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Reminders

• Last meal before Thanksgiving recess 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 of fall semester Lunch 12/19

Important contact information can be found here!
One of the most common questions asked by students inquiring about financial aid is, “What types of scholarships are available?” It is a great question and every student should take the time to learn more about scholarships. If you can save yourself $500 by filling out a simple twenty minute scholarship application, that is definitely time well spent.

UW-River Falls offers over 550 scholarships for which you can apply annually. The scholarships are funded by the UWRF Foundation through contributions from alumni, faculty, staff, friends, parents, campus organizations, and corporations. More than $750,000 in scholarships are typically awarded each year.

The UWRF Scholarship System is a fast and straight-forward way to apply for all available UWRF scholarships. It’s easy to access through the UWRF Financial Aid website simple to complete. All you have to do is fill out one secure general scholarship application. By doing so, you will automatically be considered for many of the scholarships available at UW-River Falls. You may also be eligible for additional scholarships by answering a few supplemental questions. These scholarships will be “recommended” to you within the system. It is best to complete your application as soon as possible because deadlines vary with different scholarships. You can add or make changes through the deadline date of each scholarship. Click here for the UW-River Falls Scholarship System page.

Scholarships applications are reviewed by several committees throughout campus in the spring, and recipients are generally notified before the end of the spring semester. All UWRF scholarships will be included in the upcoming year financial aid award.

In addition to the UWRF scholarships, other scholarship information is available online, and it’s true, there are companies out there more interested in scamming you than offering you a cash reward for providing them with all of your contact information. UWRF tries to help with this, so we have documented a list of scholarships on our financial aid website called “Outside Scholarships.” This is by no means a comprehensive list, but it is a safe place to begin. When outside organizations contact us with new reputable scholarship information, we post those to our website, so we encourage you to add the link to your favorites for review throughout the year.
How to...
Ace Your Phone Interview

Phone interviews can be tricky because you can’t observe your interviewer’s nonverbal cues and body language. This makes it even more difficult to gauge how terrifically or inadequately you’re doing. To ensure you leave a promising impression, here are three ways to convey your confidence and excitement during your phone interview:

Sound Confident and Enthusiastic
In addition to your resume, your voice represents you. Be conscious of your tone of voice and speak clearly. Although you may feel nervous, refrain from using “um” or “ah” as fillers during silences. Take your time when answering questions and avoid rambling or trailing off at the end of your responses. By being mindful of these tips, you will show your interviewer you have satisfactory communication skills.

Research the Company
One of the inevitable interview questions is, “Why do you want to work/intern for us?” If you are unaware of the organization’s values, mission, or unclear about what they do, then your answer may sound uninformed and insincere. Ensure you know enough about the company to show your interviewer you care and are serious about obtaining the job/internship.

Prepare Your Answers Beforehand
There are interview questions that employers often reuse because they reveal a person’s character and personality. Sometimes interviewers may ask you to tell them about yourself. Begin by focusing on your education and relevant experiences, and elaborate on your personal goals or interests relevant to the position. Other common interview questions pertain to your strengths, weaknesses, and qualifications.

For other Career Services tips and advice, visit here!

Students and the Affordable Care Act

Some of you may not know what the Affordable Care Act is, but it is something that is taking place soon and can affect many of you. To get more information regarding this Act taking place you can attend an information session put on by many important entities in the area.

The Wisconsin’s Statewide Multi-Campus Teach-in and Webcast is taking place Monday, Nov. 18 from 5-7 p.m. in the Kinnicinckinick Theater, UC. There will be Expert panelists-Wisconsin voices with discussion. Pizza will be provided!

The producers of this webcast are: UW School of Medicine and Public Health, UW Population Health Institute, Covering Kids and Families in WI, WI Technical College System, UW System, and WI Union Directorate-Society & Politics.

At UWRF, brought to you by multiple entities, including: Pre-Health Society, Pre-Pharmacy Club, Pre-Physical Therapy Club, Active Minds, Health and Physical Education Club, The Legislative Affairs Committee of the Student Senate, and Student Health and Counseling Services

For more information about the Affordable Care Act, go to the Student Health Services Health Insurance web page. For questions, contact Student Health and Counseling Services at 715-424-3293.
Don’t Let Jack Frost Come Nipping at Your Nose

The weather is getting colder and soon there will be snow. It will be time for sledding, skating, skiing, and walks in the “winter wonderland” we call campus. The U.S. Department of Health and Human Services wants you to enjoy this season, but to also protect yourself from frostbite.

Frostbite is an injury to the body that is caused by freezing. Frostbite can cause a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes.

A frostbite victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb. So look out for your neighbor and at the first signs of skin redness or pain, get them out of the cold, and protect any exposed skin. Watch for skin that has turned white or grayish, and feels firm, waxy or numb. Seek immediate medical attention if you, or your friend, have any of these symptoms. If medical care is not available immediately, keep the victim in mind until you can get checked out by a health care provider:

- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- You can also warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don’t use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

This information is given to you with the intent not to scare you, but to make you aware that frostbite can be very serious. The Centers for Disease Control’s (CDC) Emergency website states that frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

When outdoors wear warm clothing, such as:
- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry. Wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

When there are high winds, frostbite is more likely to occur, even when temperatures are only cool. The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. Most weather channels and apps will give a wind chill index along with the number of minutes it will take exposed skin to become frostbitten. The CDC has provided this chart as an example.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems. Remember to protect yourself against frostbite by wearing warm clothing that covers your skin and remove any wet clothing immediately. Limit your time outdoors. Watch for signs of frostbite among your friends, elderly adults, babies, people drinking alcohol, and others at risk. Seek immediate medical attention if you suspect someone has frostbite.

Article written by UWRF Student Health Services
From Integrity to Self-Esteem

Self-esteem is the sense of personal worth that comes from being valued as a respected individual in our childhood by primary caretakers. As a respected individual, your parents support your independent pursuits. The parent should fulfill none of their own needs while supporting these pursuits outside of the satisfaction that comes from seeing their children build a healthy sense of independence and personal excellence.

However, not all parents are so good at helping their children build self-esteem. They lose perspective of where their ego stops and their children’s ego begins. Two things seem to happen when this occurs. The parent works to prevent the child from experiencing failure because the parent inappropriately interprets the child’s failure as his/her own failure. The child starts to see his achievements as a way to win approval from his parents and does not adequately internalize his success as esteem. The result is the child does not know how to make him feel good about himself.

So how does one begin to build an internal sense of esteem?

For starters, self-esteem should not be tied to external success like money, awards, and recognition. External measures of success are too unpredictable to create a stable sense of self. Internal measures of success are the secret to developing a sustainable self-esteem. Personal integrity is the internal measure that I have found works best for creating self-esteem in individuals who did not receive this gift in early childhood. Integrity comes from making small promises to yourself about actions you will take on your own behalf and then keeping those promises.

The results of your actions are not as important as fulfilling your participation in the action itself. If you say you are going to exercise three times a week, do it. If you say you are going to go out to the bar for a drink and not to get drunk, do it. If you would like to look into changing your major, or studying abroad, you should follow through on these inquiries.

Remember, the results of your actions are not as important as follow-through on the action itself. The action is within your control, the result... not always. Personal integrity, as it applies to committing to and following through on an action creates a sense that you are reliable and that you can be master of your own fate. Self-esteem comes from the sense that if you want something you know that you are likely to be able to make it happen.

Try taking these actions and see how you feel about yourself in a few weeks. Remember, change takes time and actions do not guarantee results, but they do ensure we are “playing the game”.