



FALCON 411

Monday, September 7, 2009

Fall 2009

Good for You: Campus Organizations

Now that you've had an opportunity to attend the Involvement Fair and get a small taste of the involvement opportunities here at UWRF, it is time to take the next step and attend an organization's first meeting, respond to the email you received about volunteer opportunities, or find friends to begin an intramural team.

Research on college students has shown that if you're involved in at least one thing on campus other than your class work, your success in the classroom and after graduation is much more likely.

There are many benefits from getting involved, but here are just a few of what we feel are the most important ones.

Students who are involved...

- On average, have better grades than their uninvolved peers.
- Have more discipline and manage their time better because of the need to fit more things in their daily schedule.
- Improve their leadership and

interpersonal skills.

- Meet new people and make new friends.
- Make constructive use of their energy and free time.
- Feel more connected to the University.
- Have a great outlet for stress.
- Become part of close communities.
- Just generally have more fun!

Check out these sites for more information on how to get involved here on campus. There are involvement opportunities for traditional students living on-campus, commuter students, and non-traditional students. Do not be shy, put yourself out there. We can guarantee you will not regret it!

- **Involvement Opportunities**
- **Campus Organizations**
- **Recreational Opportunities**

If you have any other questions or would like more information, stop by the front desk in the Involvement Center in the University Center or call (715) 425-4444.

Falcon Challenges:

Visit www.uwrf.edu/fye/falconchallenges.htm for more information and to view upcoming Falcon Challenges events!

Career Corner:

Still looking for an on-campus job? Create an account in the Hire-a-Falcon electronic job posting system through Career Services! Start your search today at www.uwrf.edu/jobs

Hidden Gem:

Did you know you can take a Yoga class for free in the University Center?

Mortarboard:

A Change in the Road

As you may have already discovered, college courses are quite a bit different from what you may have experienced at your high school.

Sure, you spend less time in an actual classroom and have the opportunity to pick the classes you are enrolled in, but you will spend more time studying than you ever have, you might struggle with the course work, and your professors will not always offer you assistance. You are going to have to start asking for it! We want to see you succeed in the classroom so take a peek at how you can adjust:

Five Ways To Help You Adjust To College Courses:

5. Accept that college and high school are not one in the same.
4. Keep up with all of your homework because it can pile up quickly if you are not careful.
3. Get to know your professors. They are pretty cool people and sometimes have candy in their offices so pay them a little visit.
2. Develop good study skills as soon as possible. Need help? Visit the **Academic Success Center** in the Davee Library!
1. Never be afraid to ask for help! Professors and staff members want you to be successful and will do whatever they can to help you.

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

“ We are what we repeatedly do. Excellence, then is a habit. ”

—Socrates

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FYI from FYE

There Are Different Ways to Take Notes?!

One of the main differences from high school to college is the amount of learning and studying that one does on their own. One sign of a successful college student is strong note taking skills. Below you will find some good strategies for taking notes in class, and for using those notes effectively outside of class.

What can I do before class to make sure I can take good notes?

- Make sure that you have done all of the reading required for that class day.
- Use the five minutes before class to review your reading and class notes.
- Bring the correct materials that you need for class.
- Make up for any lost or missed notes.

What can I do during class to make sure I can take good notes?

- Sit in the T-Zone: the front row or down the center of the room.
- Mark your notes with the date and topic heading.
- If you have trouble paying attention, learn tricks that will help you stay focused.
- Posture and behavior in class could help or hinder your ability to take good notes.
- If your instructor writes something on the board or an overhead, it is probably important enough to write down.
- Focus on the main ideas and the relationships between them.
- Listen, and then write.
- Be selective in what you think is important and what is not.
- Take notes in a format that works for you.
- Leave space on your notes for corrections and additions.
- Summarize the main ideas that you learned that day.

What can I do after class to make good use of my notes?

- Review your notes as soon as possible.
- Fill in any blanks in your notes while the material is still fresh.
- Compare your notes with a classmate.
- Revise your notes and add any information that is missing.
- Compare your notes from the lectures to your notes from the readings.
- Visit your professor and ask questions about material that is unclear.
- Your professor might also be able to help you with note-taking strategies.

(Adapted from Duke University)

At a Glance:

Monday, September 7	Labor Day (no classes) Labor Day Sand Volleyball Tournament (<i>East End Volleyball Courts</i>)
Tuesday, September 8	Campus Recreation Information (10 a.m.-4 p.m., <i>Heritage Hall, UC</i>) eSIS, DARS, D2L, Oh My: Navigating Online Learning Tools (1:30 p.m. - <i>Kinnickinnic River Theater, University Center</i>)
Wednesday, September 9	Last day to add an open Regular Session A class without instructor and advisor signature. Last day to drop/add any open Regular Session or Session A class on the web. To add a closed class, need instructor signature only.
Thursday, September 10	Intramural Fall Sports Captains' Meeting (7 p.m., <i>St. Croix River Room 321, University Center</i>)
Friday, September 11	Falcon Spirit Day eSIS, DARS, D2L, Oh My: Navigating Online Learning Tools (10:30 a.m., <i>Kinnickinnic River Theater, University Center</i>)
Saturday, September 12	Leave Your Mark on the Kinni, Service Day Sampler (9 a.m.-2 p.m., <i>Meet in the Falcon's Nest, University Center</i>)

I'm Not Quite Sure...

Having a tough time transitioning to college or finding your place at UWRF? Looking for a way to help you if you are homesick or have other first-year student related issues? Just have a question? Please stop by the FYE Office in the Involvement Center, email the FYE Office at fye@uwrf.edu or call (715) 425-4444. For a list of programs or events, check out the [WOW2 schedule](#).

Never Give Out Personal Information

Recently, there have been a number of UW-River Falls students and staff falling victim to fraudulent online scams called "phishing."

Phishing is the fraudulent process of attempting to acquire sensitive information such as user names and passwords by claiming to be a trusted organization (such as UWRF-ITS). Phishing often occurs through email, and typically involves an 'official-looking' email promising dire consequences, like having your account disabled, if you do not reply or visit a web site to provide confidential information.

Tips to avoid being scammed:

- If the website domain is misspelled, it's probably suspicious (Example: www.uwrf.edu). Instead of following a link, try to navigate to the website on your own.
- If the email identifies you in a generic manner, but requests detailed personal information, it's probably not legitimate. (Dear Student...please provide Falcon Account and password)
- If you feel compelled to respond in some way, consider asking for additional information about their request. Odds are you won't receive a response, proving the original request was illegitimate.

Providing this information to an unknown source could provide phishers with sufficient information to perform malicious acts in your name and/or even in the name of the University. Technology Services is working to prevent this from occurring in our system and to protect your privacy as a member of the UWRF community. If you've replied to such a message, you should immediately visit the [Falcon Account Administration](#) web site and change your password.

Getting a Running Start

The start of a new year brings the much anticipated return of the Intramural season! The Recreation Department is now taking sign-ups for the following leagues (competitive and recreation divisions):

- Flag Football (Men)
- Soccer (Co-Rec)
- Ultimate Frisbee (Co-Rec)
- Sand Volleyball (Co-Rec, Women)

There will be a mandatory captains meeting on Thursday, Sept. 10 at 7 p.m. in the St. Croix River Room (321) of the University Center. This meeting will be counted towards sportsmanship rankings, and for those new to our program, this could affect your playoff eligibility. Sign your team up today [online](#). If you have any questions please email intramurals@uwrf.edu.

Show Your Falcon Pride

Did you know that every Friday is Falcon Spirit Day? Show your Falcon Pride by wearing UWRF apparel. If you do not have any yet, remember there is a coupon for the [Falcon Shop](#) in the back of your UWRF Planner.

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

First-Year Experience • Career Services • Department of Technology Services • Recreation