November 3, 2014

**11/3** Graduation application due if not participating in commencement

**11/11** Last day to drop Session B class without “W’s” on transcript

**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

**12/12** Last day of classes

**12/13** Commencement

**12/15-18** Final exams

**UPCOMING EVENTS**

- Oh Ick, I'm Sick

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How to Stay On Top of Your Online Classes

Online classes are a very convenient thing that are becoming more popular as time goes on. Although they are convenient and you may not even need to leave your bed to do work, it is also very easy to forget what work you have to do since you aren’t going to that class on a daily basis. Here are 5 tips to help you succeed in your online classes:

1. Know the time requirements
A lot of classes will have all the assignments and deadlines for the semester listed for you at the beginning of the course so you can essentially complete the homework at any time. You also don’t have someone telling you if something is due by the next week. Be sure to read the syllabus carefully and mark down all the dates of each assignment so you know when everything is due.

2. Don’t wait until the last minute
Sometimes technology has its problems. There may be a glitch in the system and it might cause your homework to not get turned in before the time deadline. Try to turn in homework at least an hour before so you know that if you have a problem you have some time to fix it.

3. Set time aside for the class
Since you aren’t attending class weekly, make sure you set time each week to do the homework or just review the assignments. Plan out the time each week that it will take you to review lectures or notes, read the assigned readings, and complete assignments so you do not miss deadlines. You do not see your professor in class so it is easier to forget about the class if you do not dedicate specific time for completing your coursework.

4. Know your distractions
Online coursework can really be done anywhere so no matter if you are if you are in your room, the living room, or the library, make sure the TV and other electronics are turned off so you are free from most distractions. A common distraction occurs when reading textbooks because students forget that their cell phone, tablet, or computer notifications can go off and distract them, therefore losing essential studying time. Some students can get distracted in other ways, too, so be aware and acknowledge it if it affects your studying.

5. Engage with other students in the class
Even though you probably won’t see other students, you can still message them through D2L or email to create more of a classroom environment, but do not participate in academic misconduct. Also, don’t forget to ask your professor if you have questions.

Other class and study tips can be found on the Academic Success Center website.

Article modified from “10 Tips to Pass Online College.”
1. Depression: Results from too much time spent thinking about the past. The past is out of our control and for many is a hopeless place.

2. Anxiety: Results from too much time spent thinking about the future. Anxiety comes from speculating too much about things that we do not have any immediate control over.

3. The Present: In the present we can be our optimal selves. We feel in control because, indeed, we have control over our lives in the present.

4. Act On Your Own Behalf: Learning to turn thoughts into actions takes practice. The results of taking action on a thought are absolutely worth the risks of putting yourself out there, so be proactive!

5. Daily Self-Care: meditation, a personal hobby, playing board games, playing sports, yoga, karate, exercise, hiking, canoeing, reading, or any activity that keeps your focus on what is going on in front of you.

6. Exercise: The easiest way any individual can have a significant impact on his or her own mental health. Exercising 3 to 4 times a week for just 25 minutes has been shown by multiple research sources as the most efficient and effective way anyone can support their own sense of well-being.

7. Volunteer Work: The second easiest way to promote our own mental health stability. Research shows that volunteering time to support a worthy cause produces a sense of well-being that grounds our self-identity and promotes our community identity.

8. Manage Your Relationships: You want to invest time in people who can give back to you and not just take from you. This awareness allows you to maintain your sense of self in any relationship. Warning: People who are exhausting to deal with contribute to our own loss of a healthy and resilient self-identity (in a sense they are self-esteem killers).

9. Listen: Listen without judgment and you will make friends. Neediness is an act of desperation! If you need too much from others you definitely have to start examining ways to fulfill that missing need on your own.

10. Self-Harm: The desire to commit suicide is always a sign of mental illness. An illness can be treated and resolved with help from professionals. You owe it to your fun, loving self to take all actions to return to good health. Remember suicidal thoughts will pass in time and you will again get to the point where you feel normal again.

11. Mistakes: Mistakes are great to make when you remember to take the time to learn from them. Trying to be perfect is a lesson in futility and stifles personal growth.

12. Choice: You have a choice in what you think about and the choice to make changes in your life. Honor this power and use it!

13. Drugs & Alcohol: Do not make them the most important thing in your life. People who are addicted stay the same emotional age as the day they got hooked. Met any 40-year-olds who still act as if they are 18?

14. Keep It Simple: Simple living saves lives! Work to un-complicate your existence. Hints: finish one thought or action before you start another one.
Is a Credit Card Right for You?

Credit card use among college students has declined each year since 2010 due to the CARD ACT of 2009 and the recent recession. Students, however, are still using credit cards. Here are the facts:

- 30% of undergrads have a credit card. Of those, 30% are from the Midwest.
- The decline over the past few years was seen mostly in first-year students.
- More than 62% of students pay off all credit card balances each month.
- Another 33% pay at least the minimum.
- Only 1% pay less than the minimum required.

Here are some tips if you are considering a credit card:

- Stick to one card with a low credit limit.
- Avoid cash advances which can be expensive.
- Obtain a credit card through a local bank with a lower interest rate and other benefits. One example is the College Reward’s VISA program from First National Bank of River Falls.
- Consider a secured credit card. Secured cards require a security deposit, which then becomes the credit line.

Pros

• You can build a credit history and practice good money management skills.
• It is easier to use than cash, and if lost or stolen the card holder is usually not responsible for fraudulent charges.
• It is a source of money in case of emergencies like car problems or medical expenses.

Cons

• Debt can accumulate rapidly. Will you be able to manage it?
• Most cards carry a high interest rate, and if not paid off in full each month that $10 pizza you bought last weekend could cost $26 by the time you graduate.
• If not managed well, poor credit can affect future employment, getting an apartment, and any future borrowing like car loans or home mortgages.

If you’d like help with money decisions, free financial coaching is available through UW Extension St. Croix in the UC (at the Student Senate table by the fireplace) from 11:00 AM-1:00 PM the 4th Thursdays of each month. Joan Sprain, Family Living Educator and trained financial coach, can help you assess your situation and plan future spending. She can be reached at joan.sprain@ces.uwex.edu.
How Does Marijuana Effect the Brain?

When marijuana is smoked, THC (tetrahydrocannabinol) rapidly passes from the lungs into the bloodstream, which carries the chemical to the brain and other organs throughout the body. It is absorbed more slowly when ingested in food or drink.

Marijuana over activates the endocannabinoid system, causing the “high” and other effects that users experience. These effects include altered perceptions and mood, impaired coordination, difficulty with thinking and problem solving, and disrupted learning and memory.

Marijuana also affects brain development, and when it is used heavily by young people, its effects on thinking and memory may last a long time or can even be permanent. A recent study of marijuana users who began using in adolescence revealed substantially reduced connectivity among brain areas responsible for learning and memory.

What are other health effects of Marijuana?

• Marijuana use may have a wide range of effects, particularly on cardiopulmonary and mental health.

• Marijuana smoke is an irritant to the lungs. Frequent marijuana smokers can have many of the same respiratory problems experienced by tobacco smokers, such as daily cough and phlegm production, more frequent acute chest illness, and a heightened risk of lung infections.

According to survey data on UWRF students from the 2012 American College Health Assessment, 90% of UWRF students had not used marijuana in the past 30 days.

Article adapted from “DrugFacts: Marijuana” by the National Institute on Drug Abuse. If you are concerned about you or your friends marijuana use, contact UWRF Counseling Services at 715-425-3884 to set up an appointment.
Commuter Reality Check

I think we can all agree after a few weeks of adjustment we should have settled into a pretty set routine. Commuter students are typically defined as students not living in university-sanctioned residence halls. Commuter students are a diverse population covering all facets of life including student status, age, and previous higher education attendance. With a few weeks into the semester, it is time to have a commuter reality check to see how you are fitting in at UW-River Falls. Here are a few questions to ask yourself...

• Do I feel integrated to campus?
• How do I spend my free time between classes?
• Have I joined any clubs or organizations, and do they fit in with my commuting schedule?
• Is parking hard to find on the streets or am I paying too much in any of the pay lots?

These are just a few questions to ask yourself as you progress through the semester and question if commuting is the right option for you. As a university, we understand commuting might be a more financial and viable option, depending on your situation. We realize commuter students maintain high academic aspirations and are committed to learning. We encourage commuter students to engage in campus life and immerse themselves into the UW-River Falls community. Joining a club or attending on campus activities are just two of the ways to become involved. With the ample resources available to students, you can always find a professional staff member to answer your questions or navigate commuting throughout the year.

For more information on how to get involved click here, or stop by the Involvement Specialists in the University Center.
Oh Ick, I’m Sick

Body Aches, chills, runny nose, coughing sneezing, sore throat, and feeling really lousy...you’re sick!

What do you have and when will you start feeling better? There are many viruses that can cause these symptoms, but the most common are influenza and the common cold or upper respiratory infection.

You should start feeling better in three days to two weeks. Colds and influenza are caused by different viruses but they have similar symptoms. The major difference is that fevers, aches, and extreme fatigue are more prominent in cases of influenza and stuffy noses are more prominent in colds. They both last for about 10 days, but the fatigue associated with influenza can last two to three weeks.

Influenza is often confused with Gastroenteritis (also often referred to as “the stomach flu”) but although they are both caused by a virus the symptoms are very different. Gastroenteritis is generally short lived and involves nausea, vomiting, and/or diarrhea. Influenza lasts for a week or two, and usually is limited to upper respiratory symptoms with body aches. Both illnesses may include fevers and chills.

To prevent against getting and/or spreading a virus use good hand washing techniques, cover your mouth with a tissue or a sleeve when you sneeze or cough, and stay home when you are sick for 24 hours after you are fever free. The best prevention against getting influenza is getting an annual flu shot.

Student Health Services feels it is important to get your flu shot to reduce your risk of getting the flu. Staying healthy allows you to attend classes and perform better academically. Flu shots are available at no cost to current UWRF students by appointment at Vibrant Health Family Clinics in River Falls 715-425-6701.

For more tips and information about sickness and how to prevent it, click either of these links:

• Stop Germs
• Cold VS Flu

Article written by UWRF Student Health Services.
Remember to Vote! 
Tuesday, Nov. 4

If you disagree with a political party or candidate, you can share your opinions and educate others in constructive ways, but please be respectful and do not tear down political or student group posters because you disagree with their beliefs. Our freedom allows us to vote for candidates for positions in our government to best serve us and our beliefs. Please do not infringe on other people’s rights to learn about all candidates and political parties.

Still need to register? 
There’s still time! 
Click here to learn more.

Don’t know where to vote? 
Click here to find out!

For the River Falls City Ward and District map 
Click here.

Transportation will not be provided to the polling locations.

No ID is needed!

If you have problems on Election Day, contact the Election Protection Hotline: 1-866-OUR-VOTE

CAMPUS ELECTION ENGAGEMENT PROJECT
CAMPUS VOTE PROJECT
Wisconsin Campus Compact