IMPORTANT DATES

JAN. 12  First Day of Classes
JAN. 19  MLK Day (No Classes)
FEB 28-MARCH 8  Mid-semester Recess
MARCH 27  Last Day to Drop a Course and receive “W” grade
MARCH 27  Last Day of Classes
APRIL 25  Exams
APRIL 25-MAY 2  Exams
MAY 2  Commencement

Be sure to check out the NMU Events Calendar

START STRONG - END STRONG

- Talk with your professor EARLY and OFTEN
  - Make sure you understand the course syllabus, your responsibilities, ASK questions early about anything you don’t understand
  - Office hours are a great way to talk with your professor. Set up a one on one appointment if the office hours don’t compliment your schedule

- Create a detailed schedule for yourself
  - Set aside time for studying, work, class as well as personal time
  - This should help keep your organized and reduce stress

- Know when assignments are due & how they should be turned in
  - Is the assignment due online, in-class or both?
  - Be sure you know the date and time the assignment is due

- Think big picture- Visit your advisor at least once during the semester!
  - Are you on track for graduation?
    - Know what courses you need to take and which you have completed already.
  - Discuss additional tips and suggestions for completing the semester strong & doing your best

INSIDE THIS ISSUE

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Interested in a commuter meal plan?
Enjoy the ease of eating on campus?
Right now until January 30th the Dining Services will be offering special pricing for commuter meal plans. Meal plans will carry over from one semester to the next.
After the deadline the rates will go back to their standard amount for the semester.

Need Help with FAFSA?
The Financial Aid Office will be offering additional FAFSA assistance this semester. Beginning on February 23-27th from 5-7pm there will be staff members available to help. You are encouraged to call and set up an appointment. Please contact Financial aid for more information at 906-227-2327.

The recommended filing date for Michigan residents is March 1 for the 2013-2014 school year.

Common Study Areas on Campus

There are a number of public areas on campus where students gather between classes. Here are some of the most common locations:

- Study Lounge by Starbucks
- Peter White Lounge in the University Center
- Hedgcock Atrium on the Top Floor
- Jacobetti Center Commons
- Lydia Olson Library — Main Floor
Get Your Grub On

Looking for places to eat on campus? A list of on-campus dining facilities is located at [http://meet.nmu.edu/dining](http://meet.nmu.edu/dining).

Did you know there are meal plan options for commuter students? There are a number of options available. You can learn more at [http://meet.nmu.edu/dining/?p=campuscuisine](http://meet.nmu.edu/dining/?p=campuscuisine).

Where can you heat up a meal you bring from home? There are microwaves located in the Hedgcock building. One is upstairs near Melted. The other is downstairs by the Financial Aid and Admissions offices.

NMU Preferred Name Policy

Have you heard? Winter 2015 semester is the start of a new practice for students at Northern Michigan University. Students will now have the choice of selecting a name different from their legal name to be used for class rosters, MyNMU, even communication to you and your parents etc. Keep in mind legal names will still be used for communication such as transcripts or financial aid.

Students wishing to update, delete or change their preferred name must go into the Registrar’s Office located in room 2202 Hedgcock.

Any questions related to the new preferred name policy can be directed to the Registrar’s Office. Either in person, via email records@nmu.edu; or by phone 906-227-2231.

Laptop Trouble?

NMU’s Help Desk to the rescue!
[http://it.nmu.edu/helpdesk](http://it.nmu.edu/helpdesk)
LRC 116 (Across from Fieras)
906-227-2468

Need Help with Classes?

NMU offers a number of Academic Support Services. You can learn more about All Campus tutoring, the Writing Center, and the Math and Language labs at [http://www.nmu.edu/tutoring](http://www.nmu.edu/tutoring).
Seasonal Affective Disorder (SAD)

What is it?
Seasonal Affective Disorder (SAD) is a form of depression that occurs at the same time each year. It usually begins towards the end of fall and during the winter months.

What causes it?
It’s believed to be caused by the decrease in sunlight during this time and may affect melatonin and serotonin in the brain.

What are the symptoms of SAD?
- Feeling moody, sad or grumpy
- Feeling fatigue or drowsiness throughout the day
- Weight gain
- Irritability
- Increasing sleep & appetite
- A heavy feeling in the arms and legs
- In severe cases, suicidal thoughts may be present

How it can be treated?
- Eating a well-balanced diet
- Regular exercising
- Light therapy
- Daily outdoor activities
- Seek professional help

Information adapted from the NMU Counseling and Consultation Center. The Counseling Center is located at 3405 C.B. Hedgcock and can be reached at 906-227-2980. Visit http://www.nmu.edu/counseling for more information.

View more articles and helpful hints @ http://www.nmu.edu/commuter
Where Is the Best Place to Park?

You can use this comprehensive map to determine the best location to park in relation to your classes. Or figure out the most central place to park your vehicle, and then use the campus shuttle to avoid walking all around campus in the colder winter months.

Campus Parking Map:
http://www.nmu.edu/publicsafety/node/229

Wildcat Shuttle Schedule and Route Information:
http://www.nmu.edu/publicsafety/node/226

Attention Veterans!

Have questions or need clarification about your veteran benefits?
NMU welcomes Mike Rutledge, a new veteran services representative. Learn more about him in this Campus Closeup.

NMU’s Veteran Student Services Office information here:
http://www.nmu.edu/financialaid/veterans

When on campus, make sure to check out the Veterans’ Lounge (Room 3403 in Hedgcock).

Find Your Adviser

How do you find out who your adviser is? Follow the instructions at http://www.nmu.edu/acac/node/68.

Get Your PEIF Pass

Sign up for your pass at http://www.nmu.edu/sportsrecsports/node/1. PEIF hours of operation can be found at http://www.nmu.edu/sportsrecsports/node/147.

Help Wanted


Inclement Weather Policy

There are several ways to get an update on the university’s decisions about bad weather, including messages on the NMU home page, as well as calling the B-R-R-R line (906-227-BRRR) and listening to area media outlets. The media outlets are notified by 6 a.m. if day classes are cancelled and by 2 p.m. if night classes are cancelled. View the entire policy at http://www.nmu.edu/publicsafety/node/35.

Road condition information throughout the State of Michigan may be found on the Michigan State Police Road Conditions site at http://www.michigan.gov/roadconditions.

EMERGENCY text alerts

All students and parents may sign up for notification of campus emergencies through a text message and e-mail alert system. Sign up is now available at http://myweb.nmu.edu/alerts.

Northern Michigan University

Provided by the Dean of Students Office
http://www.nmu.edu/dso/
E-mail: dso@nmu.edu

View more articles and helpful hints @ http://www.nmu.edu/commuter