Important Reminders

2/13 Last day to drop classes w/out a “W”
2/13 Graduation Application due if participating in commencement
2/24 1/3 of tuition payment due for payment plan
3/6 Last day to withdraw from classes without “W’s”
3/14-20 Spring Break
3/23 Session B classes begin today
3/27 Last day to add a session B class w/out signature
3/27 Last day to add/drop a session B class online
Looking for Something To Do on Friday and Saturday Nights in River Falls?

Student Life plans events in a relaxed/casual atmosphere for many Friday and Saturday nights! Weekend Program events are a way for you to be socially, physically, and educationally involved in programs on campus. Student Life offers a variety of activities that are almost always free!

Click here for more information on what’s going on!

Explore Involvement through FalconSync

What is FalconSync?
FalconSync is an online community that enables students to explore student organizations, learn about campus and organization events, communicate with organization leaders, participate in campus-wide polls and discussions, and much more!

As a student at UWRf, you have access to many great resources that help you become an engaged member of our campus. It is never too late to get involved. FalconSync serves as a valuable resource to campus life.

How do I activate my account?

Activate your FalconSync account today by following these simple steps:

1. Go to UWRf.edu
2. Click on “Current Students”
3. Scroll down to find the FalconSync link on the left toolbar
4. Log-in using your UWRf email and password
5. Complete profile information
6. Browse organizations!

Why should I join now?
Student organizations are seeking new members on a continual basis; however, the beginning of the semester is one of the best times to begin membership. The Spring Involvement Fair took place on Wed., Jan. 28th, so all of the organizations are expecting new members, and you can easily find out more about each using FalconSync. By joining FalconSync, you will have direct access to the contacts from all student organizations.
What to Expect from Counseling

How do I get started?
Students can either call the appointment desk at 715-425-3884 or stop in to make an appointment in 211 Hagestad Hall (directly above the Athletic Office, in the same building as Textbook Services). Before the first appointment, students are asked to come in 10-20 minutes early to complete the initial paperwork.

How much does counseling cost?
UWRF counseling services are free for currently enrolled students. If you wish to see a mental health provider off campus, counselors can help facilitate that process. You will need to check with your insurance for coverage.

What are some common presenting concerns?
Students seek out counseling services for any number of concerns. If you are unsure if your concern is appropriate for counseling, please do not hesitate to schedule a brief intake appointment to explore options. Some common concerns that students present with include: stress, anxiety, depression, relationship difficulties, family concerns, self-esteem, body image, academic difficulties, grief, alcohol/drug use, sexual assault, choices about major or career plan, etc.

What can I expect from my counselor?
The Counseling Services staff consists of certified and trained mental health professionals with backgrounds in psychology, counseling, and social work. Each counselor has a different counseling style and varies in their technique; however, you may expect that your counselor will:

- Listen, and take your concerns seriously
- Help you remove barriers to achieve your personal goals
- Maintain the highest ethical and legal standards of counseling practice
- Answer your questions directly and honestly

How can I maximize my counseling experience?
You should: Attend your sessions regularly and take an active part in them, be as open and honest as you can, be open to trying new or different approaches to dealing with your concerns, apply what you have learned in your sessions to your daily life, and talk openly with your counselor about your progress in counseling.

Will my information be kept confidential?
All counseling records are kept confidential and are not a part of University records. With only rare exceptions, no information is released to anyone outside Counseling Services, including other University offices, faculty, staff, or your parents without your written consent. Exceptions to confidentiality include life-threatening situations (i.e. when someone is deemed to be an imminent danger to themselves or others; or in cases of child abuse) or appropriate court order. In these cases, counselors may disclose information to protect you or others from harm, or to comply with legal mandates. Counseling Services staff members may share information with each other for the purposes of consultation.

Alcohol-Drug Abuse Services:
Alcohol and other drug assessments are available (fee unless court-ordered or mandated by Residence Life, and then a fee will be charged) for currently enrolled students through Counseling Services.

How long does counseling last?
Individual counseling sessions are typically 45 minutes and group sessions are typically 90 minutes. Counseling services employs a brief counseling model, and counseling sessions are often goal-oriented in order to meet your needs in an efficient and effective manner. On average, students meet with an individual counselor 3-4 times. In some situations, referrals to outside agencies may be considered if longer-term counseling is necessary or specialized services are recommended.

Can I get medication if I need it?
Counseling Services contracts with the River Falls Medical Clinic, and students may meet with a general practitioner or psychiatrist to discuss options for medication when appropriate. You can call the clinic directly 715-425-6701 to schedule an appointment for a Mental Health Medication Evaluation; you can also get support from your counselor or the intake counselor to set this up with RFMC.

Article written by Counseling Services.
The UWRF Wellness Challenge is a FREE opportunity for ALL students, faculty, and staff. It encourages a healthier lifestyle through activity, nutrition, mental, relationships, and health wellness categories. This four-week program is designed with incentives to develop a commitment to healthy lifestyle choices. It will be from February 9 - March 8.

Click here to review rules of the Challenge and to activate your points log. Register online by Thursday, February 12 at 4 p.m.

How the Challenge works:

- Earn points by doing daily or one-time activities from the "Wellness Challenge Point Log." (Point log is located in your Wellness Challenge 2015 FalconSync site).
- Keep track of your points throughout the week.
- Submit your weekly points online by 11:59 p.m. Sunday.
- Prizes will be distributed weekly to one individual with highest weekly points and one team with highest average weekly points.
- At the end of the 4-week Challenge, a grand prize will be given to an individual with the highest point total and to the team with the highest total point average overall.

*Continuous updates will be posted on the FalconSync site each week to show how you and your team are doing.

If you have questions, please email keven.syverson@uwrf.edu.

Article written by Health and Counseling Services.
Erb’s and Gerb’s Competition

Create the one and only UW-River Falls sandwich at Erbert and Gerbert’s: The Frederick Tail Feather. Click here to submit your sandwich creation!

How do I submit?
- Click here
- Enter your ingredient choices by selecting your bread, meat, cheese, veggies, and sauces
- Use the arrows to toggle through all of the ingredient options and click each picture for the name of each ingredient
- Enter your information
- Click submit
- Share on social media!

The Frederick Tail Feather creation page is optimized to be used on your mobile device. Submissions will be accepted through February 11th. Top sandwiches will be available for tasting and voting at the end of February. The winning sandwich will be announced April 6th.

This is Your Chance to CREATE THE OFFICIAL FREDERICK TAIL FEATHER SANDWICH

Article written by University Dining Services.
How to Ace Your Phone Interview

Phone interviews can be tricky because you can’t observe your interviewer’s nonverbal cues and body language. This makes it even more difficult to gauge how terrifically or inadequately you’re doing. To ensure you leave a promising impression, here are three ways to convey your confidence and excitement during your phone interview:

Sound Confident and Enthusiastic
In addition to your resume, your voice represents you. Be conscious of your tone of voice and speak clearly. Although you may feel nervous, refrain from using “um” or “ah” as fillers during silences. Take your time when answering questions and avoid rambling or trailing off at the end of your responses. By being mindful of these tips, you will show your interviewer that you have satisfactory communication skills.

Research the Company
One of the inevitable interview questions is, “Why do you want to work/intern for us?” If you are unaware of the organization’s values, mission, or unclear about what they do, then your answer may sound uninformed and insincere. Ensure you know enough about the company to show your interviewer you care and are serious about obtaining the job/internship.

Prepare Your Answers Beforehand
There are interview questions that employers often reuse because they reveal a person’s character and personality. Sometimes interviewers may ask you to tell them about yourself. Begin by focusing on your education and relevant experiences, and elaborate on your personal goals or interests relevant to the position. Other common interview questions pertain to your strengths, weaknesses, and qualifications.

Graduating soon? Keep your resume up-to-date!

Whether you are a senior starting to job search in the real world, a junior looking for a summer internship, or an underclassman just wanting to find a normal job, you should be taking a look at your resume and modifying it. Take a short amount of time and be productive by getting ready for your future!

Click here for resume and cover letter writing tips!

Article modified from collegemagazine.com with help from Career Services.