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Reminders
• Returning Student Move-in 1/25-1/26
• First meal plan meal of the semester 1/26
• Class begins 1/27
• Housing sign up phase 1 (South Fork Suites) 1/28-2/10
• J-Term grades due 1/31
• Meal Plan sign up ends 1/31
• Last day to add class without signature 1/31
• Housing sign up phase 2 (Ames) 2/4-2/6
• Scholarships deadline (some vary) 2/9

Upcoming Events: Get Connected: 
Important contact information can be found here!
Get a Job on Campus

Interested in making money?

Working on campus can help fill those empty blocks of time between classes, and most departments are willing to work with students around their courses, final exams, and holidays/breaks. On-campus employers understand that your role as a student is your top priority! These are just a few of the benefits of working on-campus.

Having a flexible schedule?

Connecting with campus?

Each year, Career Services hosts the Fair for On-Campus Jobs to connect students with campus departments to learn about the wide variety of campus employment opportunities. The Fair for On-Campus Jobs is scheduled for Wednesday, February 5 from 11 a.m.-1 p.m. in the Falcon’s Nest, UC. There will be representatives from 21 different campus departments in attendance. For a complete list of attending departments, click here.

Many of the positions being promoted are for the 2014-2015 academic year as well as summer, and will provide you with the security of knowing you already have something lined up for next year.

Another feature of this event will include “My First Resume” sessions. Career Services will be facilitating a workshop to help students develop their first resume, so they stand out in the application process for any campus positions of interest. This session will be held on Wednesday, February 5 in the Wind River Room, UC from 1–2 p.m.

“"I love working on campus because it’s convenient and my supervisor is so much more understanding of my school schedule." - Gao Yang

Campus Reservations

Thought Corner
Should I drop this class? Or should I stick it out?

Spring semester classes are about to begin and it is important to know what goes along with dropping a class if it may not be right for you. Friday, January 31 is the last day to add and drop a Regular Session or Session A class on eSIS for spring semester 2014. After Friday, students will need the signatures of both the instructor and advisor. Refunds depend on how many weeks the class goes for and the date the class was dropped. Students should check with the Student Billing and Financial Aid Office before dropping classes to see what type/if they would receive a refund.

“W’s” on the Transcript

- **What does this mean?**
  A grade of “W” is assigned when a student drops a class beyond the regular drop period. It carries no grade points and does not count toward the term or cumulative grade point average.

- **How might it affect your transcript?**
  If you transfer to a different college/university, they may want to know why you dropped the class so late in the semester, especially if you have a transcript full of “W’s”. Each college is different, so make sure you communicate with that college so you know what they are looking for.

- **Withdrawing totally from the University?**
  This means dropping ALL of your classes for the term. Fill out the online withdrawal form if the semester has already started. Each student’s life situations are different, and so there could be many reasons why you need to withdraw; illness, financial reasons, transferring, etc. Meet with your academic advisor to discuss withdrawing and if/when it would be a good idea.

Visit the Registrar’s Office Web site
Call 715-425-3342
Email registrar@uwrf.edu
Stop by 105 North Hall
Follow us on Twitter and like us on Facebook!

Article written by UWRF Registrar’s Office
Get in Shape for Spring Break!

It is never too late to start getting into shape. Try these tips, and you will be pleasantly surprised by your results before spring break.

Double your vegetable intake and cut carbohydrates in half.

Research shows that dieters lose weight more quickly on a low-carb diet, but generally only for the first six to 12 weeks. So if you want to drop weight quickly, cutting back on starchy carbs (bread, pasta, rice, potatoes, cereal and crackers) can help. Increasing your vegetable intake helps you cut calories without cutting portion sizes, allowing you to feel full on fewer calories. For a health bonus, cut out sugar and processed grains, as these carbs are the least satisfying and nutritious.

Variety is the spice of life!

Just as variety is important in a workout, it is also an important aspect of diet, so be sure to incorporate several different veggies, fruits and meals in your diet instead of eating the same thing every day.

Cut liquid calories.

If you are trying to lose weight quickly, liquid calories — including sodas, juice, energy drinks, sweetened water, lattes, and alcohol — may interfere. Research shows that liquids are not as satisfying as solids and people do not eat less if they drink their calories. You don’t have to cut coffee completely, but have a splash of nonfat milk instead of a large latte. Sipping on green tea with a squeeze of fresh lemon is an even better idea. Studies show that the phytonutrients in green tea may help with fat burning, particularly during exercise.
Be smart when grocery shopping.

When shopping at the grocery store, try to shop on the outside perimeter because the center isles are where all the foods are usually packed with preservatives.

Your nutrition is only half of the way to a great body, the other part is exercise!

Make workouts more effective.

Interval training is a great way to burn more calories as it allows you to up the intensity of your exercise and continue to burn more calories for several hours after your workout. Intervals involve alternating short sprints with your regular workout pace. For example, if you usually walk, try jogging for 30 seconds, then walking for one minute and repeat 10 times. You can also add a second workout, even if it is just a brisk walk, to boost metabolism and burn more calories. If you are lifting weights, try limiting the rest time between exercises to keep your heart rate elevated, or do 10 jumping jacks to turn strength training workouts into cardiovascular workouts, too. You can work out in the Knowles Center for free; or try a group fitness class like Spinning or weekly wellness events.

Get a good night of sleep.

Sleeping less than six hours a night may increase hunger and decrease your ability to process carbohydrates, both of which can make weight loss more challenging.

Don’t deprive yourself!

It is ok to cheat one meal or two a week to prevent yourself from burning out on your diet and completely splurging, which could ruin all your hard work.

Eat breakfast.

Always eat breakfast because it jump starts your metabolism. Eat several small meals throughout the day instead of three large meals. This will keep your metabolism going all day, burning more calories.

Lift weights!

After you are finished doing cardio, your body stops burning calories, but after lifting weights your muscles continue to burn that fat all day, even when resting on the couch.
Last Day to Change your Meal Plan

There is still time to change your Meal Plan!

Meal Plan selection and changes are completed through the Housing and Meal Plan Portal.

Select the Meal Plan Spring 2014 Semester Only Contract.

The last day to change your meal plan for spring 2014 is Friday, January 31, 2014.

Is Grad School Right for You?

Graduate school might be something you have thought a lot about or something you have just realized you should start thinking about it. If you are planning on graduating soon and you think grad school might be for you, it is a good time to take a look at all the resources Career Services has to offer.

Click here to view our Applying to Graduate School handout, which includes information on:
- Grad school application timeline
- Choosing a graduate school
- The application process and materials
- Interviewing
- Financing your graduate education
- List of print and website resource

McNair Scholars

Related to graduate school... Each year, twelve to fifteen new undergraduate McNair Scholars are selected for two years of intensive mentoring, specialized seminars, collaborative research, and a paid summer research internship, all of which prepare them for graduate school. McNair Scholars include promising students from groups traditionally underrepresented in doctoral programs and are selected through an application and interview process. Faculty referrals are encouraged.

Apply today to be considered for a Research Internship!
5 Ways for Commuters To Be a Part of Campus

1. Get involved:
Finding a club or organization you’re passionate about is one of the quickest ways to meet like-minded peers and feel connected to your school. Whether you live on campus or 30 miles away, it’s imperative to find your niche within the community.

2. Set expectations:
Continuing to live at home with your parents may seem reminiscent of high school, but the household dynamic won’t be the same once you’re a commuter student. Not only will you be more worn out after two trips and a day of classes, but you’ll likely also have more studying to do in college than you did as a high school student. While living at home you might have to follow the same rules you did while in high school and it may be difficult to see your friends who are able to do what they want. It is important to discuss with your parents what you should expect while living there.

3. Seek out resources:
With a little investigation, students may be able to uncover commuter-specific benefits. The University Center has a lot of hidden gems that a lot of students don’t realize they are there. For commuters who tend to stay on campus all day, the UC makes it fun to have a few hours between classes. View the commuter information on the UC website.

4. Get a mentor:
Students who live in the dorms have built-in support through their Resident Assistant (RA). For commuters, however, making a connection with a seasoned student isn’t as easy as walking down the residence hall floor. Many schools do facilitate mentor relationships before a commuter student begins their first year, so take advantage of the offer early, mentors advice.

5. Push yourself out of your comfort zone:
Though striking up conversations in class or the UC may feel a little uncomfortable, it’s important to make connections around campus. Otherwise, it may feel like you are trekking to school solely to take courses and may miss out on a large part of your collegiate experience. It may feel slightly awkward to take the initiative to form homework groups and find lunch buddies, but it will help you go through the semester.

Article modified from 5 Ways Commuters Can Make Campus Feel Like Home, U.S. News