WINTER BREAK IS COMING!

Finals are next week! Are you ready?

If reading the above question provoked your anxiety, my guess is that you may need to do a little more preparation. Have no fear! This issue will help ensure that you experience a successful end to the semester.

Embrace the Hygge

Hygge doesn’t have a perfect corollary in English. It means wintry coziness, togetherness, group-based confines. Hygge is drinking hot cocoa around a fire. It’s snuggling in with a good book. It’s most similar to our idea of “holiday cheer,” only it lasts all year long.

Don’t Forget to register for classes and fill out your cert form.

MPTSS can certify your enrollment for the spring 2019 semester when you submit the electronic enrollment certification request form after registering for classes. The form uses a digital signature so we no longer need you to e-mail it back to us. Submitting your cert form as soon as possible is the best thing you can do to get your first BAH payment on February 1 on time.

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Military Student Benefits Counseling
Campus Life Building 240
815-753-0691
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PREPARING FOR FINAL EXAMS

Start early! Don’t wait until you feel like studying to begin studying.

Manage your anxiety. Avoid stress and negative thoughts by listening to calming music, going for a short walk or breathing deeply.

Stay healthy. Get some sleep, eat well and get some daily movement in (read page 5 for more in-depth suggestions on staying healthy).

Eat well. No matter how tempting, stay away from junk food! Drink water. Carry snacks such as nuts, fruit and yogurt.

Stay well-rested. Avoid all-nighters. Make sure you’re well-rested so that you can be fully focused during your exams.

Organize. Cramming causes anxiety, which lowers your ability to retain information. Instead create a study schedule—and stick to it.

Find a study style that works for you. Create outlines, make flashcards, attempt to answer the questions at the end of a chapter in your textbook, watch YouTube videos, draw pictures.

Study in a distraction-reduced environment. You are less likely to retain information if there are distractions—turn off your cell phone, TV and email notification.

Attend the review session. Review sessions offer vital information on exam format, what will be on the exam and key concepts you should be focusing on while studying.

Take breaks. For long-term retention of knowledge, taking regular breaks really helps. Develop a study routine that works for you.
NIU Office of Student Engagement & Experiential Learning (OSEEL)

Distinguishing yourself from the crowd!

OSEEL has made it incredibly simple to enhance your academic record through their NIUPLUS Program. This program has three unique features: Academics PLUS, Engage PLUS and Jobs PLUS.

- **Academics PLUS** allows you to customize your education through one of their themed pathways. You can strengthen your major, thoroughly prepare for your career and explore your interests.

- **Engage PLUS** offers the chance at having a special notation on your transcript that highlights hands-on learning activities. By simply applying, you can gain that competitive edge and stand out from your peers.

- **Jobs PLUS** hosts a professional development series that can help solidify important job aspects that may not be explicitly taught in a typical course. If you currently hold a job, these workshops are a great supplement!

**Research Rookies** allows undergraduate first year, sophomore and first-semester transfer students to work alongside faculty mentors in their major or area of interest to conduct a small-scale research project.

As a **Research Rookie**, you will:

- Learn how to write a formal research proposal
- Attend professional and academic enrichment activities
- Receive a $500 stipend at the completion of the program

The **Undergraduate Student Engagement Travel Grant (USET)** provides up to $500 to individual NIU undergraduate students to defray the cost of travel to attend or present at a professional conference, NIU study abroad programs, participation in a service-based experience that includes travel (such as an alternative break) or other student engagement projects.

**Funding Information**

Funds are dispersed until depleted, beginning with the new fiscal year (July 1 - June 1)

Applications are reviewed on a rolling basis around the middle of each month, with notification of results by the end of that month

All funds must be awarded by June 1 of each year—if your experience takes place over the summer, please be sure to apply early.

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**IMPORTANT DATES**

December 10-14
Finals Week

Mass Exam Schedule

December 10-12
MPTSS will be providing food in the lounge beginning at 11 a.m.

December 15
Fall Graduate Commencement Ceremony

December 16
Fall Undergraduate Commencement Ceremony

December 15-January 13
No Classes Winter Break

January 14
Classes resume

**REMINDER**

MPTSS will be closed 12/22/2018-1/6/2019. If you need assistance once the semester is over, we will still be available for a short time. Otherwise, we will promptly respond to your inquiries once we re-open in the new year.
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

Seasonal work is on the rise! Apply now!

- UPS Driver Helper
- UBER
- Nestle CDL A Driver - Local
- Warehouse Loader and Unloader

Many more!
ZooLights at Lincoln Park Zoo has been Chicago’s holiday tradition for 24 years. The one-of-a-kind experience offers fun, free, family-oriented holiday celebrations that feature luminous displays and incredible seasonal activities… all under the glow of 2.5 million lights!

4:30-9 p.m. 12/1-1/6

Chicago Christmas Crawl-City sidewalks, busy sidewalks, dressed in holiday style. In the air there's a feeling of Christmas. Chicago Christmas Crawl is a walking themed event in which local venues showcase their food tasting and holiday specials. The event focuses on the spirit of the season in celebration of the holidays with food, family, friends, costumes and fun. Each venue will provide a $3-$7 tasting option in which attendees can go on a “food crawl” throughout the Old Town Chicago Neighborhood.

-Sledding

-Ice skating

Travel deals

TIPS FOR STAYING HEALTHY THIS WINTER:

-Eat a diet of whole unprocessed foods (stick to the exterior of the grocery store: unprocessed meats, eggs, produce, etc) and avoid junk food, fast food, sweet drinks, added sugar etc. This will ensure your body has all the vitamins and nutrients it needs to keep your immune system primed to fight infection. Pay particular attention to your vitamin D, magnesium, zinc, and EPA/DHA intake. Supplement if you are deficient

-Keep your stress in check. When stress gets out of control, it comprises your immune system and leaves you vulnerable to both bacterial and viral infection. Set a goal to do daily stress relief. Some examples are going for a walk with a friend or pet, yoga, mindfulness meditation apps and comedy. Stay positive!

-Get enough sleep. Chronic lack of sleep (most people need six-nine hours of sleep per night) will reduce your ability to fight infection. If you are having trouble sleeping, try avoiding electronics for two hours before bed, avoid caffeine after noon, adjust your thermostat to 62-68 degrees, put your phone on the other side of the room (or better yet in another room) and make sure your room is pitch black (no electronics lights, blackout curtains)

-Daily movement. Daily low to moderate physical activity will boost your body’s immune system. If you enjoy high intensity physical activity, take days off throughout the week for your body to recover.