**Definiton**: A positive perception of the career related path one is working toward.

**Questions to ask yourself:**
- Do I like most of my classes?
- Am I motivated to find an internship in my field of study?
- Do I feel confident about my post-college plans?
- Is it easy for me to make long-range goals about my future?

**Continuum**: Unsatisfied .......................... Satisfied

**Balance**: (Emotional Resiliency)

**Definiton**: A sense of security and a positive self image; also the ability to cope with and/or improve unpleasant mood states.

**Questions to ask yourself:**
- Do I consider myself to be positive (most of the time)?
- Do I cope with stress well?
- Do I view challenges as opportunities rather than obstacles?
- Do I function independently, but know when I need to ask for help?
- Do I take responsibility for my own behavior?

**Continuum**: Negative .......................... Positive

**Move**: (Physical Wellness)

**Definiton**: a perception and expectation of physical health.

**Questions to ask yourself:**
- Am I exercising regularly?
- Is my diet balanced?
- Do I get 6-8 hours of sleep on average/night?
- Do I practice moderation in all areas of my life?
- Am I safe when it comes to my sexual interactions?

**Continuum**: Unfit .......................... Fit

**Care**: (Environmental Consciousness)

**Definiton**: An awareness of one’s connection to their environment; making responsible choices to improve and sustain the earth.

**Questions to ask yourself:**
- Am I aware of human impact on the environment?
- Do I recycle, reduce, and reuse?
- Do I find time to spend outdoors in nature?
- Do I work to ensure stability and longevity of our natural resources?

**Continuum**: Wasteful .................................. Resourceful

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**iRelate**

**Living with your best friend the first year in college and other irrational ideas.....**

For some reason, students starting college seem to think that living with a friend from high school is a great idea. What could be wrong with sharing a closet-sized space with your best friend and not a perfect stranger (who, in your mind could be an axe murderer/psychopath/meth addict)? Plenty. Let’s get this straight, your roommate is not your friend, she is your roommate.

Your goal is to co-exist without killing each other, not to spend every waking minute of the day together. Your friends are your friends because you can hang out with them and then go home after. The best roommate relationships are created when both people can agree to set conditions (you can use my fridge, but don’t borrow my underwear) This is hard to do in friendships, because the rules are always changing--your expectations are higher for your friends than someone you don’t know as well. Be nice to your roommate; invite her to lunch, watch American Idol together, but don’t give her the password to your Facebook account. Bottom line, keep your friends your friends, and your roommate back in the room with her creepy boyfriend and collection of stuffed animals.

**Is Your Facebook Network Your Net Worth?**

3,851 Friends at UWRF

There is no denying that the Internet is a powerful tool to connect people, and social networking sites do this better than anything else. As soon as you sign in and establish a profile you are instantly connected to tens of thousands of individuals who share your taste in music, school affiliation, and love of farm animals. With the click of the mouse, you are linked to more people than Kevin Bacon. The question is, are these connections by themselves meaningful? It depends on who you are. If you were planning a birthday party for yourself, would you have the most fun with a house full of people or with just a few close friends? Either way, the point is that you are in your happy place.

There’s a common myth that you have to have a ton of friends to be considered normal or well liked. All you really need is a handful of key friends who meet your needs-someone to hang out with, someone who brings out the best in you, a person you can call at 2:00 am to pick you up in Mexico. Quantity feeds the ego, but the quality is what fills you up (and bails you out of jail). As your grandma used to say, the best way to make friends is to be a friend. Offer to be someone’s emergency contact, ask the person who is sitting alone at Riverside if you can sit with them, get on your floor’s broomball team...you get the idea. Just know that you don’t have to have 3,000 Facebook friends to have an active social life.
Avoiding Frienemies… keeping it real

Frienemies are enemies disguised as friends. Sometimes you have fun with them, but most of the time you feel paranoid and insecure; you don’t feel comfortable being yourself. How do you know if they are true friends or frenemies?

Ask yourself these questions:

• Do I get the feeling that they’ve been talking about me behind my back?
• Do I feel happy and free around them?
• Is the friendship equal, or do I always have to call them or make the plans?
  • Do these people share my values?
• Are they good listeners, or am I always the one expected to be there for them?
  • Do I feel good about myself when I’m with these people?
• Are these people happy for me when I’m successful?
• Does this person care about me?

If the people you hang out with are draining you rather than bringing happiness to your life, you need to reevaluate the friendships and decide if you want to kick the frienemies to the curb. They’ll get upset, they’ll talk about you behind your back, and then they’ll prey on someone else.

He’s just not that into you …and that’s OK

Confused about how the person you are interested in REALLY feels about you? Former Sex and the City writer and co-author of He’s Just Not That Into You, Greg Behrendt reveals what’s really going on!

Here is how to translate the secret dating code:

Friend: A person who is your pal, what it generally means in relationships is he is just not that into you.

Busy: Busy means I’m the President of the United States, I am an astronaut and I am on another planet, I am in a really successful band. What it means in relationships is, yeah, I’m just not that into you.

Bad Boy: A Bad Boy is just a bad boy. Stay away. Generally guys and girls with low self-esteem aren’t worth the trouble. They’re just not. How do you screen for dogs? Answer: You just don’t let them be a dog; your standards are too high. You can’t be played if you’re not playing.

Question: How can I tell if they think I am worth it?

Answer: If the person thinks you’re worth it, he will do whatever is necessary to meet your standards, and if you think he is worth it, you will do the same. If he doesn’t… well he is just not that into you.

Standard Raising Statements:

**i** will not go out with someone who:

(a) Keeps me waiting by the phone
(b) Is not sure he wants to date me
(c) Makes me feel undesirable
(d) Has questionable morals/values
(e) I don’t trust
(f) Is already in a relationship with someone else

**i** will not, under any circumstances, spend my precious time with a person who has already rejected me or who is not clearly a good, kind, loving person.
You complete me …but not really

1 I can live without you, no problem
We often confuse desperation for love. It can feel romantic at first, but over time it fails to meet either partner’s needs. If this is how you feel—start counseling, not dating. Counseling can teach you how to get your needs met by the only person responsible for them: you. “I can live without you” is an assurance that sets the stage for real love.

2 My love for you will definitely change:
Everything and everyone is constantly changing. We age, grow, learn, get sick, get well, find new interests, and drop old ones. Many people fear that if their love is free to change, it will vanish. The opposite is true; love that is allowed to adapt to new circumstances is stronger.

3 You’re not everything that I need
Humans are designed to live in groups, explore ideas, and constantly learn new skills. Trying to get all of this from one person is impossible. When a couple believes “we must be everything to each other” each becomes exhausted trying to meet each other’s needs and neither can develop fully as an individual.

4 I won’t always hold you close
People who claim—“I love her so much that if she leaves me, I’ll DIE!!”—love their partners the way spiders love flies: they love to capture them, wrap them up in their webs, and drain everything out of them. This is NOT the kind of love that you want. Possessiveness involves controlling the other person, while true love is based on setting the other free to make his or her own choices.

5 You and I aren’t one
If you’re living by the “we are one” ideal, it’s high time you found out how terrific love for two can be if you follow your heart. Follow your heart in a direction your partner wouldn’t go. Dare to explore your differences, agree to disagree. This will allow you to see that you can be loved as you really are. If you’re the one that tends to dominate, you will find out how interesting it is to love an actual person rather than a human mirror.

How healthy is your Relationship?
The following questions can help you identify the quality of your relationship. Answer each question with a simple “yes” or “no”.

Am I in this relationship because I want to be? (Not just because I am afraid of being single/alone)

Do my feelings of being in love go beyond my partner and carry over to my other relationships with family and friends—making me feel more generous, more empathetic, and focused?

Do I feel valued intellectually, emotionally, and if intimate, physically?

Do my partner and I communicate openly and honestly?

Does this relationship energize me and make me feel supported? (as opposed to sucking all of the life out of me)

FYI: If you answered with a lot of no’s, it’s probably a no-good relationship.
Avoiding the Dreaded Walk of shame: What You Need To Ask Before You Get Naked

You come back to your room after an amazing night together (or a few jager bombs) and you want the fun to continue... how do you know if you should sleep together?

Try asking yourself the following questions:

In the morning, would I look at my partner and think this was a good idea?

If you beam yourself into the future and imagine looking at her next to you in bed, what would you say to yourself? “Wow that was the best decision I’ve ever made!” Or “Wow, how am I going to get her out of here and immediately block her from my Facebook?” If you think that you’d feel good about waking up next to her, messy hair, morning breath and all, then that is a good sign. However, if you can’t conceive spending the whole night next to her, or your entire life (if your fail-proof method of protection fails) maybe it’s best to wait.

Would I introduce this person to my friends?

Often our friends are more important to us than our dates — until we’ve fallen head over heels. What if your friends make comments like “I just don’t see you two together long term,” or “He doesn’t seem right for you”? If you value your friends’ opinions, then you know whether you would feel proud to introduce your date to them or not. If you are too ashamed to do this, then maybe it’s not a good idea to get naked.

A SmarterSex.org Survey reports that 90 percent of male students said they would not consider a woman “girlfriend material” if she agrees to have sex on the first date. If getting the brush off the morning after isn’t bad enough, consider some of the nastier consequences....

To summarize:

Make your decisions with the end result in mind. Remember that it should be you making the decision, and not your mojo or the mojito.

The Twenty Year Old Virgin: Maybe You’re Lucky You Haven’t Gotten Lucky

In the movies when two people hook up, you never see them make an emergency visit to the clinic the next day. But in reality, if you had unprotected sex last night, you should get tested for pregnancy and sexually transmitted infections (STIs). If you are concerned about unwanted pregnancy, consider emergency contraception (the morning after pill) the sooner the better. All sexually transmitted infections can be spread without the person experiencing any symptoms—you or your partner may never know you have it. Most infections are either viral or bacterial. Bacterial infections can be treated with antibiotics (chlamydia, gonorrhea) while viral infections can potentially live forever in your system (herpes, genital warts, HIV), however there are effective treatments that can lessen or eliminate symptoms. Viral sexually transmitted infections can lead to recurring outbreaks, complications, or death (HIV/AIDS). If left untreated, some STIs can lead to pelvic inflammatory disease, which can cause infertility (in men and women).

I need to get tested, I need birth control, I need the itching to stop... Where do I call for an appointment??

- Pierce County Reproductive Health: 425-8003, www.uwrf.edu/student-health-service/
- River Falls Medical Clinic: 425-6701, www.rfmc.org/
- Need a ride? River Falls Taxi Service 425-7878 (free with valid student ID)

*Certain services are provided at no additional charge for current students*

Am I the only one on this campus not hooking up?

The majority of UWRF students have had 0-1 sexual partner(s) in a year:

- 29.5% of UWRF students reported having had no sexual partners in the last year.
- 51.2% of UWRF students reported having had one sexual partner in the last year.

*American College Health Association-National Health Assessment 2006*