In This Issue

When Your Mood Follows the Barometer.........................Page 1
Secure Computing in the Age of Social Media..............Page 2
The Mind of a Successful College Student.......................Page 3
How to Plan Your Credit Load........................................Page 4
Veterans 101.....................................................................Page 4
Is Winter Making you S.A.D?
How To Combat Seasonal Affective Disorder............Page 5

Reminders

• 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

Get Connected:  

Important contact information can be found here!
When Your Mood Follows the Barometer

Here we go again! At some point in February, we seem unable to resist feeling that the weather has taken control of our mood. We are euphoric on a sunny and warm day and irritable on a cold and grey day. There are days in February and March when we see the world as full of possibilities and days when we see the world as full of false promises and dead ends. You get the point and chances are if you are reading this, it is one of those false promise and dead end days for you. Fortunately, there is a lot to learn about ourselves, and our mental health, from this topsy-turvy time of year.

1. The first lesson is **expectation management**. Expectation management is actually taking the time to be realistic about how long it will take to be able to rely on the weather to not kick us around anymore. Most of us have some awareness that we can become more open to the consistency of warmer days sometime around April 10. Until that point, however, we have no business expecting anything less than a roller coaster of weather and moods. Expectation management is an effective tool in helping us to understand just what is reasonable to expect from family get-togethers, political promises, and Adam Sandler movies. The lesson is that the best predictor of the future is the past.

2. The second lesson of this time of year is **learning not to fight your moods**. We can learn to accept them and roll with them. Learning to be comfortable with our moods first requires that we respect them. A bad mood is not necessarily a bad thing. It is inevitable and is very much part of the human experience. A bad mood can indeed be a painful thing but we do not have to suffer from it. So accept the bad mood first and then we can go about the business of treating ourselves a little better for the day. We can do this when we lower our expectations for productivity and become okay with taking a long bath, watching our favorite comfort movie (for me that would be Star Wars), or calling Grandma (or anybody who has loved you well in your lifetime). In addition, because you are smart about moods, you go through the day understanding that your moods will not last forever and that they, like the weather, will soon change.

3. The third lesson from this time of year is to **understand how cruel inconsistency can be in any of its forms** including in weather. Emotional abuse occurs when we are inconsistent in accepting and/or rejecting the people in our life. If we are one day kind and another day cruel to those we care about, we are creating emotional helplessness in those who would care for us, especially if that person is dependent on us to get one or more of their needs met. Inconsistent weather, like inconsistent caring from a parent, friend, or significant other, can make us feel helpless and hopeless. Pay attention to how you treat the people in your life. Also, pay attention to how you treat yourself. If you are the victim of a relationship that consistently leaves you feeling helpless and hopeless, you owe it to yourself to get out (if the weather in this state were a real person I would definitely leave!).

Article written by Mark Huttemier, Personal Counselor for UWRF Counseling Services
Secure Computing in the Age of Social Media

As social media becomes integrated with all aspects of our daily lives, we are required to pay more and more attention to how we share data. Everything from Facebook to Amazon to Snapchat, we’ll go over best practice as it pertains to computing in the era of sharing.

What can I control?
There are some things we can control as we use sites like Facebook, Twitter, LinkedIn, etc. These are things like posting our birthdates, Social Security numbers, and other private information which when combined can be the making of an identity theft. We can also control our passwords which should always contain a mix of numbers and mixed-case letters. You may want to create a passphrase, which would contain several unrelated words strung together. Keep on mind, the longer the phrase, the harder it will be to crack. In general, password length trumps complexity. To summarize the more common sense practice, don’t post personal information which could be used in identity theft, and create strong, long passwords/passphrases containing a mix of letters, cases, numbers, and characters.

What’s out of my control?
As we’ve seen in more recent days, even being aware of what you are sharing won’t necessarily prevent others from obtaining data. Some legal, some illegal. In the case of the Target, Snapchat, or Sony data breaches, in which millions of user’s data was compromised, you wouldn’t have been able to prevent. That being said, frequent password changes and monitoring of your financial statements are highly recommended. Using one password for all your accounts is discouraged, as only one hack is going to put all your accounts at risk. Most hacks obtain one password, which is then checked against hundreds of common subscriptions. For example, if your password for your local laptop is obtained, you also use it as your Gmail password. The attacker can then log into other institutions i.e. Well Fargo, TCF, Amazon, ITunes, Netflix, Facebook, Twitter, etc. and reset any password using your Gmail account to verify. They now have control over ALL your accounts and regaining that control can be very difficult, in some cases impossible.

In summary
Use common sense when posting, emailing, browsing your favorite sites. Ask a lot of questions when being prompted for anything out of the ordinary, and never hesitate to call DoTS at 715-425-3687 or send an email todots@uwrf.edu

What is social engineering?
Social engineering is the psychological manipulation of people, convincing them to performing actions, or divulging confidential information. We’ve seen plenty of examples on our campus. The following are examples which we’ve dealt with over the last year (or years).

• Phishing
Phishing normally comes in the form of an email (but can be used as a term for any solicitation of confidential information). These emails typically appear to come from a trusted source such as: IT Department, Web Master, or Email Administrator. They almost always play to fear, meaning “you are about to lose access” or “failure to respond or provide the appropriate information will result in...” Defense: Phishing scams are best defended against by identifying the sender as a trusted source and never opening attachments, links or responding to an email which you cannot identify the origin. We encourage you to contact Department of Technology Services (DoTS) if you have any questions regarding the authenticity of an email requesting personal information. Our spam filters do an excellent job of filtering the majority of phishing emails, but invariably emails do get through.

• Telephone scam
We’ve seen an increase in the number of telephone calls coming in reporting to be Microsoft Tech Support. These calls come to your cellphone and ask that you login into your computer to resolve a problem which they were notified. The caller will then proceed to walk you through a series of steps which will “open” your computer to them. Once the attacker has access to the machine, they will then begin installing software which can be used for any number of nefarious actions, not the least being the harvesting of any personal data on your computer. Defense: If the person calling does not identify themselves as a member of the Division of Technology Services, be very skeptical, hang up, and alert DoTS.

• Job scam
Recently we were approached by a student who received an email soliciting for an administrative assistant. The student replied and “accepted” the position. The scammer then asked for a number of pieces of confidential information (routing number for direct deposit payment). They also asked for an initial deposit to “cover administrative purchases” which would later be reimbursed. Unfortunately this student did everything the scammer asked for and was referred to the police. Defense: never accept a position based purely on online communications, never provide personal information across email, and insist on a personal meeting prior to starting.

Article written by Steven Meads in the Department of Technology Services
The Mind of a Successful College Student

Written by Mark Huttemier in Student Health and Counseling

Work hard at the thing you want. Show up for it and know that it will happen. **Hard work pays off when you want something so bad you don’t want to live without it.**

Focus on what you want from life, don’t focus on what you don’t want from it. **Constructive or destructive focus.**

Follow through on what you say you are going to do. If you make promises to yourself, keep them. **Personal integrity matters for self-esteem.**

Ask for help from people who can help you. It’s not cheating, it’s how life works. **It’s way more efficient and effective than avoidance or stubbornness.**

See what you want so that you can have what you want. **Intentionality works.**

Make the time and create the space so you can think for yourself. Never make decisions based on fear, shame, or people who tell you that you can’t. Make up your own mind on what is right for you. ** Backbone matters.**

Be positive and be courteous in the presence of others. **People will support and promote workable people.**

Understand that the universe will support you if you believe the universe is supportive. **You get to decide what kind of world you believe in and it does matter what you think.**

Don’t waist time by not doing something you know you should do. **You don’t get that time back.**

Outward enthusiasm creates inward drive. **Fake it until you make it.**

Mistakes and defeats are stepping stones of wisdom, not a sign of weakness. **World’s #1 teacher, always has been.**

Use your body to clear your mind. If your body feels good the mind feels good. **Your body is the gatekeeper to your mind.**

You have direct influence over your destiny. **Take Responsibility.**

Endorse all or something thinking. It is better to act than to do nothing. Don’t surrender to helplessness or to perfectionism. **Making some kind of choice always creates more choices, not making choices lends to feeling more and more helpless and confused.**

Be creative and flexible to get what you want. There isn’t just one path to what you want, although you might feel like it. Sometimes we lie to ourselves only to justify the path we are on. **Switching gears will work if you are committed to not giving up on your goal.**
Veterans 101

The UWRF Veteran Services Office is available to ensure student veterans, reservists, National Guard, active duty and family members receive university support in achieving academic success.

Our goals are:
1. Assisting students receiving their requested educational benefits.
2. Raising awareness of campus resources available to students.
3. Raising awareness of federal and state resources available to veterans.

Additionally, Veteran Services works with local Veterans Administration Healthcare offices to provide services on campus. We have a representative from the Veterans Administration’s Operation Enduring Freedom and Operation Iraqi Freedom program on campus Mondays and Wednesdays to sign veterans up for free healthcare offered at the Veterans Administration. Appointments are not necessary for any of our services.

How to Plan Your Credit Load

Ever wonder about how you should plan your class schedule?

Some common things current UWRF students think about are:
- Jobs and/or internships
- Observation hours for education classes
- Lab times for science classes
- Studio time for art, music, and theater classes
- Are you double majoring? Do you have a minor? Make sure you have the right courses to fulfill both requirements.
- Number of credits you can reasonably handle
- Financial assistance

All of these are great things to think about. Each student’s situation is different, though, you should ask your academic advisor.
Is Winter Making You S.A.D.? How to Combat Seasonal Affective Disorder

If you’re feeling blue lately, it may have something to do with the weather! It’s true that this time of year (especially in the Midwest where winters are long) you’re more prone to be tired, anxious, or even moody. It’s likely you’ve gained a few pounds, have sugar cravings and have a hard time getting up in the morning. For most people, it’s more of a “I-can’t-wait-for-winter-to-end” feeling that produces mild but manageable sluggishness, but about 11 million Americans have a more severe form of winter depression—seasonal affective disorder, or S.A.D. - that is typically diagnosed after at least two consecutive years of more intense symptoms.

If you feel like you could be suffering from S.A.D., it is important to see a medical doctor to get the appropriate treatment. It is also important to seek personal counseling. You’re in luck, UW-River Falls offers counseling services to students! The caring and easy-to-talk-to counselors are always happy to spend time talking with you. Learn more about how to make your first here. In the meantime, you can explore some of the ways to get out of that cold-weather-funk.

1. Get some sunshine! The solution is to get as much sunlight as possible. Light enters the eye, which activates a body clock system that is similar to what controls seasonal breeding and hibernation in animals. A good way to turn things around is to get 30 minutes of sun exposure first thing in the morning. Make it a point to walk to work or class, this is a great way to boost your mood and get some exercise in.

2. Move! As we needed another reason to get fit! Exercise isn’t only for maintaining your weight and staying healthy. It’s great for relieving the stresses of life. Plus, the effects of a good workout can last for several hours after you hit the showers. You’ll have more energy throughout the day, and your metabolism will stay elevated too. Exercise also helps your mind by releasing those “feel good chemicals” that improve your mood. Take advantage of some of the on-campus opportunities such as: open recreation, group fitness classes, open climb, outdoor adventure trips, outdoor equipment rental, intramural sport leagues and tournaments and more through Campus Recreation.

3. Embrace the Season! Instead of always avoiding the cold and the snow—look for the best that it has to offer! Take up a winter sport like ice-skating, cross country skiing, snowshoeing, snowboarding, hockey, or even snow tubing! Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.

4. Relax! You’re busy! Work, class, homework, family, friends, activities, and appointments—even if you enjoy being busy, everyone needs some time off. Don’t be afraid to say “No” to extra opportunities. Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class. Relaxation, especially in the form of yoga, can alleviate stress and leave you with a calm energy. Mental exercises like meditation and positive thinking can help keep depression at bay.

5. Treat Yourself! Having something to look forward to can keep anyone motivated. Winter seems endless! But if you plan something exciting, your mood improves when you’re anticipating it and when the event actually comes. Plan something that’s exciting to you—a weekend trip, a day at the spa, a party or special event like a play, girls (or guys) night out, or sporting event.