Winter is coming...

Prepare Yourself:
A workshop from CAPS + the IO
Icebreaker!

Introduce yourself to someone new!
• Name/home country/program or major
• One question you have about winter in Chicago/USA
Purpose of workshop

• What to expect this winter
• How to prepare yourself
• How to enjoy winter

• Your “winter experts”- Debbie (from Chicago) + Emlyn (from California; 15x winters in Chicago)
• What excites/scares you about winter?
What to expect

• It’s cold and it does snow... for several months

<table>
<thead>
<tr>
<th></th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>(April)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average high</td>
<td>31 (F)/0 (C)</td>
<td>35/2</td>
<td>47/8</td>
<td>59/15</td>
</tr>
<tr>
<td>Average low</td>
<td>18/-8</td>
<td>21/-6</td>
<td>31/-1</td>
<td>42/5</td>
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<tr>
<td>Rain/snow</td>
<td>2.1 inches</td>
<td>1.9 inches</td>
<td>2.7 inches</td>
<td>3.6 inches</td>
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• This may not sound so cold, but...
  • “Wind chill” + wind
  • “Lake effect” + lake effect snow

• “Hibernation”

• You will be very excited for spring and summer!
What to expect
Proper clothing and accessories are essential to surviving winter in Chicago... especially if you primarily walk to class or take public transportation.

• Share: where have you bought winter items?
Prepare yourself!
Proper clothing

- IO Outlet Mall Trip: Saturday, December 1! Buy tickets today!
- Other places to buy winter gear:
  - Many options: consider how many years you will be in Chicago, and how much money you would like to invest in winter gear
  - Most expensive: North Face, Uncle Dan’s, Patagonia, Canada Goose
  - Middle: Eddie Bauer, LL Bean, Macy’s, Nordstrom Rack
  - Least expensive: Target, Old Navy, DSW, thrift stores (Crossroads)
  - Also check zappos.com, 6pm.com and of course amazon.com
- Black Friday/Cyber Monday sales! Take advantage!
  (Similar to 11/11 in China)
Prepare yourself!

Proper clothing (Coats)
Prepare yourself!

Proper clothing (Boots)

- Look for boots with good traction (for walking on ice!)
- Look for waterproof boots
- Uggs are not good winter boots in Chicago! They are not waterproof and have terrible traction.
Prepare yourself!

Proper clothing
(Everything else)

Top

Bottom

One-piece

Long underwear (generally worn under other clothes)
Prepare yourself!

Seasonal Affective Disorder (SAD)

- Have you heard of SAD? What causes "winter blues"?

- **Symptoms may include:**
  - Difficulty sleeping and/or “hibernation” (always sleeping)
  - Inability to focus or think as efficiently, decreased memory
  - Decreased energy, low motivation, worsened procrastination
  - Eating too much or not feeling like eating
  - Increased academic and/or interpersonal difficulties
  - Not enjoying things that used to be fun,
  - Not wanting to be around people
  - Feeling hopeless, helpless, worthless
Prepare yourself!

Seasonal Affective Disorder (SAD)

- A note from CAPS:
  If the symptoms of SAD persist for more than two weeks and start impacting your social and/or academic life it’s time to come to CAPS for consultation to see how we can help before it gets worse.
Ways to improve your experience:

- Take care of yourself!
  - Eat well, and keep a regular sleep schedule
  - Be proactive! Pay attention to your stress level
  - Stay connected! Don’t isolate yourself
  - Stay active! develop winter hobbies, exercise is the key!
  - Get outside when the light is out (especially if sunny)
  - Set your desk by the window
  - Have bright colors in your room (pillows, bed cover, etc.)
  - Stay reflective and restore

- Keep monitoring your health: vitamin level
- Consult with professionals as needed
  - Physical exam and supplements
  - Light therapy (consultation available at CAPS)
  - Counseling
  - Medication + supplements
Prepare yourself!

CAPS resources

- **Light treatment:** consult with a psychiatrist and check out the lights (CAPS + Henry Crown Pavilion)

- **Free and Confidential help at CAPS**

- **BREATHE** online portal: https://www.northwestern.edu/breathe/

- **Stress Management Clinic:**
  - Drop in meditation Mondays from 3:30-4:00 p.m)
  - Introduction to Mindfulness: Mondays 1-2pm (Nov. 12, 19, 26, Dec. 3)
  - Relaxation and Biofeedback: Mondays 2-3pm (Nov. 12, 19, 26, Dec. 3)

**Let’s Talk**

- Informal, friendly, confidential consultation with a counselor (no appt necessary)
- Mondays 2-3pm in the Library
- Tuesdays 11-1pm Women's Center
- Tuesdays 12-1pm International Office
- Wednesdays 2-4pm Multicultural Student Affairs Center (English and Spanish)

CAPS is located at 633 Searle, 2nd Floor. Hours 8:30-5:00pm daily. 24h crisis services and daily walk-in crisis hours
Prepare yourself!

Light Therapy

- Where to Rent:
  - CAPS (Consult a psychiatrist)
  - Henry Crown Pavilion /SPAC
    (Register for an appointment: https://tinyurl.com/LightTherapyNU)

- How often?
  - Daily 15 min to start up to 60 min. Early in the morning is best

- Consult a doctor with questions
Have fun!

Winter Activities

• The best way to THRIVE in the winter is to enjoy it! It’s very tempting to hibernate, but getting out and doing things will help you enjoy winter more.

• Embrace the new cultural experience! Send your family and friends back home pictures of the snow or funny winter outfits!

• Winter can be really beautiful, too!

• We have some ideas... many more out there.
Have Fun!

Outdoor Activities

• **Thanksgiving Parade at State Street**
  o Giant inflatable cartoon characters floats, Marching bands, & Local celebrities
  o November 22, 8-11am

• **Magnificent Mile Lights Festival**
  o Tree-lighting parade, live music, & sample treats
  o November 16-17

• **Zoolights at Lincoln Park Zoo**
  o Ice carving demonstration & Hot beverages
  o November 22-25, 30
  December 1-2, 7-23, 26-31; January 1-6
Ice skating in Evanston + Chicago
- Maggie Daley Park, Millennium Park:
  Nov 16 - March
- Wrigley Field rink
  November 23-January 27
- Robert Crown Center, Evanston
  All year indoors

Christkindlmarket Chicago
- The largest Christmas market in the US
- Unique shopping experience
- Typical German food and drinks
- November 16 – December 24

Travel to Warm Places
- Florida
- California
- Hawaii
Thanksgiving Dinner with Host Families
- Register by November 16!!!
- tinyurl.com/NUEAT2018

Museums
- Art Institute of Chicago
- Museum of Contemporary Art
  - FREE with Wildcard
- Chicago History Museum
- The Field Museum & More

Concerts
- Northwestern School of Music
- Chicago Symphony Orchestra

Movies & More (12 hours in Chicago)
https://www.youtube.com/watch?v=z7dFoGeRkgl
Enjoy winter!

More ideas

- Rent skis, skates, snowshoes etc. from Norris Outdoors
- You’re never too old to build a snowman or have a snowball fight!
- Go to Madison/Milwaukee/somewhere nearby (by train/bus/car)
- Chicago Restaurant Week (Jan 25-Feb 7) or visit a restaurant with a fireplace
- Exercise!!! So many free options for students through Fitness & Recreation!
- Catch up on Oscar movies—this is the best time of year for American films
- Start a tradition (annual chili cookoff, Xbox tournament, etc)
- Even more: check out these websites for ideas
  - PlanIt Purple: NU events
  - Timeoutchicago.com
  - Metromix
  - RedEye Chicago
  - Chicagoist.com
  - Chicagoreader.com
- Share: other ideas
Enjoy winter!

IO/NU events

- Coffee Talk (returns January 18!)
- Winter Mini Courses at Norris
- Super Bowl workshop: Friday before the Super Bowl
- Ice skate with the IO! February in Chicago
- Norris at Night events
- ISA/G-ISA programs
- Plan ahead to Spring Break (Service Trip to Memphis)
- More events to come!
- Follow us on social media + read our weekly emails
Enjoy winter!

IO/NU events

• What is one event/sport/etc you would like to try this winter?
• How will you prepare for winter?
• How will you take care of yourself this winter?
Questions?