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 the semester 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

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Feeling the Homesick Blues?

Homesickness is common among students, particularly in the first few weeks of a semester. Almost every student feels some aspect of homesickness. It is a normal feeling. It can range from a night’s worth of worry to a months of anxiety. Each student is affected differently.

Homesickness occurs as a result of being in a new and unfamiliar environment surrounded by people that you do not know. It is the familiarity of home and things associated with it that students miss when they arrive at college.

One way to help overcome feelings of homesickness is to get involved and meet people, even if this seems very difficult. This will help your surroundings become more familiar, and you will long for your old environment less.

It is also important to keep in touch with family and friends at home, but do not let them become a crutch. Email is a great way to keep in touch and save money on long distance phone calls. Sometimes going home for a weekend will ease the pain of homesickness, but it is important to try and stay on campus as much as possible.

It can also help to talk to your friends, or if you live in the Residence Halls, you can talk to your Resident Assistant about your feelings, if you feel comfortable doing so.

The staff members in Counseling Services are more than willing to listen and help you work through your feelings.

Make an appointment today!

Article written by Counseling Services.
Ten Ways to Pay It Forward this February

February is a great month to spread the love! Do something nice for someone, just because. You never know what that person might do for someone else down the road. In the end, the world becomes a better place.

A team of Harvard researchers surveyed people about their spending on themselves, their spending on others, and their happiness. They found that spending on oneself does not boost well-being. However, spending money on others does - and it appears to be as important to people’s happiness as the total amount of money they make. Paying it forward doesn’t have to involve money; it can be as simple as a smile or volunteering your time, but as you can see from the research, spending money on others has a positive impact on your happiness. Here are ten ways you can pay it forward!

1. Volunteer for Habitat for Humanity. Get a group of friends together and volunteer for Habitat at the River Falls Eco Village site, which is walking distance from campus. Click here to sign up online or call (715) 425-5623.

2. Form a team for River Falls Relay for Life of Pierce County/River Falls. The Relay will be held at the River Falls High School on Friday-Saturday, March 27-28. Opening Ceremony begins at 6 p.m. Teams are forming now and registration can be done online - click here!

3. Volunteer locally. Check out volunteer opportunities in the River Falls area - click here!

4. Create a Pay It Forward or Random Acts of Kindness Action Plan. Check out some of these ideas here! You will get suggestions that are both “spontaneous” and “planned.”

5. Give a micro loan from KIVA. These loans make a great gift that keeps on giving for many years to come. Kiva is a non-profit organization with a mission to connect people through lending to alleviate poverty. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lets individuals lend as little as $25 to help create opportunity around the world. Give a loan now!

6. Purchase a hat from Love Your Melon. The Love Your Melon Foundation is a non-profit 501(c)(3) dedicated to improving the lives of children battling cancer through therapeutic treatments. Through its Buy One-Give One program, Love Your Melon provides comfy hats to give these children something to wear during this difficult time. Buy now!

7. Play Free Rice and feed millions. Free Rice is a non-profit website that is owned by and supports the United Nations World Food Program. Play this game and watch the grains of rice add up. They have raised enough rice to feed millions of people. Give It a try!

8. Join Make Every Monday Matter. 52 Mondays, 52 activities, 52 ways to make a difference. This is about people taking personal responsibility to make a difference. Join today!

9. Get the We365 App. For a daily feed of more inspiring challenges from our favorite celebrities, follow We365.

10. Check out a TED Talk. To see the power of giving to others, check out this TED by Michael Norton titled, “How to buy happiness,” and spread the word!

Article written by Student Life.
Body Composition Testing

Body composition testing analyzes your:

- Weight
- Body Mass Index (BMI)
- Percentage of Body Fat
- Percentage of Fat Free Mass
- Basal Metabolic Rate
- Total Body Water Weight

Body Composition Testing will be conducted this semester from 3:30 - 4:30 p.m. on Monday in each Residence Hall’s main lobby. Stay tuned for more information in your specific halls early this semester!

All measurements are estimates but will give you an idea of where you are. Tips on being more active and other various resources will also be available.

For questions you may have or to request more information, contact Bre in Student Health Services at student.health.services@uwrf.edu.

Article written by Student Health Services.
It is important to stay on top of your coursework and avoid falling behind. Whether you are in your final semester as a UWRF student or are beginning your very first as a Falcon, goal-setting is an important part of your academic success. In order to achieve your goals for this semester, you have to be in the right “FRAME of mind!”

Here is how to get started:

**Fantasize**
Dream big! Ask yourself where you want to be by midterms and at the end of the semester. What kind of student do you want to be?

**Aim**
Define your goals by finding a balance between fantasy and reality, setting high but realistic goals for yourself.

**Reality**
Fantasies can certainly become reality if you are willing to work for them. View some helpful academic tips.

**Method**
Be truthful to yourself by narrowing your goals to the ones you really intend to accomplish. And, do not be afraid to ask for help!

**Evaluation**
Process the results of your goal-setting. What is working, and what is not? Do not make evaluation the last step of goal-setting; it should be an ongoing process.

Good luck, and have a great semester!

Adapted from Leadership Education & Development Center Buffalo State College, State University of New York with help from Career Services.
Block Meal Conversion
It’s happening now!

This option allows you to convert meals to Dining Dollars, and it is only available for participants of the 120 and 60 Block Plans. Conversion is only allowed during the specific time frame.

Block plan participants may convert between 1 and 30 meals (limited to the remaining balance on their account) at a rate of $6.00 per meal (maximum of $180.00 in Dining Dollars).

Once meals are converted to Dining Dollars, they may not be converted back to meals. Dining Dollars cannot be refunded if the meal plan is canceled.

Once these Dining Dollars are acquired, they may be used the same way as all Dining Dollars. They may be used at any dining venue at any time and receive a 5% discount, in addition to a tax savings of 5.5%.

Article written by Dining Services.