We hope you had a wonderful winter break! Now that you’ve had some much-needed time to de-stress and relax, it’s time to get back in the groove of things and start another great semester at NIU. As this is a new beginning, try to set new goals and strive to even greater accomplishments than before. Development and achievement is what college is all about, so make sure to check out any of the professional development events being offered this semester. This newsletter was designed to help you discover the opportunities around you, from building your résumé to finding fun events to attend on campus. Make this semester worthwhile by using the resources you have at hand. Don’t be afraid to commit to a New Year’s resolution or try something new: we are here to help you. Whatever it is that you want to accomplish this semester, plan for success by making it an achievable goal and staying organized.
Are you looking to find a sense of purpose in your second year through your coursework, relationships and out-of-class activities? Make a difference on campus and in the DeKalb community through a two- to three-hour, one-time volunteer experience during the month of February. In the process, you’ll learn more about yourself and the communities around you. Get to know other students and serve members of the community during Sophomore Days of Service! Sign up today!

Event schedule continues on the next page.
DeKalb County Rehab and Nursing Center  
Feb. 22, 2019  
1-4:30 p.m.

TAILS Humane Society  
Feb. 23, 2019  
9 a.m. to noon

Heartland Blood Center-Blood Drive  
Feb. 26, 2019  
10 a.m. to 2:30 p.m.

DeKalb Area Women’s Center  
Feb. 26, 2019  
5-7 p.m.

Barb Food Mart  
Feb. 28, 2019  
9-11:30 a.m.

Barb Food Mart  
Feb. 28, 2019  
4:15-6:15 p.m.

West Elementary School  
Mar. 1, 2019  
6-8 p.m.

Interested in having a leadership role during SDoS? Site leaders are responsible for:

☐ Communicating with the host site representatives about SDoS and the designated responsibilities so that volunteers are aware of what is expected.

☐ Distributing and collecting volunteer evaluations after the service and returning them to our office.

☐ Ensuring that volunteers are doing their tasks.

☐ Answering questions or finding the answers to questions that volunteers may have.

Application Deadline: Jan. 31. Apply today!

Sophomore Days of Service 2019 ● go.niu.edu/SDoS
The new year is often a time for new ideas, activities and resolutions. Take a minute to think about what matters to you and how you want to impact the world. Your hard work and determination will keep you going when things get rough. As you think about being your best self, your health is part of the picture. We have programs and resources you might like to explore.

**Staying well physically.** Try working out at RecWell, think about an intramural sport or try an outdoor adventure. You’ll have a chance to de-stress, get strong and meet new people. Or go with some friends you already know and enjoy spending time together.

**Staying well mentally and emotionally.** Go to Counseling and Consultation for an initial consult. They’ll work with you to figure out what type of service might be the right fit for you. Or talk with them about getting connected to a group for support and encouragement. If you’re worried about a friend, there are ways you can support them like helping them get connected to support services.

**Staying well academically.** Talk with your academic advisor and get an academic checkup. Look into the A+ program to learn study skills and time management techniques you can try out or see if there is an internship to explore to make the most of your academic well-being.

If you need help getting connected to resources that support your health and wellness, contact the Dean of Students, Professor Kelly Wesener Michael. She’s here to help you reach your goal DeanofStudents@niu.edu.
Are you an involved student leader? Do you believe you should be recognized for all you do as a leader at NIU? If so, consider applying for a Kevin D. Knight Leadership Award. Student Involvement and Leadership Development, Career Services, and the University Women’s Club are offering students the opportunity to be recognized for their leadership and involvement at NIU. Institutional Tuition Waivers and Leadership Awards for freshmen, sophomores, juniors, seniors and graduate students are just a few of the awards available. All award winners will be formally recognized at the Kevin D. Knight Leadership Awards Ceremony Sunday, April 28.

Please visit Student Involvement and Leadership Development’s Leadership Awards website to learn more about the application process for each award and to access the link to each award's online application. Students MUST submit all applications by Monday, Feb. 11 at 11:45 p.m.

Kevin D. Knight was an NIU alumnus who embodied what it means to be a student leader. He was an exemplary leader, serving NIU as a catalyst for positive change and as a role model for up-and-coming student leaders to follow. Kevin used his time at NIU well, dedicating himself to the betterment of campus life for all students. He worked hard in various leadership positions while receiving numerous awards and recognition for his work. It is in the hearts of the students who knew him that his memory and his efforts carry on. For this purpose, the Kevin D. Knight Leadership Awards honor one of NIU’s great student leaders.

Please contact Alex Pitner, Director of Fraternity and Sorority Life at leadership@niu.edu or 815-753-6505 with any questions.