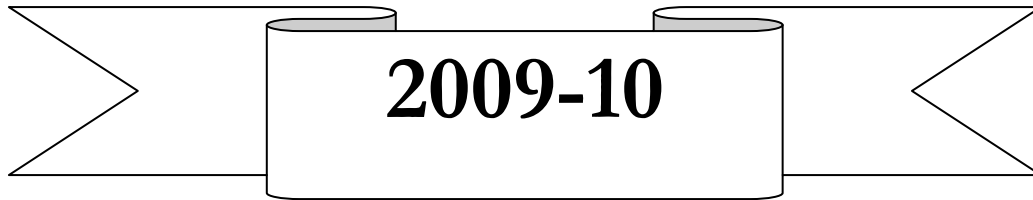


UNIVERSITY OF WISCONSIN
LA CROSSE



RESOURCE GUIDE
FOR NEW STUDENTS AND FAMILIES

Visit the following Web site for more information and resources:

http://www.uwlax.edu/parents_family/

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Campus Directory

Academic Advising Center

(608) 785-6950, Lower Level, Cartwright Center
E-mail: advising@uwlax.edu
www.uwlax.edu/advising

Admissions Office

(608) 785-8939, 115 Graff Main Hall
E-mail: admissions@uwlax.edu
www.uwlax.edu/admissions

Bookstore

(608) 785-8855, Lower Level, Cartwright Center
E-mail: bookstore@uwlax.edu

Campus Operator

(608) 785-8000
University Events
(608) 785-8900

Career Services

(608) 785-8514, Lower Level, Cartwright Center
E-mail: career@uwlax.edu

Cartwright Information Counter/Ticket Office

(608) 785-8877

Cashier's Office

(608) 785-8719, 121 Graff Main Hall
E-mail: cashiers@uwlax.edu

Counseling and Testing Center

(608) 785-8073, 170 Morris Hall
E-mail: ctc@uwlax.edu

Dean of Students

(608) 785-8150, 147 Graff Main Hall
E-mail: deanofstudent@uwlax.edu
www.uwlax.edu/sdas

Dining Services/TowerCard Office

(608) 785-8891, 223 Cartwright Center
E-Mail: sacoperations@uwlax.edu
<http://www.uwlax.edu/TowerOneCard>
<http://www.uwlax.edu/UC/Chartwells.htm>

Chartwells: (608) 785-8608
Whitney Center Menu Hotline: (608) 785-8899

Disability Resource Services

(608) 785-6900 V/TTY, 165 Murphy Library
E-mail: ability@uwlax.edu

Financial Aid Office

(608) 785-8604, 215 Graff Main Hall
FAX: (608) 785-8843
E-mail: finaid@uwlax.edu

Foundation Office

(608) 785-8489, Cleary Center
E-mail: foundation@uwlax.edu

Health Center

(608) 785-8558, Health Science Center
E-mail: shcnetworking@uwlax.edu

Information Technology Services

(608) 785-8774, 103 Wing Technology Center
E-mail: itssupport@uwlax.edu

Multicultural Student Services

(608) 785-8225, 243 Graff Main Hall
E-mail: stewart.barb@uwlax.edu

Office of Student Life

(608) 785-8062, 149 Graff Main Hall
E-mail: miyamoto.mich@uwlax.edu
www.uwlax.edu/StudentLife

Parking

(608) 785-8061, Protective Services Building

Records and Registration

(608) 785-8576, 117 Graff Main Hall
E-mail: records@uwlax.edu

Recreational Sports

(608) 785-5225, 130 Recreational Eagle Center

Residence Life

(608) 785-8075, 103 Whitney Center
E-mail: reslife@uwlax.edu

Student Support Services

(608) 785-8535, 270 Murphy Library
E-mail: coady.mary@uwlax.edu

University Centers

(608) 785-8888, 212 Cartwright
E-mail: univcenters@uwlax.edu

University Police

Non – Emergency (608) 789-9000
Emergency (608) 789-9999

University Reservations

(608) 785-8892
<http://www.uwlax.edu/uc/reservations>

Academic Calendar

Fall 2009 Semester

Welcome Weekend

Saturday, September 5 - Monday, September 7

Residence Halls Open

Saturday, September 5 (9:00 a.m.)

***Pick up bed lofts**

First Meal – Brunch at Whitney Center

Saturday, September 5 (11:00 a.m.-7:00 p.m.)

Labor Day Holiday

Monday, September 7

Classes Begin Tuesday, September 8

Placement Testing: 4:00 p.m. Graff Main Hall

College Student Job Fair

Friday, September 11

First Tuition Payment Due – October 20

Celebrate UW-L: Family, Friends, & Alumni Weekend

Friday, October 23 – Sunday, October 25

Last Day to Withdraw from Classes

Friday, October 30

Winter Intersession Registration Begins

Thurs., November 12 and Friday, November 13

Spring Registration Begins Mon., November 16

Last Day to Withdraw from the University

Friday, November 20

Thanksgiving Recess Begins

Wednesday, November 25 (5:30 p.m.)

Residence Halls Close Wed. Nov. 25 (6:00 p.m.)

Re-open *Sunday, November 29 (10:00 a.m.)*

Last meal *Wednesday, November 25 (through 1:30 p.m.)*

First meal *Sunday, November 29 (4:30 p.m.)*

Classes Resume Monday, November 30

Last Day of Classes Wed., December 16

Final Exams

Thursday, December 17 – Tuesday, December 22

Residence Halls Close

Wednesday, December 23 (10:00 a.m.)

*Tentative dates subject to change

January 2010 Interim Session (J-Term)

Monday, January 4 – Friday, January 22

Those taking Winter Intersession Classes:

Residence Halls Open Sunday, January 3 (Noon)

Spring 2010 Semester

Residence Halls Open

Saturday, January 23 (9:00 a.m.)

First meal *Saturday, January 23 (4:30 p.m.)*

New Student Orientation Sunday, January 24

Classes Begin Monday, January 25

Placement Testing: 4:00 p.m. Graff Main Hall

College Student Job Fair

Wednesday, February 10

First Tuition Payment Due – March 9

Spring Break

Friday, March 12 (5:30 p.m.) – Sunday, March 21

Residence Halls Close Friday, March 12 (6:00 p.m.)

Re-open *Sunday, March 21 (10:00 a.m.)*

First meal *Sunday, March 21 (4:30 p.m.)*

Classes Resume Monday, March 22

Last Day to Withdraw from Classes

Friday, March 26

***Summer Registration Monday, April 5**

***Fall Registration Begins Monday, April 12**

Last Day to Withdraw from the University

Friday, April 16

Last Day of Classes Friday, May 7

Bed lofts are returned

Final Exams

Monday May 10 - Friday, May 14

Residence Halls Close

Saturday, May 15 (6:00 p.m.)

Summer 2010 Session

Residence Halls Open Sunday, May 23

Summer Session I: May 24 - June 18

Summer Session II: June 21 – July 16

Summer Session III: July 19 – August 13

Residence Halls Close Saturday, August 14

Records and Registration

(608) 785-8576

117 Graff Main Hall

www.uwlax.edu/records/

WINGS—Student Services via the Web

Many services are available to students through the student online system called WINGS Student Center. The system requires a student's username and password. Students were sent their username and password when they applied for admission. For their convenience, the username is their student ID number. When a student accesses the system the first time, they should change their password.

Students use WINGS Student Center to register for classes, display their schedules, pay bills and access tax information, add Tower Tender, access grades and GPAs, update their address, check their registration time and the name of their adviser, display their financial aid award, verify their enrollment, request advisement reports, request unofficial or official transcripts, and apply for graduation.

Students appreciate this 24/7 self-service system. In fact, if they want to give you access to their information, they can share their username and password with you.

Registration

The staff in the Records and Registration Office completes the registration process for new freshmen. Schedules will be sent to students in July. Students may change their schedules using the WINGS Student Center registration system through the first five days of classes.

After the first semester, students register themselves using the WINGS Student Center Web registration system. They are required to pay a \$100 deposit prior to registration and are assigned a registration time according to the number of credits they have earned. Spring and Winter Intersession registrations begin in November; summer and fall registrations begin in April each year.

Family members might receive calls from their students during registration periods, expressing frustration over not being able to get into classes. The best thing to do at that point is to reassure the student, encourage flexibility (yes, you can get up for a 7:45 a.m. class), and then remind him/her to talk to an adviser or the instructor and to keep checking for classes that open. Sometimes a course is available, but just not at the time or with an instructor a student desires. Oftentimes another course will meet the same requirement, particularly in General Education classes. Some instructors maintain waiting lists and others will give permission to get into a closed class. Because students register according to the number of credits they have earned, this will get better as they progress through the semesters.

Grades

Final grades are available on WINGS Student Center as soon as instructors submit them. Grade point averages (GPAs) are calculated approximately 10 days after the last final exam day. Grade reports are not mailed.

Dates, Deadlines and Policies

Each semester important **dates and deadlines** are listed on the Web at www.uwlax.edu.

Policies are explained in the university undergraduate catalog. Students should make sure they are familiar with these references.

Confidentiality of Academic Records

UW-L fully complies with the Family Educational Rights and Privacy Act of 1974 as amended (FERPA). FERPA was designed to protect the privacy of education records, to establish the right of students to inspect and review their education records, and to provide guidelines for the correction of inaccurate or misleading data through informal and formal hearings. A copy of the written procedures may be found in the Records and Registration office. UW-L designates the following categories of student information as public or “directory information.” Such information may be disclosed by the institution for any purpose, at its discretion.

Category I: Names, addresses, e-mail addresses, telephone numbers, attendance (full-time/part-time, classification) and school and/or college status.

Category II: Previous institution(s) attended; past and present participation in officially recognized sports and activities; physical factors (height, weight, etc. for athletes); date and place of birth.

Category III: Major field of study, awards, honors, degree(s) conferred, and date(s) awarded.

Currently enrolled students may withhold disclosure of information under FERPA. To withhold disclosure, **written** notification must be received in the Records and Registration Office, 117 Graff Main Hall, prior to the end of the second week of each semester or the end of the first week of a summer session. The University assumes that failure on the part of any student to make a specific request for the withholding of directory information, within the time period mentioned above, indicates individual approval for disclosure.

We attempt to treat students as independent and responsible adults. The University cannot release academic records, including grades and GPA to third parties without **written** permission from the student. Because of this federal law restricting access (even to family members), it is important that students and families maintain good communication about sharing information.

Enrollment Verifications

There may be times when a student will need to provide verification of enrollment. **Oftentimes this is necessary for health and car insurance, scholarships, loans, and employers.** Self-service verification and good student discount is available on WINGS Student Center and we urge students and families to use this service. Release of GPA for good student discounts of car insurance requires the student’s permission. GPA is not part of the online verification service. Students can print their schedules, which does include their GPA, and attach it to the enrollment verification form.

Student Addresses

Addresses are NOT considered confidential and will be published in the student directory and released if requested by a third party. Students who do not want their addresses released must complete a confidentiality request in the Records and Registration Office, 117 Graff Main Hall, within the first two weeks of school. It should be noted that this action will hold all information from being released, and that students risk being omitted from communication from the University. **It is important for students to keep the University informed of any address changes.** Students can update their addresses using WINGS Student Center.

Four-year Graduation Agreement

The University offers entering freshmen the opportunity to participate in an agreement that ensures graduation within four years of a student’s initial enrollment. If the student satisfies all of the conditions of the agreement, but degree completion is delayed because the University did not fulfill its requirements of the agreement, then UW-La Crosse will relieve the student of tuition for the required course(s) remaining after the four-year time period. The agreement must be signed within the first seven weeks of a student’s initial enrollment. Not all academic programs are included as part of this formal agreement. For more information on the four-year graduation agreement, visit: <http://www.uwlax.edu/admissions/html/agreement.htm>

Academic Advising

Academic advising plays an important role in helping students achieve their educational goals. It is a process that encompasses student development along with the delivery of accurate, up-to-date information regarding career options, educational programs, courses of instruction, resources, and policies and procedures, to most effectively aid the student in pursuing their educational goals.

It is important for students to consult their advisers regarding program development, major and career choices and concerns, course sequencing and course selection. Students are encouraged to make a connection with their adviser early in their college career. **Students should schedule a minimum of one meeting with their adviser each semester.**

- ▣ Faculty advisers are assigned to each undergraduate student based on chosen major.
- ▣ Students who have not declared a major are assigned to a faculty adviser in one of the colleges or to an adviser in the Academic Advising Center.

The Academic Advising Center supports the advising partnership between UW-L students, staff, and faculty. We help students with questions and concerns, including:

- Selection of major and minor
- Connecting major/minor fields of study to life and career goals
- Registration questions and related policies/processes
- Explanation of courses, catalog requirements and the General Education program
- Information about graduate school opportunities

Special Note to Parents and Families

The first semester of the freshman year can be a stressful time. Many students have never lived away from home before and are now faced with new responsibilities and expectations. The Academic Advising Center (AAC) is here to help. Please encourage your student to make use of the AAC.

We want students to start making progress toward a degree. At the same time, we want students to feel free to do some investigating of different curriculum options. Students should strive to balance a planned, purposeful educational effort with the exploring that produces a well rounded life long learner.

Please help us in this effort by affirming for your student that there is always some level of uncertainty about the college experience. Many freshmen are unsure about what academic path to take, and what their life's pursuit ought to be. That's okay! The undergraduate experience at UW-La Crosse helps students make good choices. The exploration that occurs along the way is an important developmental step for your student to take.

We hope you will join with the AAC to encourage your student accordingly:

- Make an effort to 'connect' with at least one faculty member. Faculty may appear intimidating – but they really do want to build relationships with their students.
- Visit the Academic Advising Center early in the first semester to learn about the wide range of services and support available.
- Learn about, and make use of, all the campus resources that UW-L provides to make students' academic and social experiences the best they can be.

Deans' Offices

Staff members are available in each college dean's office to interpret and carry out university policy for the college. Students should contact their Dean's Office regarding graduation requirements, change of majors/minors, inter-college transfers, admission to programs, academic action appeals, petitions for exceptions to curriculum requirements and policies, and transfer credit evaluations. Staff members are also available to answer questions and give advice on a variety of other topics related to your student's journey through the curriculum.

Additionally, Deans Office staff members are available for transfer, undecided, pre-professional, and teacher education students.

College of Business Administration

Amelia Dittman

(608) 785-8090
223 Wimberly Hall
dittman.amel@uwlax.edu
<http://www.uwlax.edu/ba/>

Accountancy
Economics
Finance
Finance-Risk, Insurance and Financial Planning
Information Systems
International Business
Management
Marketing
Undecided in College of Business Administration

College of Liberal Studies

Troy Richter or Timothy Walls

(608) 785-5454
260 Morris Hall
richter.troy@uwlax.edu
walls.timo@uwlax.edu
<http://www.uwlax.edu/LS/>

Archaeological Studies
Economics
English (Literature and Rhetoric & Writing Emphases)
French (Business Concentration)
German Studies (Business Concentration)
History (Regional Emphasis)
Philosophy
Political Science
Pre-Law
Psychology
Public Administration
Sociology
Spanish (Business Concentration)
Undecided in College of Liberal Studies

School of Arts and Communication

Timothy Walls

(608) 785-5454
260 Morris Hall
walls.timo@uwlax.edu
<http://www.uwlax.edu/LS/>

Art

Communication Studies (Advocacy and Cultural Criticism, Broadcast and Digital Communication, Interpersonal Communication, or Organizational and Professional Communication)

Music (Choral, General, History, Instrumental, Jazz Performance, Music Theatre, Performance, Piano Pedagogy, Theory)

Theatre Arts (Design/Technical, General Studies, Management, Music Theatre, Performance)

Undecided in School of Arts & Communication

School of Education

Sandy Keller

(608) 785-5454
260 Morris Hall
keller.sand@uwlax.edu
<http://www.uwlax.edu/soe/>

Troy Richter

(608) 785-5454
260 Morris Hall
richter.troy@uwlax.edu
<http://www.uwlax.edu/soe/>

Early Childhood through Middle Childhood or Middle Childhood through Early Adolescence certification (Elementary & Elementary/Middle Level Education)

Early Adolescence through Adolescence or Early Childhood through Adolescence certification (Middle Level/Secondary Education)

Undecided in School of Education

College of Science and Health

Carla Burkhardt or Guy Herling

(608) 785-8156
124 Mitchell Hall
burkhard.carl@uwlax.edu
herling.guy@uwlax.edu
<http://www.uwlax.edu/sah/>

Athletic Training

Biochemistry

Biology (Aquatic Science, Biomedical Science, Cellular and Molecular, Environmental Science)

Chemistry (Business Concentration, Environmental Science)

Clinical Laboratory Science

Community Health Education

Computer Science

Exercise & Sport Science (Fitness, Physical Education Teaching, Sport Management)

Geography (Applied Geography, Environmental Science)

Mathematics (Statistics Emphasis)

Microbiology (Biomedical Concentration, Environmental Science)

Nuclear Medicine Technology

Physics (Astronomy, Biomedical Concentration, Business Concentration, Computational, Optics)

Radiation Therapy

Recreation Management

School Health Education

Therapeutic Recreation

Undecided in College of Science and Health

College of Science and Health
Pre-professional Programs

Carla Burkhardt or Scott Stine

(608) 785-8156
124 Mitchell Hall
burkhard.carl@uwlax.edu; stine.scot@uwlax.edu
<http://www.uwlax.edu/sah/>

Chiropractic (Dual degree available)
Dentistry
Engineering (Dual degree available)
Forestry (Conservation, Natural Resources,
Wildlife Management)
*Medicine
Nursing
Occupational Therapy (Dual degree available)
Optometry
Osteopathic Medicine
*Pharmacy
Physical Therapy (Dual degree available)
*Physician Assistant Studies
Podiatry
Veterinary Medicine
*Contact Scott Stine

Tutoring Services

Students who are seeking extra assistance in a specific academic area may contact the academic department to find out about tutoring services. Some departments have student tutors who work in a lab setting. Students can stop by for assistance during designated lab hours. Other departments require that students contact the faculty members for assistance. Many UW-L students get assistance with Math, Science and English courses by working with tutors in the Mathematics and Science Learning Center (256 Murphy Library) and the Writing Center (304 Wimberly Hall).

Cashier's Office

(608) 785-8719

121 Graff Main Hall

Website: www.uwlax.edu/Cashiers

E-mail: cashiers@uwlax.edu

2009-2010 Estimated Yearly Costs				
	Tuition*	Room	Meals	Total
Wisconsin	\$7,550	\$3,240	\$2,390	\$13,180
Minnesota	\$7,550	\$3,240	\$2,390	\$13,180
MSEP**	\$10,275	\$3,240	\$2,390	\$15,905
Non-Resident	\$15,123	\$3,240	\$2,390	\$20,753

In addition to the education costs, students can expect to spend from \$700 to \$1000 each semester on personal costs such as transportation, clothing, entertainment, etc.

* UW-La Crosse has a textbook rental program, and the cost of textbook rental is included in the tuition prices listed above.

** The Midwest Student Exchange Program (MSEP) includes students who are residents of Indiana, Kansas, Michigan, Missouri, Nebraska, or North Dakota.

Minnesota residents must file for reciprocity under the Minnesota/Wisconsin Reciprocity Agreement. Those who don't apply, or who apply late and/or are not approved, will pay non-resident rates. Applications are available online at: <http://www.getreadyforcollege.org/hesod/reciprocity/apply1.cfm>.

Student ID – Tower OneCard

All students enrolled for credits are issued a student ID card. This card will come in the mail to the student over the summer in a UW-La Crosse envelope. Family members and students: Please write the student ID number on any checks or correspondence you send to our office. For more information on the Tower OneCard visit www.UWLTowerOne.com or see the information presented in this booklet regarding the **ID Card System**.

Terms and Conditions of Financial Responsibility

All students need to electronically sign the Terms and Conditions of Financial Responsibility. They have a checklist (to-do) item in their WINGS Student Center for signing this agreement. By signing the agreement, students agree to pay, in full, the amount of any fees, tuition, housing and meal plan costs, and other miscellaneous charges incurred in connection with attendance at UW-L, on the dates indicated by UW-L for each semester. This agreement allows students to make payment in monthly installments by requires payment in full prior to registration for future terms. **A 1% finance charge will be assessed on any amounts not paid by the Due Date indicated on each student bill.** Due dates are approximately 30 days after charges are billed. Students will be required to electronically sign this agreement at the time of registration each term.

Payment

The registration deposit, tuition, and fees can be paid by credit card or electronic check (ACH).

Payment can be made through WINGS Student Center by clicking "Make Deposit/Payment" (**be sure popup blocker is turned off**) or the cashier's website: www.uwlax.edu/cashiers - Parents & Guest Access to Ma a Payment or Deposit.

There is a 2.75% convenience fee on all credit/debit card transactions. The University currently accepts MasterCard, Discover, American Express and Diners Club. The University **does not accept VISA** due to their convenience fee structure.

Credit/Debit card and e-check payments are accepted online only; they are not taken over the telephone or at the Cashier's Office.

Payment can also be made by paper check. Please make checks payable to UW-La Crosse. Mailing address: UW-L Cashier's Office, 121 Graff Main Hall, 1725 State St., La Crosse, WI 54601. Students will be assessed a \$20 handling charge for checks returned for insufficient funds. **Please indicate the student ID# on your check and the term it is for.**

\$100 Advance Registration Deposit

A \$100 non-refundable Advance Registration Deposit must be paid EACH semester before the student will be allowed to register. This deposit applies toward the semester tuition for which the student is registering. **As an incoming freshman, the deposit was paid as the freshman enrollment deposit.** Registration for a future semester is allowed only after the student has paid the current semester's tuition, as well as the \$100 Advance Registration Deposit.

Semester Billing Schedule for Fall 2009 & Spring 2010

	Fall 2009	Spring 2010	Terms
First Bill e-mailed	September 18	February 5	Electronic reminder to view bill sent to student's campus e-mail address.
First Payment Due	October 20	March 9	Pay full amount due to avoid all service charges.
Final Payment Due	Registration begins 11/16/09	Tentative date for registration 4/12/09	Bill must be paid in full prior to registration for future semesters.

- Billing reminders are e-mailed to the students at their official university e-mail address approximately 30 days in advance of the payment due date. Students may view their billing detail on the Web through WINGS. Students can also print or e-mail their bill from WINGS. Charges can be incurred throughout the semester, and students are billed monthly.

- No paper bill is mailed home to parents due to federal privacy laws (FERPA). Students can grant parents and other family member's access to their bill through WINGS Student Center, by clicking on Grant Access to View/Pay Bill.

- Bill due dates are posted on the Web at: www.uwlax.edu/cashiers. The bill must be paid in full before a student can register for future terms.

Financial Aid Distribution

Fall 2009 – Distribution begins September 8.
Spring 2010 – Distribution begins January 25.

All financial aid must first be used to pay any amount due to the University. Students paying with financial aid (loans, grants, scholarships, or other awards) must also pay according to the billing schedule and are responsible for service charges that may be assessed.

Grants and Perkins loans will be electronically credited to the student's university account.

Student Loans are received through electronic funds transfer (EFT) or as a paper check.

Student Loans received through EFT: Funds are applied directly to the student's university account.

Student Loans received as a paper check (A few banks do not process funds electronically)

- ▣ Student MUST come to the Cashier's Office to endorse the loan check before the funds can be credited to the student's account.
- ▣ Some Parent PLUS Loans are not applied electronically. Checks are mailed to you, the parents. You will need to deposit these directly into your bank account and write a check back to UW-L for payment of tuition.

Change checks: If the financial aid funds applied to the student's bill are more than the balance due; the excess is paid back to the student in the form of a "change check."

Students must choose a preference for receipt of these funds when they activate their Tower OneCard at: www.UWLTowerOne.com.

For receipt of change checks, students can choose one of three options:

1. Activate the Tower OneAccount, an FDIC insured bank account. Funds will be directly deposited to the Tower OneAccount. (Receipt of funds in 1 day or less)
2. Have funds directly deposited to any bank account designated. (Receipt of funds in 3 or more business days)
3. Have a paper check mailed to the address selected. (Receipt of funds in 5 or more business days)

Withdrawal Fees and Refunds

1. Any new student choosing not to attend prior to the first day of classes must indicate this in writing to the Admissions Office. If the written process is not completed, the student will be placed on class rosters, and will be responsible for payment of tuition/fees. The \$100 enrollment deposit is non-refundable if the student chooses not to attend.
2. Any student choosing to withdraw after classes have begun must complete the formal withdrawal process through the Office of Student Life, 149 Graff Main Hall. Please note there are penalties for leaving school before the end of the semester.

Fall Tuition and Fee Refunds

If a student withdraws on or before October 2, 2009, he/she will be required to pay a percentage of the tuition/fees. If a student withdraws on or after October 2, 2009, he/she will be required to pay the full semester's tuition/fees. The amount of refund is determined by the date of the Withdrawal Notice. If the student receives financial aid, refund requirements of the Higher Education Amendments may affect the student's refund or balance due to the University. Please note that the withdrawal dates for tuition/fees are different than the withdrawal dates used by Records and Registration for dropping/adding classes.

Withdrawal date

09/08/09 – 09/18/09 **100% refund,**
Less \$100 forfeiture fee

09/19/09 – 10/02/09 **50% refund**

10/03/09 or later **No refund**

Room and Meals Refund

Students who voluntarily withdraw from the University shall be refunded room and board paid in advance on a weekly-prorated basis. In all cases, the refund begins on the Monday of the week following withdrawal. **The \$75 residence hall advance payment is non-refundable.**

Need to change your address, view your class schedule, or report tax information?

WINGS allows students to access individual student information regarding tuition/fees, local/legal addresses, class schedule, and tax reporting information. The student's ID number and **password** are required to access this information.

Year-End Tax Information (1098 T-form)-all students will receive a 1098-T tax form. This form is available online to students through a secure website. If it is not accessed online, a paper copy is mailed to the student's legal address by January 31. The 1098-T form shows the total tuition billed and scholarships/grants received for the calendar year for tax purposes.

Financial Aid

Phone: (608) 785-8604 215 Graff Main Hall Fax: (608) 785-8843
www.uwlax.edu/finaid finaid@uwlax.edu

Federal Stafford Loan (FSL) Borrowers:

First-time borrowers in the Federal Stafford Loan (FSL) program need to complete Entrance Loan Counseling (ELC). To satisfy this requirement, go to www.uwlax.edu/finaid and choose ELC under Quick Links.

Federal Stafford Loan borrowers also need to complete and sign a Master Promissory Note (MPN) for the FSL. This can be accomplished by going to the MPN link under Quick Links at www.uwlax.edu/finaid. If the student has a U.S. Department of Education PIN number (available at www.pin.ed.gov) he/she can sign the MPN electronically. Otherwise, the student can print out a paper MPN to sign. Students who do not access the MPN online will be mailed a paper MPN.

Federal Work Study

Students who have been awarded and have accepted a Federal Work-Study Award will be notified about their work-study position/assignment in mid-August. Awards are based on approximately ten hours of work per week.

Late Financial Aid Applicants

Students may still apply for financial aid for the 2008-09 academic year. The family **must** complete the Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov. Students and parents should first obtain a U.S. Dept. of Education PIN number at www.pin.ed.gov.

Parent Loans

Parents who wish to apply for a Federal Parent PLUS Loan must complete the FAFSA (see above). In addition, the parent **must** go to www.uwlax.edu/finaid/plusprocess0910.html and complete preapproval and a PLUS Master Promissory Note. You do not need to be eligible for need-based federal student aid to qualify.

Alternative Loans

These are private, non-governmental loans for higher education offered by various banks. You do not need to be eligible for need-based federal student aid to qualify. For more information about these types of loans, go to www.uwlax.edu/finaid/alternativeloans.html.

Job Location Service

All students are welcome to search for on-campus and off-campus part-time jobs listed on the Financial Aid web site at www.uwlax.edu/finaid. Choose **Student Employment** on the navigation bar and then **Job Board**.

Job Fairs

Job Fairs are held twice a year to help students find part time employment. The fall Job Fair focuses on helping students find part-time employment during the school year. The spring Job Fair focuses on summer employment.

Scholarships

For information about private scholarships through organizations and corporations go to the links provided on our Web site at www.uwlax.edu/finaid/scholarships.html and/or www.fastweb.com. For more information about UW-L scholarships, go to www.foundation.uwlax.edu/sch.html.

UW-La Crosse Foundation, Inc.

Cleary Alumni & Friends Center

(608) 785-8489

www.foundation.uwlax.edu/

Scholarships & Awards

Many scholarships have been established over the years by alumni and special friends of the University. Families and friends often make generous memorial gifts in the form of endowed scholarships to honor loved ones. These perpetual scholarship funds will provide scholarship monies to students indefinitely.

Eligibility

- ▣ Scholarship committees select recipients on the basis of the application, faculty recommendations, grade point average, and other materials deemed appropriate by departmental committees.
- ▣ Scholarships are presented to students whose qualifications best fit the stipulations of the donor. Scholarship amounts vary annually according to the principle or investment earnings available from each fund. Financial need is considered where indicated.
- ▣ All scholarships are contingent upon full-time enrollment at the University of Wisconsin-La Crosse for the year of the award, except where otherwise indicated. With few exceptions, scholarships and awards are paid for the academic year following the presentation ceremony.

Application

- ▣ **Continuing student** scholarships and applications can be found on the UW-L Foundation Web site at: <http://www.foundation.uwlax.edu/sch.html>. The application form will cover all scholarships unless specified. Scholarship applications for continuing students are due **March 1**.

Residence Hall Program

(608) 785-8075

103 Whitney Center

www.uwlax.edu/reslife

The residence hall program at UW-L offers 2,681 students the opportunity to live, learn and grow together. Besides providing clean and affordable housing, the residence halls provide opportunities to enhance learning outside the classroom. The residence hall program is coordinated through the Office of Residence Life. The office hours are 7:45 a.m. to 4:30 p.m., Monday through Friday. Stop by while you are on campus if you have any specific questions.

Mission Statement: The University of Wisconsin-La Crosse Residence Life Program is an integral component of the University's educational mission. We provide reasonably priced and well-maintained living/learning environments which are designed to foster learning, community, personal growth, responsibility, respect, leadership and citizenship.

The **Office of Residence Life** staff includes the Director and five Assistant Directors while each hall has a Hall Director and Resident Assistants (RAs). The entire staff is readily available to assist students with their personal and educational development.

A **Hall Director**, a full-time professional with a Master's Degree in Student Affairs Administration or Counseling and Guidance, coordinates each residence hall. He/she is very interested in helping students gain the maximum benefits from their college experience. In Angell, Coate, and Hutchison Halls there is an Assistant Hall Director who is a current graduate student in Student Affairs Administration in Higher Education.

A **Resident Assistant** is available to help students in each living unit. The RA is also a full-time student and works with the residents to develop a sense of community among students in the hall. The RA is there to help with personal and academic concerns, a resource person about the campus as well as a group facilitator. Encourage your student to seek out the RA should he or she have questions or concerns at any time.

Every residence hall has a **Hall Council**, which provides students with an opportunity to have a voice in how their hall is run. The Hall Council is in charge of many hall projects, social activities, energy conservation awareness, recycling, alcohol education, wellness awareness, and community service events. The Hall Council also helps promote special campus events such as Orientation, Homecoming, Kraze Daze, Holiday Formal and Siblings Weekend. Committees of Hall Council are an easy and excellent way for freshmen to get involved in their residence hall "community." This hall involvement begins with student orientation activities during the first week of school. Encourage your student to get involved!

ResNet is available in all halls. There is no additional charge for this service. Students bringing their own computers need to have an Ethernet card installed for network access. Datacards are available for purchase for \$5 from the front desk of the hall. Students register for ResNet the first time they connect from their room jack.

Student rooms are furnished with:

- Beds
- Bookshelves
- Cable TV hookup
- Internet hookups
- Desk chairs
- Desks
- Dressers
- Mirrors
- Recycling containers
- Refrigerator
- Smoke detector

All 9 Residence Halls are smoke-free and equipped with:

- Computer labs
- Floor lounges
- Kitchen
- Laundry rooms
- Saunas
- Study areas
- Vending machines

Roommate assignments are made in July

After receiving their room and roommate assignments in mid July, students should contact their new roommate. Since most rooms are 15' x 11.5', it is important that roommates determine who will bring what. Such things as a TV, CD player, microwave, radio, iron, and carpet are just a few items that need not be duplicated.

When the student receives their room and roommate assignment, they will also receive move-in instructions, a move-in map to their hall, and information on our residence hall governance rental/purchase programs on lofts, carpet, student room insurance, and linens. Information is available on these programs during the residence hall tour.

Safety

Building access is gained via the use of the student's ID card. The main entrance of the residence halls is unlocked between the hours of 9 a.m.-10 p.m. seven days a week; at other times only hall residents and university staff have access with their ID cards. Side and back doors are locked 24 hours a day but are accessible via the ID card from 7 a.m.-10 p.m. Monday-Friday and 9 a.m.-10 p.m. Saturday and Sunday.

Students are encouraged to carry their room key with them at all times and to keep their room door locked.

Safety phones are located at the main entrance of every residence hall and throughout campus.

Fire safety procedures are explained at the beginning of the year. Evacuation instructions are located on every student room door and fire tests are conducted every month with drills planned every semester. Smoke detectors are mounted in every room and fire extinguishers are located on every floor, wing, or cube.

For students' safety, the following items are prohibited in the residence halls:

- Hot plates, open coil appliances, toasters, and George Foreman type grills
- Open flames (candles, incense, potpourri pots, etc.)
- Halogen lamps

Packing Ideas

Alarm clock
Answering machine
Bucket for shower items
Comforter/blanket/sheets
Extension cords
(UL approved)
Fan
First aid kit
Hangers
Laundry basket
Laundry detergent/fabric softener
Mattress pad
Medications
Medicine kit (aspirin, cough syrup, thermometer)
Pillow(s), pillowcases
Posters
Sewing kit
Silverware/dishes/cup/mug
Toiletries

Bedding

Mattress size is 33" x 79".
Extra-long, fitted sheets are available at most stores.

Information Technology Services

103 Wing Technology Center
(608) 785-8774 itssupport@uwlax.edu
www.uwlax.edu/its
www.uwlax.edu/itssupport

Information Technology Services provides computing, network, and educational technology services. A variety of services for students are available including computer labs, a help desk, training, e-mail, file storage, and Web services.

GCA (General Computing Access) Labs and Resources

General computing access labs are available in several locations on campus and are open at least 80 hours per week. Labs can be found in Murphy Library, Wimberly Hall, and Wing Technology Center. Computers in the labs run Windows XP and Macintosh operating systems. A wide variety of application software including Microsoft Office is also available. Equipment available in the labs includes CD-Rom burners, scanners and laser printers. You can learn more about our labs at: <http://www.uwlax.edu/gca>.

ITS Support Center

Free computer help is available to students through the ITS Support Center on campus. This help includes assistance with campus e-mail, file storage, Microsoft Office products, other campus-supported software, hardware recommendations and more. The Support Center serves as a first line of contact for technology questions. Call us at (608) 785-8774, or stop by 103 Wing Technology Center. More information and hours are available online at: <http://www.uwlax.edu/itssupport>.

Internet Connections in the Residence Halls

Service needs and questions relating to Internet connections in the residence halls should be directed to the Office of Residence Life-ResNet at (608) 789-2300. More information about ResNet connections can be found online at: <http://reslife.uwlax.edu/ReslifeIS>

Free Computer Training

All UW-L students are eligible for free computer training. Training is available on Microsoft Office applications, HTML, electronic portfolios, scanning, and other common technology. A schedule of sessions is published each semester and individual sessions can be scheduled. More information is available at: <http://www.uwlax.edu/student>.

Campus E-Mail and Online File Storage

E-mail accounts are created automatically for all students, and e-mail can be accessed through a Web interface from any location. All students receive 40mb of e-mail storage. Many forms of official campus communication are sent through campus e-mail addresses, so it is **critical** that all students use their university e-mail accounts. Assistance with e-mail is available from the ITS Support Center. Student e-mail addresses are created following registration and will be located on the WINGS Student Center by early July.

Online File Storage is also provided on a central file server that allows students to store documents and other files in a central location. Online files are also available to students from home or from any campus computer lab. The University provides 200MB of storage for each student. Assistance is available through the ITS Support Center.

Other Information

Information Technology Services provides a variety of other services including classroom technology support and campus Web site (www.uwlax.edu). The campus Web site provides information on campus events, directories of people and services, and other information. UW-L follows Principles of Responsible Use to which all users are bound. These policies are printed in the student and staff handbooks which are available electronically on the campus Web site.

Frequently Asked Questions about Information Technology

What kind of computer should we buy?

Information Technology Services maintains a list of recommended hardware specifications on our Web site at: <http://www.uwlax.edu/itssupport/services/rechardware.htm>. Or, feel free to call us at (608) 785-8774. The brand and place to buy a computer is left up to each individual. Our Web site lists several vendors that provide discounted prices for students. Please read our recommendations if you are buying a new computer to ensure compatibility with campus networks. If you have questions about a computer you currently own, please feel free to call the ITS Support Center.

To use the Internet in the residence halls, you will need a network card or USB network adaptor. You can purchase these online or at most computer retail outlets. If you buy a laptop or tablet PC, be sure to include a wireless network card as well.

Should we buy a mobile or desktop computer?

Many freshmen now bring their own computer with them. One question we hear is “Should it be a laptop or desktop?” The choice is up to you. When purchasing a mobile computer (laptop or Tablet) be sure to include a wireless network card (plus the regular 10/100 network card) since more wireless zones and network access jacks are being added on campus. Visit <http://www.uwlax.edu/itssupport/services/rechardware.htm> for more information. Whatever choice you make, keep security in mind. Be sure your homeowner’s insurance or renter’s insurance covers any computer your student may bring with them.

What operating system and software should we buy?

Please be sure that any computer you plan to use on campus has **either Mac OS 10.4 or greater, Windows XP or Vista** operating systems. Software savings on Microsoft and Adobe products are available for students through the WISC software plan (<http://wiscsoftware.wisc.edu/wisc/>). Virus protection software is provided free to students and they can download and install the software once registered for classes. For more information visit our online help for **Symantec AntiVirus** at <http://www.uwlax.edu/itssupport/onlinehelp/viruses.htm>.

What if my son or daughter doesn’t bring their own computer?

Information Technology Services maintains 3 labs around campus with over 80 hours of availability per week. These labs include both Windows and Macintosh operating systems and all of the common campus software. Printers, scanners, and CD-Rom burners are also available. In addition, each residence hall has a computer lab; there is a computer lab in the student union (Cartwright Center), and many academic departments maintain computer labs for students in their programs with specialized departmental software. There is plenty of access to technology at UW-L!

Campus Safety

University Police
Non – Emergency (608) 789-9000
Emergency (608) 789-9999
www.uwlax.edu/police
www.uwlax.edu/StudentLife

Safety on our campus is most certainly on your list of concerns as your student sets out for UW-

La Crosse. We work hard to make UW-L a safe place to live and learn. This brief outline of what we do and what you and your student can do to maintain safety is presented as information and a conversation starter.

We employ a full-time Chief of Police whose responsibilities include safety and security. University police officers patrol the campus 24 hours a day, seven days a week. We have ongoing fire safety, hazardous materials, and sexual harassment and assault prevention programs. University Police operates out of the Police Services Building, 525 East Avenue North. Officers are fully certified law enforcement officers and are tasked with protection and security of the students and buildings, investigating criminal matters, enforcement of criminal and traffic laws and university codes, and assisting students, staff, and visitors in many ways.

We pay attention to adequate lighting and secure walkways to prevent assaults on campus. Landscaping is planned and carried out with safety in mind. Campus police officers watch for lights that need replacing and areas that need additional lighting. Student Association representatives and our Director of Facilities walk the campus periodically to make sure the lighting and landscaping are adequate for safety.

Statistics on assaults that happen on campus and in the community are collected and reported annually.

Information on sexual harassment, rape, date rape, and corresponding university policies are available at www.uwlax.edu/StudentLife/sectpt.html.

If you do not have access to the Internet and would like a hard copy of this report, please contact the Office of Student Life, 149 Graff Main Hall, (608) 785-8062, and one will be sent to you.

What can students do?

1. Know what to do in emergencies.
2. Be aware of the environment around them.
3. Lock their doors to prevent assaults and thefts. Students should never prop their hall doors open or leave a room door unlocked for a roommate.
4. Walk in groups, and report suspicious activities to Police Services.
5. Avoid alcohol abuse, since that is involved in a large percentage of crimes.

What can families do?

Most freshmen are legal adults who would not appreciate a safety lecture. However, families can reinforce the things that students can do and let your students know you're always concerned about them.

Parking & Transportation

(608) 785-8061

Protective Services

www.uwlax.edu/parking/

Living on Campus

All students living on campus should check the parking Web site regarding residence hall parking permits (beginning in July). Only a limited number of permits will be available, and freshmen have lowest priority. Permit sales are Web-based. Parking availability and price information is available on the parking web site.

Living off Campus

Parking permits for new freshmen living off campus will be sold online on a first-come, first-served basis. Complete information will be available at the check-out station in Cartwright Center during freshman registration. Students should also check the parking Web site for updated parking application information.

Parking in any of the university lots requires displaying a valid university parking permit, or paying for the use of a parking meter.

Travel on Campus seems to be most often negotiated by bicycle or the popular standby, feet. Bikes can be locked to the racks around the halls or may be taken into the resident's room. Some students have their own cars, but those who don't may want to check the Ride Boards in Cartwright Center, Whitney Center, and the residence halls. Students who have a car and would like riders to share expenses will post their destination on the Ride Board.

Jefferson Bus Lines provide service all over the United States. The bus depot is located at 601 St. Andrew Street. For more information, call (608) 784-5510.

Amtrak offers service to Milwaukee and to Chicago where other train connections are available for trips to the eastern United States. It also offers service to cities between La Crosse and the West Coast (including Minneapolis). The depot is located at 601 St. Andrew Street. The phone number is (608) 782-6462 or (800) 872-7245.

Northwest and American Eagle are passenger airlines, which serve the La Crosse area. The airport is located off Interstate 90 on French Island (608) 791-0709.

The adventurous student can even try cross-country skis, canoes, or a riverboat to see a bit of the countryside.

City Bus Service

The La Crosse Municipal Transit Utility (MTU) offers two bus services for UW-L students. First, the **Unlimited Passage (U-PASS)** provides bus service on any current MTU route in La Crosse or Onalaska at NO FARE when students show their UW-L student ID. Second, the **U-PASS/Safety Bus** also has NO FARE and runs Thursday, Friday, and Saturday nights from 9 p.m. to 3 a.m. (10 p.m. – 3 a.m. on Thursday evenings). The Safety Bus will run from on and off campus housing areas and downtown La Crosse every fifteen minutes during these three nights and no identification is required. Students will have a safe ride home with their friends!

Student Health Center

(608) 785-8558

1300 Badger Street

www.uwlax.edu/StudentHealth

The Student Health Center provides state-of-the-art primary care to students registered at UW-L and Western Technical College. The goal of the Health Center is dedicated to delivering medical care that meets the needs of a diverse student body and to support the academic mission of both our students and Universities.

The Health Center staff consists of a Director, Board Certified Family Physicians, Certified Family Nurse Practitioners, Registered Nurses, Physical Therapists, Physical Therapy Assistants, Medical Assistants, Medical Lab Technologists, Health Information Managers, and office staff who are experienced in working with the health care needs of college students.

Who Can Use the Student Health Center?

All UW-L students are eligible to use the Student Health Center. The fee is automatically included in the tuition statement for students who are registered for 7 or more credits during the fall and spring semesters or 6 or more credits during the summer session. Students who are not enrolled for the minimum credits may also use the Health Center after they pay the student health fee. Students are required to show their UW-L student ID card every time they visit the Health Center.

Please complete and return the Health Information Form as soon as possible but no later than two weeks prior to the start of classes.

Consultation & Referral

With a student's permission, consultations and referrals may be made with several on or off campus offices, e.g. Dean of Students, Counseling and Testing Center, Disability Resource Services, Athletics, International Education, Residence Life, County Health Department, local hospitals/clinics. All information in a student's health record is entirely confidential and is not released to anyone (including relatives) without the student's written consent. Students may schedule an appointment with the Health Information Manager to review their medical records.

What about Insurance Coverage?

Students are **not** required to have insurance to receive care at the Health Center. **As described above, payment of student tuition/fees covers this cost.** However, students are strongly encouraged to obtain supplemental hospital-accident insurance to cover such expenses as hospitalization, emergency services, specialist care, pharmacy, and ambulance transport. The student health fee does **not** cover these costs. If coverage is available through a family plan, students are urged to have the name of the insurance carrier and policy/subscriber numbers available on campus. For those students not covered under family policies, a supplemental insurance plan is available through the University. Informational brochures and applications will be mailed to students at their home address in early August. Extra brochures and applications are available at the Health Center and on our website: http://www.uwlax.edu/StudentHealth/Costs/UWL_Insurance.htm.

Emergency Services

Emergency services are available at two local medical centers—Franciscan Skemp/Mayo, and Gundersen Lutheran. Since emergency services are not included in the health center fee, students are advised to be familiar with their family insurance plan coverage.

Services Provided by the Health Center

Primary Care

The Health Center provides a full array of primary care clinic services. These services include physical exams, asthma care, acute illness, dietary counseling, and mental health. The center is open between the hours of 8:00 a.m. – 4:00 p.m., Monday, Wednesday, Thursday, and Friday and 9:00 a.m. – 4:00 p.m. Tuesdays. A limited number of appointments are available on Wednesday evenings. Students may call 785-8558 to schedule an appointment. Please note that a \$10 charge is assessed for not keeping an appointment.

Urgent Care

Students can call 785-8558 and make same-day appointments for acute illnesses. The Health Center has same-day appointments available each day the clinic is open. An urgent care clinic is available during office hours for assessments of urgent medical needs and injuries. After hours urgent care is available at one of the local hospitals or clinics (Gundersen Lutheran, Franciscan Skemp/Mayo). Costs for after hour care services are not included in the UW-L student health fee and are the responsibility of the student.

Physical Therapy Services

The Health Center Physical Therapy Department provides a wide range of evaluation and non-operative treatment services for different musculoskeletal conditions including sport-related injuries and back and neck pain. The PT Departments also provides comprehensive rehabilitation for students who have undergone orthopedic surgeries. The state-of-the-art PT facility features isokinetic and inertial equipment, as well as a Swim-Ex therapeutic pool. A one-time per semester rehabilitation fee (currently \$10) is charged for in-house treatments and/or exercise programs (http://uwlax.edu/StudentHealth/physical_therapy/Costs.htm).

Back and Neck Care

The Health Center staff has considerable experience managing back and neck pain, which affects many college students. Our comprehensive spinal care services include Osteopathic and physical therapy manipulation, spinal traction, therapeutic exercise, and aquatic therapy. We also offer (for purchase) a range of supports, braces, and cushions for various neck and back problems.

Minor Injury Care

The Student Health Center provides care for sprains, strains, lacerations requiring stitches, burns, and fractures. The Health Center has x-ray services available for a nominal fee (~\$25.00) which includes reading by a radiologist. Students needing injury care after Health Center hours or on weekends should go to one of the hospital emergency rooms or Urgent Care walk-in clinics.

Minor Surgical Procedures

Procedures requiring only local anesthesia can be performed at the Student Health Center, e.g., treatment of ingrown toe nails, wart removal, incision and draining of abscesses, and mole removal.

Gynecological & Reproductive Services

The Student Health Center provides reproductive services including annual exams, PAP testing, contraceptive services, genitourinary care, STD testing, and colposcopy.

Laboratory Services

The Student Health Center Laboratory provides a wide variety of services, both in-house and through contracted laboratories. The Health Center Laboratory also offers routine blood counts, Strep, Mono testing, and urinalysis. A laboratory utilization fee of \$4.00 is charged for each visit to the laboratory regardless of how many tests are done. Some laboratory tests have a nominal fee and students will be informed of this charge prior to the testing. Laboratory testing from outside physicians can also be done here at the Student Health Center along with a \$10.00 administrative charge for supplies, faxing, or mailings.

Allergy Injections

Allergy injections can be arranged at the Student Health Center for a fee of \$5.00 per visit, regardless of the number of allergy injections received on that date. The student's personal physician or allergist supplies the allergens and written orders. Students are required to make an appointment with a Student Health Center physician/medical provider before starting allergy injections. All orders must be updated yearly. Please note that a \$10.00 charge is assessed for not keeping an appointment.

HIV Testing and Counseling

Confidential HIV testing is provided at the Student Health Center. Counseling referrals are available to help students make healthy lifestyle decisions.

Immunizations

The clinic offers a variety of immunizations to help students meet departmental and college requirements and to prepare themselves for international travel. **The Student Health Center recommends the meningococcal vaccine and a yearly flu shot.**

Patient Education

Patient education occurs during every patient contact and is viewed by the Student Health Center staff as one of our prime responsibilities. Each visit is an opportunity for educating college students about their health, their medical care, their health choices, and the appropriate use of medical facilities and resources.

Peer Education

This is an outreach program where student peer educators present programs on topics such as alcohol and drug abuse, sexual assault, AIDS/STDs, campus violence, sexuality choices, and other critical issues that affect college students.

NO SHOW FEE

Please note that students who do not keep their appointment will be charged a \$10.00 No Show Fee this fee will be added to their student bill. Students, who arrive late, don't show up for their appointments or cancel their appointments at the last minute prevent other students from being seen. Students must cancel their appointment at least 24 hours prior to the scheduled time. Please call (608) 785-8558 and select Option 1 (day or night) to cancel your appointment. Services offered by the Student Health Center are a valuable resource to all students.

Counseling and Testing Center

(608) 785-8073

170 Morris Hall, 1615 State St.

www.uwlax.edu/counseling

The staff at the Counseling and Testing Center is very interested in the well-being of your student, and know that most UW-L students experience challenges and difficulties, which sometimes cannot be handled alone. Oftentimes academic success becomes limited by personal problems ranging from career indecision, anxiety, depression, homesickness, interpersonal conflicts, and other concerns expressed by today's college student.

Should you suspect that your student is having difficulties that might be resolved by talking with a counselor, encourage your student to contact the Counseling Center. A large number of the UW-L student community makes use of our services every year, and those who do so report very positive results. Students are occasionally referred off campus to appropriate community resources.

All counseling services are available to enrolled students **free of charge** and are **confidential** in accordance with Wisconsin Statutes. The Counseling and Testing Center is an accredited member of the International Association of Counseling Services, Inc.

The primary counseling services include assessment, individual and group counseling, psychological testing, and career testing. Students seek help for a variety of reasons, including adjustment/transition concerns, anxiety management, grief and loss, relationship problems, depression, and academic difficulties. Each semester the Counseling Center offers test-taking and test-anxiety services to help students become more skilled at taking exams. The Counseling Center sponsors a variety of study skills programs including time management, textbook studying, note taking, and speed reading.

The Counseling and Testing Center also administers national testing programs for UW-L students and other people in the local community. These tests include the ACT, Wisconsin Regional Placement Test, and CLEP Test. The Educational Testing Services (ETS) Computer Based Testing (CBT) program provides a year-round, on-campus facility for several national computerized exams. For more information call (608) 785-8968.

Students can be assured that all personal information discussed with a counselor will remain confidential. Counseling records are not shared with other university departments or family members without a student's written permission. State and Federal laws strictly regulate exemptions to this policy. Counseling records, tests, and related information do not become part of the official university record.

The Counseling and Testing Center is in the Division of Student Development and Academic Services and is part of a comprehensive program of student services offered to every student at UW-L. The Center is accredited by the International Association of Counseling Services, Inc.

“Caring, Compassionate, Confidential”

Violence Prevention Office

(608) 785-5126

(608) 386-1895

306 Wimberly Hall (M-F, 9:00-4:00)

www.uwlax.edu/violenceprevention

peterson.ingr@uwlax.edu

Help for Sexual Assault, Relationship Violence, and Stalking

UW-L recognizes that violence in any form interferes with the work and learning taking place in our community. Often, someone who experiences a sexual assault, violence or abuse in a relationship, or stalking may find that they have difficulty focusing on work or on their studies. The Violence Prevention Office (VPO) is here to assist you with advocacy, information, and support, so that you can make informed choices about the options available to you in these situations. Services are free, confidential, and available to all UW-L students, faculty, and/or staff members.

Relationship violence is controlling, abusive, and/or aggressive behavior in an intimate relationship. Warning signs for relationship violence can include excessive jealousy, isolation, intimidation, pushing, shoving or yelling.

Sexual assault is any unwanted or non-consensual sexual contact. Sexual assault is a crime.

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. Common stalking behaviors include following you, monitoring your phone calls or e-mail communications, or sending unwanted texts, e-mails, cards/letters or gifts.

Wellness Resource Center

(608) 785-8977

141 Graff Main Hall

www.uwlax.edu/wellness/

The goal of the Wellness Resource Center is to empower students by providing them with the knowledge and tools necessary to lead a healthy, balanced lifestyle. We offer educational programs, advocacy, and serve as a resource for college students related to a variety of health issues.

One topic we focus a lot of our efforts on relates to drug and alcohol abuse. We work to provide honest, straight-forward information to help students make healthy choices regarding substance use. Additionally, we do programming related to stress reduction, healthy relationships, nutrition, and overall wellness. If you have any questions please don't hesitate to contact our office.

Multicultural Student Services

(608) 785-8225

243 Graff Main Hall

www.uwlax.edu/mss

The Office of Multicultural Student Services (OMSS) located in 243 Graff Main Hall promotes excellence in academics as well as personal/social development for UW-L students of African, Asian, Native American, Hispanic, or multiracial descent. OMSS supports collaborative efforts, which celebrate human differences, embrace shared values, and promote understanding and respect for all. The office provides support services and information designed to recruit, retain, and ensure that multicultural students who are U.S. citizens or refugees graduate.

The specific areas of service and outreach include:

- ▣ Advocacy for students
- ▣ Educational planning and enrollment information
- ▣ Cultural, educational, and social programming
- ▣ Free tutoring services
- ▣ Personal guidance and support
- ▣ Partnership with other campus offices and community entities interested in diversity initiatives
- ▣ Administration of the Multicultural Center

Multicultural student organizations include:

- ▣ ALANA (Asian-Latina-African-Native American women)
- ▣ ASO (Asian Student Organization)
- ▣ BSU (Black Student Unity)
- ▣ HOPE (Hmong Organization Promoting Education)
- ▣ LASO (Latin American Student Organization)
- ▣ NASA (Native American Student Association)

Student Support Services

(608) 785-8535

270 Murphy Library

www.uwlax.edu/sss

Student Support Services is a TRIO program funded by the Department of Education. Students are eligible to participate in this program if neither parent graduated from a four-year college, if they are receiving substantial financial aid, or they have a physical disability and/or a diagnosed learning disability.

At the time of acceptance into the Student Support Services Program, all students are assigned an SSS adviser. The adviser assesses each participant individually and offers guidance based on need. The adviser may provide the student with academic, career, personal, or financial aid advising. Areas of guidance traditionally include course selection, declaring a major, study skills, and referrals to appropriate offices.

Peer tutoring is provided by trained upper level academically successful students. Math and English peer tutors are available daily at SSS and by contacting our tutor coordinator other peer tutors can be hired for one to one tutoring in a variety of other subjects.

English as a Second Language students and students with disabilities are offered an array of accommodations each semester including early registration, registration fee deferment, test-taking support and note-taking assistance.

First and second year students receiving Pell Grants may have the opportunity to receive additional supplemental support if they can demonstrate that they continue to have a financial need.

Finally, each year SSS sponsors a variety of workshops for participants. These workshops include topics such as how to complete the financial aid application, applying for scholarships, improving study skills and information on studying abroad.

Disability Resource Services

(608) 785-6900 (TTY)

165 Murphy Library

www.uwlax.edu/drs

The Disability Resource Services Office provides services to students identified with disabilities. Students who request accommodations that are disability-related are required to contact this office. Documentation of their disability will be required in order to receive accommodations. Students with a physical, sensory, diagnosed learning disability, AD/HD, or a psychological disability are provided a variety of services from which to choose through Disability Resource Services.

Services available for students with disabilities may include, but are not limited to: disability advising, note-taking, lecture/textbook taping, test-taking accommodations, readers, interpreters, tutoring, pre-registration, accessible computers, and support groups. Some students with disabilities may also qualify for services from the Student Support Services Grant on campus, but they first need to register through the Disability Resource Services Office. Even those students who have a mild disability, one that does not usually interfere with academic work, may find it beneficial to discuss their adjustment to campus life with a staff member.

Career Services

(608) 785-8514

Lower Level, Cartwright Center

www.uwlax.edu/CareerServices

One important part of the educational experience is finding a meaningful career. The Career Services Office assists students in their career decision-making by helping them identify career options, learn about potential employers, gain relevant experiences, and conduct their job search. Services available to students include the following:

► **Individual Career Advising Appointments:** Students meet with advisers to explore internship opportunities, job market and employment trends in their field, and to discuss job search strategies and graduate and professional school options that match their career and life goals.

► **Cooperative Education and Internship Program:** The Career Services Office coordinates over 800 internship experiences allowing students to gain experience related to their academic and occupational goals. Planning for an internship begins early, commonly in their sophomore year.

► **Eagle Opportunities:** Students register online to search for internships and jobs and to share their resume with prospective employers.

► **Job Search Tools:** Advisers guide students through the job search process by assisting them with resumes, cover letters, and interviewing skills.

► **Graduate School Assistance:** Students meet with career advisers for assistance with graduate school searches and the application process.

► **Career Events:** Career Services sponsors several major career events each year. These events provide students an opportunity to visit informally with representatives from health services, education, business, government, and industry. Cooperating employers visit campus to share information with students on career options with their organizations.

► **Presentations:** Career Services staff members regularly speak to classes and student groups about career-related topics.

University Centers

(608) 785-8888

212 Cartwright Center

www.uwlax.edu/uc

I. Activities

Student Organizations/UWL MYORGS

(608) 785-8866

212 Cartwright Center

<https://uwlmyorgs.collegiatelink.net>

Student activities and involvement contribute greatly to the student's overall educational experience. Co-curricular involvement provides opportunities outside the classroom for students to gain meaningful life skills. The sooner a freshman student becomes comfortably established on campus, the better the student will feel about classes and about him/herself. Joining a student organization is one of the easiest ways to make friends and ease the transition into college. Staff provides daily assistance to over 180 recognized student organizations in areas such as program planning and implementation, fund raising, publicity, leadership development, and financial assistance with grants and one-shot requests.

UWL MyOrgs provides students with on-line convenience for managing and tracking student organizations, leadership and co-curricular participation. Students can log on to the MyOrgs site, review current student organizations, and express interest in joining a club! Existing club members can communicate via e-mail, recruit new members, create news articles or announcements, post events, use discussion forums, create surveys, assign tasks, and much more. In addition, students can track their involvement in student organizations and leadership positions. By doing this, students can develop a student involvement transcript that may be useful as they develop a resume and job search.

Campus Activities Board

(608) 785-8873

212 Cartwright Center

www.uwlax.edu/cab

The mission of the Campus Activities Board (CAB) is to provide cultural, educational, and entertaining events for the UW-La Crosse students, community, faculty, and staff. These programs include small and large concerts, comedians, coffee house acts, performing arts, lectures, hypnotists, and other special events. CAB members gain valuable experience in selecting, contracting, planning, and promoting events along with great leadership skills. Any student can become member. CAB meetings are held every Tuesday at 5:00 p.m. in 259 Cartwright Center.

Diversity Center

(608) 785-5092

46 Cartwright Center

The Diversity Center provides a safe space for multicultural and diversity organizations to study, meet, eat, rest and socialize. This space is also used for meetings, planning, and hosting events. With oversight from the Diversity Organization Coalition (DOC) this space is designed to increase the appreciation of diversity throughout the campus. This space is open to all students.

Greek Life

(608) 785-8869

212 Cartwright Center

www.uwlax.edu/GreekLife/

Becoming part of the Greek community at UW-La Crosse is a fun and exciting way to get involved on campus. There are two national sororities (Alpha Phi and Alpha Xi Delta) and three national fraternities (Delta Sigma Phi, Sigma Alpha Epsilon, and Sigma Tau Gamma) represented at UW-L. The chapters on our campus provide leadership skills, scholarships, participation in community service, and friends for a lifetime.

Leadership & Involvement Center

(608) 785-6600 222 Cartwright Center
www.uwlax.edu/uc/involvement/index.htm

The Involvement Center assists students in finding volunteer and involvement opportunities that fit their needs and interests. Peer advisers are available to discuss student interests and make referrals to student organizations or local community agencies. This center also houses a food pantry that is open to all students.

Pride Center

(608) 785-8870 42 Cartwright Center
www.uwlax.edu/pridecenter/

The Pride Center serves the Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Questioning, Asexual communities and their Allies (LGBTIQQA). The center works to 1) focus on addressing the campus need of providing resources and educational programs for the LGBTIQQA student, faculty and staff concerns; 2) empower LGBTIQQA students, faculty and staff; 3) provide a safe space for the community; and 4) collaborate with the UW-La Crosse and surrounding communities to provide resources and educational programs that encourage acceptance, respect, and appreciation of human diversity in relation to race, gender, age, ethnicity, sexual orientation, gender identity/expression, socioeconomic status and religious affiliation. <http://www.uwlax.edu/PrideCenter/>

The Safe Space

(608) 785-8870 42 Cartwright Center

The Safe Space is designed to provide LGBTIQQA students, faculty and staff a location on campus where they feel welcome and supported.

II. University Bookstore

(608) 785-8855 Lower Level, Cartwright Center
www.uwlax.edu/bookstore
www.uwlax.edu/bookstore
E-mail: bookstore@uwlax.edu

The University Bookstore offers an assortment of leisure reading books, course study aids, magazines, and classroom resource material not offered through Textbook Rental. Also available in the store are insignia sportswear, gifts and novelties, cards, Cartwright gift cards, school supplies, art supplies, basic electronics, and calculators. Purchases may be made by: cash, check, VISA, MasterCard, Tower Tender, Tower OneCard debit cards, and Cartwright cards.

III. Textbook Service

(608) 785-8853 Lower Level, Cartwright Center
www.uwlax.edu/textbook

Textbook Service provides UW-L students with an economical alternative to purchasing textbooks. Textbook Service is a book rental system supported by segregated fees. The fee is included on the student bill for undergraduate students. Students interested in building a professional library may purchase textbooks at any time during the semester. Also, a 20% off textbook sale is offered for 2-3 weeks each semester to provide substantial savings for our students. In addition, students may borrow books from Textbook Service for short-term reference and research

Cartwright Center Services

ATMs
Audio/visual equipment
Card/cash photocopiers
Cartridge Refills
Cartwright Graphics
Catering services
Commuter student lounge
Computer lab
Dining & meeting areas
Diversity Center
Event Support Services
Graphics Services
Greek Organizations
ID Cards
ID/Meal Plans
Information Desk/Ticket Office
Leadership/Involvement Center
Lockers
Meal Plans
Pride Center/Safe Space
Ride board
Student government offices
Student newspaper
Study spaces
TV/reading lounges
University Reservations
Vending machines

IV. Facility Operations

Student Center Facility Operations provides a broad range of services to support the academic mission and leisure needs of UW-L students.

Cartwright Center Computer Lab

264 Cartwright Center

The computer lab provides students with a quiet environment to do computer-based class assignments, access the Internet, and check e-mail. When school is in session, the computer lab is open extensive hours seven days a week.

Cartwright Graphics

(608) 785-6488 Lower Level, Cartwright Center
www.uwlax.edu/uc/resources/index.htm#graphics

Cartwright Graphics primarily works with members of student organizations, providing assistance regarding the development of publicity materials and assistance related to the promotion of events. Most services are free or low-cost.

Information Counter

(608) 785-8877 First Floor, Cartwright Center
(608) 785-8898 Ticket Office

The Information Counter is a service center for all students and guests. In addition to providing campus information, the Information Counter provides audio/visual support, copy machine assistance, and a lost and found. Tickets for many campus events are sold from this location, including tickets to Campus Activities Board events, and student organization sponsored events. Jefferson Bus Line tickets and MTU bus passes are also available for students, faculty and staff. Additionally, Tower Tender may be added to an existing account.

La Crosse Room

Lower Level, Cartwright Center

The La Crosse room houses the Pride Center, Safe Space, Diversity Center, TV Lounge, student organizations space, and Cartwright Center Graphics.

University Reservations & Event Support Services

(608) 785-8892 223 Cartwright Center
www.uwlax.edu/UC/reservations.htm

University Reservations & Event Support Services assists the university community by coordinating reservations and services, offering information for event planning, and acting as a liaison with the University. The Reservations Office offers audio visual equipment and assistance for events and meetings occurring in Cartwright Center. In addition, they can assist with scheduling classrooms (when classes are not scheduled), fundraisers and outdoor events. Event Support Services consists of experienced technicians and event planners that help student organizations develop and produce events of all sizes. Their professional staff is trained to assist with anything from playing background music for an event to providing full concert production support.

V. Campus Dining Services

(608) 785-8891 223 Cartwright Center
www.uwlax.edu/UC/resources.htm

University dining services are administered through the University Centers Office and are provided by a contracted food service company. Chartwells, a private company selected on a competitive bid basis on both price and program, provides the dining service program at UW-L. University personnel monitor all dining services to ensure compliance with the contract and to assist in providing quality dining services to the students.

Meal Plans

Whitney Center Menu Hotline: (608) 785-8899
www.uwlax.edu/UC/Chartwells.htm

The University currently offers meal plans of 19, 14 and 10 meals per week. Included in the cost of each meal plan is \$50 in dining dollars which is placed in the student's debit account to provide increased dining options. Students on a meal plan have the option to eat at locations other than the food court dining room. This meal transferability can be used twice each day in Cartwright Center (The Galley for breakfast, The Cellar, or Trattoria). The Sub Shop (located in Badger Street Station) or Chars, which features a variety of fast food options, are both located in Whitney Center. Students are allowed three transfers per day are allowed at any one location. Students are required to have their TowerCard/ID with them to use the meal plan, and may not share their TowerCard or meal plans with other students.

The Reuter Block Plan is available for students living in Reuter Hall. This plan consists of 75 meals and \$50 in dining dollars. The Reuter Block Plan can be used in any of the campus restaurants when they are open.

An off-campus block meal plan is also available. The initial plan is a block of 50 meals that can be eaten anytime throughout the academic year. Students can add blocks of 10 meals to their plan at any time.

Whitney Center – Main Dining Room

(608) 785-8610
www.uwlax.edu/UC/whitney.htm

This is the primary campus dining facility, serving students on several traditional meal plans, block meal plans (the Reuter and the off-campus block plans), and the Tower Tender plan. Students and guests may purchase meals with cash in the dining rooms. Students may use three of their meals each week (Friday dinner – Sunday dinner) as guest meals when friends or family members visit. Diners may select their meals from the deli, pizza/pasta, specialty food and hot entree counters, or the salad, breakfast, and dessert bars. Special meals—in addition to picnics and theme nights—are planned each semester to provide meal variety to students. The dining service also provides special “sick trays” for students who are ill, and sack meals for groups. Students can conveniently pick up sack meals from 7 a.m. to 6 p.m. at the counter located near main entrance to dining room.

Badger Street Station

(608) 785-6857 Whitney Center

Badger Street Station is a convenience store that offers merchandise ranging from snacks to take along on road trips, to laundry detergents for use in the residence halls. Badger Street Station also includes a deli that can be used for transferability.

Chars

(608) 785-8584 Whitney Center

This dining option features a fast-food menu with charbroiled burgers, veggie burgers, chilibogs, cheese dogs, chicken sandwiches, specialty salads, stuffed baked potatoes, french fries, soda, and milk. A second dining option is added on a rotating basis. Chars is located in Whitney Center. Several concepts featured in this area have been rice and noodle bowls; Asian and Mexican fare.

The Sub Shop

(608) 785-6841

Whitney Center

Located inside Badger Street Station, The Sub Shop is a popular option for those wanting to grab milk or soda and a quick salad or a submarine sandwich on wholesome, homemade French or wheat bread.

Cyber Café

First Floor, Cartwright Center

Located in the State Room on the first floor, the Cyber Café offers a variety of specialty coffees, cappuccino, bottled beverages, and smoothies. Additional items available include pastries, muffins, and soft-serve frozen yogurt.

Cellar Music Café

(608) 785-8700

Lower Level, Cartwright Center

This dining venue offers a unique dining atmosphere complete with TV, music, and free live entertainment every Thursday evening at 7:00 p.m. It has a short-order counter and provides students with social opportunities with an “off-campus” atmosphere.

Galley

(608) 785-6843

First Floor, Cartwright Center

Located in Cartwright Center, The Galley offers a broad array of dining options, ranging from light snacks to full meals. A la carte meals can be selected from the extensive salad bar, the Mexican line, kitchen classics, the grill, or the deli. Students can select a hearty breakfast from the grill, or a bagel and fresh fruit, a bowl of low-fat soup in a bread bowl, or the entree of the day. Fresh-baked desserts and a variety of beverages can be found in this area.

Trattoria

(608) 785-6844

First Floor, Cartwright Center

Trattoria is an Italian eatery located next to the Galley. Menu offerings consist of pizza, pasta selections, freshly prepared sauces, Italian salads, stir fry, and breadsticks.

Murphy’s Mug

First Floor, Murphy Library

Murphy’s Mug, featuring Caribou Coffee products, offers a variety of coffees, lattes, cappuccinos, and teas. Additional items include pastries, light salads, sandwiches, and soup.

VI. University Identification Cards: TowerCard Office

(608) 785-8891

223 Cartwright Center

www.uwlax.edu/TowerOneCard

The TowerCard serves as the official UW-La Crosse form of identification. For students, this card is valid during all terms they are enrolled. Upon request, ID cards must be presented to university officials. Students will receive their card in the mail about two weeks after their photo is taken. All ID cards need to be activated through HigherOne, even if the student does not choose to have a OneAccount. ID cards may not be shared with other students or non-students. Students should carry their ID card with them at all times as they are required for university services. The TowerCard Web site offers students a convenient way of managing their TowerCard accounts at any time. Account holders can view their Tower Tender account history, check their balance, and make deposits to their account via credit card or by having the amount charged to their university bill. This site also has a link to the **www.UWLTowerOne.com** Web site where account holders can manage their OneAccount, if they choose to have one.

The Tower Card provides numerous benefits, both to the University and to the student.

- **The Official ID** – The TowerCard is the official ID used for access to residence halls, computer labs, dining services, strength centers, Recreational Eagle Center, and library services. It also serves as a bus pass for transportation on the city bus system. Students must have their ID card with them to access these services.
- **Tower Tender** – Tower Tender is an internal university prepaid debit account that offers the advantage of convenience, security, and accountability, and minimizes the need to carry cash on campus. Tower Tender may be used at all campus dining locations, the UW-L Bookstore, Textbook Services, the Badger Street Station convenience store, the Cartwright Center Ticket Office, The Recreational Eagle Center, residence hall laundry machines, most soda/pop machines, and copy machines. Deposits to Tower Tender may be made online by parents using a credit card at: <http://card.uwlax.jsatech.com/>.
- **Financial Aid Change Checks** – HigherOne, the banking partner for UW-L, will distribute financial aid change checks to students. Students can choose to have the funds deposited to a OneAccount checking account, electronically transferred to a bank account of their choice, or have a paper check mailed to them.
- **External Debit Card for the OneAccount** – If students choose to open a OneAccount with HigherOne (described below), they can use their ID card as a debit card off campus wherever MasterCard debit is accepted, as well as on campus at the Bookstore, Ticket Office and dining areas.

The convenience of banking is connected to the ID card: the OneAccount

When students first activate their ID card, they have the option of also opening a OneAccount, which is an FDIC insured checking account. Benefits of using the OneAccount include:

- No monthly fee, no minimum balance banking
- No-fee ATM withdrawals at HigherOne ATMs located on campus (Recreational Eagle Center and outside the Cyber Café, Cartwright Center)
- The OneAccount can be used to make debit purchases wherever MasterCard debit is accepted (32 million merchants worldwide)
- Students can receive financial refunds faster than by electronic fund transfer or paper check
- Family and friends can send money electronically to a student's account simply and easily
- Students can use the simple and powerful online statement to keep track of spending
- Students can set up auto transfer of funds to Tower Tender accounts for on-campus purchases and services (this feature is called Campus Autoload)
- Students can learn more about the OneAccount on the HigherOne Web site:
www.UWLTowerOne.com

The OneAccount is a bank account and traditional banking fees will be charged. Please review all fees for this account at: <https://uwltowerone.higheroneaccount.com/info/outfees.jsp>.

Recreational Sports Department

(608) 785-5225

www.uwlax.edu/recsports

Recreational Eagle Center

What do you want to play today? UW-L students study hard, work hard, and play hard. Once you put down your books, check out the Rec Sports Department! We have programs and facilities designed to help you stay active, meet new friends, and reduce your stress levels.

Facilities

Looking for a court to play your three-on-three game or how about an indoor track for those cold winter months? With a combined total of over 400,000 square feet of activity space, Mitchell Hall and the Recreational Eagle Center offer numerous facilities to meet all of your indoor sporting and fitness needs. www.uwlax.edu/recsports/Recreational_eagle_center

Outdoor Connection Gear Rental

With rugged bluffs, scenic valleys, and the majestic Mississippi flowing through, the La Crosse area has many opportunities for you to begin your first or next outdoor adventure. UW-L offers programs that will teach you new skills before you start that outdoor activity. There are also many opportunities to take part in group excursions and earn certification in different activities. With state-of-the-art training facilities and a wide variety of equipment for rental use, you'll have all of the tools you'll need to start exploring! www.uwlax.edu/recsports/oc_EquipmentRental

Group X Classes

UW-L offers a variety of exercise classes that meet all different types of interests, fitness levels and schedules. For everything from kickboxing and step aerobics, to power yoga, the fitness program offers it all. www.uwlax.edu/recsports/fitness_main

Intramurals

Tradition, teamwork, and good clean fun!

The Intramural Sports Program is one of the most popular UW-L extracurricular activities on campus. The program provides a great way to meet new people and continue playing the sports you have grown to love. Intramurals offers team, dual, and individual sport leagues where participants compete for the coveted intramural champion t-shirt. You can organize your own team or utilize the free agent list. The Rec Sports staff organizes the leagues, supervises play, monitors and tracks league standings, and organizes the tournaments; all you have to do is be a good sport and have a great time.

www.uwlax.edu/recsports/intramural_sports

Special Events

Something for everyone!

The Recreational Sports Program and Student Activities and Centers offer a variety of unique recreation/sport events throughout the year. There is something for everyone and activities include: tournaments, skill competitions, road races, endurance challenges and mini festivals held in the R.E.C. Try new activities, win prizes, meet new friends and have a blast with us!

www.uwlax.edu/recsports/special_events

Climbing Wall

The sport of rock climbing is a great alternative to traditional exercise; it develops strength, improves endurance and increases self-confidence! Whether you are a beginner or experienced climber, UW-L's climbing wall has something for you! This state of the art facility simulates a variety of rock formations and utilizes hundreds of moveable hand and foot holds to provide participants a fun mental and physical challenge.

The climbing wall is located in the Recreational Eagle Center and all essential climbing gear is available to UW-L students at no charge (includes: harnesses, belay devices, climbing ropes, and shoes). www.uwlax.edu/recsports/REC_climbing_wall

Club Sports

Travel, camaraderie, and good times are a few hallmarks of the UW-L Club Sport Program. Club Sports provide support and leadership to sport and recreation oriented student organizations. Each club is organized and led by students for students.

Active Clubs Include:

Aikido, Alpine Ski Team, Equestrian, Lacrosse, Martial Arts, Men's & Women's La Crosse, Men's & Women's Rugby, Men's Soccer, Men's & Women's Volleyball, Snowboarding, Trekker Outdoor, Ski Club, Ultimate Frisbee, Water Ski and Wakeboard, Women's Hockey, Weight Lifting/Power Lifting and Triathlon.

www.uwlax.edu/recsports/club_sports_main

Employment

The Recreational Sports Department employs over 200 students. It truly is a program for the students by the students. Positions available include; lifeguards, fitness instructors, officials, scorers, first aiders, building managers, intramural supervisors, special event supervisors, outdoor connection staff, climbing wall staff and office assistants.

www.uwlax.edu/recsports/employment.html

Memberships

Current UW-L students are members of the Recreational Eagle Center and may purchase a Recreational Eagle Center membership for their spouse/partner at a discounted rate.

www.uwlax.edu/recsports/REC_membership

Intercollegiate Athletics

(608) 785-8616

126 Mitchell Hall

www.uwlax.edu/athletics

Athletics are an important and exciting part of campus and community life at the University of Wisconsin-La Crosse. Whether you are a participant or a spectator, UW-L teams provide plenty of action for everyone. Few institutions can match the success of the Eagles' regionally and nationally recognized NCAA Division III non-scholarship athletic program.

UW-L sponsors 19 intercollegiate sports, ten for women and nine for men. UW-L teams have won countless conference titles and **58 national titles** in nine different sports, **37** since 1991. The Eagles' captured three national championships in 2004-05, and earned an additional three during the 2005-06 academic year, and one in 2007-2008. Athletic teams practice and compete in outstanding facilities, including Mitchell Hall and Veterans Memorial Field Sports Complex (Football, Women's Soccer, and Men's and Women's Outdoor Track and Field. UW-La Crosse competes in the Wisconsin Intercollegiate Athletic Conference (WIAC), recognized as one of the most competitive Division III conferences in the nation. UW-L holds national membership affiliations in the National Collegiate Athletic Association (NCAA) and the National Collegiate Gymnastics Association.

Football and men's and women's basketball games can be heard live on **580 AM WKTY**. Football games can also be heard live or previous games can be heard through the archives, by clicking on the icon on the Athletics homepage.

The Arts

“EXPERIENCE for a lifetime” is available for all UW-L students through participation in the arts. Students enjoy a wide range of arts activities through the classroom/studio setting and through opportunities to perform, design, or exhibit in a wide range of venues.

Music

(608) 785-8409

234 Center for the Arts

Whether music is a student's career choice, extracurricular passion, or creative outlet, he/she will find a friendly and caring atmosphere in the UW-L Music Department. Students here are a part of over 20 musical groups including bands, choirs, jazz ensembles, marching band, and orchestra. Visit www.uwlax.edu/music to learn more about the Music Department.

Theatre Arts

(608) 785-6701

154 Center for the Arts

The Department of Theatre Arts offers five major productions each year. All students are welcome to audition for a role, work on set designs, or be a part of the production crew. Some recent UW-La Crosse theatre productions include: A Christmas Carol, The Full Monty, Evita, Nickel and Dimed, Tale of the Mouse, Amadeus, Romeo and Juliet, and the Rocky Horror Show. Learn more at: www.uwlax.edu/theatre.

Art

(608) 785-8230

105 Center for the Arts

Large studio areas are furnished with a mix of new and traditional equipment for ceramics, metals, painting, photography, printmaking, and sculpture. A drawing studio, design studio, and Macintosh computer lab complete the laboratory areas.

The University Gallery schedules art exhibits by students, faculty, and regional and nationally known artists. Go to www.uwlax.edu/art for more information about the Art Department and www.uwlax.edu/art/gallery to view the University Gallery Web site.

Campus Area Places of Worship

Assembly of God

River of Life Assembly of God – 782-2780
1214 Cty. Rd. PH, Onalaska
Services: Sun. 9 a.m.

Baptist

First Baptist Church (ABC/USA) - 782-6553
1209 Main St., La Crosse
Services: Sun. 10 a.m.

Faith Baptist Church (Independent) - 788-1165
3615 S. 28th St., La Crosse
Services: Sun. 10:45 a.m. & 6:30 p.m.

Island Park Baptist
(Southern Baptist Convention) - 783-1272
2548 Lakeshore Dr., La Crosse

Catholic

Roncalli Newman Center - 784-4994
1732 State St., La Crosse
Mass Schedule: Sat. 5 p.m., Sun. 9 &
11:15 a.m., 7 p.m. Daily Mass – 12 noon

Churches of Christ

Trinity United Church of Christ - 788-3632
W4888 Harvest Lane, La Crosse
Services: Sun. 10 a.m.

Church - Jesus Christ of Latter Day Saints

Church of Jesus Christ – LDS - 783-4636
701 Well St., Onalaska

Congregational

First Congregational Church (UCC) - 784-8137
2503 Main St., La Crosse
Services: Sun. 8:30 a.m. & 10 a.m.

Eastern Orthodox

St. Elias Eastern Orthodox Church - 782-8641
716 Copeland Ave., La Crosse
Services: Sun. 10 a.m.

Episcopal

Christ Episcopal Church - 784-0697
111 N. 9th St., La Crosse
Services: Sun. 8 & 10:30 a.m.

Evangelical Free

First Evangelical Free Church - 782-6022
1950 Hwy 35, Onalaska
Services: Sun. 8, 9:35 & 11:15 a.m.

Hmong

Hmong Faith Alliance Church – 784-8711
2127 Pine St., La Crosse

Jewish

Congregation Sons of Abraham - 784-2708
1820 Main St., La Crosse
Services: Sat. 10:20 a.m.

Lutheran

English Lutheran Church (ELCA) - 784-9335
1509 King St., La Crosse
Services: Sat. 5 p.m., Sun. 8:30 & 10:45 a.m.

Faith Lutheran Church (LCMS) - 782-3696
1407 Main St., La Crosse
Services: Sat. 6:30 p.m. & Sun. 10:30 a.m.

First Evangelical Lutheran (WELS) - 784-3867
400 West Ave. S., La Crosse
Services: Sat. 5:30 p.m., Sun. 8:30 & 10:15 a.m.

Methodist

Wesley United Methodist Church - 782-3018
721 King St., La Crosse
Services: Sun. 10 a.m.

Presbyterian

First Presbyterian Church - 784-4248
233 West Ave., La Crosse
Services: Sun. 8:30 & 10:30 a.m.

Seventh Day Adventist

Seventh Day Adventist Church - 782-4038
2117 La Crosse St., La Crosse

Society of Friends (Quakers)

Meets at Crossroads Campus Center
126 N. 17th St., La Crosse
For more information call 784-7600

Non-Denominational

Point of Grace Community Church – 781-4722
544 N. 2nd Ave. Ste 200, Onalaska (office)
Services: 9:30 a.m. (Holmen H.S.)

Banking Services of La Crosse

Altra Federal Credit Union www.altra.org/	2715 Losey Blvd. S.	(608) 787-4500
Associated Bank www.associatedbank.com/	605 State St. 2402 N Rose St. 1630 Losey Blvd. S.	(608) 796-4200 (608) 781-1500 (608) 782-7144
Community Credit Union www.communitycu.com/	311 Main St. 3130 South Ave.	(608) 779-2400
Coulee Bank www.couleebank.net/	1516 Losey Blvd. S.	(608) 784-9550
Harris Bank www.harrisbank.com	2 Copeland Ave Suite 101	(608) 783-0909
M & I Bank of La Crosse www.mibank.com/	1300 Rose St. 3500 Hwy. 16	(608) 782-6866 (608) 781-8834
M & I Bank of Onalaska www.mibank.com/	1145 Main St.	(608) 783-1511
Marine Credit Union www.marinecu.com	127 West Avenue N.	(608) 784-7329
Park Bank www.parkbankplace.com/	700 State St.	(608) 782-2265
River Bank www.riverbank.biz/	4401 Mormon Coulee Rd. 1232 Rose St.	(608) 788-6300 (608) 784-8900
State Bank of La Crosse www.statebankoflacrosse.com	401 Main St. 5501 Mormon Coulee Rd.	(608) 784-4600 (608) 788-0400
US Bank www.usbank.com/	201 Main St. Suite 100	(608) 782-8101
Wells Fargo Bank-La Crosse www.wellsfargo.com/	305 5 th Ave. S.	(608) 784-7000

Commuter Students & Families

A student commuting to college from home has many advantages. Commuter students are able to save money on college costs, do not have to adjust to a totally new environment or new roommate, are able to enjoy the advantages of home cooking, and may bypass homesickness. There are also disadvantages to being a commuter student, and being aware of those disadvantages may assist you in providing the support that will help make the transition to college easier for your student. The following are suggestions for you to consider as your student begins a career at UW-La Crosse.

Value Involvement - While there may not be an obvious connection between a major in biology and joining various campus organizations, it is important for students to participate in activities outside of the classroom. Involvement in student organizations has been shown to relate closely to students staying in college, personal development, and overall satisfaction with the college experience.

Re-Negotiate Family Responsibilities and Commitments - College can be stressful! Your student may not have as much time to help around the house, especially if he or she is also working or has a long commute. It may be necessary to reassign chores and understand that your student may not be able to attend as many family activities as they had previously. Discuss time priorities with your student so that everyone is on the same page.

Respect the Need for Privacy and Quiet - Commuter students may feel at a distinct disadvantage from students living in the residence halls who are able to come and go as they please, choose to pick up their clothes or leave them on the floor, and, in general, feel they are becoming independent from family and high school friends. Residential students will also be closer to the library, student centers, and other study areas on campus. These areas will also be available to commuter students; however, if your student chooses to study at home, help determine a suitable area for studying, one that provides a well-lit reading area and is as free as possible from interruptions and distractions.

Acknowledge the Transition from Adolescence to Adulthood - It may be time to reassess curfews, consider limiting questions concerning whereabouts, and take the lead from your student regarding the amount of information he or she is willing to pass along. This is also a good time for your student to take responsibility for personal decisions and choices. Negotiating through college bureaucracy can be quite a challenge. While it may be easy and seem natural for you to call the University if a problem arises, have your student make that call. He or she will benefit far more if left to handle the situation without your assistance.

Participate in Campus Activities - UW-La Crosse has quite a bit to offer the community members. You may want to sign up for an extension course, go to a football game, or attend a concert. The more you know about UW-L, the easier it will be to relate to your new college student.

We hope these suggestions will help you enjoy the college experience with your student.