Important Reminders

2/23 1/3 tuition payment due for plan

3/6 Last day to withdraw from the semester without “W’s”

3/14-20 Spring Break

3/23 Session b classes begin

3/27 Last day to add a session b class without signature

3/27 Last day add/drop a session b class online
What to do When Your Mood Follows the Barometer

Here we go again! At some point in February, we seem unable to resist feeling that the weather has taken control of our mood. We are euphoric on a sunny and warm day and irritable on a cold and grey day. There are days in February and March when we see the world as full of possibilities and days when we see the world as full of false promises and dead ends. You get the point, and chances are if you are reading this, it is one of those false promises or dead-end days for you. Fortunately, there is a lot to learn about ourselves, and our mental health, from this topsy-turvey time of year.

1. The first lesson is expectation management. Expectation management is actually taking the time to be realistic about how long it will take to be able to rely on the weather not to kick us around anymore. Most of us have some awareness that we can become more open to the consistency of warmer days somewhere around April 10th. Until that point, however, we have no business expecting anything less than a roller coaster of weather and moods. Expectation management is an effective tool in helping us to understand just what is reasonable to expect from family get-togethers, political promises, and Adam Sandler movies. The lesson is that the best predictor of the future is the past.

2. The second lesson of this time of year is learning not to fight your moods. We can learn to accept them and roll with them. Learning to be comfortable with our moods first requires that we respect them. A bad mood is not necessarily a bad thing. It is inevitable and is very much part of the human experience. A bad mood can indeed be a painful thing, but we do not have to suffer from it. So accept the bad mood first, and then we can go about the business of treating ourselves a little better for the day. We can do this when we lower our expectations for productivity and become okay with taking a long bath, watching our favorite comfort movie (for me that would be Star Wars), or calling Grandma (or anybody who has loved you well in your lifetime). In addition, because you are smart about your moods, you go through the day understanding that your moods will not last forever and that they, like the weather, will soon change.

3. The third lesson from this time of year is to understand how cruel inconsistency can be in any of its forms including in weather. Emotional abuse occurs when we are inconsistent in accepting and/or rejecting people in our life. If we are one day kind and another day cruel to those we care about, we are creating emotional helplessness in those who would care for us, especially if that person is dependent on us to get one or more of their needs met. Inconsistent weather, like inconsistent caring from a parent, friend, or significant other, can make us feel helpless and hopeless. Pay attention to how you treat the people in your life. Also, pay attention to how you treat yourself. If you are the victim of a relationship that consistently leaves you feeling helpless and hopeless, you owe it to yourself to get out (if the weather in this state were a real person, I would definitely leave!).

Article written by Counseling Services.
How to Plan Your Credit Load

Ever wonder how you should plan your class schedule? Some common things current UWRF students think about are:

- Jobs and/or internships
- Observation hours for education classes
- Lab times for science classes
- Studio time for art, music, and theater classes
- Financial assistance
- Number of credits you can reasonably handle
- Are you double majoring? Do you have a minor? Make sure you have the right courses to fulfill both requirements.

All of these are great things to think about. Each student’s situation is different, though, so you should ask your academic advisor about what is best for you.

Article written by the Registrar’s Office.
1) You have direct influence over your destiny. (Take responsibility)

2) See what you want so that you can have what you want. (Intentionality works)

3) Work hard at the thing you want. Show up for it, and know that it will happen. (Hard work pays off when you want something so badly you don’t want to live without it)

4) Make the time and create the space so that you can think for yourself. Never make decisions based on fear, shame, or people who tell you that you can’t do something. Make up your own mind on what is right for you. (Backbone matters)

5) Follow through on what you say you are going to do. If you make promises to yourself, keep them. (Personal integrity matters for self-esteem)

6) Ask for help from people that can help you. It’s not cheating; it’s how life works. (It’s way more efficient and effective than avoidance or stubbornness)

7) Understand that the Universe will support you if you believe the Universe is supportive. (You get to decide what kind of world you believe in, and it does matter what you think)

8) Be positive and courteous in the presence of others. (People will support and promote workable people)

9) Endorse all-or-something thinking. It is better to act than to do nothing. Don’t surrender to helplessness or to perfectionism. (Making some kind of choice always creates more choices; not making choices lends to feeling more and more helpless and confused)

10) Outward enthusiasm creates inward drive. (Fake it until you make it)

11) Focus on what you want from life; don’t focus on what you don’t want from it. (Constructive or destructive focus.)

12) Mistakes and defeats are stepping stones of wisdom, not a sign of weakness. (World’s #1 teacher, always has been)

13) Be creative and flexible to get what you want. There isn’t just one path to what you want, although you may feel like it. Sometimes we tie to ourselves only to justify the path we are on. (Switching gears will work if you are committed to not giving up on your goal)

14) Don’t waste time by not doing something you know you should do. You don’t get that time back. (Make it happen, Cappin’)

15) Use your body to clear your mind. If the body feels good, the mind feels good. (Body is gatekeeper to mind)
If you're feeling blue lately, it may have something to do with the weather! It's true that this time of year (especially in the Midwest where the winters are long) you're more prone to be tired, anxious, or even moody. It's likely you've gained a few pounds, have sugar cravings, and have a hard time getting up in the morning. For most people, it's more of an "I-can't-wait-for-winter-to-end" feeling that produces mild but manageable sluggishness, but about 11 million Americans have a more severe form of winter depression - seasonal affective disorder, or S.A.D. - that is typically diagnosed after at least two consecutive years of more intense symptoms.

If you feel like you're suffering from S.A.D., it is important to see a medical doctor to get the appropriate treatment. It is also important to seek personal counseling. You're in luck! UW-River Falls offers counseling services to students! The caring and easy-to-talk-to counselors are always happy to spend time talking with you. Learn more about how to make your first appointment here. In the meantime, you can explore some of the ways to get out of that cold-weather-funk.

1. **Get some sunshine!** The solution is to get as much sunlight as possible. Light enters the eye, which activates a body clock system that is similar to what controls seasonal breeding and hibernation in animals. A good way to turn things around is to get 30 minutes of sun exposure first thing in the morning. Make it a point to walk to work or class. This is a great way to boost your mood and get some exercise in.

2. **Move!** As if we needed another reason to get fit! Exercise isn’t only for maintaining your weight and staying healthy; it’s great for relieving the stresses of life. Plus, the effects of a good workout can last for several hours after you hit the showers. You’ll have more energy throughout the day, and your metabolism will stay elevated, too. Exercise also helps your mind by releasing those “feel good chemicals” that improve your mood. Take advantage of some of the on-campus opportunities, such as: open recreation, group fitness classes, open climb, outdoor adventure trips, outdoor equipment rental, intramural sport leagues and tournaments, and more through Campus Recreation.

3. **Embrace the season!** Instead of always avoiding the cold and snow, look for the best that it has to offer! Take up a winter sport like ice-skating, cross country skiing, snowshoeing, snowboarding, hockey, or even snow tubing! Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities it has to offer, will keep your spirits high.

4. **Relax! You’re busy!** Work, class, homework, family, friends, activities, and appointments - even if you enjoy being busy, everyone needs some time off. Don’t be afraid to say “no” to extra opportunities. Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class. Relaxation, especially in the form of yoga, can alleviate stress and leave you with a calm energy. Mental exercises like meditation and positive thinking can help keep depression at bay.

5. **Treat yourself!** Having something to look forward to can keep anyone motivated. Winter seems endless! But if you plan something exciting, your mood improves when you’re anticipating it and when the event actually comes. Plan something that’s exciting to you - a weekend trip, a day at the spa, a party or special event like a play, girls (or guys) night out, or a sporting event.

*Article written by UWRF Student Health and Counseling Services and UWRF Recreation and Sports Facilities.*
Pet Therapy

For the last three years, UW-River Falls has welcomed trained handlers and their therapy dogs to campus as a way to relieve stress and relax.

“We’ve been really surprised by the overwhelming response to the program. Obviously students miss their pets and are happy for some animal contact with dogs. The first time we did it, we were very overwhelmed by the volume of students that came.”

Dr. Alice Reilly-Myklebust
Director of Student Health and Counseling Services

“We do a lot of things to try to help students relieve stress; it’s probably one of the number one complaints, not just from students, but from everybody. If you ever have a chance to come, it’s fun to interact with the animals, but it’s also such a positive environment. It seems to lift everybody’s spirits, and it’s just a really neat event.”

Faculty and staff of all ages are welcome to the event. The overwhelming number of people at UWRF who have used the pet therapy program this school year has shown that there is a demand for this type of stress relief.

The handlers and dogs who are involved with the pet therapy program must be certified through a licensed Animal Assisted Therapy program. The pet therapy offerings have seen a vast amount of people come through the doors. Many students attend the event each month. According to Reilly-Myklebust, there are barely enough dogs to go around most of the time.

“As long as there are dogs and handlers, pet therapy will be around each year. It’s been great, and students have found it really helpful with stress, so if we can, we will continue to do it.”

Pet therapy is offered the first Friday of every month in 211 Hagestad Hall from 3:00 - 4:00 p.m. in the Career Resource Room.

For more information, contact Jennifer.elsesser@uwrf.edu.
America Saves is a national campaign involving more than 1,000 non-profit, government, and corporate groups including UW Extension's $martU program at UW-River Falls. The purpose is to encourage individuals and families to save money and build personal wealth.

To celebrate, America Saves is launching the #imsavingfor contest. It's easy to enter. Just share a picture of you and what you are saving for, and then enter to win $500 at America Saves Week. To enter, share a picture of what you’re saving for to your favorite social media platform (Twitter, Google+, Facebook, Instagram, Pinterest, Vine, LinkedIn, Tumblr, etc.) using #imsavingfor. Enter to win at AmericaSavesWeek.org/imsavingfor.

The contest runs from January 20th - March 6th. America Saves will pick one entry at random on March 9th and contact them by email.

Get creative with your pictures! You can take a picture in front of the item you're saving for - like college or a different car. Photoshop yourself with your goal - like a trip to the Grand Canyon or Mount Rushmore.

If you would like help with saving money and money issues, look for $martU at the UC on February 26th from 11:00 a.m. - 1:00 p.m. Free financial coaching is also available through UW Extension St. Croix by contacting Joan Sprain, Family Living Educator and trained financial coach at joan.sprain@ces.uwex.edu.

Article written by Joan Sprain.