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
10 Things To Do Every Day

Make your bed
Don’t underestimate the sabotaging power of an unmade bed. It sends a negative message to your subconscious. Make your bed daily and you’ll form a habit of doing it fast. It will mark the threshold into starting the day well, and provide a welcoming sanctuary when the day is over.

Deal with the urgent
Every day, scan your emails, mail, phone messages, etc., for anything that demands prompt attention. Matters like notices for school, renewals, and bills due for payment can become time-consuming or expensive problems later. Avoid those problems by dealing with the urgent today.

Feel grateful
Psychology research has shown that counting your blessings boosts your happiness, so make it a ritual to reflect on the good things in your life every day. Do it as you eat breakfast in the morning or while you brush your teeth at night— but make it a habit. Got all your limbs? Have a nice house, good friends, or a talent for balancing a spoon on your nose? Lucky you!

Have something to look forward to
Plan something that makes you happy every single day. Your daily treats could be playing Angry Birds on your iPhone, taking a bath, drinking your favorite coffee, listening to music— anything you enjoy and look forward to.

Make a list for tomorrow
Before you head to bed, make a quick list of things to do and remember for the next day. This will get them out of your head so you sleep better, help you feel organized, and give you a map for the next day.

Eat vegetables
They help you stay slim and healthy, so eat them! Add salad or vegetables to your meals wherever you can.

Do something nice for someone else
This is a great habit to start. Can you give someone a genuine compliment? Offer encouragement or compassion? Give a gift or do a favor? The important thing here is to choose things you can do with kindness, not things that feel like an nuisance or burden. Find one to do every day.

Get some exercise
Take a gym class, go for a walk, lift soup cans, lunge around your house while on the phone— do anything that gets you moving. And if you have a sedentary life, move as often as you can. If you are making excuses, stop doing it and exercise.

Organize before you go to bed
Spending 10 minutes every night doing a quick clean will make all the difference to the way you feel as you go to bed, and especially to the way you feel when you start the next day. Keep it simple— even if all you do is wash the dishes, put clothes in a basket, throw away trash— you’ll feel pleased with yourself.

Do something productive and meaningful
Make progress on an important project by breaking it up into 20 minute segments. Set a timer if you need to and when the time is up decide to keep going or move on to something else. Forget busyness and instead focus on achieving something every day— big or small— that gives you a sense of meaning or achievement.

Article written by Jennifer Elsesser in UWRF Student Health and Counseling Services.
Do Not Away from Your Classes

Now that you’re more than a month into the semester, are you thinking of giving up? There are many reasons why you will want to stay in the course. Dr. Neal Prochnow discusses repercussions of walking away in his book, Graduate and Start a Career...On Time, Tips for College Students and Parents (2014). As with most situations in life, the first consideration is money. If you do not properly withdraw, per school policy, you are still responsible for the tuition and fees associated with your coursework. Consequently, if you wish to attend another school, your transcript will not be released until the debt is resolved.

If you want to walk away from one or two courses, your GPA and your credit load will drop. Dropping below a 2.0 can be detrimental. You could be on academic probation or suspended. Also, many family health insurance policies and financial aid awards require you to be a full-time status student. Veterans and their family members could lose their educational benefits for poor performance or being less than full-time as a student.

Finally, you will receive F’s for the classes you do not attend. If you are thinking of walking away, you probably don’t care, but here’s the reality: those F’s will be on your permanent educational record for your next school (or perhaps an employer) to see.

What can you do?

• Talk to your instructor and sign up for tutoring.
• If you have a medical/personal reason for struggling, schedule an appointment with your advisor, Ability Services or a Counselor.

If you just can’t find it possible to finish the semester, meet with your advisor or, if a veteran/family member, the Veteran Services Coordinator. We will help you navigate your options and probable outcomes in the event a late withdrawal is necessary.

While we do not want you to leave, we really do not want you to fail.

Have questions? Contact the UWRF Registrar’s Office or UWRF Veteran Services Office.
Cyber Bullying is using the internet or messaging systems to send or post messages or images that are intended to embarrass, threaten, or hurt another person.

Stop, block, and tell
If you are targeted by a cyberbully:

Stop!
Don’t do anything. Take 5 minutes to calm down.

Block!
Block the cyber bully or limit all communications to those on your buddy list.

Tell!
Tell a trusted UWRF staff member, you don’t have to face this alone. Report cyberbullying to wiredsafety.org

How to protect yourself:

• Do not post or share any personal information online about yourself that includes your phone number, address, credit card information, or Social Security number.

• Keep all of your usernames and passwords a secret.

• Do your best to block all communication with the cyber bully.

• Inform UWRF Police, Resident Life staff members, Counseling Services, family, and friends that you are being victimized.

• Keep a record of all e-mails, text messages, etc., that you have received from the bully.

• Do not reply to the bullying messages.

• When the messages or actions make you feel threatened make sure to get the police involved.

• Do not allow yourself to feel isolated or helpless because of bullying behavior. Talk to someone as soon as it starts to bother you and get the help you deserve to make it stop.

To make a counseling appointment call (715) 425-3884

Article written by Mark Huttemier from UWRF Student Counseling Services.
The Fall Gala
Why you should register and attend.

Many students at UWRF have the chance to do research while they are an undergraduate student and there are multiple opportunities to present work to other students, faculty, and alumni. Typically when students hear about research opportunities and signing up to showcase research they aren’t sure of what it entails, and it can seem a little scary. There are many different fields that research can be done in, and you can find something you are interested in, and present it to others. Not only is research fun and interesting, it is a great addition to your resume to give you more of an edge when looking at graduate schools or entering the job market.

In the past students have done many different types of research from making their own cheese, making movies or other art, and looking further into issues that are on campus. You can do almost anything for a research topic and you can find something that fits into your major and interests you. If you are a junior or senior who has conducted some sort of research while attending UWRF, you should be signing up for The Fall Gala. Take the time to show off your research and get other students interested in research as well. Registration is available only until Tuesday, December 2.

If you are a first or second year student, you should consider attending The Fall Gala. This event features students and their research from across campus. It is a great way to see what other students are studying, as well as getting ideas for research you may want to do in the future. Be sure to check it out! The Fall Gala will be on December 9 from 5-7 p.m. in the Riverview Ballroom, UC.

If you have any questions about The Fall Gala, attending or registering, as well as other undergraduate research offerings, click here to find out more information on the UWRF URSCA website!
UWRF is a Tobacco-Free Campus

UWRF wants to support safe and healthy learning and working environment for all of our students, faculty, staff, and visitors. This is why on July 1, 2013, the UWRF campus went tobacco-free including e-cigarettes. To learn more about the policy visit the UWRF Tobacco-Free Campus website.

Faculty, staff, and students who see individuals smoking on University grounds are asked to inform these individuals politely that University policy prohibits smoking anywhere on University grounds. The following are suggested scripts to use as a helpful resource:

**Example Script #1:**

*Situation:* You see a person using tobacco products on UW-River Falls property.

*Response:* “Hello. I want to make you aware that we are a tobacco-free campus. Tobacco products are prohibited on our grounds. We would appreciate if you would not use tobacco products while visiting our campus. Thank you for your cooperation.”

**Example Script #2:**

*Question:* “Where am I allowed to smoke?”

*Response:* “If you need to smoke or use tobacco products you will need to leave the campus. You can find a map to help you identify university property at the UWRF Tobacco-Free Campus website.”

Article written by Keven Syverson in Student Health and Counseling Services.
Vote on Tuesday, November 4!

On campus voter registration runs through October 15th. After October 15th, students can register to vote in person at the City Clerk’s office located at 222 Lewis Street, River Falls, WI. Students may also register by mail, online, or at the proper polling location on Election Day between 7 a.m. and 8 p.m. Proof of residence is required when registering to vote on Election Day.

Visit the Government Accountability Board (GAB) website for more information.

Sponsored by Wisconsin Government Accountability Board
1.866.VOTE.WIS
Text “IDINFO” to 24587
BRINGIT.WISCONSIN.GOV