



# FALCON 411

Monday, September 21, 2009

Fall 2009

## Mortarboard: Exams are Coming!

Your very first UWRF exam is right around the corner! It can be intimidating if you are unprepared and can create many sleepless nights and endless study sessions. What if you could sleep peacefully the night before your exam, though, rather than trying to cram several weeks worth of material into your overly tired brain?

Here are a few pointers to help you succeed on that nerve-racking first exam:

**1. Read all assignments when they are assigned and start studying at least one week before the exam.** Read the material when your professor assigns it because you won't be prepared if you read all 10 chapters worth of material right before an exam. Also, if you spend an hour each night reviewing notes for a week before the exam, you'll slowly take in the information and retain it.

**2. Memorize important information.** If you pay attention in class, your professor will most likely mention pieces of information and say that they will be on the exam. Write these down and memorize them.

**3. Find out the layout of the exam.** If you know that the test will be a fill in the blank type test, you will know to memorize

important dates, names, and vocabulary words. If it is multiple choice you should study important facts. If the exam is an essay format, create an outline ahead of time. Almost all professors will give you a heads up about what the exam will be like. If your professor doesn't, just ask. Your professor may be willing to tell you the layout, what to study, etc.

**4. Make a study sheet.** After you've written down important facts, names, vocabulary words or notes you took during class, make a study sheet of the material. It will make studying much easier.

**5. Have someone quiz you.** After you've studied, ask a friend or family member to quiz you. As they ask you questions, have them highlight the information you didn't remember. After you've studied some more, they can quiz you on the information you didn't know or you could quiz yourself.

**NOTE: Don't forget to write down dates!** Nothing is worse than walking into class and finding out it is exam day. You may have been studying, but still not completely ready. In order to ace your exam, you must keep up with when the test will be given.

## Good For You:

WTF?!

## Where's The Fun?!

Where's the fun around here? Are you bored? Looking for something to do?

Try some of our ideas listed below:

- Check out the **Channel 10 movie schedule**
- Subscribe to the **Falcon Daily**
- See a \$3 movie in town at the **Falls Theatre**
- Hike by the Kinnickinnic River
- Play an **intramural sport**
- Take a day trip into the Twin Cities or to the **Mall of America (MOA)**
- Explore downtown River Falls
- Visit the **Cady Cheese Factory**
- Take a drive and get lost
- Get your friends together for a movie or game night
- Rent a kayak and kayak the river
- Enjoy the nice weather!
- Cheer on your Falcons (**Athletics**)

Be sure to check these sources to find things to do:

- The "Student" folder in your Squirrelmail account's inbox
- Table tents placed throughout the University Center
- Posters in the residence halls
- Posters in the University Center
- **Events calendar**
- Your UWRF academic planner
- **The Falcon sports calendar**
- The **Music Department's performance calendar**
- The **Theater Department's performance calendar**
- The **Wyman Series** events

## Falcon Challenge Winners:

<b>Cassandra Hetrick</b>	Weeks of Welcome	Homecoming special seating at the football game for you and three friends
<b>Samantha Jackson</b>	Sand Volleyball Tournament	Free team admission for a broomball or volleyball intramural team

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

## Career Corner:

Come participate in one of Career Services' events – each semester they coordinate a variety of interactive events to jump-start your career planning.

## Hidden Gem:

Take a walk on the trails along the Kinnickinnic River. Don't forget your camera!

“The possession of facts is knowledge, the use of them is wisdom.”

—Thomas Jefferson

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## FYI from FYE

### Complete the New Student Survey - Fall 2009

The First-Year Experience Office would like to know how YOUR first few weeks on campus have been. The information gathered in this survey will be used to improve our first-year student programs. Please take a few moments to answer the following questions.

Five winners will be selected at random to receive \$25.00 in Falcon Dollars to be used on campus! We can't wait to hear from you! The survey is open until Wednesday, September 23 at 11:30 p.m.

To take the New Student Survey - Fall 2009, [click here](#).

If the hyperlink does not work for you, please copy and paste [sa.uwrf.edu/supermarket/polls/user/user-poll-descr.php?pn\\_poll=159&pn\\_system=3](http://sa.uwrf.edu/supermarket/polls/user/user-poll-descr.php?pn_poll=159&pn_system=3) into your internet browser.

### Emergency Exercise Restricts Campus Access

UWRF, in conjunction with regional first responders and emergency management agencies, will participate in a full-scale emergency exercise simulating an active shooter scenario on campus. The exercise will take place in and around the areas surrounding Rodli Hall on Monday, Sept. 21.

Due to the nature of this training, Lots C and T as well as the area between KFA and Davee Library, 6th street, 4th street and Cascade Ave will be restricted and utilized specifically for this event after 2:00pm. Access to and from campus will be available via 3rd street.

University Police and the River Falls Police Department will be assisting with vehicle and pedestrian traffic. If you are unsure of the area which you are trying to access, please ask a uniformed officer for assistance.

We thank you for your patience and cooperation during this time.  
University Police x3133.

## At a Glance:

Monday, September 21	Second tuition payment is due if using the partial payment plan. Sex Rules with Maria Falzone (7 p.m., Riverview Ballroom, UC)
Wednesday, September 23	Last day to drop a Regular Session or Session A class without a 'W' noted on transcript. Body Composition Testing (6 p.m., Crabtree Hall)
Thursday, September 24	Cornhole (Bean Bag) Tournament (5 p.m., UC Mall) Intramural Women's Broomball Captains' Meeting (7 p.m., St. Croix River Room 321, University Center)
Friday, September 25	Falcon Spirit Day Lip Sync with Comedian Dan Cummins (7:30 p.m., Riverview Ballroom, UC)
Saturday, September 19	Homecoming Parade (10:30 a.m., Main Street) Tailgate Party (11 a.m., Ramer Field) Football Game (1 p.m., Ramer Field) Comedian Rob O'Reilly (8 p.m., Riverview Ballroom, UC) DJ Dance (9:30 p.m., Falcon's Nest, UC)

## Pep Up for Homecoming

Homecoming is here! Prepare yourselves for a weekend full of fun at UW-River Falls!

Homecoming events and activities are Thursday, Sept. 24 through Saturday, Sept. 26. To check out a schedule of activities and events, go to the Homecoming webpage at <http://sa.uwrf.edu/sa/student-life/falcon-programs/events/homecoming>.

## Body Composition Testing

Wondering if your body is healthy? Or what you can do to get a healthier body?

Stop by the Body Composition table on Wednesdays from 6-7 p.m. in the Residence Hall lobbies to find out your body fat percentage, body mass index (BMI), percent of water in your body, and much more. Each person's body is different. This test provides you with a more accurate description of your body's lean muscle mass and body fat percentage.

There will be a Student Health Services Representative available for questions about the test or how you can begin a program to continue your healthy habits or to get on the right track!

For more information, contact Student Health Services at 715-425-3293. For a schedule of locations, visit <http://www.uwrf.edu/fye/WOW2.htm>

## Need Help Studying?

Need help studying in a certain subject? Check out the **Academic Success Center's** resource study rooms (click on the room name to go to the webpage):

- **Physics Help Room (114, CSH)**  
The Physics Help Room is a resource for ALL students in Physics courses, particularly all the 100-level courses. The Help Room is staffed by upper-level physics students.
- **Chemistry Study Room (211, CSH)**  
Tutors are available for walk in assistance in General Chemistry (course numbers 100, 101, 121, 122).
- **Math Help Center (145, NH)**  
Tutors are available for walk in assistance in Mathematics (course numbers 010, 030, 146, 147, 149, 166)
- **Writing Help Center (225, KFA)**  
Trained peer tutors are available for walk-in students and by appointment for writing help.
- **ESL Tutoring in Reading, Writing and Speaking (Global Connections, 102 Hagestad Hall)**  
ESL tutoring in reading, writing and speaking is available by trained peer tutors which are available for walk-in students and by appointment.

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

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