



Check us Out:
Room 54 Cartwright Center

Monday-Friday

8 a.m.-4:30 p.m.

Thursday:

Walk-ins

welcomed

Visit:

www.uwlax.edu/advising

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PeerSpectives

Editor: Nicole Judd
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University of Wisconsin-La Crosse

The Academic  Advising Center

New Major On Campus: Women's Studies

**By: Laura Rapp
Peer Advisor**

UW-L is proud to offer a new major in the College of Liberal Studies. Women's Studies (W-S) became a major in the fall of 2009 and can be found in the department of Women's, Gender, and Sexuality Studies. The degree consists of 33 total credits, 24 which must be at the 300-400 level.

The Women's Studies major has been in the works for some time. The department staff carefully studied other W-S programs around the country in order to develop a well formed program at UW-L. According to the Women's Studies department chair, Professor Deborah Hoskins, "the program provides

students with a large skill set preparing them for a wide variety of jobs after graduation." She encourages anyone who wants to gain knowledge about women in the workplace, relationships, and society as a whole to consider the Women's Studies Major. The department is rather small allowing personal connections to be

other majors on campus and works well as part of a double major plan with health education, public administration, political science, English, history, psychology, and sociology. W-S is also offered as a minor. An internship is not required for the W-S major, however, it is strongly recommended.

There are a variety of organizations that provide students with internship opportunities including: New Horizons Shelter and Women's Center, First Call for Help, Victim Witness Program, and many more.

If you are interested in the Women's Studies major, please visit the department website at <http://www.uwlax.edu/wgss/index.htm> or stop by the Women's Studies department located in room 423 Wimberly Hall.



established between students and faculty.

The Women's Studies major complements many

Important Dates: Mark your Calendar

- ◆ **April 5th**
Summer registration begins
- ◆ **April 12th**
Fall registration begins
- ◆ **May 7th**
Last day of classes

- ◆ **May 10th-May 14th**
Final Exams
- ◆ **May 15th**
Commencement
- ◆ **May 15th**
Residence Halls close

- ◆ **May 24th- June 18th**
Summer session I begins
- ◆ **June 21st-July 16th**
Summer session II begins
- ◆ **July 19th-August 13th**
Summer session III begins

Alternative Spring Break: Jamaica

**By: Crystal Svoboda
Graduate Assistant**



Fun Fact: Jamaica is an island in the Caribbean sea and it is slightly smaller than Connecticut! Over 2 million people call this island home.



The Jamaica Alternative Spring Break is designed to give UW-L students the opportunity to gain experience in another country while assisting the Jamaican community with service learning projects. This year the group expanded the itinerary by working in three different communities during their eight-day stay. The students were able to partake in painting, fence building, and some small building projects in multiple locations including Treasure

Beach and Negril. The group also had the opportunity to observe and teach in the classroom.

One of the highlights from the trip was being able to assist St. Mary's school. This remote school serves grades first through six. In the tearful goodbye, it was clear that UW-L students made a difference. Brenna Root described it best with, "It's hard to put into words how much was accomplished in so little time. Our group worked so well together and I know the work we did will have a lasting effect, not only on the children, but also on the teachers, and the community members in

the areas that we worked in. Just seeing the joy on the children's faces and hearing the gratitude in the voices of the people we helped makes me realize what a positive impact we made on these communities."

The Jamaica Alternative Spring Break trip is lead by the Kaye Schendel from Student Leadership and Involvement Center. This successful adventure is planned to continue in years to come. If you are interested in a short-term international experience watch for information in the Fall 2010 for application material.



Student Spotlight: Laura Rapp

**By: Aiyana Bloome
Peer Advisor**

Wausau, Wisconsin native Laura Rapp is a junior with a psychology major and a minor in photography.

When she isn't working in the Academic Advising Center as a Peer Advisor, her hobbies include participating in triathlons, cycling, kayaking,

photography, and spending time with her supportive family and friends. She is also a member of the Lions Club and enjoys learning how to cook. Laura's hidden talent is knitting.

Laura plans to attend graduate school for guidance counseling or school psychology. This summer, she will be studying abroad in Galway, Ireland with fellow peer advisor Aiyana Bloome.

Fun Facts About Laura:

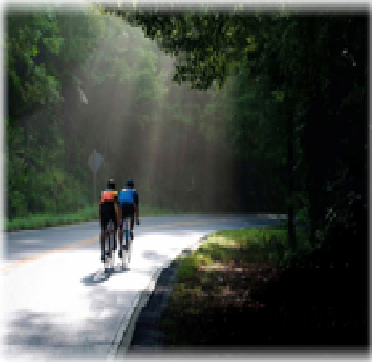
If you could be a superhero, what would you want your powers to be?

"To be able to fly and time travel."

What is the most-played song on your iPod right now?

"It's a tie between "Half of my Heart" by John Mayer and "Semi Charmed Life" by Third Eye Blind."

Connecting with the Outdoors



By: Nicole Judd
Peer Advisor

The Outdoor Connection Rental Center (OC) is a world within itself and has equipment and activities for every season. According to Nathan Barnhart who is the Assistant Director of the Recreational Sports Department, "the Outdoor Connection Rental Center has everything you'll need to experience year round outdoor adventures big or small. We are located in the Recreational Eagle Center on UW-L's campus."

From renting outdoor gear,

Check out the "Green Bike" rental program at the OC!

participating in a daring weekend adventure, to planning a personal trip with a couple of friends, the OC is great resource for anyone. UW-L students and the public can take advantage of the OC's abundant resources; UW-L students have first priority.

During the school year, the OC holds different clinics and activities. For the spring semester of 2010, they hosted a kayak and snowshoe clinic as well as snowboarding/skiing and air boarding events. Most of these opportunities are free or very inexpensive. If you missed out on these experiences, check out the equipment available to you in the Outdoor Connection Rental Center area within the REC center. You can rent anything from sporting equipment, canoes and kayaks, camping and backpacking materials, to bikes and

rollerblades. This list is not exclusive. Everything listed is rented out for reasonable prices, which is dependent upon what is rented and for how long.

During the summer months, the OC slows down. However, they are still open and continue their renting services. Although they do not offer trips throughout the summer season, do not forget about them! The OC can give you valuable advice and information for all sorts of activities in the La Crosse area.

One of the most recent additions to the OC's services offered is the "Green Bike Rental Program." If you need a bike you can rent one for fifteen dollars. There is no time limit, so you can rent it for as long as you want. A deposit is also required, and depending on the bikes quality, it can range from \$25.00 to 50.00.

(Continued on page 4)

"The Outdoor Connection Rental Center has everything you'll need to experience year round outdoor adventures big or small."

-Nathan
Barnhart

Student Spotlight: Nikki Judd

By: Aiyana Bloome
Peer Advisor

Peer Advisor Nikki Judd is from Verona, Wisconsin. She is a junior at UW-L, majoring in biology with a minor in chemistry. Nikki hopes to continue her studies by obtaining her Master degree in Nursing.

Nikki is a Vanguard as well as a big sister in the Big Brothers/Big Sisters Program. She is also a certified nursing assis-

tant at a nursing home in her hometown.

Most of the time, you can find Nikki studying in Murphy Library. In her spare time, she enjoys running, dancing, watching movies, eating chocolate, and shopping. She values spending time with those she loves. Her hidden talent is that she is a great multi-tasker.

This summer, Nikki will be going to Greece to volunteer at a camp with her friend Celia Erdman .

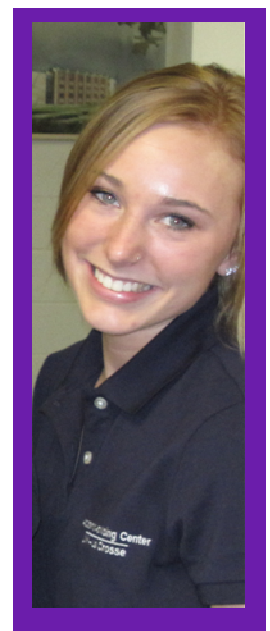
Fun Facts About Nikki:

If you could be a superhero, what would you want your powers to be?

"I would want to be invincible and be able to teleport."

What is the most-played song on your iPod right now?

"I like to listen to everything and therefore do not have a favorite song at this very moment, but I really like the artist Drake."



Connecting with the Outdoors (continued from page 3)

The deposit is refunded when the bike is returned. People can donate their bikes to this program. The OC fixes them up and rents them out.

While you are at UW-L or in the La Crosse area, keep the OC in mind when you are looking something fun to do. They offer the following services as listed on their website:

1. Outdoor equipment rental
2. Outdoor resource library: maps

guide books, instruction and periodicals.

3. Outdoor equipment purchasing advice
4. Outdoor trips and clinics
5. Outdoor skills training
6. Lectures and seminars
7. Green Bike Rental Program

Just remember, there is an outdoor activity to partake in for every season!



Top 15 Things to do this Summer

Nicole Judd
Peer Advisor

1. Travel/Study Abroad

There are a wide range of destinations. Visit the study abroad homepage: www.uwlax.edu/oie/Study_Abroad/Study_Abroad.htm

2. Register for a summer class

Finish your general education requirements or get ahead in your major this summer.

3. Volunteer locally or abroad

Check out UW-L's Involvement Center or visit the Peace Corps/ AmeriCorps website: www.americorps.org or www.peacecorps.gov

4. Find an internship

Come to Career Services, room 54 Cartwright Center, and ask how to get started today!

5. Go to the local farmers market

Times, dates and places vary.

6. Get a job

Make a little extra money and gain skills that will help you in the future.

7. Pick up a new healthy habit

For example, start working out on a regular basis.

8. Set goals

Long-term or short-term goals help keep your priorities in focus.

9. Attend a La Crosse Loggers game

Come cheer on the team and have a good time.

10. Swim at a local swimming pool

Options include the city pool right next to campus or pools in the area.

11. Discover a new boutique

From "The Silver Hideout" to "Lillian's" there's so much to explore.

12. Check out the local restaurants found only in La Crosse.

"Fayze's," "Buzzard Billy's," "Piggy's" and many more.

13. Try job-shadowing

Get a feel for your future career. Come to the AAC, room 54 Cartwright Center, to ask for suggestions.

14. Check a few things off your bucket list!

If you ever wanted to bungee jump or read that book you have been putting off, summer of 2010 is the time!

15. You can always explore... something new!

