Reminders

- Last day to withdraw Ws on transcript **10/15**
- Session B classes start **10/23**
- Last day to add Session B course **10/29**
- Graduation deadline (if not participating in commencement ceremony) **11/1**
- Last day to drop a Session B class **11/12**
- Thanksgiving Break (no classes) **11/27-11/29**
- Last day of fall classes **12/13**
- Fall commencement **12/15**
- Final Exams **12/16-12/19**

Important Contact Information Found Here!
Having your body composition tested is important to know in order to maintain a healthy lifestyle. Learning your percent body fat can let you know whether you have a healthy amount of fat, too much fat, or even not enough fat on your body. By learning information, such as metabolic rate, you learn how many calories you are able to consume in a day and therefore you are able to create goals for yourself and sustain a healthy body and lifestyle.

**Body Composition Testing**

- **September 30:** Johnson Hall
- **October 7:** Hathorn Hall
- **October 14:** May Hall
- **October 21:** Ames Suites
- **October 28:** Stratton Hall
- **November 4:** South Fork Suites
- **November 11:** Grimm Hall
- **November 18:** Parker Hall
- **November 25:** McMillan Hall
- **December 2:** Crabtree Hall
Academic Reality Check

Midterms coming fast. You’ve likely written that first essay and your Calculus class may have left you far behind. Alas, all is not lost. Even though we are about halfway through the semester, you can still turn your GPA around and keep fall 2013 from becoming a blot on your transcript. **Here’s how to do it:**

1. **Have an honest discussion with your professor.** This is one of those conversations where you need to be sincere. Ask for the professor’s advice. The response may surprise you. Many professors will schedule private time to discuss difficult lessons or recommend study guides and other resources. In addition to the actual help, this conversation should convey to your professor that you are seriously trying to improve your grades and want to learn more.

2. **Get a tutor through the Academic Success Center.** It might be slightly humbling to get help from a peer tutor (another student), but it’s worth it. Off-campus, you would likely pay $15-25 per hour for tutoring.

3. **Set a serious calendar, complete with deadlines and scheduled study sessions.** See when your assignments are due and work backwards by creating step-by-step goals to complete your research paper or study eight chapters worth of notes. Your brain will retain more info if it’s fed a little at a time as opposed to an all-night cram session covering six subjects!

   **Note:** Step 3 won’t work unless you are committed and add some self-discipline. Temporarily make some sacrifices; give up a few nights of video games, hanging out with friends, spending time with family, or just plain procrastinating, in return for salvaging a semester. Keep in mind that the classes you complete with a D or F will need to be taken over again. Do whatever it takes to carve out study time and stick to your calendar. Completing your assignments in small stages will result in better work. It will also save you from the end-of-semester anxiety.

4. **Don’t resort to dropping your course.** Although dropping is still available for certain circumstances (non-academic), dropping credits can negatively affect financial aid or scholarships. Many financial awards require students to maintain a full-time status. That could make your escape from the dreaded Western Civilization quite costly if doing so leaves your course load below 12 credits. Dropping to a part-time status could cause you to lose a scholarship or receive a reduced amount forever. That’s right... not just for this semester, but also for the rest of your collegiate career. This isn’t always the case and it varies between your types of aid. Contact the Service Counter at billing, finaid@uwrf.edu, 715-425-4111, or 315 North Hall for details if this is a concern.

Some students have spent the past few weeks ignoring that their grades were not the greatest. Now, it is time to acknowledge it and learn from it.
Get a Flu Shot!

Campus Flu Shot Clinic for Students
Wednesday, October 16, 2013, from 12:30-2:30 p.m. in the St. Croix River Room (321), in the University Center (provided in collaboration with Pierce County Public Health Department). The cost for flu shots at this campus clinic will be free for students and $30 for non-students (so anyone can receive a seasonal flu shot at this clinic for $30). Only 100 doses of flu shots will be available at this clinic.

Flu shots are also available for students at the River Falls Medical Clinic (including the intradermal flu shot, Fluzone) and FluMist (the intranasal influenza vaccine), covered by Student Health Services. Please call ahead for an appointment to the River Falls Medical Clinic at 715/425-6701.

Below are ways to stay well!

- Get vaccinated against influenza to take advantage of one of the best ways to avoid getting influenza. It’s not too late and there is vaccine available at most clinics and pharmacies.
- Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- Clean shared work spaces with disinfectant between users (such as disinfectant wipes). Be sure to stay home when you are sick.

Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue, and vomiting and diarrhea may also occur. If you have influenza symptoms, you should stay home, meaning do not go to classes or work for at least 24 hours after you no longer have a fever. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed. For students living in the residence halls, isolation meals can be arranged for by contacting Dining Services. Disposable thermometers are available at each residence hall front desk and the Student Health Services office in 211 Hagestad Hall. Free cold/flu kits, with helpful information and supplies, are also available in the Student Health Services office. For students who have influenza symptoms, contact your instructors via email or phone to let them know you will not be in class. You are expected to make arrangements to retrieve class notes from a peer and complete all missed work in a reasonable time frame. Communicate with your instructor if you have questions.

For more information or questions, contact Student Health Services at 715-425-3293 or go to our web page.
Who Knew it Would Be the Flu?

“I never get the flu” she said in the doctor’s office. “I don’t need a flu shot”. Four days later she was lying in bed sweating, chilling, coughing, and complaining of a sore throat and body aches so bad even her hair hurt!

Yes, it was the symptoms related to influenza that would cause her to miss five days of classes. Just because you have never had the flu don’t assume that you will not ever get it. You are at higher risk for influenza if you are in enclosed spaces with many other people in classes and in the residence halls.

Influenza is a respiratory disease that is spread through the air and off of hard surfaces. It is spread when someone who is infected coughs, sneezes, laughs, sings, etc. The droplet nuclei are inhaled by others or are transferred from a hard surface, to a hand, and ultimately to the mouth or nose. Click here for more detail

The best prevention against getting influenza is getting an annual flu shot, using good hand washing techniques, covering your mouth with a tissue or a sleeve when you sneeze or cough and staying home when you are sick for 24 hours after you are fever free.

Student Health Services feels it is important to get your flu shot to reduce your risk of getting the flu. Staying healthy allows you to attend classes and perform better academically. Flu shots are available at no costs to current UWRF students. Click here for more information!

Article written by UWRF Student Health Services

Click here for more information!