Important Reminders

4/22 Health Fair
5/11-14 Final exams
5/16 Spring Commencement
5/21 Spring semester grades due
Live On-Campus this Summer in Crabtree Hall

Spring 2015 students and/or Fall 2015-16 students may live in Crabtree Hall, the summer residence hall, if you are:

- Working for UWRF
- Taking summer classes
- Interning for credit at UWRF
- Conducting academic research for credit

Crabtree Hall summer sign-up begins: April 1, 2015
Sign-up ends: August 7, 2015
For more information, click here.
Love Is In The Air

Spring brings to mind new beginnings, birds singing, and people falling in love.

According to the website Live Science, a healthy romantic relationship has health benefits such as:

- Fewer mental health problems
- Stress reductions
- Longer life
- Happiness

Unhealthy relationships can be toxic to one’s whole health; mental, physical, emotional, and financial. Knowing whether you are in a healthy relationship is important.

Unhealthy traits that a person can bring to a relationship include:

- History of legal troubles
- Picking fights
- Destroying property
- Blaming you for their negative behaviors
- Nag or force you to be sexual
- Physically abusive
- Jealousy
- Disrespect
- Lying
- Tell you how to dress or act
- Consistent controlling behavior

Other cues that indicate an abusive relationship include:

Feeling afraid to break up with them, feeling like you need to check in, or feeling hyper-vigilant around your partner and their emotional reactions.

Michelle Bolyn, a licensed mental health professional writes at Livestrong.com. “Qualities of a healthy relationship” include:

- Honesty and Trust
- Respect
- Individuality
- Communication
- Fun

If you are in an unhealthy or abusive relationship, there is help.

For more information, contact:

**Student Health and Counseling Services**
Student Health Services: 715-425-3293
Counseling Services: 715-425-3884
211 Hagestad Hall
M-F, 8 a.m.-4:30 p.m.

By Erin McNiff, MA, UWRF Campus Victim Advocate
Instead of buying books, music, and DVDs, dust off your library card or trade favorite reads, music, and movies with your friends.

Go generic on your favorite grocery, beauty, and healthcare items.

Keep your car tires properly inflated, which can increase fuel efficiency, meaning less money spent on gas. Even better ... walk or bike when you can.

Creative Saving Tips

April is National Financial Literacy Month. And, most college students have limited budgets. Saving money doesn’t have to be boring or a chore. Here are some money saving tips we hope will help:

Pack your lunch. Did you know that spending $6 a day on lunch means spending about $800 a year?

Take a few minutes to read “54 Ways to Save Money” here.

Get your hair done for free at a discount by searching online for local beauty schools, and make an appointment with a student in training.

Bottom-line: Everyone has the ability to save. You can start small and save only $10 a week or month. Over time, your deposits will add up. Even small amounts of savings can help you in the future.

Sources: https://www.consumer.ftc.gov/articles/0498-its-never-too-early-or-too-late-save
http://www.americasaves.org/how-to-save-money/54-ways-to-save-money
STEP UP - OWN IT: Bystander Intervention

Student Health and Counseling Services facilitates STEP UP - OWN IT, UWRF’s Bystander Intervention campaign.

Survey highlights capture experiences of UWRF students who effectively STEP UP - OWN IT on behalf of their peers:

1. **Dealing with Hazing**
   - Nothing reported.

2. **Dealing with Drunkenness**
   - My friend had too much to drink, so I took her alcohol away from her and drove her home.
   - My friend was drunk. A boy kept buying her drinks. I said we needed to get out of there before something happened.

3. **Dealing with Sexual Assault**
   - A friend was being felt up by a date and clearly bothered by it. I told her date that she and I had to leave for a minute to talk about something important and got her away from the situation into a safer environment.
   - My friend had too much to drink and guys were trying to get her to stay at the house, and she was starting to pass out. They were grabbing her, so I called someone to come pick us up so I knew she was safe that night.

4. **Dealing with Verbal Harassment**
   - A friend of mine was picked on because of his sexuality. I stood up for him and defended him against the bullying.
   - I directly addressed a student who was making racist comments towards other students. All I needed to say was, “Hey, be more respectful,” and the student immediately stopped the comments.
   - Someone was talking to a woman using vulgar terminology. I reminded them how demeaning such terms can be to a woman. That person then decided to watch their language.

5. **Dealing with Emotional Distress**
   - I had a friend who was depressed and self-harming. We talked to her in a group and made sure she got help.
   - A close friend was contemplating suicide, so after getting advice on what to do from family, I stepped in and contacted UWRF Counseling Services.

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“**It was the right thing to do.”**

(The main reason students intervene)

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1. **SEE** the problem.
   - Be the change.

2. **APPROACH** like a friend.

   PUBLICLY STATE YOUR INTENTION TO HELP AND INTERVENE IN THE SAFEST WAY POSSIBLE.

3. **HELP** end the problem.

4. **RECRUIT** others if needed.

For more information contact Student Health and Counseling Services at 715-425-3293.