Important Reminders

10/22  Session B classes begin
10/28  Last day to add a Session B class
10/30  Third Tuition Payment Due (the last 1/3)
11/3   Graduation application due if not participating in commencement
11/25  Lunch is the last meal before Thanksgiving Break
11/26-28 Thanksgiving Break (Halls remain open)
11/30  Dinner is the first meal provided after Thanksgiving Break
Stay Active, It Keeps You Happy!

A study that surveyed over 2,600 students from sixteen colleges and universities found that students agreed that participating in recreational sports resulted in the following wide range of benefits:

- Makes students feel like part of the college community
- Improves emotional well-being
- Improves self-confidence
- Is an important part of learning experience
- Is an important part of college social life
- Teaches team building skills
- Reduces stress
- Improves happiness
- Aids in time management
- Improves leadership skills
- Builds character
- Improves interaction with diverse sets of people

Check out all the things you can do!

- Play around or get serious about your fitness during Open Recreation at the Knowles Center
- Grab a friend and go to Open Skate at Hunt Arena
- Attend Open Hockey on Wednesday nights
- Make it fun with fitness classes: Cycling, Zumba, Boot Camp, Butts and Guts, Yoga, Meditation, and Tai Chi
- Join an Intramural Volleyball, Dodgeball, or Basketball team

- Go on the Outdoor Rock Climbing trip
- Visit us for the “Women Rock” Indoor Rock Climbing series
- Learn about wilderness first aid
- Try out the Rock Climbing Competition
- Take advantage of free equipment rentals at Falcon Outdoor Adventures rental center: bikes, golf clubs, roller blades, camping gear, bicycles, fishing gear, and more!

Want to improve your happiness? Campus Recreation can help! Call or e-mail with any questions! CampusRec@uwrf.edu, 715-425-4289, www.uwrf.edu/RSF

Article written by Recreation and Sport Facilities
**Stay Focused While Studying**

With midterms upon us, it is important to start studying to make sure you are ready for all the tests you might have during this busy time. Whether this is your first college midterm, or you are a senior and know what to expect, it is important to keep focused while studying to make sure you are getting a good grade on your tests that could be worth a lot of your grade! Here are some steps to keep you focused!

**Get rid of obvious distractions:**
Put your phone away! Even if it’s on vibrate you will continually check it and keep up with notifications because you know someone is waiting for an answer. It’s really hard to focus when you have something like that in the background. Simply put it away and don’t think about it.

**Figure out what you might need before sitting down:**
When studying, you will probably get hungry or thirsty so pack a snack and have a full bottle of water ready for you when you need it. It might even be better to eat a snack before you start studying so you aren’t thinking about food the whole time. Another way to keep focused is to make a goal for yourself for when to eat your snack. For example, after one hour of reading, I will eat my small bag of crackers.

**Choose a good time to start studying:**
If you know you are a morning person, choose to study in the morning. If you are a night owl, study at night. Choose a time when you know you will be the best at focusing.

**Answer your internal questions:**
Sometimes distractions are thoughts going through your mind. “When is he/she going to call me?” “What should I eat for dinner tomorrow?” Try to answer the questions with a quick easy answer before letting your mind wander.

**Get physical:**
Sometimes when you study you might get antsy. Feel free to move around a little bit to get back to being focused. You can use everyday objects to keep you moving while you are studying to keep your mind going. Grab a rubber band, put it around your pen, and stretch it while answering questions. You could also do jumping jacks between answering questions.

**Be positive:**
It is really hard to focus when you have negative thoughts about how well you will do on the test or assignment. Flip your negative thoughts into positive ones to make your studying experience better. You want to feel good after studying not worse.

For other study tips, visit the UWRF Academic Success Center website.

Article modified from “How to Focus on Studying in 6 Steps”.
Money Saving Tips for Having Fun

Sometimes college students, never seem to have enough money for fun. Even though “fun” activities can be expensive, there are many sources for inexpensive recreation and entertainment both on and off campus. Here are 10 inexpensive ideas:

1. Check out campus events and activities through the Falcon 5 program. Most are free or low cost.

2. Check out UWRF Falcon Outdoor Adventures and local museums, attractions, and parks.

3. Make plans with friends to play cards or board games. Create a competitive tournament.

4. Look for coupons for restaurants and events. Ask for student discounts.

5. Get outside and take a walk around campus and town.

6. Go shopping, but leave your cash at home. You can window shop, go with a friend and try things on, but don’t buy! Use the Twin Cities Shuttle to go to various places. Also visit the UWRF transportation website for ways to get around.

7. Set up a craft night with friends!

8. Have a marathon movie/TV series night with friends in a Blu-Ray room in a residence hall.

9. Join an organization, check out the Involvement Center, and the UWRF FalconSync calendar for ways to get involved!

10. Check out free activities in the Knowles Center and Hunt Arena.

Article Written by: Joan Sprain, a UW Extension St. Croix Co. Family Living Educator and trained financial coach providing $martU financial literacy programs at UW-River Falls. Contact her at Joan.Sprain@ces.uwex.edu.
Pass It On!
Kindness is contagious...**pass it on!** “UWRF Pass It On” is a program that encourages you to seek opportunities to spread love and kindness on campus. Come, stop by a booth, see how you can make a difference, and pass it on!

**October:**
**Give Life. Pass it On.**
Blood Drive taking place in the UC Ballroom, Tuesday, October 21 to Thursday, October 23!

**Spread Love. Pass it On.**
Ally Training promotion takes place Monday, October 27 8am to 10am Wyman Education, Agricultural Science, KFA, South Hall

**November:**
**Give Thanks. Pass it On.**
Encouraging students and staff to spread thanks around campus
Monday, October 27 8am to 10am Wyman Education, Agricultural Science, KFA, South Hall

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**December 2014 Commencement**

Countdown to Commencement is **November 12 from 4-6pm** and is for students who plan on graduating this fall. This event is a great way for students to make sure they are ready for Commencement.

**While there, you can also:**
- purchase your gown
- check over your DAR with a staff member
- talk with career services
- join the Alumni Association!

For more info, follow our Facebook page [here](#).
Bystander Interventions are on the Rise at UWRF!

In the fall of 2013, a Step Up Survey was conducted on campus to investigate the experiences and attitudes of UWRF students in regards to bystander intervention practices in five situations where the personal safety of another person is at risk. The five situations investigated were:

- Someone has had too much to drink
- Hazing
- Someone being taken advantage of sexually
- Verbal mistreatment/harassment based on gender, race, class, sexual orientation, etc.
- Someone experiencing significant emotional distress or thoughts of suicide

Examples of How UWRF Students Intervened:

**Dealing with Drunkeness:**
- My friend had too much to drink so I took her alcohol away from her and drove her home.
- Stopped someone from drinking and driving!
- We called 911 after a female passed out in the bathroom by herself.
- When someone drank too much, I stopped a physical fight by distracting the person in the fight. In my opinion, I think one of the best ways to help in a situation of someone having too much to drink is to cut them off without telling them they’ve had enough- just somehow convince them to leave or distract them from drinking.
- I saw a man taking a very drunk woman home with him and I instead walked her home to avoid her getting into a bad situation.

**Dealing with Emotional Distress:**
- I saw a girl who was really upset and sad. So I went over and talked to her and I think that really helped.
- I had a friend who was depressed and self-harming. We talked to her in a group and made sure she got help.
- A close friend was contemplating suicide, so after getting advice on what to do from family, I stepped in and contacted UWRF Counseling Services to make sure she was safe.
- I called campus police for one of my friends who was having emotional difficulties so she could receive professional help.
- A friend came out about his sexuality. Before he came out he was thinking about suicide. I gave him support and let him know I was always there for him.

**Dealing with Sexual Abuse:**
- A friend was being felt up on a date and she was clearly bothered by it. I told her date that she and I had to leave for a minute to talk about something important and got her away from the situation and into a safer environment.
- A couple was intoxicated at the bar, the girl more than the guy. I pretended like I knew her, pulled her aside and asked her if she was ok. She left the bar after that.
- Some of my friends who are girls had too much to drink and had wanted to walk home or drive home or go home with different guys that didn’t seem trust-worthy. I either walked them home, drove their car myself and walked back, or told them they’re not going home with that guy and if they hadn’t listened I would have told the guy that he wasn’t going home with her either.

**Dealing with Verbal Abuse:**
- A friend of mine was being picked on because of his sexuality. I stood up for him and defended him against the bullying.
- I directly addressed a student who was making racist comments towards other students. All I needed to say was “hey, be more respectful” and the student immediately stopped her comments.
- Someone was talking to a woman in vulgar terminology, so I reminded them of how demeaning such terms can be to a woman. That person then decided to watch their language.

Article Written by: Mark Huttemier – UWRF Student Mental Health Counselor