WELCOME BACK!

Stay warm this semester. As you are well aware, spring semester weather is a lot less forgiving than fall semester. Make sure to check your NIU email for any campus related weather news throughout the semester.

One way to stay warm is to be inside planning your spring break. Check out student universe for cheap flights and Airbnb for a cheap place to stay. Until then, head over to the NIU Outdoor Adventure Center to make the most of this winter.

CHECK OUT THE NEW VETERAN LOUNGE!

We are excited to announce the opening of the Military Resource Center. Located in room 160, it is right next door to the commuter lounge which is still available to all commuting/nontraditional students. The new lounge has room for relaxing or studying between classes. It is also conveniently located next to the new benefits counselors office. Benefits counselors are happy to answer any questions you may have about your GI bill, state benefits or just transitioning from military to civilian living.

IN THIS ISSUE...

- Rockies Winter Expedition for Veterans ...................................... 2
- Featured Employer ......... 2
- Important Dates ......................... 3
- NIU Huskie Food Pantry .......... 3
- Veterans Lounge House Rules... 3
- Job and Internship Fair .......... 4
- Spring Break Destinations ...... 5

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Benefits Counseling
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Edited by Christopher Robinson, Graduate Assistant
ROCKIES WINTER EXPEDITION FOR VETERANS

Designed specifically for veterans, this winter expedition takes participants high above tree line during winter in the Rockies surrounded by sweeping views of snow-clad mountains.

No previous backcountry, winter, or snowshoeing experience is necessary for this expedition, as instructors teach the group everything they need to know: how to pack appropriately, set up camp in the winter, how to navigate in snow-covered terrain and evaluate snow conditions. The course begins at the Leadville Mountain Center, where the group receives a basic introduction to backcountry travel before heading into the high country, where the real magic takes place. During this short yet challenging backcountry expedition, participants rise early to pack bags and cook breakfast, ski or snowshoe with a loaded pack and climb peaks that rise well over 11,000 feet. Many veterans who choose this special environment for their Outward Bound expedition say that their experience here gives them a new, valuable and unexpected perspective.

Outward Bound Veterans expeditions build on camaraderie and the challenge of the natural world as a pathway to healing. These expeditions encourage participants to connect with existing strengths and bond with fellow veterans in a safe, positive, mission-driven environment. As they harness the power of wartime experiences like carrying heavy packs, moving fatigued muscles and sleeping outside, these courses help build the self-confidence and sense of purpose veterans need to continue serving as leaders in their families, communities and the nation.

FEATURED EMPLOYER:
BAE SYSTEMS

BAE Systems can be found within the defense/aerospace industry. This company provides a multitude of services, including new technology development, combat and trainer aircraft design, and cyber security and intelligence supply.

Why is BAE Systems our featured employer?

BAE Systems deeply believes that veterans possess the skills, character, and determination to get the job done. They offer an environment where veterans and reservists can continue doing mission-centered work.

BAE Systems also established a program in 2013 called Camo to Corporate to strengthen veteran recruitment. Veterans can also use their skill translator service to get matched with the best career possible within the company. BAE Systems also provides a number of military-specific career events.

For career opportunities with BAE Systems, check out their career page.
NIU HUSKIE FOOD PANTRY

The Huskie Food Pantry is an invaluable resource that provides free food to NIU students who have found themselves in a circumstance where access to healthy food, or food in general, is inconsistent. MPTSS has heard many testimonials from students who have benefited from using this resource, including this NIU Senior:

“At first, I didn’t think the food pantry was for me, but the first time I went I felt really welcome there. There are so many great food choices! It’s been helping me live a healthier lifestyle.”

In order to access the Huskie Food Pantry, you must meet these requirements:

- Currently enrolled NIU student
- NIU OneCard
- Do not have an NIU meal plan

The Huskie Food Pantry is open Thursdays from 5:30–7:30 p.m. (check their website for closures) and is located in the Chick Evans Field House on the south side of the building. To participate in our initial lottery process, please arrive to room 128 in the Chick Evans Field House by 5 p.m.

Have any questions regarding the Huskie Food Pantry? The Dean of Students Office by email or call (815) 753-1421. Also, check out their website!

NEW VETERANS LOUNGE RULES

The lounge shall be an inclusive environment for those that served and our families. In order to ensure that we maintain a safe and positive space for all that utilize the lounge, please adhere to a few house rules….

- NIU is a smoke-free campus community. The use of any tobacco and/or cannabis products, including chew and vaping are prohibited.
- The use of Misogynist, ethnic slurs, language offensive to sexual orientation is prohibited.
- With respect to our student veterans who may use the space to study, please keep interactions in a conversational tone.
- Please pick up after yourself.
- Do not leave belongings in the lounge. There are lockers available to use if there is a need.
- Do not attach any additional devices to the television.

PAPA JOHN’S PIZZA VETERANS DISCOUNT

The local DeKalb Papa John’s Pizza has a special discount for veterans. When ordering online to that location use the promo code VETS40 for 40 percent of your order.

IMPORTANT DATES

January 22, 3–6 p.m.
FREE Huskie Open House

Enjoy a fresh s’more on a campfire, take a tour and learn about all the fabulous new equipment Outdoor adventures has for you to rent and all the events they have lined up for you and your friends.

February 19, 10 a.m.-3 p.m.
All-Majors Internship and Job Fair

Provides an opportunity for students from all majors to connect with employers for internships and full-time positions.

January 26, 9 a.m.–5 p.m.
Learn How: Snowboard at Lake Carroll Ski Hill / Lanark, IL

Outdoor Adventure Trip Leaders are ready to teach and introduce you to the sport of snowboarding at this perfect beginner hill—step by step—making snowboarding an achievable goal for you! Nothing is intimidating about this trip! They will help you learn the ropes at your own pace.

Jan 30, Feb 27, Mar 26 & Apr 30 5:30 - 7:30 p.m.
Swap Don’t Shop

This event gives you the opportunity to get clothes FOR FREE! All we ask is that you bring an item to donate.

PAPA JOHN’S PIZZA VETERANS DISCOUNT

The local DeKalb Papa John’s Pizza has a special discount for veterans. When ordering online to that location use the promo code VETS40 for 40 percent of your order.
Habits of Highly Successful People

(Lo, 2018)

1) They look for and find opportunities where others see nothing.

2) They find a lesson while others only see a problem.

3) They are solution focused.

4) They are fearful like everyone else, but they are not controlled or limited by fear.

5) They rarely complain (waste of energy). All complaining does is put the complainer in a negative and unproductive state.

6) While they are not necessarily more talented than the majority, they always find a way to maximize their potential. They get more out of themselves. They use what they have more effectively.

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**JOB AND INTERNSHIP OPPORTUNITIES**

**All-Majors Internship and Job Fair**

February 19, 10 a.m.-3 p.m.

The NIU All-Majors Internship and Job Fair provides an opportunity for students from all majors to connect with employers for internships and full-time positions. The Internship and Job Fair is an important source for more than 200 employers to find and hire new talent.

The Internship and Job Fair is open to undergraduates, graduating seniors, graduate students, alumni and non-NIU candidates from all majors. The fair is free for candidates to attend. Candidates do not need to pre-register. For helpful tips that will help those that attend and information on employers who will be at the fair, visit [www.gethired.niu.edu](http://www.gethired.niu.edu); call (815) 753-1641 or email careerservices@niu.edu.

**Career Fair Prep Workshop**

February 11, 5 p.m. - 7 p.m.

This is an educational event focused on preparing students to attend the career fairs. Topics include: professional appearance, name tags, researching companies, 30 second speech, handshake/eye contact and reading the career fair employer guide. This workshop is open to all students and there is no fee to attend.
SEVEN UNIQUE SPRING BREAK DESTINATIONS

- Yellowstone National Park
  Stay at one of the nine lodges at the park or get primitive and camp out at one of the campgrounds. Here you can see all kinds of wildlife including buffalo, bears, birds and more. You can also witness Old Faithful erupting! There are plenty of activities and things to do and see while visiting the park.

- Crystal River, Florida
  Crystal River is the perfect way to experience the great outdoors. Here you can swim and snorkel with manatees, take an air boat tour, paddle board and kayak and learn about the local ecosystem.

- Great Sand Dunes National Park, Colorado
  The tallest dunes in America, this sandy desert stands out in a diverse Colorado landscape. Here you can camp, hike, bike, sand sled or sand board, and swim in Medano Creek. This is a great destination for photographers, professional or amateur, especially at night.

- Austin, Texas
  Austin is a funky town oasis in Texas. Parks everywhere you look, great live music, local food, hiking and fishing nearby, it is a great place to spend your spring break. Here you can kayak right in the city center and lounge in Zilker park, where all the locals take their furry friends to play.

- Savannah, Georgia
  Savannah is full of deep southern roots and traditions while also turning into an artsy up-and-coming area. Here you can take one of the many ghost tours and learn about the rich history of the area. You can also take a short drive out to Tybee Island and spend some time at the beach. There are always festivals and live music on the river front.

- Zion National Park, Utah
  Located in Utah, this park offers everything you could dream of for an outdoor enthusiast. Here you can camp or stay in the lodge, hike, bike, climb, tube the river, ride on the 4×4 trails, tune up your photography skills, fish, and just enjoy the great outdoors.

- New York City, New York
  New York City is beautiful in the spring. All the flowers are in bloom, the sun is setting later, the weather is warming up and taking a walk through central park sounds dreamy. You can also enjoy one of the many Broadway shows being put on, visit the Statue of Liberty or Ground Zero, and explore the ever entertaining times square.