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Reminders

- 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
- J-Term session begins 12/21
- UWRF closed (no classes) 12/24, 12/25 12/31, 1/1, & 1/2
- Fall grades due (view in eSIS) 12/30

Important contact information can be found here!
Meal Plan Info for End of Semester

• The last meal for fall semester is Lunch on Thursday, December 19.
• Riverside Commons will close at 2:00 PM on Thursday, December 19.
• Transfer meals will be available 10:30AM-4:00PM in Freddy’s C-Store on Thursday, December 19.
• There are adjusted hours for all venues during Finals Week. Check Hours of Operations by date for the most accurate information.

Spring Semester Meal Plan Info

• Your Fall Semester Meal Plan will automatically roll over to spring semester
• You may change or cancel your meal plan for spring semester through the housing and meal portal
• First meal for spring semester is Brunch on Sunday, January 26.
• Cancel your meal plan if you do not plan to return to UWRF Spring Semester.
• Block meals DO NOT carry over to spring semester
• Dining Dollar balances WILL carry over and be added to your Spring Dining Dollar allocation IF you have a meal plan for Spring.
• Dining Dollars may be used during J-Term.
• Click here to change or cancel your meal plan

Please contact diningservices@uwrf.edu if you have any questions.
Housing Sign-up for the 2014-15 academic year - get started now!! In order to be sure of where you are living next year you must complete the housing contract as soon as possible.

All current on-campus residents can go online now and fill out their 2014-15 contract. Students can select any housing preferences they want and make mutual roommate requests.

Once you return in January, the room selection process will begin. All current students will be able to go online at designated dates and times to sign up for a room. A brochure will be out soon with specifics of the housing sign up process.

For more information, visit the Residence Life website.
Fall semester at UWRF is coming to an end, which can only mean one thing... finals! Some of us are finally starting those papers our professors assigned the first week of class, while others are hoping their professors have had a change of heart on making it a cumulative final. Either way, many of us may find it a challenge to stay sane during such a stressful week.

Here are a few tips to remain calm:

1. **Embrace the anxiety.** You’re going to be nervous, so acknowledge it. Use it to your advantage— a little bit of nerves can be huge motivation to study. Just don’t let your nerves overtake you.

2. **Find the right location.** If the library becomes infected with students who don’t comprehend the library code of conduct, find another quiet place to study. Popular quiet areas include the “Fish Bowl” in CSH, the Breezeway in the library, and many places in the UC. During Finals week Wind and Trimble will be open from 7a.m.-11 p.m. 12/14-12/18.

3. **Sleep. You need it.** Pulling an all-nighter to study for an exam isn’t worth it, nor is it effective. You’ll become sleep deprived and might be so tired that you may forget everything you crammed into your head all night. Eek!

4. **Make the most of your time throughout the week.** If your exam schedule blesses you with a day of no finals during the week, use that day to prepare for finals! Don’t just take the day off. It’s always better to study over time rather than cramming.

5. **Use study tools.** Highlighters and note cards are great tools when studying for a test. Since textbooks are rented at UWRF, we can’t highlight in our books, but we can take notes and then highlight. If you printed Power Point slides off D2L, use different color highlighters to stay organized. For example, try using pink for the important facts and blue for terms. Flashcards are a great quizzing tool also—plus, you can sort the cards into terms you already have mastered and those you still need to learn.

6. **Take a break.** You truly will go insane if you study nonstop, so take a 30-minute break every now and then to just chill. Take a walk with a friend, go eat for a while, or call home to check in. A quick break can leave you feeling re-energized.

7. **Grab a healthy snack.** Caffeine and sugar are not always the best options. They’re good for a while, but then you probably crash. Crashing isn’t a good thing during finals week so be sure to eat things that will give you the fuel you need to study.

8. **Ignore celebrating students.** It’s tough to stay motivated and keep studying when other students are already finished (and keep reminding you that they’re done). Don’t get pulled into their celebration. Stay focused on your studies; before you know it you will be celebrating your freedom, too.

9. **Double-check your final exam times.** Set your alarm and then set a backup alarm to make sure you get out of bed. It may seem like common sense, but you may get caught up and stressed about studying, you may forget what time your final is. Double-check your final exam times here. Don’t be afraid to ask for clarification about how the schedule is organized.

10. **Go crazy to stay sane, but not too crazy.** Some people get kooky during finals—it helps. For those of you living in the Residence Halls, Finals week is considered “24/7 quiet hours” with the exception of courtesy hours in the evening. During that time grab some food or hang out with friends, listen to some music to get you pumped up, play some video games. Use that time to take a break and have fun! If you get your goofiness out, it is easier to be serious about studying.

If you need more tips ask your fellow classmates what works for them. Or stop by the academic success center for advice.
Why Should I Study Abroad?

Studying abroad allows you to make the most of your college education. You have the opportunity to take classes you may not be able to take at UWRF, develop life skills beyond what’s taught in the classroom, experience an international internship, and study topics from a different perspective. You can also learn a lot about a new culture. While immersing yourself into this new country you learn so much about a country you’ve never been to before and become a more well-rounded global citizen. Some students feel like a whole semester or even a month could be too long to be out of the country, but there are options to study abroad for just a week or two over Spring Break. A new one has opened up. **Travel to Japan** this spring to gain the experience of a lifetime!

New Japan Study Tour

The Japan tour allows students to study Japanese history and civilization by combining classroom learning with a study abroad trip. After attending lectures the course will examine pre-modern evolution of Japanese society and state, the impact of modernization and globalization on Japanese society and culture, and the making of a turbulent and complex Japanese-US relationship before, during and after WWII.
The students will visit the following cities, as a way to place in context what they have learned in classroom and to experience the amazing, diverse landscape of Japan shaped by nature and Japanese aesthetics.

Tokyo: Capital city of modern Japan since 1868
Hakone: City near Mount Fuji and other natural wonders surrounding Mount Fuji
Kyoto: Capital city for Japanese imperial government between the eighth century and 1868
Nara: Capital city for Japanese imperial government between 710-784, the Nara Era
Himeji: City where Himeji Castle, a UNESCO world heritage site, is situated
Hiroshima: City that suffered the first atomic attack in human history on August 6, 1945
Miyajima Island: Island facing Hiroshima where the most famous Shinto Torii is situated

Application Deadline: **Friday, December 20, 2013**, or when the remaining spots are filled. A $300 deposit is required when submitting an application. The deposit is part of the fee payment, not in addition to it.

Click here for more information and to submit your application.

For more information about the Japan study tour and application materials please contact:
Dr. Zhiguo Yang
Department of History and Philosophy
Email: zhiguo.yang@uwrf.edu
Phone: 715-425-3164

Looking for a Different Study Abroad Option?

The following programs are still open, running from now until summer:

- Morocco (June)
- Japan - Study Tour Research (spring break)
- Korean Language, Culture, and English Education System (J-Term)
- Guy Healy Japan Summer Camp
- Wisconsin in Scotland/Experience Scotland Summer

Info on all of our programs can be found on our website under “search for a program.”

Contact Global Connections for more information