**Important Reminders**

10/14 to Withdraw from all courses w/o “W’s”
10/22 Session B classes begin
10/28 Last day to add session B classes
10/30 Third tuition payment due
11/3 Graduation application due if not participating in commencement
11/11 Last day to drop Session B Classes w/o “W’s”
11/25 Lunch is last meal before break
11/26-28 Thanksgiving break, halls remain open

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**UW River Falls**

**Division of Student Affairs**

**The Alcon Connection**

October 6, 2014
Career Week 2014

Interested in learning about job and internship opportunities? Connecting with employers? Career Week provides an awesome opportunity to meet dozens of recruiters, network for internships and jobs, and interview for open positions. Career Week events start on October 14.

Prepare:
The week begins with an opportunity to prepare for the Career Fair at the Career Fair Prep Session. Come to the Career Fair Prep Session on Tuesday, October 14 in the Falcon’s Nest. The session will feature interactive stations for students to learn about and practice networking, conversing with recruiters, creating appropriate application materials, dressing professionally, and researching the organizations attending. This event is held from 11-1 in the Falls Room (lower level of the UC) on Tuesday, October 14.

Network:
The Networking Social will host over 65 employers you can talk with, while learning tips and strategies to effectively network in the professional world. The event is from 5-6 p.m. in the Ann Lydecker Living and Learning Center (Ames Suites) on Tuesday, October 14.

Meet Employers:
Students who attend a career fair as early as their freshmen or sophomore year gain confidence in their ability to speak with employers and communicate their accomplishments. Juniors and seniors are able to network to create interview opportunities for valuable internships and full-time jobs at career fairs. Employers attending the Career Fair will be looking for potential employees and interns to recruit for positions available now, or in the future. This is an opportunity to speak directly with recruiters about opportunities at their companies and to learn about strategies to successfully apply for positions. Dress nicely, bring your resume, and make a great first impression! This event is held from 10-3 in the UC on Wednesday, October 15.

Get the UW-River Falls Career Fair Plus App!
Download the UW-River Falls Career Fair Plus App in the iTunes or Android app stores. You can view and favorite the companies attending the fair and positions they are hiring. You can also search by job type, majors and location. Download the app today!
Love Your Water

If I told you I had a supplement that will help you lose weight, cure a headache, make you look younger with healthier skin, give you more energy and productivity at work and school, exercise better, increased your immune system, make you less likely to feel fatigue and over all puts you in a better mood; you would totally want this! Good news is, its just WATER! No expensive supplements needed! If you drank the amount of water your body needs, you would be surprised at the amazing changes you will see and feel. Just try it!

If all these great things can happen by simply drinking water why isn’t EVERYONE doing it? Well, it’s hard to remember to do it, it’s a commitment and let’s face it, water is kind of boring. Here are a few things you can do to help you drink up!

• Get a water bottle that you love! I know it may sounds silly but sometimes getting something new and that you’re excited about can help kick start any goal. Set yourself up for a “new you”.

• Gourmet-it-up! Add lime, lemon or even orange slices to your water. Slipping a slice of citrus fruit into your water can add a subtle flavor to perk up plain water, making it easier to drink more throughout the day. You could even try mint leaves, cucumber slices, or berries too!

• Sip on unsweetened tea. Herbal or fruit teas are essentially water with natural, non-caloric flavors.

• Try carbonated water (especially with lemon or other fruits).

• Carry water with you. Having your own water supply on hand makes drinking water a no-brainer. Slip a reusable water bottle into your purse, gym bag, desk drawer, or car, and be sure to refill it regularly.

• Develop reminders. Try setting alarms or computer reminders that tell you to drink water once per hour, or decide on a few personal “triggers” for drinking water.

• Quench your thirst with water first. Studies show that when you are thirsty, water will satisfy your thirst just as well as other beverages, such as sports drinks, soft drinks, or juice.

• Make it a habit to down a quick glass around mealtimes. Drinking a glass of water — or at least a few sips — before, during, and after eating any meal is a great way to up your daily water intake.

• Eat something spicy for your meal! It’s easier to drink more AND tastes so good after something spicy.

• Learn about the benefits of drinking water and let that motivate you!

• Play water pong! If you commit to playing it once a week, you’ll manage to increase your water intake considerably by month’s end.
Your Time is Now... Don’t Wait to Volunteer!

**Make a Difference**
To start with, the most obvious benefit of volunteering is it’s an extremely rewarding experience. It’s so easy to get stuck in a routine as a student with class, homework, sleep... repeat... It will be worth it to switch things up a bit to make a difference in the community and your personal life.

**Develop Job Skills**
Volunteering might be one of the best ways to gain hands on experience for a future career. Giving a helping hand to the community will not only result in networking, but can also be a great asset to your resume. Plan on being a teacher? Volunteer in a classroom. Pursuing a career in environmental science? Find a recycling or trail restoration program. This is your chance to gain essential leadership experience that all employers want to see.

**Explore Other Interests**
Sometimes we find ourselves stuck in routine and need to balance our life with a variety of activities that can be both relaxing and energizing. Volunteering is a great way to delve into a unique career path or new hobbies you may never had seen yourself taking. Things like building a home for Habitat for Humanity, spending a few hours a week at a senior home, or volunteering with Big Brother, Big Sister, all could result in new interests or passions you didn’t know were there.

**Meet New Friends**
Meeting people in college isn’t hard; however meeting good friends in college can be another story. Volunteering brings all walks of life together and no matter your personality, interests, or background, you’re bound to connect with another good Samaritan like yourself. There is no telling who you may meet, or what sort of impact they could have on your life, and this brings possibly one of the most exciting aspects to volunteering.

**Build Upon your Education**
Sometimes the most valuable lessons are taught out of the classroom, and going through the motions of class after class, semester after semester, isn’t enough to get the most out of your education. Applying hands-on experience is going to be some of the most valuable assets to your degree, so it’s important to get involved early to optimize these opportunities.

Out of classroom activities can be just as important to an employer as your GPA. It’s important to show that you are able to achieve a good work-life balance because it paints a better picture of the real you.

*Article modified from: Top 5 Reasons to Volunteer in College and written by Amy Lloyd Service Coordinator for Student Life*
Chef Adam will provide cooking demonstrations on how to create healthy eating options that are found in Riverside Commons, as well as healthy snacks that students can make on their own. Come see and sample some healthy and tasty creations made by Chef Adam in Riverside Commons on Oct 14 and Nov 11.
Office 365 For Students

What is Office 365? Office 365 is a suite of applications which provide you as a student the communication and productivity tools needed to excel while in school. You may think of Office as the standard Word, Excel, and PowerPoint, but there’s much more! As a student at River Falls you are issued an email address ending in *@my.uwrf.edu. This email address opens up a number of additional benefits which you may not be aware. One of the biggest benefits is access to the Microsoft application suite known as Office.

- If you’re using a PC this includes Word, Excel, PowerPoint, OneNote, Access, Publisher, Outlook, Lync, and InfoPath.
- If you are using a Mac the suite includes Word, Excel, PowerPoint and OneNote

In the past students were able to purchase the Microsoft Office suite for PC or Mac at a deeply discounted rate. DoTS is happy to announce that beginning this year the Office suite is available at no additional cost and can be easily installed on your computer, smart phone, or tablet. In fact, you can install up to five copies of the software! These will remain active as long as you have an active email address, which means up to a year following graduation.

The DoTS knowledge base contains several articles on Office 365 and email configuration, but at its most simple follow these easy to use instructions for installation:
- Login in to your UWRF student email
- From the upper right-hand corner of your screen select the gear icon
- Choose Office 365 Settings
- From the left-side of your page choose Software
- Select Install

Wait for your installation to complete, select Organizational Account when prompted and enter your user-name and password. That’s it! You know have access to the applications you need to get your schoolwork completed.

Another benefit is the 25GB of cloud storage available to you for storing important classwork.

We know you’ve heard it before, but saving files to your computer can lead to problems when the device fails. You will notice when logged into your email that there’s a tab called OneDrive. Selecting the OneDrive tab will allow you to upload files to your storage, create new Office documents, and share with others. DoTS encourages you to use this file location as a convenient and safe way to save, edit, and share Office docs. Office 365 offers lots of great ways to work so take the time to poke around and utilize this great tool, now offered at no additional cost!
Body Composition Testing

Body Composition Testing will be conducted in the halls this semester. Times will be from 5:00-6:00 p.m. on Tuesday evenings in each hall in the main lobby this semester. The schedule is listed below. Body composition testing analyzes your weight, body mass index (BMI), percentage of body fat, percentage of fat free mass, basal metabolic rate, and your total body water weight. All measurements are estimates but will give you an idea of where you are. Tips are also available on being more active and resources. Contact Brent in Student Health Services at for questions or more information.

Testing Dates for Fall 2014

**October 7:** Hathorn Hall
**October 14:** May Hall
**October 21:** Stratton Hall
**October 28:** Ames Suites
**November 4:** South Fork Suites
**November 11:** Parker Hall
**November 18:** Crabtree Hall
**December 2:** Grimm Hall
**December 9:** McMillan Hall

Article Written by Keven Severson in Student Health and Counseling Services