Important Reminders

12/12 Last day of fall classes
12/13 Commencement
12/15-18 Final exams
12/18 Lunch is last meal of fall semester
12/19 Residence halls close at 10 a.m.
12/19 J-term/break housing begins
12/29 Final grades due in eSIS
12/30 J-term tuition payment due
10 Tips to Make It Through Finals Week

The holidays are coming but that also means so are finals! This time of year can be more overwhelming than fun. Here are some ways to cope with stress so you can make it through finals week happy and healthy!

**Go Outside**
Fresh air always feels great. The outdoors is a great spot to go for a study break, even if it’s cold, you will feel a burst of refreshing energy.

**Jam to Music**
Whether it’s listening to relaxing piano music or bouncing dance beats your mood instantly lifts. Find a play list and have a dance party to lift your spirits when you get home from the library.

**Treat Yourself**
Find something that is a reward for you! It is true that multiple shorter study sessions are more effective than one long one, so TAKE A BREAK and have something to look forward to! For example, you can use your favorite show as a reward for studying an hour, then do it again, keep rewarding yourself while also still studying.

**Eat Fruits and Vegetables**
Add more fruits and vegetables to your diet for more energy, especially greens like spinach or broccoli!

**Clean Up**
Your desk, room, or home might be a complete mess by the end of the semester. Take time to clean up so you feel more organized.

**Exercise**
Head to the gym or go for a walk outside even for just 30 minutes, as it is one of the best ways to relieve stress. There are also fitness classes, open recreation, or open climbing on campus to get your exercise in!

**Take Study Breaks**
Every hour or so, take a 10 minute break to stretch or walk around. It will help regain focus to finish studying.

**Drink Water**
Consider drinking more water to stay hydrated and cut back on anxiety.

**Sleep**
Research says skimping on sleep can affect concentration and alertness, so it might be a good idea to catch a few z’s and get more rest instead of camping out at the library all night.

**Have Time to Do Nothing**
Turn off all your electronics and chill out. It’s important to have down time to regroup yourself.

Article written by Recreation and Sports Facilities
Study Tips for Finals

Finals are approaching fast and studying can sometimes be not so fun. Below are some different applications and websites to keep your studying fun and beneficial.

**Online Flash Cards:**
- Study Stacks
- Study Blue
- Quizlet

**Calculate Your GPA:**
- GPA Calculator

**Math Assistance:**
- West Texas A&M University Virtual Math Lab
  If you need help in College Algebra, Intermediate Algebra, Beginning Algebra, Math for the Sciences, or preparing for the math part of the general GRE, THEA or ACCUPLACER test, you have come to the right place.

**Paper Writing Help:**
- UWRF Online Writing Lab (OWL)
- Purdue OWL
  The Online Writing Lab at Purdue University houses writing resources and instructional material. Students, members of the community, and users worldwide will find information to assist with many writing projects. Teachers and trainers may use this material for in-class and out-of-class instruction.

- Citation Machine
  Citation Machine helps students and professional researchers to properly credit the information that they use.

For questions and more help with study skills visit the Academic Success Center in room 105 of the Davee Library! Or click here!
Wellness Challenge

The UWRF Wellness Challenge is a FREE opportunity for ALL students, faculty, and staff to compete to live a healthy lifestyle. It encourages healthier living through physical activity, nutrition, mental, relationships, and overall wellness categories. This four week program is designed with incentives to develop a commitment to healthy lifestyle choices. The 2015 Wellness Challenge is from February 9 through March 8, 2015. Visit the Student Health Services website at the beginning of the semester to register.

For more information contact Student Health and Counseling Services.
1098-T...
What’s That?

A 1098-T is a document that the Student Billing office sends out through getmydocument.com to show information about what was billed for tuition for you to use for taxes, if necessary.

Students will receive an email from getmydocument.com after January 1, 2015, on how to retrieve their 1098-T for the 2014 year. UWRF reports the amount of tuition billed, not what is paid, on the 1098-T. It serves to alert students that they may be eligible for federal income tax education credits such as the Lifetime Learning Credit and the Hope Credit as part of their Federal Income Tax Return. IRS Publication 970 “Tax Benefits for Higher Education” as well as Chapter 35 of IRS Publication 17 provide additional information on these credits.

While it is a good starting point, the 1098-T is designed and regulated by the IRS, does not contain all of the information needed to claim a tax credit. To determine the amount of qualified tuition and fees paid, and the amount of scholarships and grants received, a taxpayer should use their own financial records. There is no IRS requirement that you must claim the tuition and fees deduction or an education credit. Claiming education tax benefits is a voluntary decision for those who may qualify.

Article written by UWRF Student Billing.
End of the Year Meal Plan Information

There is a lot of important dining information you need to know as you pack up for the end of the year. Look below for important dates for the end of fall semester, J-term, and spring semester!

- The last meal for fall semester is lunch on Thursday, December 18.
- Riverside Commons will close at 2 p.m. on Thursday, December 18.
- Transfer meals will be available 2-4 p.m. in Freddy’s CStore on Thursday, December 18.
- There are adjusted hours for all venues during finals week. Check Hours of Operations by date for the most accurate information.
- Click here for University Center hours as the semester comes to a close.

J-Term Meal Plan Information:

- There is no meal plan service available over J-Term.
- Meals will be available on a limited schedule. Click here for the weekly schedule.
- Cash, credit card, Falcon dollars, and Dining dollars will be accepted.
- Freddy’s C-Store will be open Mon-Fri, 7:45 a.m.-2 p.m. Breakfast and Luncheon hot/cold items will be available.
- Meal plan service will resume for spring semester with brunch/lunch on Sunday, January 25, 2015.

Spring Semester Meal Plan Information:

- Your fall semester meal plan WILL automatically roll over to spring semester.
- First meal for spring semester is brunch on Sunday, January 25.
- Block meal balances DO NOT carry over to spring semester.
- Dining Dollar balances WILL carry over and be added to your Spring Dining Dollar allocation IF you have a meal plan for spring.
- Dining Dollars may be used during J-Term.

Cancel or Change Your Spring Semester Meal Plan:

- Change or cancel your spring semester meal plan on the Housing and Meal Plan Portal.
- Cancel your meal plan if you will not be returning to UWRF for spring semester.
- There is a link to the portal on the Dining Services website under the Meal Plan Signup, Change, and Cancellation page or click here.