



Monday, September 28, 2009

Fall 2009

Good For You: What Time?

Everyone has the ability to manage their time effectively. However, there is no magic pill that will make you manage your time and stop procrastinating. The reality of time management is that you must want to better your skills.

In order to improve, you must understand that effective time management is the result of numerous choices you make to achieve goals. It's all about priorities. In order to improve your time management skills it is important to make smart choices. You have to be aware of the difference between how you spend your time and how you want to spend your time.

General Tips for Time Management

- **Get organized:** The most common way to keep track of things is with a day planner. Try to write everything down in your planner to get an accurate idea of how to budget your time and minimize the need for cramming.
- **Be focused:** Concentrate on one activity at a time. Get the the pertinent information necessary for the task before you start.
- **Do NOT be a perfectionist:** Trying to be a perfect person sets you up for defeat. Nobody can be perfect. You need to set achievable goals, but they should also be challenging.
- **Learn to say no:** You need to prioritize

your tasks. If Tuesday is your night to study and Wednesday is your night to watch your shows, do not let anything get in the way of your plan. Politely saying no to friends when you are trying to study should become a habit.

- **Daily Lists:** One of the most effective ways of being productive every day is to make a 'to-do' list. It should be prepared early on in the day. Every time you get something done, check it off the list because it will motivate you to accomplish another task.

- **Combine several activities into one time block.** It will allow you to get more done in the time you have. When combining activities, be creative to see what works best.

- **Take care of yourself:** Schedule daily time to exercise, relax, meditate, spend time with friends, sleep, and eat a nutritious diet. Avoid overly stressing out your body with incessant working and studying.

- **Keep the important stuff in mind.** Remind yourself, "There is always enough time for the important things." If it is important, you should be able to make time to do it.

- **Make and keep deadlines:** Set deadlines for yourself whenever possible and reward yourself when you meet those deadlines, especially the important ones.

(Adapted from: UCLA)

Mortartboard: Study Buddies!

Do You Have A Study Buddy Yet? We all know that studying alone can sometimes be difficult. That is why study groups are so wonderful! Along with gaining a better understanding of the course material, studying with others has many other benefits.

Working with study buddies will provide you with the opportunity to interact with others and gain a better understanding of new perspectives; share common goals with members of your study groups and create a support system; receive feedback; and create new friendships.

Tips for starting a study group:

1. **Get to know your classmates** by talking with them before class, during breaks, and after class. Pick a few motivated and dependable classmates and invite them to study with you. A good group consists of three to five students.

2. **Decide how often and for how long you will meet.** Meet two or three times a week for an hour or so. Do not forget to take breaks!

3. **Decide where your study group will meet.** Avoid a location with a lot of distractions like television and heavy traffic. Some great study spots can be found in the University Center, library, residence hall study lounges, and other academic buildings.

4. **Create a contact sheet for all of the members of your study group** that includes names, phone numbers, and email addresses. Make sure each member has a copy of the contact sheet.

Good luck studying and do not forget that five brains are better than one (as long as you keep the gossiping to a minimum of course)!

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.

Falcon Challenge Winner:

Kyle Vicorian Academic Day Free Family Day Admission
(up to 4 family members)

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

Career Corner:

The Career Fair is Wednesday, October 14 from 10 a.m. to 3 p.m. in the University Center. For more information, visit <http://www.uwrf.edu/career/events.htm>

Hidden Gem:

Have you discovered the "Breezeway" study area on the second floor of the library?

For hours, click [here](#).

“Many of life’s failures are people who did not realize how close they were to success when they gave up.”

—Thomas Edison

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FYI from FYE

End of Month Number One - Where Do You Stand

With the initial month of university life at the University of Wisconsin-River Falls behind, hopefully you have begun to settle into what you hope is a comfortable routine. You have mastered many critical skills including memorizing the location of your classes, familiarizing yourself with on-line courseware, and becoming aware of the distinctions between academic life in high school and academic life at the college level. Unfortunately, this time of year often represents the calm before the storm and I have been around campus long enough to know that for many of you, this sense of comfort is about to be shattered. Here’s why.

Most of you will soon be writing your first term paper or taking your first exam and subsequently receiving your first grades. You will also become aware that when a paper or exam is due in one class it is highly likely that some significant work (e.g., an exam or paper) is also due the same week in several other courses. With the first set of grades, you also may learn the harsh lesson that the effort that earned you an “A” in high school may earn you a “C” or worse in college.

Those of you living on campus will now have spent enough time with your new roommate to develop a good idea of what life in the residence halls will be like for the remainder of the semester. For some, the prospect of living with this individual may become the source of great concern. Others who enjoyed the novelty of commuting to campus now realize the extra amount of time they must plan in order to find a parking spot and get to class on time. And many of you are working often may begin to realize that the demands of academic life are far greater than you imagined and may question your ability to successfully work and go to school.

The bottom line is that for these and many other reasons, the end of the first month on campus is a time during which many new students find themselves overwhelmed. As such, some of you will begin to experience fear of failure, frustration over your effort (or lack thereof) and the outcome of your effort, or homesickness. Others may feel burned-out, angry, afraid, or depressed.

We have many on-campus resources in place to help you through this challenging time. They include counseling services, tutors, trained resident assistants, a caring First-Year-Experience staff, academic advisors, and responsive faculty members (see <http://www.uwrf.edu/academic-success/>, <http://www.uwrf.edu/counseling/>, and <http://www.uwrf.edu/fye/> for specifics on some of the services available at UWRF). Take advantage of support services to which you are entitled. If you notice any of the “characteristics of the overwhelmed” listed above in yourself or a friend, utilize campus services and always remember that getting help is not a sign of weakness, but instead a sign of strength in that it indicates the maturity of acknowledging one’s limitations while simultaneously seeking improvement.

(Adapted from an article by Brad Caskey, Associate Dean, College of Arts and Sciences)

Music, Movies, and Free T-Shirts

Don’t even deny it... you know you miss your family! The whole family is invited to campus on Saturday, October 17 to celebrate Family Day! And of course if you have your own little ones, be sure to bring them with, too! This campus tradition is a great way for you to spend quality time with your family while enjoying beautiful UWRF and participating in exciting events all day long.

During the day, you will have the opportunity to attend interactive sessions, get your family photo taken with Freddy the Falcon, enjoy a live performance from the popular cover band The Dweebs, watch the movie “UP!”, and cheer on the Falcons at the football and soccer games. Above all, you will have an opportunity to spend some time with your family and show them firsthand why you love UWRF! View a schedule of events at <http://www.uwrf.edu/fye/familyday.htm>

So mark your calendar for Saturday, October 17 and don’t forget to register early online at <http://www.uwrf.edu/fye/familydayregistration.htm>. Register with your friends if your family can’t come!

Cost (covers a family day shirt; food; and admission to soccer, football, and open skate): \$12/family member – Registered UWRF students and children under 5 years old are FREE! To join the facebook event, visit <http://www.facebook.com/event.php?eid=150951681896&ref=mf>.

Let’s Go to Lunch!

The [Out to Lunch](#) program is designed to promote faculty and student interaction outside the classroom. New students can pick up an Out to Lunch ticket from the First-Year Experience Office in the University Center.

Students then take their professor to lunch for free in Riverside Commons. The FYE Office covers the cost of the faculty member’s meal and the students pay for their own meal with their meal plan, Falcon Dollars, cash or credit. For ideas on how to ask your professor to lunch, visit <http://www.uwrf.edu/fye/outtolunch.htm>.

At a Glance:

Monday, September 28

Cookies and Tutors (10 a.m.-1 p.m., Academic Success Center)

Wednesday, September 30

Body Composition Testing (6 p.m., Stratton Hall)

Friday, October 2

Falcon Spirit Day

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

First-Year Experience • Career Services