



FALCON 411

Monday, September 14, 2009

Fall 2009

Mortarboard: SAY WHAT?! You Want Me to Talk to My Professor... Outside of Class??

One tip for being successful at UW-River Falls is utilizing your professor as a resource for help. Remember that professors ARE human and they are more than willing to give you the help you need, you just need to ask for it! Check out this list of “dos” and “don’ts” of professor interactions that were generated by our UWRF professors:

DO	DON'T
Come talk with us!	Only come to see us to complain.
Ask questions about assignments.	Get frustrated because you're too worried about asking a "dumb" question.
Approach us with questions about your grade on assignments. We all make mistakes, believe it or not.	Come up after class wanting a higher grade before you've even read the comments we've written.
Talk to us about career options and career advice in our field.	Just come to us when you need your PIN number for advising.
Ask questions and make comments in class.	Ask if you "missed anything" the day before when you were absent – ask another classmate.
Come talk with us! (Uh huh, this is repeated for a reason!)	Worry. We don't have two heads (most of us) and we aren't evil. We enjoy what we teach and we want to do our best to help you enjoy our classes too!

Falcon Challenge Winners:

To redeem your prize, please look for an email for instructions from the FYE Office.

Dana Derricks	WOW	Laundry Hamper
David Sollman	WOW	Mattress Pad
Alyssa Jackson	WOW	Clothes Hangers
Katie Rydeen	WOW	Laundry Detergent
Sarah Schroeder	Academic Day	Two UWRF Rodeo Tickets

Career Corner:

On average, Americans change career fields five to seven times. Let Career Services help you make a smart career choice by learning about yourself, your options and how to achieve your goals.

Hidden Gem:

Check out the Falls Theatre. Admission is only \$3 and the concessions are really inexpensive. What more could you ask for?

Good For You: Homesickness

You were so excited to leave home and be out from under your parents' watchful eye. You are now two weeks into school and you may miss home and everything associated with it, including your parents asking you where you are going.

Homesickness is common among incoming students, particularly in the first semester of school. Almost every student feels some aspect of homesickness. It is a normal feeling. It can range from a night's worth of worry to months of anxiety. Each student is affected differently.

Homesickness occurs as a result of being in a new and unfamiliar environment surrounded by people that you do not know. It is the familiarity of home and things associated with it that students miss when they arrive at college.

One way to help overcome feelings of homesickness is to get involved and meet people, even if this seems very difficult. This will help your surroundings become more familiar and you will long for your old environment less.

It is also important to keep in touch with family and friends at home but do not let them become a crutch. Email is a great way to keep in touch and saves money on long distance phone calls. Sometimes going home for a weekend will ease the pain of homesickness, but it is important to try and stay on campus as much as possible.

It can also help to talk to your friends or if you live in the Residence Halls, you can talk to your RA about your feelings, if you feel comfortable doing so. There are also staff in Counseling Services who will be more than willing to listen and help you work through your feelings.

“ Even if you are on the right track, you'll get run over if you just sit there it. ”

—Will Rogers

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FYI from FYE

UWRF Rodeo

On Friday, September 18 and Saturday, September 19, UWRF will be hosting its 45th annual rodeo.

It is the first rodeo of the season and is hosted by UWRF's own Rodeo Club. The UWRF Rodeo Club offers students an opportunity to experience rodeo and to compete at the college level. The UWRF Rodeo Club is part of the intercollegiate Rodeo Association and belongs to the Great Plains region.

Since 1964, hundreds of students from around the country have competed in the UWRF Rodeo arena. Each year, 12 to 14 colleges are represented by herds of students along with the herd of students that represent yours truly, UWRF. Students have the opportunity to compete in the arena located at Lab Farm 1 on campus.

Both Cowgirls and Cowboys have the opportunity to compete in many events on Friday night at 7 p.m., Saturday afternoon at 1:30 p.m., and Saturday night at 7 p.m. Round up the crew and head out to Lab Farm 1 for the Rodeo!

Admission Costs:

7th Grade and older/Adults: \$14

UWRF Students with ID: \$8

Kindergarten-6th Grade: \$6

Children 4 and Under: FREE

At a Glance:

Monday, September 14	Intramural fall sports begin The Secret to Success: Think This Way, Not That Way (10 a.m., Kinnickinnic River Theater, University Center) The Secret to Success: Think This Way, Not That Way (2 p.m., Kinnickinnic River Theater, University Center)
Tuesday, September 15	Understanding Financial Aid Session (2 p.m., Kinnickinnic River Theater, University Center)
Wednesday, September 16	Understanding Financial Aid Session (2 p.m., Kinnickinnic River Theater, University Center) Body Composition Testing (6 p.m., Johnson Hall)
Friday, September 18	Falcon Spirit Day UWRF Rodeo
Saturday, September 19	UWRF Rodeo

Academic Success Center

The Academic Success Center (ASC) provides a centralized, coordinated, and easily accessible array of services which supports students in their academic endeavors and enhance their success.

One such service is the ASC's Tutoring Services. Tutoring Services includes:

- Requesting a FREE Tutor
- Study Resource Rooms in the following subjects: Mathematics, Writing, Physics, and Chemistry.

Other Services 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 Library
105 Chalmer Davee Library
715-425-3531
ASC@uwrf.edu

Free Yoga

Interested in a free yoga class? Here is your chance. The first yoga session is today, Monday, September 14, at 4 p.m. in the Riverview Ballroom in the University Center. This session is available every Monday at 4 p.m. and Wednesday at 1 p.m.

Please wear comfortable clothing and bring a yoga mat and a water bottle. A limited number of extra mats will be available, they can also be purchased at the University Bookstore.

For more information, email jennifer.elsesser@uwrf.edu or call Student Health Services at 715-425-3293. For a schedule, visit <http://www.uwrf.edu/fye/WOW2.htm>

Free Relaxation Sessions

Take a break and come enjoy our weekly relaxation practice!

The first relaxation practice session is tomorrow, Tuesday, September 15 from 4 p.m. until 4:30 p.m. in the Wind River Room (232) in the University Center. This session is available every Tuesday.

For more information, contact Counseling Services at 715-425-3884. For a schedule, visit

<http://www.uwrf.edu/fye/WOW2.htm>

Open Recreation Times

Did you know you can go to Knowles during the Open Rec/ Cardio times for FREE with your student ID card? Check out the times below!

Monday-Friday	6am-2pm and 7pm-9pm
Saturday	12 p.m. - 6 p.m.
Sunday	3 p.m. - 9 p.m.

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

First-Year Experience • Career Services • Academic Success Center • Student Health Services