WELCOME BACK!

Stay warm this semester. As you are well aware, spring semester weather is a lot less forgiving than fall semester. Oh well, hopefully the worst of it is behind us. 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.

Hiking, Kayaking & Standup Paddle Boarding, Thursday April 25!

This semester, the MPTSS office would like to host an outdoor event just for vets. We are looking to work with NIU Outdoor Adventures to coordinate Kayaking and paddle boarding. Our graduate assistant Chris will be happy to assist any newcomers to one of his favorite pastimes. The MPTSS office will work to keep the event low cost for students. Please email Jeff Salmon so we can keep a list of interested attendance and let him know times that will work!
2019 VETERANS FOUR-DAY DOG SLED EXPEDITION

Voyageur Outward Bound School offers unique and truly rigorous programming for leadership development. Our winter wilderness curriculum focuses on a traditional and seasonal mode of Northwoods transportation: the dog sled. Participants practice service above self, working toward common goals and meeting the needs of dog and human teams in the challenging and bold context of a wilderness winter.

“Expeditions can greatly contribute towards building strength of character...it is necessary to experience events which reveal the inner worth of the man—the edge of his temper, the fiber of his stuff, the quality of his resistance, the secret truth of his pretenses—not only to himself but others.” —Kurt Hahn, founder of Outward Bound

Participants lead through challenge, adversity, failure and success. A “crew not passengers” ethic informs every aspect of this values-based programming. The Expedition takes place in the rugged and trackless terrain of the Minnesota Arrowhead. Participants travel through dense boreal forest and navigate a network of frozen lakes. Crews handle and serve dogs, learn to pack and drive a sled, ski, navigate, make camp and process fuel to survive and thrive. Crew members work to become an effective and compassionate team. Individuals strive to identify and develop personal and peer skills and strengths. Highly trained field instructors facilitate hands-on technical and interpersonal learning. Instruction and curriculum are grounded in Outward Bound Values:

Compassion    Integrity    Excellence    Inclusion    Safety
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? Contact Jen Van Ewyk by email or call (815) 753-6511. Also, check out their website!
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**

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.

**LinkedIn Workshop for Vets**

Come to this hands-on workshop on March 27, at 2:30 p.m., at the Campus Life Building Room 235, to learn how to create your LinkedIn profile. You’ll also learn strategies for optimizing your LinkedIn headline and profile summary as well as leave with ideas about how LinkedIn can support your career development and job search goals from Joyce Keller of NIU Career Services.

Participants must be able to log into LinkedIn during the workshop, so be sure to register with LinkedIn prior to the workshop! A labtop will be needed and can be rented from the University Libraries.

To preregister contact Jeffrey Salmon at jsalmon1@niu.edu.
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. There are a handful of hotels and bed and breakfast options only a short drive from the river.

- **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.