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Reminders

• Last day to drop a Session B class 11/12
• Last Meal Plan before Thanksgiving break Lunch 11/26
• 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
• Last Meal Plan of Fall Semester Lunch 12/19

Important Contact Information Can Be Found Here!
There are many things that happen in life that can take away from living day by day. Below are some ways to get through those tough times and also how to have a positive attitude every day.

1. Depression: Results from too much time spent thinking about the past. The past is out of our control and for many is a hopeless place.

2. Anxiety: Results from too much time spent thinking about the future. Anxiety comes from speculating too much about things that we do not have any immediate control over.

3. The Present: In the present we can be our optimal selves. We feel in control because, indeed, we have control over our lives in the present.

4. Practice Self-Care Daily: Self-care can be: meditation, a personal hobby, playing board games, playing sports, yoga, karate, exercise, hiking, canoeing, reading, or any activity that keeps your focus on what is going on in front of you.

5. Exercise: The easiest way any individual can have a significant impact on his or her own mental health. Exercising 3 to 4 times a week for just 25 minutes has been shown by multiple research sources as the most efficient and effective way anyone can support their own sense of well-being.

6. Volunteer work: The second easiest way to promote our own mental health stability. Research shows that volunteering time to support a worthy cause produces a sense of well-being that grounds our self-identity and promotes our community identity.

7. Become aware of how much time you are giving to those people who drain your energy. You want to invest time in people who can give back to you and not just take from you. This awareness allows you to maintain your sense of self in any relationship. Warning: People who are exhausting to deal with contribute to our own loss of a healthy and resilient self-identity, in a sense they are self-esteem killers.

8. Listening is an act of love! Listen without judgment and you will make friends. Neediness is an act of desperation! If you need too much from others you definitely have to start examining ways to fulfill that missing need on your own.

9. The desire to commit suicide is always a sign of mental illness. An illness can be treated and resolved with help from professionals. You owe it to your normal fun loving self to take all actions to return to good health. Remember suicidal thoughts will pass in time and you will again get to the point where you feel normal again.

10. Act on your own behalf. Learning to turn thoughts into actions takes practice. The results of taking action on a thought are absolutely worth the risks of putting yourself out there, so be proactive.

11. Mistakes are great to make when you remember to take the time to learn from them. Trying to be perfect is a lesson in futility and stifles personal growth.

12. Choice: You have a choice in what you think about and the choice to make changes in your life. Honor this power and use it!

13. Drugs and Alcohol: Do not make them the most important thing in your life. People who are addicted stay the same emotional age as the day they got hooked. More than 40-year-olds who still act as if they are 18?

14. Simple living saves lives! Work to un-complicate your existence. Hints: finish one thought or action before you start another one.
Facing Faculty

One tip for being successful at UW-River Falls is using your professors as a resource for help. Remember that professors are more than willing to give you the help you need. You just need to ask for it!

It is easy to feel intimidated by the person who grades your papers and exams. Remember that your professors were once undergraduate students too. Take the time to find out for yourself that they are just people and very often, people worth knowing better. A good relationship with your professor can make all the difference in your college experience, not to mention your GPA.

Below are some tips on how to interact with your professors:

- Check out your professor’s office hours, which are usually included in the course syllabus. Make a conscious effort to know ALL of your professors’ names.
- Write down your professors’ e-mail addresses and office phone numbers in your UWRF Planner.
- Be sure to connect with your professors early in the semester (why not take them Out to Lunch on New Student and Family Programs?). This step will show you care about your class. Even if you are not struggling in class, it is important to get to know your professors, so you know where to go later down the road if a question or concern arises.
- Always make an appointment before stopping by your professors’ offices, especially if you need help with class material. Arrive on time to the appointment and have a list of questions ready in case you forget!
- Treat your professor like any other person, with kindness and respect. You never know if this person could be a future reference, your ticket to grad school or your dream job, or a guest at your wedding.

Adapted from “Who Am I...? What do I Want...? What the #@&* am I doing here...?”
Courtesy of Jennifer Elsesser, Personal Counselor, Counseling Services and Amy Lloyd, Advisor, Student Life

Counseling Groups
Fall 2013

College Readiness and Life Skills Group (4 one-hour sessions)
Mondays at 3 p.m. (Oct. 21-Nov. 11)
For students who feel a little lost about college and their future, and motivated to do something about it. The group will work on skills for identity, motivation, and self-awareness.

Healing From Loss
Tuesdays 3:00-4:15 p.m. (starts Oct. 8)
For anyone who has experienced some type of loss.

Interpersonal Process Group
Mondays 2:00-3:30 p.m. (starts Oct. 7)
For those with difficulties in their relationships who seek a healthier pattern.

“Empowered by my disABILITY”
This Support Group is for students who are managing a Lifelong Disability, the group will provide a consistent support network for students on this campus who might share a unique background and perspective with lifelong physical and cognitive disabilities.

Art Therapy Group
Tuesdays 2:30-4:00 p.m. (Oct. 8-Nov. 19)
Art can be used to help us communicate, overcome stress, and explore different aspects of our personality. Come join us and discover your creative side.

How do I join a group at Counseling Services?

If you are currently utilizing Counseling Services, ask your counselor about joining a group. If you are not a current client, you can call to schedule a short group orientation information session by calling Counseling Services at 715-425-3884 or by stopping in 211 Hagestad Hall.
I Have the Flu...
What do I do?

You have chills, body aches, chest congestion, and fatigue: it came on all of a sudden. It hurts to move and even breathing is an effort. You made an appointment at the River Falls Medical Clinic and they said that they think you have influenza. What can you expect?

There are antivirals that may be prescribed by a health care provider for influenza. If the doctor did prescribe these you should take them as directed and take the entire course, which is often a five day supply. Although antivirals will not necessarily give you the rapid return to health you might desire, if they are started in the first few days of illness they have been shown to lessen the intensity of the symptoms and shorten the course of the illness by 1 to 2 days.

If the health care provider does not prescribe an antiviral (and there are many reasons why they may not) you should follow their recommendations of treating the symptoms of influenza. This usually involves taking acetaminophen or ibuprofen for fever and body aches, a decongestant and/or cough suppressant for cough and congestion, and rest for the fatigue. You should not be attending classes, working, or eating meals in the Riverside Commons area while you are sick and running a fever.

• For students living in the residence halls, isolation meals can be arranged by filling out the Isolation Meal Box form or calling Dining Services at (715)425-4444.

• It is generally recommended staying home until you have been without fever for 24 hours. Don’t forget to call or e-mail your professors to let them know you are ill and to make arrangements to make up any missed assignments and/or get notes on the material covered while you are out. Student Health Services and the Health Care Providers at the River Falls Medical Clinic will not write medical excuses.

• Student Health Services has cold/flu kits (contains tissues, cough drops, ibuprofen, thermometers, etc.) available at the Student Health Services office in Hagestad Hall, as well as disposable thermometers in each of the residence halls and at the Campus Information Desk in the University Center.
Conflict is inevitable in any relationship, organization, or community; conflict itself is neutral. With the right tools and skills, conflict presents an opportunity to learn, grow, and lead.

Join us to develop conflict reconciliation and organizing skills at the 2 Day Core Orientation to Kingian Nonviolence Conflict Reconciliation!

How Nonviolence Works:
Check out this short 2 minute and 30 second excerpt from the documentary “King in Chicago” for a quick yet comprehensive overview of the power of nonviolence.

Quotes from students who have attended:
“I would highly recommend it; you get a historical perspective on the civil rights movement and strategies for managing conflict.”
“I’ll admit that I was completely out of my comfort zone during the training, but what I learned, I will use it EVERYDAY!”
This training is for everyone. We especially encourage those that identify as:

- Activists looking to gain organizing skills to raise awareness, motivate others to action, and ultimately create change.
- Individuals looking to develop leadership skills in critical thinking, problem solving, empowering teams and navigating conflict into positive outcomes in relationships, groups, movements, etc.
- Teams looking for a shared leadership development experience or are interested in working through their conflicts together.
- Students looking to build their resume with tangible skills that employers are looking for:
  - Professional navigation of conflict to reconciled outcomes
  - Moving organizations in direction of a shared vision
  - Critical thinking
  - Problem solving approaches to issues
- Individuals interested in history to learn about the civil rights movement, hear stories about the activities, encounters, and events from a close colleague of Dr. King’s (trainer David Jehnsen) and those intimately connected to the movement.

Training Overview:

This two day orientation will be facilitated by Senior Trainers David Jehnsen, Jonathan ‘Globe’ Lewis along with current and former UWRF students. It is an introduction to the philosophy and strategy of Kingian Nonviolence and Conflict Reconciliation.

We will be utilizing The Community Leaders Workbook - The Kingian Nonviolence Conflict Reconciliation Program: Strategies for Responding to Conflict and violence, by Bernard LaFayette, Jr. and David C. Jehnsen.

Training will include:
1) Introduction and Analysis of Dr. King’s thinking and journey to nonviolence
2) 4 types and 3 levels of conflict
3) The six principles of nonviolence (how to respond to conflict)
4) The six steps of a nonviolent campaign (using the principles for social change)

You will learn through:
- Lectures
- Role plays
- Video presentations
- Other interactive activities

Trainings are held on:
- Friday, Nov. 8 (3-9 p.m.)
  Riverview Ballroom, University Center
- Saturday, Nov. 9 (9-a.m.- 6 p.m.)
  Riverview Ballroom, University Center

Cost:
UWRF Students - FREE
UWRF Faculty, Staff, Administration - $100
Community Members - $200

Sign up at go.uwrf.edu/2Day
For questions or accommodations necessary to experience this opportunity, please email Peace@uwrf.edu or call 715-425-4444.
Rules of the Road, Bike Style

Knowing the rules of the road is very important when it comes to biking. Below are some tips when it comes to riding your bike around campus or just around River Falls!

Off - Street Bicycling

On multi-use paths, bicycles should yield to pedestrians, and do not pass unless there is room. Slow down and call out “on your left” or “on your right” before passing cyclists, skaters, runners or walkers. Riding on the sidewalk is normally not safe because bicyclists move faster than pedestrians and are hard to hear. If biking, you should bike on the road going with traffic. Always yield to pedestrians when you are in their space, and dismount if pedestrian traffic is high. Be alert of sidewalks across alleys, driveways and streets — look left, right and left again before proceeding.

Street Bicycling

Bicyclists have the same rights and responsibilities as any other driver of a vehicle. While a driver’s license is not required to ride a bike, bicyclists are required to know and obey all traffic laws such as stopping at stop signs and traffic lights and signaling before turning or changing lanes.

- Never ride against traffic. A high percentage of all car/bike collisions result from cyclists going the wrong way. Stay to the right and maintain a constant position in the lane about three feet away from the curb or parked cars.
- Do not weave in and out of parked cars. Maintaining a presence on the road will help drivers see you and will reduce the chance that motor vehicles will pull in front of you.
- If lanes are too narrow to share with motor vehicles, the safest place to ride your bicycle is in the middle of the lane. If the lanes become wider, move over to the far right side again. Many cyclists believe they are safer and more comfortable riding further to the right than suggested here, but riding too far to the right puts the cyclist in greater danger. Poor sight, opening car doors, and unforeseen roadway hazards can lead to serious injuries, and even death.
- When you’re about to cross an intersection, maintain a direct path through the intersection. Don’t veer to the left or right.
- Practice looking over your shoulder, behind you for traffic. This simple, but essential skill allows you to move safely left or right. Looking over your shoulder makes drivers pay attention to you. Master this skill even if you have a mirror.
- Communicate the direction you are turning with hand signals at least 100 feet prior to a turn or change in lanes. Traffic flows smoother when drivers predict what others will do based on traffic laws. By following traffic laws and being aware of your surroundings your bicycle rides will be much safer.

Article modified from: http://www.marc.org/bikeped/college.htm