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Reminders

First meal plan after meal break 3/23
Third tuition payment due 3/24
Session B classes begin 3/23
Last day to add Session B course without signature 3/28
Spring graduation deadline (not walking in commencement) 4/1
Last day to drop Session B w/o ‘W’ on transcript 4/11
Last day of classes 5/9
Final exams 5/12-5/15
Last meal of spring semester 5/14
Spring commencement 5/17
Grades entered on eSIS (Check your grades) 5/22

Upcoming Events:  Get Connected:

Important contact information can be found here!
The Etiquette Dinner

There is a very good chance that sometime in the future, you will be conducting business over a meal. Many UWRF students and alumni have experienced interviewing over breakfast, lunch or dinner. The UWRF Etiquette Dinner is where students are able to practice the art of fine dining in a relaxed and safe environment so they are comfortable during those dining interviews or when conducting business over meals. Guests at the dinner learn which fork to use when, which direction to pass the bread, and how to make the most of conversations with professionals, along with so much more.

During the Etiquette Dinner, five courses are served by the Sodexo professional catering staff over a two hour period where etiquette instruction is provided by the Director of Career Services. Students sit and eat with other students and are able to master this somewhat difficult and scary topic while having fun with their peers. And, the meal is always outstanding; one of the best you will have in the University Center!

The Etiquette Dinner will be hosted on Monday, April 7 from 5:30-7:30 p.m. in the Ballroom of the University Center. To sign up, students may register by stopping by Career Services, 211 Hagestad Hall. The cost is $12. Cash, Check, Falcon Dollars and Dining Dollars are accepted. The deadline to register is Wednesday, April 2. Bon Appetite! Click here to sign up!

Article written by Melissa Wilson in Career Services
Filling out the FAFSA Using the Data Retrieval Tool

It’s that time of year to fill out your FAFSA for the upcoming academic year. There is no priority deadline for filling out your FAFSA but the earlier you do it, the earlier you may know what you’re eligible for. One way to complete your FAFSA in the easiest and quickest manner is by using the IRS Data Retrieval Tool.

What is the IRS Data Retrieval Tool, you ask?

The IRS Data Retrieval Tool allows students and parents to access the IRS tax return information needed to complete the Free Application for Federal Student Aid (FAFSA) and transfer the data directly into their FAFSA from the IRS website. If you are eligible to use the IRS Data Retrieval Tool, we highly recommend using the tool for several reasons:

1. It’s the easiest way to provide your tax data.
2. It’s the best way of ensuring that your FAFSA has accurate tax information.
3. You won’t need to provide a copy of your or your parents’ tax return transcripts to your college.

Students or parents who are married and filed as “Married Filing Separately”, are married and filed as “Head of Household”, filed an amended tax return, or filed a Puerto Rican or foreign tax return are not eligible to use the IRS Data Retrieval Tool, and will need to enter their tax return information manually.

Additionally, students or parents who filed their tax returns electronically within the last three weeks, or through the mail within the last eleven weeks, might need to either enter their tax return information manually or return at a later date to transfer their tax return information into the FAFSA, as their tax return information might not be available for transfer from the IRS.

If you are eligible to use the IRS Data Retrieval Tool, then click “Link To IRS” to transfer your tax return information from the IRS website into your FAFSA. (Note: If you previously transferred your tax return information from the IRS, or you indicate that you filed your tax return electronically within the last three weeks or through the mail within the last eleven weeks, then the “Link To IRS” button displays once you click the “View option to link to the IRS” hyperlink.)

If you are ineligible or otherwise choose not to use the IRS Data Retrieval Tool to retrieve tax information, your college may require a copy of your IRS Tax Return Transcript (or your parents’ IRS Tax Return Transcript, if you are a dependent student).

Using the IRS Data Retrieval Tool saves you time and effort. You don’t have to find your tax records; you don’t have to worry about mistakes since it imports right from the IRS, and if you are randomly selected for verification you won’t have to provide tax transcripts. If you have any additional questions with filling out your FAFSA contact the Financial Aid Office.

Article modified from Studentaid.ed.gov.
How to Start and Grow A Student Organization

Want to start a student organization? All it takes is you and 4 friends!

Which hobby are you interested in? What social issue are you passionate about? What identity might you share with others? Connect with students across campus who share these interests with you. You may not think anyone else is interested in an organization you would like to start, but you will never know until you try!

Running a student organization is easy! While there are minimal “requirements” organizations, we ask that your organization keeps connected to the Student Life office, remains student lead and student driven, and most importantly has FUN! We recommend that your organization makes a positive impact within our community as well.

After you find 4 other people to join your organization, there are a few steps you must follow in order to apply for recognition as a student organization. These steps are found in the New Student Organization Guide.

This may seem like a long process, but it only takes about 3-4 weeks to complete the entire process and it is definitely worth it once you become a recognized student organization. You may become our newest addition to the 150+ organizations we have here on campus!

Quick links
• New Student Organization Guide
• New Student Organization Application

• You can choose to meet with staff in the Student Life office to talk about the goals and ideas of your organization before you create the two following documents.
• Write a letter of intent; this explains that you are intending to seek official recognition at UWRF.
• Create a Constitution and Bylaws; these documents outline your entire organization from membership to duties of officers.
• Find an Advisor who is a faculty or staff at UW-River Falls.
• Complete the New Student Organization Application on OrgSync
• Your application will be sent to your advisor; they will approve your application and fill out an advisor contract.
• After your advisor approves it, Student Life will receive it and review to make sure all of the application components are complete. Then they will pass it onto Student Senate.
• Student Senate will review your application and then invite you or another representative to one of their meeting, where you can further elaborate on your organization ideas. At this point, your organization will approved or denied.
• Once approved, you will be contacted by the Student Life office and will be prompted to set up an orientation meeting. You will active your organization’s OrgSync portal during this meeting.
• Your organization will be assigned a mailbox in the Involvement Center and will receive an official Letter of Recognition.

Article written by Student Life
SPRING into Wellness
The weather should be changing to spring soon. There are so many activities going on that can help you be well for when it’s nice outside!

Weekly Wellness Events

Mondays
Advanced Tai Chi
12-12:50 p.m.
Karges Dance Studio
This is for individuals who have done Tai Chi and are ready for the next level.

Mixed level Yoga
3:30-4:15 p.m.
Falcon’s Nest, UC
There is no previous yoga experience needed for this class; it’s a chance to work on poses and build strength.

Tuesdays
Flow Yoga
4-5 p.m.
Falcon’s Nest, UC
This yoga class focuses on alignment and gentle breathing for all levels.

Beginner Tai Chi
12-12:50 p.m.
Karges Dance Studio
Learn to use slow meditative movements for relaxation and body awareness.

Wednesdays
Lunchtime Yoga
12-12:15 p.m.
Hagestad Meditation Room
This class involves moving through poses and linking movements to focus on strength and flexibility while calming the mind.

Yoga Nidra
3:30-4:15 p.m.
Hagestad Meditation Room
This is a meditation practice without movement that includes body scan, breath work, and guided imagery!

Spring Counseling Groups
Interpersonal Process Group
Mondays 12:30-2 p.m.
This group is for those with difficulties in their relationships and for those who have something in their lives finding it difficult to deal with.

Art Therapy
Tuesdays until April 15 1:30-3 p.m.
Communicate while creating art with other people dealing with similar issues.
To join a group call or go to 211 Hagestad to talk with a counselor about different sessions.

On the first Friday of every month Pet Therapy is available! Keep calm and hug a dog from 3-5 p.m. in 211 Hagestad Hall.
5 Steps to a Healthy Relationship

1. **Support:** Provide trust and emotional reassurance to one another

2. **Build:** Show appreciation and respect for each other

3. **Comfort:** Allow for ease of mind when not together

4. **Forgive:** Know that conflict is normal and you can get through it

5. **Maintain:** Keep things new and exciting; do not fall into a pattern

Free counseling services are offered to students. Stop in at 211 Hagestad Hall or call 715-425-3884 for an appointment.