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Reminders

- Scholarships deadline (some deadlines vary) 2/9
- Housing sign-up phase 3 (Hathorn Hall) 2/11-2/18
- Last day to drop a class without ‘W’ on transcript 2/14
- Graduation application deadline to participate in commencement ceremony 2/14
- Housing sign-up phase 4 (Crabtree Hall) 2/20-2/21
- Second tuition payment due 2/24
- Housing sign-up phase 5 (All halls except Ames and South Fork Suites) 3/5-3/17

Important contact information can be found here!
Goal Setting

It is important to stay on top of your coursework and avoid falling behind.

Whether you are in your final semester as a UWRF student or are beginning your very first as a Falcon, goal setting is an important part of your academic success. In order to achieve your goals for this semester you have to be in the right “frame of mind”!

Here is how to get started:

Fantasize

Dream big! Ask yourself where you want to be by midterms and at the end of the semester. What kind of student do you want to be?

Reality

Fantasies can certainly become reality if you are willing to work for them. View some helpful academic tips.

Aim

Define your goals by finding a balance between fantasy and reality, setting high but realistic goals for yourself.

Method

Be truthful to yourself by narrowing your goals to the ones you really intend to accomplish. And, do not be afraid to ask for help!

Evaluation

Process the results of your goal setting. What is working and what is not? Do not make evaluation the last step of goal setting, it should be an ongoing process.

Good luck and have a wonderful semester!

Adapted from Leadership Education & Development Center
Buffalo State College, State University of New York

PEACE TALKS
Sharing Ideas to Create PEACE

Are you looking for a way to connect and meet new people?

Do you believe in equity, peace, and inclusion?

Do you want to hear new ideas about how to make this happen in your community?

Check out the PEACE TALKS program this spring! PEACE TALKS are short, 15-minute presentations that are intended to inspire, provoke, and get our community thinking about ways to create peace. A student, staff, community member, or featured campus presenter will share their ideas each Wednesday at 11:30 a.m. and 12:30 p.m. Following their presentation, you’ll have an opportunity ask questions and engage in discussion with those in attendance.

WEDNESDAYS
11:30 A.M. - 12:30 P.M.
[PRESENTATIONS STARTING @ 11:30 A.M. & 12:30 P.M.]
FALCON’S NEST - UNIVERSITY CENTER
FEBRUARY 19TH - MAY 7TH

Feel free to bring your lunch and a friend!
Stop by when you can! Leave when you need to!

Take a break from your day-to-day routine or make this program a weekly tradition. This relaxed environment is welcoming to those who are excited to connect with others and those who might be more interested in observing.

For more information about topics and presenters, check out the AxisTV screens (digital signage in the University Center), like us on Facebook, or e-mail us at peace@uwrf.edu to be added to our mailing list. We are taking presentation submissions and nominations for the spring series, so nominate a professor, peer, or community member to be a presenter by emailing peace@uwrf.edu.

#uwrfPEACE
ten ways to Pay it Forward this February

February is a great month to spread the love! Do something nice for someone, just because. You never know what that person might do for someone else down the road. In the end, the world becomes a better place.

A team of Harvard researchers surveyed people about their spending on themselves, their spending on others, and their happiness, they found that spending on oneself does not boost wellbeing. However, spending money on others does—and it appears to be as important to people’s happiness as the total amount of money they make. Paying it Forward doesn’t have to involve money, it can be as simple as a smile or volunteering your time, but as you can see from the research, spending money on others has a positive impact on your happiness. Here are ten ways you can pay it forward!

1. Volunteer with Habitat for Humanity
   Get a group of friends together and volunteer for Habitat at the River Falls Eco Village site, which is walking distance from campus. Click here to sign up or call (715) 425-5623.

2. Form a team for River Falls Relay for Life of Pierce County/River Falls
   The 2014 theme is a sports theme: “Team Up Against Cancer!” and will be held at the River Falls High School on Friday-Saturday, March 28-29. Opening Ceremony begins at 6 p.m. Teams are forming now and registration can be done online - click here!

3. Volunteer Locally
   Check out volunteer opportunities in the River Falls area - click here!

4. Attend Pay it Forward BINGO
   Taking place on Saturday, Feb. 22 from 8-9 p.m. in Pete’s Creek, University Center!

5. Create a Pay it Forward or Random Acts of Kindness (RAK) Action Plan
   Check out some of these ideas here! You will get suggestions that are both “spontaneous” and “planned.”

6. Give a micro loan from KIVA
   These loans make a great gift that keeps on giving for many years to come. Kiva is a non-profit organization with a mission to connect people through lending to alleviate poverty. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lets individuals lend as little as $25 to help create opportunity around the world.

7. Join the Good Campaign
   This organization serves both a religious and non-religious audience. Check out the website and get ideas some ideas. Develop a food or clothing drive, do street/yard clean-up in your community, or do a school supply drive—do good!

8. Purchase a hat from Love Your Melon
   The Love Your Melon Foundation is a non-profit 501(c)(3) dedicated to improving the lives of children battling cancer through therapeutic treatments. Through its Buy One—Give One program, Love Your Melon provides comfy hats to give them something to wear during this difficult time. BUY NOW!

9. Sign-up and play Freerice
   Freerice is a non-profit website that is owned by and supports the United Nations World Food Program. Play this game and watch the grains of rice add up. They have raised enough rice to feed millions of people. Give it a try!

10. Join Make Every Monday Matter
   52 Mondays, 52 Activities, 52 Ways to make a difference. This is about people taking personal responsibility to make a difference.

   To see the power of giving to others, check out this TED by Michael Norton titled, “How to buy happiness”
Block Meal Conversion is Happening Now!

This option allows you to convert meals to Dining Dollars, and is only available for participants of the 120 and 60 Block Plans. **Conversion is allowed only during the specific time frame.**

- Block plan participants may convert between 1 and 30 meals (limited to the remaining balance on their account) at a rate of $6.00 per meal (maximum of $180.00 in Dining Dollars).
- Once meals are converted to Dining Dollars they may not be converted back to meals. Dining Dollars cannot be refunded if the meal plan is canceled.
- Once Dining Dollars are acquired, they may be used the same as all Dining Dollars. They may be used at any dining venue at any time and receive a 5% discount, in addition to a tax savings of 5.5%.

The ability to convert block meals to Dining Dollars is available at this time. The spring meal conversion period is **February 3-21, 2014**.

Body Composition Testing

Body composition testing analyzes your weight, body mass index (BMI), percentage of body fat, percentage of fat free mass, basal metabolic rate, and your total body water weight. All measurements are estimates but will give you an idea of where you are. Tips are also available on being more active and resources. Body Composition Testing will be conducted in the halls this semester from 3:30-4:30 p.m. on Monday in each hall in the main lobby this semester. Stay tuned for more information in your halls as the semester begins. Contact Bre in Student Health Services at student.health.services@uwrf.edu for questions or more information.

MN Job & Internship Fair

What do Thomson Reuters, the Minnesota Lynx, Hormel Foods Corporation, IBM, Pepsi, and Boom Lab have in common? They will all be at the 2014 Minnesota Job & Internship Fair hosted at the Minneapolis Convention Center. More than 100 companies will be in attendance on Tuesday, Feb. 18 from 10 a.m. – 3 p.m. at the MN Job & Internship Fair looking to hire current college students for jobs & internships. Many companies who attend this fair are not in attendance at the UWRF Career Fair hosted each October. Another difference between our campus fair and this fair is there is a fee to participate. All attendees are asked to pay a $25 fee to attend and students are encouraged to pre-register by the end of the day on Friday, Feb 14.

On the day of the fair from 10-11 a.m., there will be an employer panel where information regarding interviewing for, applying to, and securing jobs and internships will be shared by recruitment specialists and HR professionals. This fair also offers the opportunity to be selected for an interview that day. Because of the A-list of employers in attendance and the possibility to interview the day of the fair, this is a business professional event! If you have a suit, wear it!

The Director of Career Services will be at the event and ready to check you in when you arrive!

To register and find a complete list of attending departments and schedule of events, please visit the Career Services website.

Latest Falcon Center News

View and discuss the latest Falcon Center design plans and features! We need your feedback during the campus community Falcon Center open meeting on Tuesday, February 11th from 7 – 8:30 p.m. in the St. Croix River Room, UC.
Feeling the Homesick Blues?

Homesickness is common among students, particularly in the first few weeks of a semester. Almost every student feels some aspect of homesickness. It is a normal feeling. It can range from a night’s worth of worry to months of anxiety. Each student is affected differently.

Homesickness occurs as a result of being in a new and unfamiliar environment surrounded by people that you do not know. It is the familiarity of home and things associated with it that students miss when they arrive at college.

One way to help overcome feelings of homesickness is to get involved and meet people, even if this seems very difficult. This will help your surroundings become more familiar and you will long for your old environment less.

It is also important to keep in touch with family and friends at home but do not let them become a crutch. Email is a great way to keep in touch and saves money on long distance phone calls. Sometimes going home for a weekend will ease the pain of homesickness, but it is important to try and stay on campus as much as possible.

It can also help to talk to your friends, or if you live in the Residence Halls, you can talk to your Resident Assistant about your feelings, if you feel comfortable doing so. There is also staff in Counseling Services are more than willing to listen and help you work through your feelings. Make an appointment today!