Dear Parents and Family Members,

I am honored to serve as the Executive Director of Northwestern University’s Counseling and Psychological Services (CAPS). CAPS provides a core set of mental health services for students, including individualized assessments, brief individual counseling, group therapy, crisis intervention, psycho-educational programming, and much more. I encourage you to visit our website to learn more about our department and the services that we offer on the CAPS website.

Another important role that we have is to educate the campus community about various mental health issues and syndromes. For example, this time of year the CAPS staff often gets questions about Seasonal Affective Disorder (SAD). SAD is sometimes colloquially referred to as “the winter blues” and is a type of depression that typically starts in late fall or winter and lasts until spring (roughly late October through late March). The symptoms may also range from mild to more severe levels across individuals. The reported incidence of SAD in the general population ranges from 10-20 percent of people in the United States. Below are some common questions that my staff receives about SAD each year:

WHAT CAUSES SAD? While the origins of SAD are not completely understood at this point, researchers believe SAD may be partially caused by a biochemical change in the brain, triggered by shorter days and reduced sunlight during the winter. In particular, two chemicals in the brain, serotonin and melatonin, have been linked to changes in mood, energy, and sleep patterns. Low levels of serotonin are associated with depression. Serotonin production is activated by sunlight, so less sunlight in winter could lower serotonin levels. Melatonin regulates sleep and is produced in greater quantities in darkness. Higher melatonin levels could cause sleepiness and lethargy as the days get shorter. The combination of the changes in the levels of serotonin and melatonin may lead to SAD symptoms.

WHAT ARE THE SYMPTOMS OF SAD? SAD is a subtype of major depression. Therefore, symptoms of major depression may be part of SAD, such as:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

WHAT IS THE TREATMENT FOR SAD? Everyone feels down occasionally; it is normal. However, if the down times last for more than an extended period of time (more than 1.5-2 weeks), it is highly recommended that you see a mental health provider. Treatment for SAD may include counseling and medication. In addition, light therapy has been found to be another effective form of intervention, typically in combination with counseling and medication. While there are many types of lights available for purchase, I would advise you and your student to consult with a mental health professional about SAD and how to most appropriately and effectively utilize light therapy.

To learn more about SAD visit the website for the National Alliance on Mental Illness (NAMI). You can also refer to a two-page FAQ sheet that we often distribute to students. Feel free also to reach out to consult with a CAPS staff member if you have any questions about SAD or would like to learn about how to get your student help. CAPS can be reached at (847) 491-2151.

Be Well,

John H. Dunkle, Ph.D.
Executive Director, Counseling & Psychological Services
NORTHWESTERN CELEBRATES LARGEST SINGLE GIFT
More than 1,000 people recently gathered at Pick-Staiger Concert Hall to celebrate alumna Roberta Buffett Elliott and her gift exceeding $100 million, marking a transformative moment for global studies at Northwestern. Watch a video recap of the event.

SCHOLARS HIGHLIGHT VISION FOR HISTORIC BUFFETT GIFT
Moderated by President Morton Schapiro, a high-powered panel of Northwestern experts from across disciplines showcased the exciting possibilities for scholarship, research and experiential learning created by the historic gift of more than $100 million to the University from Roberta Buffett Elliott.

NORTHWESTERN NAMED TOP FULBRIGHT PRODUCER
For the ninth consecutive year, Northwestern University ranks among the 10 top research institutions that produce Fulbright U.S. Student awards, according to data published in the Feb. 12 edition of The Chronicle of Higher Education. A near-record 27 Northwestern students or alumni accepted the prestigious award and currently pursue teaching, research, or other projects, which are funded by the nation’s premier international exchange program. An additional two grants were offered but declined.

Two Northwestern students secured Fulbrights to the United Kingdom, one of the most competitive placements, said Northwestern’s Sara Anson Vaux, the director of the Office of Fellowships and the Fulbright Faculty Adviser.

NORTHWESTERN’S WINNERS, THEIR HOMETOWNS AND THEIR PROJECTS INCLUDE:

ANTHONY BATTLE (Dolton, Ill.), a former defensive lineman for the Northwestern football team, won an award to teach English in the Ivory Coast.

SCOTT COUGHLIN (Burnsville, Minn.), a math major, planned to investigate a major unsolved problem in astrophysics—how and why large stars explode—with Cardiff University professor Patrick Sutton in Wales. The award will allow him to research the detection of gravitational waves, which he began studying as an undergraduate.

JEREMY HALPERN (Silver Springs, Md.), proposed studying sustainable urban mobility by interviewing “choice riders” in Haifa, Israel, or those who have access to a car but choose public transit. Halpern’s research plan involves designing and conducting two in-depth surveys.

EMIL KLOSOWIAK (Glenview, Ill.), is the second Wildcat member of his family to receive a Fulbright. A biomedical engineering major, Klosowiak proposed research on the use of hydrogels to help promote nerve regeneration in paralysis patients at the AGH University of Science and Technology in Krakow, Poland.

AMISHA PATEL (Jackson, Miss.), a fellow at Northwestern’s Feinberg School of Medicine, proposed studying pre-hospital care of patients in between, Northwestern students will once again be in the field pushing forward their intellectual agendas,” said Stephen Hill, senior associate director in the Office of Fellowships.
Michael Witek (South Elgin, Ill.), a Ph.D. student in the department of earth and planetary science, proposed to implement a new technique to assessing seismic hazards in the southern Korean peninsula, which is susceptible to earthquakes. He hopes it will help produce accurate models of the amount of shaking and damage caused by an arbitrary earthquake.

The complete list of Northwestern 2014-15 Fulbright recipients follows:

Nicholas Boffi (Aston, Conn.), Israel, physics; Nicole Brommimann (Tucson, Ariz.), Germany, teaching English; Iman Childs (Queens Village, N.Y.), Rome, journalism; Sofia Falzoni (Key Biscayne, Fla.), Brazil, teaching English; Hannah Green (Madison, Wisc.), United Kingdom, journalism; Nadia Hlebowitch (Tuscaloosa, Ala.), Uruguay, teaching English; Christopher Hoffman (Cleveland Heights, Ohio), Germany, teaching English; Candace Kohli (Dundee, Ohio), Germany, theology and religion; Noel Lakkiya (Binghamton, N.Y.), Taiwan, teaching English; Rachel Markon (Inver Grove Heights, Minn.), South Africa, teaching English; Tracy Navichoque (Los Angeles, Calif.), Uruguay, teaching English; Joel Penning (Valley Center, Kan.), Italy, history; Junesh Rahlan (Aurora, Ill.), Turkey, teaching English; Julie Santelia (Sioux Falls, S.D.), Tanzania, political science; Rachel Scholes (Olympia, Wash.), New Zealand, chemistry; Kia Sosa (Highland Park, Ill.), Croatia, teaching English; Jacob Wunsch (Homer Glen, Ill.), Germany, teaching English; Kali Zhou (Irvine, Calif.), China, public health.

The Fulbright U.S. Student Program, which was designed to increase mutual understanding between Americans and the citizens of other countries, provides support for individually designed study/research projects or for English Teaching Assistant programs. Candidates succeed based upon their academic merit and leadership potential.

It is one of several Fulbright programs sponsored by the U.S. Department of State and administered by the Institute of International Education. In addition to Vaux and Hill, Associate Director Amy Kehoe and Senior Associate Director Beth Pardoe provide managerial support.

More information is available on the Fulbright Scholar Program website. Read the article on Northwestern's new site for additional information.

With Dance Marathon (NUDM) right around the corner, you’ve probably been bombarded with donation requests, information about this year’s beneficiary, Starlight Children’s Foundation, and general excitement for the dancing to begin. What you may not have heard is Dance Marathon is going to reduce its environmental impact by minimizing its carbon footprint and diverting waste through composting for the third year.

In partnership with the Associated Student Government Sustainability Committee (ASG SusCom) and the Office of Sustainability, the NUDM food committee is trained to collect leftover food during meals for composting in order to divert this waste from landfills. Dance Marathon will also track energy used throughout the event and purchase carbon offsets to reduce the net carbon footprint. Dance Marathon also provides each dancer with a reusable water bottle which reduces the considerable amount of plastic bottles generated at past events. ASG SusCom and NUDM are currently discussing the feasibility of incorporating more energy efficient lighting, testing alternatives to make DM Trivia paperless, reducing flying, offering solar-powered phone chargers for dancers, and, renting an energy-generating dance floor.

NUDM is one of the largest student-run philanthropies in the nation and most certainly the largest philanthropic event on NU’s campus. Since it was founded in 1975, Northwestern students have raised more than $15 million for at least 30 different beneficiaries. This year’s beneficiary helps children with critical or chronic illnesses live more comfortably during their long stays at the hospital. The money raised from NUDM will help Starlight Foundation build 10 Starlight Sites in Chicagoland hospitals that help to decrease stress, improve moods, and relieve the fears of the extended-stay pediatric patients. They transform designated areas in hospitals to playrooms, teen lounges, and “no white coat zones”. The Office of Sustainability is thrilled to help this influential event continue their efforts to go green.
CAREER OPPORTUNITIES BEYOND WINTER RECRUITING SEASON

Winter recruiting season kicked off with the 2-day Winter Internship & Job Fair on Jan. 13 & 14 and continued throughout January and February with visits from companies and organizations such as PwC, Aldi, Accenture, Deloitte, Teach for America, Nielsen, Procter & Gamble, Walgreens, PNC Financial, Visa and Colgate-Palmolive for on-campus interviews and/or information sessions.

It’s important to note that industries have different hiring cycles throughout the year and on-campus recruiting is only one of many avenues students may take to find Internships and full-time positions. In fact, there are new internships and jobs from top companies in all industries added daily to NCA’s job/internship portal CareerCat, and we encourage your student to check in often to search for the right opportunity. If your student would like to discuss job/internship search strategies, NCA is here to help! Visit our appointment page for more information on how your student can meet one-on-one with a career counselor or advisor.

SUMMER SESSION AT NORTHWESTERN

Northwestern undergraduates interested in fulfilling degree requirements or taking-on an accelerated course of study have access to more than 300 undergraduate courses in 62 subject areas offered during Northwestern’s Summer Session. Summer courses at Northwestern are scheduled with flexibility in mind, to accommodate summer plans—some courses are as short as three weeks, and others run up to nine weeks—with day, evening, and weekend options available. Plus, intensive sequences offer students the opportunity to earn a full year of credit in biology, chemistry, physics or a number of languages in just nine weeks.

Summer Session courses are offered on Northwestern’s Evanston or Chicago campuses, and students who enroll have access to all the highlights of living in the city in the summer. Summers in Chicago offer everything from world-class arts performances, a plethora of pro-sports games, street fairs, cultural events, and a seemingly endless amount of outdoor activities. Plus, Northwestern students have access to exclusive lakeside recreational facilities, including a campus-adjacent beach and sailing center, both of which are free to students.

Summer session starts June 22, 2015. Registration for summer session begins Monday, April 13, and runs through Sunday, June 21, with late registration available through Friday, June 26. To register or learn more, visit northwestern.edu/summer, or call the Office of Summer Session and Special Programs at 847-491-5289.
PEER-LED UNDERGRADUATE STUDY

Peer-Led Undergraduate Study (PLUS) is a structured opportunity for students to study with others in their classes, with support from more experienced peers who are available to help answer questions and provide guidance. PLUS is a drop-in program; no registration is necessary.

Winter sessions will be held Sundays at the Sargent dining hall, from 3 to 5 pm. The program is free and open to all students in PLUS-linked classes (no dining plan required). Snacks are provided. Students in courses served by PLUS have already received a notice about the program via email.

This quarter, PLUS is offered for the following courses:

• Chem 102
• Chem 210
• Econ 201
• Econ 202
• Math 213
• Math 220

• Math 224
• Math 230
• Physics 135 -2
• Physics 135 -3
• Psych 110
• Stat 210

EXCURSIONS AROUND CHICAGO AND CAMPUS

The Office of Residential Academic Initiatives (ORAI) organizes regular excursions for student members of the residential colleges and residential communities. These outings offer occasions for informal interactions between students and affiliated faculty. In addition, they enhance students’ sense of shared experiences. For most attendees, an ORAI-sponsored excursion is their first time visiting the world-renowned Shedd Aquarium or Chicago Symphony Orchestra. By arranging tickets and transportation for students, ORAI makes these early adventures more accessible to students so they can relax and enjoy the experience, whether it is a performance at Lookingglass Theatre or a dinner in Chinatown to celebrate Chinese New Year. Hopefully the excursions provide students with the inspiration and information they need to organize their own return outings with friends. Aside from exploring Chicagoland, students can also connect with campus venues and programs through ORAI’s offerings. This year, ORAI has organized groups to participate in events associated with Whistling Vivaldi, the One Book, One Northwestern selection. Students and affiliated faculty attended the production of The Laramie Project at Northwestern’s Wirtz Center for the Performing Arts and the acclaimed “RACE” exhibit at the Illinois Holocaust Museum.

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RESIDENTIAL SERVICES

SPRING BREAK

Spring break runs from 6:00 p.m. on Friday, March 20 through Sunday, March 29. The residence halls remain open over spring break. Residents may choose to stay for part of or for the entire break period.

CONTRACT NOW FOR 2015-16 UNDERGRADUATE HOUSING

Returning residential students are now able to submit a 2015-16 NU Housing contract to reserve a space in housing for the 2015-16 academic year. In order to reserve a space, students must read and sign the Contract Terms and Conditions, available on the Residential Services site. If a student has already signed a contract for next year but now wants to cancel their contract, they must do so before March 20, 2015 (the last day of winter quarter) to prevent paying a cancellation fee.

A DAY WITH NORTHWESTERN

STUDENTS CAN REGISTER NOW FOR ONE OF THE NORTHWESTERN ALUMNI ASSOCIATION’S MOST ANTICIPATED EVENTS OF THE YEAR: A DAY WITH NORTHWESTERN IN EVANSTON.

For more than 40 years, A Day with Northwestern in Evanston has drawn more than 400 alumni, students, parents, and friends for a full day of presentations and lectures on timely topics from prominent Northwestern faculty and alumni.

The event will take place on Saturday, April 18, 2015 from 9 a.m. to 4 p.m. at the Norris University Center.

For the full list of speakers and session descriptions, visit the Alumni Association website.

This year’s lineup includes:

THE FABULOUS FUTURE? AMERICA AND THE WORLD IN 2040
Gary Saul Morson ’11 P, Frances Hooper Professor of the Arts and Humanities and professor of Russian literature, Weinberg College of Arts and Sciences

25 YEARS OF CALLING THE ‘CATS
Dave Eanet ’77, Sports Director at WGN Radio and play-by-play announcer for Northwestern football and men’s basketball

THROUGH THE LENS OF FERGUSON: CURRENT ISSUES AT THE INTERSECTION OF RACE, PSYCHOLOGY, AND LAW
Destiny Peery ’09 MA, ’12 JD, ’12 PhD, Assistant Professor of Law, School of Law

EXPLORING THE UNIVERSE WITH THE HUBBLE SPACE TELESCOPE
David M. Meyer, Director, Dearborn Observatory and Charles Deering McCormick Professor of Teaching Excellence, Department of Physics and Astronomy, Weinberg College of Arts and Sciences

Other speakers include experts on medical research, global health studies, music, art, economics, and much more!
**ONE BOOK ONE NORTHWESTERN**

Whistling Vivaldi, by Claude Steele, is the chosen common read for this year. Throughout the year, lectures, films, and discussion groups provide opportunities for individuals to gather and talk about the issues presented in the book. February highlights include:

**KEYNOTE WITH DR. CLAUDE STEELE**

What a visit! Claude Steele, author of Whistling Vivaldi, came to Northwestern and dazzled everyone. Thanks to his generosity, One Book hosted seven events with Dr. Steele, including a standing-room only keynote address on February 4th.

**BEYOND THE BOX SCORE: WOMEN IN THE BUSINESS OF SPORTS**

An all-star line-up of sports journalists—USA Today's Christine Brennan (BSJ80, MSJ81), CNN's Rachel Nichols (BSJ95), Fox Sports's Pam Oliver and ESPN's Cassidy Hubbarth (BSJ07)—were on campus to talk about their experience working in the sports business. The all women panel discussed the advantages and disadvantages women face in the media and the perceptions they must overcome. The event was co-sponsored by Medill, Northwestern Athletics and the Women’s Center.

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**STUDENT ENRICHMENT SERVICES CELEBRATES WITH OPEN HOUSE**

The new Student Enrichment Services held an open house on January 28, 2015, which was a huge success. Over 75 students, faculty, and staff came together to support the experience of our low-income and first-generation students. Amanda Walsh, President of Quest Scholars Network, shared her experience in navigating the Northwestern community and the Resource Table highlighted programs and scholarship opportunities from over 20 campus units and departments. SES is excited to roll out its Student Advocacy Committee during Spring Quarter and will offer monthly workshops, programs, and events targeted toward low-income and first-generation students.

In the meantime, please enjoy this [Welcome Video to the Class of 2019](#). Please help us share this important message by posting on your social media pages.

Questions? Call or email us at enrichment@northwestern.edu or 847/491-5991.
UPCOMING ATHLETIC EVENTS

SENIOR DAY
WOMEN’S BASKETBALL
vs. Maryland
Sunday, March 1
12:00 PM
The Wildcats will honor seniors Karly Roser and
Alex Cohen in their final home game.

SENIOR NIGHT
MEN’S BASKETBALL
vs. Michigan
Tuesday, March 3
8:00 PM
The Wildcats will honor three seniors—Dave
Sobolewski, JerShon Cobb and Jeremiah Kreisberg—in the final home game of the year. Also honored will be senior members of the cheerleading team.

HOME OPENER
WOMEN’S LACROSSE
vs. Colorado
Saturday, March 7
12:00 PM
The 7-time National Champions return to Lakeside Field for the first time in 2015.

ATHLETICS ACADEMIC FACTS
Students Athletes Succeeding Both On & Off the Field

3.17
The Fall 2014 overall student-athlete GPA was a 3.17 (individual; team average was 3.18). This marks the 25th consecutive quarter that our student athletes have had a GPA above a 3.00.

70%
Over 70% of our student-athletes had GPAs over a 3.00 for the winter quarter.

103
There were 103 Academic All-Big Ten selections from the six fall sports. Northwestern is the lone Big Ten conference school to crack the 100 mark. This is just the second time in school history, and the second year in a row, that this has happened.

24
There were 24 perfect 4.00 GPAs.

67.5%
Of the 151 NU student athletes eligible to receive Academic All-Big Ten honors, 102 of them earned recognition for the award (67.5%).

96%
In October, the NCAA’s most recent Graduation Success Rate (GSR) numbers were released. Northwestern earned a 96% GSR for the student cohort from 2004-07. This figure leads the Big Ten by seven percentage points and ranks among the top in the country.

97%
Northwestern Football specifically had a 97% GSR, ranking it at the top of the Big Ten by ten percentage points and ranking second nationally among Football Bowl Subdivision schools.

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