Hello students!

The 2020-2021 FAFSA applications are NOW open.

How to apply: you will need your 2018 tax information. Visit [fafsa.gov](http://fafsa.gov) or download the mobile app mySTUDENTTAID to complete the forms.

If you are an Illinois MAP Grant recipient, it is in your best interest to complete the forms as soon as possible! It is first come first serve.

For further questions, contact the Financial Aid and Scholarship Office located in 245 Swen Parson Hall.

Phone: 815-753-1395

E-mail: finaid@niu.edu.

**WELCOME AUTUMN AND WELCOME SPOOKY SEASON!**

I am so excited to step out into the crisp air and pass by the beautiful fall colors on my way to class.

This season means apple cider donuts, hot cups of tea in my favorite mugs, and of course CANDY!

**IN THE ISSUE...**

- Family Weekend .............. 2
- Homecoming .................. 2
- The Fish Hook .................. 2
- Facts and Snacks ................. 3
- GA Spotlight ..................... 3
- Featured Post-Trad ................. 4
- Upcoming Events ................. 5

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

A huge shout-out to all the family and friends who came out to join us for Family Weekend. It is always fun as a student to show off your school and all NIU has to offer. We hope you enjoyed all the fun activities as well as a great weekend with those you are close to. MPTSS was happy to be able to grill for the weekend’s kickoff event - The Block Party.

HOMECOMING

Join us for 2019 Homecoming! Homecoming will begin October 19 followed by a week of fun activities and, of course, a home Huskie football game!

There is something to do for everyone! You can attend NIU athletics events, concerts, a pep rally, a blood drive and more!

THE FISH HOOK

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

Out of all the many conversations I have had in my previous six years at NIU, one topic comes up over and over. That topic would be campus resources.

Often the discussions remind me of my journalism courses where we are focusing on the who, what, when, where and why. NIU is a campus full of resources. They support students inside and outside the classroom. The resources help students prepare for their studies, support wellness and build cultural understandings.

Do you have a favorite resource on campus? I hope you are able to find at least one resource that supports you as a student. Please let MPTSS know if we can be of help connecting you to all that NIU has to offer.
Attention all transfer students! Are you interested in participating in research during your time at NIU? If so, join us on Thursday, October 17, at 4:30–5:30 p.m. CLB 100.

We will be partnering with the Office of Student Engagement and Experiential Learning (OSEEL) to assist transfer students in finding research opportunities on campus that are tailored to each individual.

Our GA Laura loves Pumpkin Spiced Lattes from Starbucks, Dia de Los Muertos celebrations, and when the leaves change colors. Her favorite spot to study on campus is the lower level of Founder’s Memorial Library by the windows to have a nice view of the trees while drinking a hot tea.

“My advice during midterms is to try your best and check-in with a mentor on your progress in school. This allows you to get feedback and possible next steps to resolve any issues so you can finish the semester strong. October is an exciting and spooky month. Set yourself up for success by managing your emotional and mental wellbeing. It is ok to say, “no” to extra commitments, exercise regularly, and check in with a mentor.”

In case you missed our event about managing stress, here is a recap of some things that we often forget about stress and how we treat ourselves.

There are two types of stress. Distress or negative stress, which is that feeling of pain or anxiousness. There is also eustress, which is also known as positive stress. This can be classified as being overwhelmed but beneficial in the long run.

Don’t forget to find what relaxation techniques work best for you. Color, read a book, exercise, or spend time with friends. It is ok to leave time to take care of yourself. College can be difficult, remember to practice positive self-talk and breathe. You have the power to create your own balance,
Meet Huskie Staff Member: Anne Hardy

Anne Hardy completed her undergraduate degree in Biological Sciences from Bradley University. She started her career at NIU in 1997 in the Office of Admissions. She moved to the Scholarship Office in 2009. She then went on to earn a Master’s Degree in industrial management in 2010. Anne enjoys the behind-the-scenes planning, technology and administration work. She has also found that she likes working with students and their families.

Anne’s office provides a way for students to access scholarship opportunities. The office manages an online system called MyScholarships, which is a one-stop shop for students to search and apply for scholarships around campus. They also administer the merit scholarship programs for incoming students and monitor the renewals of the merit scholarships. In addition, the website provides resources for students who are searching for outside/private scholarships. In her free time, Anne enjoys watching her children play sports. She also likes to read action or mystery novels as well as watch mindless TV. Her advice to students applying for scholarships is that yes, it can be time-consuming and sometimes frustrating, but the time and effort can pay off. She encourages students to not give up. Since scholarship applications are generally available between November 15—January 31 for the following academic year, she suggests using winter break as a great time to apply.

Meet Huskie Commuter Student: Emma Colby

Emma Colby is a commuter and post-baccalaureate student. She is studying communicative disorders and is striving to be a speech-language pathologist. She worked as a special education teacher for three years and her favorite was working on students’ communication skills. This passion led her to come back to school and focus on speech and language as a career.

As a commuter, she has found her experience to be better than expected. At first, she was dreading having to commute from St. Charles, Ill., but she believes that NIU is a commuter friendly place. When it comes to being a post-back student, it has been an adjustment for her to be a student again after working full-time for three years. However, she loves learning and being in school, so it has been fun to be back. Even though she is older and feels that she is in a different stage of life than some of the students in her classes, she is grateful that she gets to meet and learn from both traditional undergrads and other post-backs from class.

Emma’s hobbies include currently getting into lifting at the gym and reading fiction novels. Since time for reading is often limited with school, she enjoys listening to audiobooks during her commute. Her and her Husband love to travel and this past summer they went to the Republic of Georgia and said it was amazing. She speaks Spanish and loves traveling to Spanish-speaking countries.
## UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date and Time</th>
<th>Place</th>
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<tbody>
<tr>
<td><strong>All-Majors Internship and Job Fair</strong></td>
<td>October 16, 10 a.m. - 3 p.m.</td>
<td>Convocation Center</td>
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<tr>
<td><strong>The Power of Your Story</strong></td>
<td>October 16, 6 - 7:30 p.m.</td>
<td>CLB</td>
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<tr>
<td><strong>Facts and Snacks Workshop</strong></td>
<td>October 17, 4:30-5:30 p.m.</td>
<td>CLB, Room 100</td>
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<tr>
<td><strong>STEMfest 2019</strong></td>
<td>October 19, 10 a.m. - 5 p.m.</td>
<td>Convocation Center</td>
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<tr>
<td><strong>Study Abroad 101</strong></td>
<td>October 23, 3:30 - 4:30 p.m.</td>
<td>Study Abroad Office, Room 417</td>
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<td><strong>Homecoming Blood Drive</strong></td>
<td>October 24, 10 - 4 p.m.</td>
<td>Chick Evans Field House</td>
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<td><strong>Career Services Overview</strong></td>
<td>October 24, 4 –5 p.m.</td>
<td>CLB Room 235</td>
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<tr>
<td><strong>Outdoor Adventures: Day Hike to Starved Rock</strong></td>
<td>November 3, 10 - 4 p.m.</td>
<td>Adventure Center</td>
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<td><strong>Resume Writing: The Basics</strong></td>
<td>November 4, 3 –4 p.m.</td>
<td>CLB, Room 235</td>
</tr>
<tr>
<td><strong>Breaking Barriers</strong></td>
<td>November 14, 2 –3 p.m.</td>
<td>CLB Room 100</td>
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