WILDCAT Family Focus

AUGUST 2016
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Dear Parents and Families,

I would like to extend a warm, Wildcat welcome to you and your family as we near the start of another academic year at Northwestern. From our undergraduate entrepreneurs bringing their ideas to life in our innovation lab, The Garage, to our outstanding athletes competing on the field, to our nationally renowned Debate team, to the musicians settling into a world-class facility along the lake, and so many others, Northwestern students certainly make the most of all the University has to offer!

This fall, students will arrive on campus at a time when the world has been recently shaped by a number of significant – sometimes tragic – incidents. We have mourned acts of terrorism at home and abroad, casting light on an increasingly connected global community that is still fragmented both ideologically and geographically. In addition, the current political climate and the upcoming general election have provided both discourse and discord across the country. Continued deepening concerns regarding racial inequality have been well documented. We have seen shootings of Black citizens, harm to the Muslim community, and other acts of violence quite difficult to comprehend. There is no doubt these events have impacted our students in many ways, some of which they – and we – have yet to fully process.

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 face challenges and have feelings of stress and uneasiness during this time. Know that the University is here to assist your student in a wide variety of ways as they navigate this terrain.

In collaboration with our partners – including parents and families – the Dean of Students Office serves, supports, and engages students and others in the Northwestern community to promote student success. Many of you have seen firsthand the Dean's staff at work without even knowing it. While Wildcat Welcome and New Student & Family Programs may be most familiar to you, the Dean's office also includes student-centered departments such as AccessibleNU, First-Year Experience, Northwestern Career Advancement, and Off-Campus Life, each of which contribute to an undergraduate experience where students thrive.

If your student is dealing with a challenging issue or situation, they may want help navigating the many Northwestern services available to them. As parents and families, you are often first to know of a concern involving your student and can partner with us to support them, often by making a referral to a campus office. Student Assistance & Support Services – or SASS – works to create a well-coordinated network of campus resources for students as they address barriers to their academic, co-curricular, or social wellbeing. Students can also reach out to the many offices in Student Affairs for assistance, including Counseling and Psychological Services (CAPS), Residential Services, and Campus Inclusion and Community.

Another significant and easily accessible resource, the NUhelp website, has been designed by and for students to provide 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 by individual schools/colleges. In addition, you can share a concern at NUhelp regarding the wellbeing of a student. At the site, you can even download the NUhelp app, which provides mobile-ready, quick access to campus maps, safety resources, and a variety of campus services.

Before classes begin, I encourage you to talk with your students as they process national and world events and prepare to transition to college, or plan their return to campus. As you do this, please let my colleagues and I know how we can be of assistance – either this summer or as the year unfolds.

Thank you for sharing your wonderful students with us – we hope to see many of you in Evanston with your students during move-in and, of course, November 4-6, 2016, for Family Weekend.

Todd Adams
Assistant Vice President
& Dean of Students
Northwestern University alumnus Seth Meyers, the host of NBC’s “Late Night,” told graduates at the University’s 158th commencement ceremony Friday that he “learned to love to write here” and to see himself as a comedian.

One of the nation’s best-known comedians, Meyers had the stadium of graduates and their loved ones laughing out loud throughout his address in Ryan Field.

On a sunny day with temperatures hovering in the mid-70s, Meyers received an honorary degree and delivered Northwestern’s commencement address. Approximately 21,500 people attended the 90-minute ceremony honoring about 2,550 undergraduate and graduate students.

Meyers overcame his nerves about writing the address, he said, after recalling the talk that Robert Redford delivered in 1996, the year Meyers graduated, assuring himself that no one would remember a word.
"I don't remember a single word Robert Redford said," he said. "And that was Robert Redford!"

Meyers wrote his speech in the modus operandi he employed regularly at Northwestern and that served him well during his 12-year tenure at "Saturday Night Live (SNL)" — quickly and at the very last minute.

In the process of writing, he decided "to honor the kind of student I was at Northwestern: Wait until the last minute, pull an all-nighter and pull this bad boy out. Mess with the margins and use a big old font," he said, getting the biggest applause of the day from his newly minted alums.

The excitement of the occasion was highlighted earlier in the program during Northwestern President Morton Schapiro's beloved tradition of recognizing the families and loved ones of the graduates who filled the stadium.

"Not a single graduate would be here today without the support and encouragement of so many of you in the audience," President Schapiro said, first calling out to the parents and step-parents of graduates to stand and be recognized and then, as they did, asking the graduates "to turn around and give them the applause they deserve."

He then called out successfully to grandparents, siblings, spouses, children, aunts and uncles, cousins, other family members and friends to stand up — his enthusiasm and the crowd's applause building as each group rose to be recognized.

In his introduction of Meyers, Class of 2016 member Justin Marquez cited his fellow alum's household-name credentials, saying that his "parents fall asleep almost every night" watching "Late Night with Seth Meyers."
Marquez proudly reminded fellow graduates that Meyers, a School of Communication graduate, started in comedy right here on Northwestern stages, as a member of the “The Mee-Ow Show,” for which he learned to write comedy sketches and perform onstage — formative experiences for his later success.

With great mock arrogance, Meyers suggested the honorary degree that President Schapiro conferred on him today has given him entry to the highest levels of the academy, and he now sees his procrastination in a very different light.

“Northwestern procrastinating had actually been practice,” Meyers said. “I wasn't procrastinating at all, I was propractice-ating. You might say that’s not a word, but I think I should know because, remember, I'm a doctor of arts.”

He had great fun with the notion of becoming a doctor. “My wife's family is Jewish, and her mother is so happy that she can finally tell people her daughter married a doctor,” Meyers said with that impish grin of his. “This is for you, Joanne!”

All joking aside, talking about Northwestern is easy, he said. “Not a day goes by when I don’t think about my time at Northwestern. I learned to love to write here.” That love has taken him on a journey that includes serving as the head writer at SNL.

“I love this school,” Meyers said. “I truly believe I would never have been on ‘Saturday Night Live’ and would never have hosted a talk show if it hadn't been for my time at Northwestern, because when I performed in ‘The Mee-Ow Show’ and people laughed, I thought I just might possibly be funny because these people are smart.”

But more than anything, he said, he “wouldn’t physically be anywhere if it wasn't for Northwestern,” starting off with a sweet story of his father, “an engineering major from Pittsburgh, Pennsylvania,” and his mother, “a theater major from Marblehead, Massachusetts,” meeting in a poetry class at Northwestern.
“And my mother still remembers the first thing my father said to her,” Meyers said. “Let’s make a baby who will one day speak at commencement.”

Everyone laughed at the absurdity of that response only to realize that the punch line was still to come: “And she said to him: ‘Will they remember his speech?’ And he said ‘no.’”

Like most commencement speakers, Meyers, too, shared many heartfelt words about what really matters in life. “Remember, the worst things that happen in this country don’t happen because of hate or rage or fear,” he said. “They happen because of apathy. So I encourage you to be people of action, to do the most you can, while remembering the least you can do is vote. So vote. This election.”

Family and friends truly make all the difference in a life well lived, he told the graduates. “You’ve been surrounded by the best for the last four years, and there’s no better favor you can give yourself than continuing to do that,” he said. “Every success I’ve had in my life has been thanks to the people around me.”

Representing the Class of 2016, Sandeep Bharadwaj of the McCormick School of Engineering and Applied Science delivered a “big thank you” to all who made the day possible, from parents and other loved ones to faculty and staff.

“The best thing Northwestern gave to us was the opportunity to NOT be the smartest person in a room,” said Bharadwaj, who also was enrolled in the Honors Program in Medical Education and this fall will continue to pursue his dream of becoming a doctor as a student at the Northwestern University Feinberg School of Medicine.

“We finally learned that it’s okay to say ‘I don’t know,’” Bharadwaj said. “We’ve gained the humility to realize that though we’ve learned a lot here, there is still so much more to learn from so many ... but we did not discover this on our own.”
He thanked loved ones in the audience and everyone at Northwestern and elsewhere who helped the graduates reach one of the proudest milestones of their lives. Northwestern Provost Daniel Linzer recognized each honorary degree recipient and his or her faculty presenter, and President Schapiro conferred the degrees.

The five honorary degree recipients are: Meyers; Robert Alter, a University of California, Berkeley scholar who has revolutionized the field of Biblical studies; Richard Lifton, a Yale School of Medicine professor who pioneered the identification of gene mutations causing extreme forms of common disease; Sara S. McLanahan, a Princeton University professor whose scholarship focuses on fragile families and child wellbeing; and Ruth J. Simmons, a former president of Brown University who has provided path-breaking leadership and scholarship in higher education.

For the sixth year in a row, President Schapiro acknowledged five high school teachers in the audience who were honored with Distinguished Secondary Teacher Awards. The honor recognizes the extraordinary role the teachers played in the lives of the 2016 graduates who nominated them for the award.

Meyers, whose mother was a public school teacher, gave a special shout-out to the teachers. “It was an honor to share the stage with my fellow degree recipients and an even greater honor to share it with recipients of distinguished secondary teacher awards,” he said. “So wonderful to be up here with you.”

At Northwestern, Meyers initially thought he would work behind the camera, but ended up falling in love with improv. He performed with “The Mee-Ow Show,” as did fellow alumni and SNL stars such as Ana Gasteyer and Seinfeld’s Julia Louis-Dreyfus, honing comedy talents. Meyers also performed with Chicago’s ImprovOlympic, and after college, he got his big break when he was hired by NBC’s “Saturday Night Live” after being noticed during a European tour of Boom Chicago, an Amsterdam-based improvisational comedy group founded by Northwestern alumni.

He joined the cast of SNL in 2001, became its co-head writer in 2006 and its sole head writer beginning with the 2008-09 season. He anchored SNL’s “Weekend Update” segment from 2006 until 2014. He is the recipient of an Emmy Award and several Writers Guild Awards, and a 14-time Emmy nominee. Meyers has appeared in feature films, hosted the 2014 Primetime Emmy Awards, given the keynote speech for the 2011 White House Correspondents’ Association dinner and is the co-creator and executive producer of the current IFC series “Documentary Now!”

Known for his smart, newy perspectives on “Late Night,” Meyers played off his latest public jousting with Donald Trump to offer words of wisdom by other prominent people who delivered commencement speeches this year.

He first “stole” the words from talks by First Lady Michelle Obama and Lin-Manuel Miranda, the creator of the runaway hit Broadway musical “Hamilton,” before getting one of the biggest laughs of the day.

“My favorite inspirational quote came from Donald Trump,” he said, “who said to the graduates of Trump University, ‘If you want your money back, you’re going to have to sue me, you losers.’”

Article taken from Northwestern News June 2016
Save the date for Family Weekend 2016, which will take place Friday, November 4 – Sunday, November 6! The preliminary Family Weekend 2016 schedule will be available online at the end of August, with a final schedule to be published on October 3. Parents and families can explore the University Archives and learn about campus history and traditions, attend Faculty Lectures on a wide range of topics, take part in campus tours and participate in an Afternoon with the Undergraduate Schools. Attendees can also be entertained by Northwestern students at Purple Revue!, attend the Family Weekend Tailgate and Northwestern Football game against Wisconsin, and most importantly, spend time with your student! To register, go to the Family Weekend Registration site. We look forward to seeing you at Family Weekend 2016!
The Student Health Insurance office is excited to welcome you, or welcome you back, to Northwestern! It’s an incredibly busy time in our office, as open enrollment has just begun for the 2016-2017 academic year. We want to ensure you and your student understand NU’s annual insurance requirements, and your child takes the necessary action to inform us of their insurance coverage before the October 1 deadline.

Here’s what you need to know:

- Northwestern requires all degree-seeking students to have suitable insurance coverage.

- Therefore, students are enrolled annually into the Northwestern Student Health Insurance Plan (NU-SHIP).

- Students must either confirm or waive their NU-SHIP enrollment during the open enrollment period – July 1 to October 1 – via the online Coverage Selection Form in CAESAR (sorry, no guest access available yet).

- Students who fail to indicate their insurance selection online by the October 1 deadline will remain enrolled in the NU-SHIP for the 2016-2017 academic year, and will be responsible for the annual premium ($3,799).

Waiving NU-SHIP Coverage

Students who wish to opt out of the NU-SHIP, either because they are covered under their parents’ insurance or have alternate insurance coverage of their own, are encouraged to waive their NU-SHIP enrollment as soon as possible to avoid billing charges on their student account. (Once students waive NU-SHIP enrollment via the online Coverage Selection Form, any billed insurance charges on their student account will be reversed within 24 hours.)

To waive the NU-SHIP, students must affirm active enrollment in an alternate insurance plan that meets all of Northwestern’s comparable coverage requirements. For details or to review your plan, please download a copy of the 2016-2017 Comparable Coverage Checklist.

Students may waive their NU-SHIP enrollment by completing the online Coverage Selection Form in CAESAR: www.caesar.northwestern.edu/. Screenshots to assist with the navigation process can be found on the SES Support page for students: www.northwestern.edu/ses/students/health-insurance/index.html
Comparable Coverage Requirements for Alternate Insurance Plans

- Almost all of NU's comparable coverage requirements are tied to the benefit requirements established by the Affordable Care Act (ACA); therefore, if you have an ACA-compliant plan, your coverage automatically meets almost all of NU's requirements immediately.
- Students with out-of-state insurance coverage (non-Illinois plans) should ensure that they are covered for routine, non-emergency care – in addition to emergency care – in the Evanston/Chicago area.

Confirming NU-SHIP Coverage

If your child will be using the NU-SHIP for their insurance coverage this academic year, we encourage them to confirm their enrollment online at their earliest convenience.

Although Northwestern defaults all degree-seeking students into the NU-SHIP annually, during the open enrollment period we only forward enrollment data to Aetna Student Health for those students who have confirmed their NU-SHIP coverage. Therefore, to ensure your child has immediate access to their NU-SHIP benefits on Sept. 1, at the start of the new plan year, it is essential to confirm NU-SHIP enrollment as soon as possible. Students who do not actively confirm enrollment online will have their data forwarded to Aetna Student Health after open enrollment has closed on October 1. (This could lead to billing and reimbursement delays if students need to access their coverage prior to their enrollment being processed in Aetna’s system.)

The confirmation process takes about 3–5 minutes. Students can confirm their NU-SHIP enrollment by completing the online Coverage Selection Form in CAESAR: www.caesar.northwestern.edu/. Screenshots to assist with the navigation process can be found on the SES Support page for students: www.northwestern.edu/seo/seo/students/health-insurance/index.html

We’re Here to Help

If you or your student has questions about NU insurance requirements, needs assistance navigating the online Coverage Selection Form to confirm or waive NU-SHIP enrollment, or just needs additional 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 webpages at www.northwestern.edu/student-insurance

Welcome and welcome back. We look forward to a healthy and productive 2016-2017 year!

Upcoming Important Date

Saturday, October 1, 2016: Deadline to confirm or waive NU-SHIP is
Whether your student is just arriving on campus or is a junior or senior participating in an internship or full-time recruiting, the following news and resources from NCA will help them stay one step ahead as they prepare to explore career paths and meet employers during fall quarter.

WHAT’S NEW?

NCA welcomes the newest addition to its staff, Lynn Galowich Page. Lynn will serve as the career adviser for students in the School of Education and Social Policy as well as the pre-law adviser for Northwestern students considering or applying to law school.

CHANGES TO RECRUITING TIMELINES FOR JUNIORS

As we look forward to fall, there are specific industries that plan to accelerate their recruiting for juniors. An approximate guideline of when industries will begin their summer internship recruiting is below. We encourage your student to schedule an appointment with their career adviser at any time to discuss these changes and how to best prepare. Our staff is available throughout summer for phone, Skype or in-person appointments to support your student with the application and interview processes. Additional online resources and tips are also available below.

Fall Quarter

Internship recruiting will begin in fall quarter for the following industries:

• Consulting (earlier recruiting timeline)
• Engineering
• Finance (firms will begin their recruiting before fall quarter begins; postings for positions will become available in CareerCat throughout summer)
• Government internships that require security clearance
• Large companies
• Technology
Winter Quarter

Internship recruiting will begin in winter quarter for the following industries:

- Advertising, Marketing, and Public Relations
- Biotech
- Government
- Healthcare
- Media
- Non-profit
- Start-ups

Many employers in these industries will be hosting information sessions, coffee chats, and other events once fall quarter begins and will conduct on-campus interviews starting in late October. A growing list of information sessions is available in CareerCat (under Events > Information Sessions). Students can log into CareerCat using their NetID and NetID password.

CAREER RESOURCES + TIPS

Your student can take advantage of the following NCA resources and services even before returning to campus:

- Select career interests and set up a Job Search Agent in CareerCat to receive targeted emails about upcoming deadlines and events.
- Receive feedback on a resume anytime, anywhere using VMock, our new 24-7 online resume review system. VMock allows students to upload their resume, receive a critique of both the format and the content, and use this feedback to make initial changes before meeting with an NCA adviser for a final review.
- Reference NCA's online resources for career search and preparation, including CQ Interactive for consulting case prep, Vault and WetFeet.

- If your student is participating in consulting recruiting this fall, they are welcome to join NCA's pilot industry-specific LinkedIn group focused on consulting or search “NCA Consulting Interest Group” on LinkedIn. Students are also encouraged to join NCA's general LinkedIn group, which offers career information relevant to all fields.

TWO-DAY NORTHWESTERN FALL INTERNSHIP & JOB FAIR

Your student is invited to meet more than 100 companies in a wide range of industries this fall, including: Accenture, Capital One, Macy’s Inc., Morningstar Inc., Nielsen, Teach for America, DaVita and The Kraft Heinz Company. The event will take place on Tuesday, September 27 and Wednesday, September 28 from 12:00–4:00 p.m. in Norris, 2nd Floor, with different employers attending each day.

Students must bring their Wildcards and resumes, and dress in business professional attire. More information will be available on the NCA website soon.

In September, express advising will begin to help your student get quick answers to career-related questions, participate in a resume/cover letter review, and prepare for the Fall Internship and Job Fair – without an appointment. See the complete express advising schedule on the NCA website. As always, we welcome your student to visit us anytime. We look forward to seeing your student on campus this fall!
Students are offered a wide variety of opportunities to engage with religious & spiritual life at Northwestern. From small fellowship groups to larger religious organizations, many students find a place of community and learning during their time on campus. Many students become involved in interfaith programs and organizations, such as the NU Interfaith Initiative, in which they learn about traditions other than their own and make lasting friendships with students of other faiths.

The Office of Religious & Spiritual Life will sponsor an opening interfaith brunch at the Alice Millar Chapel and Religious Center (Parkes Hall 122) on Sunday, September 18 at 12:00 p.m. Come and learn about the wide range of religious groups and activities on campus while enjoying a delicious meal. Students of all religious traditions are welcome.

We encourage students to sign into our religious affiliation website which will help connect them with the groups and programs they would have an interest in.

Detailed information is available on the Religious & Spiritual Life website. A visit to Wildcat Connection will also provide information about specific groups.

Five independent campus religious centers serve the Northwestern community: the Sheil Catholic Center, Lutheran Campus Ministry at Northwestern, Canterbury Northwestern (Episcopal), University Christian Ministry, and Northwestern Hillel (Jewish).

One hub of religious activity is the Alice Millar Chapel and Religious Center, located at the corner of Sheridan Road and Chicago Avenue. The Alice Millar and Jeanne Vail Chapels were designed with the specific intent of celebrating the life of the Northwestern community and its momentous occasions: from rites of passage to weddings and from commencement ceremonies to world class musical events. These spaces invite the visitor to be inspired by the remarkable architecture and stunning stained glass windows, or to make use of the quiet space for study and reflection. University Chapel Services are held each Sunday of the academic year at 11:00 a.m.

University Chaplains and the staff of the Office of Religious & Spiritual Life are eager to meet students to get acquainted and to support students’ personal growth. They are available for conversations on a range of topics, including spiritual or ethical questions, career decisions, family difficulties, interpersonal problems, sexuality, illness, or grief. Chaplains are equipped with training and experience in counseling, and are also able to refer to appropriate psychological and psychiatric resources as well.
GETTING READY FOR FALL

Happy end of summer from the staff of the Sheil Catholic Center! We finished the ’15-’16 school year in true WildCatholic fashion with senior send-offs from our undergraduates (bonfire and music), staff (a rousing game of mini-golf) and with our graduation Mass on the Thursday of graduation week. Students and families filled our chapel and stayed to talk at the reception afterwards. Every year students tell us of the home they found at Sheil and of the many friends they have made here. This is truly blessed work and it is a joy to minister here.

We are looking forward to the fall when we will welcome the incoming class and transfer students. Sheil’s First Night program on September 11 will introduce freshmen and transfers to a dozen or more sophomores, juniors, and seniors who will answer their questions and invite them to make Sheil their second home. Mass, BBQ (there is always food here) and a parent reception to make goodbyes a little easier are a few of the things planned for this program. Students spend the night and are picked up in time for move-in day on Friday. Incoming students can sign up through the welcome page on our website.

In addition to First Night, Sheil invites students to attend Mass, meet members of the Catholic Student Association (CaSA), and enjoy a breakfast at 9:30 or 11:00 a.m. on Sunday, September 18 toward the end of orientation. By the time school starts, we will have 4 Masses on Sunday – 9:30 a.m., 11:00 a.m., 5:00 p.m., and 9:00 p.m. Students are welcome at every mass along with faculty, staff, grad students and our permanent community of associates. An ice cream social on the Friday of Wildcat Welcome (featuring Mary’s brownies), our Fall Retreat (October 7 - 9) and small faith groups are just a few of the fall quarter activities we have planned.

Make a point to stop by Sheil when you are on campus. You will find a warm smile from our staff, someone to answer your questions, and a place to rest awhile.

Upcoming Important Dates

Sunday, September 11: First Night (Incoming Freshmen and Transfer students)

Friday-Sunday, October 7-9: Fall Retreat (Open to all students)

Sunday, November 6: Family Weekend Mass and breakfast (9:30 and 11:00 a.m.)
LEARNING SCIENCES MAJOR STARTS IN SESP

With the increasing importance of learning in different contexts, the School of Education and Social Policy has added a new undergraduate major in learning sciences. The curriculum builds on the strength of the School’s graduate program in the learning sciences, which has a 26-year history and was the first of its kind in the nation.

The new major will prepare students to be leaders in the understanding and design of innovative learning environments. Drawing on the most current theories of learning, course work will focus on three primary themes: cognition and learning processes, social and cultural contexts of learning, and designing for learning.

Why learning sciences? “Out-of-school learning will become increasingly important in the coming decades as workers can now expect to pursue more than one career and change jobs many times over their lifetimes,” said SESP Dean Penelope Peterson. “Accordingly, we need to prepare college graduates who can serve as leaders in helping to design innovative environments that effectively nurture and support learning both in school and in many different informal contexts including after-school programs, museums, community centers, online environments and workplaces.”

The new learning sciences program is of special interest to students who want to pursue careers in education technology, instructional design, education in museums and informal learning environments, educational research, curriculum design, workplace learning, and related fields. Potential employers might include school districts, museums and software design organizations.
Students in the new major may choose one of three specializations:

- Learning in schools
- Out-of-schools learning
- Design of learning environments

A specialization will consist of five classes organized around a particular area of interest. Depending on the specialization, the curriculum will include courses on topics such as the contemporary landscape of education, cognition in contexts, innovative learning environments and learning with new media. Beyond their core courses in life span development, social inequality and diversity, research and statistics, students will have the flexibility to tailor the program to their own interests.

All learning sciences students will complete a one-quarter internship for academic credit during their junior year. During this practicum experience, students will get their first taste of a real-world practical application for their degree. Social science research is also a component of the program, which was developed by a faculty committee chaired by Professor Reed Stevens.

Sophomore Amanda Simmons, who is majoring in learning sciences, said, “The classes in this major fascinate me as they will help me better understand the impact education has on individuals in society and its application to everyday life.”

For more information, students may attend an information session. These sessions are held at 3:30 p.m., weekdays, in Annenberg Hall, room 123. Email sespinfo@sesp.northwestern.edu, or call (847)491-3790.
Spring Updates
The Panhellenic Community had a great end to spring quarter, and we look forward to many great events coming up in the fall.

On Dillo Day (Northwestern’s day-long music festival), the Panhellenic Association (PHA) handed out free bagels, fruit and water to students in the morning and gave out free pizza for lunch in order to make sure that members of the Northwestern community were staying safe in the midst of Dillo Day festivities. We also partnered with the Interfraternity Council (IFC) to sponsor a water station on the Lakefill as a risk management measure to ensure students and guests were staying hydrated throughout the long day.

PHA had a Town Hall meeting that focused largely on the issue of sexual assault, which prompted the creation of the PHA Sexual Assault Task Force—a group of women who will continue to meet throughout the fall (and likely beyond) to determine the role of the Panhellenic women in addressing and preventing instances of sexual violence. It will also serve as a resource for victims of sexual violence within the PHA community.

In addition, we had a Wellness Workshop in which we discussed body image and mental health with members of our community. At the end of a productive quarter, PHA hosted a reading week celebration: Sundaes on the Quad! We had an ice cream party in the sorority quad for members of each chapter as a way to de-stress before finals.

And finally, we wrapped up our year with the Fraternity and Sorority Life Awards. We awarded chapters for excellence in Membership Development; Leadership; Campus and Community Partnerships; Scholarship; Wellness; Cultural Competency; and Member Accountability. Each year our chapters develop new practices to improve themselves and the Panhellenic Community at large, and this ceremony was a great way to recognize our chapters’ efforts.
Upcoming Recruitment Events

Coming up in the fall, we have several opportunities for women interested in joining Panhellenic to learn about our chapters and the recruitment process. Whether you’re interested in joining a sorority or just want to learn more about the sorority experience, Recruitment Kickoff is the perfect opportunity to learn more about becoming involved. Kickoff is an informal event hosted by the Panhellenic Association, where Potential New Members (PNMs) can ask questions about sorority life at Northwestern to a panel of PHA women and learn about our community. This year, Kickoff will take place on the afternoon of October 2 and marks the first day that women can register to participate in Formal Recruitment at Northwestern.

Registering for recruitment in the fall allows PNMs to participate not only in Formal Recruitment in January, but also Recruitment Preview on October 23, which gives PNMs a sneak peek of the Northwestern Panhellenic sorority experience and Formal Recruitment. Women have the opportunity to visit each of our Panhellenic chapter houses, see a brief presentation about chapter values and converse with active members. To attend Recruitment Preview, you must be registered for Formal Recruitment.

If you have any questions about recruitment or about joining 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.

Upcoming Important Dates

Sunday, October 2: PHA Recruitment Kickoff
Wednesday, October 19: Last Day to Register for Recruitment Preview
Sunday, October 23: Formal Recruitment Preview
Thursday, January 5- Tuesday, January 10: PHA Formal Recruitment
Northwestern University Dance Marathon (NUDM) is one of the largest entirely student-run philanthropies in the nation with over 1,000 dancers and committee members who come together to put on the annual event. Every year in early March, Northwestern undergraduate students gather in a giant tent outside the Norris University Center to dance for 30 hours straight. Since its founding in 1975, NUDM has raised over $17 million dollars for more than 30 different charitable organizations.

NUDM selects a different primary beneficiary annually to partner with in a year-long charitable mission. This past spring, NUDM was excited to announce GiGi’s Playhouse as the primary beneficiary for NUDM 2017. GiGi’s Playhouse is the only nationwide network of Down syndrome achievement centers for children and adults with Down syndrome, offering free educational and therapeutic programs that unleash confidence and promote continuous improvement. Through these programs, campaigns and community engagement opportunities, GiGi’s aims to change the world’s outdated perception of individuals with Down syndrome in a movement toward global acceptance for people of all abilities. NUDM’s long-standing secondary beneficiary is the Evanston Community Foundation (ECF), and NUDM 2017 will mark the 20th consecutive year of the partnership.

New this year, NUDM is focusing all summer fundraising on the NUDM Grant Program Campaign, which will be used to re-allocate funds to the personal efforts of students who may struggle with fundraising in order to make the fundraising requirement less of a barrier for those wanting to participate. By donating at go.nudm.org/grantcampaign, donors are not only supporting GiGi’s Playhouse and ECF, but also making the NU experience more accessible to all students!
Upcoming Important Dates

Saturday, September 17: Wildcat Welcome NUDM Field Day

Monday, September 26–Sunday, October 2: Committee Applications Live

Tuesday, October 25–Sunday, October 30: Dancer Registration Open

Coming up in the fall, NUDM will be hosting a Wildcat Welcome field day event on September 17 from 3:00–6:00 p.m. where new students can enjoy fun games and meet some of our 2017 Heroes from GiGi’s Playhouse for the first time. For those looking to get more involved in NUDM, committee applications open September 26.

Students have the option to apply for up to three of NUDM’s committees: Alumni and University Relations, Community Engagement, Corporate Relations, Dancer and Beneficiary Relations, Finance, Food, Marketing and Media, Productions, Special Events, and Technology and Analytics. And on October 25, perhaps the most exciting upcoming date, students can officially register to dance in NUDM 2017!

Registration will remain open throughout the week and close on Sunday, October 30 at midnight.
NU in Chicago’s Fall Neighborhood Exploration Day orients Northwestern students to civic resources and neighborhoods in Chicago. Every fall, hundreds of students join the Center for Civic Engagement and NU in Chicago for interactive excursions in neighborhoods across the city.

Students will have the opportunity to participate in one of a variety of thematic trips, such as Arts in Chicago, Chicago’s Public Spaces, Chicago’s Global Neighborhoods and more. Each track typically consists of site visits at organizations, city landmarks or museums. In the past, site visits have included the Center on Halsted, Jane Addams Hull House Museum, the 606, the Museum of Contemporary Art, the Union Stockyard and many other Chicago landmarks.

Although the day is open to all students, the Fall Neighborhood Exploration Day is commonly an incoming student’s first introduction to Chicago.

Facilitated by Northwestern faculty, staff, alumni and student leaders with expertise in the track’s topic, the day’s field experiences enable students to explore key cultural attractions, historic sites and diverse neighborhoods in an effort to better understand this dynamic city.

This event is free for Northwestern students, including all transportation, admission fees and food. This year’s event will be on Sunday, September 25 from 12:30–5:00 p.m. Registration will open in early fall at www.nuinchicago.org.

Upcoming Important Dates

NU in Chicago Fall Neighborhood Exploration Day:
Sunday, September 25 12:30–5:00 pm
UNDERSTANDING THE NORM:
ALCOHOL AND OTHER DRUG USE AT NORTHWESTERN

Misperceptions about college students’ alcohol and other drug use are common—we see them in movies and on television, hear them in the news, and even sometimes share them ourselves in the old college party stories we tell over and over. If we are to believe what we see and hear, all college students drink (and drink excessively), smoke marijuana, and experiment with other drugs. It’s just part of the “college experience.” Unfortunately, these misperceptions can cause real harm by skewing students’ views of how their peers expect them to act once here on campus.

Northwestern is committed to working with all members of our community—including parents and families—to reduce both the rates of use and risk of harm from drinking and other drug use on campus. Health Promotion and Wellness (HPaW), a unit of the NU Health Service, is the primary provider of health promotion, education, and prevention programs and services for students, and our mission is to educate and empower them to make healthy decisions that enhance individual success and community wellbeing.

We believe it is our shared responsibility not to glorify as “rites of passage” binge drinking, hangovers, or other risky behaviors that can in some cases have life-altering consequences. We should support those who choose not to use alcohol or other drugs, affirm those who, when they do drink, do so in a responsible way, and intervene with those who are using in harmful and potentially life-threatening ways.

Before arriving on campus, 1 in 3 first-year Northwestern students identifies as an abstainer from alcohol. Add in the nearly 40% who do not regularly drink (no alcohol in past two weeks) and we have three-quarters of our incoming class represented. This is an extremely positive piece of information we need to build upon. Unfortunately, within six weeks of being on campus, these numbers shift dramatically. By this time, we have lost 25% of our abstainers, and 1 in 3 first-year students report consuming alcohol at a high-risk or even problematic rate. This means male-identified students are consuming 5-9 drinks on occasion, with female-identified students consuming 4-7 drinks per occasion. Problematic levels extend beyond these ranges.

This change in drinking behavior is known as the conversion rate, and we know this because of data collected through AlcoholEdu for College, our required online educational course, which all incoming first-year and transfer students must complete prior to the beginning of Wildcat Welcome. Based on their level of use, the course meets students where they are and allows them to become better educated on alcohol basics, including its effects on the brain, factors that influence drinking, and how to reduce the harm associated when choosing to drink.

Prior to coming to Northwestern, first-year students overwhelmingly indicate their intention to utilize harm reduction behaviors, including setting limits, pacing drinks, and alternating with non-alcoholic beverages. How can we encourage them to stick with this plan once they arrive?
While we do our best to provide opportunities for every student to learn about alcohol’s effects on the body and how to reduce the harm associated with high-risk drinking, we still need the help from those closest to them. Parents can still have a major positive influence on young adults. Therefore, it is important to have open and honest conversations about alcohol and other drug use both before your student arrives on campus and throughout their time here. Below are some suggestions for beginning this discussion with your student.

- There is abundant scientific evidence that young adult brains are still developing until the mid-twenties, and that delaying drinking or other drug use as long as possible is safest. Help your student understand that the expectation is that they will not drink while underage, and that this is a choice that you will support. If they do choose to drink, help them understand that there is always some level of risk associated with underage drinking, and that you expect them to use protective strategies to help reduce the risk of harm to self and others.

- Set clear and realistic expectations regarding academic performance and the use of alcohol and other drugs.

- Make sure your student knows the legal penalties for underage drinking, using a fake ID, public intoxication, and DUI. In addition, make sure your student understands Northwestern’s alcohol and other drug policies, and the potential consequences of underage drinking and illegal drug use on campus.

- Stress to your student that drinking alcohol to the point of impairment or intoxication is dangerous and potentially life-threatening.

- Examine your own values and behavior and the messages you send regarding alcohol and other drugs. Avoid glorifying alcohol-related stories from your college days.

- Encourage them to stand up for their right to a safe and healthy academic environment.

- Encourage them to intervene when classmates or roommates are in trouble with alcohol or other drugs.

- Help them understand that it is OK to talk to someone at any point in time if they think their substance use is becoming a problem. Health Promotion and Wellness (HPaW) offers anonymous online and confidential in-person resources to help students explore their alcohol and other drug use.

- Talk to your student about AlcoholEdu for College. Ask what they learned and how they plan to apply it.

There are countless resources available to your student while they are here, so be sure to familiarize yourself and your student with where they can go to talk more about their concerns about alcohol and drug use. Have a conversation with your student after they complete AlcoholEdu for College by asking what they learned, how they will apply it to staying safe, and what questions they still have. Finally, if you are on campus for Wildcat Welcome, be sure to stop by the Health Promotion and Wellness (HPaW) table at the Parent and Family Resource Fair on Tuesday, September 13 from 2:00–4:00 p.m.

For more information on college drinking, and drug use prevention and harm reduction, visit:

- [www.northwestern.edu/alcohol-resources](http://www.northwestern.edu/alcohol-resources)
- [www.hecaod.osu.edu/families/](http://www.hecaod.osu.edu/families/)
- [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)
NEW RESIDENTIAL COMMUNITIES SET TO OPEN

In a few short weeks, Residential Services will open two new residential communities and welcome two new Faculty-in-Residences (FIR) to life on campus. After undergoing complete interior renovations and significant exterior alterations, Shepard Hall and 1838 Chicago will reopen as a single residential community of 270 students. Shepard will contain the FIR apartment and an innovative engagement center, which will be a hub of social and academic activity (including courses and academic support) for the neighborhood that also includes Allison Residential Community.

1838 Chicago will be home to the neighborhood’s fitness center, which will have aerobic exercise machines, a studio space for dance and yoga, and other equipment. Melissa Foster (Musical Theatre, School of Communication) will be the FIR for this new residential community and will be partnering with Residence Director Erin Boyce to design academic, cultural, educational, and social activities to build community and enrich students’ residential experience.

Goodrich House will reopen after its year-long renovation and be paired with the neighboring Bobb and McCulloch Halls to form another new residential community of over 500 students. Living in a new apartment located in Goodrich, Tali Figueroa-Feliciano (Physics & Astronomy, Weinberg) will be the FIR for this north campus residential community. He and Residence Director Tee Adams will lead this new residential community, and engage with and support students by hosting events and organizing programs.

These renovations, including the creation of Northwestern’s first residential engagement center and the addition of two new FIR apartments beyond those already in Allison and Elder Residential Communities, represent significant milestones in Northwestern’s ongoing 10-year Housing Master Plan. Residents of these buildings will have exciting new opportunities to connect with fellow students, faculty, and staff throughout the year.
This September, first-year and transfer students will move to campus to join Northwestern’s vibrant student body. RezEssentials, a student-run business, aims to make students’ arrival and move-in as seamless as possible by delivering bulky, difficult-to-transport goods directly to their on-campus rooms.

Since its inception in July 2013, RezEssentials has relieved the burden of picking up and transporting popular but heavy residential hall goods like mini-fridges, printers, and storage shelves. It delivers its products to customers’ rooms several days before orientation begins so that they are waiting for families when they open their doors for the first time.

Due to its record of impressive customer service and operational efficiency, Northwestern Residential Services recently granted RezEssentials an exclusive partnership so that it is the only supplier with access to University-provided housing. RezEssentials also recently expanded its line to include printer bundles, bedrest pillows, mattress pads, and mattress protectors.

RezEssentials is a portfolio company of Northwestern Student Holdings (NSH), a student-run holdings company that funds and manages a portfolio of businesses serving the Northwestern, Evanston, and Chicago communities. These companies employ more than 60 Northwestern students and serve over 8,000 customers annually.

Students working at RezEssentials gain business experience by directing 100% of the business’s operations. Through negotiating supplier contracts, making financial projections about new product lines, and designing advertisements, NSH provides students with opportunities to gain real-world insight into particular career paths, develop their professional networks, and meet student leaders with similar professional interests.

RezEssentials is looking forward to another successful season serving on-campus Northwestern students. If you or your student has any questions, visit rezessentials.com or email us at support@rezessentials.com.
At Northwestern Dining, your health and wellness matters. There are so many wonderful experiences students will have on campus and a lot of their time will be spent fueling up on great brain foods! We strive to provide students with chef-designed solutions to make their menu-planning easier. Our campus dietitian Karen Sechowski is available to discuss nutrition and tailored dietary menus, and students can find Gluten-Friendly zones in all 5 dining halls – simply call 847-491-DIET (3438) or send an email to Karen at diet-food@northwestern.edu. We are also very eager to announce the opening of our second Simple Servings by Sodexo station in Sargent Hall! With the opening of this conveniently located station, we have increased our offer of the Simple Servings by Sodexo Platform to the north neighborhood. To learn more or about how Mindful, My Zone, and Simple Servings by Sodexo can help your student, please visit dining.northwestern.edu.

It is easy to find all of our 20 dining locations by visiting Northwestern Dining’s interactive map to see what’s open and how to get there. Students want to spend their free time with friends not wandering campus trying to find the secret location of Einstein Bros. Bagels!

Having a meal plan is rewarding! Students don’t want to miss out on amazing events like Steak and Lobster Tail Night, Plex BBQ, 1835 Hinman All-Day Breakfast, Cram Jam, and Global Chef, all available for one meal swipe. If your student hasn’t signed up for a meal plan, don’t worry! All first-year students are automatically enrolled in the 14 Meal Plan (14). They can upgrade their meal plan to the Unlimited Meal Plan (U) at any time by simply filling out the Meal Plan Change/Request Form and sending it to food@northwestern.edu or by visiting us in the Seabury Western-Theological Seminary at 2122 Sheridan Road, room J147. Any other changes must be completed within the first week of classes for each quarter. Please call 847.491.2020 if you need further assistance and would like to speak with a friendly associate.

The following meal plans are available for the 2016-2017 academic year. For more information, please visit our website and the Meal Plan Terms and Conditions page.

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<thead>
<tr>
<th>Wildcat Meal Packs</th>
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<tbody>
<tr>
<td><strong>2016 2017</strong></td>
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<tr>
<td><strong>School Year</strong></td>
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<td><strong>Unlimited</strong></td>
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<td><strong>Fourteen</strong></td>
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<td><strong>Block 351</strong></td>
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<td><strong>Six</strong></td>
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<td><strong>MP</strong></td>
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<tr>
<td># of Meals</td>
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<tr>
<td>As many meals as you want, when you want it!</td>
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<td>14 per week</td>
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<td>117 meals per quarter</td>
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<td>351 meals per year</td>
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<td>6 per week</td>
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<td>10 meals per pack</td>
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<td>Meals expire June 30, 2017</td>
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<tr>
<td>$1070 Quarterly</td>
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<td>3+ Packs $8.05</td>
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Please note: Unused block meals, meal swipes, and meal plan points at the end of each quarter shall be forfeited.
BIKE SHARING COMES TO THE EVANSTON CAMPUS

A new, environmentally friendly transportation option is now available on Northwestern’s Evanston campus with the introduction of Divvy Bike Share. Thanks to a partnership between the University, the City of Evanston, and others, 100 Divvy bikes and 10 bike share stations were installed around Evanston in late June. Three of the 10 stations are on or adjacent to campus. Divvy bikes are already available in Chicago, and several stations are located near Northwestern’s Chicago campus.

The bike sharing service allows residents, students and visitors to take short trips across Divvy’s network of more than 580 Chicagoland stations. Membership includes unlimited 30-minute trips, making it easy to get to a class quickly, run errands, travel to and from public transit stops, or simply enjoy a ride.

Divvy membership is a great option for students who want access to bikes while on campus, but don’t want to deal with the cost and hassle involved in buying, transporting, maintaining, or storing their own bikes. Through the Wildcard Advantage program, students can receive an annual Divvy membership for only $75 instead of the normal $99 annual fee. Visiting friends and family members who want to explore the area on two wheels can purchase a 24-hour pass for $9.95.

In addition to providing a convenient service, bringing Divvy to the area will help Northwestern achieve its goal of cutting greenhouse gas emissions—including emissions associated with transportation—by expanding access to cycling as a sustainable transportation option. The Divvy partnership complements Northwestern’s existing infrastructure and services such as highly walkable campuses, extensive bicycle parking, easy access to public transportation, and convenient shuttle services.

The expansion of Divvy in the Chicago region also contributes to local economic development. Divvy employs between 120 and 60 people, depending on the season. Divvy partners with local community development organizations to help unemployed and under-employed people get back to work and to provide job training for at-risk youth.

For members of the Northwestern community, the expansion of Divvy means greater access to affordable, environmentally friendly transportation.

Safety should always be a priority for cyclists. Bikers should wear helmets (Divvy does not provide them) and should always follow the rules of the road. Take the Illinois bicycle safety quiz to learn about local laws and important safety strategies.

For more on discounts for Divvy memberships, visit the Wildcard Advantage Divvy page. Visit the Divvy website to learn more about the service.
The Wildcats, coming off a 10-win season in 2015, open the season at home on September 3: the start of a four-game stretch to begin the 2016 season. The ‘Cats play two prime time games at Ryan Field. The Wildcats’ matchup with Duke on Saturday, September 17, will kick off under the lights at 7:00 p.m. CT. The following week, Chicago’s Big Ten Team welcomes Nebraska at 6:30 p.m. CT on September 24, with both games being broadcast on the Big Ten Network. Homecoming is set for October 22 against Indiana, and Family Weekend is set for November 5 against Wisconsin.

Season tickets for the Wildcats’ seven-game home slate are on sale now at NUSports.com. Information on group ticket packages at Ryan Field is available by calling a Wildcats Account Executive at 888-GO-PURPLE.