**Important Reminders**

**ASAP** Sign the Dining Contract and select the meal plan you want so it is ready before classes start

8/29 Minimum 1/3 tuition payment due
8/30 New Student Move-In Day
8/30 Meal Plan begins
8/31 Returning Student Move-In Day
8/31-9/3 Week Of Welcome
9/2 Academic Day
9/2 Involvement Fair
9/3 Classes begin
Financial aid and tuition can be confusing for new and returning students. Don’t be afraid! The staff in the Financial Aid Office can help you understand the process!

**STEP ONE**
Complete the FAFSA. If you haven’t done so already, it is not too late! The sooner you complete it the better, as some types of aid have limited funding. FAFSA.gov is the only official site for completing the FAFSA. Remember, the first “F” stands for FREE! You should never pay money to complete the FAFSA.

**STEP TWO**
Watch your UWRF email for correspondence from the Financial Aid Office. If additional information is needed or if your award is ready, you will be notified via your campus email. The UWRF Financial Aid Office does not send junk emails, so please read all communications from the office!

**STEP THREE**
Review your financial aid award package in eSIS. Make sure you accept/decline all loans you wish—or do not wish—to receive. Grants are accepted automatically for you since they are “gift aid” and do not have to be repaid.

**STEP FOUR**
Complete required loan processing. First-time UWRF borrowers must complete Loan Entrance Counseling and a Master Promissory Note (MPN) online for Direct Stafford Loans (studentloans.gov) and Perkins Loans (ECSI.net).

**STEP FIVE**
Determine your remaining balance. Check the Pending Aid link in your eSIS Student Center to see what you owe in the Total Due column after accepted aid is subtracted from your charges. If your Total Due is blank, you may be getting a refund.

**STEP SIX**
Sign up for direct deposit in eSIS if you are expecting a refund. Financial aid begins disbursing after the 6th day of the term and is based on your enrollment at the census date. If you receive aid that exceeds your account balance, you will receive a refund. Refunds are generally processed on Tuesdays they take 2-5 business days to be deposited into your bank account.

Please contact the Financial Aid Office with any questions at finaid@uwrf.edu or 715-425-3141. Staff is available Monday-Friday from 7:45 a.m.–4:30 p.m. and are happy to assist you!
What to Bring to Your Residence Hall Room

- Flashlight
- Shavers
- Coffeemakers
- Fan
- Clock, Radio, Hair Dryer
- Clothes Hangers
- Shower Sandals
- Cell Phone and Charger
- Electric Blankets
- Driver’s License
- Carpet Rug (Unless you are in Johnson, Ames or South Fork Suites)
- Laundry Basket
- Dish Soap, Plates, Silverware, and Glasses
- Insurance Information
What Not to Bring to Your Residence Hall Room

For your safety and safety of others, and because of the physical limitations of our residence halls, there are some items that you should not bring to the residence halls.

Some of them are
• refrigerator and microwave (a microfridge unit is provided by the Department of Residence Life in traditional student rooms)
• halogen lights/lamps
• hotplates
• toasters
• toaster ovens
• quesadilla makers or grills
• candles
• fireworks
• pets

Click here for a full list of policies for rooms

Make the Most of Your Roommate Experience

Check your UWRF email for your room assignment if you are living on campus! You can also view a profile of your roommate and start getting to know them before moving in! Below are a few tips when moving in to make the best of your experience.

BE POLITE ask to use their stuff even if they said you could earlier. Often in the beginning of the year students want to make a good impression, sometimes at the cost of what they are comfortable with, so make sure to check in again if you want to borrow something just to make sure your roommate is still comfortable with sharing that particular item.

Realize that SLEEP IS A VALUABLE COMMODITY in college and you will want all you can get, so will your roommate, don’t wake them up if you can help it, regardless if it’s the weekend or not.

A smelly room is a room no one wants to visit. Clean up after yourself and TAKE OUT THE GARBAGE when it’s your turn.

Communicate with your roommate in person, not over text message or instant messenger all the time FACE-TO-FACE CHATS will help eliminate some misunderstandings that electronic communication can cause.

No roommates get along all the time. When stuff starts getting tough, treat your roommate with RESPECT, even if you don’t agree. The mature way to handle the situation is to discuss the issues in a calm and understanding manner. There is no reason to be hurtful or unkind just to make your point.

Talk to your roommate about guests on DAY ONE. This topic is often a source of conflict, such as how much time friends hang out in the room, how late others can be over visiting, how much time significant others can be in the room, and when it is okay to have overnight guests. After your initial discussion on the issue make sure that you are checking with your roommate if you have a situation that wasn’t discussed. Let your roommate know if you are having issues with guests in the room and re-evaluate your agreement as necessary.

If you BROKE IT, ATE IT, OR LOST IT, tell your roommate sooner than later. The longer you wait the harder it’s going to be to let them know what you did.

Click here for more tips!
Getting involved is an important part of success as a college student. Becoming involved in organizations and attending events creates a connection to campus that helps you feel at home and learn information that can be helpful to getting the most out of your college experience. In fact, research has consistently found that students who get involved early in their college experience tend to have higher GPAs and are more likely to stay in college through graduation.

Over the past year, people who work in various UWRF departments have collaborated on a new program that will launch at the beginning of the 2014-15 school year, Falcon Five. It organizes all the involvement opportunities and events in one central area. All students will get a list of ways to get involved to learn more about:
- preparing for your future career
- getting the most from your education
- succeeding in social situation (and having fun)
- benefitting your community
- prioritizing your personal wellness.
FalconSync will be used to track of these experiences you will have so you can leave UW-River Falls with a record of your accomplishments and how it will prepare you to get set yourself apart when you graduate and start that career (It’s never too early to start thinking about that!). It is also a great way to meet people, have fun, and get the most from your UWRF experience.

Sometimes getting involved can be overwhelming and that can turn new students away from getting involved right away. We don’t want that to happen to new students, so we made it very easy to get involved on campus through the Falcon Five. All we ask is that you PICK ONE thing to do and let your involvement journey start from there. There is a lot going on at UW-River Falls, but you don’t have to learn everything right away! Just PICK ONE thing to do and let us help you with the rest. New Students will see a lot about this program at Registration and at Week of Welcome. Returning students will learn about Falcon 5 at Campus events.

go.uwrf.edu/PickOne
There are many positives to working on campus:
**Accessibility:** You may not need a car; getting to work could be a short walk if you live on or near campus.
**Flexibility:** On-campus employers understand your first priority is being a student and will typically work around your class schedule and breaks, and may give you time off for class projects or trips.
**Connection:** A campus job can help you adjust to campus by enabling you to make connections with others at UWRF and enhance your campus knowledge.

**How do you land an on-campus position?**
The first step is to find out what student work classification you fall into. There are two classifications: work study and student assistant. You can find out if you qualify for work study by checking your financial aid award issued by the Financial Aid Office at UWRF. You must successfully fill out the FAFSA (Free Application for Federal Student Aid) to be considered for a work study award. If you don’t qualify for work study you will be considered a Student Assistant for on-campus work purposes. Many jobs on campus are classified as work study only or student assistant only.

**When should I begin looking?**
**Start NOW.** Do not wait until classes begin, since many positions will be filled by then. If you don’t get a position in the fall, don’t give up. Departments will also be hiring for spring semester.

**How do I find job openings?**
**Hire-a-Falcon:** Hire-a-Falcon is UWRF’s online job board. It hosts some, not all, on-campus job postings. Current students can log in using their Falcon Account. New Students will gain full access to Hire-a-Falcon 24 hours after registering for classes during New Student Registration.
**Talk to classmates:** Do you know anyone who currently holds an on-campus job? Ask them if their department is hiring.
**Visit or call departments on campus:** Learn more about department hiring needs. If you do not find employment on campus, check resources like www.rivertowns.net, the River Falls newspaper, and Hire-a-Falcon for local employment opportunities.

Article Written by: Melissa Wilson, Director of Career Services
**Ability Services** arranges accommodations for students with difficult medical, physical, sensory, or brain related issues because these issues can increase the challenges of earning a college degree. Examples of accommodations include: audiobooks, lecture notes, more time for tests, electronic textbooks, etc.

This office provides alternative ways to receive information and accomplish activities that courses require. Ability Services’ motto is “equal access and opportunity”, which means your tests, assignments, and grade criteria are the same as your peers. Ability Services’ goal is to “open the door” for a college education with the personal growth and career potential that results.

Difficult medical, physical, sensory, and brain related issues are private matters. It’s against the law for professors and/or staff to ask students if they have a difficult issue. Thus, students who want accommodations must request them. Submit requests conveniently at: [go.uwrf.edu/Disclosure](http://go.uwrf.edu/Disclosure).

Accommodations take into account personal choice and strict confidentiality; your classmates won’t know about your accommodations. If accommodations are available to you, you still may decide not to use them. **Ability Services** staff is readily available for academic coaching, however, frequent visits are not required.

For more information or to schedule appointments, contact:
Student Ability Services
129 Hagestad Hall
715-425-0740
[www.uwrf.edu/AbilityService](http://www.uwrf.edu/AbilityService)
ARE YOU FOLLOWING FREDDY FALCON YET??

For the latest updates, photo challenges, and fun facts, follow Freddy Falcon on Twitter, Instagram, and friend him on Facebook!

Veteran Services Reminders for the Summer

We’d like to remind students the Veteran Services Office is open all summer. We have moved the school certification requests to an online survey system for your convenience. Students no longer have to submit their paper forms to us when they get back to campus in the fall. You can submit the form anytime over summer. Doing so improves your chances of avoiding late fees on your account.

Don’t forget, we don’t serve only veterans. Family members may be able to receive educational benefits through their parent or spouse. If you are new to campus or in receiving benefits through military service, we encourage you to stop in or call Veteran Services. Federal benefits have an online application, but state benefits do not. Veteran Services is happy to help guide you through either method.

Contact Veteran Services with questions at 715-425-3529, veterans@uwrf.edu, or stop by 220 South Hall.
Purchasing a Parking Permit

If you live in a residence hall or off campus, now is the time for purchasing a parking permit for fall and spring. If you live off-campus, please click on the “I live off campus” tab on the UWRF parking website. When you apply, you will select your preferred lot. If it’s filled, you will receive a message communicating the lot is full and offer you an alternative parking lot.

If you live in a residence hall and purchase your permit online before 8 a.m. on August 29, 2014, your permit will be mailed to your campus mailbox. If you live off campus, pick up your permit on Tuesday, September 2, 2014, anytime from 7:45 a.m.-4:30 p.m. in the Parking Office. Parking will be enforced starting 6 p.m. Tuesday, September 2, 2014.

Questions? Call Parking at 715-425-3333

Click here to purchase a permit!

Safety and Security on Campus

There are a number of things the University does to promote safe environments.
• The residence hall doors are locked 24 hours a day with the exception of move in and move out periods.
• Residence Life staff on call in the evening during the academic year to respond to emergencies.
• University Police are available 24 hours a day and 7 days a week for emergencies and crisis response.

Students are also expected to assume responsibility for their safety. Specifically, students are asked to do the following:
• Lock their room or house door even when they are in it.
• Be aware and cognizant of their surroundings.
• Do not allow other students or individuals to “tailgate” into the residence hall behind them.
• Report any suspicious persons or behavior to the appropriate staff member or call University Police at 715-425-3133.

Falcon Facts!

Did you know you get in FREE to all athletic events with your I.D.? Cheer on the Falcons!
Student Health & Counseling Information

UWRF Student Health and Counseling Services wants to help you have a healthy and productive experience at college. The following are services available to help you stay protected and healthy. Student Health and Counseling Services

• Offers on-campus professional mental health counseling services
• Clinical services contracted through River Falls Medical Clinic (RFMC) and Pierce County Reproductive Health
• Holistic educational and preventative initiatives and programming.

Student Health Services: Certain clinical health services are provided through Student Health Services for students at the RFMC (at the clinic not the hospital) and PCHR. While Student Health Services covers many common health services for students at RFMC and PCHR it is not health insurance. Tax rides to and from RFMC and PCHR are also covered with your student ID. For more information about Student Health Services, click here.

Counseling Services: Licensed professional counselors are available at 211 Hagestad Hall to help students work through a variety of issues that they might be facing during their college experience. Appointments can be made by calling 715-425-3884 or by visiting Counseling Services. For more information about Counseling Services, click here.

Tips and Suggestions

• If you have a chronic or current health condition, we encourage you to connect with a local health care provider. Because some services are contracted at RFMC, you may find it beneficial to contact them at 715-425-6701 to set up an appointment with one of the health care providers early in the semester. A letter with recommendations for your care from your current provider is helpful, although not required.

• If you have a current mental health condition or a mental health history (such as depression, anxiety, bipolar disorder, suicide threats or attempts, or mental health hospitalizations, etc.), we encourage you to make an appointment with one of the UW-River Falls counselors at Counseling Services early in the semester to establish a counseling relationship. Click here for information on the counselors and Counseling Services.

• Update any needed vaccines. A list of recommended vaccines can be found on the Student Health Services website, along with where immunizations can be received while at UWRF Records should not be submitted to Student Health Services.

• Make sure your insurance coverage is up-to-date while at college and keep your health insurance cards with you. Each student is expected to have their own health insurance to cover personal medical costs. Click here for more information.

• Be screened for tuberculosis if recommended. Click here to see the Student Health Services web page and scroll down to Tuberculosis Screening.

• Consider bringing a “first aid kit” of items you typically use, such as a pain reliever, antihistamine, stomach medicine, bandages and cream/ointment, elastic wrap, ice/heat pack, thermometer, etc.
How to Deal with the Top 10 Student Issues

Managing Expectations

Expect to feel overwhelmed and know that you are not alone. New friends, new living situation, new classes, and a new routine can be exciting and overwhelming at the same time. If you experience feelings of sadness and loneliness, don’t worry; these feelings are normal and usually pass within the first few months of the semester. Get involved in campus activities, join a group, and remember to stay connected to friends and family back home.

Organization

At home you may have your parents, teachers, coaches, to provide you with structure, schedules, and timelines for completing homework assignments. College professors may give you all of your assignments for the semester on the first day of class. There is an expectation that you will manage your time, resources, and workload effectively.

Drinking

It can sometimes feel like drinking is part of the college experience for everyone, but there are many other things you can do that don’t involve alcohol. Make sure you are of the legal age and remember to stay safe. Never accept a drink from someone you don’t know well, know your limits, and stick with friends.

“Freshman 15”

Eating lots of junk food and drinking too much alcohol or sugary beverages can cause you to gain weight. Remember to eat healthy, drink plenty of water, and exercise so you can stay fit.

Sleep

Getting enough sleep should be a priority because it can have profound impact on your mood, energy level, and motivation. Recharge your body by reducing caffeinated beverages and getting at least seven to nine hours of sleep each night.

Money

Make sure you begin school by knowing your budget, if finding a job is necessary, and connecting with Career Services on campus. Review the article: Tips for Finding an On Campus Job to assist with your job search. Be careful with credit cards because it can be very easy to get into debt. Spend wisely and avoid impulse purchases.

Homesickness

Students can struggle with homesickness whether half an hour away from home or at a campus across the country. Keep in touch with your family and old friends, but be sure to be a part of the campus community and make new friends at school. As time passes and the campus feels more comfortable, your homesickness will lessen.

Sex and Sexuality

Remember to stay safe if you are sexually active. Utilize Student Health Services to get more information on safer sex practices. Even if you trust your partner you may not know his or her entire sexual history. If you have questions about your sexuality, talk to a campus counselor or a trusted family member or friend.

Schoolwork

Remember why you are here in the first place, set aside a certain time and place each day devoted to studying. Studying with others can help you meet people and get better grades. Set realistic goals for yourself. If you feel stressed, take a break, stretch, exercise, or call a friend. Avoid pulling all-nighters because they can interfere with the quality of your work as well as your mood and attentiveness in other classes.

Roommates

Living with others can sometimes be challenging. Work through conflicts by regularly communicating with your roommate(s) and setting rules as soon as you move in that everyone can agree on. You and your roommate(s) don’t have to be best friends; you just need to live with and respect each other.

If you need to talk to someone, call to schedule a free, confidential appointment with a licensed personal counselor at UWRF Counseling Services at 715-425-3884 located at 211 Hagestad Hall.

Adapted from Mental Health America