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 (Residence halls remain open)
11/30  Dinner is the first meal provided after Thanksgiving Break
Halloween Activities

Now that October is officially under way, the celebration of Halloween and its spooky festivities are just around the corner. This year UWRF will be hosting traditional Halloween activities on campus that will be open to students, faculty, staff, and the public. Halloween in the Halls and Grimm Haunted Hall will provide opportunities for students to let out their creative side.

Halloween in the Halls
The elementary students (Kindergarten through 6th grade) and their parents from Greenwood, Rocky Branch, St. Bridget’s, Montessori Elementary, and Westside will be attending.
Wednesday, October 29
5 p.m.-7 p.m.
Each hall will be doing a Halloween craft and there will be trick-or-treating from room to room in the halls.
Students are encouraged to participate in this event.
Contact your Complex Council for more information.

Grimm Haunted Hall
Grimm and McMillan staff and students are collaborating together to host this event.
Friday, October 31
8 p.m.-10 p.m.
This is an exciting opportunity for students to come together and give back to the community.
There is $2 entry fee or you may bring a non-perishable/hygiene product donation to give to Turning Point for victims of domestic abuse.
This event is advertised as not suitable for children.

For more information call UWRF Residence Life at 715-425-4555.
Tips for Better Sleep

Eat right, sleep tight. Try not to go to bed hungry, but avoid heavy meals before bedtime. An over-full belly can keep you up. Some foods can help, though. Milk contains tryptophan, which is a sleep-promoting substance. Other foods that may help promote sleep include tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, bok choy, peaches, walnuts, apricots, oats, asparagus, potatoes, buckwheat, and bananas.

Relax before bedtime. Stress can make you miserable and it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day’s stress and bedtime.

Exercise at the right time for you. Regular exercise can help you get a good night of sleep. The timing and intensity of exercise seems to play a key role in its effects on sleep. If you are the type of person who gets energized or becomes more alert after exercise, it may be best not to exercise in the evening. Regular exercise in the morning even can help relieve insomnia.

Keep your bedroom quiet, dark, and comfortable. For many people, even the slightest noise or light can disturb sleep, like the purring of a cat or the light from your laptop or TV. Use earplugs, window blinds or curtains, to create an ideal sleep environment. And don’t use the overhead light if you need to get up at night; use a small night-light instead.

Avoid alcohol as a sleep aid. Alcohol may initially help you fall asleep, but it also causes disturbances in sleep resulting in less restful sleep. An alcohol drink before bedtime may make it more likely that you will wake up during the night.

Restrict nicotine. Having a smoke before bed -- although it feels relaxing actually puts a stimulant into your bloodstream. The effects of nicotine are similar to those of caffeine. Nicotine can keep you up and awaken you at night. It should be avoided particularly near bedtime and if you wake up in the middle of the night.
WellCheck 2014

The UWRF Student Health and Counseling Services is planning our annual WellCheck Event. WellCheck will take place on November 5, 2014, from 11 a.m.-1 p.m. in the Falcon’s Nest, UC.

WellCheck has been a successful event, now in its seventh year reaching about 200 students annually. This event has about 10-15 booths centered around the seven areas of wellness (community, emotional, financial, social, physical, career, and academic). Students, faculty, and staff are welcome to attend to learn about healthy practices offered in and around the community.

Be sure to check it out!

Article Written by Keven Syverson in Student Health and Counseling Services
Preparing for Registration

Registration time is once again upon us. Advising for spring 2014 classes begins November 7 for seniors, so don’t forget to make an appointment with your advisor to discuss your academic progress and performance. You will discuss what classes you should take for next semester before receiving your PIN number. Check eSIS to confirm your registration date and time. This information is under “Enrollment Dates” on the right column of the page.

**Tips for meeting with your Academic Advisor:**

1. **Log in to eSIS and find your Academic Advisor**
   This section is located in the right column under “Program Advisor.”

2. **Make an appointment with your Academic Advisor**
   Some Advisors have signs on their doors, some send out a sign-up sheet, and some track everything through email. Watch for information from your Advisor with appointment-making instructions. Do not wait until that last minute to schedule your appointment and schedule it close to your registration date.

3. **Print your Degree Audit Report (DAR)**
   Your DAR can be found in eSIS in the drop-down box under the “Other Academics”.

4. **Add desired courses into the “Shopping Cart”**
   In eSIS, you can create a list of the courses you wish to take. Search for classes and add your selections to your shopping cart. This will also prepare you for your meeting with your Academic Advisor. On the day you are able to register, you just go back to the Shopping Cart, select all the courses, and hit the green “Enroll” button.

5. **Arrive Early**
   Be there approximately five minutes early for your scheduled appointment. Advisors meet with a lot of students, so be respectful of their time.

6. **Introduce yourself**
   Introducing yourself is common courtesy, shows respect, and connects your name to your face.

**Tips for registering for courses:**

Once you have met with your Academic Advisor, log into eSIS and do the following to get ahead of the game BEFORE your registration time:

- Enter your PIN in eSIS.
- Sign your Fee Payment Agreement.
- Pay all balances in full.
- Check for other holds on your account, you will not be able to register with holds on your account.

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Article Written by UWRF Registrar’s Office
Advice from UWRF Faculty and Staff

“Be in the moment”
- Todd Wilkinson, Associate Professor, Psychology

“Make time for you”
- Tiffany Gaulke, Assistant Director of Recreation

“Broden your horizons by trying new experiences”
- Career Services

“Participate in campus events-you’ll be surprised what you learn and who you meet”
- Amanda Kane, Integrated Marketing Specialist and Rita Zawislak-Brandt, Graphic Designer/Media Specialist, Student Affairs

“Learn something new every day”
- Cindy Holbrook, Head Coach, Women’s Basketball

“Get involved on campus”
- Paul Shepherd, Director of Student Life

“Make friends with someone from another country”
- Faye Perkins, Professor, Health and Human Performance and Head Coach, Softball

“Get to know your professors and advisor”
- Brian Schultz, Assistant Dean, Professor, Director-Center for Economic Education - College of Business and Economics and Ellen Schultz, senior academic advisor, College of Business and Economics

“Set high expectations for yourself”
- Dean Van Galen, Chancellor

“Find an on campus job”
- Karen Edlebeck, Graphics Lead Intern and Leah Krause, Marketing Communications Lead Intern, Student Affairs

“Make a difference, you won’t regret it”
- Pedro Renta, Admissions Counselor/Multicultural Outreach

“With great independence comes great responsibility”
- Brad Caskey, Dean, College of Arts and Sciences

“Ask for help early and as soon as you need it”
- Ziomara Cervantes, Associate Advisor, Academic Success Center

“Take initiative, it’s your education”
- Cody Chamberlain, Coordinator, New Student and Family Programs

“General Education is a buffet…take a bite of something you might like it”
- Jennifer Willis-Rivera, Professor, Communication Studies
Starting November 1, 2014, odd/even parking goes into effect in River Falls. What is this crazy thing you ask? Odd/even parking means vehicles must be parked on the odd side of a street designated by property addresses on odd days of the month and on the even side of the street on the even days of month. This is in effect every night between the hours of 1 a.m.-6 a.m. so be sure to have your car parked on the correct side before 1 a.m. so you don’t receive tickets or risk having your car towed.

Remember to always plan according to the date after midnight. For example, if it is Monday, Nov. 10 at 7 p.m. and you plan on parking overnight on the street, you will need to park on the ODD side because at 1 a.m. it will be Tuesday, Nov. 11 and that is an odd numbered day.

Even if you don’t plan on parking on the street often, it is good to know this restriction if you plan to have overnight visitors or end up having to be on the street after November 1!

Emergency Parking
If a vehicle breaks down, severe weather conditions exist, or a personal emergency prevents you from moving your vehicle, contact the Parking Department 715-425-3333 during regular business hours or University Police 715-425-3133 after hours.

Did You Know There Are Jump Starters Available?
The University Police Department has jump starters available for check out. A driver’s license and UWRF ID is required as a deposit. Units are available in the University Police Department and a release form is required for check-out. Contact the University Police Department at 715-425-3133.

Parking Lot Security Tips:
• Check your vehicle frequently.
• Lock all doors and roll windows up tight.
• Do not leave valuables in plain sight.
• Park and walk in well-lit areas.
• Crimes or suspicious persons should be reported to the UWRF Police Department.
• Ice or maintenance problems should be reported to the UWRF Parking Department.
• Drive slowly through campus lots at a speed below 10 miles per hour.
• Look under, around, and in the back seat of your vehicle as you approach it.
• Do not walk alone at night. The University Police Department provides escorts. Call 715-425-3133 to request an escort.