

## OCL Newsletter – Fall Quarter — December

Hello, Wildcats! Happy December! This is the last week of classes for the Fall Quarter, and we hope you are excited about the winter break! We are the Off-Campus Life office (OCL), your first point of contact for navigating the challenges and opportunities of off-campus living in Evanston and Chicago, providing you with ongoing support throughout the year!

### Upcoming Event

*Recharge & Relieve [December. 9<sup>th</sup>, Monday]*

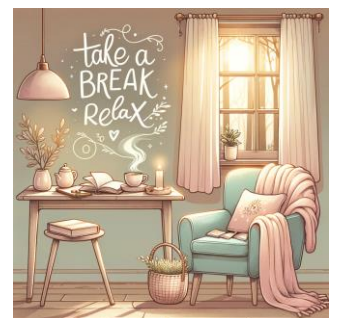


As finals approach and you prepare to head out of Evanston, take a well-deserved break! Drop in to the lower level of Scott Hall on December 9<sup>th</sup> from 10am to 12pm to grab free treats, refreshing coffee, and tips to keep your home safe while you're away. It's the perfect way to recharge and get peace of mind as you start Finals week and prepare for the holiday season. Don't miss this chance to grab a snack, connect with friends, and learn a few smart safety hacks—all in one stop! Remember to bring your ID card with you to access the door!

## TAKE A BREAK: Stress Relief Activities During Finals

Finals are here, but stress doesn't have to be! Here are even more fun and relaxing ways to help you recharge, refocus, and feel your best. Whether you have five minutes or an hour, there's something for you. 😊

- *Meditate.* 5-Minute Meditation: Practice deep breathing or guided meditation to calm your mind.



- *Get Active.* Physical activity can pump up your feel-good endorphins and other natural neural chemicals that boost your sense of well-being. You can go on a walk around the lake, take a jog, and gym. Get yourself out of study mode for second and have a stretch break.
- *Eat A Healthy Diet.* Eating a healthy diet is an important part of taking care of yourself. Aim to eat many fruits, vegetables and whole grains.

There are some other programs at Northwestern that might help you too...

### ***1. Therapy Dogs [December 8th, Sunday]***

Take a paw from finals and relax with some furry friends! At the University Library on December 8th at 2 PM to de-stress and unwind with the adorable Rainbow Therapy Dogs.



### ***2. Late Night Breakfast [December 9th, Monday]***

Take a well-deserved break from studying and stop by for a delicious late-night bite! At Norris Ground Floor, 9-11pm. Refuel and recharge to power through the rest of finals week—no RSVP needed.



### ***3. Popcorn at Café Bergson [December 10th, Tuesday]***

Take a break from finals and treat yourself to some popcorn! Swing by Café Bergson in University Library or Mudd Library to grab a snack and recharge before hitting the books again.



## **Are You Ready to Leave For Winter Break?**

Heading out for winter break? Before you leave, make sure your apartment is safe, secure, and ready for your return. Here are some Winter Break apartment safety tips:

- a). Lock all doors, windows, and patio doors.
- b). Set your thermostat to at least 68°F to prevent frozen pipes.
- c). Unplug small appliances to save energy and reduce fire risk.
- d). Pack up all your stuffs and place them into a secure spot.
- e). Clean up and take out trash to prevent pests.
- f). Notify someone you trust about your travel plan.

## **What to Know About Subletting [whether starting one, or ending one]**

Planning to sublease your apartment, or concluding a sublease? Ensure a smooth transition with our checklists below. Before subleasing, obtain landlord approval, draft a clear agreement, and document the apartment's condition. When ending a sublease, restore the apartment to its original state, settle all bills, and conduct a final walkthrough with the subletting tenant, and/or the landlord. And, don't forget to [check out even more information on the OCL website!](#)

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### **Checklist for Subleasing Your Apartment:**

1. *Obtain Permission:* ensure your landlord allows subleasing.
  2. *Draft a Sublease Agreement:* Clearly outline rent, responsibilities, and duration. There is a [sample sublet agreement](#) on our website.
  3. *Set Expectations:* Discuss rules for maintenance, utilities, pets, and other key terms with your subtenant.
  4. *Document Apartment Condition:* Take photos or videos of the apartment to avoid disputes later.
  5. *Share Key Information:* Provide details about utilities, parking, trash pickup, and building policies.
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### **Ending Your Sublease Checklist:**

1. *Notify Your Landlord/People who provide sublet for you.*
2. *Clean the Apartment.* For example: kitchen, bathroom, and floors.
3. *Settle Outstanding Bills:* Ensure all utilities and shared expenses are paid in full, as required by the terms of your sublease.
4. *Conduct a Walkthrough.* Note any damages, and take photos or videos of the apartment in its final state.
5. *Return Keys.*

### **[Other Featured Events for December](#)**

*A Festival of Lessons and Carols [December 8, Sunday]*



Mark your calendar for the annual Lessons and Carols Concert, a cherished holiday tradition at Alice Millar Chapel. Led by conductor Stephen Alltop, this magical event features the Alice Millar Chapel Choir, NU Philharmonia, and the Millar Brass Ensemble. Start at 10:30 am at Alice Millar Chapel, 1870 Sheridan Road. Through timeless readings and captivating musical performances, the Christmas miracle comes to

life. Admission is free, and no tickets are required. Don't miss this inspiring celebration of the season!

### **Ride the Festive Holiday Fleet!**

Get into the holiday spirit with the Chicago Transit Authority's (CTA) Holiday Fleet! Featuring the famous Holiday Train and Holiday Bus, this seasonal tradition spreads joy and cheer across Chicago with festive lights, decorations, and Santa Claus himself greeting riders. Whether you're commuting or just hopping on for fun, the Holiday Fleet offers a magical experience for all ages. Check the schedule and route details to catch these unique rides and add a little holiday magic to your journey. Visit the [CTA Holiday Fleet website](#) for more information and schedule.

The screenshot shows the CTA website interface. At the top, there are navigation links for Home, Travel info, and Holiday train & bus. Below the navigation is a video player titled 'Riding with Santa and the ELves'. To the right of the video is a 'System status snapshot' section with a table of CTA line statuses:

Line	Status
Red Line	Normal Service
Blue Line	Normal Service
Brown Line	Normal Service
Green Line	Normal Service
Orange Line	Normal Service
Pink Line	Normal Service
Purple Line	Normal Service
Yellow Line	Normal Service

Below the status snapshot is a 'Bus routes waitlist' table:

Route	3	4	14	6	7
J14	15	20	21	22	
30	31	35	37	44	
53	54B	56	57	60	
67	75	76	77	81	
84	86	88	90	124	
125	157	192			

### **December Sports**

#### **Basketball: 'Cats take on Illinois**

Friday, December 6, 8:00 PM, Welsh-Ryan Arena

Get ready for an epic Big Ten showdown as Northwestern Basketball renews its historic rivalry with the University of Illinois this winter! Join us at Welsh-Ryan Arena for a thrilling matchup as the Wildcats take on the Fighting Illini in a battle you won't want to miss. Bring your energy and cheer on your 'Cats as these two powerhouse programs clash in the heart of Evanston. This is more than a game—it's history in the making! Don't miss out!

#### **Basketball: 'Cats take on Bradley University**

Sunday, December 15, 2:00 PM, Welsh Ryan Arena

The Women's Wildcats return home to face Bradley University. Join us at Welsh-Ryan Arena, and cheer on NU as they battle the Braves.

There are more sports information and just to keep your eyes on the [calendar](#) and [news](#)! Wear Purple to show your support!

### [Places4Students](#)

Some of you may be looking for a new place or hoping to sublet your current place. OCL does not host a listing service but *does* partner with one: [Places4Students](#).

*Places4Students* can be utilized as you search for a new apartment, and to list a sublet. It is the only listing service that Off Campus Life recommends to landlords or rental companies who would like to rent to the Northwestern Community, as well as Northwestern Students, Faculty or Staff looking to rent. Students can utilize *Places4Students* **for free**, including listing a sublet.

### [Want to Discuss Your Off-Campus Life Experience?](#)

Whether you have a leasing, sub-leasing, landlord, roommate, or community question, we are happy to connect.

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