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Reminders
• Thanksgiving Recess (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!
Dining Services hours and meal plan availability is a little different than usual due to Thanksgiving Recess.

**Lunch Tuesday, Nov. 26:** The last meal before Thanksgiving Break

**Tuesday, Nov. 26:** Riverside Commons will closes at 2 p.m.

**Tuesday, Nov. 26:** Transfer meals will be available from 2-4 p.m. in Freddy’s C-Store

**Thursday, Nov 28 - Saturday, Nov 30:** No food venues will be open in the University Center

**Dinner on Sunday, Dec. 1:** The first meal after Thanksgiving Recess

Not on a Meal Plan? View the hours of operation of each food venue for each day.

Please email diningservices@uwrf.edu if you have any questions.
The Undergraduate Stipends & Expenses Grant

The Undergraduate Stipends and Expenses Grant is intended to assist in covering expenses necessary to conduct research. Funds may be used for travel to conduct research; to purchase supplies including, but not limited to, books, software, disposable lab supplies, instructional materials, and printing; and to support student stipends to compensate for time allocated to projects.

Applications for these competitive grants are welcome from all colleges and disciplines. Grant applications can be for individual projects or collaborative projects, and in all cases should be student-authored, with supervision and guidance from the faculty mentor who will be directing the research. In the understanding that good faculty mentorship requires regular meetings and ongoing leadership throughout all phases of a research project, from initial conception to dissemination, faculty mentors are also eligible for a companion award payable on the student researcher’s completion of the project.

Click for more detail!

Fall Gala 2013

Every fall, the Society of Undergraduate Research, Scholarly and Creative Activity (SURSCA), a UWRF student group, presents the Fall Gala, a showcase event to celebrate the research, scholarly, and creative activity of UWRF undergraduates.

Students from all areas of study are invited to register to present their work through posters, art and science displays, short films, and PowerPoint or Prezi presentations. All members of the UWRF campus community, including families and alumni, are invited to attend and enjoy some Falcon cheese and sausages while viewing the undergraduate research that is happening at UWRF.

The 2013 Fall Gala will be held on Dec. 3 from 5:30-7:30 p.m. in the Riverview Ballroom, UC. The event is free and open to the public. Light refreshments will be served.

Click here for more information
Do you have a passion? Is this passion a hobby of yours? Do you frequently get lost in pursuing this passion?

For many of us, passion is the ingredient that has been missing from our lives. Some people feel they are too busy to pursue a passion. Being too busy for a passion should be a big warning sign that you ought to look at what you are doing with your life. Passions play a special part in grounding us. They make us feel safe and centered when we would otherwise might feel pulled in a million directions.

So what is your passion? Chances are if you don’t have one now, you did have one when you were a child. In fact, we are so ambitious when we are children that we may have had many passions that we pursued.

Try to remember some of the more long-standing hobbies you had and ask yourself why you moved away from them. If you are completely lost, ask a parent, grandparent, or older sibling what it was that we seemed to get a charge from when we were a kid. Of course some of our passions may seem rather childish to us now, but ask yourself what past spirited participation in those endeavors like: play dough, baseball, the easy bake oven, piano, Lincoln logs, chia-pet, or water colors, says about you.

Just so you know, I am a convert to this idea. You see, when I met my wife, I didn’t think about my non-work passions. I had many things I used to love to do when I was a kid, but I thought hobbies were long behind me. I also didn’t think having passionate pursuits outside of my work was an efficient way to use my time...TV or internet was better. However, when I was challenged by my wife to get a "hobby" in my life I found that I could easily reconnect to my past joys. I always loved exploring the great outdoors and I also loved fiddling with the camera. I combined the two, I now do nature photography. This passion/hobby comes so natural to me that I can take it up at any time I want and be immediately immersed in it. An instant break from reality.

Good luck pursuing your passion and I hope that it can give you a needed break from the stresses and strains of your daily grind.