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New Changes with Dining Services

Retail Dining is now called The Rapids. Two new venues include:

- Erbert & Gerbert’s Bistro – E&G specialty and signature sandwiches
- Noodles & Greens – Made to order pasta, salads and wraps

Find all the places to eat on campus

- Transfers allowed in The Rapids
- Each of the venues in The Rapids now offers transfer meal options during lunch on weekdays.

Freddy 2Go Program

- Allows meal plan participants to take meals “to go” from Riverside Commons. Watch for more information in an upcoming newsletter.

Go Green! Stop filling our landfills with empty water bottles.

- RHA (Residence Hall Association) and DSAC (Dining Services Advisory Committee) encourage you to “Go Green”. They have provided reusable water bottles to all students living in the residence halls.
  Use this reusable bottle for:

  - Purchasing beverage refills in the retail food service areas
  - Participating in the Freddy2Go Program
  - Water bottling filling stations in the University Center and residence halls

Reminders

Returning Student Move in 9/1
Academic Day 9/3
First day of Classes 9/4
Last day for Meal Plan Changes 9/6
Last day to Add a Class 9/10
Meal Plan Conversions 9/9-9/27
Last Day to Drop a class 9/24
Graduation deadline for Fall 13/14 9/20
Update eSIS Emergency Contact information ASAP
Find important contact information here
Finding Your Place on Campus

During Week of Welcome and the Involvement Fair, you will be introduced to an array of campus resources and involvement opportunities. Some students are reluctant to take a chance and get connected to campus. However, there are some very good reasons you should get involved at UWRF.

The Involvement Fair is Sept. 3rd from 11-2!

- Attending major performers, world renowned speakers, athletic events, and special activities are typically offered at low cost or no cost.
- Studies have shown that students who are actively involved in the campus community experience more academic success.
- You will establish meaningful relationships with your peers, faculty, staff, and advisors who can support you throughout your college experience.
- Getting involved on campus can help you refine your career interests, develop your resume, and practice important skills that are valuable to employers.
- Getting involved in student organizations or attending activities can be fun and enjoyable.
- Being involved in some groups may be a resume builder. Although this certainly shouldn’t be the primary reason for joining a group or participating in an activity, it may be something that you could add to your resume.
Apps to get ready for school

Flashcards

Flashcards is a cool way to record all of your notes from lectures onto digital flashcards, letting you study and review notes whenever you need (imagine elliptical study sessions). Here’s a bonus: Flashcards+ also gives you access to (literally) millions of pre-made decks.

Study Blue flashcards are an effective way to memorize information, but making them is a headache. With StudyBlue, use text, pictures and audio to create the perfect stack of (digital) flashcards; or, search the massive database to borrow someone else’s.

Citations

EasyBib is a way to double check your works cited. EasyBib generates citations in MLA, APA and Chicago style wherever you are—just scan the book’s bar code or enter the title. The app also lets you easily email and export the bibliographies to yourself. Using this, you have no excuses for putting off that term paper.

Dictionaries

Dictionary.com
This mobile dictionary features:
- Words searched near you
- Voice-activated search
- Trending Words & the Hot Word blog
- Word of the Day updates

Merriam–Webster Dictionary (http://www.merriam-webster.com/promo/mobile-app-promo.htm) In addition to all the definitions from Merriam–Webster’s Collegiate Dictionary, the app offers voice search, synonyms, antonyms, example sentences, Word of the Day, and more.

Notetaking

Evernote With Evernote, you can record voice memos, share files, make to-do lists and sync your notes from the app to your computer.

Trello can be a lifesaver for those with a million things to do, especially when you run out of sticky notes. You can create any number of types of boards—one for a to-do list, one or for organizing photos—and then share them with your friends and classmates. Or, you can just keep them to yourself.

Wunderlist Manage and share your daily to-do lists.

Video Chat

Skype is a reliable way to connect with faraway family and friends via text, voice and—of course—video.

ooVoo With ooVoo for mobile, you can video chat with your friends in a 4-way display and have access to group video and instant messaging.

Google+ Hangout brings one-on-one and group conversations to life with photos, emoji, and video calls for free. Connect with friends across computers, phones and tablets.

FaceTime With a tap, you can make video calls over Wi-Fi from your iPhone, iPad, iPod touch, or Mac to someone else’s. You can even make FaceTime calls over cellular networks on iPhone or iPad. And be there in person, even when you’re not.

Alarms

Sleep If U Can Alarm You’re paying for these early classes, remember? Nicknamed the “world’s most annoying alarm,” Sleep If U Can gives you two options to silent the alarm:
1) Shake your phone; or
2) Physically go the place shown on your screen (see: the bathroom sink in the video) and then take a picture.

Weather

Weather.com Get your weather faster. Get the tools you need to plan your day, week or even the next hour.

KMSP Fox9 Weather is Minnesota’s first local all weather app with continuous updated weather forecasts. Up to the second weather watches and warnings, live radar, and more Minnesota weather information. Up to the minute Storm Tracker showing you when approaching storms will hit your street.

Accuweather makes it possible for you to get the most accurate and current weather information—all for free at just the reach of your fingertips.

STUDY BREAK APP: Candy Crush Saga

Who doesn’t LOVE this app? Actually, we probably all hate this app, but you can’t help but play it during all your free time. If you need a 15 minute study break this is a game that will clear your head for just enough time. Be sure to set an alarm though, otherwise you’ll stay up all night.

UWRF Mobile Site

Check it out on your mobile device or computer! m.uwrf.edu

Ability to monitor your meal plan, dining dollar and falcon dollar usage along with many other options.

FALCON TIP!

Follow @FreddyFalconRF for upcoming Student Affairs events!
News From DoTS

Increased Availability of Wireless

Over the summer we've increased the availability of the wireless network to include all residence halls as well as better coverage across all of campus. If you're living on campus you will notice the lack of wired connections in your room, instead you will have wireless connectivity. You now have the ability to manage any visiting guests by allowing them access to the wireless by visiting sponsor.uwrf.edu and creating an account. Have a device which requires wireless access? Visit mydevices.uwrf.edu to add and manage these devices. These links will always be available from the “UWRF Students” dropdown off the UWRF website.

New Email

There are plenty of new features to your email account. It's not just a university email address, but also allows access to online storage and Microsoft Office productivity web applications like Word, Excel and PowerPoint. Once you've logged into your email take some time to look around the interface, there are lots of features to explore. Your email can also be accessed on your smartphone or tablet. We have instructions on the website to help you configure the account, or feel free to approach any of our campus helpdesks!

Helpdesks and labs galore!

Stop by the walk-up in Hagestad Hall for help with any technology related questions you might have. If you live on campus you can utilize our computer repair shop where we can help with a large number hardware and software problems. If you don't live on campus we can still help answer questions about why your technology isn't doing what you want it to do. While our repair shop is located in Hagestad Hall we also have staffed desks in the lower level of Chalmer Davee Library, in Wyman Education Building and in KFA next to the television studio. Davee and Wyman both contain computer labs for general use and Davee Library has a 24-hour computer lab open all week minus Friday and Saturday evenings.

Need a Desktop Computer, Laptop, or Monitor?

Technology Services works closely with Facilities Management to provide older computer equipment at our monthly campus surplus sale. These computers are sold at very reasonable prices and come with a full version of Windows XP or Mac OS. The sale is open to the public and includes not only technology, but lots of other interesting items from the university catacombs! The sales happen the 2nd Friday of every month and are advertised on the campus website (simply search Surplus Sale from the embedded search).

Password Efficiency

We are looking to the future to better password portal, but for now we are happy to announce that you may select a password of your own choosing as long as it meets our password criteria. To do this you should visit one of our computer labs and login to a Windows computer, then press Ctrl-Alt-Del and choose Change Password. If you have any problems don't hesitate to ask any of our Lab Attendants for assistance.

Looking for a Job?

Technology Services proudly employs 50+ university students during any given semester. We love hiring students and look for personable, smart, and passionate personalities to work for us, not just technically savvy individuals. So make sure and check our website for any upcoming positions which may interest you, it's a great experience! Visit the DoTS website for more info.
Juggling Social Life and Academics

1. Set Realistic Goals. If you set goals that are too high, you'll end up wearing yourself out. If you set your goals too low, you'll feel empty when you achieve your goals. The goals you set should be a bit of a stretch, but not so much that you can't achieve them.

Some college students feel that college life is like walking a tightrope. You have your academic workload, your growing social circle and all their activities, your friends and family back home, career and/or grad school decisions to make, your physical fitness to monitor, and your spiritual well-being to nurture. Add to these things, roommate problems and boyfriend/girlfriend relationship issues and you may at times feel overwhelmed. Use these 10 tips for finding life balance in college to help you deal with the plethora of distractions facing you as a college student.

2. Learn to Study Effectively. Your education at college involves more than countless hours of studying, so learn how you best study and prepare for exams -- and then adjust your schedule accordingly. Spending too much time studying can actually lead to burn-out. Too little studying and/or cramming can also lead to disaster. So, along with realistic goals, develop a study schedule that works best for you.

3. Learn to Better Manage Your Time. Avoid Procrastination. One of the biggest reasons for feeling stressed and that our lives are out of balance is when the time management beast awakens within us. Develop a system for managing and prioritizing your time.

4. Eat Well. There is no question that eating a balanced diet has a positive effect on a person's well-being and on a student's academic performance. Avoid the empty calories of junk food and strive for eating good food -- whether you prepare it yourself or eat at Riverside Commons.

5. Exercise Regularly. Doing some sort of physical activity provides many benefits, from stress reduction to increasing your brain's fitness. Exercising increases blood supply and sends oxygen to the brain resulting in better memory, reasoning, and concentration. And the endorphins you get from exercising are great for improving your spirits.

6. Take Charge. Set Priorities. Sometimes it's easier for us to allow ourselves to feel overwhelmed rather than taking charge and developing a prioritized list of things that need to get done. You need to buck the trend and take responsibility. Develop a to-do list -- even if that's something you normally don't do. Set priorities. And then enjoy the satisfaction of crossing things off your list.

7. Simplify. It seems to be human nature for just about everyone to take on too many tasks and responsibilities, try to do too much, and to try and please too many people. What you need to do is look for ways to simplify your life. Change your lifestyle. Learn to say no to requests for your help -- it's sometimes a hard thing to do, but sometimes you need to do it to protect yourself.

8. Let Things Go (Don't Sweat the Small Stuff). It's simpler said than done, but learn to let things go once in a while. Learn to recognize the things that don't really have much impact in your life and allow yourself to let them go.

9. Explore Your Options. Get Help. One of the great things about college is that you have access to all sorts of help -- you typically can turn to your professors, academic assistance and tutoring centers, health clinic, and counseling services for the assistance you need. Do not be afraid to ask for help -- and seek that assistance as early as you can. Don't be embarrassed; we all need help at times, and that's why colleges have these resources available to you.

10. Know When It's Time to Quit. There comes a time when you are simply overwhelmed and there is no way out except to make some drastic changes. Consider quitting an organization that is not important in the grand scheme of things. If you have cut back on all your social activities but are still struggling with your class, talk with your academic advisor about possibly dropping one of your classes so you can salvage the others.

Article adapted from "10 Tips for Finding Life Balance in College" from MyCollegeSuccessStory.com by Randall S. Hansen, Ph.D.
Working on Campus

Most students are able to manage the responsibilities of a part-time job while attending college. As you come to school, consider some of the benefits of working on campus:

Working on campus provides an opportunity to make meaningful connections with faculty, staff, and other students who understand their commitment to academic success.

There are a variety of job opportunities available, many of which develop important leadership, teamwork, communication, and critical thinking skills.

On campus employers tend to be understanding of student schedules, projects, exams, and events that may interfere with work. In addition, most campus positions follow the academic calendar, providing you with a much needed break between the fall and spring semesters.

FALCON TIP!

If you are searching for an on-campus job, you should check online at:

Hire-A Falcon:
http://www.uwrf.edu/CareerServices/HireAFalconLogin.cfm.

Working a few hours each week can help new students better manage their time and establish priorities.
What If I Get Homesick?

It's not uncommon for students to experience homesickness during the first semester, especially if they're making all the adjustments they're making now. Although homesickness may occur immediately upon transition to campus, it may also occur around mid-semester. For some students, it may take several weeks into the term before the novelty of the college experience begins to wear off, and the reality of studying and trying to find balance begins to sink in.

Stay on campus! There are so many things to do during the week and weekends to keep you busy and help you meet new people.

Explore the campus more and explore River Falls. Find a place to hang out on campus, go downtown, and look at the shops. Don't spend all your time in your room.

Talk to your roommate. They are trying to find balance and feel in control.

Tell them what you are feeling and going through.

Talk to your Resident Assistant (RA). They are there to help in difficult situations.

Take Action! Set goals for yourself to be part of the campus community. Attending a club meeting, joining an intramural sport, or volunteering in an event/activity is a great way to get engaged with campus life and perform better academically.

GET INVOLVED! Attend a club meeting, join an intramural sport, or volunteer in an event/activity, or volunteer in the community. Students who are engaged with campus life are more satisfied with their academic life.

If you have trouble making friends, consider attending a new friend lunch with a professor or attending an athletic event. It will help you to feel in control.

Be positive! You will get through it.
GO GREK!

Going Greek is a great way to get involved on campus! It is the perfect way to find your place and meet new people.

Each of our fraternities and sororities is actively engaged in academic excellence, community involvement, and self-development. All have ongoing member education programs that not only develop one’s knowledge about their chosen organization, but also promotes lifelong development and learning.

Each organization contributes locally, regionally, and nationally to their chosen philanthropies year-round. Organizations recruit year-round; the major push for new members is in the fall, but potential new members are welcome to come to events and reach out to chapters all year.

Most dues that members pay go toward leadership development and professional programming both on a local and national level. While our members may not always be in letters, we are everywhere on this campus: Student Senate, RHA, NSFP OTLs are just a few of the organizations members are involved in.

Most of what is portrayed on TV and in the movies not only goes against our values and what we believe, but in some cases, it’s clearly illegal and would be grounds for the national organization to become involved.

Fraternities: ΘΧ, ΑΓΡ
Sororities: ΑΟΠ, ΣΑ, ΦΜ, ΑΣΑ

For more info on when recruitment begins or general questions, contact StudentLife@uwrf.edu