Wildcat Winter Prep #2

For First- and Second-Year Students and Families

Northwestern | STUDENT AFFAIRS
Agenda

• Residential Services
• Campus Life
• Religious & Spiritual Life
• Northwestern Recreation
• Q & A
Residential Services

Programming
We Cannot Wait to Have Students on Campus

Faculty-in-Residence

Resident Directors

Resident Assistants

Faculty Chairs

Residential Colleges Only
The Best Winter Preview is a Fall Review

- Zoom Dinner with Faculty
- Distanced Trick-or-Treating
- Thank You Card Writing
- “Whine Wednesday”

In-Person  Hybrid  Virtual
Engagement via Social Media and Newsletters

Cooking Class with Rifka!

Mon, Nov. 16
6:30pm

Follow along on Instagram Live: @NUsoutharea
Ingredients Provided!

Cooking Class with Rifka

Join Faculty-in-Residence Rifka in preparing yummy homemade dishes! We will provide you with all of the ingredients necessary to cook these dishes while following along with Rifka on Instagram Live. For on-campus students, we will be reserving kitchens for you to use around campus. **Ingredients for each dish can be found here.**

Who: Any student living in South or North Area, living on campus
What: Follow along with Rifka while preparing your own delicious meal!
When: November 16, 6:30 – 7:30 pm
Where: On-campus students will cook in an assigned kitchen on campus
Why: Learn how to cook, interact with your Faculty-in-Residence, eat a delicious meal!
How: Register here to attend!

Southwest Area Swag Bracket!

- Knit Blanket
- Touch Screen Gloves
- Sunglasses
- Blue Light Glasses
- Reusable Water Bottle
- Fanny Pack
- iPhone Pop Socket
- Adhesive Phone Holder
- Short Sleeve T-Shirts
- Long Sleeves T-Shirts
- Reusable Mug
- Reusable Water Bottle
- Portable Speakers
- Fidget Cubes
- Fidget Spinners

Get Started in Research

Finding a Lab Workshop

Wednesday, October 21st | 7-8PM via Zoom
Co-sponsored by the Northeast Area

Register for all events here

**Zoom link provided upon registration**
Common Spaces
Kitchens
Each floor in Allison, and many other residence halls around campus, have a small lounge that has had its capacity limited to 6 people to ensure social distancing can be maintained in the space.
Lounges and Multifunction Rooms

All our public spaces are sanitized and cleaned daily.
Residential Services
Contact Information:

Website: [https://www.northwestern.edu/living/](https://www.northwestern.edu/living/)

Phone: (847) 467-HOME (4663)

Email: [housing@northwestern.edu](mailto:housing@northwestern.edu)
Campus Life

Fraternity & Sorority Life

Leadership Development & Community Engagement
Student Organizations & Activities

• Advising student organizations to host all events virtually and make them accessible to all students, including those who participate remotely.

(Student learning, Access, Wellness and Risk mitigation)

• Hybrid events include an in-person component limited to a few participants (10 or fewer or 25% of capacity) while offering a virtual experience to all participants.
Campus Life

Fraternity & Sorority Life
Leadership Development & Community Engagement
Student Organizations & Activities

Upcoming Events
FSL Virtual Recruitment Begins Monday, Jan. 4
Virtual Student Org Fair – Monday, Jan. 11, 7-10pm

E-mail general involvement questions to studentorgs@northwestern.edu and questions regarding Fraternity and Sorority Life to ofsl@northwestern.edu
Religious and Spiritual Life

Our mission is to support the quest for meaning and purpose through exploration, practice, and growth in our religiously diverse and inclusive communities.

We also help foster a sense of belonging for all members of the Northwestern community and work with campus and community partners to provide time and space for religious observance.
Sense of Belonging: RSL Winter Quarter Programs

**Wildcat Wellness**
- Virtual Drop-In Tea Time to connect and chat (also weekly during Winter Quarter)
- Drop in Meditation Sessions
- Mindfulness Retreat with CAPS

**Alice Millar Chapel Choir**
- Rehearses Tues/Thursday 4:00–5:30 PM CDT
- Contact Dr. Stephen Alltop to audition

**Northwestern Believes**
- An opportunity for small group connecting around meaning and purpose

**40 Days**
- A program for people of any background to cultivate spiritual wellness. Includes individual and small group opportunities
Alice Millar Chapel Choir

Rehearses Tues/Thursday 4:00-5:30 PM CDT

Students interested in the Chapel Choir should contact Dr. Stephen Alltop
Sense of Belonging: Weekly Ritual Observance

- **Friday**: Jumu'ah Prayer virtual and in Parkes Hall
- **Friday**: Drop-in Meditation virtual and in Parkes Hall
- **Sunday**: Sunday Service in Alice Millar Chapel
Sense of Belonging: Explore Community

• Over 40 Religious Student Organizations
• Connect with a Chaplain for Conversation
• Campus Religious Centers
  – Canterbury House
  – Lutheran Campus Ministry
  – Northwestern Hillel
  – Sheil Catholic Center
  – University Christian Ministry
Follow Us: @nuspiritual.life

Find Us: Alice Millar Chapel & Parkes Hall

Connect with us for a Conversation
NU Recreation

Henry Crown Sports Pavilion
Dellora & Lester Nord Aquatics Center
NU Recreation

• **Henry Crown Sports Pavilion:** weight room, cardio area, basketball hoops, Norris Aquatics Center
  - Socially distant, masks required, limited capacity, frequent sanitization and reservations required

• **Virtual Group Exercise Classes:** Yoga, HIIT, Pilates, Zumba

• **Pop Up Outdoor Group Exercise Classes:** Yoga, HIIT, Pilates, Zumba

• **Indoor Group Exercise Classes:** Yoga, Pilates, Cycling
  - Classes take place on basketball courts to allow for social distance

• **Sport Clubs Practices**
  - Socially distant, roster management and approval, staff oversight

• **Intramurals:** Tennis, Kickball, Tournament of Champions (rotating weekly competition)
  - Socially distant, roster management and approval, staff oversight
NU Recreation

Learn more about Intramurals, Sport Clubs and Recreation opportunities:
• Student Activities Fair Monday, January 11, 7-10 p.m.
• @NURecreation Instagram & Twitter
• Facebook Group – Northwestern Recreation
• NUREcreation.com
• Monthly Newsletter
Questions?

Tune into final Winter Prep Webinar:
12/10, 6:30 pm – 7:30 pm CDT
“Coming to Campus”

Email the Return to Campus Team:
returntocampusteam@northwestern.edu

Reach out to Family Engagement:
family@northwestern.edu
Thank you for joining us & Go ’Cats!

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