



## BLUGOLD NUGGETS FEBRUARY 2012

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### CAMPUS MAP

- Dates to Remember**
- March 19-23rd  
Spring Break
  - April 4—May 4  
Fall 2012 Registration
  - April 20 - 22nd  
Lil Sibs Weekend
  - May 14-18th  
Final Exams
  - May 19th  
Spring Commencement

Happy February Blugold friends and family! In this issue you will find some exciting, interactive, and educational spring break ideas, great gift opportunities for Valentine’s Day, and some exciting information on our “themed” interactive family “chats”. Our Financial themed Parent Chat **February 16<sup>th</sup> at noon** we will be presenting a webinar, and plan to show you “live” how our computer systems can be used to pay bills or gather information. There is also some great information on how your student can sign up for housing next year or can sign up a friend or sibling to attend Housing and Residence Life’s Little Sibs Weekend!

*- Jennifer Lee, Director, Blugold Family Connection*

### SUMMER SEMESTER

Summer must be right around the corner, right? Believe it or not, it isn’t too early for your student to start thinking about the possibility of taking a summer school course. Taking a summer school course can be a good idea for students who had to drop something throughout the year and want to “catch up,” who want to get ahead, or who have a particular course they want to take alone, without the added stress of a full-time semester load. At UW-Eau Claire we offer summer school courses in many different disciplines and in many different formats. Some courses will require students to live and take courses in Eau Claire, while many others are offered online.

Another option to investigate is taking a course at a school closer to home and transferring the credits to UW-Eau Claire. (Note of caution: Make sure the course is one that is equivalent to a UW-Eau Claire course before proceeding!)

Registration for summer school at UW-Eau Claire begins in mid-February and student should contact their adviser to discuss if this is a possibility they are considering.

*Submitted by:*  
*Julia Diggins, Assistant Director*  
*Advising/New Student Initiatives*

### Summer 2012 Priority Registration Schedule

## MAKING THE MOST OF SPRING BREAK

Spring break was always a time for me to work extra hours to make money for my tuition. But in my senior year I had the opportunity to take a week-long service trip to Mexico through my University. I almost didn't go because I was worried about not making extra money during break. But, my organization advisor encouraged me to seize the opportunity. And she was right, the experience changed my life. I learned about myself, the world and the role I wanted to play in making it a better place to live.



Each year students have the opportunity to take a week off for spring break during the spring semester. Students choose to do all kinds of things during these breaks- catch up on homework, work like I did, visit family and volunteer to name a few. Some students even choose to do nothing at all! Because of my own experience in college, I encourage students to make the most of their spring break by trying something new.



For those parents with students who are still looking for a spring break adventure, there are amazing opportunities still available to your students at a very low cost. For instance, your student could take a ten day adventure to seven states to visit sites of historical significance to the civil rights movement. The Civil Rights Pilgrimage will begin at 4:30 p.m. on Friday, March 16<sup>th</sup>. Participants will travel to Atlanta, Georgia; Birmingham, Montgomery, Selma, Alabama; Gulfport, Mississippi, New Orleans, Louisiana; Little Rock, Arkansas; and Memphis, Tennessee. Participants will return to Eau Claire on Sunday, March 25<sup>th</sup>. The cost of the trip is \$425 and includes transportation, lodging, and museum admission. A \$75 deposit is required at the time of registration. Students can register in the Dean of Students Office, Schofield Hall 240 (office hours are 8:00 to 4:30). Students should bring their Blugold card and a \$75 deposit. Registration will continue until all 100 slots are

filled. Students will also have the opportunity to register for Women's Studies 222: Women and the Civil Rights Movement, a three credit GE 3 course. The course is offered Wednesdays, February 15, 22, 29 and March 7, 14, 28, April 4, 11, 18, 25 from 3:30 to 5:00. To read about personal experiences previous trips, check out the [blog](#). [More information and a tentative itinerary can be found by clicking here](#). If your student has questions, encourage them to contact me at [thesinjm@uwec.edu](mailto:thesinjm@uwec.edu) or 715-836-2325 for more information.

Or your student could explore the concepts of servant leadership and social justice — specifically around issues of poverty, homelessness and socioeconomic status all while making a difference will participating in the 2012 Alternative Spring Break trip from March 18<sup>th</sup> through 23<sup>rd</sup> in Indianapolis, Indiana. For the third consecutive year, students will engage in hands-on service projects and will discuss issues of servant leadership and social justice with Indianapolis organization leaders. It can also be used for 15 of your service-learning hours. The cost is \$375, which includes lodging, transportation, meals, and all group activities. The trip is limited to the first 20 students. Questions may be addressed to Katy Rand, [randka@uwec.edu](mailto:randka@uwec.edu).

For some students it may not work to try a new experience this year, but I hope you'll join me in encouraging your students to try a new experience and make the most of Spring Break next year!

*Submitted by:*  
Jodi Thesing-Ritter  
Associate Dean of Students

Dean of Students  
UNIVERSITY of WISCONSIN - EAU CLAIRE

### Extended Office Hours

Regular Hours: 7:45am—4:30pm—Monday—Friday  
Extended Hours: Wednesdays 4:30—6:30

Schofield Hall Room 240

(715) 836-5626 | [deanofstudents@uwec.edu](mailto:deanofstudents@uwec.edu)

## MONEY MATTERS



To avoid finance charges, Spring 2012 charges are due February 17. If the bill cannot be paid in full by February 17, at least 50% must be paid by that date to avoid a \$60.00 administrative service fee, and the remaining balance is due March 16th. A 1% monthly finance charge is assessed on any unpaid balance after February 17. Please refer to our payment website – [www.uwec.edu/payment](http://www.uwec.edu/payment) - for details about paying your student's bill.

It's tax time! The 1098-T forms for the 2011 school year were made available via [www.getmydocument.com](http://www.getmydocument.com). Students who did not view the form online by January 23, 2012 were mailed a paper copy of the 1098T. Check with your parent if you are looking for this form. Note: if a student's tuition was entirely paid by grants and scholarships a 1098T would not have been created.

For Bill Paying tips  
check out the  
**Blugold Family  
Connection  
Webinar**  
February 16th at noon

We've had several calls in our office regarding a \$100.00 difference in the amount due shown on My Blugold CampS and the amount due on the student bill. The difference is the \$100.00 registration deposit which the students pay to register. It can be applied to their tuition or rolled over to be a deposit for a future term. That \$100.00 does not get automatically applied to the student's account, but rather requires the student to choose where to apply the money.

Our office maintains a [Facebook](#) page. "[Like](#)" the [University of Wisconsin Eau Claire Business Office](#) to have timely student financial information sent to your newsfeed.

## COUNSELOR Q&A

**Q:** *Lately my son seems sad, has no energy and is finding it hard to concentrate on his studies. Is he just going through a phase, or could he be suffering from depression? Where can he go to get help?*

**A:** It is very possible that your son is showing symptoms of depression. Even if these symptoms have a different cause, they need to be addressed. A first step is to have your son schedule a session with [Counseling Services](#) for a free, confidential assessment. He can schedule an initial appointment by calling 715-836-5521.

Depression is a serious illness that is too often ignored and undiagnosed. Depression has been called "the common cold of mental health" One in seven people will experience depression at some time in their lives.

If the following symptoms persists for more than two weeks, depression is likely:

- Feelings of sadness, emptiness, hopelessness, pessimism, guilt or worthlessness
- Difficulty making decisions
- Unable to concentrate and remember
- Loss of interest of pleasure in ordinary activities
- More problems with school or family
- Lack of energy and drive
- Trouble falling asleep, staying asleep, or getting up
- Weight gain or loss
- Chronic ache and pains, headaches, stomach aches or back aches
- Restless or irritable behavior
- Social withdrawal

- Cutting classes or dropping activities
- Drinking heavily or taking drugs (sometimes an attempt at self-medication)
- Talking about death or suicide, suicide attempts

Though clinical depression is a serious and destructive illness, most students with depression are treated successfully with a combination of antidepressant medication and cognitive behavioral therapy. Health Service physicians or community/HMO psychiatrists often provide medical care for depression in conjunction with a program of personal counseling. It is essential to involve professional staff in the treatment of depression since it can be a life-threatening illness.

*Previously Submitted by: P.J. Kennedy,  
Emeriti Director, Counseling Services.*

### Free Screening

**New! Free Online Self-Assessment Screening**  
for Alcohol, Depression,  
Eating Disorders, etc...

### [University Counseling Services](#)

#### Extended Office Hours

Regular Hours: 8:00–4:30pm | Monday–Friday  
Extended Hours: **Wednesdays until 7:00pm**  
Located 2122 Old Library - (715) 836-5521

## RESIDENCE HALL SIGN UP FOR NEXT YEAR

If your student is planning on living on campus for the 2012-2013 academic year residence hall sign up is just around the corner! Students who currently live in Chancellors Hall or who have qualified to live there for the upcoming year will be able to choose a room February 20-24<sup>th</sup>. Students who currently live in any other residence hall will be able to choose a room for the 2012-2013 academic year March 6-16<sup>th</sup>. All room sign-ups will be done online and a \$75 deposit must be made well in advance in order for students to be able to choose their room. Sign-up information and instructions will be emailed to all on-campus students in early February.

[Housing and Residence Life](#) offers specific [Living Learning Communities \(LLCs\)](#) in some of the residence halls. Our LLCs are ready-made groups of like-minded students who choose to live together, learn together, study together, and explore topics of interests together. Unlike other living areas where it will take time to discover shared interests, these communities begin with a common experience on day one. If your students is interested in living in one of the Residence Hall LLCs next year - [please visit the LLCs information page](#) and encourage your student to [apply soon](#).

### 2012 Living Learning Communities

Honors  
Leadership  
Student Support Services  
Social Justice  
Healthy Living  
Global Living  
Outdoor Adventure

## BLUGOLD FAMILY CONNECT GIFTS



Order a **Monster Heart Shaped Sugar Cookie** this month for your student for only \$10.00 You can [place your order online](#) and we will take care of the rest!

### Valentine orders must be received by Friday, February 10th

Please visit our [website](#) to check out all our gift items. Please remember to allow 3 days for delivery and we do not deliver on Saturdays & Sundays. Delivery is made to the front desk of your student's residence hall on your requested delivery date. Off campus students can pick their treats up in our office in Schofield Hall. Contact us with any questions at [family@uwec.edu](mailto:family@uwec.edu) or call 715.836.5110.

## PARENT CHATS

This semester we are going to try "themed" chats with families and we will have experts in those areas available to chat. We are also thought we'd experiment with a "lunch hour chat". So here is the semester chat schedule:

**Financial Issues** : February 16<sup>th</sup> from 12:05 - 12:55pm  
**Getting your Student Help**: February 29<sup>th</sup> from 12:05 - 12:55pm  
**Fall Registration**: April 3<sup>rd</sup> from 7:00 - 8:30pm

To register for upcoming [Parent Chat simply click here](#), it will bring you to the [Group Chat](#) page where you can log into the chat. You will be asked to enter a login name (this is a name you choose and is what will appear on the screen as you type a question or comment) and enter a password of your choosing. Even if you are new to chatting you are welcome to log on and you'll be able to watch and see what other family members are asking and the answers they are getting.

## STUDENT HEALTH 101

Student Health 101 is a newsletter brought to your student each month by the Student Health Service Office. The Parent Perspective is a parent's companion to Student Health 101 newsletter. Student Health 101 is written to help your son or daughter live a healthier life.



Each issue of the Parent Perspective is a quick-to-read summary of that month's student newsletter.



### Extended Clinic Hours

Regular Hours: 7:45am—4:30pm—Monday—Friday  
**Extended Hours: Wednesdays until 7:00pm**

Located on Upper Campus in Crest Wellness Building  
 (715) 836-5360 | SHS@uwec.edu

## WHATS HAPPENING ON CAMPUS

There is always lots going on each month on campus - have your student visit the Events Calendar for a complete listing of campus movies, music and more!

- **Sex Signals | February 15th | Schofield Auditorium**  
 Catharsis Productions' program "**Sex Signals**" provides an insightful, educational, and provocative look into issues surrounding dating, relationships, communication & sexual assault, focusing on the college experience.
- Offices within UW-Eau Claire's Division of Student Affairs are offering extended hours one day a week to better serve university students with times available for appointments outside of business hours on Wednesdays. Please tell your student to contact any of these offices to schedule an appointment during these extended hours or regular business hours.

**Counseling Services: Open until 7:00pm on Wednesdays**

**Dean of Students Office: Open until 6:30pm on Wednesdays**

**Health Services: Open until 7:00pm on Wednesdays**

**Hall Directors Offices: Available for evening appointments**

**Children's Center: Open Monday—Thursday until 9:00pm**

- **Lil Sibs Weekend | April 20-22nd | Sponsored by Housing & Residence Life**  
 We hope that your students will attend this year's Lil Sib's Weekend, and as always cousins, nieces, nephews, neighbors, friends, etc are always welcome! Little Sibs' Weekend activities cover a variety of ages and provide enjoyment for the entire weekend. A more detailed schedule of events will be distributed to the students prior to their sibs' arrival at Eau Claire. Registration information will be available soon.

*Excellence. Our Measure, Our Motto, Our Goal.*

Student Affairs Office • Schofield Hall 240 • University of Wisconsin-Eau Claire • Eau Claire, WI 54702-4004  
Blugold Family Connection • Schofield Hall 30 • University of Wisconsin-Eau Claire • Eau Claire, WI 54702-4004  
 Phone: 715-836-5110  
 Updated: February 2012

Questions / Comments: Blugold Family Connection  
 Jennifer Lee, Director, Blugold Family Connection, Blugold Nuggets Editor