Winter To-Do List Offers Plenty of Options

It is no secret that Madison has a well deserved reputation for a “dull” winter weather environment. Therefore, you may be thinking of heading to a sun-soaked beach destination. Many will head home, work, and use common sense. Emphasize safety on balconies, including open-screen balconies. Emphasize moderation.

• Carry the minimum amount of cash and credit cards
• Never have more cash than you need. You don’t have to travel away to do those things, and can influence your own
• Ask that your student call upon arrival and return. Your student may be handling the weather and getting involved this winter months. Ask your student if he or she is thinking of coming to campus or to visit the Campus Ice Arena. Ask your student if he or she is considering joining a winter sport, club, or organization. Ask your student to visit soo.studentorg.wisc.edu. Additionally, students can learn more about opportunities in volunteerism and community service through the Morgridge Center for Public Service at www.morgridge.wisc.edu.

Don’t be discouraged if any of your student’s questions or concerns are handled by the staff of the Wisconsin Union Directorate, more than 5,000 volunteers are always welcome. The Chazen Museum of Art is UW-Madison’s flagship art museum, for more information, visit soo.studentorg.wisc.edu. Additionally, students can learn more about opportunities in volunteerism and community service through the Morgridge Center for Public Service at www.morgridge.wisc.edu. Don’t be discouraged if any of your student’s questions or concerns are handled by the staff of the Wisconsin Union Directorate, more than 5,000 volunteers are always welcome. The Chazen Museum of Art is UW-Madison’s flagship art museum, for more information, visit soo.studentorg.wisc.edu. Additionally, students can learn more about opportunities in volunteerism and community service through the Morgridge Center for Public Service at www.morgridge.wisc.edu.

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At any given time, "There is no better place to be a student," says Wiatrak. "It’s an incredible environment. There are so many activities and events happening here all the time."

"Sundance is very cool," says Wiatrak. "The seats are nicer, and the atmosphere is different than a normal movie theater."

The Wisconsin Historical Society is the place to have the resources. The Wisconsin Veterans Museum across from the same mall is a must-see, and the Wisconsin Veterans Museum offers research centers for families with service members who are deployed overseas. The Wisconsin Veterans Museum is a complete history of the Wisconsin and American military history. They show impressive movies about the war, including it in the show's scriptwriting and editing. The Wisconsin Historical Society also offers many resources, including research centers, and an array of photography and books.

Last year, Wiatrak visited a Wisconsin student experience complete without sledding down Bascom Hill or ski the trails of the nearby county park.

"I always recommend that students take advantage of all the resources UW–Madison has to offer," said Wiatrak. "There’s a lot of help available for students who need it."

"You helped me make it through," say Wiatrak. "I’m just so grateful for all the support that UW–Madison has provided me."

"University Health Services is a wonderful resource for students who need medical attention. The staff is prompt and knowledgeable. They are always willing to help you."

"I have one counselor for every 1,492 students and they respond promptly to student needs. UW–Madison has one counselor for every 1,492 students and they respond promptly to student needs."

"It’s important for students to take advantage of all the resources UW–Madison has to offer."
At any given time, college student. For unique options for dinner and a movie, students are encouraged to visit the restaurants in State Street which juts out onto Henry Street. Admission is free.

Winter To-Do List

- Attend a winter event such as a concert or play.
- Visit the Wisconsin-Madison campus and explore the University of Wisconsin-Madison’s many art galleries and museums.
- Take a walk in the snow and enjoy the beauty of winter.
- Attend a lecture or conference on a topic of interest.
- Participate in a winter sports activity such as snowboarding or ice skating.
- Attend a winter class or workshop.
- Visit the campus libraries and study in a quiet environment.
- Attend a winter-themed event such as a holiday market or festival.
- Visit the campus bookstore and browse for winter-themed books.
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- Visit the campus libraries and study in a quiet environment.
- Attend a winter class or workshop.

Counseling Is Key For Students Facing Mental Health Problems

Winter can be a difficult time for many students, and counseling can be a helpful resource. Counseling and Consultation Service is only a phone call away for UW–Madison students. UHS McGrath, a clinical psychologist and director of the Counseling and Consultation Service, encourages students to seek counseling services if they are experiencing significant stress or anxiety. She also encourages students to develop coping strategies and to maintain a healthy lifestyle. UHS McGrath also encourages students to take advantage of the resources available on campus, such as the wellness center, counseling services, and other support groups.

Credit Load

Most undergraduate programs require 12 degree credits, which can be completed in eight semesters by taking 15 credits each semester. Some programs require a few more credits. Students are expected to devote 20–25 hours of time each week outside of class. Make the most of your credit hours by choosing courses that align with your academic plan and career goals.

Parents Enrichment Fund

Parents can support their student’s academic success by donating to the Parents Enrichment Fund. The mission of the UW Foundation is to support the Parents Enrichment Fund. The mission of the UW Foundation is to support the Parents Enrichment Fund.

What Is Service Learning?

Service learning is an educational approach that combines classroom learning with community service and reflection. Students in these classes have the chance to work with a variety of people and social issues. Students can learn about their own society through service learning and gain new insights into the people and situations they encounter. In addition to learning about the people and situations they encounter, students can also learn about themselves through the process of service learning. Students can explore their own values, beliefs, and assumptions about the world through service learning. Students can also learn about the impact of their actions on others and develop new skills and knowledge through service learning.

Enrollment begins March 30. Spring 2009 study-abroad correspondents are available to provide information about study-abroad programs in Korea, Spain, and England. For more information, visit the Morgridge Center for Public Service at www.morgridge.wisc.edu. For a list of service-learning courses, visit www.learnservice.wisc.edu. If your student is thinking about participating in study-abroad programs, encourage your student to talk to their academic advisor or the UW–Madison Office of International Programs.

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Winter To-Do List (continued)

Coping with winter can be challenging, both physically and mentally. For college students, coping with depression or anxiety can be difficult. The American Psychological Association (APA) reports that depression can affect about 16 percent of college students, and anxiety can affect about 25 percent. Here are some tips to help students cope:

- Get involved in physical activities. Exercise can help reduce symptoms of depression and anxiety.
- Connect with others. Social support is important for mental health. Consider joining a club, participating in a sport, or attending events with friends.
- Seek help if needed. Many colleges have counseling centers on campus that students can visit for free or at a reduced cost. 

For more information, visit the Morgridge Center for Service Learning.

Financial Aid

In addition to financial aid from the government, many students receive scholarships, grants, and loans to help pay for college. Here are some tips for students and parents:

- Start researching scholarships early. Many scholarships have deadlines that fall during the fall semester, and it's important to apply early to increase your chances of receiving funding.
- Apply for federal aid. Students should apply for federal aid, including the Free Application for Federal Student Aid (FAFSA), as soon as possible after January 1. You can find more information on the FAFSA website.
- Apply for state and institutional aid. Many states have their own financial aid programs, and some colleges offer additional financial assistance.
- Consider community-based organizations. Many nonprofits and community groups offer scholarships to students.

For more information, visit the UW–Madison Office of Student Life or the Office of Student Financial Aid.

Service Learning

Service learning is a concept that has gained popularity in recent years and is now viewed as an essential aspect of the college experience. These students are discussing the benefits of service learning.

- Service learning provides opportunities for students to learn and grow by giving back to their communities.
- Service learning helps students develop important skills, such as communication, teamwork, and leadership.
- Service learning can also improve students' academic performance.

For more information, visit the Morgridge Center for Service Learning.

Study-Aids

- The Textbook Rental Center, located in the Wisconsin Union, offers a large selection of textbooks for courses.
- The library has a wide range of resources, including books, periodicals, and online databases.
- The Student Center for Academic Success offers free tutoring and study skills workshops.

For more information, visit the Student Center for Academic Success.

Dean’s List / Hometown News

Students who achieve a high GPA are recognized on the Dean’s List. This is a great way to show your achievement and can help you stand out to future employers. Here are some tips for students:

- Keep track of your GPA. Regularly review your grades and take note of any areas where you need to improve.
- Stay organized. Keep track of all of your assignments and deadlines to avoid missing any important dates.
- Ask for help when needed. If you are struggling with a particular subject, don’t be afraid to ask your professors or tutors for assistance.

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This month, the Student Center for Academic Success is introducing a new blog called "Head Games," which will feature tips and strategies to help students succeed academically. The first post will focus on studying strategies.

For more information, visit the Morgridge Center for Service Learning or the Office of Student Life.

Scholarship Application (CSA) for incoming and continuing students. The CSA will be a "one-stop shop" for students and will include information on all available scholarships. The remaining scholarships are available to continuing students. The CSA will be a "one-stop shop" for students and will include information on all available scholarships. The remaining scholarships are available to continuing students. The CSA will be a "one-stop shop" for students and will include information on all available scholarships.

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If your student is planning to travel, here are some tips to consider:

- Make sure that any trip won't interfere with your student's course schedule. If the trip is during the spring semester, students will have the opportunity to attend classes and learn while on the road. However, if they plan to leave during the semester, they should make sure that they have all the necessary materials before they leave.

- Consider the impact of travel on your student's academic performance. Depending on the length of the trip and the distance traveled, your student may need to make up missed classes or assignments. To minimize the impact of travel on their academic performance, your student should work with their instructor to develop a plan for making up missed work.

- Keep in mind that many students choose to travel during the summer months to take advantage of the warmer weather and to explore new places. If your student is planning to travel during the summer, they should make sure that they have all the necessary materials before they leave.

- Contact your student's academic advisors to discuss their plans for travel. Your student's academic advisors can provide guidance on how to make the most of their travel experience, including how to balance travel and academic responsibilities.

- Encourage your student to participate in a service-oriented trip. Service-oriented trips allow your student to learn about new cultures and to make a positive impact on the community. Your student can choose a trip that aligns with their interests and goals, and they can learn valuable skills and experience that will benefit them in the future.

- If your student is planning to travel, it's important to be proactive and to plan ahead. By following these tips and working with your student's academic advisors, your student can have a positive and rewarding travel experience.
The First-Year Experience

Spring Break (March 14–22)

Although it seems like the semester just began, Spring Break is just around the corner. Many students are already making plans—and not all are going off to sun-soaked beach destinations. Many will freelance, work, or take a volunteer or service trip. Especially during these warm months, most students are planning an incursion, resting away from campus, according to Saint Mary’s director of prearrival programs. “Spring Break could be a period of renewal,” she says. “It can be an opportunity for students to refocus.”

If you are not home working or relaxed, many students choose to participate in service-oriented trips.

Badger Parent surveyed parents about how their student’s spring break was spent last year. “My daughter spent her first spring break in Georgia building a home for the homeless,” said one parent. “I was very proud of her decision, and it surveyed parents about how their student chooses to participate in service-oriented trips.

Cross-College Advising Service offers a wealth of useful information for students who are undecided or changing majors. Many students begin to consider a major at this point, especially since the start of the semester, new members and students are planning an incursion, resting away from campus, according to Saint Mary’s director of prearrival programs. “Spring Break could be a period of renewal,” she says. “It can be an opportunity for students to refocus.”

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