Important Reminders

4/1 Graduation application due
4/10 Last day to drop a Session B class without a “W”
5/11-14 Final exams
5/16 Spring Commencement
5/21 Spring semester grades due
Registration Tips

Registration time is once again upon us. Advising for Fall 2015 classes begins soon, so don’t forget to make an appointment with your advisor to discuss your academic progress and performance. You will discuss what classes you should take for next semester before receiving your PIN number. Check eSIS to confirm your registration date and time; this information will be located under “Enrollment Dates” in the right column of the page.

Tips for meeting with your academic advisor

• Log in to eSIS and find your Academic Advisor. This section is located in the right column under “Program Advisor”.

• Make an appointment with your Academic Advisor. Some Advisors have signs on their doors, some send out a sign-up sheet, and some track everything through email. Watch for information from your Advisor with appointment-making instructions. Do not wait until the last minute to schedule your appointment!

• Print your Degree Audit Report (DAR). Your DAR can be found in eSIS in the drop-down box under the “Other Academics” heading.

• Add desired courses into the “Shopping Cart.” In eSIS, you can create a list of the courses you wish to take. This will also prepare you for your meeting with your Academic Advisor. After your meeting, update your Shopping Cart based on the feedback from your Advisor. On the day you are able to register, you should just go back to the Shopping Cart, select all the courses, and hit the green “Enroll” button.

• Arrive approximately five minutes early for your scheduled appointment. Advisors meet with a lot of students, so please be respectful of their time.

• Introduce yourself. Introducing yourself is common courtesy, shows respect, and connects your name to your face.

Tips for registering for classes

Once you have met with your Academic Advisor, log in to eSIS and do the following to get ahead of the game before your registration time:

• Enter your PIN in eSIS.

• Sign your Fee Payment Agreement.

• Pay all balances in full.

• Check for holds on your account.

Article written by the UWRF Registrar’s Office.
Spring into Wellness
The weather should be changing to spring soon.
There are many activities going on that can help you be well for when it’s nice outside!

Weekly Wellness Events

Mondays:
Advanced Tai Chi 12-1 p.m. Karges Multipurpose Studio: This is for individuals who have done Tai Chi and are ready for the next level.

Yoga 3:30-4:30 p.m. Karges Multipurpose Studio: There is no previous yoga experience needed for this class; it’s a chance to work on poses and build strength.

Zumba 4:45-5:45 p.m. Falcon’s Nest, UC: This is a fun class for everyone that gets you on your feet.

Step Class 6:30-7:30 p.m. ENB Aerobics room: Fast pace aerobic workout, break a sweat while having fun.

Tuesdays:
Yoga 3:30-4:30 p.m. Karges Multipurpose Studio: There is no previous yoga experience needed for this class; it’s a chance to work on poses and build strength.

Butts & Guts 8:30-9:15 p.m. ENB Aerobics Room: High intensity class. 45 minutes of strengthening that’s guaranteed to get your heart rate up.

Wednesdays:
Beginner Tai Chi 12-1 p.m. Karges Multipurpose Studio: Learn to use slow meditative movements for relaxation and body awareness.

Barre Blend 3:30-4:30 p.m. Karges Multipurpose Studio: Integrates movements from the worlds of ballet, yoga, and pilates to increase flexibility, stability, and body awareness.

CoreBar 6:30-7:30 p.m. ENB Aerobics room: A total body, high intensity interval-based cardio and conditioning class.

Thursdays:
Cycling 6:30-7:30 a.m. Knowles Center: Get ready to sweat, burn calories, and work those muscles! Cycling classes are the place to be for a killer cardio workout.

Yoga 12-1 p.m. Karges Multipurpose Studio: There is no previous yoga experience needed for this class; it’s a chance to work on poses and build strength.

Boot Camp 6:30-7:30 p.m. ENB Aerobics room: A variety of simple, yet intense exercises, in circuit style training.

Spring Counseling Groups

Interpersonal Process Group
This group is for those with difficulties in their relationships and for those who have something in their lives that they are having trouble dealing with.

Art Therapy
Communicate while creating art with other people dealing with similar issues.

To join a group call 715-425-3884 or go to 211 Hagestad to talk with a counselor about different sessions.

Did You Know?
You can use the meditation room at any time! Go there to relax or just reflect on the day.
It is located in Hagestad 162 and is open from 8 a.m.-4:30 p.m. on weekdays.

Article written by UWRF Recreation and Sport Facilities.
Healthy Options in Riverside Commons

Sodexo is committed to creating healthy environments for our customers. Central to this effort is providing healthy, nutritious foods. We’ve listened to our customers. We’ve researched marketplace trends. Our executive chefs and registered dietitians worked together to create an exciting collection of recipes.

The result is Mindful by Sodexo – an approach that focuses on transparency of ingredients, delicious food, satisfying portions and clarity in message so that making Mindful choices becomes second nature.

While designed for use in our cafes, Mindful is an approach that you can easily adopt at home with your family. Read about the criteria we used to develop Mindful and learn how to bring Mindful choices home by clicking here.

At UW-River Falls there are plenty of Mindful options that are provided in Riverside Commons. If a Mindful item is not for you, there is a salad bar with plenty of nutritious toppings every day. Also, instead of using salt to season your meal, we encourage you to try the spices provided for you on the beverage island. This will cut the added sodium and boost the flavor of your meal.
Go slowly until your body has acclimated to the heat. Exercise in the heat for just a few minutes at a time, and gradually increase the amount of time as your tolerance builds.

Seek shade. Exercising in shady areas, such as tree-lined trails and parks, will help you stay cooler when the temperature rises.

Team up for safety. Having a partner to exercise with will not only help keep you motivated, but they could also help you if you become too exhausted from the heat.

Heat-related illness. Your body’s natural cooling systems may fail if you’re exposed to high temperatures and humidity for too long. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated:

- **Heat cramps.** Heat cramps are painful muscle contractions, mainly affecting the calves, quadriceps, and abdominals. Affected muscles may feel firm to the touch. Your body temperature may be normal.

- **Heat exhaustion.** With heat exhaustion, your body temperature rises as high as 104 degrees Fahrenheit, and you may experience nausea, vomiting, headache, fainting, weakness, and cold, clammy skin. If left untreated, this can lead to heatstroke.

- **Heatstroke.** Heatstroke is a life-threatening emergency condition that occurs when your body temperature is greater than 104 degrees. Your skin may be hot, but your body may stop sweating to cool itself. You may develop confusion and irritability. You need immediate medical attention to prevent brain damage, organ failure, or even death.

Quick cool-off tricks:

- Running cold water over your forearms will help reduce your body temperature. Many public areas have drinking fountains or public restrooms where you can do this.

- Using a spray bottle, spray cool water on your skin while fanning air on it, either with a small portable fan, a paper fan, or even a towel or piece of clothing. As the water evaporates, your body temperature will drop.

- Apply an icepack or cooling neck wrap to your neck, forearms, groin, and/or armpits.

Article written by Student Health and Counseling Services.
Maintaining Healthy Relationships

Maintaining healthy relationships on top of classes and work is hard, but it is important. Here are five steps to help you make the most of your relationships with friends and family.

Support
Provide trust and emotional reassurance to one another.

Comfort
Allow for ease of mind when not together.

Build
Show appreciation and respect for each other.

Maintain
Keep things new and exciting; do not fall into a pattern.

Forgive
Know that conflict is normal and that you can get through it.

Free counseling services are offered to students. Stop in at 211 Hagestad Hall or call 715-425-3884 for an appointment.

Article written by Student Health and Counseling Services.