**
(October 1, 5 - 7 p.m.)
Place: HSC, Regency Room

**Family Weekend**
(October 4-6)
Place: All Over Campus