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Reminders

• Housing sign-up phase 2 (Ames Suites) 2/4-2/6
• Scholarships deadline (some vary) 2/9
• Housing sign-up phase 3 (Hathorn Hall) 2/11-2/18
• Last day to drop without ‘W’ on transcript 2/14
• Graduation application deadline to participate in ceremony 2/14
• Housing sign-up phase 4 (Crabtree Hall) 2/20-2/21
• Second tuition payment due 2/24

Important contact information can be found here!
Take the Challenge: The Wellness Challenge!

The UWRF Wellness Challenge is a FREE opportunity for ALL students, faculty, and staff. It encourages a healthier lifestyle through activity, nutrition, mental, relationships, and health wellness categories. This four-week program is designed with incentives to develop a commitment to healthy lifestyle choices. It will be from February 10–March 9.

**How the Challenge works:**

- Earn points by doing daily or one-time activities from the “Wellness Challenge Point Log”. (Point Log is located in your Wellness Challenge 2014 OrgSync site)
- Keep track of your points throughout the week.
- Submit your weekly points online by 11:59 p.m. Sunday.
- Prizes will be distributed weekly to one individual with highest weekly points and one team with highest average weekly points.
- At the end of the 4-week Challenge, a grand prize will be given to an individual with the highest point total and to the team with the highest total point average overall. Continuous updates will be posted on the OrgSync site each week to show how you and your team are doing.

Click here to view rules of the Challenge, and to activate your points log.

Register online by Thursday, February 12 at 4 p.m.

If you have questions please email keven.syverson@uwrf.edu.

Participants who complete the Wellness Challenge will receive a free copy of the book Eat, Move, Sleep by Tom Rath who is coming to campus to speak on Wednesday, April 16, 2014. For more about Tom Rath, click here!
Explore Involvement through OrgSync

As a student at UWRF, you have access to many great resources that help you become an engaged member of our campus. It is never too late to get involved. OrgSync serves as a valuable resource to campus life.

What is OrgSync?
OrgSync is an online community that enables students to explore student organizations, learn about campus and organization events, communicate with organization leaders, participate in campus-wide polls and discussions, and much more!

Why should I join now?
Student organizations are seeking new members on a continual basis; however, the beginning of the semester is one of the best times to begin membership. The Spring Involvement Fair took place on Wednesday, Jan. 29, so all of the organizations are expecting new members and you can easily find out more about each using OrgSync. By joining OrgSync, you will have direct access to the contacts from all student organizations.

How do I activate my account?
Activate your OrgSync account today by following these simple steps:
1. Go to UWRFEdu
2. Click on “Current Students”
3. Scroll down to find the OrgSync link on the left toolbar
4. Log-in using your UWRF email and password
5. Complete profile information
6. Browse organizations!

If you have any questions about OrgSync or student organizations, please email the Student Organizations and Leadership Coordinator at StudentLife@uwrf.edu.

Looking for something to do on Friday and Saturday nights in River Falls?

Student Life plans events in a relaxed/casual atmosphere for many Friday and Saturday nights!

Weekend Programs events are a way for you to be socially, physically, and educationally involved in programs on campus.

Student Life offers a variety of activities that are almost always free!

Click here for more information on what’s going on!
The Psychology of Acceptance

Article Written by: Mark Huttemier - Mental Health Counselor at the UWRF

Pain is natural. It is going to happen when we get hurt, and we get hurt a lot in our lifetime. This is because the world is not always a fair place and it will throw many “curve balls” at us. Suffering on the other hand is when we believe that the pain we have, should not be there at all. In a sense, suffering happens when we try to control things we have absolutely no control over. It is the entitled outrage of a person playing the role of a victim. It may well be justifiable outrage, given the number of curve balls you are thrown compared to the next person, but holding onto our unfair injury is damaging. This kind of suffering does nothing to payback the person, event, or circumstance we are mad at. It eats us up, makes us anxious, bitter, emotional, difficult to deal with, and often damages our relationships with the few caring people who have decided to be there for us.

Start thinking this way: As far as making your life better- What is systemic is most local. This means if you want to change your world to make it more fair, change yourself. If you change, it forces the world around you to change in response to you. You can’t change the world if you believe you are a victim. Victims wait around for the world to become a fair place. You gain control over your destiny when you think. First, nobody has to give you one thing in this world if they don’t want to and, second, that understanding this means you stop putting off your own life while you wait for them to give it to you. It’s hard to let go of those people or life events that trip us up. This is natural pain and we will carry it with us for most of our life, but when you start to think that the pain should be gone or that the person or event that hurt you should make things right for you, that you become a professional victim with clear and hopeless entitlement issues. It’s miserable!

It is so hard for miserable people to give up because their sense of entitlement to their misery. Entitlement makes a victim feel powerful because it justifies their negative and self-defeating behaviors. It puts us in a whole new class of people who moan their life away. This is where the phrase “misery loves company” comes from. Misery loves company so much that it holds us back when we try to leave it. It holds us back so much that you stop living and start dying as soon as you make it part of your life. It’s a club whose goal is to die as a victim, let down by everything and everyone. In conclusion, you have two choices when you experience pain...You accept and learn from it, or you keep telling yourself it should never have been there in the first place.
What to Expect From Counseling

How do I get started?
Students can either call the appointment desk at 715-425-3884 or stop in to make an appointment in 211 Hagestad Hall (directly above the Athletic Office, in the same building as Textbook Services). Before the first appointment, students are asked to come in 10-20 minutes early to complete the initial paperwork.

The First Visit:
Students coming in for their first visit will be seen for a brief (20-30 minute) intake appointment with a counselor who will:
• Provide information about what to expect from the counseling process
• Discuss the student’s presenting issues and concerns
• Develop a plan to best meet the student’s needs, which may include:
  o Referral to a counselor on our staff for individual counseling
  o Referral to group counseling
  o Referral to a mental health counselor or service off-campus
  o Information about and referral to other campus services

How Much Does Counseling Cost?
UWRF Counseling Services are free for currently enrolled students. If you wish to see a mental health provider off campus, counselors can help facilitate with that process. You will need to check with you insurance for coverage.

What Are Some Common Presenting Concerns?
Students seek out counseling services for any number of concerns. If you are unsure if your concern is appropriate for counseling, please do not hesitate to schedule a brief intake appointment to explore options. Some common concerns that students present with include: Stress, anxiety, depression, relationship difficulties, family concerns, self-esteem, body image, academic difficulties, grief, alcohol/drug use, sexual assault, choices about major or career plan, etc.

Will My Information Be Kept Confidential?
All counseling records are kept confidential, and are not part of University records. With only rare exceptions, no information is released to anyone outside Counseling Services, including other University offices, faculty, staff, or parents without your written consent. Exceptions to confidentiality include life-threatening situations (i.e., when someone is deemed to be an imminent danger to themselves or others; or in cases of child abuse) or appropriate court order. In these cases counselors may disclose information to protect you or others from harm, or to comply with legal mandates. Counseling Services staff members may share information with each other for the purposes of consultation.
What Can I Expect From My Counselor?
The Counseling Services staff consists of certified and trained mental health professionals with backgrounds in psychology, counseling, and social work. Each counselor has a different counseling style and varies in their technique; however, you may expect that your counselor will:
- Listen, and take your concerns seriously
- Help you remove barriers to achieve your personal goals
- Maintain the highest ethical and legal standards of counseling practice
- Answer your questions directly and honestly

How Can I Maximize My Counseling Experience?
- Attend your sessions regularly and take an active part in them
- Be as open and honest as you can
- Be open to trying new or different approaches to dealing with your concerns.
- Apply what you have learned in your sessions to your daily life
- Talk openly with your counselor about your progress (or lack of progress) in counseling

How Long Does Counseling Last?
Individual counseling sessions are typically 45 minutes and group counseling sessions are typically 90 minutes. Counseling Services employs a brief counseling model, and counseling sessions are often goal-oriented in order to meet your needs in an efficient and effective manner. On average, students meet with an individual counselor 3-4 times. In some situations, referrals to outside agencies may be considered if longer-term counseling is necessary or specialized services are recommended.

Can I get Medication if I need it?
Counseling Services contracts with the River Falls Medical Clinic and students may meet with a general practitioner or psychiatrist to discuss options for medication when appropriate. You can call the clinic directly (715-425-6701) to schedule an appointment for a Mental Health Medication Evaluation; you can also get support from your counselor or the intake counselor to set this up with RFMC.

Alcohol-Drug Abuse Services:
Alcohol and other drug assessments are available (free unless court-ordered or mandated by Residence Life and then a fee will be charged) for currently enrolled students through Counseling Services.

Article written by Student Health and Counseling Services