



Monday, October 26, 2009

Fall 2009

## Good For You: Kicking Bad Habits

Since you've been attending college at UWRF, have you noticed any bad habits that you've picked up? Maybe you charge everything to your credit card and think to yourself, "Oh, I'll just pay that later." Or maybe you've accumulated bad social habits such as gaming constantly or going out and partying when you should be focusing on your schoolwork. Others may have a totally different habit of staying up too late to study, trying to cram half a semester's worth of knowledge into your short-term memory.

It's not too late to change bad habits, even if you've gotten into the groove of things. I didn't realize I had bad study habits until I got my first exam back as a freshman. With my hometown close by, I went home on the weekends to work and spent time during the week with my new friends. Since science was not my favorite or best subject ever, in my mind I knew that I should study a lot before the first exam. But really, it was Geology. How long do you actually think I studied before I got sick of studying and reading about rocks?! I lasted a little bit longer than I had expected. It was just under two hours. Then I went to hang out with some friends and stayed up really late. My exam was at 9 a.m., so I got up early to study (ahem, I mean cram) some more. A little side note, going to bed at 2 a.m. and then waking up 6 a.m. before an exam is not the best idea because you probably won't be able to focus.

As soon as I got my exam, I knew I was in trouble. I went through the first page and I thought I knew one answer. When the professor gave our exams back a few days later, he said, "Some of you did really well, others of you... well... need to take this more seriously." I remember him saying the highest score

was 97 percent, but the lowest was a 48 percent. Being a straight A student in high school, I KNEW that couldn't have been me. At least someone did worse than me. I got my test back. Guess who got the 48 percent? That's right, I did. Talk about shock! I went back to my room and cried.

I wasn't sure what to do, but I wasn't going to let it happen again. I was afraid to tell my parents, friends or wingmates. Luckily I have some self-discipline built into me and I made myself review my Geology notes the day after we learned new material. I also read my textbook when I was supposed to and I found a CD-ROM in the front of my book that had practice test questions to make sure I understood the content. I was determined to do better in this class. I felt ready for my second exam and I ended up getting 98 percent! (For those of you who didn't catch it, I improved by 50 percent!) I continued to study for that class so I could do well on the final and I earned a B in the class. I was content with my grade, considering what I got on my first exam. Ever since then, I have not let myself get behind in my classes.

If you have received your first test or paper back and didn't do as well as you hoped, don't worry, you can improve, but you have to commit yourself. Create goals or guidelines to help you follow through with your plan. You might have some doubts if it will actually work or if it's worth changing because it is difficult, but it will be worth it, trust me! Just think of the positive outcomes of changing your bad habit!

Sincerely yours,  
Amanda Kane, graduating senior

## Mortarboard:

### Wait a Second...

### I GOT a D+?!

Most of you should be receiving your midterm exams or papers back soon and unfortunately may be surprised at the results. If you found an unpleasant grade on your midterm exam or paper, be sure to seek out help. As you read in the "Good For You" section, just because you have failed an exam, does not mean you cannot turn things around if you truly want to.

**A couple of great resources to help get you back on track:**

1. Review your work with your professor. Arrange a time to meet or take them out to lunch to discuss your midterm exam/paper and performance in the course to see how you could improve.
2. The [Academic Success Center](#) (ASC) is a resource on campus that provides a centralized, coordinated, and easily accessible array of services which supports students in their academic endeavors and enhances their success. One such service is the ASC's Tutoring Services. Tutoring Services includes requesting a FREE tutor for a course you are enrolled in and study resource rooms. Study resource rooms are available for mathematics, writing, physics, and chemistry.

For hours and locations of study resource/help centers, visit [www.uwrf.edu/tutoring/Hours.html](http://www.uwrf.edu/tutoring/Hours.html).

Other services offered by the ASC include:

- [Student Support Services \(SSS\)](#)
- [The McNair Scholars Program](#)
- [Disability Services](#)
- [Pre-Major/Undecided Advising](#)

You can find the ASC in the lower level of the Chalmer Davee Library in room 105. If you have any questions call (715) 425-3531 or email the ASC at [asc@uwrf.edu](mailto:asc@uwrf.edu).

## Falcon Challenge Winner:

**Bryan Burton**      Weeks of Welcome      Zamboni ride at a Men's Hockey game

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

## Career Corner:

Practice interviewing with REAL employers in your field of interest at Mock Interview Day on Nov. 5 from 10 a.m. until 3 p.m. in the University Center. Sign up at [www.uwrf.edu/career/events.htm](http://www.uwrf.edu/career/events.htm).

## Hidden Gem:

Need to relieve some stress? Check out Acupuncture & Acupressure by Flowing Rivers Acupuncture on the north side of town, near Shopko.

“It is not our actions that show what we truly are. It is our choices.”

—Albus

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## FYI from FYE

### Early Alert Notifications

The Provost will soon be sending out an early alert notification for students who have poor attendance and/or performance in their classes. Students who receive an “alert” will be sent a letter from the Provost notifying them of the academic alert(s) and encouraging them to contact their faculty member, advisor, and/or seek academic support services.

If you receive an early alert notification, start by talking to your professor(s) since they can provide valuable insight and suggestions to improve your performance in a particular course. We also encourage you to contact your academic advisor, especially if you are having a difficult time in more than one course.

One last note- Early Alert notifications reflect only those courses that are reported to the Provost. If you think you could improve your performance in a course in which you did not receive an alert, do not be afraid to ask for guidance if you feel you need it.

### Registration Help Sessions

Need to re-learn how to use eSIS, access your DAR, remove holds on your account, or register for classes? With registration for spring 2010 courses right around the corner, it's not a bad idea to brush up on the registration process. Attend a Registration Help Session to get the help you need! Sessions are offered from 4 p.m. to 5 p.m. in the Grey Lab on the lower level of Chalmer Davee Library on the following dates:

- Monday, November 9
- Wednesday, November 18
- Tuesday, November 24

For more information, contact the First-Year Experience Office at (715) 425-4444.

## At a Glance:

Wednesday, October 28	Last day to add a Session B class without instructor and advisor signature. Last day to drop/add a Session B class on the web. American Red Cross Blood Drive (12:00 p.m. - 6:00 p.m., Riverview Ballroom, UC) Body Composition Testing (6 p.m., May Hall)
Thursday, October 29	American Red Cross Blood Drive (12:00 p.m. - 6:00 p.m., Riverview Ballroom, UC) Intramural Halloween Bowling Tournament (9:30 p.m. - 11:00 p.m., St. Croix Lanes)
Friday, October 30	Falcon Spirit Day Halloween Dance (9 p.m.-midnight, Falcon's Nest, UC)
Saturday, October 31	Halloween
Sunday, November 1	Standard Time Returns

### Donating Blood

Every two seconds. That's how often blood is needed by patients in the United States. Give blood on either Wednesday, Oct. 28 or Thursday, Oct. 29 between noon and 6 p.m. in the University Center. Make your appointment today at [www.givebloodgivelife.org](http://www.givebloodgivelife.org). The UW-River Falls sponsor code is 2453.

### Destination Applications Due

Don't forget that Destination applications are due on Friday, Oct. 30 at 4:30 p.m. If you still need to pick one up, applications can be found at the front desk in the Involvement Center.

Destination is a week long service trip that takes place over spring break, March 12 through 21, 2010. Destination participants will be working with organizations serving one of the following issues: Urban Issues, Hurricane/Disaster Relief, Environmental Education, Poverty and Homelessness, and the Effects of Equine Therapy.

For more information, contact Christa Hoel at [fpdestination@uwrf.edu](mailto:fpdestination@uwrf.edu) or at 715-425-4444 ext. 126

### Halloween Dance

Falcon Programs has planned a Halloween Dance that will be hosted by UWRF student Adam Lee! Get in the spirit of Halloween! Get in costume and dance the night away to awesome music! Dress in costume for a chance to win a t-shirt!

The Halloween Dance will be on Friday, Oct. 30 from 9 p.m. until midnight in the Falcon's Nest on the main level of the University Center.

### Halloween Safety Tips

While Halloween is an exciting time of year, risks involved when going out at night. Being aware of possible risks is often the first step in staying safe, especially when in a new environment.

- Trust your instincts. If you feel unsafe at any point on **All Hallows' Eve**, go with your gut.

- Avoid being alone or isolated with a **zombie** you don't know well. Let a trusted friend know where you are and whom you are with.

- Always carry emergency cash and keep phone numbers for local **headless-horsemen** cab companies handy.

- Form a buddy system with close friends and agree on a secret “butt in” signal for uncomfortable situations, such as “Boo!”

Adapted from RAINN

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

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