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Reminders

• Graduation deadline (not walking in commencement) 4/1
• Last day to drop Session B without a '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 5/22

Upcoming Events: Get Connected: Important contact information can be found here!
Registration tips

Registration time is once again upon us. Advising for Fall 2014 classes begins soon, so don‘t forget to make an appointment with your advisor to discuss your academic progress and performance. You will discuss what classes you should take for next semester before receiving your PIN number. Check eSIS to confirm your registration date and time, this information will be located under "Enrollment Dates" in the right column of the page.

Tips for meeting with your academic advisor

1. Log in to eSIS and find your Academic Advisor
   This section is located in the right column under “Program Advisor”.
2. Make an appointment with your Academic Advisor
   Some Advisors have signs on their doors, some send out a sign-up sheet, and some track everything through email. Watch for information from your Advisor with appointment-making instructions. Do not wait until the last minute to schedule your appointment!
3. Print your Degree Audit Report (DAR)
   Your DAR can be found in eSIS in the dropdown box under the “Other Academics” heading.
4. Add desired courses into the “Shopping Cart”
   In eSIS, you can create a list of the courses you wish to take. Search for classes and add your selections to your shopping cart. This will also prepare you for your meeting with your Academic Advisor. After your meeting, update your Shopping Cart based on the feedback from your Advisor. On the day you are able to register, you just go back to the Shopping Cart, select all the courses, and hit the green “Enroll” button.
5. Arrive approximately five minutes early for your scheduled appointment.
   Advisors meet with a lot of students, so please be respectful of their time.
6. Introduce yourself
   Introducing yourself is common courtesy, shows respect, and connects your name to your face.

Tips for registering for courses

Once you have met with your Academic Advisor, log into eSIS and do the following to get ahead of the game BEFORE your registration time:
- Enter your PIN in eSIS.
- Sign your Fee Payment Agreement.
- Pay all balances in full.
- Check for other holds on your account.

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Article written by the UWRF Registrar’s Office.
Warm Weather Workout Tips

Although it is still cold in Wisconsin, the warm weather will be here eventually! Here are some tips and information to help you be prepared!

Dress appropriately. Loose-fitting polyester/cotton blend clothing or other fabrics designed to wick away moisture will help keep your body cooler. It’s not sweating itself that cools your body, but rather the evaporation of sweat. So avoid wearing clothing that soaking up sweat but doesn’t allow it to evaporate.

Stay properly hydrated. The more you sweat, the more you’ll need to rehydrate to avoid heat cramps, exhaustion, or worse, heat stroke. Make sure to carry a bottle of water with you, and drink often. You’re better off drinking a small amount more frequently than downsing a lot of water all at once.

Time your exercise to avoid peak heat. Sun, humidity, and pollution levels are most intense during the midday, so to minimize the effects of the heat, work out either first thing in the morning, or in the late evening.

Protect your skin. By wearing a light-colored, loose-fitting, long-sleeved shirt, and a cap.

Go slow until your body has acclimated to the heat. Start slow, exercise in the heat for just a few minutes at a time, and gradually increase the amount of time as your tolerance builds. Signs of increased tolerance include breaking into a sweat more rapidly and your sweat being more diluted or watery.

Seek shade. Exercising in shady areas, such as tree-lined trails and parks, will help you stay cooler when the temperature rises.

Team up for safety. Symptoms of heat exhaustion can come on quickly if you’re not paying attention, and since fainting is one of the symptoms, it can be far safer to exercise with a partner when the heat is on. Other warning signs and heat-related symptoms can be reviewed here.

Heat-related illness. Under normal conditions your skin, blood vessels, and perspiration level adjust to the heat. But these natural cooling systems may fail if you’re exposed to high temperatures and humidity for too long, you sweat heavily and you don’t drink enough fluids. The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated.

- Heat cramps. Heat cramps are painful muscle contractions, mainly affecting the calves, quadriceps, and abdominals. Affect muscles may feel firm to the touch. Your body temperature may be normal.

- Heat exhaustion. With heat exhaustion, your body temperature rises as high as 104 degrees Fahrenheit (40 degrees Celsius) and you may experience nausea, vomiting, headache, fainting, weakness, and cold, clammy skin. If left untreated, this can lead to heatstroke.

- Heatstroke. Heatstroke is a life-threatening emergency condition that occurs when your body temperature is greater than 104 degrees Fahrenheit (40 degrees Celsius). Your skin may be hot, but your body may stop sweating to help cool itself. You may develop confusion and irritability. You need immediate medical attention to prevent brain damage, organ failure, or even death.

Quick cool-off tricks

- Running cold water over your forearms will help reduce your body temperature. Many public areas have drinking fountains or public restrooms where you can do this.
- Using a spray bottle, spray cool water on your skin while fanning air on it—either with a small portable fan, a paper fan, or even a towel or piece of clothing. As the water evaporates, your body temperature will drop.
- Apply an icepack or cooling neck wrap to your neck, forearms, groin, and/or armpits.

Article written by Keven Syverson in Student Health and Counseling Services with information from this website here.
Experience a Different Culture Through the International Bazaar

UW-River Falls is currently hosting international students from 20 different countries and domestic students with ties around the world. Join us in celebrating our culturally diverse campus community!!

The International Bazaar is an annual event hosted by the Global Programming Society. This year, it will be held on Tuesday, April 1 from 6-9 p.m. in the University Center.

Guests will enjoy food from around the world, cultural demonstrations, activities, and great entertainment!

The event is FREE and open to all, but you must pick up a ticket from the Information Desk (UC) to reserve your spot. Tickets are available now! Last year, the International Bazaar "sold out", welcoming 600+ guests, so be sure to get your ticket before it's too late!

For more information, contact the Global Programming Society advisor, Shelby King, at shelby.king@uwrf.edu or 715-425-4444.