



FALCON 411

Monday, October 12, 2009

Fall 2009

Mortarboard:

The Library is NOT Just for "Nerds"

Make the most out of your library during mid-terms by using the resources it has to offer. For some of your classes you will need a quiet spot to study, while in others you might need to find a lot of research for a paper. And why not find a DVD or CD to enjoy while you take a break?!

The [Chalmer Davee Library](#) is jam-packed with services and resources all designed to help you excel in your coursework and meet your academic goals.

- [Interlibrary Loan/Universal Borrowing-](#)

Get books, articles and videos from anywhere. Quick, easy and free!

- [Research Help Desk-](#)

Librarians and trained staff offer assistance with using the library catalog; constructing searches; navigating online databases and other e-sources, such as finding quality information on the internet.

- [Curriculum Materials Collection \(CMC\)-](#)

Education majors will find a bounty of sources in the CMC, located on the top floor of the library including K-12

textbooks, activity guides, method books, and juvenile literature.

- [University Archives and Area Research Center \(ARC\)-](#)

The archives and ARC serves as the official repository for historical records for UWRF as well as a regional repository for local government and historical records. Peruse newspapers, artifacts, photographs, census records, yearbooks and much more dating back to the early 1800s.

- [Laptop Checkout-](#)

Dell and Macbook laptops are available for checkout to currently enrolled UWRF students.

- [DVD's and Audio CD's-](#)

The UWRF library has a large foreign language film and current feature film collection as well as 1,000s of audio CD's including classical music, jazz, soundtracks and audio-books.

It is YOUR library, so take advantage of all that it offers!

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:

Do I Fit In Here?

Do I fit in here? That's precisely the question you need to be asking at this "college age" stage in your life. The majority of you are in the age range of 18 to 26. Your mission during this age range is to try out different classes, friends, hobbies, clubs, relationships, majors, career paths, and world views, in an effort to establish an identity that feels real to you.

But how do you know if parts of your identity are feeling real or not? Good question, the answer is that while in the presence of these real pieces of your identity, you feel you are at your best. The parts of our identity that are most natural for us, not only make us feel good, but they help us look good to others too. This is why identity precedes relationship intimacy in Erik Erikson's classic stages of human development (for more information on the developmental stages, visit www.learningplaceonline.com/stages/organize/Erikson.htm).

"Sooner or later, those who succeed are those who think they can." Richard Bach

So, as to the question of whether you fit in at college or not... If you came to college with the goal of moving towards being more of who you are... you should be here. This is the right place to be right now and college is set up to aid you in this very purpose. If you came to college to hide from purpose, identity, and reality, you will soon find it a rather expensive holiday.

Approach college with purpose and college will help you establish who you are, where you are going, and (maybe even) who is going with you. Good Luck.

Mark Huttemier MA, LPC
UWRF - Student Health and Counseling
715-425-3884

Falcon Challenge Winner:

Brianna Blume UWRF Rodeo Free Family Day Admission (up to 4 family members)

Jordan Pagel Academic Day Free Family Day Admission (up to 4 family members)

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

Career Corner:

Attend the Career Fair on Wednesday from 10 a.m. to 3 p.m. in the University Center. For more information, visit www.uwrf.edu/career/events.htm.

Hidden Gem:

Satisfy your ice cream craving at the old-fashioned [Riverwalk Mercantile](#), located on historic Main Street along the Kinnikinnic River.

“Desire to learn counts more than any other qualification, and seriousness more than brilliance.” —Dr. Rosa Cintron

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FYI from FYE

Family Day is a Few Days Away

Have your friends, classmates, or roommates been talking about Family Day and how their families will be joining them and your family is not coming? Wondering what you're going to do this weekend while they're all with their families? Don't worry, many students actually attend Family Day even though their family won't be with them.

Family Day was mainly created for family members and friends to see their student at UW-River Falls and how they have adapted to college life. For those of you who are commuters, it also gives your family an opportunity to actually see what the University is like, outside of what they saw on your registration day.

If your family is unable to attend Family Day, think about inviting a friend from home or another UWRf student to attend with you. There will be a cover band (the Dweebs), a magician, the movie "Up", bingo, UWRf Football, UWRf Soccer, and a Symphony Band performance, just to name a few of them. All fun events to go with a friend!

Admission is only \$12 for adults (ages six and older), free children five years or younger and free for UWRf students. Admission includes all meals, events, and Family Day shirt (see photo on left).

Sign up today to guarantee a Family Day 2009 shirt at www.uwrf.edu/fye/familydayregistration.htm. See you there this Saturday, Oct. 17!



Registrants of Family Day 2009 will receive a 3/4 sleeve shirt. Quantities are limited.

At a Glance:

Monday, October 12	Career Fair Prep Session (4-4:40 p.m., Career Services, Hagestad Hall) Degree Audit Report (DAR) Support Session (4-5 p.m., Kinnickinnic River Theater, University Center)
Tuesday, October 13	Career Fair Prep Session (4-4:40 p.m., Career Services, Hagestad Hall) First National Bank: The Truth About Money (3-4 p.m., Kinnickinnic River Theatre, University Center)
Wednesday, October 14	Last day to drop a Regular Session or Session A class without late drop form being necessary. Last day to withdraw from all courses on your schedule without 'W's being noted on transcript. Career Fair (10-3 p.m., Riverview Ballroom, University Center) Body Composition Testing (6 p.m., Prucha Hall)
Friday, October 16	Falcon Spirit Day
Saturday, October 17	Family Day (Various Locations Around Campus)

Internship Inquiry

The Career Fair is an event where representatives from companies and organizations come to UWRf to network with students, providing information about their organizations and potential job and internship opportunities. Many students attain a job or internship as a result of attending the fair.

The Career Fair will be held in the Riverview Ballroom in the University Center this Wednesday from 10 a.m. until 3 p.m. Prep sessions are Monday, Oct. 12 and Tuesday, Oct. 13 from 4-4:50 p.m. at Career Services in Hagestad Hall.

For more information, contact Career Services at 715-425-3572 or visit www.uwrf.edu/career/events/career_fair.

The Truth About Money

Low on cash? Never had a credit or debit card? Tired of worrying about fees? Ever seen your bank balance in bright red? Known someone who was a victim of identity theft or a financial scam? Come let First National Bank of River Falls show you how to save money, save time, earn rewards, and build your credit safely... Just on a college budget!

This session is Tuesday, Oct. 13 from 3-4 p.m. in the Kinnickinnic Theatre in the University Center.

For more information, contact First National Bank of River Falls at 715-426-1856.

Movie Madness

Falcon Programs has a Film Series that is free to UWRf students. The movies play almost every Friday and Saturday in the Kinnickinnic Theatre in the University Center. To view the Film Series schedule, visit sa.uwrf.edu/sa/student-life/falcon-programs/movie-series.

Open Skating

Winter may be looked down upon for some people because it doesn't allow for as many outdoor activities. On the other hand, some people love the winter because that means hockey season is coming, which means the ice is ready to go ICE SKATING!

Even though it is not an outdoor rink, Hunt Arena is a fun place to get together with friends and take a break from projects, studying and homework.

Visit sa.uwrf.edu/sa/rsf/hunt/open-skating-calendar for the open skating calendar. Admission is free with your student ID card and skate rental is only \$1.50!

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

First-Year Experience • Career Services • Student Health Services • First National Bank