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Think about the people you call your friends. You’ve been hanging out together since third grade—or before. You’ve shared the same school experiences and family stuff; you’ve had your differences, but grew up as friends—over time. In college, starting day one, you’re looking at hundreds, even thousands of potential new friends.

Here are five things to consider as you wade into the deep end of this new friend pool.

Take your time. The first few weeks are not a race to see who can make the most new friends. Be open to a lot of new people and a lot of new social situations. At the same time, remember that trust between friends is something that needs to be earned—it doesn’t happen overnight.

Don’t over-commit to the social scene. Overextending yourself and your time is the best guarantee for short-term burnout. You don’t have to say yes to every invite. Save some time for you. Be choosy with your campus activities find things you like to do, and you’ll naturally make friends in college who share your interests.

That whole college romance thing can go a million different ways. It’s a good idea to do some work up front to build a few solid friendships you can fall back on if you need to. It’s likely you will. Remember, your college years will shape the way you think and act for the rest of your life. Your friends are a big part of that process.

Instant friendship is a lot like love at first sight: more fantasy than reality. Even if someone seems to be the perfect new best friend, make sure to keep your options open. A real friend will stick, even if you’re not doing everything as a team.

Nail down a good relationship with your roommate if you have one. Even if their personality, mannerisms, and manners are totally different from yours, this is the one person you most need to get along with. A great college roommate isn’t necessarily a great friend—and vice-versa.

Article adapted from “Making Friends All Over Again” from collegeview.com by Greg Haupert
Advice from a UWRF Professor

I'm a Returning Falcon

Welcome back! The summer has been quiet and lonely without you. We are glad you have returned! As students with at least a semester under your belt – you got this, right? I know you do. However, just a few friendly tips and reminders after that 3 month break so you don’t hit a pothole on the way to graduation!

Meet with your advisor! I know it isn’t advising time yet, but it’s a good idea to check in. Go over your DAR with your advisor to make sure you are on-track for graduation. You should also talk about things like: internships and study abroad at this point. Have a plan so you can sail through your remaining time at UWRF with calm seas and a wind at your back.

Meet your professors! Remember that one professor who really helped you out in a pinch? What if they could all be like that? Talk to them! Find out their interests and how they became interested in their field. A conversation like that with a professor could change your whole career path – so try it out!!

Get involved! If you haven’t joined an organization yet, you are really missing out. Students who are involved tend to have a higher GPA, tend to be more satisfied with their experience overall, and tend to graduate at higher rates than those who aren’t involved. With everything from playing quidditch with Muggles United to Big Brothers/Big Sisters, so many clubs are available; click here for a list of organizations.

Go to Career Services! That’s right – even if you are only a sophomore. It is never too early to begin your career explorations. There are so many opportunities for you to practice interviewing, learn how to write a résumé, even how to “chat” at informal networking parties! Find out now to make that job hunt easier and more productive!

Be a Mentor! You are a success. You have made it through! Help out those new students in your residence hall, in your classes, and in your organizations. Take them under your wing and join something! If you aren’t sure what clubs are available, click here for a list of organizations.

You’ve brought the life back to this campus – we are so glad you are here. Stop and see your professors from last year, especially if you don’t have them for a class this semester. We are here, after all, to help you make sure your time at UWRF is rewarding, challenging, and one of the best times of your life.

I'm a First-Year Falcon! Now what?

You are now a part of the UWRF family! We are excited for you to be here. You will enjoy all the great opportunities that we offer! With everything from Broomball to Theatre to Rodeo, UWRF has something to offer everyone. This is a great thing, but remember why you are really here – so you can walk across that stage with your diploma in hand!! Here are a few tips to make it easier for you to reach your goal!

Meet with your advisor! If you don’t know who that is – look on your homepage on eSIS. Your advisor is listed on the right hand side. Make an appointment to meet with this person! Your advisor is your ticket to getting through UWRF as painlessly as possible. They know the ropes – they know which classes to take, when you should take them, and will help you decide if you are taking too heavy (or too light) of a load. An advisor can help you so much not just with classes, but with ideas for internships, careers, study abroad experiences, or even just tips about college in general! If you meet with your advisor only during registration, you are missing out on half of what your advisor can do for you. You can contact your advisor through email to find out when s/he can meet with you; or you can go to her/his office. Many advisors have their hours posted on their door.

Meet your professors! Yes, I know this sounds really scary. Most people want to stay as far away from their professors as they can (that’s why the back seats fill up first in the classroom). Swallow your fears and go say hello! Knowing your professor is incredibly valuable. Your professor will be the one to help you through if you hit a bump in the road. They are the ones who can explain that concept you didn’t quite understand in class. They are the ones who will be writing those letters of recommendation for you someday! Get to know your professors – it will be one of the most valuable things you will do to help you academically!

Get involved! Believe it or not, this will help you achieve academically! Students who are involved tend to have a higher GPA, tend to be more satisfied with their experience overall, and tend to graduate at higher rates than those who aren’t involved. Now, this doesn’t mean you should be president of 4 student organizations in your first year, but get out there and join something! If you aren’t sure what clubs are available, click here for a list of organizations.

Get help before you need it! UWRF has a number of tutoring help centers around campus, and free tutoring for any class you might need it for! If you know now that you might be struggling in your Public Speaking course or English course, get help now! Too often students wait until they are already behind to get help. Don’t be that person! Check out the services available here.

Follow these tips and you will be well on your way to collecting your diploma case in 4 years (actual diploma to follow in the mail 6-8 weeks later). Have a fabulous time and enjoy your semester! I look forward to seeing you in classes!
**More Important Meal Plan Changes**

**Block Meal Conversions**
Block meal conversions allow students participating in the 60 and 120 Block meal plans to convert block meals to Dining Dollars. The fall semester meal conversion period is September 9-27, 2013. Fill out the conversion form.

**Transfer Options**
For students who options.
Transfer meals are offered at

- **Pete's Creek Market:** a different transfer meal option for each meal.
  - **Lunch** is chicken strips and home style specials with sides
  - **Dinner** is made to order omelets
- **Late Night** is burritos, tacos, quesadillas, nachos, chips, and salsa
- In The Rapids all venues have designated transfer entrees and drinks for a transfer meal option
- **Erbert & Gerbert's:** Boney Billy, Comet Morehouse or Jacob Bluefinger
- **Noodles & Greens:** Select a pasta or salad with choice of 3 toppings
- **St. Croix Grill:** Classic Burger, Chicken Sandwich, Garden Burger
- **Freddy C-Store:** cold menu options offered for transfer
  - Weekday evenings after 7:30 p.m.
  - Saturday and Sunday all day

**Freddy 2Go Program**
The Freddy 2Go Program allows meal plan participants to take meals "to go" from Riverside Commons Monday through Friday for breakfast, lunch, and dinner. The reusable 2Go container will provide an option for those students with busy schedules who don't have the time between classes, work, or other commitments to eat at Riverside Commons. By providing a non-disposable option, University Dining Services and Sodexo continue to pursue our commitment to improving our sustainability initiatives.
Do I fit in here? That's precisely the question you need to be asking at this “college age” stage in your life. The majority of you are in the age range of 18 to 26. Your mission during this age range is to try out different classes, friends, hobbies, clubs, relationships, majors, career paths, and world views, in an effort to establish an identity that feels real to you. But how do you know if parts of your true identity are real or not? Good question, the answer is that while in the presence of these real pieces of your true identity, you feel you are at your best. The parts of our identity that are most natural for us, not only make us feel good, but they help us look good to others too. This is why identity comes before relationship intimacy in Erik Erikson’s classic stages of human development.

“Sooner or later, those who succeed are those who think they can,” Richard Bach.

So, as to the question of whether you fit in at college or not... If you came to college with the goal of moving towards being who you are... you should be here. This is the right place to be right now and college is set up to aid you in this very purpose. If you came to college to hide from purpose, more of identity, and reality, you will soon find it a rather expensive holiday. Approach college with purpose and college will help you establish who you are, where you are going, and (maybe even) who is going with you. Good luck.
**Goal Setting 101**

It is important to stay on top of your coursework and avoid falling behind.

Whether you are in your final semester as a UWRF student or are beginning your very first as a Falcon, goal setting is an important part of your academic success. In order to achieve your goals for this semester you have to be in the right “frame of mind”!

Here is how to get started:

**Fantasize**
Dream big! Ask yourself where you want to be by midterms and at the end of the semester. What kind of student do you want to be?

**Reality**
Fantasies can certainly become reality if you are willing to work for them. View some helpful academic tips.

**Aim**
Define your goals by finding a balance between fantasy and reality, setting high but realistic goals for yourself.

**Method**
Be truthful to yourself by narrowing your goals to the ones you really intend to accomplish. And, do not be afraid to ask for help!

**Evaluation**
Process the results of your goal setting. What is working and what is not? Do not make evaluation the last step of goal setting, it should be an ongoing process.

Good luck and have a wonderful semester!

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**Stay Fit! Be Safe!**

Enjoy your activities.
Be active with someone else. A workout buddy will make exercising more enjoyable and will help keep you motivated. Start small and build.

**Benefits**
- More energy.
- Improved sleep.
- Weight management.
- Increased motivation.

**How Long Should I Exercise?**

“Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.”

US Department of Health and Human Services 2008 Physical Activity Guidelines for Americans

**FalconTip!**
Did you know you should signal before you exit a roundabout?

Learn more about how roundabouts work; read the safety tips for vehicles, bicyclists and pedestrians in roundabouts; and check out the interactive flash animation demonstrating proper usage of roundabouts.