Its April! Time to hang up the winter coats and enjoy the outdoors again.

GRADUATING VETERANS

Graduating student veterans are encouraged to join us on Monday, April 29, at 5:30 p.m., in the Holmes Student Center’s Capitol Room for our annual Celebration Ceremony. Friends and family are welcome to attend. Graduation cords will be available to be picked up at the event. If you can’t make the event, graduation cords will be available in our Campus Life Room 240 office during normal office hours.

REGISTRATION IS HERE

MPTSS can certify enrollment for the summer and fall 2019 semesters after registering for classes. Submitting your cert form as soon as possible is the best thing you can do to get your first BAH payment on October 1. Book stipends will be sent to the students, but we don’t get a heads up as to a specific date. If you are using the Post 9/11 G.I. Bill and you have a HOLD on your account because funding for your tuition and fees hasn’t arrived at the time of registration, please contact our office. HOLDS can only be removed at the time of registration, and not before. We will work with the Bursar’s Office to remedy the matter to allow student veterans using that particular benefit to register for courses.
Supporting the military has been a focus of Bank of America for more than 90 years. This includes our partnerships with military organizations, efforts to hire and develop military service members and veterans, and our products and services for military customers. We pledge our support through many partnerships and resources to help transitioning military members and their families adjust to civilian life. We recruit, develop and retain veterans, reservists and military spouses because of the unique skills and experiences they bring to help make our organization stronger. Their personal values align with our company’s values around trusting the team, acting responsibly and realizing the power of our people.

We support military employees through our Military Support & Assistance Group (MSAG), an employee network that creates opportunities for advancement and leadership development through networking, mentoring and information forums.

Featured Employer: Bank of America

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Apply here

CHILD CARE ACCESS MEANS PARENTS IN SCHOOL PROGRAM (CCAMPIS)

Support for parents through NIU Child Development and Family Center

Northern Illinois University’s award-winning, nationally accredited Child Development and Family Center offers families access to exemplary child care for infants, toddlers and preschoolers. A new Child Care Access Means Parents in School Program (CCAMPIS) helps make child care more accessible for NIU students.

What is the CCAMPIS Program?

• Helps support student-parents who need child care assistance in order to remain in school and graduate with a college degree.
• Provides student-parents with additional academic supports.
• Program funded and authorized by the U.S. Department of Education.

Who is eligible?

• Undergraduate and graduate students enrolled at NIU, who are Pell eligible, or can demonstrate financial need.
• Students enrolled in at least six credit hours.
• Student families actively enrolled in the Child Development and Family Center. What is covered in the program?
• Child care scholarships with up to 100 percent cost covered.
• Full and part time options for care.
• Assistance with monitoring healthy child development.
• Student-parent workshops to support parents.
• Mentoring and coaching through a family coordinator.

Click here for details or contact Dahlia Roman, 815-753-0125, droman1@niu.edu.
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.

FEATURED RESOURCE:
DISABILITY RESOURCE CENTER

The Disability Resource Center (DRC) offers guidance, services and resources to help you succeed at NIU. They will work with you to determine your needs and develop a plan to meet them. Come prepared to discuss issues related to accessibility that may impact your success at NIU.

- The DRC works to provide reasonable and appropriate accommodations for students and the campus community. Exam accommodations, classroom accommodations, reformatting of course materials and adaptive technology are a few of the accommodations we offer.

- Promoting self-advocacy and communication skills, they focus on helping students create collaborative relationships with faculty and staff. Faculty are integral to supporting students who are eligible for accommodations in the classroom. We work with faculty and department staff so accommodations are understood and implemented for student access and success.

They work closely with and support the efforts of the Presidential Commission on Persons with Disabilities. The students, faculty and staff who serve on the commission make recommendations to the president regarding people with disabilities at NIU.

Learn more about how many students they accommodate, staff changes and accessibility law in the DRC Newsletter.
**SIX DELICIOUS FOODS YOU DIDN’T REALIZE WERE HEALTHY**

1. **Guacamole**
   Just combine mashed avocados with diced tomatoes, red onion, cilantro, and lime for a fresh dose of [healthy fats](#).

2. **Black Coffee**
   Enjoy that cup of coffee! Its full of antioxidants, and studies show a [myriad of benefits](#). If you aren't sleeping well, stick to one or two cups before noon.

3. **Eggs**
   One whole egg contains an amazing range of nutrients. In fact, the nutrients in there are enough to turn a single fertilized cell into an entire baby chicken. Eggs are loaded with vitamins, minerals, high-quality protein, good fats and [various other lesser-known nutrients](#).

4. **Butter**
   According to [a recent study](#) diets low in fat might be doing more harm than good. While eating butter all day, every day is definitely not something you should aspire to, consuming it in moderation okay, and certainly better than [vegetable oil consumption](#). Butter's ratio of saturated to unsaturated fat may not be as optimal as olive oil's, but [research suggests](#) saturated fat is better for your health than processed carbohydrates like sugar and flour.

5. **Dark Chocolate**
   Dark chocolate is loaded with nutrients that can positively affect your health. It is one of the best sources of antioxidants on the planet. [Studies show](#) that dark chocolate can improve your health and lower the risk of heart disease. Dark chocolate, like other bitter foods (black coffee, IPAs, etc), can be an acquired taste. Look to acquire an appreciation for 70% or higher cacao content. 85 plus if you're truly hardcore.

6. **Beef**
   Beef is a rich source of high-quality protein and various vitamins and minerals, and can be an excellent component of a healthy diet. It may improve muscle growth and maintenance, as well as exercise performance. As a rich source of iron, it may also cut the risk of anemia. High consumption of processed meat and overcooked (burned) meat has been linked with increased risk of heart disease and cancer. On the other hand, unprocessed and [mildly cooked beef is healthy](#), especially in the context of a healthy lifestyle.
ARE YOU GRADUATING IN MAY?
DO YOU WANT TO ATTEND THE COMMENCEMENT CEREMONY?

Don’t forget to RSVP and pick-up tickets!

For more information visit the Convocation Center’s website

If you plan to attend the May Commencement ceremonies**, you must submit your online reply form/RSPV by 4 p.m. on Monday, April 22nd.

Filling out this form does NOT reserve guest tickets.

You also must reserve/or pick-up your guest tickets by 4 p.m., April 22. If you do not, we will assume you do not want them and they will no longer be available for you.

For more information visit the tickets section, e-mail commencement@niu.edu or call 815-752-6800.

There is a limit of up to 10 (ten) tickets per under-graduate candidate. 
Students can pick up guest tickets at the Convocation Center Ticket Office (Entrance 2) on Monday, April 15 through Friday, April 19, in addition to Monday, April 22, from 9 a.m. - 5:30 p.m. 
Before your tickets can be given to you, you will need to complete the On Line Reply/RSPV Form.
If you are UNABLE to pick up your guest tickets on the date listed above you must e-mail commencement@niu.edu by 4 p.m. April 22 to request tickets be held at the Convocation Center Ticket Office. Then they can be picked up during regular business hours.