



Monday, October 5, 2009

Fall 2009

Mortarboard: Papers, Papers, Papers!

It's about that time... the deadline is approaching and you have yet to open a Word Document and type your name on it. The dreaded first paper of the semester is due soon and it is breathing down your neck, right? Don't worry, we have five great tips to get you moving and help you succeed!

1. Start Early. No one likes to cram a paper into one night. Usually professors will give you at least a weeks notice in regards to due dates for papers, so take advantage of this. If you do a little bit of your paper each night, it will not seem like that much work. Starting early also gives you time to revise and edit it.

2. Outline before writing. If you set out the structure of your paper before you start researching, it will help you write the introduction and conclusion because you'll have a better idea of the direction of your paper. It will also help you discover where your basic knowledge of the topic is the weakest. This is where you will need to concentrate your research.

3. Cite your sources. Provide a citation for material in your paper that isn't your own, such as a quick page reference; a few facts quoted directly from your source; or an occasional longer passage, table, or chart that you think is important enough to include in the body of your writing.

Keep track of the sources as you find the information so it will be easier to compile your list when you are done researching. Ask your professor which citation style he/she prefers and use it. Reminder: Do not plagiarize! It's illegal!

4. Head to the Writing Center. The Writing Center is located in 225 KFA and is a great place that helps students improve their writing skills for FREE! After you go to the Writing Center, your tutor will send a note to your professor, letting them know you were there. What professor doesn't want to hear his/her students are putting in extra effort?! Visit www.uwrf.edu/english/WritingCenter.html for more information.

5. ASK FOR HELP IF YOU NEED IT! Professors want you to be as prepared and successful as possible. Don't be afraid to raise your hand and ask for clarification in class or stop by your professor's office during office hours to get your questions answered. There is nothing your professor can do to help after you have handed the paper in!

Good Luck! Following these steps will not only increase your chances for success but they will decrease your chances of being stressed!

And remember, the FYE office is here to help, so do not hesitate to contact us at fye@uwrf.edu or at 715-425-4444.

Good For You:

Annoyed, Frustrated, and Fed Up

A big part of the college experience is learning effective confrontational skills and initiating communication when there are problems. Most students don't like to confront others and often try to live with the problem or ignore it, but it can go too far and usually someone gets hurt.

It's important to try to solve problems with classmates or roommates. Don't even think about beating around the bush or dropping hints. How are they suppose to know what you feel if you don't tell them straight up? Consider these suggestions when confronting someone.

1. Focus on the issue at hand that needs to be resolved instead of blaming your roommate/classmate for the problem. If you start out the conversation by blaming the other person, it will further alienate them.

2. Think of a workable solution to the situation prior to confronting your roommate/classmate. Is there something you can do to make the situation better or that you can actively do to resolve the conflict and not even have to confront the other person involved?

3. It is your responsibility to take control of your own actions and emotions. No one can be in any personal relationship with the thought we will be able to change someone else. What if they're resistant to change? Then we're stuck with the same problems.

4. Be ready with a few workable solutions that both of you can implement if you need to confront your roommate/classmate about a problem. It will make the confrontation more pleasant and might solve the problem at hand.

5. Write down ahead of time what it is you want to say. You could even make a short list to follow for the time of the actual conversation; it will help organize your thoughts and find a way to approach the sensitive area with tact and thoughtfulness.

6. If your talks aren't resulting with a positive solution, consider the option of asking your Resident Assistant or professor to help you both find a solution to make the situation better. Remember, it's better to ask for help than to struggle through a negative experience.

Falcon Challenge Winner:

Katie Galloway City Sampler Free semester admission for the Emogene Nelson Weight Room

Look for an email from the FYE Office with instructions on how to redeem your prize.

Career Corner:

The Career Fair is Wednesday, October 14 from 10 a.m. to 3 p.m. in the University Center. For more information, visit

<http://www.uwrf.edu/career/events.htm>.

Hidden Gem:

Want to go skating? Bring your student ID card and just pay \$1.50 for skate rental! Click [here](#) for

Open Skate times at Hunt Arena.

“ It takes courage to grow up and become who you really are. ”

—E.E. Cummings

Monday, October 5, 2009

Fall 2009

FYI from FYE

What to Do About H1N1

It is that time of year where people are beginning to get sick. How can you prevent yourself from getting influenza and what to do if you become ill with influenza symptoms?

Stay home when you are sick. Do not go to classes (even if you have a test) or work for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius), or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating), without the use of fever-reducing medicines (except if you need to seek medical care). Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed. Disposable thermometers are available at each residence hall front desk and Student Health Services at 211 Hagestad Hall.

If you have influenza symptoms, contact your instructors via email or phone to let them know you will not be in class. You are expected to make arrangements to retrieve class notes from a peer and complete all missed work in a reasonable time frame. Communicate with your instructor if you have questions. Students living in the residence halls who become ill should [contact residence hall staff](#).

If you wish to see a health care provider you can contact the River Falls Medical Clinic at 425-6701 (certain services are covered for students by Student Health Services) or your own health care provider. Taxi rides to and from the River Falls Medical Clinic are covered for students by Student Health Services with presentation of a student ID. For more information about Student Health Services, visit www.uwrf.edu/studenthealth/.

Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

Get Vaccinated Against Influenza. People will need separate vaccines for seasonal and H1N1 influenza. Seasonal influenza vaccines are currently available at numerous locations, and the H1N1 vaccine will be available in the next few weeks. To find out where you can go to get vaccinated, check out www.uwrf.edu/emergency/InfluenzaShots2009-2010.pdf.

UW-River Falls continues to work with authorities to follow current local, state, and federal recommendations related to the H1N1 and seasonal influenza. H1N1 pandemic flu is widespread throughout the world. Fortunately, the vast majority of cases are mild and, at this point, the H1N1 virus appears no more virulent or severe than most seasonal flus.

Since health care providers are testing for H1N1 only in rare cases, most of the time we won't know if someone has H1N1 or seasonal influenza. Symptoms of influenza include fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue, and may include nausea and vomiting. In most cases, healthy individuals who develop influenza symptoms do not need to seek medical attention. Those with underlying medical conditions who develop influenza symptoms or who are directly exposed to influenza should contact their health care provider.

To stay updated on H1N1 and the UW-River Falls response, periodically check our Emergency Preparedness H1N1 web page, www.uwrf.edu/emergency/flu.html.

At a Glance:

Tuesday, October 6	Study Abroad Fair (10 a.m. - 2 p.m., Falcon's Nest)
Wednesday, October 7	Body Composition Testing (6 p.m., Parker Hall)
Friday, September 25	Falcon Spirit Day

Go Away... Study Abroad!

The Study Abroad Fair is this Tuesday, Oct. 6, from 10 a.m. until 2 p.m. in the Falcon's Nest in the University Center. It is a great opportunity for students to learn about the various programs offered through UWRF, other campuses, and outside organizations. Students will be able to interact with study tour leaders, past participants, and Global Connections staff.

Students will also receive information on passports, financial assistance, and answers to any questions they may have about studying abroad! The Study Abroad Fair is a convenient opportunity for students to explore the many abroad possibilities that exist!

For more information, contact Global Connections at 715-425-4891 or visit www.uwrf.edu/globalconnections/StudyAbroad/welcome_Study_Abroad.htm.

Spring Break Trips

Destination is a week-long community service trip over Spring Break. It provides students with a challenging and fun opportunity to lead and learn through active service experiences. This year's participants will serve as volunteers with organizations working in one of the following areas: urban issues, hurricane relief/awareness, environmental education, poverty and homelessness, and the effects of equine therapy.

Through Destination, participants provide service to the host community, identify and build upon its assets, make new friendships, and bring experiences back to campus to share. They also learn about reflection, human issues, and becoming an active member in society while gaining a new perspective on their own communities.

To apply, or if you would like more information, visit sa.uwrf.edu/sa/student-life/falcon-programs/service/destination.

Let's Play Hockey

The ice in Hunt Arena is now in! This means it is time for another wonderful winter of hockey. The Recreation Department is offering you the chance to play some hockey with your friends in open skating time. We have reserved a few nights throughout the year. Open hockey will be held on Oct. 5, Oct. 21, Feb. 3, Feb. 15, and March 4 from 9-10:15 p.m.

Also, new this year we have started a weekly option for all of you hockey junkies. Starting November 3, there will be an open hockey opportunity from 12:00pm-1:15pm every Tuesday.

This Edition of the Falcon 411 Has Been Brought to You By:

First-Year Experience • Career Services • Falcon Programs • Global Connections • Recreation