Important Reminders

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 fall semester classes
12/13 Commencement
12/15-18 Final exams
12/18 Lunch is the last meal of fall semester
12/19 Residence halls close at 10 a.m.

UPCOMING EVENTS

Nov

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PG.2 Leadership Quiz
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Thanksgiving Break Delusional Thinking

As Thanksgiving Break approaches, you may think this is the perfect opportunity to get caught up on school work... wrong! All that free time you thought you would have can fill up quickly when catching up with family and friends.

Here are some tips to organize your schedule the week of Thanksgiving so you can make the most out of your break:

• **Determine what is most important to you.** If you need to study make sure you handle visitors well. If you’re studying at home or in the residence halls, close the door. If you are on campus try staying in the library instead of your hall, you’ll be less likely to be bothered there.

• **Control your distractions. What is your first priority?** What can be dropped? Write an ordered list of what you need to get done.

• **Eat a good breakfast.** A good breakfast gives your body carbohydrates and sugars to keep you energized and going all day long.

• **Learning how to say “no” is one of the best things you can do to manage your time.** Say "no" to people asking you to play pool when you should study or when someone wants help with something at an inconvenient time for you. Suggest a time that is more convenient for you to help them. Remember that there is a time for everything. Sure, studying for a long time is good, but take breaks. Take power naps when your brain starts frying. If the weather is nice, getting outdoors or getting some exercise will refresh your tired mind.

As the semester is coming to an end keep in mind a few things that could be affected depending on your GPA. If you are a Veteran and are receiving benefits you need to have a cumulative GPA of 2.0 in order to receive those benefits. All students receiving Financial Aid you need to have a semester GPA of 2.0. Keep in mind what you need to do to keep your desired GPA and make sure to ask for help if you need it!

Article adapted from “Time Management Tips for College and University Students” by Jane Lee from Power to Change.
Leadership

Leadership [lee-der-ship]
1. The position or function of a leader, a person who guides or directs a group
2. Ability to lead
3. An act or instance of leading; guidance; direction

There are many ways to define what leadership is. This list is not set in stone; each person has their own definition of how they view a leader and what defines leadership. The only thing that almost every definition will have in common is the idea that leadership entails the ability to lead something; whether that be a single person, a group, an activity, etc. It is important to take a moment and create your own definition of leadership.

Defining a Leader
Before we can jump into what leadership means, we must figure out what qualities we perceive in leaders and further explore the traits and skills of leaders we know. When people are asked what they think a leader is, generally the first thought that comes to their head is someone who is in a position of power, such as the president, CEO of a company, etc. However, we will quickly learn that one does not have to hold a position of power to be considered a leader. A leader is someone who other people can look up to and are accessible in a time of need, whether that is for help or to just be listened to.

A leader can also be defined as someone who takes initiative when they see a problem that needs to be fixed or have a goal that needs to be achieved. Some other qualities that leaders often possess are integrity, approachability, ability to motivate others and a positive outlook in all situations. This leads into the next question; what really is leadership?

What is leadership?
In simple terms, leadership can be defined by the actions that one takes. Anyone can practice leadership as long as they adhere to a few specific principles. They must exercise effective communication with those around them, to maintain positive and productive relationships. Motivation is a key component to leadership; leaders must know how to encourage everyone to contribute to the goal. And lastly, and probably one of the more important skills is planning. Leaders must execute a plan that keeps everyone moving toward the desired goal.

Now that we have discussed what a leader is, the traits and skills they possess, and principles that leaders must keep in mind, take the quiz on the next page to find out what your leadership style is!

Remember anyone can be a leader and that includes you!
There are many different leadership styles. Different styles work in different situations. A team will be a stronger with a variety of different leadership styles.

1 - Never
2 - Sometimes
3 - Often
4 - Always

As a leader, I tend too...

1. ____ Make my own decisions.
2. ____ Tell others what to do.
3. ____ Suggest a decision to others.
4. ____ Persuade others to do things my way.
5. ____ Participate just like any other person.
6. ____ Provide resources to others.
7. ____ Gather others feedback before deciding.
8. ____ Rely on my own judgment.
9. ____ Make sure the majority rules.
10. ____ Turn decision over to others.
11. ____ Ask others to brainstorm choices.
12. ____ Share my own ideas.

Now, add the numbers together from the sets of questions listed above. The highest number will show what leadership style seems natural for you.

<table>
<thead>
<tr>
<th>Question Group</th>
<th>Leadership Style</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, 2, 4, 8</td>
<td>Autocratic</td>
</tr>
<tr>
<td>3, 7, 9, 11</td>
<td>Participative</td>
</tr>
<tr>
<td>5, 6, 10, 12</td>
<td>Delegative</td>
</tr>
<tr>
<td>1, 5, 4, 10</td>
<td>Situational</td>
</tr>
</tbody>
</table>

Brief Descriptions of the Leadership Styles

**Autocratic Leadership**
Autocratic leaders provide clear expectations for what needs to be done, when it should be done, and how it should be done. These type of leaders make decisions independently with little or no input from the rest of the group.

**Participative Leadership**
Participative leaders guide the group members, but they also participate in the group and allow input from other group members. These leaders encourage group members to participate.

**Delegative Leadership**
Delegative leaders offer little to no guidance to groups members and leave the decision-making up to the group members.

**Situational Leadership**
Three factors affect the leader’s decisions: the situation, the capability of the followers, and the capability of the leader. The leader adjusts to whatever limitation is laid out in front of them by their subordinates and the situation itself.

**LEAD**
LEAD is a program for first-year students who are interested in exploring their leadership potential, as well as making a positive social change in their community. Participants begin exploring their own strengths and concepts around leadership and think about ways they want to become an engaged leader during their time at UWRF. The participants also have the opportunity to put their skills to practice as they work with youth from the BRIDGE program.

If you are interested, you can find an intent form at the Involvement Center Desk (located in the Involvement Center) and also on FalconSync! Intent forms are due on **Friday, November 14** and it is a first come, first serve basis, so the first 20 students will be accepted in.

If you are not a first-year student and you missed the LEAD opportunity, there are other ways you can improve your leadership skills. One way you could do this is to join a student organization. This will give you the potential to work your way up in the organization. Visit the Involvement Center desk if you have any questions.

This quiz was adapted from “Emerging Leaders Roundtable-Leadership Style Quiz.”
Great Advice for Difficult Times

Exercise reduces stress and fends off depression, **Volunteering is an anti-depressant,** **A hobby is an energizing obsession,** Learn from your past-don’t live there, You can think about the future-but you can’t live there-be present, **Slow down-do one thing at a time-and watch anxiety disappear,** Bad feelings get better when you start to speak about them, Exercise teaches your body and mind how to handle stress, **Practice saying “NO” so you can be your own person,** Listening to others is an act of love, **Judge less,** Needy people unintentionally push friends away, Suicidal thinking means you are depressed-get help and feel safe again, Be proactive-turn positive thoughts into action, **Mistakes are how you learn-make them,** Choice-you always can make change in your life, Don’t make drugs and alcohol the most important thing in your life, **It’s okay to feel lonely once in a while,** Accept yourself separate you’re your accomplishments, Practice acceptance of the duality (good and bad) in others and yourself, **Be flexible and you will survive change,** Selfishness is what passes for insight amongst the mediocre, Worrying about things doesn’t stop them from happening, **Avoidance of difficult things only works in the short-term,** Emotional dependency makes slaves out of us-trust yourself, Suffering through hard times makes us wiser, Living well is the best revenge, Vacations work, Who am I-why am I here = Spirituality, **Give to givers-retreat from takers,** Conquer your fears and **start living.**
Veteran’s Day

Veteran’s Day is fast approaching. Events are scheduled on campus to recognize the contributions of men and women who have or are currently serving in the military. All events are free and open to the public.

We welcome you to attend a ceremony in front of North Hall on Tuesday, November 11 at 11am. Sergeant First Class Harley Hotchkiss is our featured speaker. Harley is an Art major who also owns his own business: Premium Plots, LLC. His company improves the chances of larger, healthier deer populations on private hunting properties. More information is found on his website here. He also aspires to own a glass-blowing studio upon graduation. Finally, SFC Hotchkiss is designing ergonomic improvements to existing military weaponry. He hopes to trademark his designs and produce them for his deployed fellow service members.

Thursday, November 13 at 7pm, in the Kinni Theater, UC we invite you to attend a presentation on Veteran and New Generation Farming. Our speaker for the event is Sergeant Andrew Rondeau, Horticulture major. He will be speaking of the challenges and rewards of becoming your own boss through farming and agricultural services. The presentation is not exclusively on veteran benefits; it will include information on programs available to assist new farmers.

The Veteran Services Office will be recognizing Veterans among our campus community. We will be sharing the service dates and job titles of participating faculty and staff members. You may be surprised who served.

The Veterans Club continues to receive and appreciate donations for deployed troops. A list of items can be found on the Veteran Services webpage here.

Donations can be dropped off in the Veteran Services Office.

Did You Know? If you have a parent who served, you may be entitled to educational benefits through federal or state programs. Stop by the Veteran Services Office and we will help you determine if you qualify. Our office is located in 220 South Hall. You may also call us at 425-3529.

We continue to thank and serve those who served.

Article written by UWRF Veteran Services.
Treat the Symptoms

By getting plenty of sleep; eating a variety of whole grains, fruits and vegetables, and lean protein; getting regular exercise; socializing in healthy ways; and giving of your time and talents to enrich others’ lives, you would expect that you would be stress free and healthy, but this is not a fool proof “recipe” and you may still end up getting sick.

Much of the time, you do not need medical attention when you are ill. However, there is nothing wrong with going to see a health care provider when you are feeling “under the weather” but sometimes you may not have time to get to the doctor, or you may feel most ill at night when the local Clinic may not be open. As a member of the River Falls community you can call and get some advice from a doctor when the Clinic (Vibrant Health Family Clinics in River Falls, formerly the River Falls Medical Clinic) is closed; call 715-425-6701 and leave a message with the answering service and a doctor will call you back.

Below is some of the most common complaints and some things you can do at home to bring you comfort while you recuperate. However, anytime symptoms persist beyond a few days, or worsen, you may want to consider seeking medical treatment.

Sore Throat
Note: it is recommended to see a health care provider if sore throat persists longer than three days
• Soothe a sore throat with ice chips, sore throat spray, or lozenges
• Use a clean humidifier or cool mist vaporizer
• Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever

Ear Pain
• Put a warm moist cloth over the ear that hurts
• Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever

Runny Nose
• Use a decongestant or saline nasal spray to help relieve nasal symptoms

Sinus Pain/Pressure
(Most health care providers say it takes about 10 days to develop a sinus infection, which may require a prescription medication)
• Put a warm compress over the nose and forehead to help relieve sinus pressure
• Use a decongestant or saline nasal spray
• Breathe in steam from a bowl of hot water or shower
• Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever

Cough
• Use a clean humidifier or cool mist vaporizer or breathe in steam from a bowl of hot water or shower

For more information, click here.

Article written by UWRF Student Health Services.
Seniors: Look for $40 Fee

A $40.00 graduation fee is added to your UWRF student account once you have completed the graduation application in eSIS. Please look at your eSIS student center to make sure that you have paid the $40.00 graduation fee and any other financial obligations to the UWRF.

If you borrowed a Perkins loan while you were a student at UW-River Falls please watch for information being sent to your home address from ECSI on completing an exit interview for the Perkins loan.

You will not receive your diploma or transcripts until any outstanding debt to the UWRF is paid in full and Perkins loan exit interview is completed with ECSI.

Questions?
Contact the UWRF Registrars Office.

Chef’s Table

Chef Adam will provide cooking demonstrations on how to create healthy eating options that are found in Riverside Commons, as well as healthy snacks that students can make on their own.

Come see and sample some healthy and tasty creations made by Chef Adam in Riverside Commons on Tuesday, Nov 11.