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.
We’ll hold our heads up high
When our team marches by.

Oh, the Falcons will play tonight with courage,
For River Falls.
Wearing the red and the white we know well.
They’ll fight with honor and pride.

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.

NEW STUDENT AND FAMILY PROGRAMS

NEW STUDENT AND FAMILY PROGRAMS

UW River Falls

UWRF Fight Song

2016-2017
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 Department of New Student and Family Programs 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,

Sarah R. Egerstrom
Director, Admissions & New Student and Family Programs

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 e-mail 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 financial aid must complete the Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov. Students should complete the FAFSA as early as possible to ensure that all types of aid are still available and packaged in time for the start of the semester.

After completing the FAFSA, students will be emailed access to their award letter from the Financial Aid Office. This email outlines the financial aid they are eligible to receive and explains all processes.

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.

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 fees are 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 $1 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 through the Military and Veteran Service Center.

Understand billing. A billing statement is available online to students and authorized payers approximately one month prior to the start of the term. It is important to note that paper bills are not mailed – billing statements are only available online. It is a student’s responsibility to access their billing statement through their eSIS account and pay their balance by the published deadlines. To avoid all registration holds and finance charges, students should pay account balances in full by the first due date.

Family members (or any other authorized payer) can also pay online if their student establishes them as an authorized payer in eSIS. If needed, payments can be made in person or mailed to the Student Billing Office.

Student Billing Office
University of Wisconsin-River Falls
215 North Hall
410 S. 3rd. St.
River Falls, WI 54022
Consider providing billing access. eSIS provides students and authorized payers instant access to student account charges. Students can view account balances and make payments online through eSIS. If a student chooses to, they can grant parents or other third parties access to their electronic bills by choosing the “Authorized Payer” option within eSIS.

Consider payment options. Students can choose from the following payment options.

1. Students can pay their tuition and fees in full with pending financial aid, personal payment, or a combination of the two by the first due date, which is approximately five days prior to the start of each semester.

2. Students, or authorized payers, can make a personal payment for one-third of the tuition and fee amount not covered by pending financial aid by the first due date (there is a $75 late payment fee if your minimum payment is not received by the first due date). The remaining balance will then be split between two additional payments, which are due during the term. Interest will be charged on any unpaid balance at the rate of 1.25 percent per month or 15 percent annually, after the second due date for fall/spring semester or the first due date for J-term/summer sessions. No payment is required if pending financial aid exceeds a student’s charges.

3. Provide Student Billing with a contract or purchase order from the third party responsible for paying tuition before the first due date.

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. 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-in to 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.

One more thing. It is just as important to keep this emergency contact information updated as changes in address or phone number occur.

Consider your parking needs. 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. New students are eligible to purchase a permit online. Information about parking permit distribution is available on the parking website (Tab titled: How do I get my permit?).

Residence Hall Students

- Residential Student Parking Lots: E, K, N, O (Housing Contract required by July 15)
- Students who have requested a permit for Lots E, K, N, or O, 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. (You must print and display this permit.) 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.

Prepare for New Student Move-In on Saturday, Sept. 3.
Moving to college is an exciting and overwhelming time for new students and family. Don’t worry too much though, the “Welcome Home” volunteers are available to welcome you to campus, provide directions, and help unload your belongings. 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.
Week of Welcome (WOW) begins September 3 and provides new students with the opportunity 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 students. We want everyone to have the information they need to make the most of their UWRF experience.

Student Involvement.
Getting involved on campus is an important part of the college experience. At UW-River Falls, the Pick One and Falcon 5 programs are designed to encourage student involvement during the first year and beyond. Check out our website at www.uwrf.edu/studentinvolvement to learn more about our staff and programs.

Pick One!
The Pick One program is designed to help students get involved at UW-River Falls. To begin, we encourage students to Pick One involvement opportunity and let further opportunities develop from there. No need to get overwhelmed with information about all the choices, just visit http://go.uwrf.edu/pickone and we’ll help you get started! All Pick One opportunities are focused on connecting students to UWRF, building friendships, meeting new people, developing leadership skills, and having fun!

Falcon 5
We want to reward students for their involvement on campus! When students attend a Falcon 5 event and swipe their student ID card, they earn Falcon 5 SWAG! Look for the “Falcon 5 Approved” logo at events throughout the year and start earning free SWAG! Find more information about Falcon 5 including a calendar of events at http://go.uwrf.edu/Falcon5

Participate in Academic Day on Tuesday, Sept. 6.
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.

Register for Homecoming and Family Weekend.
This annual event provides friends and families with the opportunity to share the UWRF experience with their student. The whole family will enjoy the variety of activities, events, and entertainment that celebrate life as a Falcon. All ages are welcome, so bring the ENTIRE family to campus September 23-25.
Living on campus offers you the convenience of close proximity to your classes, dining services and campus activities; you will also have the opportunity to form friendships that often last a lifetime. We invite you to discover the many benefits of living 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**

You residence hall room assignment is sent to your UWRF e-mail 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 Department of Residence Life 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. Don’t just send a few text messages either – now’s the time to start talking about your expectations. Getting your relationship off to the right start is essential to a successful roommate relationship. Some important reminders as you get to know each other:

- Find out what each other likes and dislikes (but remember to be open to new ideas), share your major, discuss interests and involvement options, and discover what excites/scares them most about attending UWRF.
- If you are going to check your roommate out on Facebook, remember not everything is always what it seems. Don’t jump to conclusions before you have had a chance to talk to your roommate personally. Take a look at your own Facebook page 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 when you have limited space. Make sure to share the responsibility of bringing items so each of you feel like you are contributing to the room’s environment.

For more roommate success tips, visit [www.uwrf.edu/residencelife/studentexperience/newhome.cfm](http://www.uwrf.edu/residencelife/studentexperience/newhome.cfm).

**Don’t Forget:**

- Falcon Account username and password
- 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)
- Alarm clock
- Television with ClearQAM capabilities
- Coaxial cable for television
- Fan
- Flashlight
- Carpet/rug
- Message board
- Shower sandals
- Shower tote
- Toiletries
- Blanket/comforter, sheets and pillow
- Clothes hangers
- Professional attire for job interviews and professional events
- Laundry basket/bag and laundry detergent
- Dish soap, plates, utensils, glasses
- Pictures of family and friends
- Stamps and envelopes
- Umbrella
- Rain boots
- Snow boots and mittens
- Storage crates
- Power strip
- Athletic/sports equipment
- Band-aids
- Swimsuit
- Kleenex
- Games
- Your favorite snacks/foods
- Camera
New Student Move-In

New Student Move-In is one of the most exciting days of your college experience - it is the day you’ll begin to make UWRF your new home away from home!

As you prepare for New Student Move-In on Saturday, Sept. 3, we ask that you try to arrive during your designated time. This will 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. 6.

Things to consider for New Student Move-In Day

• There will be a limited number of luggage carts near each hall for your use. 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).
• 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 most of our halls do not have elevators.
• 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 eighth annual Great Falcon Get-Together and Nest Fest. Food, entertainment, and events will kick off the celebration that welcomes new students to the campus community.

Some Permitted Appliances:

- Clocks
- Radios
- Entertainment systems (television/stereo/video games)
- Computer
- Hair dryers
- Curling irons
- Shavers
- Coffeemakers
- Popcorn poppers
- Non-halogen study lamps
- Heating pads
- Electric blankets

What Not to Bring:

- Halogen lights/lamps
- Microwave (provided)
- Fridge (provided)
- Hotplates or open heating coil appliances such as toasters, toaster ovens 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 (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 Residence Hall Contract.
The transition to college involves many new opportunities and challenges. As students begin their college experience at UWRF, we invite you to partner with us in our approach to student success.

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

Develop time management skills. Students are encouraged to set realistic goals and use their 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 from their area of study. It is a student’s responsibility to schedule appointments with their academic adviser each semester.

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, Student Ability Services, and Student Health and Counseling Services.

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.

Look forward to new experiences and ideas. Diverse experiences help students learn more about themselves 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 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.

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, students should 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 at UWRF.
• 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 office of the Registrar. 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.
UWRF Students
Step Up
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, Tumblr, Twitter, cell phones, Skype, 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 himself, herself, 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 office of Student Conduct and Community Standards. 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).
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 to 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.

• Report all bias incidents witnessed or experienced to the Associate Vice Chancellor of Student Affairs.

• 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.
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 written 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:

Rent bikes and equipment for camping, fishing, exploring and many other activities. The Kinni Outdoor Adventures Rental Center, located in Knowles is ready to help you enjoy the outdoors. [www.uwrf.edu/recreationandsportfacilities/falconoutdooradventures/rental-center.cfm](http://www.uwrf.edu/recreationandsportfacilities/falconoutdooradventures/rental-center.cfm)

Visit the Office of Sustainability
The UWRF Office of Sustainability is part of the Facilities Management Department. Visit the sustainability website for news, events initiatives and performance indicators. [www.uwrf.edu/sustainability](http://www.uwrf.edu/sustainability)

The Student Alliance for Local and Sustainable Agriculture (SALSA) is a student organization focused on sustainable food production. UWRF’s first SALSA garden is located near the Wall Amphitheatre. Learn more about SALSA on FalconSync.

We Bike River Falls promotes bicycle-friendly transportation and recreation options for a safer, healthier, and more sustainable community. [www.uwrf.edu/webikeriverfalls](http://www.uwrf.edu/webikeriverfalls)

Join Enterprise CarShare
For a small annual membership fee, students, faculty and staff can rent a fuel efficient vehicle for their personal transportation needs. (see inset)

Reduce, Reuse, Recycle
UWRF has had an active recycling program since 1990. Recyclable materials are easily collected through single sort receptacles on campus. 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.

“Just Local” Events
Watch for university-sponsored “Just Local” events to find ways to get more involved on campus and in the community.

Energy Efficiency in your Residence Hall
Use power strips and LED bulbs to save electricity and turn off lights when leaving your room.

Volunteer. Grow to Share. Habitat for Humanity.
Consider these and other great opportunities to get involved on campus and beyond.

Thinking of bringing a car to campus? Leave it at home...

UWRF partners with Enterprise Rent-A-Car to offer the Enterprise CarShare program to students, faculty, and staff. Enterprise CarShare is a membership-based, automated car rental option that offers a sustainable, efficient and cost-effective transportation alternative to the River Falls community. Registered members have access to two fuel-efficient Toyota Prius and Ford Focus hybrids parked on campus.

Students (18 and older) are eligible for membership in Enterprise CarShare, which offers around-the-clock access to hourly, daily and overnight rentals. Enterprise CarShare allows members to maintain the benefits of a personal car while only paying for the vehicle when it is being used.

Members reserve a vehicle online, then access the vehicle using a membership card and return it to the same location. Fuel, basic physical damage to the vehicle and state-required liability protection are included in the standard rate plan.

More information can be found at: [www.uwrf.edu/sustainability/campusinitiatives/carshare.cfm](http://www.uwrf.edu/sustainability/campusinitiatives/carshare.cfm) or by calling UWRF Fleet Services at 715-425-3820.
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 Posters in the Rotunda, Posters on the Hill, 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](mailto:ursca@uwrf.edu) or 715-425-3902.

**Student Testimonials**

**Emily Stokke** (class of 2016)
“The Summer Scholars program was a great experience. It opened my eyes to other aspects of research. The program provided experience in and out of the laboratory in terms of the weekly workshops that highlighted various topics that participants will come across in developing a graduate-level career. The URSCA program emphasizes professionalism in all disciplines and provides an excellent basis for networking opportunities.”

**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.”

**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!”
Top Ten Reasons to Study Abroad

10. **Don’t let the myths stop you.** UWRF has programs as long as an academic year or as short as about nine days. You can apply for scholarships and grants to help offset the cost of the program, and many of UWRF’s programs are extremely affordable compared to those at other schools. With careful planning and your academic adviser’s input, you can schedule your study abroad experience right into your UWRF academic plan so it doesn’t have to add time to graduation.

9. **Cultivate contacts and make friends.** 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.

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

7. **See the world.** 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 have 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 a 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 because you’re able to have first-hand experience in a culture that’s different from your own.

3. **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.

2. **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.

1. **Don’t regret not going later.** Do you have friends or family who, for whatever reason, didn’t study abroad while they were in college? Ask them how they feel about not going abroad now if they had the chance to do so when they were in your shoes. Do you really want to find that later in life you regret that you didn’t at least check out your options?

Visit [http://uwrf.studioabroad.com](http://uwrf.studioabroad.com) to start exploring the various opportunities available.
ACADEMIC SUPPORT SERVICES
Academic Success Center  (105 Davee Library)
AcademicSuccess
Email: ASC@uwrf.edu
715-425-3531

ADDING/DROPPING CLASSES
Registrar’s Office  (105 North Hall)
www.uwrf.edu/Registrar
Email: registrar@uwrf.edu
715-425-3342
Students should also consult their academic adviser.

ATHLETICS
Athletics Department  (123 Hagestad Hall)
www.uwrfsports.com
Email: sportsinformation@uwrf.edu
715-425-3846

BANKING SERVICES (ATM)
First National Bank  (University Center)
www.fnbrf.com
715-425-2401

BILLING OFFICE
Student Billing Office  (215 North Hall)
www.uwrf.eduAccountsReceivable
Email: billing@uwrf.edu
715-425-3145

BOOKSTORE
Falcon Shop  (University Center)
715-425-3962

CAREER PLANNING
Career Services  (211 Hagestad Hall)
www.uwrf.eduCareerServices
Email: career.services@uwrf.edu
715-425-3572

CHILD CARE
C.H.I.L.D. Center
www.uwrf.eduChildCare
Email: childcenter@uwrf.edu
715-425-0656

CLASS SCHEDULES
Registrar’s Office  (105 North Hall)
www.uwrf.edu/Registrar
Email: registrar@uwrf.edu
715-425-3342
Students should also consult their academic adviser.

COMPUTERS (E-MAIL, PRINTING, ETC.)
Division of Technology Services (DoTS)
(160 Davee Library)
www.uwrf.edu/dots
Email: dots@uwrf.edu
715-425-3687
COUNSELING  
Counseling Services  (211 Hagestad Hall)  
www.uwrf.edu/counselingservices  
Email: counseling.services@uwrf.edu  
715-425-3884

DECLARING/CHANGING A MAJOR  
Career Services  (211 Hagestad 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 Services  (170 University Center)  
www.uwrf.edu/dining  
Email: diningservices@uwrf.edu  
715-425-4444

DISABILITY AND/OR ACCOMMODATIONS  
Student Ability Services  (129 Hagestad Hall)  
www.uwrf.edu/abilityservices  
715-425-0740

DIVERSITY  
Multicultural Student Services  (105 Davee Library)  
www.uwrf.edu/academicsuccess/multicultural  
715-425-3531  
Student Life  (170 University Center)  
www.uwrf.edu/studentlife  
Email: studentlife@uwrf.edu  
715-425-4444

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  (112 South 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
715-425-4444

FALCON DOLLARS
Carding Office  (160 Davee Library)
www.uwrf.edu/dots/idcards.cfm
Email: dots@uwrf.edu
715-425-3687

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
(315 North 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 Services  (211 Hagestad Hall)
www.uwrf.edu/studenthealthservices
Email: student.health.services@uwrf.edu
715-425-3293

HELP LABS
Academic Success Center  (105 Davee Library)
www.uwrf.edu/academicsuccess
Email: ASC@uwrf.edu
715-425-3531

HONORS
Honors Program
www.uwrf.edu/honors
Email: honors@uwrf.edu
715-425-3304

HOUSING: ON CAMPUS
Residence Life  (B3 East Hathorn Hall)
www.uwrf.edu/residencelife
Email: reslife@uwrf.edu
715-425-4555
### SAFETY
**University Police** (103 RDI)
www.uwrf.edu/police  
Email: police@uwrf.edu  
715-425-3133

### SCHOLARSHIPS
**Financial Aid Office**  
(315 North Hall)  
www.uwrf.edu/financialaid  
Email: scholarships@uwrf.edu  
715-425-3141

### SPORTS (Athletics and Sport Clubs)
**Athletics Department** (123 Hagestad Hall)  
www.uwrfspports.com  
Email: sportsinformation@uwrf.edu  
715-425-3846  
**Recreation and Sport Facilities**  
(Hunt Arena/Knowles Center)  
www.uwrf.edu/recreationandsportfacilities  
715-425-4289

### STUDENT INVOLVEMENT
**Student Involvement** (170 University Center)  
www.uwrf.edu/studentinvolvement  
Email: studentinvolvement@uwrf.edu  
715-425-4444

### STUDY ABROAD
**Office of International Education** (102 Hagestad Hall)  
www.uwrf.edu/internationaleducation  
Email: studyabroad@uwrf.edu  
715-425-4891

### STUDENT CONDUCT
**Student Conduct and Community Standards**  
(B3 East Hathorn Hall)  
www.uwrf.edu/studentconductandcommunitystandards  
Email: sccs@uwrf.edu  
715-425-4555

### 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  
**Falcon Shop** (University Center)  
www.bkstr.com  
Email: uwrf@bkstr.com  
715-425-3962

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

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

### TUTORING
**Academic Success Center** (105 Davee Library)  
www.uwrf.edu/academicsuccess  
Email: asc@uwrf.edu  
715-425-3531

### VETERAN SERVICES
**Veteran Services** (20 North 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  
715-425-4444

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

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

*UW River Falls*
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 since we want everyone to 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.
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**Tips for Success:**

- Students should access their billing statement in eSIS and make the first payment prior to the scheduled due date.
- 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.
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/activities. New students are encouraged to start thinking about involvement opportunities including clubs/organizations, study abroad, and undergraduate research. While students don’t need to have all the answers, 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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<td>Week of Welcome</td>
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<td>Week of Welcome Academic Day Involvement Fair</td>
<td>Week of Welcome Classes begin</td>
<td>Fall tuition due, or 1/3 minimum if participating in Partial Payment Plan</td>
<td>New Student Move-In Meal Plan begins with brunch</td>
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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 can have a hard time 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.
- Attend Homecoming and Family Weekend. This annual event provides friends and families with the opportunity to share the UWRF experience.
- 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.
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.
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**Tips for Success:**

- Students are encouraged to develop time management skills by setting goals and using a planner.
- 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.
- Attend Homecoming and Family Weekend. 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.
- Making smart choices about personal health and wellness affect academic performance. Be sure to get enough sleep, stay active, and manage stress appropriately.

UW River Falls
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 office of Student Life 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 the 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, especially with the upcoming holidays.
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.
Preparing for Finals

The month of December will go by quickly. Especially since most students are excited about the upcoming holidays and the end of the semester. Final Exams cause a lot of stress for students - particularly during their first semester. Finding a balance among studying, resting, eating healthy, and recreation continues to be really important during this busy time of the year.

With Winter Break approaching, students will need 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 stressful on everyone. 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, family, work, and rest. Talking about expectations can eliminate some of the 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.**

### Calendar

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### Important Dates:

- **Last day of classes:** 16
- **Commencement:** 17
- **Meal plan for fall semester ends with lunch:** 22
- **Residence halls close for break (Break housing available with application):** 22
- **Final exams:** 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- **J-Term begins:** 27

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**UW River Falls**
Starting Over

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 new 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, support that is needed, and changes that need to be made. 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 major. Most students change their education plan 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.
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<td>Martin Luther King Day (no classes)</td>
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<td>Spring tuition due, or 1/3 minimum if participating in Partial Payment Plan</td>
<td>Residence halls open for spring semester J-term ends</td>
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<td>Meal plan begins with brunch</td>
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**Tips for Success:**

- 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 2017-18 academic year.
- Students interested in using Federal and state financial aid need to complete the Free Application for Federal Student Aid (FAFSA) for the upcoming year.
- Identify what was successful from the first semester and develop a plan for success for the upcoming term.
Weathering the Storm

Wisconsin winters can be tough. Freezing temperatures, snow, and ice can make students 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.
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**Tips for Success:**

- Consider new classes and classmates as an opportunity to establish new connections and improve academic performance.
- Remember to visit with professors about any academic concerns.
- Start thinking about and making Spring Break plans.
- Determine living arrangements for next year. Sophomores are required to live in the residence halls unless they meet certain eligibility requirements for living off-campus.

- 1/3 tuition due, if participating in Partial Payment Plan.
Maintaining Balance

March is a hectic month, when academic requirements and social activities often 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 stressful 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 reflect on 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.

Tips for Success:

- Spring break (Residence halls remain open)
- Spring break (Residence halls remain open)
- Spring break (Residence halls remain open)
- Spring break (Residence halls remain open)
- Spring break (Residence halls remain open)
- Lunch is last meal served before spring break
- Meal plan resumes with dinner
- Final 1/3 tuition due, if participating in Partial Payment Plan
The pace of the semester really picks up during the month of April. Students begin studying for finals, preparing to say goodbye to new friends, and finalizing 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 the 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.
### Tips for Success:

1. Continue to exercise, eat healthy, and sleep in preparation for Final Exams.
2. Campus activities can provide a much-needed break from studying, projects, and upcoming exams.
3. Meet with professors early in the month to discuss performance and talk about areas of improvement before Final Exams.

### Schedule:

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- **Etiquette Dinner**: Monday, 15
- **Mock Interview Day**: Thursday, 20
Looking Back, Looking Ahead

Congratulations! You have made it through the 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 the first year.

This is also a great time for students to look to the future and set goals for the remainder of their 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 the 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.

Tips for Success:
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.