THE FALCON CONNECTION

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WOW
Welcome to UWRF,

All across the country colleges and universities have been preparing for the start of a new academic year, have you? The next couple of weeks will most likely include a wide range of feelings for you and your families as you prepare to begin your college career or return to your senior year. Along with the excitement of starting college or completing your college career, you may also be feeling some anxiety and stress. Please be assured that experiencing this emotional roller coaster ride is perfectly normal.

UWRF is a place where highly talented individuals live and learn together in a state of mutual appreciation and enjoyment. You’ve come to a good place. Our welcome is genuine, but I hope that you feel some awe at what is about to begin or what you have accomplished thus far. You get to make a fresh start on an altogether new life or for many of you, a new semester. This will be the first chapter of life that envisions you as an adult, no longer a child. And today you enter a life or return to a life in which you’ll have one and only one mission: to become the person you have it in you to be, a person equipped to lead a fulfilling life and to give the world the benefit of your gifts.

How are you going to perform this task? Let me share an insight with you. Do something that began as homework, a task set forth by someone else performed to please someone else, when suddenly you find you’re engaged with the question, propelled forward by your curiosity, moving to pull things you already know to help understand the thing you don’t know yet. This does not happen only in academic work. Great coaches help players how to release their full powers in excellent performance; that’s why athletes can have a role in the university. Or you’re in a musical or dance group, or an agriculture judging team, or tutoring program in a local school – you begin doing what you think is expected, but then some internal power switches on, and now it’s you playing, teaching or performing. You’re living inside the activity, reaching levels you did not know how you could attain. Or you’re speaking with a friend, paddling in the shallow waters of casual conversation, when suddenly you’ve both been moved deeper in, sharing something that matters, helping each other inhabit unfamiliar points of view, seeing together what neither of you could have seen on your own.

Aristotle once said “Happiness is the full use of your powers along lines of excellence.” There is pleasure to be found in hanging out or lying around, but the height of pleasure comes through engagement, through the activation of the self’s full powers. We want you to be happy at UW-River Falls, so we need you to be engaged. Engagement is the precondition of learning and growth. The things we do in a not invested, halfhearted way leave no mark on us, even when we’re extremely good at them. The things that inspire you deep participation are the things that expand you and transform you, releasing the recognition of what you can be at best. So engage, do your best, and make your decision to attend or return to UWRF a meaningful one.

Gregg Heinselman, Associate Vice Chancellor for Student Affairs
StudentAffairs@uwrf.edu

“...height of pleasure comes through engagement, through the activation of the self’s full powers”

Reminders

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<td>Meal Plan Begins with Lunch</td>
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<td>Last Day to Drop a class</td>
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Update eSIS Emergency Contact information ASAP
Find Important Contact Information here.
Preparing for new student move-in

**WOW**
(WOW) is designed to help first-year students become a successful and well-oriented member of the campus community and will give you the opportunity to meet other new students, returning student leaders, and the University community; all while providing a complete orientation to campus.

**Packing**
Be sure that you are packing the essentials and not too many clothes, personal items, or electronics. Remember, residence hall rooms are not designed to hold all of your belongings. At the same time, it's easy to overlook some essential items needed for living on campus. Be sure to check Residence Life's list of items to bring/leave at home.

**Plan ahead**
All students have scheduled move-in times to help the day run more smoothly. Be sure to check your designated arrival time and the campus map for more information about planning your trip to campus.

**Lead the move if you have others helping you**
When you're checking into the residence hall, for example, you can bring someone with you for support, but make sure you do the talking. This will help you take ownership and be independent.

**Wear comfortable shoes**
You will do quite a bit of walking on Move-In Day so wear comfortable walking or running shoes.

**Saying goodbye**
You have a mandatory residence hall meeting beginning at 7 p.m. You'll need to say goodbye before that time. This is often the most difficult part of the day for family members and the anticipated goodbye may not be what you imagined. It may be easy to leave, or it may be harder than you think.

**Enjoy yourself**
Move-In Day is a big event for both you and your family. It marks the official beginning of your college experience.

**Set up your room**
Make your room, your own. Do involve your roommate, but make it a place you can live for a year.

**Stress**
Be patient those who are helping you move. It may get frustrating and be hard communicating, but overall it'll be a good day!

**Making connections**
Take time to introduce yourself to your roommate’s family. There may be times in the future when you will talk with your roommate's parents, make a good first impression.

**Attend the Great Falcon Get-Together**
on the University Center Mall from 2-6:30 p.m. We'll celebrate and welcome you to the UWRF community with live music, food, and entertainment. It's a great place to meet other students and families, take a break, get a bite to eat, and relax before saying your goodbyes! Dinner will be served from 4-6:30 p.m.
Ways to End the Summer Right!

Falls Theater
Watch Monsters U for only $4 per ticket

The Great Minnesota Get Together
(Minnesota State Fair)
August 22 - September 2
Location: St. Paul, MN

8/29 Outdoor Grill
Join us on the UC Mall for lunch from 11 a.m.-1 p.m. We're serving cheeseburgers, veggie burgers, hot dogs, Falcon Foods brats, Best Maid cookies/bars, beverages, and chips.

Renaissance Festival
August 17 - September 29
Location: Shakopee, MN

Twins Game
Go on the Get on the Bus event on September 14 to watch the Minnesota Twins take on the Tampa Rays. Visit the Campus Information Desk for details.
Location: Minneapolis, MN
Preparing to Live with a Roommate

Sharing a living space may involve some unexpected challenges and situations. Many of today’s college students have never had the experience of sharing a room or a bathroom with others. A successful experience is going to involve learning, listening, compromising, and negotiating.

Have realistic expectations! While most roommate situations are very positive, your roommate does not need to become your best friend. However, you do need to have mutual respect and consideration for one another.

Think of some “what if?” situations. This will help you prepare for anything that may come up with a roommate.

Most students are anxious about sharing space with a new roommate. Some students have thought carefully about what to expect, while others may have an extremely idealized vision of living with a new roommate. There are a few things you can do to help your student prepare for this new experience.

It takes time for students to get to know each other and to settle in to routines. The first few weeks of the semester may not be typical of the more routine life that will follow. It may seem at first as though everything is wonderful or that nothing will work. Be prepared to give things a chance before drawing conclusions.

Do not make judgments about your new roommate based on partial information, where the student is from, information gleaned from Facebook, or hearsay. Appearances and assumptions may be very misleading. Keep an open mind!

If you encounter difficulties, try to work it out. Residence Life Staff is also there to help with difficult on-campus situations. Don’t be afraid to ask questions, but also be prepared to handle situations on your own.
Advice for Non-Traditional Students

The excitement of going back to school isn’t just for the traditional age college student. There are many students who balancing a full-time job or have a family to support. Non-traditional students should not feel alone. According to the U.S. Department of Education, in 2011 roughly 40 percent of America’s college students are non-traditional students embarking on their college journey later in life.

Believe in yourself.
As cheesy as it may sound, you need to have desire and the will to succeed. If you don’t believe in yourself, you may easily become careless and not continue with what you started. This is a great first start in order to get the degree you always wanted!

Seek financial help.
Don’t be afraid to ask for assistance, EVER. Money can be an issue for ALL students but it is especially hard for students who are going back to school supporting families and other expensive obligations. Watch for scholarships specific to non-traditional students as well.

Plan, plan, plan.
Know your schedule. Each week review your calendar to make sure you have everything under control. Include everything that will take up time such as: exams, assignments, family activities, etc. If your calendar is not looking feasible, start cutting back earlier than later. You can also shuffle things around before the week begins.

Form study groups once your classes begin.
It will be to your advantage to form groups with students who live on/near campus because they will have a lot of resources you may not be aware of. You will also benefit by forming groups with students who commute because they tend to better understand your schedule situation.

Choose the program for you.
Typically, non-traditional students go back to school with the focus of a specific study so they don’t have to be in school longer than they want to be. Be sure to evaluate your program choice to be sure it is the exact fit for you.

Get to know your professors.
Use their office hours. Be sure to contact them when you need help with studying for exams or working on assignments. If you are unable to make their office hours, work with them to find a time they can meet with you.

FALCON TIP!
View more resources from the Student Health and Counseling website.
Advice for Commuting Students

**BE INVOLVED.** Attend a club meeting, join an intramural sport, participate in an event/activity, or volunteer in the community. Students who are engaged with campus life are more satisfied with their campus experience, perform better academically, and are more likely to graduate.

**Find a commuting partner.** Carpool with a classmate! You will meet new friends, have a more enjoyable commute, and feel more connected to campus. Also, saves on gas!

**Consider on campus employment opportunities.** Even if you could earn more by working off campus, the support of college personnel and the time spent on campus are beneficial.

**Find a nice place to study on campus.** Find time to spend time on campus to be sure you aren’t just leaving right after class every day. This will help you find more resources and your place on campus.
When Paying Tuition...

Financial Aid and tuition can be confusing for new and returning students. Don’t be afraid! There are many resources around campus to help you understand the process!

Step 1: Make sure you have accepted/declined all your loans you wish to accept/decline and, for first time loans at UWRF, signed the Master Promissory Note (MPN) and completed loan entrance counseling online. Check the Pending Aid link in your eSIS Student Center to see what you owe in the Total Due column after accepted aid is subtracted from your charges. If your Total Due is blank you may be getting a refund.

Step 2: Sign up for direct deposit in eSIS if you may be getting a refund. Refunds begin processing on September after aid disburses in eSIS. Once the money is refunded in eSIS, it will take 2-5 business days to get into your bank account.

Step 3: If you have an amount in the Total Due column, make your payment by August 30. A minimum of 1/3 of your Total Due must be paid by then. You may pay that online with an electronic check with no fee (you just need your account number and routing number to do this) or by credit card with a fee. Credit card payments are only accepted online. You can mail in a check to pay the balance. The remittance address is available in eSIS from the Pending Aid link.

Step 4: Contact the Student Billing & Financial Aid Service Counter with any questions. You can email them at billing.finaid@uwrf.edu, call 715-425-4111, or visit 315 North Hall and talk to them directly!
Join Enterprise CarShare for $10 and Receive $35 Driving Credits!*
That’s a savings of 70%*
Enterprise CarShare is a membership-based car sharing program from Enterprise Rent-A-Car, with vehicles parked right on your campus. Enterprise CarShare provides an alternate method of transportation for students to go where you want, when you want.

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- Unlock and Go: Your membership card allows you access to the vehicle. The keys are inside. And you’re off!
- Return: Bring the vehicle back to the dedicated parking spot where you found it. Your rental is complete.

Membership includes:
- Access to vehicles in convenient, designated parking spots
- Online access to vehicle reservations
- Low rates for hourly, daily, or overnight usage
- Vehicles available 24-hours a day, 7 days a week

Join now to receive this exclusive deal! Simply put promo code CAMPUS2013 in the application’s promo field.

Learn about UWRF CarShare

Terms and Conditions:
Promotion valid 8/1/2013 through 9/30/2013. Percentage of savings may vary by program. Driving credit applies to time and mileage only; expires one year from membership approval date. Offer cannot be transferred, applied to previous rentals or balances owed or other fees, charges and has no actual cash value or surrender value. Offer cannot be combined with any other offers, promotions or discounts. Taxes and fees may apply. New applicants only.

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