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Reminders

- 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
- Spring Break (Halls remain open) 3/5-3/21

Upcoming Events: ................................................. Get Connected: ...........................................
Important contact information can be found here!
DARs 101

What is a DAR?
A DAR (Degree Audit/Progress Report) keeps track of your degree requirements that you need to graduate. It tells you what you have completed, what you still need to complete, and lists courses that would fulfill each requirement.

How is a DAR different from a transcript?
The transcript keeps track of the courses you completed, and the grades and credit earned in order by term. The DAR is separated into sections by requirements. First you'll find university and general education requirements, followed by your major and minor requirements. At the end are your elective credits and in-progress courses. The DAR also computes your major and minor GPAs, something the transcript does not do. On the DAR, your total credits earned and cumulative GPA are at the beginning, and on the transcript, the total credits and cumulative GPA are at the end.

What other important information is on a DAR?
Your DAR shows you your name, your student ID number, the program and college you are in, and the name of your academic advisor. Your DAR will also tell you when you may be getting close to graduation.

How do you read a DAR?
Click here to follow the tutorial!

If you have any questions regarding your DAR, be sure to talk to your academic advisor, or you can stop by the Registrar’s Office in 105 North Hall.

Summer Session Registration is Coming SOON!

Want to catch up, keep up, or even get ahead? Summer session is a great way to do that!

Summer session is an opportunity for current or new UWRF students seeking to fulfill pre-requisites or for students who want to graduate sooner. It is also a great opportunity for students from other universities and colleges who want to earn transferable credits. Students who are interested in participating in special research or off-site programs can do so during the summer session as well.

Registration will begin on February 10. Current students can use eSIS to view current course offerings for summer session. Note that courses are frequently added, so check regularly. Not a currently registered student? Use the Class Schedule Lookup to view the available courses.

Like us on Facebook and follow us on Twitter!
Modern Dating


How does one navigate through the pitfalls and risks of dating in the current social and online world? How does one deal with the pressure from family and friends to date, to date the right way, and to find just the right person? Does it sometimes look like everyone else is doing this dating thing better than we are and we just want the secret? How does one manage the rejection and the loneliness and the fear of never being good enough or of never finding someone?

10 tips for navigating the world of modern dating

1. Be yourself! And be honest!
   - This is the #1 most important thing to a genuine, lasting relationship.
   - When in a relationship with someone, it tends to be more healthy to allow them the opportunity to know the real you and date you rather than some “mask” of what you think they want.
   - If you are not honest, it is likely that you will get caught in the lie – eventually. This is not a strong foundation for a healthy relationship.
   - If this is challenging for you, consider joining a group at Counseling Services to get some practice taking the risk to be yourself.

2. Get involved
   - Volunteer, join a club or organization. These are great ways to meet people who have similar interests and values to you.
   - If you have a dating partner, it can also be important to have activities or interests that are unique to you. It tends to be healthy to not do everything together!

3. Remember the value of in-person socializing
   - Gaming, Snapchat, Facebook, Texting... all can make you feel connected to others and enhance your relationships. Sometimes they can also make you feel more alone.
   - Don’t forget to find time for in-person connections. If in-person connections feel awkward, it might highlight the importance of doing more – rather than less – connecting in person.

4. Don’t compare yourself to others
   - Most of us, when comparing ourselves to others, are inaccurately negative.
   - Sometimes it looks like everyone else on Facebook, Twitter, etc. is having so much fun and you feel lonely or isolated; remember that it is just one version of reality.
   - There is no right time to date or right way to go about the dating world.
   - If it feels like everyone else is doing it, consider that around 1/3 of UWRF students had no sexual partners last year and that a SmarterSex.org survey indicated that 90% of male students said they would not consider a woman “girlfriend material” if she agrees to have sex on the first date.

5. Be gentle with yourself if dealing with a break-up
   - Breaking up is a normal part of dating. In fact, it is an expected part of modern dating. It does not symbolize your undate-ability.
   - Be patient with yourself as you mourn the changes in your life that come from ending a dating or friend relationship.
   - Consider celebrating what you learned about yourself from the past relationship.
   - When breaking up, space from each other can be really important for healing. You may need to consider agreeing to “no contact” for a while.
6. **Consider what you want in a healthy relationship**
   - If your relationship does not feel healthy in your gut, talk to someone about it. Trust your gut.
   - Know that you are worthy of a healthy relationship. Everyone deserves respect.
   - For more information about a healthy relationship, click here!

7. **Use more than just Snapchat!**
   - Totally fun! Mix-it up, show your humor, show your softer side...
   - Save real conversations for texts, in person, or talking on the phone.
   - Don’t Snapchat during a date or a professional meeting
   - Remember that quick fingers can capture pictures and save them permanently via screenshot. Don’t send anything you don’t want a future potential boss to find on the internet.

8. **Rejection hurts but doesn’t kill**
   - The fear of rejection can get in the way of living the life you want.
   - Taking small risks and experimenting with what you like (within safe bounds) is what dating is about!
   - Consider intentionally seeking to get rejected. You never know, someone might actually say yes!

9. **Be safe**
   - **Step Up** for yourself and for others if you see behavior that is concerning.
   - If engaging in online dating, don’t give out personal information and do not send money. See this article for additional tips for safe online dating success!
   - If meeting someone you don’t know well, do so in public and have a friend handy.
   - Use a condom if engaging in sexual activity - sexual health is still important! Condoms are available at 211 Hagestad Hall, in the waiting room for Student Health and Counseling.
   - Visit Pierce County Reproductive Health or the River Falls Medical Clinic for a physical, STD testing, or emergency contraceptive options if needed.

10. **Talk about it**
    - Sometimes it helps to just talk about your sense of loneliness or disappointment or pain.
    - Consider Counseling Services. You can call to schedule an intake appointment at 715-425-3884.
    - Consider joining a counseling group (spring 2014 groups include Art Therapy, Change for Good, and Interpersonal Process Groups through Counseling Services).

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**Click below for other great resources:**

- **College Dating from Huffington Post:**
  - “17 affordable date ideas for college students”, “All my friends are engaged and I’m just like…” “Don’t believe all men are the enemy”
- **College Dating from the online College Magazine:**
  - “The perks of being single this winter”, “The first date do’s and don’ts for gals”, “How to keep your long-distance relationship warm this winter”.
- **Essay Tigers’ Top 7 College Dating Blogs:**
  - “Dating Advice”, “College Crush”, and “College Passions.”

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Article written and resources compiled by Jennifer L. Wilson, Ph.D., LP at UWRF Student Health and Counseling.
“To thine own self be true” Many of us have heard this quote by Shakespeare, but do you know how it directly relates to your own life as a successful student? To be a successful student, you need to know yourself and your habits. Are you a morning or night person? Are you self-motivated to study alone, or do you need peers to hold you accountable? When it comes to time management, note taking, studying, and test taking skills, it’s sometimes better to go back to the basics as you search for ideas of how to improve and become a more successful student.

**Time Management Tips**
When managing your time as a busy college student, keep the big picture in mind. Use a daily, weekly, and monthly calendar to schedule specific blocks of time you need to study for each of your exams. Visualize the time you will invest in becoming successful in each class.

**Studying Tips**
Studying for ten minutes a day for each class helps you retain information. Be productive and avoid late nights where coffee and energy drinks are your close companions. Review your notes after each class period. Then, rewrite your notes to help you retain the information. At the end of each week review all your notes and the topics you covered in each of your classes.

**Note Taking Tips**
Professors often talk a mile a minute. Don’t overwhelm yourself by trying to write down everything they say. Use abbreviations when your take notes in class. Try to take notes like you text and see if it works for you.

**Test Taking Tips**
Never underestimate the value of a good night’s sleep and hearty meal before a big exam. Plan ahead so you are well rested and prepared for your exam.
- For multiple choice test questions, be sure to first eliminate all the answers you know are wrong.
- For true/false questions, look for qualifying words to give you clues.
- Essay tests require you to put effort into an organized and concise outline. Do not ramble on with unnecessary tangents.
- On every test, always go through the entire test and answer the questions you know first. Do not simply take the test from beginning to end.

**Remember: Being a truly successful student takes time, energy, patience, and lots of hard work.**

**Academic Success Center** has presentations and resources for taking notes, test taking, understanding textbooks, and time management and study skills. Also, be sure to check out their study skills and assessment links.

If you are struggling in a class (or think it might be soon), consider getting a tutor. Campus tutoring is free for UWRF students. It’s always better to ask for help earlier in the semester than to wait until it is too late.
The UWRF “Year of” program uses a multidisciplinary approach in order to understand and appreciate other countries and cultures. This year’s theme is Germany. A wide variety of events and activities will be held throughout the academic year. Here is a list of events for spring semester! The 2014-15 theme will be China!

February

Education Abroad Fair - Wednesday, February 12
10 a.m. - 12 p.m., Falcons Nest, University Center

Year of Germany Film Series, “The Lives of Others” - Wednesday, February 19
4 p.m. and 7 p.m., Kinnickinnic River Theater, University Center

March

Fasching (Carnival) - Wednesday, March 5
7:30-10:30 p.m., Falcons Nest, University Center

Music of Germany, “St. Croix Valley Symphony Orchestra” - Friday, March 7
10:30 a.m. and noon, Abbott Concert Hall, Kleinpell Fine Arts

Music of Germany, “St. Croix Valley Symphony Orchestra” - Sunday, March 10
3 p.m., Abbott Concert Hall, Kleinpell Fine Arts

Year of Germany Film Series, “The Edge of Heaven” - Wednesday, March 26
4 and 7 p.m., Kinnickinnic River Theater, University Center

Spring Semester Germany Education Days - Wednesday, March 26, Thursday, March 27
Wilhelm Conrad Röntgen, the first German Nobel Prize recipient, was born on March 27, 1845.

April

International Bazaar - Tuesday, April 1
6-9 p.m., Riverview Ballroom, University Center

Arrowhead Model United Nations Conference - Saturday, April 5, 2014
Christian Doktor, Spokesperson of Germany’s Diplomatic Mission to the United Nations will give the keynote address. 7 p.m. Banquet followed by keynote address. 8 p.m., Riverview Ballroom, University Center

Book discussion of Tycho and Kepler by Kitty Ferguson - Thursday, April 10
Discussion led by Eileen Korenic, Physics Department.
3-4 p.m., BreezewayDavee Library

Year of Germany Film Series - Wednesday, April 23
4-7 p.m., Kinnickinnic River Theater, University Center