Important Reminders

9/19 Graduation application due
9/23 Last day to drop classes w/out “W’s”
9/30 Second tuition payment due
10/14 Last day to withdraw from classes w/out “W’s”
10/22 Session B classes begin
10/28 Last day to add cession B classes
10/30 Third tuition payment due
Your Commitment to College

Tips for the first few weeks of college

Switching gears effectively for college requires a certain level of commitment from you to make it go as smoothly as possible. Commit to being present. During the first three weekends you will be exposed to a new culture with new rules, a new social system, and new opportunities. In the first three weeks you will be as desirable as you may ever be in your lifetime as college opportunities come up. A rhythm is established over these first four weeks and three weekends that doesn’t stop until the end of your college career. Take advantage of your presence, be aware of your desirability, and exercise your choice. You can also be very vulnerable during this time.

**To make a counseling appointment call**

(715) 425-3884

While it’s recommended for you to stay around college to pick up the rhythm and the culture of what you have committed to, it is also important to remember that you have free choice. Here are four guidelines to follow while you set the pace for your college career.

**Do something new.** Keep an open mind. The more you open up to new people and new experiences on campus the more you develop an informed perspective about your choices and which paths are worth taking. This is college, it’s awesome, it’s challenging, and it’s worth your commitment.

**If you choose to drink, drink responsibly.** You still don’t know the good people from the bad people and so you’ll need your wits about you while you figure this puzzle out.

**Don’t be alone with strangers.** Do things in groups and keep account of one another. Your personal boundaries may be challenged during the first week of college so it’s best to have another set of eyes looking out for you.

**Do something you enjoy.** You have preferences and experiences from your life thus far; remember them. If you have a hobby, passion, or are awesome in an area, chances are you will be able to stay involved in that through clubs, volunteering, or other student organizations on campus. Simply stated, if you have something that you do that makes you feel whole then make sure you are doing that here. This involvement with the familiar becomes your source of stability for your identity over four years of school because other areas (including floor mate friendships, majors, romances, and life perspective) will be changing almost at light-speed.

Article Written by: Mark Huttemier MA, LP, LPC- Mental Health Counselor at UWRF Counseling Services.
Preparing for the First Exam

Your first exam of the semester (maybe even your first UWRF exam ever) is probably right around the corner! It can be intimidating if you are unprepared and it can create many sleepless nights and endless study sessions.

What if you could sleep peacefully the night before your exam, rather than try to cram several weeks worth of material into your overly-tired brain?

Here are a few pointers to help you succeed on that nerve-racking first exam:

Read all assignments when they are assigned and start studying at least one week before the exam. You will not be prepared if you read all ten chapters worth of material right before an exam. Also, if you spend an hour each night reviewing notes for a week before the exam, you will slowly absorb the information and retain it.

Memorize important information. If you pay attention in class, you will likely hear your professor mention specific pieces of information will be on the exam. Write these down and memorize them.

Inquire about the format of the exam. If you know the test will be a fill-in-the-blank type test, you will know to memorize important dates, names, and vocabulary words. If the test is multiple choice, you should study important facts. If the exam is an essay format, create an outline ahead of time. Almost all professors will give you a heads-up about what the exam will be like. If your professor does not, just ask. Your professor may be willing to tell you the layout, what to study, etc.

Make a study sheet. After you have written down important facts, names, vocabulary words, and notes you took during class, make a study sheet of the material. It will make studying much easier.

Have someone quiz you. After you have studied, ask a friend or family member to quiz you. As they ask you questions, have them highlight the information you did not remember. Once you study some more, they can quiz you again on the information you did not know or you could quiz yourself.

NOTE: Don’t forget to write down exam dates! Nothing is worse than walking into class and finding out it is exam day. In order to ace your exam, you must be aware of when the test will be given.
You're on campus for the first time or are back on campus after a great summer. You're looking forward to this year and are thinking about what kinds of new things you want to explore in order to get the most out of your college experience. Maybe you're interested in experiencing a different culture, something different from River Falls, WI. Maybe you're hearing classmates talk about the awesome experiences they had abroad last year and are feeling a bit curious. Maybe you've already thought about studying in a different country while you have opportunity to do so, but aren't quite sure what sorts of education abroad options you have (if that's the case, definitely come to our Education Abroad Fair on Wednesday, September 24 from 10 a.m. - 2 p.m. in the Falcon's Nest of the UC).

Maybe you're not yet convinced that studying abroad is right for you and need a bit more information. Well, you're in luck – here's UWRF Global Connections’ Top Ten Reasons You Should Study Abroad:

1. **Join the 300,000 Students in the U.S. Who Studied Abroad Last Year:** The number of students from the U.S, who choose to study abroad is growing every year, and is now at an all-time high. Join the club!

2. **Learn About Yourself:** It's funny how it happens, but while you're so busy experiencing another culture and way of life, you'll make all sorts of discoveries about yourself. Develop self-awareness, self-sufficiency, and self-confidence while you study abroad.

3. **Develop Skills Beyond the Classroom:** Leadership, Independence, Time management, Empathy, Tolerance for the unknown, Critical thinking, Problem solving, Communication. Studying abroad gives you the opportunity to develop these skills to a level far beyond what would be possible in a regular classroom setting.

4. **Enhance Employment Opportunities:** Studying abroad can give you an edge over the competition. For example, employers often look for employees who can navigate cross-cultural encounters and who have both technical knowledge and “soft skills” such as critical thinking, problem solving, time management, and communication. These are all skills that can be developed through studying abroad. Make yourself stand out in the global marketplace!

5. **Learn a Language:** What better way to brush up or perfect your foreign language skills than by immersing yourself in a different culture? Second language skills are a valuable asset both in the real world and in the work place.

6. **Cultivate Contacts and Make Friends:** You'll make a connection with the people you study abroad with and the people you meet overseas because you've shared a once-in-a-lifetime experience with them.

7. **Experience a Different Culture:** Studying abroad expands your world-view because you're able to have first-hand experience in a culture that's different from your own. You will be able to fight stereotypes - both the stereotypes other cultures have of the U.S. and the stereotypes you might have of other cultures - and become a better-rounded Global Citizen.

8. **Enhance Your Academic Experience:** Studying abroad allows you to make the most of your college education. You can take classes you aren't able to take at UWRF, study a country (history, politics, culture, art, anything) from a local and regional perspective, develop life skills beyond what's taught in the classroom, experience an international internship, or study topics from a different perspective.

9. **See the World** - Why read about it online when you can experience the world in person? Explore your heritage, visit historic sites, try exotic foods, swim in an ocean on the other side of the world...you'll never forget the amazing experiences you have while abroad.

10. **Don't Regret Not Going Later:** Do you have friends or family who, for whatever reason, didn’t study abroad while they were in college? Ask them how they feel about not going abroad now if they had the chance to do so when they were in your shoes. Do you really want to hit regret in a few years that you didn't at least check out your options?

For more information please visit Global Connections in Hagestad Hall.
The Awkward Roommate

The day I moved into college, I was so tired from getting my textbooks, rearranging my room, and listening to my mother go over safety precautions for walking alone at night (she considers night any time after 4 p.m.), I completely disregarded setting boundaries with my roommate. It came up briefly at our wing meeting and we both laughed and said “you can do whatever, I don’t care.”

Within the first week I learned that we liked the same music, TV shows, and clothes... what else is there to discuss? Then a few weeks into school, I started to pick up on subtle differences, and wrote them off as something that wouldn’t happen again. By November, I was ready to pull my hair out. Not because she wasn’t a great roommate, but because we never explained to each other our habits and routines.

Before you call a mutual friend, a family member, Residence Life, or someone else to share your sob story of how you need a new roommate, try re-evaluating (or finally creating!) boundaries with your roommate.

“Why do you set your alarm for 7am if you snooze until 8am?”
This concept blew my mind. I am a light sleeper; she was a heavy sleeper, so in turn, I became her alarm... KDWB blasting was just a middle man. I’d politely tell her, her alarm was going off, to watch her roll over and hit snooze. Repeat 5 times. Turns out, she was not a morning person (one of our differences) and could only get out of bed after being slowly woken up. When I found this out, it didn’t bother me anymore. She also, switched to using her phone as an alarm so it could sit right next to her and I wouldn’t hear it.

“I’m going to pull an all-nighter and study for this test.”
My roommate was a biology major... do you know how many tests biology undergrads have?! She possessed the ridiculous talent of studying once for 8 hours straight and passing an exam, while I had to read each chapter multiple times over weeks to grasp the topic. I slept on the bottom bunk so we decided to buy sheets and hang them up around my bed so I could have ‘curtains’ when she went without sleep.

We learned to deal with our differences, mostly just by trying to understand why each other acted the way we did.

Living with others can be a test of our patience at times, but not impossible. It takes a few awkward conversations to break the ice, but you’re adults and can handle that. And if a serious talk doesn’t work, try adding some tactful humor to it (I may have taken a picture of our overflowing garbage can and tagged her in it on Facebook to remind her to take out the trash once...!)

Avoid the thought that you can make it through a year without confronting issues. If I had done that, I wouldn’t have lived with her three years in a row!

Article written by UWRF alumna Amy Aschenbrener
Counseling Groups

Interpersonal Process Group
Sometimes it is helpful to address our personal issues in a group setting, alongside other UWRF students who know what it is like to feel overwhelmed and unsure with college, relationships, and life. Interpersonal Group will give you the opportunity to get and give honest feedback, and learn to feel more secure with yourself and how you come across to others.

When does it meet?
Thursdays 2-3 p.m.
September 25-November 20

Art Therapy Group
Art Therapy uses art media and the creative process to help in areas such as, but not limited to: fostering self-expression, create coping skills, manage stress, and strengthen sense of self.

When does it meet?
Tuesdays, 2:30-4 p.m.
October 7-November 18
211 Hagestad Hall
No artistic experience needed

Contact Counseling Services for questions

The single best way to prevent seasonal flu is to get vaccinated each year. Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent illnesses like the flu.

Influenza vaccines are covered by Student Health Services at Vibrant Health Family Clinics in River Falls (formally the River Falls Medical Clinic) for current students. Call the Clinic at 715-425-6701 to schedule a time to get immunized.

There will be a flu vaccine clinic on campus this fall, for students on Tuesday, October 7, 2014, from noon-2 p.m. in the Wind River Room (232), in the UC however, there will only be about 100 doses available.

Flu Shot Clinic

Flu season typically starts in the fall. Follow @FluGov on Twitter for tips and info on how to prevent the flu. Learn more at Flu.gov, cdc.gov and here.
Bikes, Bikes, & More Bikes!

If you haven’t figured it out already, using a bicycle is the fastest and best way to get around campus and explore the town and trails. Not only can it save money and protect the environment, you can park with no hassles, get to class quicker and get some exercise!

UWRF has some GREAT ways to help you and your bike stay happy and healthy. Maybe you need to get your hands on a bicycle in the first place. You’re in luck, we can help! Take a peek at the opportunities below!

- **Weekend Mountain Bike Trip:** Hit the trails with us where there is something for everyone ranging from single track and mixed terrain for the beginner to intermediate level rider. Saturday, October 11, Sunday, October 12, 2014, Student fee: $55. Register for this trip online by Monday, October 6, 2014. Click here for trips!

- **Bike Shop:** Does your bike need some TLC? Get a free bike assessment and safety check! The Bike Shop can also help you with any further repairs needed! Click Here!

- **Short term mountain bike/road bicycle rental:** Looking to go on a trail ride with friends or road bike weekend trip? We’ve got a bike for you, for FREE! Click here!

- **Bicycle locker storage:** Protect your bike! Click here for information!

- **Long term bicycle rental:** Limited bikes are available to rent for each semester! Get details and submit your request here.

- **We Bike River Falls:** Leading community group rides and promoting bicycle friendly transportation and recreation options through education and awareness programs for a safe, healthy, and sustainable community.

- **Mountain Bike Mondays:** Ride 5 – 7 miles on River Falls area trails September 8 – November 17! Click here for more information!

*Article written by Recreation and Sports Facilities*