Important Reminders

ASAP Update Emergency Contact Information in eSIS
9/9 Last Day to add Classes w/o signature
9/19 Graduation Application Due
9/23 Last Day to Drop Classes w/o “W’s”
9/30 Second Tuition Payment Due
10/14 Last Day to Withdraw from Classes without “W’s”
10/22 Session B Classes Begin
10/28 Last Day to Add Session B Classes
10/30 Third Tuition Payment Due

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UPCOMING EVENTS

GET CONNECTED

IMPORANT CONTACT INFORMATION
Top 10 Reasons Why a.m. Exercise is Best!

Sleep better. If you wait until late evening to exercise, the energy boost you get affects your sleep. This is why many people find it difficult to fall asleep after an evening or nighttime workout. Consistent exercise at the same time each morning gets your body into a routine without giving you energy burst near bedtime. This decreases the chance of sleep disturbances and may help you fall asleep easier due to the consistency.

Burn more fat. Morning exercise, especially before breakfast, can be very beneficial if you are trying to lose weight. Exercising on an empty stomach allows your body to focus on using your fat stores for energy. Following this with a good quality breakfast to fuel your metabolism and you’ll be amazed at how it can help your fat burning ability. This is a method that doesn’t work for everyone (some people need to eat before exercise due to health conditions, medication, etc.) but if you can handle working out on an empty stomach then this could work for you.

Get your me time. People who consistently exercise find that the appointed time every morning evolves into something they look forward to. Besides the satisfaction of taking care of themselves, they find it’s a great time to plan their day or just think more clearly; things most of us often don’t get to do otherwise.

Get more brainpower. Studies have shown that exercise significantly increases mental acuity—a benefit that lasts four to ten hours after your workout ends. Exercising in the a.m. means you get to harness that brainpower, instead of wasting it while you’re snoozing.

Burn More Calories. When you exercise early in the morning, it jumps starts your metabolism and keeps it elevated for hours, sometimes up to 24 hours! That means you’re burning more calories all day long just because you exercised in the morning!

You Will Eat Better. Many people find that morning exercise regulates their appetite for the day, they aren’t as hungry, and they make better food choices. It helps put you in a healthy mindset.

Get more energy. Although you may have to drag yourself out of bed in the morning, the energy you create by exercising in the morning will sustain you throughout the day. You will have more energy to go to work, class, other activities throughout the day.

You’ll Stick With It. Studies have shown that people who exercise in the morning are more likely to still be exercising one year later, when compared to those who exercise at other times of the day.

Stops you from procrastinating. Let’s be honest, everybody at some point has procrastinated about going to the gym and has gone home after work or school instead. It’s all too easy to get caught up in the day and be too busy that there is no time for exercise. But morning exercise takes the hassle out of finding the time or energy to exercise later in the day.

You’ll be happier all day. Exercise is a mood booster and will start your day off on a positive note. Even if you don’t enjoy exercise, you will likely feel better physically and mentally when the workout is complete. You will carry this exercise high and improved mood with you as you go to class, work or enjoy personal time. You may also feel more prepared to tackle difficult tasks because of your better attitude.
Not a morning person? Use these tips to get up and get going.

Tell the World About Your Plans
Thanks to Facebook and Twitter, you can tell everyone you know about your morning workout routine. Post your exercise plans on Facebook. Once you do so, it’s harder not to follow through with it. You also can use social media to boast of your accomplishments — tell your friends that you swam 16 laps (about a mile) or ran three miles before work. They will be impressed and it will motivate you to keep up your workout schedule.

Reward Your Efforts
If you meet your exercise goals and get up early four out of five days to work out for an hour, do something nice for yourself at the end of the week, like get a manicure, see a new movie with a friend, or go to a baseball game. Buy a new workout outfit; take a well-deserved soak, or cozy up to an eReader — find what motivates you and use it to give you that push out of bed each morning for your work routine.

Make Friends at the Gym
If you don’t have an exercise buddy yet, chances are you will make one after a few weeks of sticking to a morning workout routine at your gym. You’ll become familiar with the regulars who also exercise there at that time of day.

Make a Date
Having a workout routine buddy is a great motivator. Make plans to meet your exercise partner at the gym at 6 a.m. or on the tennis courts at 7 a.m. You’re less likely to skip out if you know someone is waiting for you.

Move Your Alarm Clock
Instead of sleeping with the alarm next to your bed, move it to the other side of the room. That way, you’ll have to get up and get out of bed to shut it off. If you use an alarm that plays music, set it to a song from your workout playlist to help get you in the mood for exercise.

Look Forward to a Better Breakfast
You may want to eat something quick, like a banana or a handful of almonds, to give you a boost of energy before your workout routine. After you cool down, have your real breakfast — and make it special as a reward for your efforts. But don’t sabotage your exercise efforts by eating a high-fat muffin or fried eggs and bacon. If you promise yourself a healthy, satisfying breakfast, such as scrambled eggs with veggies or oatmeal with fruit and nuts, when you get back that will motivate you as well.

Too Sleepy? Give It Time
At first it may be difficult not to turn off the alarm and go back to sleep, rather than jump out of bed to exercise at the gym or go on a 30-minute walk. But after about a week or two, your body will adjust to your early workout schedule and it will be easier to get up and out of the house and head for the gym. Here’s why: When you exercise regularly, you sleep better at night. When you sleep better at night, waking up to exercise is easier to do.

Prep the Night Before
To follow through on a morning workout routine, lay out your exercise clothes and equipment the night before. That way you don’t waste any time getting dressed and ready for your workout. One possible disadvantage of exercise in the morning is that your time may be limited — overcome this limitation by having a set routine and not wasting time looking for your sneakers or your equipment such as weights.

Have a Set Goal
Every Sunday night, create your workout schedule for the coming week. Tell yourself, for example, “This week, I’m getting up at 6 a.m. Monday, Tuesday, Thursday, and Friday, and running three miles before work.” Schedule your morning workout just as you would an appointment. You’re more likely to follow your morning workout routine if you write it down. If you don’t make it, write a note in your calendar to explain why. Later, you can analyze your exercise excuses and look for ways to overcome them.

Article written by Recreation and Sport Facilities.
Benefits of Yoga & Tai Chi

Both yoga and tai chi involve stretching into specific positions or poses, linking breath to movement, and letting go of the day’s stresses. But the similarities between the two practices don’t end there. Practice either and you’ll likely enjoy a host of benefits, from increased strength and flexibility to a more balanced approach to life.

Physical
The roots of a yoga and tai chi practice are as different. Yoga developed as a way of life while tai chi is a primitive form of martial arts. Yet both have grown into the same type of tree. By stretching and balance your body against and with your body weight, you can grow stronger, and both practices can help increase your range of motion and flexibility.

Mental
Developing a tai chi or yoga practice can help train your mind to grow quiet and let go of stress. During your practice, outside doesn’t exist. Failure doesn’t exist. You, your mat, your instructor, and the people with whom you share your practice exist and nothing else.

Health
Feeling under the weather? Take a yoga or tai chi class because either practice will help boost your immune system, according to research. MayoClinic.com agrees and suggests that your practice can help several health conditions, including cancer, depression, pain, anxiety, and insomnia. But don’t expect either to cure you of everything that ails you, cautions MayoClinic.com. Your practice “can help some health conditions when combined with standard treatment.”

Balance
Your instructor may suggest that finding balance in your movements and poses during your practice may help you find balance in your life. Combine the overall physical, mental, and health benefits and you’ll likely feel better, not just in terms of your health but also about yourself. Over time, the more often you access a pose in each type of practice, or fully inhabit a movement, you’ll see that movements that once were difficult have become easier. You can stand on one leg without tipping over. You can extend your right leg in front of you while raising your arms above your head. You can do all of this and more, largely because of your yoga or tai chi practice. Before you know it, either or both will not just be exercise, but it will become a way of life.

Article written by Jennifer Elsesser in Student Health and Counseling Services.
Do I Fit In Here?

That's precisely the question you need to be asking at this “college age” stage in your life. The majority of you are in the age range of 18 to 26. Your mission during this age range is to try out different classes, majors, hobbies, clubs, relationships, majors, career paths, and world views, in an effort to establish an identity that feels real to you. But how do you know if parts of your true identity are real or not? Good question, the answer is that while in the presence of these real pieces of your true identity, you feel you are at your best. The parts of our identity that are most natural for us, not only make us feel good, but they help us look good, too.

College can help you learn more about yourself. It might be hard at times, but don't be afraid to ask questions and don't give up! Approach college with purpose so we can help you establish who you are, where you are going, and (maybe even) who is going with you. Good luck.

If you want to talk to a counselor, you can call 715-425-3884 to set up a free, confidential appointment with one of our personal counselors at 211 Hagestad Hall on campus.
Mark Huttemier MA, LPC
UWRF - Student Health and Counseling
715-425-3884
Many students find themselves utilizing federal or private education loans to supplement their savings to pay for their education. An education loan is a form of financial aid that must be repaid, with interest. Education loans come in three major categories: federal student loans (e.g., Stafford and Perkins loans), federal parent loans (e.g., PLUS loans) and private student loans (also called alternative student loans).

While a student loan is a great option for paying for college, it is important to know what that loan will cost you in the long-run. The figures below are based on a $5,500 (the annual maximum for a first year student) Federal Direct Unsubsidized Loan at a 4.66% fixed interest rate (the rate for 2014-15).

Loan Balance: $5,500.00
Adjusted Loan Balance: $5,500.00
Loan Interest Rate: 4.66%
Loan Fees: 0.00%
Loan Term: 10 years

Monthly Loan Payment: $57.43
Number of Payments: 120
Cumulative Payments: $6,891.03
Total Interest Paid: $1,391.03

These figures were calculated using the Loan Calculator here.

For additional information on loan repayment plans and loan consolidation, please click here or visit the Financial Aid Office at 315 North Hall.
About 1/3 of the college experience is learning that the most effective way of dealing with feeling stuck is by saying “Help,” and knowing that saying “Help” does not mean...

I’m lazy
I’m cheating
I’m letting others down
I’m dumb
I’m failing

And coming to realize that “Help” really means...

I’m not letting pride be the reason I don’t succeed
Other people want to help me succeed
I am worthy of other people’s support

So extend your HELP! comfort zone towards that place “Where the magic really happens” and your college experience might reward you with about 1/3 less headaches.

Top 5 reasons to ask for Help and who to ask:
1 Academics = Use your Professors posted office hours.
2 Stress = Talk with your RA or a Campus Mental Health Counselor.
3 Lonely = Get involved with a club or organization through UWRF Student Involvement Center.
4 Jobs = Get familiar with Career Services and build your resume.
5 Sick = Call the Vibrant Health Family Clinic in River Falls, tell them you are a student, and get scheduled for an appointment.

“It’s not the load that breaks you down; It’s the way you carry it all by yourself.”
-Lena Horne
Year of China Kick-Off

Throughout the coming academic year, you may notice a recurring theme of China in the events and activities featured across campus. This is because UW-River Falls will be celebrating the Year of China in its second year of the “Year of...” strategic initiative. The reason behind the “Year of...” initiative is to support the Global Education and Engagement goal of the UW-River Falls Strategic Plan, Pathway to Distinction, by providing programming and educational experiences that allow faculty, students, and community participants to break down stereotypes and connect across cultures. Hopefully those of you who were on campus last year were able to participate in the various Year of Germany offerings, and you can look forward to an exciting line-up of events to celebrate the Year of Mexico in 2015-16, and the Year of Brazil in 2016-17.

The current year is Year of China and we hope to see you at the variety of events showcasing China’s wonderfully historic, diverse, and rich culture. You can refer to the Year of China website throughout the year for updates on upcoming events. We especially hope you will make plans to join us on the evening of Thursday, September 11 at the Knowles Center for the Year of China Kickoff, a performance by the Golden Dragon Acrobats co-hosted by The Wyman Series and the Series on Innovation and Excellence. The Golden Dragon Acrobats are regarded throughout the United States and abroad as the premiere Chinese acrobatic touring company, and you have the opportunity enjoy this performance right here on campus, for FREE no less! Doors will open at 6:30 p.m., and the Acrobats will take the stage at 7:30 p.m..

Come early to visit tables hosted by various academic departments and international students groups highlighting China’s history and rich cultural traditions, and connections to our campus here. We look forward to celebrating the Year of China with you – see you on the 11th!
Experience the original “social network” as pub games have been connecting people for healthy competition since the 1400s. This event is free and open to everyone and will include complementary snacks, beverages, and a cash bar. We hope to see you for the first Pub Trivia event on September 24!

Use your noodle, not Google and test your knowledge at Pub Trivia! Join us for this new program held once a month on Wednesdays in the Falcon's Nest from 5-7 pm. Battle your peers or even your professor and use that gray matter to take home the victory. We are teaming up with Minneapolis’ very own Trivia Mafia, who will plan and host the monthly competitions. Trivia Mafia are Sean McPherson and Chuck Terhark who met in 2006 while pursuing other, “less trivial,” avenues of creativity. Sean is well known in the hip-hop community for playing bass with Heiruspecs and Dessa. Chuck plays with the Como Avenue Jug Band and is the co-founder and organizer of the Zombie Pub Crawl (the world's largest) every October.