Important Reminders

2/24 1/3 of tuition payment due for payment plan
3/6 Last day to withdraw from classes w/out “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
In the excitement of this spring semester, as the days start to get longer and the weather warmer, don't forget that we're continuing to celebrate the Year of China on campus. As in the fall, there will be numerous events and activities around campus designed to take a wide-ranging look at China from its earliest history right up to current events.

Be sure to mark your calendar for the **Chinese New Year Gala on Monday, February 23, from 8:00-10:00pm in the Syse Theater (Black Box), KFA.** The New Year Gala is a Chinese television program drawing more viewers each year than the past eight Super Bowls combined! It combines the pageantry of the Oscars with the humor of Saturday Night Live along with 5,000 years of Chinese history and culture, and it's all happening here at UWRF. Join us for a night of singing, dancing, comedy and food while we ring in the year of the sheep!

Also mark your calendar for **Thursday, March 5** when Lt. Col. William T. Hagestad II (the grandson of the Hagestad our very own Hagestad Hall is named after!) will join us on campus for two presentations. Come to his **3:30pm presentation in the Davee Library Breezeway titled “Comparative Analysis of Nation State Cyber Conflict: An International Field Experience,”** and/or his **7:30pm presentation in the UC Kinnickinnic Theater titled Evolution of Chinese Cyber Capabilities: An Economic, Military, and Political Review of the People's Republic of China.** Lt. Col. William Hagestad is a world-renowned expert in his field, and encourages his audiences to ask challenging questions, so join us for what are sure to be very interesting presentations.

In addition to the two events highlighted above, there will be “Jade Sky: Astronomy in China” planetarium sessions, book discussions, a film series, and tai chi instruction offered throughout the semester. **Events will be added throughout the semester as well, so be sure to reference the website for the most up to date information on Year of China happenings.**

Please email yearofchina@uwrf.edu or click here for more info.
Be Successful in Academics

“To thine own self be true”

Many of us have heard this quote by Shakespeare, but do you know how it directly relates to your own life as a successful student? To be a successful student, you need to know yourself and your habits. Are you a morning or night person? Are you self-motivated to study alone, or do you need peers to hold you accountable? When it comes to time management, note taking, studying, and test taking skills, it’s sometimes better to go back to the basics as you search for ideas of how to improve and become a more successful student.

Time Management Tips
When managing your time as a busy college student, keep the big picture in mind. Use a daily, weekly, and monthly calendar to schedule specific blocks of time you need to study for each of your exams. Visualize the time you will invest in becoming successful in each class.

Note Taking Tips
Professors often talk a mile a minute. Don’t overwhelm yourself by trying to write down everything they say. Use abbreviations when you take notes in class. Try to take notes like you text and see if it works for you.

Test Taking Tips
Never underestimate the value of a good night’s sleep and hearty meal before a big exam. Plan ahead so you are well rested and prepared for your exam.
• For multiple choice test questions, be sure to first eliminate all the answers you know are wrong.
• For true/false questions, look for qualifying words to give you clues.
• Essay tests require you to put effort into an organized and concise outline. Do not ramble on with unnecessary tangents.
• On every test, always go through the entire test and answer the questions you know first. Do not simply take the test from beginning to end.

Studying Tips
Studying for ten minutes a day for each class helps you retain information. Be productive and avoid late nights where coffee and energy drinks are your close companions. Review your notes after each class period. Then, rewrite your notes to help you retain the information. At the end of each week review all your notes and the topics you covered in each of your classes.

Remember: Being a truly successful student takes time, energy, patience, and lots of hard work. The Academic Success Center has presentations and resources for taking notes, test taking, understanding textbooks, and time management and study skills. Also, be sure to check out their study skills and assessment links.

If you are struggling in a class (or think it might be soon), consider getting a tutor. Campus tutoring is free for UWRF students. It’s always better to ask for help earlier in the semester than to wait until it is too late.
A DAR (Degree Audit Report) keeps track of your degree requirements that you need to graduate. It tells you what you have completed, what you still need to complete, and lists courses that would fulfill each requirement.

Starting this semester the Registrar’s Office created a new interactive degree audit that includes a graph and a pie chart showing your progress towards degree. It has all of the same functionality as your old DAR, but is prettier and easier to use. For more info click here!

The transcript keeps track of the courses you completed, and the grades and credit earned in order by term. The DAR is separated into sections by requirements. First you'll find university and general education requirements, followed by your major and minor requirements. At the end are your elective credits and in-progress courses. The DAR also computes your major and minor GPAs, something the transcript does not do. On the DAR, your total credits earned and cumulative GPA are at the beginning, and on the transcript, the total credits and cumulative GPA are at the end.

Your DAR shows your name, student ID number, the program and college you are in, and the name of your academic advisor. Your DAR will also tell you when you may be getting close to graduation.

Click here to follow the tutorial! If you have any questions regarding your DAR, be sure to talk to your academic advisor, or you can stop by the Registrar’s Office in 105 North Hall.
The UWRF Veteran Services Office is available to ensure student veterans, reservists, National Guard, active duty and family members receive university support in achieving academic success.

Our goals are:
1. Assisting students receiving their requested educational benefits.
2. Raising awareness of campus resources available to students.
3. Raising awareness of federal and state resources available to veterans.

Additionally, Veteran Services works with local Veterans Administration County and Healthcare offices to provide services on campus. Appointments are not necessary for any of our services.

“You Have Been Selected to Complete a UW-River Falls Student Health Survey!”

If you get an email with this in the subject line, please respond and complete this survey! A UW-River Falls Student Health Survey will be coming on Sunday, February 22nd to 4,000 randomly selected UWRF students. An email request to complete the survey will be sent and it’s very important that selected students complete the survey. The survey (the National College Health Assessment) asks students questions about their health behaviors, beliefs, and perceptions. The information is used to help develop and tailor services and programming to meet the needs of our students. This survey is being administered across UW System campuses so it will give us information about our students here at UWRF but also information about students in UW System. This survey is confidential and there will be no names associated with the data, just group data will be shared.
Responding to the Measles Outbreak

Measles is an acute viral illness and is spread from person to person through the air or by direct contact with saliva or infected droplets. While we currently have no cases locally, if we do have any cases on campus, we will work with and follow recommended guidelines from local, state, and federal health authorities. The best way to prevent the spread of measles is through proper vaccination. While no vaccine is 100% effective, the measles vaccine is a highly effective vaccine. The recommended measles vaccine schedule (Measles, Mumps, Rubella or MMR) is 2 doses after the 1st birthday and at least 28 days apart (if born after 1956). Most persons born in 1956 or before have had the disease and so are protected. If persons have been vaccinated according to the recommended schedule, no further vaccination is recommended at the present time.

Most persons attending K-12 school in Wisconsin or Minnesota have likely been adequately vaccinated against measles. For more information about how to locate immunization records for persons from Wisconsin or Minnesota, click here to visit this site.

MMR vaccines are covered for current UWRF students at Vibrant Health Family Clinic in River Falls (715-425-6701, call for appointment). Please contact Student Health Services (715-425-3293) or Pierce County Public Health (715-273-6755) for questions. For more information on measles, click on the logos below: