

CENTENNIAL HALL
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PeerSpectives

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University of Wisconsin-La Crosse
The Academic Advising Center

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Check Us Out:

Monday-Friday

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

Thursday

Walk-Ins

Welcomed

Student Life Office: Ensuring Your Success, Daily

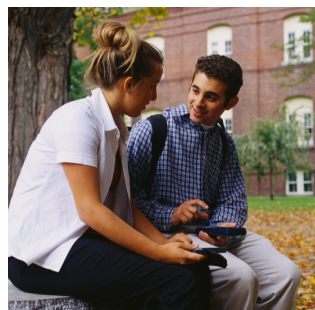
By Chelsey Gates Peer Advisor

Question: What is an office that has dedicated staff working full time simply to ensure your well-being? Answer: The Student Life Office! Located in 149 Graff Main Hall, the Student Life Office provides many services and information to students enrolled through the University.

If you are experiencing social, emotional, personal, or academic concerns, and don't know where to turn, you can come see this office. They can refer you to trained professionals located in the appropriate offices on or off campus. If you have a personal or family emergency and need to leave campus immediately, they will take the responsibility off your hands by contacting your professors, residence hall director, coaches or anyone else

who needs to know about your absence.

If you are struggling with a landlord issue or recently received a citation that you would like to dispute, the Student Life Office has a lawyer available to provide



free legal advice. This service is provided to you at no charge, simply for being a student.

Along with services provided to students is a student handbook that discusses common issues and situations you may encounter while being a student and appropriate ways to handle them. Also, an annual security report is listed

that describes incidents that have happened on our campus in the recent past. The purpose of this report is to have an understanding of common legal issues and ways they are dealt with. Along with the listing of incidents by numbers are policy explanations such as visitor policies in the residence halls and common citation charges.

Finally, the Student Life Office recognizes that adult learners may require different guidance or attention when transitioning back into an educational environment. Typically, all students at some point may require the assistance of the Student Life Office. Best of all, the office is staffed and run simply for the fact that student success is their priority. That means people come to work every day to make sure YOU are okay! How cool is that?

Mark Your Calendar...Important Dates!

- November 14
Spring registration begins
- November 18
Last day to withdraw from UW-L
- November 22
Thursday classes on Tuesday
- November 23
Friday classes on Wednesday
- November 23
Thanksgiving break
- November 28
Classes resume
- December 14
Last day of classes
- December 15
Study day, no classes
- December 16-21
Final Exams
- December 18
Commencement
- December 29
Grades posted
- January 3
Winter Intercession classes begin

Gaining Relevant Work Experience

By Aiyana Bloome
Peer Advisor

We hear it all the time: to get the job you want, you have to have experience. But how do you get that experience? Sometimes it takes creativity, but there are ways to get experience so that you can get the job you want.

A great way to get job experience is to apply for internships. Internships are often unpaid, but they offer practical experience in a career field. According to Associate Director of Career Services Tim Tritch, internships are a good way to “test drive a career.” They help students build up a resume, allow for professional networking and give beneficial insight to a workplace environment. Internships are one of the quickest ways to gain experi-

ence to show a potential employer down the road.

Another way to get experience is volunteering. Volunteer work for a non-profit agency can provide relevant experience that translates well into many career areas. Searching for non-profit volunteer opportunities in a field related to the field you want to work in can enhance your experience level and your eligibility as a potential employee down the line. This training and the experience you gain will make you more valuable as a potential employee. Volunteer work shows both experience and dedication to the craft of any industry.

You may ask, “Where can I find these opportunities?” UW-L’s Career Services Office provides an excellent service called Eagle

Opportunities. On the website you can conveniently find listings for part-time jobs and internships. All current students at UW-L are already active and have access to the system. Students can also post their resumes on Eagle Opportunities for employer review.

For information on volunteer opportunities on and off campus, consider visiting the Leadership and Involvement Center. According to their website, the Leadership and Involvement Center promotes involvement and volunteerism at UW-L and serves as a “bridge” between students, faculty, staff, student organizations and the community.

Login to Eagle Opportunities:

1. Go to the Career Services webpage: www.uwlax.edu/CareerServices
2. Click on “Student Login” at the top of the page
3. Enter your username (your student ID number)
4. Enter your password (the last four digits of your ID number)
5. Explore!



Career Services: Dates to Remember

Internship Information Sessions

- November:
 - Wed. Nov 2nd 3:00 p.m.
 - Fri. Nov 11th 11:00 a.m.
 - Wed. Nov. 30th 1:30 p.m.
- December:
 - Mon. Dec 5th 10:30 a.m.

Spring 2012 Career Events

- Summer Job and Camp Fair for College Students:
 - Valhalla, Cartwright Ctr., Wed., Feb. 15, 10am–3pm
- Spring Career Expo:
 - Cartwright Ctr., Wed., Feb. 22, 10am–3pm

*Check the Career Services website for online information or for next semester’s schedule.

Student Spotlight: Steven Fischer

By Samantha Gregory
Peer Advisor

Steven Fischer came to La Crosse from Greendale, WI in pursuit of his Bachelor’s Degree in Sport Management. After graduation, he worked with the Boy Scouts of America in North Dakota. Steven is now back in La Crosse pursuing his Master’s Degree in Student Affairs Administration.

With this degree, he hopes to help undergraduate students

make their college experiences enjoyable and memorable. He is currently a graduate advisor in White Hall, where he resided his freshman year of college. His favorite part of White is the friendly people who create a sense of community.

Steven’s advice for students is not to feel rushed into picking a major or a career. He encourages them to explore their options and enjoy their time at school.

Get to Know Steven:

Favorite Color:
Green

Favorite Hobby:
Anything outside, like hiking, biking or running

Pets:
His cats, Dakota and Chloe

Can’t Live Without:
Juju Bees



Student Spotlight: Amy Knutson

By Chelsey Gates Peer Advisor

Amy Knutson is one of the Academic Advising Center's graduate student advisors, specific to Laux Hall. This year, Amy has 80 advisees that are residents of Laux Hall. She is available during most days of the week and her office is in the basement of Laux Hall.

Amy's primary goal is to have her 80 advisees discover what classes they are interested in and eventually choose a major. Amy also has open office hours during the week where anyone is welcome to come visit and discuss academic

-related questions. Her main purpose is to act as a resource for first year students living in Laux hall as they work towards what they want to do with their academic careers here as students.

After Amy graduates from the Student Affairs Administration Program, she hopes to seek fulltime employment as a professional academic advisor. It was evident from meeting with Amy that she has a true passion for assisting college students, and helping them get the most out of their college experience.

Get to know Amy:

Favorite Color:
Pink

Favorite TV Show:
Reality shows on MTV

Interesting Fact:
Amy was "Colbert" during her junior year as an undergraduate

Advice for Students:
Take advantage of travel abroad experiences



Is CAMP for You?



By Samantha Gregory Peer Advisor

CAMP, the Child Youth Care Autism Mentorship Program, is a great way for students to get involved with

the local community and act as a mentor to a child with an Autism Spectrum Disorder (ASD). The mission of CAMP is to provide quality one-on-one therapy support to children newly diagnosed with ASD waiting for intensive therapy and/or children transitioning from an intensive therapy into a school-based setting.

As mentors, students make commitments to provide therapy support for children with ASD in a home or a school setting and to carry out the

goals of the family for the child's therapy. These goals may include working with the child on homework, actively engaging in physical activities, or helping with social skills.

Many student mentors participate in CAMP as part of internship or volunteer credit courses, and others volunteer their time, but all have a passion for working with children, do you?

"CAMP has been extremely challenging but definitely rewarding. It has given me the opportunity to help out families within the community."
-Kelli Niccolai

How to become a CAMP Mentor

1. Contact Lisa Caya at (608) 785-6895 or lcaya@uwlax.edu. Or, contact one of the lead mentors, Kelli Niccolai or Katie Henning via campus email.
2. Fill out an application (complete with background check) and attend an interview with Lisa Caya.
3. Attend training at Chileda and learn valuable skills and information.
4. Get placed with a family and begin to develop goals with the family or take part in their current goals for the child (If you are placed in a home setting, you will most likely get paired with another mentor).
5. Attend bi-monthly meetings to talk with other mentors and get support from the program.



Ingredients:

- 1 cup chicken, cooked and diced
- 4 cups chicken stock
- 2 cups half-and-half
- 1 stalk celery, diced
- 2 garlic cloves, minced
- 1 cup carrot, shredded
- 1 cup onion, diced
- 1 cup fresh spinach, coarse chopped
- 1 tablespoon olive oil
- 1 teaspoon thyme
- 1 teaspoon parsley
- salt and pepper
- 16 ounces potato gnocchi
- 1 tablespoon cornstarch (optional)

Chicken Gnocchi Soup

Directions:

1. Saute the onion, celery, garlic, carrot in oil over medium heat until onion is translucent.
2. Add chicken, chicken stock, half and half, salt and pepper, thyme. Heat to boiling, then add gnocchi. Gently boil for 4 minutes, then turn down to a simmer for 10 minutes.
3. Add spinach and cook for another 1-2 minutes until spinach is wilted.
4. (Heat to boiling and add cornstarch dissolved in 1-2 Tbsp. water at this point if you want a thicker soup).
5. Ladle into bowls and serve!

*Cook's Notes: You can add more chicken if you like. While you could use cooked chicken breasts, using the rotisserie chicken found in many grocery stores is the best way to get the optimal flavor of this soup. If you want to make the soup lower in calories, you can use milk instead of half and half. Half and half does taste better though, and it also reheats better than milk does.



Are You Interested in Peer Advising?

**By Sharie Brunk
Senior Advisor**

Peer Advising is a part of the UW-L Academic Advising Center located in 1140 Centennial Hall. Peer Advisors help students get answers to questions they have regarding not only the registration process, but academic, career, and personal concerns as well. They can provide a developing relationship that can be very beneficial during your college years.

Peer advisors are not intended to replace your faculty/academic advisor; rather, they provide an alternate perspective on your academic process. Peer advisors support advisees and can refer you to other

appropriate campus offices and staff for further assistance.

Peer advising takes place in the Academic Advising Center as well as in resi-



From left to right: Peer Advisors Samantha Gregory, Aiyana Bloome and Chelsey Gates

dence halls and in many other locations on campus. We like to think of peer advising as a more informal 'student to student' kind of advising system. Being a Peer Advisor will help you build your communication skills, make connections on campus and give you a great experience to add to your resume'.

Hiring for the 2012-13 academic year will take place during the spring semester. If you are interested in applying for a Peer Advisor position, you can stop by the Academic Advising Center to pick up an application form and/or to find out more information.