

# NATIONAL NONTRADITIONAL STUDENT WEEK

November 4<sup>th</sup>-8<sup>th</sup>, 2013

## Monday, November 4<sup>th</sup> - Coffee Kick Off

- 7:30a.m.-9:00a.m. and again from 4:30p.m.-5:30p.m.
- Join us in the Non Trad Pad (UC-133) to jump start National Nontraditional Student Week. Coffee and sweet treats will be provided.
- Free pool and bowling 8:00a.m.- 12:00a.m. Warhawk Alley (UC-46). Pick up free tickets in the Non Trad Pad (UC-133).
- **Lunch Box Series: Undergraduate Research - It's NOT Just for Scientists.** Join Rochelle Day, UW-Alum and former nontraditional student, to learn 10 great reasons why you should participate. 12:00p.m.-1:00p.m. - Non Trad Pad (UC-133)

## Tuesday, November 5<sup>th</sup> - Taco Tuesday

- Free pool and bowling 8:00a.m.-Midnight, Warhawk Alley (UC-46). Pick up free tickets in the Non Trad Pad (UC-133).
- Stop by the Non Trad pad (UC-133) for Taco Tuesday 12:00p.m.-1:00p.m. and 4:30p.m.-5:30p.m.
- **Lunch Box Series: Eating Well is Important to All of Us.** Join Jessica Schultz, Nutritionist to learn tips and tricks to a healthy lifestyle. 12:00-1:00p.m - Non Trad Pad (UC-133)

## Wednesday, November 6<sup>th</sup> - Potluck & Reception

- Free pool and bowling 8:00a.m.- 12:00a.m. Warhawk Alley (UC-46). Pick up free tickets in the Non Trad Pad (UC-133).
- **Potluck:** Hey! Let's cook up some fun for a potluck in the Non Trad pad (UC-133) 11:00a.m.-1:00p.m. Please bring your favorite dish to pass. (Plates, napkins, and silverware provided)
- **Lunch Box Series: Stress Piling Up?** UHCS Wellness Educator, Amanda Krentz will teach you about stress management and how to do relaxation exercises for stressful times. Non Trad Pad (UC-133) 12:00p.m.-1:00p.m.
- **Nontraditional Student Recognition Reception:** 4:30p.m.-5:45p.m. (UC-259A) Join us as we celebrate the extraordinary efforts and achievements of nontraditional students at UW-W.

## Thursday, November 7<sup>th</sup> - Soup's On & Happy Hour

- Free pool and bowling 8:00a.m.-12:00a.m. Warhawk Alley (UC-46). Pick up free tickets in the Non Trad Pad (UC 133).
- **Soup's On:** A bowl of piping hot soup awaits you in the Non Trad Pad (UC-46) 12:00p.m.-1:00p.m.
- **Lunch Box Series:** Join Karen Fisher, UW-W CSD Specialist, and nontraditional student alum to learn strategies on how to search for and write a winning scholarship essay. Karen was awarded over \$10,000 in scholarships as an undergrad. 12:00p.m.-1:00p.m. Non Trad Pad (UC-133)
- **Happy Hour:** Whitewater Lakefront Pub, 111 W. Whitewater Street, Whitewater, WI 4:30p.m.-5:30p.m. It's five o'clock somewhere - Join us for an early evening of socializing!

## Friday, November 8<sup>th</sup> - Breakfast Break

- **Breakfast Break:** Bagel Bites in the Non Trad Pad (UC-133) 7:30a.m.-9:00a.m.
- Free pool and bowling 8:00a.m.-12:00a.m. Warhawk Alley (UC-46). Pick up free tickets in the Non Trad Pad (UC 133).
- **Let's Go Bowling:** When the clock *strikes* 12:00p.m. You're invited to join us to have a *ball* at Warhawk Alley (UC-46). We will be in the fast lane!

## Week Long Activities:

**Advice Jar:** During the week, we will have an advice jar in the Non Trad Pad (UC-133). Please submit your best student survival tip with your name on it and place it in the jar. Please use a separate piece of paper for each idea. If you are unable to make it to campus during the week, please email your tips to smithlm11@uww.edu, and we will enter you into the drawing.

**Recipe Round Up:** Do you have a recipe that has been your saving grace? Drop off a recipe in the Recipe Box in the Non Trad Pad (UC-133) during the week of November 4th-8th for your chance to be entered for a gift certificate at the University Bookstore. If you are unable to make it to campus during the week, please email your recipe to smithlm11@uww.edu and we will enter you into the drawing. We will put together a recipe book and share it with the group.

**FREE GIVE AWAYS throughout the week at scheduled events!**



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