

54 Cartwright
Center
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Visit:
www.uwlax.edu/advising

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

Disability Resource Services

By Michelle Fuentes Graduate Assistant

October was Disability Awareness Month. Each year the Disability Resource Services (DRS) office (165 Murphy Library) helps hundreds of students reach their academic potential by offering a variety of accommodations and resources for our student population who qualify with a documented disability or those with a temporary disability.

"Under the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, individuals with disabilities are protected from discrimination and assured services and accommodations that provide equal access to the activities and programs of the university" (DRS website). In order to qualify for services, students must provide documentation of the disability. According to the DRS office, acceptable documentation must:

1. Be appropriate to verify eligibility
2. Demonstrate a current substantial impact of one or more major life activities, and

3. Support the request for accommodations, academic adjustments and or auxiliary aids.

Accommodations can include extended testing time, a distraction free testing environment, note taking services, and/or priority registration. Furthermore, the DRS office can provide students with access to many alternative media sources, such as text reading software and electronic text books.



Common signs of a learning disability in adults, according to LDonline.org are:

- Continues to spell incorrectly, frequently spells the same word differently in a single piece of writing

- Avoids reading and writing tasks
- Trouble summarizing
- Trouble with open-ended questions on tests
- Weak memory skills
- Difficulty adjusting to new settings
- Works slowly
- Poor grasp of abstract concepts
- Either pays too little attention to details or focuses on them too much
- Misreads information

If you feel that you may have a disability, the Counseling & Testing Center (170 Morris Hall) can recommend appropriate testing locations. Bear in mind any cost associated with obtaining acceptable documentation (i.e. testing) is the student's responsibility. Once the student has acceptable documentation of his or her disability they can schedule an appointment with one of the DRS Advisors to discuss appropriate accommodations. The DRS Office is open Monday thru Friday from 8:00am -4:30pm. You can also reach them at 608-785-6900.

Mark Your Calendar...Important Dates

- **November 11**
Winter Intercession Registration
- **November 15**
Spring Registration
- **November 19**
Last day to withdraw from UW-L
- **November 23**
Thursday classes on Tuesday
- **November 24**
Friday classes on Wednesday
- **November 25**
Thanksgiving break
- **November 29**
Classes resume
- **December 15**
Last day of fall classes before finals
- **December 16**
Study day, no classes
- **December 17-22**
Final Exams!
- **December 19**
Commencement
- **December 30**
Grades posted
- **January 3**
Winter Intercession classes begin

Student Spotlight: Michelle Fuentes



**By Laura Rapp
Peer Advisor**

We would like to welcome our new Graduate Advisor, Michelle, to the Academic Advising Center! Michelle attended Winona State University, where she received her undergraduate degree in Communication Studies. She is now in her second and final year of the SAA (Student Affairs Administration) graduate pro-

gram here at UW-L. Michelle held an internship this past summer with Upward Bound, a program, based out of UW—La Crosse. There were 50 students in the program, and Michelle worked very closely with five students who had just graduated from high school. She really enjoyed forming a close relationship with these five students and hopes to someday work as

an advisor helping first generation college students. Michelle's favorite part of the AAC is the variety of students she gets to work with, from the undecided majors to students who have an idea of what they want to pursue. She is very busy this fall, as she is also interning in the Disability Resource Services Office. In her free time, Michelle enjoys reading a good book, rollerblading, and baking.

Michelle's

Favorites

Color:

Red

Food:

Guacamole

Movie:

The Cutting Edge

The McNair Scholars Program

**By Aiyana Bloomer
Peer Advisor**

The Ronald E. McNair Post-Baccalaureate Achievement Program is federally funded by the United States Department of Education. The program at UW-La Crosse began in October of 2009, and is housed in the College of Science and Health. The program is open to all UW-L majors (natural sciences, social sciences, and humanities) that consider a Ph.D. the terminal degree.

The McNair program helps students build a research relationship with faculty members and gain the tools and support they need

to prepare for graduate school.

To be eligible, students must be either: (1) low-income, first generation college students, or (2) be members of a traditionally underrepresented group in their field (African American, Latino/a, Native American or Asian Pacific Islander).

McNair Scholars receive academic advising through the program and partner with a faculty mentor in their department to design an undergraduate research project which will be presented at a regional conference. Students will also participate in a Graduate School Seminar and visit

two doctoral campuses while in the program. Additionally, Scholars participate in GRE prep sessions and receive help with graduate school applications, including assistance with personal statements.

According to the UW-L McNair Scholars Program website, "being a McNair Scholar demonstrates seriousness of purpose and dedication toward ambitious goals; graduate schools are familiar with the program's high standards."

To assess your eligibility and learn more about the application process, visit:

www.uwlax.edu/mcnair



Ronald E. McNair
October 21, 1950 –
January 28, 1986

Who Was Ronald E. McNair?

Ronald McNair was born in Lake City, South Carolina. In 1971 he received a bachelor's degree in physics, magna cum laude, from North Carolina A&T State University (Greensboro). McNair was a member of Omega Psi Phi Fraternity. In 1976, he received his Ph.D. in physics from the Massachusetts Institute of Technology becoming nationally recognized for his work in the

field of laser physics. He received three honorary doctorates and a score of fellowships and commendations. After graduation from MIT, he became a staff physicist at the Hughes Research Lab in Malibu, California.

In 1978 McNair was selected as one of thirty-five applicants from a pool of ten thousand for the NASA astronaut program. He flew on STS-41-B aboard *Challenger* in Feb-

ruary 1984 as a mission specialist, becoming the second African American to fly in space. Following this mission, he was selected for STS-51-L, which launched on January 28, 1986. McNair was one of the seven-person crew who died on the *Challenger* space shuttle when it exploded nine miles above the Atlantic Ocean, just 73 seconds after take-off.

Walking Backwards Since 1976

Nikki Judd
Peer Advisor

You may have spotted a UW-L student in a rugby walking backwards, talking, and entertaining a crowd all at once, or they may have interrupted your class on occasion by talking too loud in the hallways. Who are these people? What are they doing? How can you get involved?

In 1976, the Vanguard organization was established to help assist the admissions office in recruiting high quality students. These students volunteer their time during the school year to help represent the university to prospective students. According to the UW-L Vanguard website, "Vanguard is a volunteer, student public relations organiza-

"The over-all experience is one that cannot come from any other organization."
-Matt Moes

tion that represents the UW-La Crosse student body during campus tours, Campus Close-Up programs, college fairs, high school visits, and freshman registration." They are the first face most peo-

ple see when visiting the campus, and make-up a large part of the first impression people get of the university.

Vanguards have to be well educated on the campus in order to give an accurate account of the campus. In addition, they are expected to share their stories and experiences to add a personal touch to the tour.



Providing campus tours is only part of what this organization does. They contribute to the community by participating in Good Neighbor's Day, La Crosse Oktoberfest Maple Leaf Parade, Turkey Trot, and many others. In addition, Vanguards also represent the university at college fairs.

Getting involved in this organization requires an application and two interviews.

There are some restrictions on who can apply: you must be at least at sophomore standing by fall semester, have a grade point average of a 2.5, and have at least two semesters left of school before graduation. Informational sessions will be held in February and applications will be due near the end of February to select next year's members. The selection process is highly competitive. About 60 students apply each year for around 15 available positions.

It is a great organization that helps build leadership skills. These students represent UW-L, so only the best candidates are selected. To learn more, visit the Vanguard website on the UW-L homepage or contact Joshua Rybaski (Vanguard advisor) at: rybaski.josh@uwlax.edu.

"Being a Vanguard is very rewarding knowing that you are influencing prospective students with a huge decision in their life."
-Colton Breister

A Fun Way to Earn Extra Credits

Laura Rapp
Peer Advisor

Looking for a way to pick up an extra credit or two while having fun? Have you considered enrolling in an ESS 100 class? The Exercise and Sport Science Department offers a wide array of one credit classes that any student is eligible to enroll in. These classes provide an opportunity to learn life-long wellness skills that can last

a lifetime. Furthermore, this is an excellent way to meet peers with similar interests. Snowshoeing, golf, scuba diving, downhill and cross-country skiing, backpacking, canoeing and rock climbing are just a few of the many activities offered.

In addition to earning college credit, learning new skills, or perfecting the skills you already have, participating in physical activity can improve your academic functioning. As stated in a

recent article published by the Franklin Institute, physical activity can help improve high brain functioning. Higher brain functioning is used in activities such as reading and studying. These classes also provide a healthy method of stress relief! To see a complete list of the ESS 100 classes currently being offered, you can use the searchable class timetable on the UW-L website.



Pumpkin-Apple Streusel Muffins

Prep Time:
15 Min

Cook Time:
45 Min

Ready In:
1 Hr

Nutritional Information

Servings Per Recipe: 18 Muffins
Amount Per Serving:

Calories: 249 | Total Fat: 8g | Cholesterol: 26mg

Ingredients

Muffins:

2 1/2 cups all-purpose flour
2 cups white sugar
1 tablespoon pumpkin pie spice
1 teaspoon baking soda
1/2 teaspoon salt
2 eggs, lightly beaten
1 cup canned pumpkin puree
1/2 cup vegetable oil
2 cups peeled, cored and chopped apple

Topping:

2 tablespoons all-purpose flour
1/4 cup white sugar
1/2 teaspoon ground cinnamon
4 teaspoons butter



Happy Holidays!



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 18 muffin cups or use paper liners.
2. In a large bowl, sift together 2 1/2 cups all-purpose flour, 2 cups sugar, pumpkin pie spice, baking soda and salt. In a separate bowl, mix together eggs, pumpkin and oil. Add pumpkin mixture to flour mixture; stirring just to moisten. Fold in apples. Spoon batter into prepared muffin cups.
3. In a small bowl, mix together 2 tablespoons flour, 1/4 cup sugar and 1/2 teaspoon cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter.
4. Bake in preheated oven for 35 to 40 minutes, or until a toothpick inserted into a muffin comes out clean.

Source: www.allrecipes.com

Do You Want to be a Peer Advisor?

By Sharie Brunk Senior Advisor

Peer Advising is a part of the UW-L Academic Advising Center located in room 54, Cartwright Center. 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 ap-

propriate campus offices and staff for further assistance.

Peer advising takes place in the Academic Advising Center as well as in residence halls and in many other locations on campus. We like to think of peer advising

From left to right:

Laura Rapp, Nikki Judd, Aiyana
Bloome, Michelle Fuentes



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.

If you are interested in applying for a Peer Advisor position for the 2011/2012 academic year, you can find an online application at:

[www.uwlax.edu/
advising/
peeradvising.htm](http://www.uwlax.edu/advising/peeradvising.htm)

Click on the "form" link towards the bottom of the page. If you have questions about the hiring timeline or just want more information about the position, contact Sharie Brunk at 785-6950.