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Hello Wildcat Parents & Family Members,

On behalf of the New Student and Family Programs (NSFP) staff, I would like to extend a warm welcome to you as we complete our eighth week of classes at Northwestern. Where does the time go? From the opening of 560 Lincoln, our newest residence hall, to a successful first-year-student trip to see Hamilton, to the crowning of our first “Homecoming Wildcat,” to the completion of the Sheridan Road Project and opening of the brand-new bike lanes, to a sweet football victory over 16th ranked Michigan State, your students are certainly making the most of all that the University has to offer!

Although Fall Quarter often represents an exciting period for students as they transition and begin new experiences in and out of the classroom, it is common for them to have feelings of stress and uneasiness during this time. If your student is dealing with a complex issue or challenging situation, they may want help navigating the many Northwestern services available to them through the Dean of Students Office. One of the areas, called Student Assistance & Support Services – or SASS works to create a well-coordinated network of resources for students as they address any barriers to their academic, co-curricular, or social wellbeing.

Another significant (and easily accessed) resource is the NUhelp website which provides a gateway for community members to locate a host of University services. The site contains pertinent information about safety and security, wellness resources – including counseling and other health-related services – and academic support categorized by individual school. In addition, you can share a concern through NUhelp regarding the wellbeing of a student.

To offer parents and families some extra guidance, the 2017-2018 Parent and Family Guide, is now posted on the NSFP website. This guide not only provides helpful University resource information but also offers information on how to help your student with their transition to college. Hard copies were handed out at Parent and Family Orientation and copies will also be available at Family Weekend check-in on Friday, November 10.

As always, please let the NSFP staff know if you need any assistance as the year unfolds. We hope to see many of you at Family Weekend very, very soon! If we do not see you this weekend, have a safe and happy Thanksgiving holiday!

Best Regards & As Always, Go ‘Cats!

Patricia F. Hilbert
Director of New Student and Family Programs
Northwestern University
Residential Services hopes your Fall has gone well and that your student is settling into life at Northwestern.

A lot has happened in the residence halls during the first few weeks of the quarter. Resident Assistants have hosted community-building events and educational programs ranging from pancake study breaks to mid-term prep strategies. The Faculty-in-Residence have welcomed students into their campus homes for movie nights and smoothies. Another highlight has been the effort to bring One Book One Northwestern home for students, especially first-years who recently got to see Hamilton. On two separate evenings, one in Shepard Hall and one in the new 560 Lincoln Street Residence Hall, students attended informal dinner events with faculty who shared insights about the history, music, and theatrical elements of the show.

As we approach the mid-point of the quarter, we wanted to make sure you are aware of some important information and dates:

- All Residence Halls will remain open over the Thanksgiving Break (Thursday, November 23-Sunday, November 26). Students staying on campus can utilize their meal plan at the Foster-Walker Dining Hall, which will be open each day of the Thanksgiving break.
- All Residence Halls will close for the Winter Break on Saturday, December 9 at noon and re-open on Sunday, January 7 at noon. Please make appropriate travel plans ahead of time.

If there is anything we can do for you or your student, please contact us at housing@northwestern.edu.
Norris University Center is the heart of Northwestern University. Named after alumnus Lester J. Norris, the Norris University Center opened in 1972, and has been the social and study hub of campus ever since. The building provides many services, including a food court, two coffee shops, a game room, student organization offices, an art studio, the Northwestern Bookstore, equipment rentals, the Wildcard office, and a bank. The building also serves as the conference center for the campus, hosting over 14,000 events per year.

Many families are aware of these great services, having seen or experienced them during a campus visit. However, did you know that your student could work at Norris? Norris employs over 200 students each year, working in many of the functional areas listed above. Many of our positions have flexible hours, and can work around class schedules. Our pay is competitive, and we accept both work-study and international student employees.

Working at Norris is not just a source of spending money. Our program provides on the job training to develop transferable skills and resume worthy experience to prepare students for future employment opportunities. Norris team members gain cognitive and practical skills, including customer service, time management, problem solving, and conflict resolution, that are useful in every job. Most departments also have leadership opportunities, where students can supervise and lead a team of their peers. Student supervisors receive extensive training every year, including team building and leadership skills, setting them up for success in this position and future roles.

Most importantly, our students have created a supportive family environment, where they support each other in work, academics, and beyond. Many of our employees continue all four years because of the community they develop while working at Norris. We may not come close to their real family, but you can rest assured that in your absence, Norris is providing the next best thing.

Students should go to www.northwestern.edu/norris to apply today!

Join our Norris extended family!
HOW TO “SAVE” WITH NORTHWESTERN DINING

SAVE THE PLANET BY CHOOSING TO REUSE!
Coca-Cola Freestyle machines have made their way onto campus! With over 100 different flavors to choose from, including sparkling water, flavored water, juices, lemonade, and soda, the customization is limitless.

Our reusable ‘Cats Cups can be purchased on-site in any of our Fresh Markets or online as a gift in our Hugs from Home store. The refillable, double-walled, BPA-free 20-ounce bottle has a twist off cap and handle for students on the go. With the purchase of any Unlimited Fill plan for $50, your student can get their ‘Cats Cup for FREE - or - your student can purchase the ‘Cats Cup for $9.99 and then choose to purchase fills in tiers:

1 fill = $1.99
5 fills = $7.00
10 fills = $10.00

‘Cats Cups are the easy way to Charge. Fill. Go. With convenient locations on campus including Norris University Center, Lisa’s Café, Tech Express, & Foster-Walker Fresh Market, your student can easily add fills, get their favorite flavor, and go. Students also get free fills for their ‘Cats Cups in Elder Hall and Sargent Hall for more enjoyment between classes. And because the ‘Cats Cup can be cleaned and reused, it’s a sustainable way for your student to refill all day!

CHOOSE TO REUSE is expanding by popular demand! Currently, the Choose to Reuse program is only available at Elder Hall, but Northwestern Dining will be expanding this program to Foster Walker and other south campus locations by January 2018. It is intended to offer flexibility for those with tight schedules. At Northwestern there is no need for your student to ever go hungry! And because the carry-out containers are exchanged to be cleaned and reused, it’s a sustainable way to grab a meal on the go.

Students can add this option to their meal plans for just $5 per year by signing up at any Choose to Reuse cashier station or by visiting Northwestern Dining’s online store. Cash, credit, debit, Cat Cash and dining dollars are all accepted forms of payment.

To learn more about this program and our sustainability initiatives, visit our website or click here.
SAVE TIME, MONEY, AND SHARE MILESTONES!
Remind your students to sign up for ways to SAVE, check our website for hours, and send a Hug from Home!

Have your student sign up for text alerts for Cat Cash promotions, Bonus Buy days, upcoming premium events, freebies, focus group opportunities, and giveaways by texting SaveMoney to 82257.

Northwestern Dining is your student’s home away from home.

- Foster-Walker West will be open on Thanksgiving break from Thursday, November 23 thru Saturday, November 25 from 11:00AM-6:00PM
- Foster-Walker West will also be open on Sunday, November 26 from 11:00AM-2:00PM and for Lite Lunch from 2:00-5:00PM
- Sargent and Foster-Walker will open on Sunday, November 26 from 5:00-8:00PM and Allison will be open from 5:00-7:00PM
- Late Night hours in Sargent and Foster-Walker West will resume on Sunday, November 26 from 8:30-11:00PM

To find out more, please visit our website.

Don't forget the holidays are just around the corner. Visit our Hugs from Home online store to send your student a special something to remind, encourage, and motivate with upcoming finals.
At Northwestern, Fraternity & Sorority Life is one of three entities housed under the umbrella of Campus Life. The mission of Fraternity & Sorority Life is to provide guidance, services, and resources to facilitate sorority and fraternity members’ holistic development and citizenship within the greater Northwestern and broader communities. This mission is guided through five core principles:

- Wellness
- Accountability
- Member Development
- Inclusion
- Campus & Community Partnerships

The Fraternity & Sorority Life staff members spend time advising elected undergraduate student executive officers of four governing councils that govern 43 chapters. The staff also works with chapter alumni advisors and the inter/national headquarters staffs of each organization in order to ensure these core principles are embedded in the fraternity and/or sorority experience at Northwestern University.

The Interfraternity Council (IFC) consists of inter/nationally-recognized fraternities with chapters at Northwestern. For the past 150 years, IFC fraternities have enriched the lives of young men at Northwestern through
educational programs and activities. Today, more than 1,200 men are members of IFC fraternities at Northwestern, creating community through IFC to build long-lasting bonds and unbreakable friendships.

The Multicultural Greek Council (MGC) is a strong community that is constantly growing at Northwestern. Founded in 2002, the council is composed of culturally based service-social organizations with Latina/o, Asian, South Asian, and multicultural emphasis. These organizations are dedicated to service both on and off campus, social advocacy and cultural awareness, as well as the development of a more unified campus-wide support network. In addition, they strive for and maintain a standard of academic distinction. MGC offers several leadership opportunities for its members and helps build long-lasting relationships throughout the council.

The National Pan-Hellenic Council, Inc. (NPHC) at Northwestern University consists of chapters from the “Divine Nine” historically African-American fraternities and sororities. Each organization evolved during a period when African Americans were denied essential rights and privileges afforded to other college students. NPHC organizations maintain high positive standards for member organizations and ensure the perpetuation of responsibility through engaging in service to the African American community at Northwestern and the community at large.

The Northwestern Panhellenic Association (PHA) consists of 12 inter/nationally recognized chapters. Each sorority has a chapter house on the south end of Northwestern’s campus. All of the organizations have a long-standing history and tradition, as Panhellenic women are leaders and participants in campus organizations, serve in the Northwestern and Evanston communities, and excel in the classroom.

The process to join a chapter within the Multicultural Greek Council and National Pan-Hellenic Council is conducted on timelines specific to each chapter. If a student is interested in joining one of these chapters, they can contact the chapter president for additional information. Students interested in joining a chapter within the Panhellenic Association or Interfraternity Council can participate in recruitment hosted by these councils in early January. To learn more about our councils and the intake and recruitment processes or to obtain contact information for our staff and for chapter presidents, please visit [northwestern.edu/fsl](http://northwestern.edu/fsl).
Northwestern Panhellenic Association holds a deferred recruitment during the first week of Winter Quarter (January 11-14 & 16-17, 2018). Throughout the week, Potential New Members (PNMs) will be given the opportunity to have meaningful conversations with active women from each of our 12 chapters on campus, while also learning a bit more about the values and philanthropies of each chapter. To facilitate these values-based conversations, PNMs will complete a Personal Values Assessment (PVA) beforehand to reflect on their identities and the kind of values they’re looking for in a chapter. PNMs will also be assigned a Recruitment Counselor (RC) that will help guide and support them throughout the process. RCs are upperclassmen women who act as mentors and can address any questions/concerns women may have leading up to and throughout the week of recruitment. Before Formal Recruitment, the community performs a mock-recruitment appropriately named Preview. This day will give PNMs the opportunity to visit 6 different chapters, each speaking to one of the core values of the Panhellenic Community. Preview took place on November 5 this year.

Sororities have been enriching Northwestern’s undergraduate experience since 1881. As self-governing, values-based organizations, they inspire students to greater intellectual, civic, social and personal accountability. Our chapters offer opportunities for leadership development, provide both educational and social programming and foster lifelong friendships, ultimately instilling each woman with a stronger sense of purpose and community.

Students can register for Formal Recruitment 2018 by visiting northwestern.mycampusdirector2.com.

If you have any questions about recruitment or the Panhellenic community at Northwestern, please email us at nu.pha.recruitment@gmail.com. Other inquiries about what PHA is up to should be directed to nuphavppr@gmail.com.

To learn more about the unique Panhellenic experience, visit our website at northwesternpha.com. For information about Northwestern’s Greek community as a whole, please visit the Fraternity and Sorority Life website at www.northwestern.edu/fsl.

IMPORTANT DATES:
Panhellenic Preview: November 5, 2017
Panhellenic Formal Recruitment:
January 11-14 & 16-17, 2018
FALL AT NORTHWESTERN CAREER ADVANCEMENT

WHAT’S NEW AT NORTHWESTERN CAREER ADVANCEMENT?
Northwestern Career Advancement (NCA) is excited to work with your student this year — whether it’s to help them explore different career paths, develop their career goals, prepare for an internship search, or connect with employers.

MEET THE NCA TEAM
Is your student new to Northwestern or the Northwestern Career Advancement office? NCA has a team of career counselors and career advisers who support students at different stages of their career development.

Career counselors work with students on self-assessment and understanding their skills, options, and career paths. This includes empowering students to make career decisions about majors or industries that best fit their unique personality.

In a nutshell: Career counselors focus on the student as an individual looking to gain a better understanding of who they are and the types of careers that will fit their interests, values, and skills.

Career advisers work with students on the internship/job search process. This includes assisting students with resumes, cover letters, LinkedIn profiles, offer negotiations, networking, or industry-specific job/internship knowledge.

In a nutshell: Career advisers focus on making the student the best candidate they can be for the industry/position they want to pursue.
INTRODUCTION TO CAREERCAT

CareerCat is where your student can make an appointment with their career counselor/adviser. It’s also where they will find NCA-hosted events, employer information sessions, workshops, and job and internship opportunities. To make the most of NCA’s offerings, we encourage your student to:

• Upload an updated resume and complete their profile. The NCA team is here to help your student develop a resume or update an existing one!
• Select their career interests and set up a job search agent to get opportunities and information about the industries that interest them most.
• Check the “Events” tab regularly for upcoming career workshops, career fairs and employer information sessions.

CAREER ADVICE FROM THE NCA STAFF

NCA’s Career Advancements blog features advice from our staff, internship experiences from students, and occasionally, Q&As with employers. A few of the blog posts featured recently include:

• Student internship spotlight: General Motors
• How to have a successful Skype or virtual interview
• How to write a master’s student resume with little or no experience
FALL HIGHLIGHTS

Fall Internship and Job Fair Recap (+ Winter Internship and Job Fair coming soon!)
A record number of more than 2,000 students attended NCA’s annual two-day Fall Internship and Job Fair on September 26 and 27 to network with 170 employers in a variety of industries. The fair coincided with NCA’s new business casual dress code change for employer events, which likely accounted for the increase in attendance.

Beyond the Fall Fair, there are many opportunities for your student to connect with employers: Employers post internship and full-time positions in CareerCat throughout the year, new (and returning) employers will attend NCA’s two-day Winter Internship and Job Fair on January 23 and 24, and other industry-specific career fairs either co-sponsored by NCA or sponsored by other career offices on campus (Medill, School of Communication, McCormick) will occur throughout the year.

NCA Career Development Fund
The Career Development Fund supports travel to job/internship interviews, travel to graduate school interviews, travel and registration for professional career events, and the purchase of interview attire for undergraduate students with financial need. Applications for the 2017-18 academic year opened in September and will be reviewed weekly through May 2018.
Inclusive Involvement with SOA

Student Organizations & Activities (SOA) kicked off the Fall Quarter with a successful Student Organization Fair. Over two days, a total of 320 student organizations tabled throughout Norris, drawing in around 2,000 participants each day. Being a part of a student organization is one of the best avenues towards discovering opportunities and fostering interests beyond the classroom. The full directory of student groups and their events can be found on Wildcat Connection.

As a department heavily vested in student development, Student Organizations & Activities is especially excited to continue an initiative begun in Spring 2015 to encourage inclusive and barrier free involvement for student groups. Inclusive and barrier free organizations, involvement, or engagements are defined as having no extraneous barriers to general membership (i.e. applications, interviews, membership fees, auditions, class restrictions, questionnaires). We want to change the culture of involvement at Northwestern University by ensuring our students have the opportunity to learn, pursue interests, and take initiative without limitation.

In keeping with this goal, we are continuing to take applications on a rolling basis to the Student Activity Scholarship Fund. This need-based scholarship aided over 400 students last year and can cover any potential financial barriers to participation in a student organization such as membership dues, travel expenses, or any other costs associated with involvement. Please visit our SASF page to learn more about the fund and how your student can apply.

Finally, we are continuing some of our most popular programming out of SOA: Broadway in Chicago and our Chicago museum partnerships. All of our trips are FREE with transportation provided. Last year, demand for these trips skyrocketed with over 1,000 students expressing interest in excursions to arts, sports, and other Chicago-area attractions. In response to this increased interest, we will be purchasing more tickets for these events and continue to spread the word through our social media channels and listservs. You can find the dates of our upcoming programs below.

Important Dates
Night at the Art Institute of Chicago: November 9
Night at the Museum of Contemporary Art: November 14
Broadway in Chicago - School of Rock: November 16
Winter Student Organization Fair: January 18
WHAT’S NEW AT COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)?

We are happy to share some exciting new developments at Counseling and Psychological Services (CAPS) this year.

ONLINE SCHEDULING
We want to remove any barriers to seek help. Now students can schedule their first brief phone consultation online any time.

MENTAL HEALTH SCREENING
Not sure if your student needs counseling? Students can use an anonymous online screening tool to see if they would benefit from seeking professional help. It’s easy, confidential, and screens for major mental health concerns such as depression, anxiety, bipolar disorder, eating disorders, substance use, and post-traumatic stress disorder. Sometimes learning that there is legitimate reason to seek help can be really helpful in making that first step to schedule an appointment at CAPS.

TAKE A MOMENT AND BREATHE
Breathe is CAPS’ new mobile application created specifically to help Northwestern students better manage stress. Breathe is meant to be used on-the-go; it works in between classes, before exams, or when a student needs to take a brief “time out” and re-center. There are short videos and guided meditation practices that focus on stress management techniques like deep breathing, mindfulness, and gratitude, as well as tools to help students relax and fall asleep. These practices are perfect for providing a much-needed break during midterms. Anyone can access Breathe! Either download the NUhelp App and go to Resources, or go directly to www.northwestern.edu/breathe.

PRACTICE STAYING CALM
This year, Northwestern University is partnering with one of the most popular mindfulness apps, Calm, to offer free use of their meditation content practical for the college lifestyle to anyone with a northwestern.edu email address. Check out www.calm.com/northwestern to learn how you can use mindfulness to dissolve stress, sharpen your concentration, and discover your best night’s sleep, among others!

IMPORTANT DATES
Northwestern presents: Movember: Men’s Wellness Awareness Month

November 1 @ 4:00–6:00 p.m.
Norris Student Center
Kick off event: FIFA tournament, outdoor games, free hot drinks, and much more!

November 6 @ 7:00 p.m.
Kresge 2420
Ripped, Buff, Toned, Swole, Bulky, Cutting, Losing Control: Men, Body Image & Disordered Eating

November 10 @ noon
Henry Crown Sports Pavilion Studio 2
FREE Power Yoga

November 16 @ 7:00 p.m.
Kresge 2435
Hooking Up 101

November 20 @ 6:00 p.m.
Multicultural Center 107
Boys Will Be Boys, but Do They Have to Be: Finding Agency in Masculinity.
KEEPING A HEALTHY CAMPUS

This is vaccine season at the Northwestern University Health Service. Our staff has been busy meeting the needs of incoming students who faced new State of Illinois immunization requirements.

Although the new law may have inconvenienced a few students, the intent is to protect the health of the entire campus community. The required vaccines have proven to be very effective tools to reduce prevalence of formerly commonplace diseases like measles, tetanus and whooping cough. The rare new outbreaks of these diseases emerge when the “herd” (our students) lacks enough vaccine protection to prevent spread.

There are also a few vaccines which are not required by state law, but still worth considering. For example, a flu shot is a really great idea for students at Northwestern. Their lives have little room for even a brief illness, and flu spreads easily on any campus because of packed social and academic interactions and high-density living arrangements.

Likewise, a new vaccine to protect against meningitis B is now available. It provides protection against a strain of bacterial brain infection, which is not already covered by the law-mandated meningitis conjugate vaccine. The HPV vaccine is another great choice. It has shown remarkable reduction in the incidence of certain cancers even though it has only been on the market for a decade!

All of these vaccines are available at Northwestern University Health Service by advance appointment. The cost of the vaccine is covered by most health insurance plans. Some students may be asked to pay at the time of service, with our assistance in submitting a claim for reimbursement from their insurance plan.
Additionally, the Health Service works with local, State and Federal public health entities to protect the entire University from threats to health and wellness. We use a number of measures to help us minimize the risk of other diseases.

For example, we screen for tuberculosis as recommended by CDC whenever we believe that an individual may harbor latent (incubating) TB infection. Some folks may remember the old TB skin test screenings from earlier days, but nowadays a blood test is used. The new test reduces the need for x-ray follow up, and it performs far better in terms of convenience and reliability.

Our staff is eager to make student life healthy, so please join us in that mission.

OFF-CAMPUS LIFE

With the academic year in full swing, Northwestern’s Off-Campus Life office is pleased to offer several resources to help your student succeed off-campus, or begin thinking about living off-campus next year.

In addition to the helpful and updated information on our website, Off-Campus Life also provides a series of step-by-step, downloadable guides based on common situations that Northwestern students may face while moving into a new residence or living off-campus. These guides include: How to Move Off-Campus, How to Move In, How to Live with Roommates, How to Be a Good Neighbor, How to Budget, and more. While these resources are targeted specifically to the off-campus student population, this information can also be beneficial for students thinking about moving off-campus at some point in the future.

These “How To’s” are designed to give students a brief overview. However, for more detailed information about student rights, responsibilities, and the many resources provided by the municipalities of Evanston/Chicago-metro and Northwestern, please refer to Off-Campus Life’s website – where you can find links and information about topics such as signing a lease and social hosting tips, as well as details about upcoming Off-Campus Life events.

To help students stay connected with the campus community and encourage positive relations with their neighbors, Off-Campus Life coordinates fun activities throughout the year including a hot chocolate/ice cream social, cooking demonstrations, advanced movie premieres, housing fairs, and a spring barbecue. For more details about Off-Campus Life events, please visit our events page.

If you have any questions or would like more information about off-campus living, please don’t hesitate to reach out to Off-Campus Life at offcampuslife@northwestern.edu or 847-491-8430.

Important Date
Tuesday, November 14, 2017, 1:30-4:30 p.m.
Fall Housing Fair
KEEPING YOUR STUDENT SAFE & COVERED:
A FALL 2017 UPDATE FROM STUDENT HEALTH INSURANCE

The leaves are changing, Homecoming Weekend has just passed, and the chill in the air reminds us that the 2017-18 academic year is well underway. Now that the open enrollment period for Northwestern’s insurance selection process has concluded – held July 1-October 1 each year – we would like to review how we support your students and strive to keep them safe while they are here in Evanston and Chicago.

STUDENTS MUST MAKE AN INSURANCE SELECTION EVERY YEAR.
To ensure our office has accurate and up-to-date information available regarding your child’s insurance coverage – whether they are using the Northwestern University Student Health Insurance Plan (NU-SHIP) or have alternate coverage through your employer or the marketplace – every degree-seeking student must go online in CAESAR each fall and either confirm or waive their NU-SHIP enrollment.

STUDENTS ARE ADVISED OF THE UNIVERSITY’S ANNUAL INSURANCE REQUIREMENTS THROUGH MULTIPLE EMAIL COMMUNICATIONS.
We make repeated efforts to communicate with your students, to ensure they understand they must verify their insurance selection by the October 1 deadline. Emails clarify that students are billed for the NU-SHIP at the same time their tuition and fees are posted to their accounts. Students who fail to take any action receive continued notifications through the fall open enrollment period.

If your child is covered under your insurance, to help your family avoid billing issues or late fees, please remember to help your child complete the online Coverage Selection Form as early as possible during this process; this will ensure the NU-SHIP premium charge either is never posted to your child’s account (if they complete the online Form in July), or it is reversed on your child’s account within 48 hours (if tuition and fees already have posted).
PLEASE PARTNER WITH US TO KEEP YOUR CHILD SAFE AND COVERED!
American insurance plans can be confusing and complex to navigate. We encourage families to start the annual insurance selection process in early summer, by reviewing Northwestern’s Comparable Coverage Checklist, so you can ensure that your plan provides all the benefits that will help us keep your child protected. The University’s requirements are aligned with federal standards established by the Affordable Care Act (ACA). Because of this, practically all employer-based or marketplace plans automatically meet the majority of our requirements. It is particularly important to ensure alternate plans provide coverage for routine, non-emergency care in the Evanston/Chicago area.

COME TO OUR RESOURCE SESSION OVER FAMILY WEEKEND TO LEARN MORE!
Do you have questions about NU-SHIP plan benefits, the annual confirmation/waiver process, or whether your plan meets Northwestern’s requirements? Is there an insurance billing or claims issue we can help with? Marcy Hochberg, the manager of Northwestern’s Student Health Insurance office, will host an Insurance Resource Session for parents and families on Saturday, November 11 from 10:00 to 11:00 a.m. to review Northwestern’s student insurance policies and answer your questions.

REACH OUT, WE’LL BE HERE!
If you have questions about NU insurance requirements, need assistance because your child failed to waive NU-SHIP coverage during the open enrollment period, or just need information about NU-SHIP plan benefits, we’re here for you! You can reach us by email at student.insurance@northwestern.edu or by phone at 847.491.3621. For more information about student health insurance at Northwestern, we encourage you to explore our webpage at www.northwestern.edu/student-insurance.

Have a healthy and safe 2017-2018 academic year!
NORTHWESTERN UNIVERSITY DANCE MARATHON
Northwestern University Dance Marathon (NUDM) is one of the largest student-run philanthropies in the nation, with over 1,000 dancers and 400 committee members participating in the annual event. NUDM’s mission is to unite the Northwestern, Evanston, and Greater Chicagoland community through awareness, service, education, and philanthropic fundraising. Each year in early March, Northwestern undergraduate students gather in a giant tent outside the Norris University Center to dance for 30 hours straight in support of our beneficiaries. Since 1975, NUDM has raised more than $19 million dollars for over 30 charitable causes.

NUDM is excited to be partnering with Cradles to Crayons as its primary beneficiary for NUDM 2018. Cradles to Crayons provides children from birth through age 12, living in homeless or low-income situations, with the essential items they need to thrive at home, at school, and at play. They supply these items free of charge by engaging and connecting communities with excess resources—whether new or used items in good condition—with communities that are in dire need of these resources. By partnering with social service organizations, Cradles to Crayons is able to ensure that all donations go to a deserving child, for whom the donation was specifically requested. Additionally, NUDM’s long-standing secondary beneficiary is the Evanston Community Foundation (ECF). NUDM 2018 will be the 21st consecutive year of the partnership, and during this time NUDM has donated over $1 million to the ECF.

In the fall, NUDM recruited 500 committee members and will register dancers for the event. On November 3, NUDM held our 6th Annual Gala at the National Hellenic Museum in Chicago. On November 4, NUDM had our first ECF Day of Service, giving students the opportunity to give back to the Evanston Community by volunteering at a number of local non-profit organizations. On November 10, NUDM is partnering with New Student and Family Programs (NSFP) to present Acapalooza, a concert featuring NU a capella groups, benefiting NUDM. Additionally, we will be launching the BUILD (Bridge, Unite, Inspire, Learn, Dance) Program, which will include a variety of events that serve the purpose of connecting the recipients of Cradles to Crayons services with the participants of NUDM. Lastly, on November 28, NUDM will be participating in #GivingTuesday, a global day of giving fueled by the power of social media and collaboration. We ask you to join us in celebrating and supporting philanthropy, by donating to NUDM to help us #GrowTogether with Cradles to Crayons and the Evanston Community Foundation.

**IMPORTANT DATES**

**November 3:** Northwestern University Dance Marathon 6th Annual Gala  
**November 4:** NUDM ECF Day of Service  
**November 10:** NUDM and NSFP Acapalooza  
**November 28:** #GivingTuesday Global Day of Giving
Northwestern University’s One Book One Northwestern read for the 2017-18 academic year is Our Declaration: A Reading of the Declaration of Independence in Defense of Equality, by Harvard University Professor Danielle Allen. Our Declaration brings a provocative perspective to one of the most studied texts in U.S. history. To accompany this year’s One Book selection, we created a podcast, took first-year and transfer students to see the musical Hamilton, and hosted Professor Allen for keynote lectures on the Chicago and Evanston campuses.

Our podcast follows Wildcats having engrossing conversations, on campus and beyond, about this year’s One Book. To create the podcast, we have partnered with The Medill School of Journalism, Media, Integrated Marketing Communications, and Weinberg College of Arts and Science. The teaser and first episodes are available now, and the second episode will be released shortly! The first episode explores students’ first encounters with inequality and how those experiences have stuck with them. You can find the podcast on SoundCloud, and you can subscribe on iTunes so you won’t miss a moment. We also have posted all podcasts on the One Book website. We plan to have ten podcasts in total by the end of the academic school year.

Additionally, on October 4 and 11 more than 2,000 Wildcats ventured into Chicago to see Hamilton: An American Musical. Northwestern bought the tickets so that all first year and transfer students would be able to share in the experience for free. The themes in Our Declaration and Hamilton pair nicely for our programming. By all accounts, the students had an amazing time and it is something they will always remember.

The final highlight of our One Book calendar was the visit by One Book author, Danielle Allen. She participated in keynote events in Chicago and Evanston on October 19 and signed copies of her book after both events. In addition to the keynotes and book signings, we announced the winner of the One Book essay contest, which had given all first-year and transfer students the opportunity to write a brief essay on what equality and inequality meant to them. The winner was Jonathan Sun, a student from the School of Education and Social Policy, for his essay “Disparate and Equal.” He won the $500 prize and a One Book t-shirt. Honorable Mention went to Sean Aminali, from the Weinberg College of Arts and Sciences, for his essay “Rudderless: An Infinity of Droplets.”
The path to medical school has become increasingly competitive, driving many Northwestern students to become hyper-focused on their grades and GPA. While these are important elements to a strong application, they are not the only factors to consider. Experiences outside the classroom are just as important to medical schools and health professions programs and vital to the strength of your student’s application. Based upon our experience with admissions teams and successful applicants, the experiential elements of a well-rounded application include:

• **Clinical experience** – Volunteering and shadowing in a healthcare setting
• **Non-medical volunteering** – Service-minded volunteering in the community
• **Research** – Participation in guided or independent research
• **Extracurricular activities & leadership experience** – Involvement in campus organizations and activities where your student is able to engage in their interests and passions (examples include student groups, fraternity and sorority life, artistic endeavors, and intramural or varsity athletics.)

Clinical experience is the primary means by which students are able to gain patient interaction and test their decision to pursue a career in medicine or other health professions. Clinical experience can include volunteering at hospitals, nursing homes, community health clinics, and other settings in which patients require care. Shadowing physicians and other health professionals also provides valuable insight and perspective to a career in those fields. Most students get started with clinical experiences after their first year at Northwestern.

Medical schools and health professions programs also value non-medical volunteering experiences that demonstrate a commitment to serving others and the community.

While research is not required for admission to medical school, it is often strongly encouraged, and the majority of applicants have at least one research experience as undergraduates. Some health professions programs may also value research experience.

Extracurricular activities also contribute to a well-rounded application and offer students a way to demonstrate their interests and passions. We encourage students to pursue the activities they enjoy and about which they are passionate. Really, even fencing and improv (for example) are great ways to develop the characteristics medical schools and health professions programs seek. Many students also find leadership opportunities through their extracurricular involvement. As a reminder, leadership does not just mean a position or title; it can take many forms.

While it can be easy to focus on the numbers (e.g. GPA and MCAT score), medical schools and health professions programs review applications holistically and place great value on experiences as well. Our pre-med and pre-health advisors in the Health Professions Advising office are happy to meet with your student one-on-one to discuss their interests, goals, and timelines for getting involved. We welcome your student to get in touch with us via our website at www.northwestern.edu/hpa
This fall, Northwestern released the University’s inaugural Strategic Sustainability Plan. The comprehensive plan details the next five years of environmental stewardship at Northwestern. Achieving the goals in the plan will be a campus-wide effort.

“As a leading global institution, Northwestern is committed to mitigating the impact of climate change,” said President Morton Schapiro. “We have an obligation to future generations to reduce our carbon footprint, yes – but also a tremendous opportunity to contribute to global climate solutions,” he said.

The plan lays the groundwork for achieving net-zero greenhouse gas emissions by 2050. Additional objectives in the plan include commitments to:

• Reduce energy consumption in campus facilities by 20 percent by 2020 (from a 2010 baseline).
• Transition the campus fleet to run exclusively on renewable energy by 2030.
• Divert at least 50 percent of waste generated on campus from landfills by 2020.
• Support hands-on, experiential learning that enables students to address environmental issues and grow as leaders in sustainability.

The development of the plan was coordinated through sustainNU, a University-wide program that engaged students, faculty, and staff in providing input. Stakeholders from throughout the University formed working groups focused on five program areas — built environment, transportation, resource conservation, experiential learning, and communication and engagement. The working groups will lead efforts to achieve the plan’s goals. This inclusive approach to developing and implementing the plan ensures broad support and allows for student input and involvement.

The experiential learning initiatives identified in the plan will pave the way for more student involvement by connecting academic programs with hands-on learning opportunities. For example, in October, students enrolled in a course on energy and climate change toured the newly renovated Kresge Centennial Hall. They met with the project architect and learned about...
the energy efficient and green features that earned the building Leadership in Energy and Environmental Design (LEED) Platinum certification from the U.S. Green Building Council.

Northwestern has already made progress toward reducing the University's environmental impact. Energy efficiency and conservation projects have cut campus energy use intensity in campus facilities by 14 percent from a 2010 baseline. In June, the Association for the Advancement of Sustainability in Higher Education (AASHE) recognized Northwestern’s progress to date with a silver Sustainability Tracking, Assessment, and Rating System (STARS) rating for campus sustainability. The University expects to achieve a higher rating when AASHE makes its next evaluations in three years.

The release of the Strategic Sustainability Plan marks the next step in Northwestern’s efforts. “If we actively participate in the sustainability plan at both the institutional and personal levels, together we can make the most lasting impact,” said Kathia Benitez, director of sustainability for the University.

Students can get involved by participating in a sustainNU working group, joining an environmentally focused student group, and taking action in their personal lives to conserve energy and resources.
Family Weekend kicks off Saturday, November 11 at Ryan Field when the ‘Cats host the Purdue Boilermakers. Family members of Northwestern students are invited to Evanston to experience the spirit that embraces our campus. This weekend provides a snapshot of the campus culture, the community’s academic excellence, and the energy that moves from the seats of Ryan Field through the Arch. For more information on this great weekend, click here.

A complete facility renovation will transform Welsh-Ryan Arena, the home of Northwestern University’s men’s and women’s basketball, volleyball, and wrestling programs.

Construction is underway with the anticipated completion by Fall 2018. Men’s basketball will play home games at Allstate Arena, women’s basketball and volleyball will play home games in the historic Beardsley Gym at Evanston Township High School, and wrestling will compete at Patten Gymnasium on campus.

Shuttles will run for students to both Allstate Arena and Evanston Township High School. Students can RSVP for the shuttles online. Tickets for all of these events are on sale now!

### Men’s Basketball Home Schedule (Non-conference)
- November 10 – Loyola (Md.) 7:30 PM
- November 13 – Saint Peter’s 7:00 PM
- November 15 – Creighton 8:00 PM
- November 24 – Sacred Heart 7:30 PM
- December 1 – Illinois (Conf. Game) 8:00 PM
- December 11 – Chicago State 6:00 PM
- December 14 – Valparaiso 7:00 PM
- December 19 – Lewis 7:00 PM
- December 30 – Brown 11:00 AM

### Women’s Basketball Home Schedule (Non-conference)
- November 5 – Missouri-St. Louis 2:00 PM
- November 16 – Oakland 7:00 PM
- November 22 – Santa Clara 1:00 PM
- December 3 – Milwaukee 2:00 PM
- December 10 – Stony Brook 12:00 PM
- December 13 – DePaul 7:00 PM
- December 19 – Green Bay 11:00 AM
- December 22 – Eastern Illinois 4:00 PM
- December 28 – Minnesota (Conf. Game) 7:00 PM

### Wrestling Home Schedule
- December 2 – Maryland 2:00 PM
- January 12 – Wisconsin 7:00 PM
- January 19 – Nebraska 7:00 PM
- February 2 – Rutgers 7:00 PM
IMPORTANT DATES

NOVEMBER
Friday, November 03, 2017
Application for a Degree due to The Graduate School to receive a degree in Fall

Monday, November 06, 2017
Pre-registration for Winter Quarter begins

Monday, November 13, 2017
Registration for Winter Quarter begins

Wednesday, November 22, 2017
Thanksgiving vacation begins 6:00 p.m.

Wednesday, November 22, 2017
Undergraduate Withdrawal Petition Deadline 5:00 p.m.

Thursday, November 23, 2017
Thanksgiving day

Monday, November 27, 2017
Fall Classes resume 8:00 a.m.

Monday, November 27, 2017
WCAS Reading Period Begins

DECEMBER
Saturday, December 02, 2017
Fall classes end

Sunday, December 03, 2017
WCAS Reading Period Ends

Monday, December 04, 2017
Fall examinations begin

Saturday, December 09, 2017
Fall examinations end

Saturday, December 09, 2017
Winter Break begins

January 2018
Monday, January 01, 2018
Winter Tuition due

Monday, January 08, 2018
Winter Recess Ends

Monday, January 08, 2018
Winter Classes begin 8:00 a.m.

Monday, January 08, 2018
Winter Change of Registration (Drop/Add/Late registration begins)

Friday, January 12, 2018
Last day to add a class or change a section for Winter

Friday, January 12, 2018
No reductions are made to bills for dropped or swapped classes after this date. Last day for a tuition refund

Friday, January 12, 2018
Last day to change status to or from part time with tuition adjustment

Monday, January 15, 2018
Suspension of classes for observance of Martin Luther King Jr. Day

Friday, January 26, 2018
Last day for undergraduates to change grading status from grade to P-N or vice versa for Winter