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Reminders

• Last day of classes 5/9
• Final exams 5/12-5/15
• Last meal of spring semester 5/14
• On-campus residents move out within 12 hours of their last final, or by Friday 12 p.m. 5/16
• Spring commencement 5/17
• Grades entered on eSIS 5/22
• Summer session 1 starts 5/27

Important contact information can be found here!
Commencement Information

Saturday, May 17, 2014

Streaming Video Presentation

- The University of Wisconsin-River Falls will be streaming the commencement ceremony live on UWRF Channel 19.
- The live stream will begin 15 minutes before the ceremony and end at the conclusion of the event.
- Commencement replay will be available and archived after 5 p.m. on day after commencement.

Parking

- Please be patient while entering and exiting the parking lot at Ramer Field, as there is only one entrance.
- All campus parking lots will be open to the public from 7 a.m. until midnight on Commencement Day, May 17.
- Citations will be issued prior to and after those times if cars are parked in lots that are monitored.
- Parking during Commencement is on a first come, first serve basis. Family and friends should plan ahead in order to ensure that they arrive in a timely manner.
- The parking lot at Ramer Field will be overflowing, as will all parking lots close to Ramer Field.
- Family and friends should arrange to share rides and drop off family members or friends who have a difficult time walking long distances.
- There are limited disabled parking spaces available in Ramer Field. Parking attendants will be on duty prior to and during Commencement.

If you have any questions regarding parking facilities, please contact the Parking Office at 715-425-3333.

There will be two commencement ceremonies in spring 2014.

9:30 a.m. Ceremony:
College of Agriculture, Food and Environmental Sciences (CAFES)
College of Business and Economics (CBE)
College of Graduate Studies

2 p.m. Ceremony:
College of Arts and Sciences (CAS)
College of Education and Professional Studies (CEPS)

Like the Registrar’s Office on Facebook and Follow them on Twitter!
Suffering is a Great Teacher

Embrace a healthy ok-ness with suffering. Suffering is the only tool that leads to acceptance of reality. By suffering through hard times, we learn new strategies for life.

People who avoid reality by running from their hard times have a tendency to present themselves as better than the rest of us, they tend towards blaming others for their own mistakes, and they also become self-involved people who don’t mind hurting other people to protect their very shallow and frail sense of who they are.

People who do not allow themselves to suffer are inefficient. They never thrive in life, only survive, because their energy is spent protecting themselves from feeling shame or vulnerability. Their thoughts are not based in reality and so they frequently over estimate their own abilities and, when they fail, blame others or the system for their shortcomings. The wisest people have allowed themselves to suffer through the hardest of times. The lessons they have accepted through suffering have helped them to adapt and thrive in their present reality. Their new acceptance leads to a life based in reality, a healthy sense of being present and belonging to one’s experiences. Realistic hope allows us to predict our future success all the while preparing for the inevitable setbacks of life.

Here is a challenge we present you with:
Do not run from suffering or pain, go through it.

Do not be a perfectionist. Your performances in life are only based on your best efforts at any given moment and the results of your performances often change, so they can never be an accurate reflection of your static and whole self. Your static and whole self is judged only by whether you can honestly say that you really like who you are at any given moment. The end result of accepting and liking yourself is a happy and good life. Take calculated chances. Allow and learn from mistakes. Keep moving forward. Do not avoid pain and suffering by taking part in avoidant or addictive behaviors. Do seek support to process pain and suffering. You have everything to learn from it in the end.

Article written by Mark Huttemier, a Mental Health Counselor in Student Health and Counseling.
Don’t Lose Sleep!

There are many reasons for changes in sleeping patterns, but in college, the most common reasons are increased part-time working hours, staying up all night to finish a paper or cram for an exam, and screen time via TV, phone, tablet, or computer at bedtime. According to the American Academy of Sleep Medicine (AASM), the best way to maximize performance on final exams is to both study and get a good night of sleep.

Below are some interesting conclusions drawn from a variety of studies:
- The lack of adequate nighttime sleep can lead to disturbances in brain function, which in turn, can lead to poor academic performance.
- Sleepiness and poor sleep quality affect academic performance and daytime functioning. After two weeks of sleeping six hours or less a night, students feel as bad and perform as poorly as someone who has gone without sleep for 48 hours.
- Students who stay up late on school nights and make up for it by sleeping late on weekends are more likely to perform poorly in the classroom. On weekends waking up at a time that is later than the internal body clock expects, changes the routine and may affect the ability to be awake early for school at the beginning of the week when the old routine is reinstated.
- College students with medical-related majors are more likely to have poorer quality of sleep in comparison to those with a major in the humanities.
- Students with symptoms of sleep disorders are more likely to receive poor grades in classes such as math, reading and writing than peers without symptoms of sleep disorders.
- College students with insomnia have significantly more mental health problems than college students without insomnia.

Those who believe they have a sleep disorder should consult with their primary care physician or a sleep specialist. The River Falls Medical Clinic has two MDs who are board certified in sleep medicine. For appointments, call 715-425-6701. UWRF Student Health Services does not cover the cost of consults or sleep studies. Students will want to check with their insurance before proceeding so that they can make an informed decision.

Planning on pulling an “all-nighter”? You may want to get some sleep instead. Research continues to show that more and more students are not getting enough sleep. The resulting sleep deprived students not only have difficulty staying awake during class but also are more likely to have a lower GPA.

The following tips are provided by the AASM to help students get the most out of their sleep:

Go to bed early
Students should go to bed early enough to have the opportunity for a full night of sleep. Adults need about seven to eight hours of sleep each night.

Get out of bed
If you have trouble falling asleep, get out of bed and do something relaxing until you feel sleepy.

Stay out of bed
Don’t study, read, watch TV, or talk on the phone in bed. Only use your bed for sleep.

Limit naps
If you take a nap, then keep it brief. Nap for less than an hour and before 3 p.m.

Wake up on the weekend
It is best to go to bed and wake up at the same times on the weekend as you do during the school week. Sleeping in later on Saturdays and Sundays will make it very hard for you to wake up for classes on Monday morning.

Avoid caffeine
Avoid caffeine in the afternoon and at night. It stays in your system for hours and can make it hard for you to fall asleep.

Adjust the lights
Dim the lights in the evening and at night so your body knows it will soon be time to sleep. Let in sunlight in the morning to boost your alertness.

Wind down
Take some time to “wind down” before going to bed. Get away from the computer, turn off the TV and the cell phone, and relax quietly for 15-30 minutes.

Eat a little
Never eat a large meal right before bedtime. Enjoy a healthy snack or light dessert so you don’t go to bed hungry.

Article written by Student Health and Counseling Services. Information adapted from this article and www.sleepeducation.com.
Study Skills to Help You Ace Your Finals
Study Skills and Assessment Links

Online Flash Cards:
Study Stacks
Study Blue On-Line and mobile flash cards
Quizlet On-line and mobile flashcards and games
Free Rice A quiz game that gives free rice if you get the correct answer

Paper Writing Help:
UWRF Online Writing Lab (OWL)
Purdue OWL
The Online Writing Lab at Purdue University houses writing resources and instructional material. Students, members of the community, and users worldwide will find information to assist with many writing projects. Teachers and trainers may use this material for in-class and out-of-class instruction.
Citation Machine
Citation Machine helps students and professional researchers to properly credit the information that they use.

Study Strategies Links:
Calculate Your GPA: Use this fast tool to calculate your semester GPA.
Test Preparation Links
Ohio University Study Tips
Study skills Self-Help Information (Virginia Tech)
College Student Online Guide for Better Study Skills (The Open University)

For questions and more help with study skills visit the Academic Success Center in room 105 of the Davee Library!

Math Assistance:
West Texas A&M University Virtual Math Lab
If you need help in College Algebra, Intermediate Algebra, Beginning Algebra, Math for the Sciences, or preparing for the math part of the general GRE, THEA or ACCUPLACER test, you have come to the right place.
Success in Mathematics (St. Louis University)
Interact Math: Designed to help you succeed in your math classes