

NONTRAD NEWS

February 20, 2015

BBBRRR! Winter is in full force with these frigid temperatures. I don't know about you, but this weather inspires me to curl up with a blanket and drink some hot cocoa on the couch.

STRATEGIES TO BEAT CABIN FEVER

How can you use these frosty winter days to your advantage, without developing a serious case of cabin fever in the process? Check out these tips.

- Get plenty of rest. While you can't exactly follow the bear's example and sleep until the first day of spring, you'll find that getting enough sleep – will make you more productive as an individual. Now, before you start protesting with excuses like, "but I could use that time when I'm sleeping to finish my homework assignments," consider how much more productive you'll be when it's time to do your schoolwork if you have a good night's rest.
- Go Outside when this cold snap ends. If you have kids, get out and enjoy the snow with them. If you don't, consider taking up a winter sport like cross country skiing or snow shoeing. Exercise and fun are just as important in winter as they are at any other time, perhaps even more so!
- Enjoy a Change of Scenery. If your normal workspace is becoming a little stale, consider changing it. Can you bring your laptop to a nearby coffee shop or restaurant? Perhaps you can get together with a friend and find a new place to study together. You may find that camping out in a public place to complete your work can be inspiring. People watching is always a fun activity, and may provide you with inspiration for your next assignment.

While winter can seem like the most arduous, intolerable time of year for many, with a bit of planning and creativity, you can be every bit as productive as you are at any other time of the year. Know that Daylight Saving Time begins on March 8th with spring's arrival on its' heels on March 20th!

CAMPUS RESOURCES

There are many resources on campus to ensure that you are successful in your college career. The university provides many opportunities for students who are struggling in a particular subject, with a particular skill, or with life issues. However, even though the opportunities exist for students, you must seek out and take advantage of those opportunities. The professor is not going to suggest tutoring after you failed your fourth quiz, or suggest counseling assistance for anxiety. It is up to you to seek help.

Many students do not seek help - Perhaps they feel ashamed or embarrassed or they think they can ride this one out on their own. The university recognizes college can be overwhelming. That is why they provide success services. I would hope you would seek out those success services if you are struggling. If you don't know what services are available, let me know and I will help you. There is no need to be

NONTRAD NEWS

ashamed, embarrassed, or think you can ride this one out on your own. Let others help you be successful in your academic pursuits.

SUMMER CLASSES

Summer is a nice time to pick up an extra class or two to lighten your load during the regular semester or to speed up your time to graduation! Remember, there is financial aid available for students taking summer courses. Students must complete the Summer School Application which will be available in early March in the Financial Aid office - Hyer Hall 135, or found on their webpage under online forms. Summer aid is based on the FAFSA information from the current academic year.

ADULT STUDENT CONNECTIONS ORGANIZATION

Looking for a positive, fun, and meaningful role on campus? Consider serving as an officer for our Adult Student Connections Organization next year. The time involved is manageable and you get to meet and work with some great people. If interested, please let Lynn know at smithlm11@uww.edu or 262-472-1619. Elections will be held in April. Please join us on **Tuesday, February 26th at 4p.m.** - ASC monthly meeting in the Non Trad Pad in UC-133. Everyone is welcome!! If you can't attend the meeting, but have ideas you would like to share, please email us at ASC@uww.edu. Follow UW-W adult/nontrad students on Facebook by clicking [here](#)

SOCIAL EVENTS

Let the good times roll by joining Aimee Leonard, ASC Vice President and other nontrads for bowling today, Friday, February 20th at 2p.m. Bowling is free and developing friendships and relaxing on a Friday afternoon is bonus!

Movie Night - The Hunger Games: Mockingjay Part 1- University Center Summers Auditorium
Friday, February 20th 7p.m. & 10p.m.
Saturday, February 21st @ 7p.m.
\$1.00 with UW-W student ID, \$3.00 w/o UW-W student ID

Ice Skating at Big Brick Park

Did you know the City of Whitewater has an ice rink located at 611 Center Street for open skating and open hockey for all ages?

Open Skating – Monday – Friday 3:30p.m. – 5p.m and Saturday and Sunday Noon- 3p.m.

Open Hockey – Monday – Friday 5:30p.m. - 9p.m. and Saturday and Sunday 3p.m. – 8p.m.

*During these hours the warming shelter is open and supervised.

Enjoy your weekend doing something fun with the mantra of: “I do believe winter can be fun.”

Lynn Smith

2017 Roseman Hall
Student Services Coordinator
Adult/Nontraditional Students