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Reminders
• 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 can be Found Here!
Oh Ick, I’m Sick

by UWRF Student Health Services

Body Aches, chills, runny nose, coughing sneezing, sore throat, feeling really lousy...

You’re sick.

What do you have and when will you start feeling better? There are many viruses that can cause these symptoms, but the most common are influenza and the common cold or upper respiratory infection. You should start feeling better in three days to two weeks.

Colds and influenza are caused by different viruses but they have similar symptoms. The major difference is that fevers, aches, and extreme fatigue are more prominent in cases of influenza and stuffy noses are more prominent in colds. They both last for about 10 days, but the fatigue associated with influenza can last two to three weeks.

Click for more information

Influenza is often confused with Gastroenteritis (also often referred to as “the stomach flu”) but although they are both caused by a virus the symptoms are very different. Gastroenteritis is generally short lived and involves nausea, vomiting and/or diarrhea. Influenza lasts for a week or two, and usually is limited to upper respiratory symptoms with body aches. Both illnesses may include fevers and chills.

Click here for more information

The best prevention against getting and/or spreading a virus is to use good hand washing techniques, cover your mouth with a tissue or a sleeve when you sneeze or cough and stay home when you are sick for 24 hours after you are fever free. The best prevention against getting influenza is getting an annual flu shot.

Click here for more information

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 cost to current UWRF students.
Why Do Students See a Counselor?

Students seek out counseling services for any number of concerns. If you are unsure if your concern is appropriate for counseling, do not hesitate to schedule a brief intake appointment to explore options.

Some common concerns that students present with include:

- grief
- stress
- anxiety
- depression
- self-esteem
- body image
- sexual assault
- family concerns
- alcohol/drug abuse
- academic difficulties
- relationship difficulties
- choices about major or career plan

How do I get started?

Students can either call the appointment desk at (715) 425-3884 or stop in to make an appointment in person in 211 Hagestad Hall (directly above the Athletic Office, in the same building as Textbook Services). Before the first appointment, students are asked to come in 10-20 minutes early to complete the initial paperwork.

The First Visit...

Students coming in for their first visit will be seen for a brief intake appointment (20-30 minutes) with a counselor who will:

- Provide information about what to expect from the counseling process
- Discuss the student’s presenting issues and concerns
- Develop a plan to best meet the student’s needs, which may include:
  - Referral to a counselor on our staff for individual counseling
  - Referral to group counseling
  - Referral to a mental health counselor or service off campus
  - Information about and referral to other campus services

How Much Does Counseling Cost?

UWRF counseling services are free for currently enrolled students. If you wish to see a mental health provider off campus, counselors can help facilitate with that process. You will need to check with your insurance for coverage.

Will My Information Be Kept Confidential?

All counseling records are kept confidential, and are not part of university records. With only rare exceptions, no information is released to anyone outside Counseling Services, including other University offices, faculty, staff, or parents without your written consent. Exceptions to confidentiality include life-threatening situations (i.e., when someone is deemed to be an imminent danger to themselves or others; or in cases of child abuse) or appropriate court order. In these cases counselors may disclose information to protect you or others from harm, or to comply with legal mandates. Counseling Services staff members may share information with each other for the purposes of consultation.

How Long Does Counseling Last?

Individual counseling sessions are typically 45 minutes and group counseling sessions are typically 90 minutes. Counseling Services employs a brief counseling model and counseling sessions are often goal oriented in order to meet your needs in an efficient and effective manner. On average, students meet with an individual counselor 3-4 times.
What Can I Expect From My Counselor?
The Counseling Services staff consists of certified and trained mental health professionals with backgrounds in psychology, counseling, and social work. Each counselor has a different counseling style and varies in their technique; however, you may expect that your counselor will:
• Listen, and take your concerns seriously
• Help you remove barriers to achieve your personal goals
• Maintain the highest ethical and legal standards of counseling practice
• Answer your questions directly and honestly

Can I get medication if I need it?
Counseling Services contracts with the River Falls Medical Clinic and students may meet with a general practitioner or psychiatrist to discuss options for medication when appropriate. You can call the clinic directly (715-425-6701) to schedule an appointment for Mental Health Medication Evaluation; you can also get support from your counselor or the intake counselor to set this up with RFMC.

How Can I Maximize My Counseling Experience?
• Attend your sessions regularly and take an active part in them
• Be as open and honest as you can
• Be open to trying new or different approaches to dealing with your concerns
• Apply what you have learned in your sessions to your daily life
• Talk openly with your counselor about your progress (or lack of progress) in counseling

Alcohol-Drug Abuse Services
Alcohol and other drug assessments are available (free unless court-ordered or mandated by Residence Life and then a fee will be charged) for currently enrolled students through Counseling Services.
Move It Makes You Happy

How being active in recreational activities can do more than help your physical health

A study that surveyed over 2,600 students from sixteen colleges and universities found that students agreed that participating in recreational sports resulted in the following wide range of benefits:

- Improves emotional well being
- Reduces stress
- Improves happiness
- Improves self-confidence
- Builds character
- Makes students feel like part of the college community
- Improves interaction with diverse sets of people
- Is an important part of college social life
- Teaches team building skills
- Is an important part of learning experience
- Aids in time management

Want to get happy? Campus Recreation can help! Call or e-mail with any questions!
CampusRec@uwrf.edu, 715-425-4289.

Feel free to use our website to check out the activities and events available to you such as:
- Open Recreation
- Open Skate
- Open Hockey
- Group Cycling fitness classes (coming in November)
- Basketball Tournament
- Intramural volleyball league
- Mountain Bike Trip
- Camping Trip
- Take advantage of free equipment rentals at Kinni Outdoor Adventures rental center; golf clubs, roller blades, camping gear, bicycles, fishing gear and more!

www.uwrf.edu/RSF

"Value of Recreational Sports on College Campuses" NIRSA.com
Kerr & Downs Research Project Director: Phillip E. Downs, Ph.D www.kerr-downs.com