Important Reminders
1/26 Spring semester begins
1/27 Last day to register for intramurals
1/28 Involvement Fair
1/30 Last day to add classes w/out signatures
2/13 Last day to drop classes w/out a “W”
2/13 Graduation application due if participating in commencement
Modern Dating


How does one navigate through the pitfalls and risks of dating in the current social and online world? How does one deal with the pressure from family and friends to date, to date the right way, and to find just the right person? Does it sometimes look like everyone else is doing this dating thing better than we are and we just want the secret? How does one manage the rejection and the loneliness and the fear of never being good enough or of never finding someone?

Tips for Navigating the World of Modern Dating:

Be yourself! And be honest!
This is the #1 most important thing to a genuine, lasting relationship. When in a relationship with someone, it tends to be more healthy to allow them the opportunity to know the real you and date you rather than some “mask” of what you think they want. If you are not honest, it is likely that you will get caught in the lie – eventually. This is not a strong foundation for a healthy relationship. If this is challenging for you, consider joining a group at Counseling Services to get some practice taking the risk to be yourself.

Get Involved
Volunteer, join a club or organization. These are great ways to meet people who have similar interests and values to you. If you have a dating partner, it can also be important to have activities or interests that are unique to you. It tends to be healthy to not do everything together!

Remember the Value of In-Person Communication
Gaming, Snapchat, Facebook, Texting... all can make you feel connected to others and enhance your relationships. Sometimes they can also make you feel more alone. Don’t forget to find time for in-person connections. If in-person highlight the importance of doing more – rather than less – connecting in person.

Don’t Compare Yourself to Others
Most of us, when comparing ourselves to others, are inaccurately negative. Sometimes it looks like everyone else on Facebook, Twitter, etc. is having so much fun and you feel lonely or isolated; remember that it is just one version of reality. There is no right time to date or right way to go about the dating world. If it feels like everyone else is doing it, consider that around 1/3 of UWRF students had no sexual partners last year and that a SmarterSex.org survey indicated that 90% of male students said they would not consider a woman “girlfriend material” if she agrees to have sex on the first date.

Consider What You Want in a Healthy Relationship

Talk About It
Sometimes it helps to just talk about your sense of loneliness or disappointment or pain. Consider Counseling Services. You can call to schedule an intake appointment at 715-425-3884. Consider joining a counseling group (spring 2014 groups include Art Therapy, Change for Good, and Interpersonal Process Groups through Counseling Services).

Rejection Hurts But Doesn’t Kill
The fear of rejection can get in the way of living the life you want. Taking small risks and experimenting with what you like (within safe bounds) is what dating is about! Consider intentionally seeking to get rejected. You never know, someone might actually say yes!

Article written by Student Health and Counseling Services
The Importance of the Syllabus

Use the Syllabus to Understand Your Professors’ Expectations
We keep pointing out that it’s important for you to understand what’s expected of you if you want to be successful at college. The syllabus is an excellent source of information about your professors’ expectations. The syllabus will contain information related to expectations about classroom behavior, such as participation in classroom discussions, policies on absences and tardiness, and penalties for turning papers in late. Some professors also include policies in their syllabi regarding use of cells phones and other electronic devices (such as MP3 players), eating in class, or chewing gum. Said simply, if your professor has made a note about it in the syllabus, you can be assured it’s important to them that you respond appropriately.

Use the Syllabus to Plan Your Term’s Activities in Each Class
We continue to stress the importance of backwards planning. The syllabus is the key to using this planning strategy. Once you obtain the syllabus, write the due dates for each assignment in a daily planner or electronic calendar. Sometimes it’s nice to color code different classes or activities you are involved in. It helps for when you quickly look at your planner, you will be able to see what you have going on that week depending on the colors you choose. As assignments and activities come up keep up with your planner or electronic calendar to help plan how much you need to do to prepare for an assignment or study for a test.

What is it?
The syllabus is a contract between you and your professor. It’s your responsibility to read and understand all the material on each syllabus. Your syllabus lays out the course expectations, requirements, ground rules, readings, assignments, exams, and final projects. It will also list your professor’s contact information, office location, and office hours. The syllabus acts as a guide for the course throughout the semester. If you have questions or concerns about any of the information on the syllabus, talk to your professor right away!

Your ability to read and understand this document can make or break your chances for success in college classes. Each syllabus will be slightly different, but within those pages you’ll find all the information needed to gain a clear understanding of what’s expected of you.

How to use it.
• Look for specific pieces of information on your syllabus.
• Use the syllabus to understand your professors’ expectations.
• Use the syllabus from each class to map out your term.
• Use the syllabus to make communication with your professors easier.

Use the Syllabus to Make Communication with Your Professors Easier
Try to visit each professor during their office hours especially during the first two weeks of classes. If you have questions about what’s on the syllabus or what’s missing from the syllabus, this is an opportune time to ask. Professors like when you come in to talk to them if you need help or if you want to check in with them about an assignment.

A good tip is to make a copy of each of your syllabi, and keep one copy at home—on a bulletin board, wall, or on your desk—and put the other copy in your notebook along with your notes for that class. You will continually refer to your syllabi throughout the term, and having them accessible is key to succeeding in your courses.

Article written by Student Affairs
Should I Drop the Class or Stick it Out?

Spring semester classes are about to begin and it is important to know what goes along with dropping a class if it may not be right for you. Friday, January 30 is the last day to add and drop a Regular Session or Session A class on eSIS for spring semester 2015. After Friday, students will need the signatures of both the instructor and advisor. Refunds depend on how many weeks the class goes for and the date the class was dropped. Students should check with the Student Billing and Financial Aid Office before dropping classes to see what type/if they would receive a refund.

“W’s” on the Transcript:

What does this mean?
A grade of “W” is assigned when a student drops a class beyond the regular drop period. It carries no grade points and does not count toward the term or cumulative grade point average.

How might it affect your transcript?
If you transfer to a different college/university, they may want to know why you dropped the class so late in the semester, especially if you have a transcript full of “W’s”. Each college is different, so make sure you communicate with that college so you know what they are looking for.

Withdrawing totally from the University?
This means dropping ALL of your classes for the term. Fill out the online withdrawal form if the semester has already started. Each student’s life situations are different, and so there could be many reasons why you need to withdraw; illness, financial reasons, transferring, etc. Meet with your academic advisor to discuss withdrawing and if/when it would be a good idea.

Visit the Registrar’s Office
Web site
Call 715-425-3342
Email registrar@uwrf.edu
Stop by 105 North Hall
Follow us on Twitter and like us on Facebook!

There is still time to change your meal plan! You can make changes until January 30.
Click here for more information!

Article written by UWRF Registrar’s Office
Academic Support from Ability Services

**Ability Services** is a small and friendly office that arranges audiobooks, copies of lecture notes, more time for tests, and other kinds of supportive circumstances. They support students with difficult medical, physical, sensory, or brain related issues that can substantially increase the challenge of a college education.

Of course difficult medical, physical, sensory, and brain related issues are considered private matters. For that reason it’s actually against the law to ask individual students if they have such an issue. Thus, students who want this kind of support are expected to submit a request. A relatively convenient way to make the request is by clicking here.

This kind of support isn’t intended to make anything easier or guarantee success. Support primarily consists of alternative ways to receive the information and attempt the things that courses require. It doesn’t change the tests, assignments, or ways that professors determine grades. It simply creates “equal access and opportunity.” The goal is to open the door to college education, along with the personal growth and career potential that can result.

All of this includes a lot of confidentiality. It happens in ways that prevent classmates from knowing. There is also a lot of personal choice. Students who set up this kind of support can still decide not to use it. Frequent appointments with the staff of Ability Services aren’t required, though the staff are readily available for questions and concerns.

More information is available through the Ability Services website. Anyone can call the office at 715-425-0740 and request an appointment to discuss this in person.
Influenza

Once again, influenza has arrived with its symptoms of cough, fevers, feeling like you were hit by a truck body aches for 3 to 14 days. Influenza can knock a person down but it is the secondary infections that are the scariest, especially for someone with chronic health issues or those very young or very old.

Pneumonia, bronchitis, and sinus/ear infections are three examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and someone with heart or lung disease may need to be hospitalized with the pneumonia they got after the flu.

In most cases, healthy individuals who develop flu symptoms do not need to go to the doctor. However, if you have any health conditions that may put you at higher risk, or think you may have a secondary infection, you should seek medical attention.

- For students living in the residence halls, isolation meals can be arranged for filling out the Isolation Meal Box form or by calling 715-425-4444 and asking for Dining Services.

- For students who have influenza symptoms, contact your instructors via email or phone to let them know you will not be in class. You are expected to make arrangements to retrieve class notes from a peer and complete all missed work in a reasonable time frame. Communicate with your instructor if you have questions.

The rules are the same as before:

- **Get vaccinated against influenza** to take advantage of one of the best ways to avoid getting influenza. It’s not too late and there is vaccine available at most clinics and pharmacies. Influenza vaccines are covered for current students at Vibrant Health Family Clinics in River Falls (call 715-425-6701 for an appointment).

- **Practice good hand hygiene by washing your hands often** with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don’t have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

- **Clean shared work spaces with disinfectant between users.** Disinfecting or bleach wipes work great especially for keyboards, phones, and doorknobs.

- **Stay Home When You Are Sick.** Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue, and vomiting and diarrhea may also occur. If you have influenza symptoms, you should stay home, meaning do not go to classes or work for at least 24 hours after you no longer have a fever.