Important Reminders

ASAP Update emergency contact information in eSIS
9/2 Academic Day
9/2 Involvement Fair
9/3 Classes begin
9/9 Last day to add classes without signature
9/19 Graduation application due

UPCOMING EVENTS

IMPORTANT CONTACT INFORMATION

GET CONNECTED

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# University Jargon

If you have other questions about jargon please call the campus information desk at (715) 425-3911.

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| There are many words that students, faculty, and staff are going to be saying and you may not know what they are talking about. Below are the most common words or phrases that are said around UW-River Falls. This list will help you understand what everyone is talking about! | Res Hall  
Residence Hall  
DAR  
Degree Progress Report  
Dorm  
Residence Hall Room  
eSIS  
Electronic Student Information System  
PoliSci  
Political Science  
DoTS  
Department of Technology Services  
MarComm  
Marketing Communications  
Greeks  
Members of a fraternity or sorority  
FI Ed  
Elementary Education  
WRFW  
Campus Radio Station  
KFA  
Kleinpell Fine Arts  
HHP  
Human Health and Performance  
Knowels  
Knowels Complex  
RDI  
Regional Development Institute  
Karges  
Karges Center  
CD  
Complex Director  
CBE  
College of Business and Economics  
UC Mall  
Grassy area in front of University Center  
Hunt  
Hunt Arena  
RA  
Resident Assistant  
CAS  
College of Arts and Sciences  
DA  
Desk Assistant  
Res Life  
Residence Life  
UC  
University Center  
Ramer  
Ramer Field  
The Nest  
The Nest  
Involvement Center  
CAFES  
College of Agriculture, Food, and Environmental Sciences  
Res Life  
Residence Life  
RSF  
Recreation and Sport facilities  
CHILD Center  
Child care facilities on campus |

- **Falcon Dollars**: Deposit money into your ID card and receive 5% off at dining locations & the Falcon Shop.
- **Wyman**: Wyman Education Building  
- **Fish Bowl**: Study area in Centennial Science Hall  
- **KFA**: Kleinpell Fine Arts  
- **Ag Sci**: Agricultural Science Building  
- **Week of Welcome**: WOW  
- **CSH**: Centennial Science Hall  
- **Knowels Complex**: CSH  
- **WOW**: Week of Welcome  
- **Karges Center**: Karges  
- **The Kinni**: The Kinnic River located in River Falls  
- **Hunt Arena**: Hunt  
- **CAS**: College of Arts and Sciences  
- **Ramer Field**: Ramer  
- **CAFES**: College of Agriculture, Food, and Environmental Sciences  
- **Involvement Center**: IC  
- **College of Education Professional Studies**: GEPS  
- **Res Life**: Residence Life  
- **RSF**: Recreation and Sport facilities  
- **CHILD Center**: Child care facilities on campus
Top 10 First Year Issues

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

Sex and Sexuality:
If you are sexually active, remember to stay safe. 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, a trusted family member, or friend.

Roommates:
Living with others can be challenging. Work through conflicts by regularly communicating with your roommate(s) and setting rules right away for the living space that everyone can agree on. You and your roommate(s) don’t have to be best friends; you just need to respect each other.

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

Money:
Make sure you begin school with a clear idea of what your budget is. If finding a job is necessary, connect with Career Services on campus or review the article on landing a job on campus to assist with your job search. Be careful with credit cards. It is very easy to get into debt so spend wisely and avoid impulse purchases.

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 to help you stay fit.

Organization:
At home you may have your parents, teachers, and coaches to provide you with structure, schedules, and timeliness 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.

Managing Expectations:
Expect to feel overwhelmed and know that you are not alone. New friends, new living situation, new classes, and new routines 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 school. Get involved in campus activities, join a group, and remember to stay connected to friends and family back home.

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

Schoolwork:
Remember why you are here in the first place. Set aside specific 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.

For questions please contact New Student and Family Programs.
Advice For Non-Traditional Students

The excitement of going back to school isn’t just for the traditional age college student. There are many students who balancing a full-time job or have a family to support. Non-traditional students should not feel alone. According to the U.S. Department of Education, in 2011 roughly 40 percent of America’s college students are non-traditional students embarking on their college journey later in life.

Form study groups once your classes begin.

It will be to your advantage to form groups with students who live on/near campus because they will have a lot of resources you may not be aware of. You will also benefit by forming groups with students who commute because they tend to better understand your schedule situation.

Seek financial help.

Don’t be afraid to ask for assistance, EVER. Money can be an issue for ALL students but it is especially hard for students who are going back to school supporting families and other expensive obligations. Watch for scholarships specific to non-traditional students as well.

Believe in yourself.

As cheesy as it may sound, you need to have desire and the will to succeed. If you don’t believe in yourself, you may easily become careless and not continue with what you started. This is a great first start in order to get the degree you always wanted!

Plan, plan, plan.

Know your schedule. Each week review your calendar to make sure you have everything under control. Include everything that will take up time such as: exams, assignments, family activities, etc. If your calendar is not looking feasible, start cutting back as soon as you can. You can also shuffle things around in your schedule before the week begins.

Get to know your professors.

Use their office hours. Be sure to contact them when you need help with studying for exams or working on assignments. If you are unable to make their office hours, work with them to find a time they can meet with you.

Choose the program for you.

Typically, non-traditional students go back to school with the focus of a specific study so they don’t have to be in school longer than they want to be. Be sure to evaluate your program choice to be sure it is the exact fit for you.

For questions please contact New Student and family Programs.
What Did I Do in College?

The future approaches quite rapidly at times. Are you documenting all of the involvement experiences you participate in outside of the classroom? A few years from now, you may easily remember your study abroad experience, but what about the service trip that you went on your first year? The Ally training or lectures you attended may get lost in your memories of your college experience. However, these experiences may be just what you need to stand out to future employers.

FalconSync can track your involvement and provide a record of your experiences so you can refer to it in the future! Your involvement record will automatically show that you attended a campus event when you swipe your campus ID card. It will also include your membership in organizations. You can even add your own involvement entry if you are looking to highlight an additional opportunity you participated in.

Any experience listed on your involvement record will also count toward the Falcon 5! Falcon 5 serves as a guide for your involvement at the University of Wisconsin-River Falls. Start by exploring involvement opportunities, then thrive in your involvement while developing leadership skills, and finally make an impact on campus and in your community. Once you meet all of the requirements, you will receive a UWRF Falcon 5 Leadership Certificate as a recognition of your co-curricular engagement! Visit the Falcon 5 website for more information.
Adding, Dropping, and Withdrawing from Classes

Fall semester classes are about to begin and it is important to know what goes along with dropping a class if it may not be right for you. Tuesday, September 9 is the last day to add or drop a Regular Session or Session A class on eSIS without a signature. After Tuesday you will need the signatures of both your instructor and advisor. Refunds depend on how many weeks the class goes for and the date the class was dropped. Students should check with the Student Billing and Financial Aid Office before dropping classes to see what type/if they would receive a refund.

“W’s” on the Transcript

Tuesday, September 23 is the last day to drop a class without a W on your record!

• What does this mean?
  A grade of “W” is assigned when a student drops a class beyond the regular drop period. It carries no grade points and does not count toward the term or cumulative grade point average.

• How might it affect your transcript?
  If you transfer to a different college/university they may want to know why you dropped the class so late in the semester, especially if you have a transcript full of “W’s”. Each college is different so make sure you communicate with that college so you know what they are looking for.

• Withdrawing totally from the University?
  This means dropping ALL of your classes for the term. Fill out the online withdrawal form if the semester has already started. Each student’s life situations are different so there could be many reasons why you need to withdraw such as illness, financial reasons, transferring, etc. Meet with your academic advisor to discuss withdrawing and if/when it would be a good idea.

How Refunds Work, Excess Financial Aid

A refund is automatically generated when a student has a credit balance on his or her student account in eSIS. Credit balances occur when payments and/or financial aid exceeds tuition and fee charges. Fall financial aid will begin disbursing to eSIS accounts on September 10. If financial aid does not post to your account in eSIS on September 10 please review understanding your financial aid award here, UWRF requires students to sign up for direct deposit of refunds. Please make sure that you are signed up for direct deposit refunds by September 10 with our new (as of May 12, 2014) third party vendor ECSI. More information on refunds and how to sign up for direct deposit refunds can be found at here.

Visit the Registrar’s Office website
Call 715-425-3342
Email registrar@uwrf.edu
Stop by 105 North Hall
Follow us on Twitter and like us on Facebook!

Article written by UWRF Registrar’s Office
Are you looking for a way to get involved on campus that connects you to individuals similar to you with whom you can create lifelong friendships? Going Greek is a great way to do so! Getting involved with a Greek organization is the perfect way to find where you fit on campus and meet people. Not only will you meet new people that will be friends for life, fraternities and sororities actively engage in academic excellence, community involvement, and self-development. Each organization contributes locally, regionally, and nationally to their chosen philanthropies year-round.

Many people are worried about the money commitment that comes with joining a fraternity or sorority but all money paid by members to their organization goes toward leadership development, professional development, and events and activities within the organization. Members of sororities and fraternities are also involved in other organizations on campus such as RHA, NSFP, Student Senate, Swing Dance Club, Dairy Club and many more. Many members also hold jobs on and off campus and are easily able to balance both the organization and time commitments.

Most of what is portrayed on TV and in the movies not only goes against our values and what we believe, but in some cases, it’s clearly illegal and would be grounds for the national organization to become involved. At UWRF, the stereotypes of Greek life are not even brought up and the chapters on campus definitely defeat those by the academic standards set forth by each chapter. The average GPA for all Chapters 2.84 which is great having over 230 members in the Greek community.

To find out more information on what fraternities and sororities like Fraternity and Sorority Life at UWRF on Facebook and follow UWRF Greek Life on Twitter. To find out more about each specific sorority and fraternity email studentlife@uwrf.edu for information on events going on at the beginning of the year.