Oh, the Falcons will fly tonight, they’re soaring
Wearing the red and the white we know well.
They’ll fight with honor and pride
Falcon fans at their side.
Bringing home the victory to River Falls, River Falls.

Oh, the Falcons will play tonight with courage,
Their loyal fans standing by so true.
They’ll fight with honor and pride
Wearing the red and the white we know well.
Oh, the Falcons will fly tonight, they’re soaring.

UWRF Fight Song

New Student and Family Handbook
2020-21
Welcome to the University of Wisconsin-River Falls. We are pleased to welcome you to the Falcon family!

This upcoming year will be a time of great change. We are here to help you make the most of all the exciting new transitions.

The New Student and Family Programs Department is committed to providing new students and their families with information, resources, and support during the transition to and through the college experience.

This handbook contains important information about the transition to college, university policies, procedures, and campus resources. Please review the content carefully – we want to help you navigate this important transition and connect with important campus resources.

If you have any questions or concerns, please let us know. We look forward to supporting you during your time on campus!

Best Wishes,

Sara Peters
Assistant Director, New Student and Family Programs
sara.peters@uwrf.edu

If you have any questions or would like more information, visit www.uwrf.edu/newstudentandfamilyprograms or contact us at 715-425-4250 or nsfp@uwrf.edu.
First-Year Student Goals

• Develop confidence and competence as a life-long learner.
• Establish positive connections with faculty, staff and classmates.
• Understand the impact of your personal choices.
• Engage in behaviors that promote your personal health and well-being.
• Recognize yourself as a member of a diverse community.
Stay informed. UWRF email is used for all official university communication, including billing information. It is a student’s responsibility to check this account regularly.

Apply for financial aid. Students interested in receiving financial aid must complete the Free Application for Federal Student Aid (FAFSA) at www.studentaid.gov. Students should complete the FAFSA as early as possible after October 1 to ensure that all types of aid are still available and packaged in time for the start of the semester. After completing the FAFSA, a financial aid offer letter will be mailed to students from the Financial Aid Office. This letter outlines the financial aid they are eligible to receive and explains the next steps in the process. Financial aid awards are made for one academic year at a time. To remain eligible for financial aid, students must meet the Satisfactory Academic Progress (SAP) standards, explained on the Financial Aid Office website, and fill out a new FAFSA each year.

Apply for reciprocity. The State of Minnesota determines the tuition rate for Minnesota residents. The rate is equal to the tuition charged at a comparable Minnesota state university. All Minnesota residents should apply for tuition reciprocity through the Minnesota Office of Higher Education (OHE) so their fees can be adjusted appropriately. Reciprocity applications may take up to six weeks for processing, so students should plan accordingly. www.ohe.state.mn.us

Apply for scholarships. UW-River Falls awards more than $2 million in scholarships to incoming and continuing students each year. Scholarships are not exclusively based on financial need, so students do not need to complete a FAFSA to apply. The annual application period occurs mid-year. Outside scholarships are also available. A helpful list and electronic application are available at www.uwrf.edu/financialaid.

Apply for military benefits. The Military and Veteran Service Center assists veterans, reservists, national guard, active duty and family members with education benefits and finding local resources. If a student intends to use their federal and/or state education benefits, he/she must complete a Request for Certification form, available online through the Military and Veteran Service Center.

Understand billing. Fall semester charges will be reflected on student eSIS accounts in early August. An email will be sent to the student’s official university address from billing@uwrf.edu, notifying students that the billing statement is ready. Statements are not mailed. Students can access their current balance and billing statement through their eSIS account: eSIS > Finances Section > Billing Statement. Fall tuition is due September 23. Students can make payments online through their eSIS account. Payments can also be made in person or mailed to the Student Billing Office.

University of Wisconsin-River Falls
Student Billing Office
215 North Hall
410 S. 3rd St.
River Falls, WI 54022
Consider providing billing access. Unless a student grants permission through their eSIS student account, a parent or guardian cannot obtain access to the student’s billing information. This means they cannot view the charges posted on the student’s eSIS account, access the billing statement, make a payment online or call the office with specific account questions. Granting access is easy! Tutorials are available at www.uwrf.edu/esis/ which outline the steps to provide the following access:

1. Grant Access to View Billing Information
2. Grant Authorization to Make a Payment

Consider your parking needs. Students parking on campus can purchase a permit or utilize public parking. Please review the following permit options and consider your needs carefully. Students are able to purchase a parking permit online.

Students Living On-Campus
- Residential Student Parking Lots: E, K, N, O, R, Z and Pay 3-24 (Housing contract required by July 15)
- Students who have requested a permit for Lots E, K, N, O, R or Z, but do not have a housing contract on file by July 15 will be switched to a PAY3(24) permit.
- Temporary parking permits (OVT) are available for a daily rate, including overnight. These can also be purchased for your visitors.

Students Living Off-Campus
- Non-residential student parking lot: PAY3 (by the Falcon Center)
  - PAY LOT 3 (CM) is valid from 7 a.m.-7 p.m. with no overnight parking.
  - PAY LOT 3 (24) is valid 24 hours a day including overnight.
- Temporary parking permits (OVT) are available for a daily rate, including overnight. (You must print and display this permit.)

Questions regarding parking on campus should be directed to the Parking Office at 715-425-3333. Additional information can also be found at www.uwrf.edu/parking.

Clean up your personal computer. New students should clean up their computers and remove any file sharing applications. Unauthorized distribution of copyrighted material via peer-to-peer file sharing technology is illegal and a violation of DoTS Acceptable Use Policy (AUP). Violation of this policy, whether intentional or inadvertent, will lead to judicial sanctions and possible external lawsuits.

To Do List (continued)

Manage money wisely. It is important that students create a plan to manage their personal and educational finances before the academic year begins. Students should consider the benefits and challenges of working while in school, the differences between a credit card and debit card, and the impact of student loans. Paying for college is a significant responsibility and should be taken seriously.

Send high school and/or previous college transcripts. Be sure that final high school and/or college transcript(s) are sent to the Admissions Office as soon as they are available. We’ll verify that students have successfully completed their most recent term and/or that they’ve graduated from high school.

Update emergency contact information. Students are strongly encouraged to log into eSIS and update their emergency contact information before the academic year begins. It is very important that the university have accurate information in the event of a personal emergency or crisis situation. Keep emergency contact information updated as changes in addresses or phone numbers occur.
Prepare for New Student Move-In on Saturday, Aug. 29. Moving to college is an exciting and overwhelming time for new students and families. Don’t worry too much, though, our Welcome Home volunteers will be here to welcome you to campus, provide directions, and help you with the move-in process. Additional information about New Student Move-In is available online. Please review Residence Life policies and guidelines before arriving on campus.

Attend Week of Welcome.
Beginning on August 29, the Week of Welcome provides new students with opportunities to meet classmates, explore campus resources, and learn about life as a Falcon, all while having tons of fun! Participation in WOW is expected of all new and transfer students. We want everyone to have the information they need to make the most of their UWRF experience.

Get Involved. Getting involved on campus is an important part of the college experience. At UW-River Falls, we encourage you to check out student organizations and get involved with the “Falcon 5” events right away! Both are designed to encourage student involvement during the first year and beyond. Check the Falcon 5 website (go.uwrf.edu/falcon5) to learn more about how to win a sweet pair of Falconized Converse shoes!

Pick One!
We encourage you to pick at least one student organization meeting to attend your first few weeks on campus. Student organizations help you feel at home, build friendships, and develop leadership skills that can benefit your future career choices.

We encourage everyone to attend the Involvement Fair on Tuesday, Sept. 1, as a way to meet with 150+ student organizations. Visit our website (https://www.uwrf.edu/studentinvolvement) to learn more about student organizations at UWRF.

Participate in Academic Day on Tuesday, Sept. 1. Academic Day marks the beginning of the academic year and welcomes new students to our community of scholars. Students will begin to network and form relationships with faculty and classmates in their area of study, gain a better understanding of academic expectations, and explore resources that are available to support student success.

Attend Homecoming 2020. This annual event provides friends and families with the opportunity to share the UWRF experience with their student. The annual parade and football game are great traditions that bring all Falcons together. Join us beginning on Friday, Bring Your Family to Campus Night, and stick around for the weekend activities to follow! Homecoming Week 2020 is Sept. 28 - Oct. 3.
Your Home Away From Home

Living on campus offers you the convenience of close proximity to your classes, dining services and campus activities. You will have the chance to learn about yourself while building relationships that often last a lifetime. We invite you to discover your potential while living and learning on campus at UWRF.

As you prepare to arrive on campus in the fall, there are a few things to consider that will ease your transition to campus.

Your Residence Hall Room Assignment

Your residence hall room assignment is sent to your UWRF email account. The email includes your hall assignment, campus address, and roommate information. Be sure to leave your new address with family and friends so they can send you mail!

If you have not yet received a room assignment, keep checking your email. The Residence Life Department continues to assign students to spaces as they become available.

Getting to Know Your Roommate

We encourage you to talk with your roommate once you’ve received your residence hall assignment. Now is the time to get to know each other and start talking about expectations for living together. Beginning your relationship on the right foot is essential to a successful roommate relationship. Here are some tips from current Falcons on getting to know your roommate:

• Call, FaceTime or Skype your roommate and get to know each other. You don’t need to be best friends, but you should learn about the person you will be living with. Conversation topics can include your hometown, personal interests, sleeping habits, study preferences, academic and career goals, favorites, what you plan to get involved in, and why you chose UWRF.

• If you look up your roommate on social media, be careful not to make assumptions before you talk with them personally. Consider looking at your own social media and make sure it represents who you are and how you want people to perceive you.

• Determine who is going to bring particular items for your room. You don’t want to double up on large items like a futon, television or storage bins when you have limited space. Share the responsibility of bringing items so each of you feel like you are contributing to the room.

Visit [www.uwrf.edu/residencelife](http://www.uwrf.edu/residencelife) for more tips on building a positive roommate relationship.

Connect with @uwrfreslife on Snapchat, Instagram, Facebook and Twitter for an inside look at living in the halls and weekly events, to learn about employment opportunities, and discover how to set up your residence hall room.

Packing List

• Twin XL linens (mattresses are twin extra-long)
• Blanket/comforter
• Sheets and pillow
• Alarm clock
• Fan (oscillating or box)
• Carpet/rug
• Shower sandals
• Shower tote
• Toiletries
• Clothing for summer and fall weather
• Laundry basket and laundry detergent
• Pictures of family and friends
• Storage crates
• Clothes hangers
• Television with ClearQAM capabilities
• Coaxial cable for television
• Wireless adapter for any device that doesn’t have wireless capabilities
• School supplies and backpack
• Driver’s license
• Cell phone and charger (we do not provide land lines)
• Insurance information (health and renter’s)
• Professional attire for job interviews and professional events
• Athletic/sports equipment
• Band-aids/First Aid kit
• Dish soap, plates, utensils, glasses
• Swimsuit
• Flashlight
• Kleenex
• Stamps and envelopes
• Umbrella
• Rain boots
• Power strip (UL approved)
Your Room On Campus
Each traditional room on campus is provided with the following items:
• Loftable bed unit (bed frame can be adjusted to various heights)
• Mattress (be sure to purchase twin XL bed linens)
• Desk and Desk Chair
• Bookshelf
• Dresser and/or wardrobe
• Micro fridge unit – includes refrigerator and microwave

New Student Move-In is Saturday, Aug. 29
New Student Move-In Day is one of the most exciting days of your college experience when you make UWRF your new home away from home! As you prepare for New Student Move-In Day on Saturday, Aug. 29, we ask that you arrive during your designated time to help us better accommodate your arrival.

Last names A-H (8-10 a.m.)
Last names I-Q (10 a.m. - 12:30 p.m.)
Last names R-Z (12:30 - 2:30 p.m.)

If you are unable to move in on Saturday, you may continue to check into your residence hall until Tuesday, Sept. 1.

Things to consider for New Student Move-In Day
• You will drop your belongings off outside the hall and then park your vehicle in a university parking lot (this lot may be located a short walk from your hall). Falcon Move Crew will be available to assist unloading your vehicle.
• Only bring summer and fall clothes so you have space in your room. If possible, plan to go home mid-semester to exchange clothes for cooler weather.
• As you are packing your belongings, think about easy ways to carry items up stairs (totes with handles, spread out the heavy items into different boxes, etc.) since many of our halls do not have elevators. There will be a limited number of luggage carts near each hall for your use.
• Please plan ahead and be prepared by reviewing the campus maps and parking information available online.
• Friends and family are invited to join us the afternoon of New Student Move-In for the annual Great Falcon Get-Together. Food, entertainment, and events will kick off the celebration that welcomes new students to the campus community.

Some Permitted Appliances:
• Computer
• Clocks
• Radios
• Entertainment systems (television/stereo/video games)
• Hair dryers
• Curling irons
• Shavers
• Coffeemakers (with automatic shut-off)
• Popcorn poppers
• Non-halogen study lamps
• Heating pads
• Electric blankets

What Not to Bring:
• Halogen lights/lamps
• Microwave (provided)
• Refrigerator (provided)
• Hotplates or open heating coil appliances such as toasters, toaster ovens, quesadilla makers, George Forman type grills, and pizza ovens
• Items requiring open flames, such as candles, oil lamps, and incense
• Fireworks or any other explosives
• Weapons including, but not limited to: guns (including airsoft, pellet, and paintball), rifles, bow and arrows, crossbows, large sporting or hunting knives, swords or spears
• Foam-backed carpeting or foam pads for use under carpeting
• Pets (exceptions are harmless fish in less than 20 gallon aquariums, but no reptiles such as frogs, turtles, snakes)
• Waterbeds

Students are expected to familiarize themselves with the permitted items outlined in their Student Guide.

Contact Residence Life with any question about living on campus.
www.uwrf.edu/residencelife
reslife@uwrf.edu
715-425-4555
More Than Great Food

Campus Dining Experience
Your campus dining experience is about more than just great food. Special dining events are planned to encourage you to try food prepared in new and exciting ways. Learning and dining can go hand-in-hand!

Eating Healthy on Campus
Balanced U is a program designed to help you make informed choices for a healthy lifestyle by providing nutritional information through icons on menu items at each station. Look for the “Balanced” icon found on the nutrition cards for each menu item. These foods are limited in fat, saturated fat, cholesterol and sodium. Additionally, our campus registered dietitian is available to talk about proper portioning and balancing your plate.

Special Dietary Needs
In order to help all students with food allergies and food intolerances, stations are set aside for those students that may need help to manage their diets, eat safely, and feel comfortable with the foods we serve.

Avoiding Gluten station
• Located in Riverside Commons, this station consists of a cooler containing items made without gluten containing ingredients such as buns, bread, and bagels.
• An Avoiding Gluten toaster and pre-packaged condiments such as jelly, peanut butter and butter are available at this station.

G8 Station
• Located in Riverside Commons, this station avoids the top eight allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soy, in addition to gluten.
• Food at this station is stored, prepared, and served separately to avoid cross-contact of allergen-containing foods.

Campus Meal Plans
Dining offers meal plans designed with you in mind. Whether you live on campus or off campus, there are a variety of meal plans to choose from. Visit www.uwrf.edu/dining/ for more information.

Transfer Meals
The Transfer Meal Program adds flexibility and variety to meal plans and allows you to use your meal plan in retail dining areas outside of Riverside Commons (excluding Einstein Bros. Bagels). If a purchase exceeds the cash equivalency rate, the difference can be paid with cash, Dining Dollars, or credit card.

Dining Dollars
Dining Dollars are included with most meal plans and are placed in a debit account for you to purchase food and beverage items at any dining location on campus. Purchases using Dining Dollars are exempt from sales tax.
Dining Locations on Campus

University Center
The University Center offers several dining locations and includes everything from residential dining to national retail brands.

- Riverside Commons is an all-you-care-to-eat venue offering a wide variety of food options.
- Pete’s Creek Market has a menu that rotates by semester, offering a variety of cuisines. Students vote on the type of cuisine each semester.
- Erbert & Gerbert’s offers its Classic, Specialty, and Signature flavor sub sandwiches, as well as soup.
- The Rapids: Chef Jet offers traditional Asian cuisine; Sono offers delicious Latin cuisine; Rustic Range offers burgers and more, fresh off the grill.
- Freddy’s Convenience Store is your one-stop-shop for prepackaged snacks, beverages, and select grocery items.
- Einstein Bros. Bagels offers fresh-baked goods, bagel sandwiches, salads, and coffee.

Rodli Hall
- Cafe 74 offers gourmet coffee, baked goods, sandwiches, sushi, and more for purchase with cash, credit, or dining dollars.

Hours of Operation
Visit www.uwrf.edu/dining for a listing of standard hours for all dining locations.

Contact Us
For dietary concerns or questions, email Chiung Lien, RDN, at chiung.lien@compass-usa.com.

For questions regarding meal plans, contact Dining at 715-425-4403 or dining@uwrf.edu.
The transition to college involves many new opportunities and challenges. As you begin your college experience at UWRF, we invite you to partner with us in our approach to student success.

**Attend Week of Welcome (WOW) activities.** WOW provides a great opportunity to learn more about becoming a successful student and the campus resources available.

**Develop time management skills.** Work to set realistic goals and use a planner to schedule classes, blocks of study time, projects, college activities, work, and free time.

**Meet with faculty and advisers regularly.** Academic advisers help students with important decisions related to their academic and career goals. All UWRF students are assigned an adviser within their area of study. It is a student’s responsibility to schedule appointments with their academic adviser each semester.

**Go to class.** Regular class attendance is essential for academic success. Attending class and establishing regular study habits increases the chances of meeting academic goals and personal expectations.

**Recognize when help is needed and use campus resources.** There are many university-wide resources available to support student learning including academic support services, tutoring, Career Services, Ability Services, and Student Health and Counseling Services.

**Look forward to new experiences and ideas.** Diverse experiences will help you learn more about yourself and develop respect and appreciation for others.

**Take responsibility for meeting university deadlines.** Students are encouraged to keep a calendar of dates and deadlines and check their UWRF account regularly for any updates.

**Manage money wisely.** It is important to create a plan to manage your personal and educational finances before the academic year begins. Consider the benefits and challenges of working while in school, the differences between a credit card and debit card, and the impact of utilizing student loans.

**Get involved.** Joining a student organization, attending events, participating in programs, and engaging in other learning opportunities provides endless opportunities to gain important skills and experiences that enhance the educational experience at UW-River Falls.

**Engage in healthy behaviors.** Making smart choices about personal health and wellness positively affect academic performance. When establishing healthy habits, keep the following in mind:

- **Get enough sleep.** Adequate sleep is essential for good health, mental and emotional functioning, and personal safety.
- **Stay active.** Regular physical activity improves your health and well-being while reducing stress.
- **Make smart choices.** Avoid smoking cigarettes, using alcohol more than 1-2 days per month, binge-drinking, and/or using marijuana.

**Communicate expectations.** Students and family members should discuss their expectations with one another before the start of the first semester and communicate openly throughout the academic year.
Good Academic Standing  Students are in good academic standing if they maintain a cumulative resident grade point average of 2.000 or greater.

To maintain enrollment, university students are expected to remain in good academic standing and make satisfactory academic progress. Failure to do so may result in the following:

Academic Probation  Academic probation indicates a student’s academic performance is below what is required for successful progress toward the completion of a degree program. It is an advisory warning that a student should take action to raise his/her level of achievement to an acceptable level of performance.

Students will be placed on academic probation if:
- They have earned a cumulative grade point average less than 2.000 at UWRF.
- They have earned a fall or spring semester GPA of less than 1.667.
- They are readmitted after having left UWRF while they were on probation or suspended for academic reasons.

Academic Suspension  Academic suspension occurs when a student’s academic performance indicates a need for a student to interrupt his/her enrollment status and reassess his/her goals, plans, and ability to be academically successful. Once placed on academic suspension, a student is not allowed to enroll in courses at UWRF during either fall or spring semester until he/she is readmitted to the university.

Students will be suspended if any of the following items apply:
- Their semester and cumulative grade point average is less than 2.000 at the end of two successive semesters for the individual at UWRF (ie: fall to spring or spring to fall).
- They have earned a fall or spring semester GPA of less than 1.000.

Students do not need to be on probation for this suspension regulation to take effect.

Readmission after Suspension  A student who has been suspended may apply for readmission to the university through the Admissions Office. The dean of the college to which a student seeks readmission will review the student’s application for readmission and make the decision on whether readmission will be granted. Depending on the circumstances, it is the dean’s prerogative to readmit the student or not and determine the length and criteria of the suspension.

Withdrawal  If a student finds it necessary to drop all courses for a given term and leave the university, he/she must formally withdraw. Failure to formally withdraw may result in failing grades on the student’s record. A student should see their academic adviser and review withdrawal policies prior to initiating this process.

First Day Attendance Policy  Student registration for a class, laboratory or studio which has limited enrollment due to facilities, may be dropped from the course if the student is not present at the first session of the term, unless the absence was an unavoidable circumstance, including illness. If you must be absent on the first day of class, you should contact the instructor of the course. An instructor may drop you from a class if you do not attend the first class meeting. If you do not plan to take a course, drop it. Do not assume that non-attendance will result in an automatic drop.
Accommodations for Equal Access

The Ability Services Office works directly with students to establish reasonable accommodations. Ability Services supports students who have been diagnosed with a difficult, physical, psychological, sensory, or cognitive issue which significantly impedes the student’s academic performance in higher education. Accommodations are modifications in how students participate in classes and activities. These modifications allow students to meet standards, but do not change the standards.

Connect With Ability Services Early

An IEP or 504 Plan is helpful, but additional documentation may be requested. It is your responsibility to provide the necessary documentation.

Documentation is to be completed by the appropriate licensed professional and be detailed to verify eligibility. Documentation should demonstrate a current, substantial impact of one or more major life activities, and clearly support each accommodation requested.

Visit www.uwrf.edu/AbilityServices. Completing the self-disclosure and collaborative document forms is a great starting point. The forms have proven helpful to obtain the necessary information to support accommodation requests. It is recommended to contact Ability Services once you’ve registered for your first semester.

Call for an Appointment

715-425-0740

All inquiries are welcome.
123 Rodli Hall
Monday-Friday 8 a.m. to 4:30 p.m.

Qualify for Services

If a student is eligible for services, an Individual Educational Support Plan is written. The student is trained on the implementation and use of accommodations on our campus. Most services can be implemented within 2-4 weeks after eligibility is established; more involved services may take 6-8 weeks.

Any university that accepts federal funds must adhere to guidelines set by Section 504 of the Rehabilitation Act and the Americans with Disabilities Act (ADA) to provide equal educational access to students with disability.

The Accommodation Process in College

- The responsibility for disclosing barriers and requesting specific accommodations belongs to the student.
- Relevant and recent medical evaluations, supplied by the student, should clearly support the need for each requested accommodation.
- Any modification that alters the objective or the requirements of an assignment or the course will not be allowed.
- Student is responsible for being one’s own advocate in communicating academic barriers, strengths, needs, and concerns.
- Parent cannot access student records unless the student signs a release of consent to share information.
Campus Safety

UWRF students, faculty, and staff have worked together to create a safe and inclusive campus community. Everyone has a part to play in maintaining this environment – including you!

UWRF offers these suggestions to ensure your safety and the safety of others:

• Program the phone number of University Police (715-425-3133) into your cell phone. When dialing from a campus phone, dial 7 and then 3133.

• Lock your door whenever you leave your residence hall room for ANY length of time and when you are sleeping.

• Use the buddy system. When you leave your residence, let someone know where you are going and when you expect to return.

• At night, try to walk in groups and in well-lit areas.

• Adequately protect all valuables in your room, such as wallets, jewelry, credit cards, cash, and computers. Do not leave valuables or cash in plain view.

• Do not carry valuables in your backpack.

• If you’re visiting restaurants or bars, always stay with your group and never leave a friend behind. Never leave a drink unattended and drink responsibly. If you are ever confronted with a provocation, try to remain as calm as possible.

• If you are the victim of an assault or another crime, do your best to note detailed physical and clothing descriptions of the person(s) involved. If a vehicle is involved, try to note the vehicle’s license plate number or the vehicle’s manufacturer, model, and color.

• Report any incidents or accidents immediately. Call University Police and the City of River Falls Police Department by dialing 911.

• Visit [www.uwrf.edu/reportit/](http://www.uwrf.edu/reportit/) for information.

• Make sure you know the locations of emergency exits in campus buildings, especially in residence halls.

• If threatening weather is forecasted, pay attention to local television and radio stations for updates.

• Be alert to your surroundings. If you suspect you are being followed, run in a different direction, go to the other side of the street and yell for help, or move quickly to a lighted area, a group of people, or a blue-light emergency phone.
As members of our community, there is an expectation that each of us will care about and take action to enhance the well-being of our community. We value an environment of mutual respect, professional behavior, academic freedom, and appreciation of individual differences and rich cultural diversity. UWRF students care about each other and speak out against hate and violence to create an environment where students respect one another and step up.

Social Networking

Involvement in all electronic messaging (i.e. Facebook, Instagram, Snapchat, Twitter, etc.) is a student’s choice. However, how a student represents themselves is a shared concern. Be safe and smart with the information shared. Familiarize yourself with and utilize available privacy controls.

Tobacco-Free Campus

The University of Wisconsin-River Falls is a smoke and tobacco-free campus. Smoking and tobacco use are not permitted in university buildings or anywhere on campus grounds. Additional information can be found online at www.uwrf.edu/tobaccofreecampus.

To promote student awareness and understanding of rights and responsibilities among members of the university community, the office of Student Conduct and Community Standards (SCCS) addresses student conduct issues, creates developmental learning opportunities, and engages students in ethical decision-making. SCCS is available to advise all campus community members on their rights under the Student Code of Conduct and the UWRF conduct process, as well as to clarify university policies pertaining to student conduct.

As members of the university community, students are expected to be familiar with their rights and responsibilities and all codes of conduct.

Academic Misconduct

Cheating on an exam, plagiarizing a paper, downloading and sharing files illegally or interfering with another student’s lab work are examples of academic misconduct. The University of Wisconsin System (UWS) has established procedures for responding to these behaviors in UWS 14 (Student Academic Disciplinary Procedures) of the Wisconsin Administrative Code. Where it is concluded that a student has engaged in academic misconduct, penalties may include: oral or written reprimand, an assignment to repeat the work, a failing grade and need to repeat the course, academic probation, or suspension. Students should ask professors for clarification if they have questions about collaboration, study groups, or citations.

Non-Academic Misconduct

Sexual assault, hazing, and illegal use of alcohol are examples of student non-academic misconduct. The University of Wisconsin System (UWS) has established procedures for responding to these behaviors in UWS 17 (Student Non-Academic Misconduct) of the Wisconsin Administrative Code. When it is shown that a student has engaged in non-academic misconduct, penalties may include: written reprimand, denial of university privileges, payment of restitution, educational or service sanctions, disciplinary probation, removal from a course or program, suspension or expulsion. In an incident of non-academic misconduct, a student may experience disciplinary action both through UWRF and with local, state and/or federal law enforcement agencies.

Non-academic misconduct occurring off-campus is subject to disciplinary action through UWS 17, in addition to disciplinary action with local, state and/or federal law enforcement agencies, when the conduct adversely affects a substantial university interest. In determining whether the conduct adversely affects a substantial university interest, the investigating officer shall consider whether the conduct meets one or more of the following conditions:

- The conduct is a serious criminal offense, regardless of the existence of any criminal proceedings.
- The conduct indicates that the student presented or may present a danger or threat to the health or safety of themselves, or others.
- The conduct demonstrates a pattern of behavior that seriously impairs the university’s ability to fulfill its teaching, research, or public service missions.

Bias Incident Reporting

If a campus community member witnesses or experiences an act committed against any person, group, or property which they believe discriminates, stereotypes, harasses, or excludes anyone based on some part of their identity, the incident should be reported to the Diversity, Inclusion and Belonging Office. Identity may include race, color, ethnicity, religion, disability, nationality, language, gender, sexual orientation, group affiliation, and other similar factors. The incident may be reported regardless of the severity of the incident (i.e., any incident, including hate crimes, can be reported here). Visit www.uwrf.edu/reportit for more information.
Commitment to Academic Freedom and Freedom of Expression

UWRF students and employees have the freedom to discuss any problem that presents itself, as the First Amendment of the U.S. Constitution and Article I of the Wisconsin Constitution permit. Students and employees shall be permitted to assemble and engage in spontaneous expressive activity as long as such activity does not materially and substantially disrupt the functioning of an institution.

Protests and demonstrations that materially and substantially disrupt the rights of others to engage in or listen to expressive activity shall not be permitted and shall be subject to sanction. This policy shall not prohibit administrators, faculty, or other instructors from maintaining order. Access to UW institutions for purposes of free speech and expression shall occur within the limits of reasonable viewpoint-neutral and content-neutral restrictions on time, place, and manner of expression and provisions of UWS 21 (Use of University Facilities) of the Wisconsin Administrative Code.

For questions regarding academic freedom and freedom of expression, please contact the Associate Vice Chancellor for Academic Excellence and Student Success.

Required Disclosure for Participation in Certain UW System Services and Programs

The UW System values and promotes access to higher education and the benefits it provides to individuals and society-at-large. Participation in programs and services offered by UW System institutions is an important part of the university experience. Of equal importance is the UW System’s responsibility to provide a safe and secure environment for members of the university community.

UWRF students must provide disclosures about the following prior to living in university housing, or participating in study abroad or study away programs:

- Any felony pleas or convictions in which the student was treated as an adult during the proceeding; and
- Non-academic postsecondary disciplinary violations that resulted in expulsion, dismissal, or suspension.

For questions regarding Required Disclosure on the Housing Contract, please contact Residence Life. For questions regarding study abroad or away, please contact the Provost’s Office.

Required Sexual Assault and Harassment Training

The UW System values and promotes a safe and harassment free university community. Title IX of the Education Amendments of 1972, prohibits sex discrimination in education programs and activities that receive federal assistance.

UWRF students and employees must complete the required training addressing issues related to sexual assault, sexual harassment, sexual violence, dating violence, domestic violence and stalking. For questions regarding the training, contact the Title IX Coordinator.
We understand that your definition of success might be very different from someone else’s definition of success, which is why we strive to provide a variety of opportunities allowing you to participate in those that align closely with your personal academic goals.

**Pre-Major Advising and Career Exploration**
Declaring your major is a big decision, and we’re here to help. The Pre-Major/Exploratory Advising Program is designed to assist exploratory students who are undecided about their academic pathway. Program participants will work on completing their general education requirements while exploring a variety of academic options and outcomes. By the end of your freshman year, you’ll know more about yourself and be prepared to declare your major with confidence.

In addition to pre-major advising, we have services available to help you decide what you want to do with your major as you think about careers. Career Services can help guide you on your path by offering career assessments, information on majors across campus, and counseling appointments to discuss your future.

**Pre-Major/Exploratory Advising:**
www.uwrf.edu/AcademicSuccess/PreMajorExploratory/

**Career Exploration:**
www.uwrf.edu/CareerServices/Students/ExploreMajors.cfm

**Tutoring Services**
Tutoring Services provides free, unlimited tutoring to all students. You have the choice of scheduling a private appointment with a specific tutor, or taking advantage of a tutoring center that operates on a drop-in basis.

https://www.uwrf.edu/AcademicSuccess/Tutoring/

For more information on these programs and other ways you can be your best at UWRF, please contact the Student Success Center in 226 Rodli Hall or call 715-425-3531.
While college can be one of the most amazing times of your life, it is inevitable that hardships will arise during this time. Know that UW-River Falls has resources available for you. You do not need to take on these hardships alone.

**Student Health and Counseling Services**
Student Health and Counseling Services offers a variety of services to meet your needs, from offering private, free counseling to hosting programs that can support your overall wellness.

www.uwrf.edu/StudentHealthAndCounseling

**Falcon Care Team**
Both students and parents can reach out to the Falcon Care Team via email or by submitting a referral form when they notice or are a student experiencing academic or personal challenges that are interfering with personal wellness or academic success. Comprised of staff from all areas of campus, the Falcon Care Team will reach out and assist the student in getting connected with the appropriate resources to allow them the opportunity to overcome barriers on their path of success, both personal and educational.

www.uwrf.edu/AcademicSuccess/Falcon-Care.cfm

**UWRF Emergency Grant and Loan Program**
When students have an emergency with unexpected eligible expenses that impede their academic progress, they can apply for an emergency grant or loan from the university. Funds can be used for a variety of expenses ranging from housing and food to travel due to serious illness or death in the immediate family.

https://www.uwrf.edu/Student-Success/EmergencyGrantLoanProgram.cfm

Most importantly, if you find yourself struggling, please reach out to someone for help. All across campus, there are faculty and staff here to help, whether that is your Residence Hall Director, one of your professors, or a staff member in any office. We may not know what is going on unless you reach out and let us know, but once we know, we can begin to help.
What is FERPA?
The Family Educational Rights and Privacy Act (FERPA) protects a student’s right to privacy concerning their records. There are some types of information such as grades, financial aid, class schedules, or conduct records that family members might like to receive, but FERPA guidelines prohibit UWRF from disclosing without consent from a student. This means that even if a family member or another third party is paying the bills, they cannot access a student’s educational or financial records without the student’s consent.

The best way for family members to access important information is simply to talk directly with their student. We encourage students and families to communicate about academic progress, important decisions, and financial responsibilities.

What records does FERPA protect?
FERPA regulations give privacy protection to all student educational records. Educational records are broadly defined as “those records that are directly related to a student and are maintained by an educational agency or institution or by a party acting for the agency or institution.” Examples of FERPA records include grades, transcripts, tuition account, financial aid, discipline records, and class schedules.

What information can others access?
FERPA allows the university to release information referred to as “Directory Information” without a student’s permission. Directory Information includes, but is not limited to, name, address, telephone number, major, degree sought, dates of attendance and honors.

Will a family member be notified if their student is hurt or in danger?
UWRF students, faculty, and staff have worked together to create a safe and inclusive campus community. If there is an emergency involving one of our students, the university will notify the emergency contact listed in the student’s eSIS account.

Will the university contact a family member if a student gets in any trouble related to drugs or alcohol?
The Department of Residence Life and/or the Office of Student Conduct and Community Standards may contact parents or legal guardians of students under the age of 21 in the event of a health or safety concern or when their student is alleged to have been involved in a violation of the alcohol or drug policy. The university views parents as a vital partner in keeping our students safe both on and off campus.
The Importance of Sustainability
Students, faculty, and staff at UWRF are committed to modeling the values, principles, and practices of sustainability. As you become part of our community, consider these and other ways you can participate in making our campus more sustainable:

Visit the Office of Sustainability
The UWRF Office of Sustainability is located in 25K in the basement of North Hall. Stop by the office or visit https://www.uwrf.edu/Sustainability for news, events, initiatives, and performance indicators. You can also like UW-River Falls Sustainability on Facebook or follow us on Instagram at #sustainableUWRF.

Sustainability: Get Involved!
There are numerous ways to get involved with sustainability efforts at UWRF. Several student organizations focus on or are related to sustainability, including:

- **Bee Club** focuses on supporting our pollinator friends through hands-on activities and education.
- **Horticulture Society** represents students pursuing horticulture as a career or hobby by providing information, taking tours, bringing in speakers, or doing special projects.
- **Resource Management Club** is a volunteer-based organization perfect for those interested in conservation, environmental science, wildlife biology, or natural resources.
- **Student Alliance for Local Sustainable Agriculture (SALSA)** advances club and community member education by hosting relevant speakers, film screenings, going on tours, etc. related to sustainable and organic farming.
- **We Bike River Falls** promotes bicycle friendly transportation and recreation options through education and awareness. Join us for a community bike ride!
- **The Green Team** is a group of students interested in a wide variety of sustainability initiatives including efforts to move towards zero waste!

More information regarding student organizations can be found in FalconSync.

Rent bikes and equipment for camping, fishing, and adventuring in all forms from Falcon Outdoor Adventures. Located in the Falcon Center, Falcon Outdoor Adventures also hosts a rock climbing wall, trips & clinics program, and bike repair shop. www.uwrf.edu/campusrec/falconoutdooradventures

We Bike River Falls bicycle-friendly transportation and recreation options for a safer, healthier, and more sustainable community.

Reduce
Use the water bottle filling stations throughout campus to reduce waste. Bring your own container to the C-Store in the University Center to get a discount on your beverage purchase. When grocery shopping, bring reusable bags.

Reuse
The Surplus Property Program sells computers, laptops, bicycles, furniture and much more at the monthly surplus sale. Prices are low and you can almost always find binders on the free shelf! Sales are held on the second Friday of each month from 9 a.m. to noon in Hagestad Hall. For photos of items available each month and more information, like “UW-River Falls Surplus” on Facebook.

Recycle
UWRF has had an active recycling program since 1990. Recyclable materials are easily collected through single sort (mixed) receptacles on campus. Batteries are collected in the Involvement Center in the University Center. Detailed recycling instructions and other item disposal instructions can be found at www.uwrf.edu/sustainability/campusinitiatives/recycling.cfm

Events
Watch for Office of Sustainability sponsored events to find ways to get more involved on campus and in the community!

Resources
Visit https://www.uwrf.edu/Sustainability/Sustainability-Resources.cfm for a wide variety of resources including tips for going green in your room, food resources, recycling instructions, hosting green events, etc.

Volunteer
Contact the Office of Sustainability if you are interested in volunteering with efforts to improve sustainability on campus!

Learn
Pursue sustainability through your courses. UWRF offers sustainability focused majors, minors and certificates.
The Office of Undergraduate Research, Scholarly and Creative Activity (URSCA) is dedicated to providing opportunities and resources that foster high-quality student-faculty collaborative projects and enhance student development. We offer URSCA opportunities for students in all four colleges and at all levels of the undergraduate experience from the first and second years through graduation, both in and outside of the classroom.

**URSCA Opportunities**
- Year-round grant funding for students to conduct and disseminate research at local campus, state, national and international sites.
- Interactive training and workshops to develop research, grant-writing and presentation skills.
- Presentation opportunities on campus and at state and national venues including Research in the Rotunda, UW Symposium, the National Conference for Undergraduate Research and a host of regional and national discipline specific conferences.

For more information, visit [www.uwrf.edu/ursca](http://www.uwrf.edu/ursca) or contact the URSCA Office at ursca@uwrf.edu or 715-425-3902.

**Student Testimonials**

**William Gagliardi** (Class of 2019)
“URSCA had a very large and positive impact on my life in numerous ways. In college I struggled to find something that really caught my interest and that I was good at. When I found out that I had the opportunity to follow my dreams of building robots and the school was willing to pay for it, it was almost too good to be true. While interviewing for jobs after graduation, I was able to use the fact that I had received several grants and followed my passion. This helped show that I knew how to meet deadlines, how to collect and present my findings, and that I was willing to run my own long-term project from finish to end. I ended up landing a job as a systems and controls engineer three weeks after graduation.”

**Riley Haynes** (Class of 2015)
“URSCA is a great opportunity for students to enrich their academic experiences through valuable and groundbreaking projects. Who knows, you might find out something about yourself along the way, too!”

**Rufino Rodriguez** (Class of 2014)
“During my research experiences, I learned countless laboratory techniques that are critical to my future career as scientist. These opportunities created a competitive application to graduate schools. Simply, I can never fully express the advantages undergraduate research has given me, nor will I ever be able to express my gratitude.”
Top Ten Reasons to Study Abroad

10. **Lots of Options:** UWRF has programs as long as a semester and as short as about nine days. There are a range of costs depending on when and where you study. There could be scholarships and grants to help offset the cost of the program, and credit bearing programs are often financial aid eligible. With planning and your academic adviser’s input, you can schedule your study abroad experience right into your UWRF academic plan so it doesn’t add time to graduation.

9. **Cultivate Your International Contacts:** You’ll make a connection with the people you study abroad with and the people you meet overseas because you’ve shared an unforgettable, once-in-a-lifetime experience with them. Networking opportunities abound.

8. **Become More Confident:** It’s funny how it happens, but while you’re busy experiencing another culture and way of life, you’ll make many discoveries about yourself. Develop self-awareness, self-sufficiency, and self-confidence while you study abroad.

7. **Try New Things:** Explore your heritage, visit historic sites, try exotic foods, swim in an ocean on the other side of the world…you’ll never forget the amazing experiences you had while abroad.

6. **Enhance Your Academic Experience:** Studying abroad allows you to make the most of your college education. You can take classes you aren’t able to take at UWRF, experience an international internship, or study topics from a different perspective.

5. **Learn Another Language:** What better way to brush up or perfect your foreign language skills than by immersing yourself in a different culture? Second language skills are a valuable asset both in the real world and in the workplace.

4. **Experience a Different Culture:** Studying abroad expands your worldview through first-hand experience in a culture that’s different from your own. You will gain new perspectives.

3. **Develop Skills Beyond the Classroom:** Leadership. Independence. Time management. Intercultural competence. Empathy. Tolerance for the unknown. Critical thinking. Problem solving. Communication. Studying abroad gives you the opportunity to develop these skills to a level far beyond what would be possible in a regular classroom setting.

2. **Enhances Employment Opportunities:** Studying abroad can give you an edge over the competition. Employers often look for employees who can navigate cross-cultural encounters and who have both technical knowledge and “soft skills” such as critical thinking, problem solving, time management, and communication.

1. **Don’t Regret Not Going:** Do you have friends or family who, for whatever reason, didn’t study abroad while they were in college? Many feel bad about missing the opportunity when they had the chance. Do you really want to find that later in life you regret that you didn’t at least check out your options?

Visit https://studyabroad.uwrf.edu to start exploring the various opportunities available to UWRF students.
## Campus Resources

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<th>Service</th>
<th>Contact Information</th>
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<tr>
<td><strong>ACADEMIC SUPPORT SERVICES</strong></td>
<td>Student Success Center (226 Rodli Hall)</td>
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<td>Email: <a href="mailto:asc@uwrf.edu">asc@uwrf.edu</a></td>
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<td></td>
<td>715-425-3531</td>
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<td><strong>ADDING/DROPPING CLASSES</strong></td>
<td>Registrar's Office (105 North Hall)</td>
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<td>Students should also consult their academic adviser.</td>
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<td><strong>ATHLETICS</strong></td>
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<td><a href="http://www.uwrfsports.com">www.uwrfsports.com</a></td>
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<td>Email: <a href="mailto:sportsinformation@uwrf.edu">sportsinformation@uwrf.edu</a></td>
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<td>715-425-3846</td>
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<td><strong>BANKING SERVICES (ATM)</strong></td>
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<td>715-425-2401</td>
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<td><strong>BILLING OFFICE</strong></td>
<td>Student Billing Office (215 North Hall)</td>
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<td>Email: <a href="mailto:billing@uwrf.edu">billing@uwrf.edu</a></td>
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<td><strong>BOOKSTORE</strong></td>
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<td><strong>CAREER PLANNING</strong></td>
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<td><a href="http://www.uwrf.edu/careerservices">www.uwrf.edu/careerservices</a></td>
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<td>Email: <a href="mailto:career.services@uwrf.edu">career.services@uwrf.edu</a></td>
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<td>715-425-3572</td>
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<td><strong>CHILD CARE</strong></td>
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<td>715-425-0656</td>
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<td><strong>CLASS SCHEDULES</strong></td>
<td>Registrar’s Office (105 North Hall)</td>
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<td>Students should also consult their academic adviser.</td>
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<td><strong>COMPUTERS (EMAIL, PRINTING, ETC.)</strong></td>
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<td>715-425-3687</td>
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COUNSELING
Student Health and Counseling Services (254 Rodli Hall)
www.uwrf.edu/counselingservices
Email: counseling.services@uwrf.edu
715-425-3884

DECLARING/CHANGING A MAJOR
Career Services (187 Rodli Hall)
www.uwrf.edu/careerservices
Email: career.services@uwrf.edu
715-425-3572
Registrar’s Office (105 North Hall)
www.uwrf.edu/registrar
Email: registrar@uwrf.edu
715-425-3342
Students should also consult their academic adviser.

DINING AND MEAL PLANS
Dining (170 University Center)
www.uwrf.edu/dining
Email: dining@uwrf.edu
715-425-4444

ACADEMIC AND CLASSROOM ACCOMMODATIONS
Student Ability Services (123 Rodli Hall)
www.uwrf.edu/abilityservices
Email: ability.services@uwrf.edu
715-425-0740

MULTICULTURAL STUDENT SUPPORT AND RESOURCES
Diversity, Inclusion, and Belonging
(269 Rodli Hall)
www.uwrf.edu/inclusivity
715-425-3300

EMERGENCIES
Cell phone: dial 911
All other campus phones: dial 7-911

NON-EMERGENCIES
University Police (103 RDI)
www.uwrf.edu/police
Email: police@uwrf.edu
715-425-3133

ENROLLMENT SERVICES
Admissions (103 Rodli Hall)
www.uwrf.edu/admissions
Email: admit@uwrf.edu
715-425-3500

EVENTS
Student Involvement (170 University Center)
www.uwrf.edu/studentinvolvement
Email: studentinvolvement@uwrf.edu
715-425-4747
FINAL EXAM SCHEDULE
Registrar’s Office (105 North Hall)
www.uwrf.edu/registrar
Email: registrar@uwrf.edu
715-425-3342

FINANCIAL AID
Financial Aid Office
(133 Rodli Hall)
www.uwrf.edu/financialaid
Email: finaid@uwrf.edu
715-425-3141

GRADES
Registrar’s Office (105 North Hall)
www.uwrf.edu/registrar
Email: registrar@uwrf.edu
715-425-3342

GREEK LIFE
Student Involvement (170 University Center)
www.uwrf.edu/studentinvolvement
Email: studentinvolvement@uwrf.edu
715-425-4444

HEALTH CARE, IMMUNIZATIONS AND INSURANCE
Student Health and Counseling Services (254 Rodli Hall)
www.uwrf.edu/studenthealthservices
Email: student.health.services@uwrf.edu
715-425-3293

ACADEMIC HELP LABS
Student Success Center (226 Rodli Hall)
www.uwrf.edu/studentsuccess
Email: asc@uwrf.edu
715-425-3531

HONORS
Honors Program (231 Rodli Hall)
www.uwrf.edu/honors
Email: honors@uwrf.edu
715-425-3304

HOUSING: ON CAMPUS
Residence Life (83 East Hathorn Hall)
www.uwrf.edu/residencelife
Email: reslife@uwrf.edu
715-425-4555

INTERNATIONAL STUDENT SUPPORT
International Student Services (174 Rodli Hall)
www.uwrf.edu/internationaleducation/
internationalstudentservices/
Email: iss@uwrf.edu
715-425-4892
**INTERNSHIPS**
Career Services (187 Rodli Hall)
www.uwrf.edu/careerservices
Email: career.services@uwrf.edu
715-425-3572

College of Agriculture, Food and Environmental Sciences (CAFES) Cooperative Internship Office
www.uwrf.edu/cafes
715-425-3368

College of Arts and Sciences (CAS) Internships
www.uwrf.edu/cas
715-425-0644

College of Business and Economics (CBE) Internships
www.uwrf.edu/cbe
715-425-3335

College of Education and Professional Studies (CEPS) Field Experience and Student Teaching/Internships
www.uwrf.edu/ceps
715-425-3976

Students should also consult their academic adviser.

**INvolvement (Student Organizations)**
Student Involvement (170 University Center)
www.uwrf.edu/studentinvolvement
Email: studentinvolvement@uwrf.edu
715-425-4747

**JOBS: On and Off Campus**
Career Services (187 Rodli Hall)
www.uwrf.edu/careerservices
Email: career.services@uwrf.edu
715-425-3572

**LGBTQ+ Resources and Support**
Pride Center
Diversity, Inclusion, and Belonging (269 Rodli Hall)
www.uwrf.edu/inclusivity
715-425-3300

**Library**
Chalmer Davee Library
www.uwrf.edu/library
715-425-3343

**General Questions**
Information Desk (University Center)
www2.uwrf.edu/findpeople
715-425-3911

**Military Services**
Military and Veteran Service Center (283 Rodli Hall)
www.uwrf.edu/veterans
Email: veterans@uwrf.edu
715-425-3529
**PARENT AND FAMILY COMMUNICATION**  
*New Student and Family Programs* (226 Rodli Hall)  
www.uwrf.edu/nsfp  
Email: nsfp@uwrf.edu  
715-425-4250

**PARKING**  
*University Parking* (103 RDI)  
www.uwrf.edu/parking  
Email: parking@uwrf.edu  
715-425-3333

**PLANNING AN EVENT ON CAMPUS**  
*Conference and Event Services* (170 University Center)  
www.uwrf.edu/conferences  
Email: conferences@uwrf.edu  
715-425-4444

**POLICE**  
*University Police* (103 RDI)  
www.uwrf.edu/police  
Email: police@uwrf.edu  
715-425-3133

**PROBATION AND SUSPENSION, ACADEMIC**  
*Registrar’s Office* (105 North Hall)  
www.uwrf.edu/registrar  
Email: registrar@uwrf.edu  
715-425-3342

**RECREATION FACILITIES**  
*Recreation and Sports Facilities*  
(Hunt Arena/Knowles/Falcon Center)  
www.uwrf.edu/falconcenter  
715-425-4289

**REGISTRATION, CLASS**  
*Registrar’s Office* (105 North Hall)  
www.uwrf.edu/registrar  
Email: registrar@uwrf.edu  
715-425-3342

**RESEARCH, UNDERGRADUATE**  
*Undergraduate Research, Scholarly and Creative Activities (URSCA)* (235 Rodli Hall)  
www.uwrf.edu/ursca  
Email: ursca@uwrf.edu  
Students should also consult their academic adviser.

**RESIDENCE LIFE**  
*Residence Life* (B3 East Hathorn Hall)  
www.uwrf.edu/residencelife  
Email: reslife@uwrf.edu  
715-425-4555

**ROOMMATE CONCERNS**  
*Residence Life* (B3 East Hathorn Hall)  
www.uwrf.edu/residencelife  
Email: reslife@uwrf.edu  
715-425-4555
ROTC & MILITARY LEADERSHIP
ROTC (12 South Hall)
www.uwrf.edu/rotc
715-425-3358

SAFETY
University Police (103 RDI)
www.uwrf.edu/police
Email: police@uwrf.edu
715-425-3133

SCHOLARSHIPS
Financial Aid Office
(133 Rodli Hall)
www.uwrf.edu/financialaid
Email: scholarships@uwrf.edu
715-425-3141

SPORTS (Athletics and Sport Clubs)
Athletics Department (Falcon Center B101)
www.uwrfspports.com
Email: sportsinformation@uwrf.edu
715-425-3846
Campus Recreation
(Club and Intramural Sports)
www.uwrf.edu/campusrec
715-425-4289

STUDENT INVOLVEMENT
Student Involvement (170 University Center)
www.uwrf.edu/studentinvolvement
Email: studentinvolvement@uwrf.edu
715-425-4747

STUDY ABROAD
Office of International Education (174 Rodli Hall)
www.uwrf.edu/internationaleducation
Email: studyabroad@uwrf.edu
715-425-4891

TECHNOLOGY SERVICES
Division of Technology Services (DoTS)
(160 Davee Library)
www.uwrf.edu/dots
Email: dots@uwrf.edu
715-425-3687

TEXTBOOKS
Textbook Services (33 Hagestad Hall)
www.uwrf.edu/textbookservices
Email: textbookservices@uwrf.edu
715-425-3106

TUITION
Student Billing Office
(215 North Hall)
www.uwrf.edu/studentbilling
Email: billing@uwrf.edu
715-425-3145

TUTORING
Student Success Center (226 Rodli Hall)
www.uwrf.edu/studentsuccess
Email: asc@uwrf.edu
715-425-3531

WITHDRAWAL
Registrar’s Office (105 North Hall)
www.uwrf.edu/registrar
Email: registrar@uwrf.edu
715-425-3342

VETERAN SERVICES
Military and Veteran Service Center (283 Rodli Hall)
www.uwrf.edu/veterans
Email: veterans@uwrf.edu
715-425-3529

VOLUNTEER OPPORTUNITIES
Student Involvement (170 University Center)
www.uwrf.edu/studentinvolvement
Email: studentinvolvement@uwrf.edu
715-425-4747

VIOLENCE OR ASSAULT
(Sexual or Intimate Partner)
Campus Victim Advocate
uwrf.edu/titleix
Email: titleix@uwrf.edu
715-425-6751 (on-campus)
An off-campus advocate is always available through
Turningpoint’s 24-hour crisis line at 800-345-5104 or
24-hour text hotline at 715-821-8626.

VOLUNTEER OPPORTUNITIES
Student Involvement (170 University Center)
www.uwrf.edu/studentinvolvement
Email: studentinvolvement@uwrf.edu
715-425-4747

WITHDRAWAL
Registrar’s Office (105 North Hall)
www.uwrf.edu/registrar
Email: registrar@uwrf.edu
715-425-3342
Focused Mission Statement
Our mission is to help prepare students to be productive, creative, ethical, engaged citizens and leaders with an informed global perspective.

Core Values
Student Centered. We commit ourselves to an unwavering focus on learning, holistic development, and success.

Academic Excellence. We help students attain their full potential as critical thinkers, effective communicators, leaders, and committed life-long learners by providing engaged and integrated learning experiences in all modes and methods of instruction.

Inclusiveness. We commit to a community of mutual respect, professional behavior, academic freedom and appreciation of individual differences and rich cultural diversity.

Innovation. We encourage innovation, sustainability, and creativity, often in partnership with others, to inspire people, catalyze new ideas, and support economic and community development.

Global Engagement. We engage with ideas, people, cultures, and places beyond our campus to enrich learning and understanding.

Integrity. We earn trust through honesty, accountability, and ethical behavior.

We Are Falcons
We Are Falcons is a campus-wide effort that supports the values we carry both as individuals and as a campus, and how those values contribute to the larger UWRF community.

Strategic Goals
Distinctive Academic Excellence
UW-River Falls will strategically enhance and build distinctive academic programs that support a community of diverse, talented, and highly-engaged learners and scholars. The university’s highest aspiration will be to foster an inclusive, challenging, learner-centered environment that supports academic excellence. The university aspires to further differentiate itself in the state and region through its academic programs, and be among the national leaders in undergraduate and collaborative research, scholarship, and creative activity.

Global Education and Engagement
Global learning and comprehensive internationalization will serve as a distinctive feature of UW-River Falls. The university aspires to distinguish itself as being among the national leaders in internationalization among public comprehensive, master’s level institutions.

Innovation and Partnerships
UW-River Falls will incentivize and support innovation, often in collaboration with others, to support student learning, enhance the distinctiveness and stature of the university, and catalyze economic and sustainable community development. Our partnerships will reinforce the value of the university to the state and region.
A New Beginning

We are so excited to welcome you into the Falcon family! As you prepare to join us in River Falls, there are several things to keep in mind:

Students living in the residence halls should begin thinking about what to bring to campus. Remember, residence hall rooms are typically smaller than a traditional bedroom, so it might not be a good idea to bring everything from home. When deciding what to bring, think about what is used on a daily basis. Begin to develop a list of items to bring from home and also those items that need to be purchased. Planning ahead will alleviate some of the stress as Move-In Day approaches.

Regardless of whether students are living on campus or commuting, students and families should begin to talk about expectations for each other. Consider topics like: communication (calls/texts/email), visits home and/or expectations at home, grades, alcohol, budgets, drugs, academic integrity, finances, friends, and jobs. Discussing these topics before arriving on campus allows students and families to understand and agree upon expectations.

Be prepared for the range of emotions that will be experienced in the weeks and months ahead. It is normal to feel excited, scared, hopeful, anxious, and nervous. Know that nearly 1,600 other new UWRF students are feeling the same way and everyone reacts differently to all the stress and excitement.
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**Tips for Success:**

- Start a packing list for what to bring to campus and identify what items will need to be purchased.
- Students should communicate with their roommate prior to arriving on campus.
- Students and families should discuss expectations for the upcoming school year.
- Create a plan to manage personal and educational finances.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Becoming a Falcon

The start of college includes a lot of change – moving away from home, navigating a new environment, and adjusting to different social and academic expectations. There are several programs sponsored by the Department of New Student and Family Programs that can support you during this exciting and challenging time:

Week of Welcome begins a few days before classes start and provides new students with the opportunity to meet classmates, explore campus resources, and learn about life as a Falcon. Participation is expected of all new students so that everyone can have the information they need to make the most of their UWRF experience.

Academic Day marks the beginning of the academic year and welcomes new students to our community of scholars. Students will begin to network and form relationships with faculty and classmates in their area of study, gain a better understanding of academic expectations, and explore resources that are available to support student success.
Students should access their billing statement in eSIS and make the first payment prior to the scheduled due date.

Tips for Success:

- Students should update their emergency contact information in eSIS prior to arriving on campus.
- Prepare for New Student Move-In, Week of Welcome, and Academic Day.
- Make sure that any final grades and official transcripts from high school and previous institutions are submitted to the Admissions Office.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved

UW River Falls
Establishing Routines

The initial excitement of the first few days has probably settled down a bit. The first few weeks continue to be a great time for students to meet new people, begin using campus resources, and get involved in events and activities. New students are encouraged to start thinking about involvement opportunities including clubs and organizations, study abroad, and undergraduate research. While students don’t need to have everything figured out, this is a great time to begin exploring the type of college experience they hope to create.

Students should be settling into a healthy routine of classes, work, social activities, and rest. Most students begin to understand that effective time management and maintaining balance is important to their success in college. Keeping a planner and schedule often helps students keep track of upcoming assignments, exams, events, and activities.

It’s not uncommon for students to feel homesick, especially as they are still developing new relationships on campus. Students are encouraged to stay connected with friends and family at home, but it’s equally important that new relationships are built here on campus. Students are encouraged to explore River Falls and the surrounding communities. They will soon discover their new favorite places to shop, eat, and hang out with friends.
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**Tips for Success:**

- Participate in Week of Welcome and Academic Day. These programs provide opportunities to meet classmates, explore campus resources, and learn about life as a Falcon.
- Students may experience challenges while adjusting to their new environment, especially if they are used to a larger/smaller community.
- Students should go to class. Regular class attendance is essential for academic success.
- The key to good roommate relationships is communication. Stay proactive and address possible roommate conflicts before they arise. Fill out a Roommate Agreement and talk with the Resident Assistant if additional help is needed.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Getting Serious

As college exams and project deadlines approach, many students feel overwhelmed by stress and anxiety. It’s important to manage time wisely and find healthy ways to alleviate stress. Recreation and Sport Facilities offer a variety of wellness and recreation opportunities that will provide a much-needed break.

Students who are not performing well in one or more of their classes are encouraged to meet with their instructor to review key concepts, ideas, and test formats. Taking the time to talk with a professor can help students better understand the material and gain self-confidence.

UWRF offers a variety of free academic support services and tutoring through the Academic Success Center. Additional support for stress management, anxiety, depression, homesickness, and relationships is available through Student Health and Counseling Services.

It’s important that students take responsibility for their success – this means seeking support and assistance early in the semester.
Attend Homecoming. This annual event provides friends and families with the opportunity to share the UWRF experience.

Midterm exams occur this month. Students concerned about their academic performance should seek assistance from the Academic Success Center.

Tips for Success:
- Making smart choices about personal health and wellness affect academic performance. Be sure to get enough sleep, stay active, and manage stress appropriately.
- Feeling overwhelmed is normal for new students learning to manage academic demands and new personal responsibilities. Counseling support is available through Student Health and Counseling Services. 
- Students are encouraged to develop time management skills by setting goals and using a planner.
- Attend Homecoming. This annual event provides friends and families with the opportunity to share the UWRF experience.
- Midterm exams occur this month. Students concerned about their academic performance should seek assistance from the Academic Success Center.
November is a busy month for students. Classes, tests, campus events, involvement, and friends demand a lot of time. Staying focused near the end of the semester can be challenging, yet it is necessary for academic success.

Some students over-extend themselves by signing up for a lot of extracurricular activities at the start of the semester. Now is a good time to evaluate priorities and improve time management. Other students may still be struggling to find their place on campus. Those who want to get more involved should visit the Student Life Office for more information.

Students will be registering for spring semester courses. It is a student’s responsibility to schedule appointments with their academic adviser. Students are encouraged to ask questions and discuss their academic performance, course selection, career exploration, and academic interests with their adviser when preparing for the upcoming term.

As the semester nears its end, students might also be a little anxious about their dwindling bank accounts. It’s important to monitor and evaluate finances regularly to stay within budget.
Students should schedule a meeting with their academic adviser to discuss academic performance, course selection for the upcoming semester, and any other areas of concern. Students can learn who their adviser is and how to contact him or her in their Student Center in eSIS.

It's important to maintain a balance of healthy diet, adequate sleep, exercise, and some relaxation – especially as the end of the semester approaches.

Students are encouraged to visit professors during office hours to get help or discuss academic performance.

Students interested in using federal and state financial aid need to complete the Free Application for Federal Student Aid (FAFSA) for the upcoming year.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Preparing for Finals

The month of December will go by quickly, especially with excitement surrounding the upcoming holidays and the end of the semester. Final exams can cause stress for students – particularly during their first semester. Finding a balance among studying, resting, eating healthy, and recreation continues to be important during this busy time of the year.

With Winter Break approaching, students should begin to make plans for their time away from school. For instance, students will need to decide when and how they are traveling home, how long they’ll stay, and if they are bringing any friends. If they are remaining on campus during break, they will need to sign up to stay with the Department of Residence Life.

Spending an extended period of time at home after being away at college can be an adjustment for everyone involved. Planning a family activity or dinner is a great way for everyone to get reacquainted and to talk about expectations for the break. Families are often eager to spend time with their student which can be a bit overwhelming for the student if they are also trying to maximize their time with old friends, work and rest. Talking about expectations early on can eliminate some of this confusion or stress.
**Tips for Success:**

Make plans for Winter Break. Students must register and pay to stay on campus during winter break/J-Term.

Visit the Writing Center for help revising and improving written assignments.

Continue to eat a balanced diet, get adequate sleep, and avoid too much caffeine. This can be easy to forget during Finals Week.

Students may feel overwhelmed by the need to connect with everyone from home, including friends and family during Winter Break. Set reasonable expectations for family time and plan activities that everyone can enjoy.

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**For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved**
Starting Fresh

January brings a new semester filled with all kinds of opportunities. During the first semester, students learn a great deal about time management, studying, making friends, and interacting with professors. The spring semester provides students with the chance to start fresh with all their new understanding, knowledge, and experience.

As students receive their fall semester grades, they should evaluate their satisfaction, areas for improvement, and support that is needed. Carefully evaluating performance can help students identify key campus resources to support their academic success.

Some students might use a new semester as an opportunity to change their educational plan. Most students change their plans at least once, whether that is changing a major, adding a minor, or switching concentrations. Exploring other options is a normal activity for college students. Career Services can help students select a major, find internship opportunities, discover strengths, and develop a resume.
Student grades are available in eSIS. Students should check their progress and be sure that they remain in good academic standing.

Students should access their billing statement in eSIS and make the first payment prior to the scheduled due date.

Students can begin applying for scholarships for the 2021-22 academic year.

Identify what was successful from the first semester and develop a plan for success for the upcoming term.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Weathering the Storm

Wisconsin winters can be tough. Freezing temperatures, snow, and ice can cause students to lack motivation for going to class. However, it is important to go to class on a regular basis — regardless of how rough the weather gets.

UWRF utilizes an emergency notification system that updates students on inclement weather, hazardous conditions on campus, or any other type of campus-wide incident. Students are encouraged to utilize these resources as well as others to stay safe during inclement weather.

Many students make plans for Spring Break as a way to escape the harsh winter climate. Whether students are going home, going on a trip with friends, or participating in an Alternative Spring Break Trip, it is important to stay safe.
### Tips for Success:

- **1st of February**: Consider new classes and classmates as opportunities to establish new connections and improve academic performance.
- **3rd of February**: My First Resume
- **21st of February**: All Aboard for a Semester Abroad Event
- **22nd of February**: URSCA Falcon Travel Grants, Round 2
- **23rd of February**: Resume Roundtable
- **24th of February**: Career Fair
- **28th of February**: Spring Tuition Due, or 50% minimum if participating in Partial Payment Plan

### For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved

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### Calendar:

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For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Maintaining Balance

March is a hectic month as academic requirements and social activities sometimes collide. Spring Break can provide some much needed fun, but it’s also important for students to stay on top of classwork and plan accordingly. It’s not uncommon for big assignments and exams to occur the week before or after Spring Break.

Some students use these situations as motivation to accomplish all they have left to do in the semester. For others, balancing midterms, papers, and extracurricular commitments can be overwhelming. Students are reminded to examine their responsibilities and prioritize their time by what’s most important. It’s also important to incorporate some kind of relaxation time as well - whether that’s a workout or dinner with friends. If feeling overwhelmed persists, students should seek support from Student Health and Counseling Services.
Plan ahead for financial aid if taking summer classes. Students should schedule a meeting with their academic adviser to discuss academic performance, course selection for the upcoming semester, and any other areas of concern. If there is any uncertainty about a chosen major, career counselors can help explore potential areas of interest. Utilize campus resources for support with any academic, personal, or financial difficulties.

For the most up-to-date information on involvement opportunities, follow us on Snapchat: uwrfgetinvolved
Reaching for Success

The pace of the semester really picks up during the month of April. Students begin studying for finals, prepare to say goodbye to new friends, and finalize summer plans. Students will experience a lot of academic, social, and emotional stress when completing their first year of college. Parents, families, and other supporters can help students persevere despite a seemingly overwhelming task list.

Talking about academic and emotional stress with others can help students ease their tension and refocus for the remainder of the semester. If stress is still taking over -- it’s not too late to find a tutor in the Academic Success Center or to make an appointment in Student Health and Counseling.

As the semester comes to an end, students should also make sure they have finalized their summer plans and living arrangements for the upcoming academic year.
Meet with professors early in the month to discuss academic performance and talk about areas of improvement before final exams.

Campus activities can provide a much needed break from studying, projects, and upcoming exams.

Continue to exercise, eat healthy, and sleep in preparation for final exams.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Congratulations! You have made it through your first year of college. This is a great accomplishment and something to celebrate. Take some time this month to reflect on the first few days at UWRF, the new experiences, the challenging situations, and other significant milestones. Consider the progress, growth, and experiences from your first year.

This is also a great time for you to look to the future and set goals for the remainder of your college experience. Making new goals and identifying ways to achieve them with the support of campus resources is an important step in making the most of your college experience.
Spring grades are available at the end of the month. Evaluate performance and revisit the goals set at the beginning of the term.

Students returning home for the summer should renegotiate curfews and family responsibilities, especially if they are accustomed to a different level of freedom and responsibility while away at school.

Adjusting to being away from school for the summer can be a difficult transition. Students are encouraged to make new friends, reconnect with old friends, and stay in touch with friends from UWRf.

For the most up-to-date information on involvement opportunities, follow us on snapchat: uwrfgetinvolved
Exploring Possibilities

Summer often provides a much needed break from the rigors of academic life at UWRF. However, summer can also be a time to stay active with volunteering, part-time employment, and/or internship opportunities. The summer months can provide a great opportunity to shadow a potential job/employer to explore possibilities and determine if the profession is a good fit. Students should analyze what they enjoy doing, what their strengths are, and what potential the field holds. Exploring options now can help solidify plans for the future.

Students are encouraged to keep in touch with their friends from campus and maintain those relationships during the summer. This helps students transition back into life at UWRF once classes resume in the fall. It might even be a good idea to schedule a weekend visit with friends to reconnect and bond beyond campus.
### Tips for Success:

Continue to evaluate career plans and satisfaction with a chosen major. Does the field of study still fit or do alternative plans need to be made?

Students are encouraged to stay in touch with friends from campus since they will be important for the upcoming school year.

For the most up-to-date information on involvement opportunities, follow us on Snapchat: uwrfgetinvolved