Important Reminders

ASAP Update emergency contact information in eSIS
8/29 Minimum 1/3 tuition payment due
8/30 New Student Move-In Day
8/30 Meal plan begins for brunch
8/31 Returning Student Move-In Day
9/2 Academic Day
9/2 Involvement Fair
9/3 Classes begin
9/9 Last day to add classes w/o signature
9/19 Graduation application due

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UPCOMING EVENTS

IMPORTANT CONTACT INFORMATION

GET CONNECTED
Welcome to UWRF!

All across the country, colleges and universities have been preparing for the start of a new academic year, have you? The next couple of weeks will most likely include a wide range of feelings for you and your families as you prepare to begin your college career or return to your senior year. Along with the excitement of starting college or completing your college career, you may also be feeling some anxiety and stress. Please be assured that experiencing this emotional roller coaster ride is perfectly normal.

UWRF is a place where highly talented individuals live and learn together in a state of mutual appreciation and enjoyment. You’ve come to a good place. Our welcome is genuine, but I hope that you feel some awe at what is about to begin or what you have accomplished thus far. You get to make a fresh start on an altogether new life or for many of you, a new semester. This will be the first chapter of life that envisions you as an adult, no longer a child. And today you enter a life or return to a life in which you’ll have one and only one mission: to become the person you have it in you to be, a person equipped to lead a fulfilling life and to give the world the benefit of your gifts.

How are you going to perform this task? Let me share an insight with you. Do something that began as homework, a task set forth by someone else performed to please someone else, when suddenly you find you’re engaged with the question, propelled forward by your curiosity, moving to pull things you already know to help understand the thing you don’t know yet. This does not happen only in academic work. Great coaches help players know how to release their full powers in excellent performance; that’s why athletes can have a role in the university. Or you’re in a musical or dance group, an agriculture judging team, or tutoring program in a local school - you begin doing what you think is expected, but then some internal power switches on, and now it’s you playing, teaching, or performing. You’re living inside the activity, reaching levels you did not know how you could attain. Or you’re speaking with a friend, paddling in the shallow waters of casual conversation, when suddenly you’ve both been moved deeper in, sharing something that matters, helping each other inhabit unfamiliar points of view, seeing together what neither of you could have seen on your own.

Aristotle once said, “Happiness is the full use of your powers along lines of excellence.” There is pleasure to be found in hanging out or lying around, but the height of pleasure comes through engagement, through the activation of the self’s full powers. We want you to be happy at UW-River Falls, so we need you to be engaged. Engagement is the precondition of learning and growth. The things we do in a not invested, halfhearted way leave no mark on us, even when we’re extremely good at them. The things that inspire your deep participation are the things that expand you and transform you, releasing the recognition of what you can be at best. This fall, you will be introduced to the Falcon 5 a new student involvement initiative and you will be encouraged to Pick One, just one thing to get involved in. So engage, do your best, and make your decision to attend or return to UWRF a meaningful one.

Gregg Heinseman,
Associate Vice Chancellor for Student Affairs
Top 10 Billing Checklist Before School Starts

1. Check your eSIS account for your fall 2014 billing statement. Select the Billing Statement link in the Finance section to see the academic term and the breakdown of your bill.

2. Apply for reciprocity if you’re a Minnesota Student. Click here to apply for reciprocity with the State of Minnesota.

3. View what you owe after Pending Financial aid is deducted. Click the Pending Aid link in the Finances section of your eSIS account. Check the Total Due column of the “What I Owe” box to see the amount you owe after pending aid is deducted.

4. Have your Fall tuition paid for or make your first payment by August 29.

5. Make Online Payments. Tuition and fee payments can be made online in eSIS. Click the Yellow box “Make Online Payment Here.” There is no fee for paying with an Electronic check.

6. Choose Optional Payment Plan if needed. Sign up is not required. Pay a minimum of 1/3 the amount due after subtracting pending financial aid by 8/29/2014 to avoid the late fee. Pay half the remaining amount by 9/30/2014. Pay the remaining balance in full by 10/30/2014.

7. Grant Access to Others in eSIS. You can give your parents or other third party access to your billing statements. Please refer to the Granting Access to Others tutorial.

8. Sign Up for Direct Deposit Refunds. You should receive an email from easypathrefund@ecsi.net. Please follow the directions in that email or refer to these instructions on how to sign up for direct deposit refunds.

9. Submit External Scholarships. Make sure the organization includes your W number when sending scholarship directly to the University to make sure it is applied to the right account. Endorse checks made out to you. Send scholarship check with any award letters to:
   - UW-River Falls Student Billing
   - 410 South Third Street
   - 215 North Hall
   - River Falls WI 54022

10. Include your W number. Please include or have your W number available when communicating with the Student Billing Office.

Article written by the UWRF Student Billing Office.
**Lead the Move**
When you’re checking into the residence hall, for example, you can bring someone with you for support, but make sure you do the talking. This will help you take ownership and be independent.

**Making Connections**
Take time to introduce yourself to your roommate’s family. There may be times in the future when you will talk with your roommate’s parents. Make a good first impression.

**Comfortable Shoes**
You will do quite a bit of walking on Move-In Day so wear comfortable walking or running shoes.

**Week Of Welcome (WOW)**
WOW is designed to help first-year students become a successful and well-oriented members of the campus community and will give them the opportunity to meet other new students, returning student leaders, and the University community, all while providing a complete orientation to campus. WOW starts August 30 (New Student Move-in Day) and continues through Tuesday, September 2 (Academic Day). We encourage you to take advantage of all the opportunities and activities occurring during WOW. Check online for additional details regarding the program.

**Stress**
Be patient with those who are helping you move. It may get frustrating and be hard communicating, but overall it’ll be a good day!

**Set Up Your Room**
Make your room, your own. Do involve your roommate, but make it a place you can live for a year.

**Packing**
Be sure that you are packing the essentials and not too many clothes, personal items, or electronics. Remember, residence hall rooms are not designed to hold all of your belongings. At the same time, it’s easy to overlook some essential items needed for living on campus. Be sure to check Residence Life’s list of items to bring/leave at home.

**Plan Ahead**
All new students have scheduled move-in times to help the day run more smoothly. Be sure to check your designated arrival time and the campus map for more information about planning your trip to campus.

**Saying Goodbye**
You have a mandatory residence hall meeting beginning at 7 p.m. You’ll need to say goodbye to family members before that time. This is often the most difficult part of the day for family members and the anticipated goodbye may not be what you imagined. It may be easy to leave, or it may be harder than you think.

Attend the Great Falcon Get-Together on the University Center Mall from 2-6:30 p.m. We’ll celebrate and welcome you to the UWRF community with live music, food, and entertainment. It’s a great place to meet other students and families, take a break, eat, and relax before saying your goodbyes! Dinner will be served from 4-6:30 p.m.

**Enjoy Yourself**
Move-in Day is a big event for both you and your family; it marks the official beginning of your college experience.

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*Article written by UWRF New Student and Family Programs.*
What if I Get Homesick?

GET INVOLVED!
Attend a club meeting, join an intramural sport, participate in an event/activity, or volunteer in the community. Students who are engaged with campus life are more satisfied with their campus experience and perform better academically.

Explore the campus more and explore River Falls.
Find a place to hang out on campus, go downtown River Falls, and look at the shops. Don’t spend all your time in your room.

It is not uncommon for students to experience homesickness, especially during the first semester with all the adjustments they’re making as they transition to campus. Although homesickness may occur immediately (during the first few days or weeks), it may also occur around mid-semester. For some students, it may take several weeks into the term before the novelty of the college experience begins to wear off, and the reality of studying and trying to find balance, begins to sink in.

Talk to your roommate, floormates, and other students in your classes. It will help you transition from home to college.

Talk to your Resident Assistant. They are there to help in difficult situations.

Stay on Campus! There are so many things to do during the week and weekends to keep you busy and help you meet new people.

Article written by UWRF New Student and Family Programs.
Pick One!
go.uwrf.edu/PickOne

**New to Involvement?**
Don’t get overwhelmed by all that UWRF has to offer! Just Pick One event or activity to get started!

**Are you asking yourself what you should get involved with on campus?**
Visit the Pick One website and find many options to choose from.

“**You will never regret becoming involved. It will be one of the best decisions that you will ever make, so step out of your comfort zone and don’t be afraid to fail. You will have so many people that will be willing to catch you and help you along the way. Student involvement will help you not only grow as a person but also make everlasting friendships!**”

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**Already Involved?**
Go to the Falcon Five website to check out the new leadership program on campus. You can get started right away! Upon completion of each level you will receive an incentive. The backpack to the left is what you will receive for completing Level 1, so get started today!

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**Why do this?**
Employers want to hire graduates with experiences outside of the classroom. A recent article in the Chronicle of Higher Education states internships, jobs, volunteering, and extracurriculars are at the top of their elements for hiring.

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**Once you have Picked Your One, register for the Falcon 5 Program.**

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Article written by UWRF Student Life and adapted from articles

*The Thing Employers Look For When Hiring Recent Graduates in The Atlantic* and

*The Role of Higher Education in Career Development: Employer Perceptions in the Chronicle of Higher Education*
Reconnect to campus and check out these FREE events to kick off the school year. Make this the year to get involved, make new friends, and HAVE FUN at UWR! There is something for everyone!

Saturday, August 30
Student Life Block Party
9-11 p.m.
University Center Mall

Tuesday, September 2
Involvement Fair
11 a.m.-2 p.m.
University Center Mall

Meet the Greeks
6:30-9:30 p.m.
Falcon’s Nest & Fire Pit,
University Center

Thursday, September 4
Just Local
11 a.m.-1 p.m.
University Center Mall

Scratch & Bang
9-11 p.m.
University Center Mall

Friday, September 5
Open Mic
8 p.m.
Falcon’s Nest,
University Center

Midnight Film
Midnight Falls Theatre,
Downtown River Falls

Saturday, September 6
Bingo
8 p.m.
Pete’s Creek,
University Center

Please email StudentLife@uwrf.edu with questions.
Going Outside Makes You Healthier

Escaping to the woods, mountains, or even your neighborhood park helps both your body and your brain.

• Getting outside makes exercise easier
Research conducted at the University of Essex showed that the color green, such as that found on trees, grass, and other plants in nature makes exercise feel easier. Those exercising in front of the green showed less mood disturbances and reported that they felt lower exertion during their cycling. Other research also showed that those who exercise outside are more eager to return for a future workout than those who are inside at the gym.

• It amps up vitamin D intake
Vitamin D can be a difficult nutrient to get enough of strictly from foods, because so few naturally carry it so most of us soak up between 80 to 90 percent of our sunshine vitamin from those golden rays, says Dr. Michael F. Holick, M.D., Ph.D. We need vitamin D for bone growth, cell growth, inflammation reduction, and neuromuscular and immune function. Unfortunately, skin can only drink in the D from unprotected exposure. That's why sensible sun exposure is recommended, which means going out in the sun for roughly 10 to 15 minutes.

• Nature increases brain function
Taking in a bit of nature can help your brain in more than one way. Not only can it improve concentration, but taking a stroll can also increase creativity. Research published in the Journal of Experimental Psychology found that walking increases creative production. And while walking anywhere -- whether through the woods or in a mall -- is beneficial in that it prompts creativity, researchers found that the actual act of spending time outside also influences novelty. Some also say that 20 minutes outside can wake you up just as much as one cup of coffee.

• Nature is great for stress-reduction
Spending time in nature has been shown to lower stress levels, Seattle-based environmental psychologist Judith Heerwagon tells The Huffington Post. “Just looking at a garden or trees or going for a walk, even if it’s in your own neighborhood, reduces stress,” she says. “I don’t think anyone understands why, but there’s something about being in a natural setting that shows clear evidence of stress reduction, including physiological evidence, like lower heart rate.” One reason Mother Nature may work as such a great stress-buster is through scent. The smell of many flowers, including jasmine, lilacs, and roses, have been proven to decrease stress and increase relaxation. The scent of fresh pine has even been shown to lower depression and anxiety.

• The outdoors help us age gracefully
Getting outside on a daily basis may help older people stay healthy and functioning longer. Participants in the study who spent time outdoors every day at age 70 showed fewer complaints of aching bones or sleep problems, among other health-related problems, at age 77 than those who did not go outside each day.

• It can spur weight loss
Simply spending time at high altitude could help shed some pounds, even if you’re just visiting. The higher heights can speed up your metabolism, while actually lessening hunger cravings. So go ahead and plan those mountain escapes, hiking adventures and ski trip getaways.

• The outdoors make us happy
Spending more time with nature shows a shift toward more positive moods, says Heerwagon. While we don’t know exactly why this happens in our bodies, “the theory is that we respond positively to things that are good for us,” she tells The Huffington Post. “Trees offer shade, protection, and often have fruits and nuts, so they are a source of food as well as protection and comfort.” The idea is that we like things that are inherently good for us and our survival, which is why trees and other natural elements can help lift our moods.

Source: Abigail Wise, Huffington Post
Rules of the Road
Biking in River Falls

- **BE PREDICTABLE**
  Make your intentions clear to everyone on the road. Ride in a straight line and don’t swerve between parked cars. Use signal turns and check behind you well before turning or changing lanes.

- **THINK AHEAD**
  Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

- **BE CONSPICUOUS**
  Ride where people can see you and wear bright clothing. Use a front white light, red rear light, and reflectors when visibility is poor. Make eye contact with others and don’t ride on sidewalks.

- **RIDE READY**
  Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

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**Did you know?**
Did you know that UWRF Falcon Outdoor Adventures rents bicycles? Stop by to check out our mountain and road bikes. Rental is FREE for UWRF students! Click here for details.

**Looking for bike trails in River Falls?**
Contact Campus Recreation: 715-425-4289, campusrec@uwrf.edu, or stop in and see us in the Knowles Center. View rental center open hours here.

**Interested in group rides?**
We Bike River Falls leads community rides every 3rd Friday of the month. Click here for more information!

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Article written by UWRF Recreation and Sport Facilities modified from: The league of American Bicyclists.