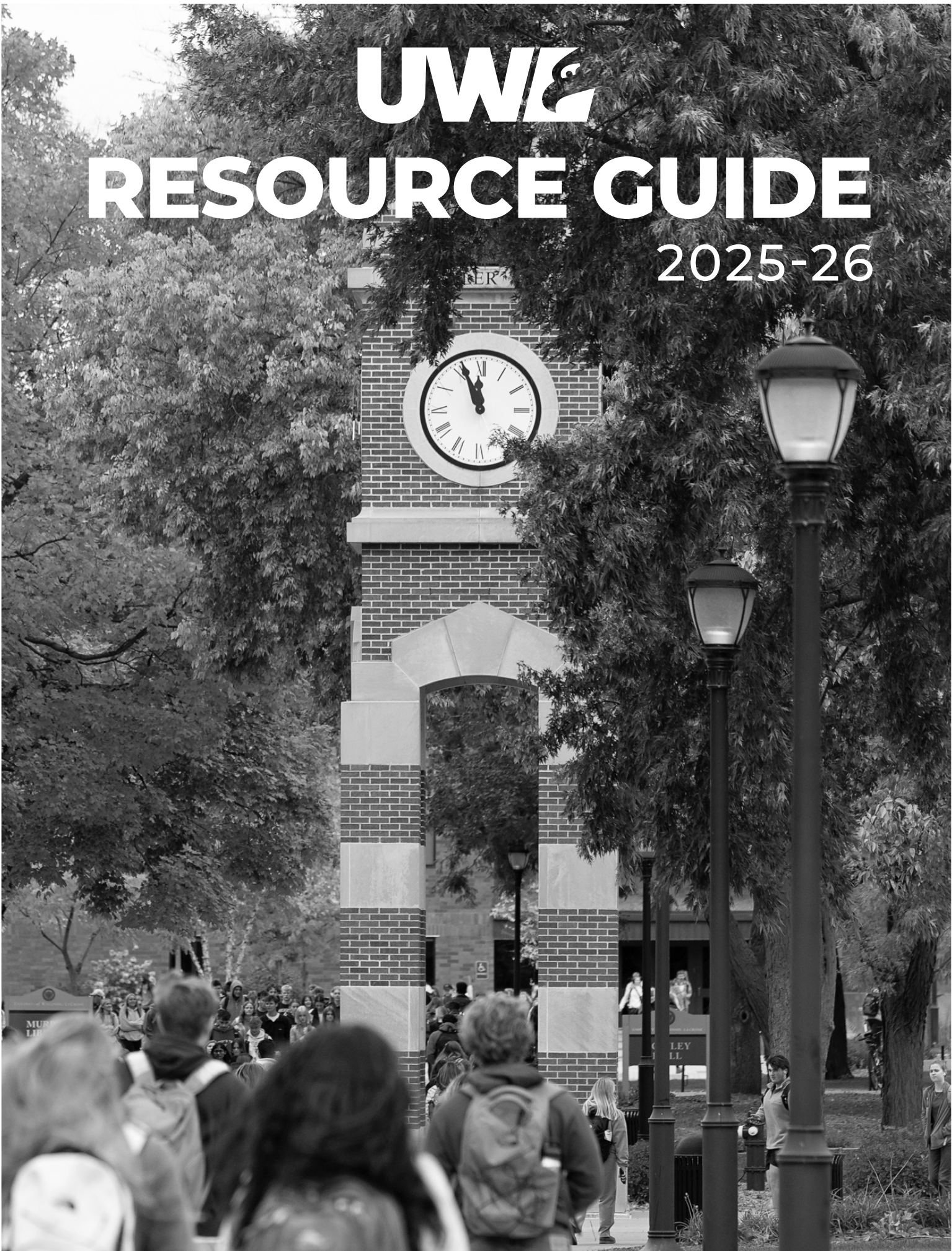


The logo for the University of Wisconsin (UW), featuring the letters 'UW' in a bold, sans-serif font, with a stylized 'W' that incorporates a graphic element resembling a leaf or a flame.

RESOURCE GUIDE

2025-26



WELCOME TO THE UNIVERSITY OF WISCONSIN-LA CROSSE!

THE UNIVERSITY LOOKS FORWARD TO THE ARRIVAL
OF THE NEW CLASS.

This Resource Guide provides important, often essential, information about the campus and community. It is recommended to read this guide and use it as a reference while at UWL.

The UWL experience is full of exciting possibilities, and time on campus is the perfect opportunity to take advantage of all that is offered. New students are encouraged to try new things, meet new people, and explore the area. La Crosse is recognized as one of the best places to live, with its arts, restaurants, shopping, and outdoor recreation. With a population of 52,000, there is plenty to explore beyond the campus.

Once again, welcome to the UW-La Crosse family.

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Campus Directory

www.uwlax.edu/info/a-z-directory

ACADEMIC ADVISING CENTER & CAREER SERVICES

608.785.6950
1209 Centennial Hall
advising@uwlax.edu

ADMISSIONS OFFICE

608.785.8939
2320 Student Union
admissions@uwlax.edu

CAMPUS OPERATOR

608.785.8000

CASHIER'S OFFICE

608.785.8719
121 Graff Main Hall
cashiers@uwlax.edu

COUNSELING AND TESTING CENTER

608.785.8073
2106 Centennial Hall
www.uwlax.edu/counseling-testing

DINING SERVICES

608.785.8891
1131 Student Union

DISABILITY RESOURCE CENTER

608.785.6900
124 Wimberly Hall
drc@uwlax.edu

FINANCIAL AID OFFICE

608.785.8604
215 Graff Main Hall
finaid@uwlax.edu

ID CARD OFFICE

608.785.8891
1131 Student Union
uwlcardoffice@uwlax.edu

IT MAKE\$ CENTS! MONEY MANAGEMENT CENTER

608.785.8852
0130 Student Union
itmakescents@uwlax.edu

INFORMATION TECHNOLOGY SERVICES

608.785.8774
103 Wing Technology Center
helpdesk@uwlax.edu

MULTICULTURAL STUDENT SERVICES

608.785.8225
1101 Centennial Hall
omss@uwlax.edu

NEW STUDENT AND FAMILY PROGRAMS

Graff Main Hall
parents@uwlax.edu

PARKING SERVICES

608.785.8061
605 17th St. N.
parking@uwlax.edu

RECORDS AND REGISTRATION

608.785.8951
117 Graff Main Hall
records@uwlax.edu

RECREATIONAL SPORTS

608.785.5225
125 Recreational Eagle Center
recsports@uwlax.edu

RESIDENCE LIFE

608.785.8075
1000 Eagle Hall
housing@uwlax.edu

SCHOLARSHIP RESOURCE CENTER

608.785.8852
0130 Student Union
uwlships@uwlax.edu

STUDENT HEALTH CENTER

608.785.8558
1030 Health Science Center
shcnetworking@uwlax.edu

STUDENT LIFE OFFICE

608.785.8062
149 Graff Main Hall
studentlife@uwlax.edu

STUDENT UNION WELCOME DESK & TICKET OFFICE

608.785.8877
Main Level, Student Union
ucfolio@uwlax.edu

TEXTBOOK RENTAL

608.785.8853
Lower Level, Student Union
textbook@uwlax.edu

TRIO STUDENT SUPPORT SERVICES

608.785.8535
2131 Centennial Hall
sss@uwlax.edu

UNIVERSITY BOOKSTORE

608.785.8855
Main Level, Student Union
bookstore@uwlax.edu

UNIVERSITY CENTERS

608.785.8888
3200 Student Union
univcenters@uwlax.edu

UNIVERSITY POLICE

Non-Emergency 608.789.9000
Emergency 608.789.9999
605 17th St. N.

UWL ALUMNI & FRIENDS FOUNDATION

608.785.8489
Cleary Alumni & Friends Center
foundation@uwlax.edu

VETERAN & MILITARY CONNECTION

608.785.8631
223 Graff Main Hall
uwlveted@uwlax.edu

Important Dates

FALL 2025 SEMESTER

New Student Orientation	Thursday, August 28 – Monday, September 1
Residence Halls: New Freshman Move-in	Wednesday, August 27 – Saturday, August 30 (12 p.m.)
Labor Day Holiday	Monday, September 1
Classes Begin	Tuesday, September 2
Last Day to Add without Permission	Monday, September 8
Fall Bill Payment Due	Monday, September 15
Family Weekend	Friday, October 10 – Sunday, October 12
Last Day to withdraw from Classes with a 'W'	Monday, November 3
Winter Intersession Registration Begins	Thursday, November 6
Spring Registration Begins	Monday, November 10
Last Day to Withdraw from the University	Friday, November 14
Thanksgiving Recess Begins	Wednesday, November 26 at 5:30 p.m. (Residence Halls Remain Open)
Classes Resume	Monday, December 1
Last Day of Classes	Wednesday, December 10
Final Exams	Friday, December 12 – Wednesday, December 17
Winter Break	Thursday, December 18 – Sunday, January 25

JANUARY 2026 WINTER INTERSESSION

Monday, January 5 – Friday, January 23
All Residence Halls remain open; a fee will be charged for students staying during this time.

SPRING 2026 SEMESTER

Residence Halls Open	Tuesday, January 20
Classes Begin	Monday, January 26
Last Day to Add without Permission	Friday, January 30
Spring Bill Payment Due	Friday, February 6
Spring Break	Friday, March 13 (5:30 p.m.) – Sunday, March 22 (Residence Halls Remain Open)
Classes Resume	Monday, March 23
Summer Registration Begins	Thursday, April 2
Last Day to withdraw from Classes with a 'W'	Friday, April 3
Fall Registration Begins	Thursday, April 9
Last Day to Withdraw from the University	Friday, April 17
Last Day of Classes	Friday, May 8
Final Exams	Monday, May 11 – Friday, May 15
Residence Halls Close	Friday, May 16

SUMMER 2026 SESSIONS

Reuter Hall available for summer residents.

Summer Session I:	Tuesday, May 26 – Friday, June 19
Summer Session II:	Monday, June 22 – Friday, July 17
Summer Session III:	Monday, July 20 – Friday, August 14
Summer Housing Ends	Saturday, August 15

FOR FURTHER INFORMATION

Billing & Payment Deadlines:

See 'Cashier's Office' on pages 24-26.

Academic Dates & Deadlines:

www.uwlax.edu/records/dates-and-deadlines

Academic Advising

A SPECIAL NOTE TO PARENTS AND FAMILIES

The first semester of college 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 students to make use of the AAC.

We want students to start making progress toward a degree, but also encourage them to explore different curriculum options. Striking a balance between a planned, purposeful education and open-ended exploration helps create well-rounded, lifelong learners.

Please help us in this effort by affirming students that there is always some level of uncertainty about the college experience. Many students are unsure about what academic path to take and what their life's pursuit should 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 students to take.

Join the AAC and encourage students to:

- Make an effort to 'connect' with at least one faculty member. Our faculty really does 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 UWL provides to make students' academic and social experiences the best they can be.

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 advisors regarding program development, major and career choices and concerns, course sequencing and course selection. Students are encouraged to make a connection with their advisor early in their college career. Students should schedule a minimum of one meeting with their advisor each semester.

Advisors are assigned to each undergraduate student based on their chosen major.

Students who have not declared a major are assigned to a faculty advisor in one of the colleges or to an advisor in the Academic Advising Center.

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 college 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 students' journey through the curriculum.

Academic Advising

TUTORING SERVICES

Many UWL students utilize the Tutoring & Learning Center (TLC), a free tutoring service on campus. Tutors are available on a drop-in basis for help in the following areas: Accounting, Biology/Microbiology, Chemistry, Economics, Geography, History, Mathematics, Philosophy, Physics, Psychology and Statistics. Students can also apply to be a tutor at the TLC, which is a great way to review course material while working on campus. For any writing assignment, the Writing Center has consultants available by appointment. If students need help with presentations or speeches, they can book an appointment with the Public Speaking Center. Visit uwlax.edu/tutoring-and-learning-center for more information.

For tutoring in areas outside of the subjects listed above, there are several options. Some departments have lab-based tutoring, and some prefer that students reach out to faculty for assistance. Students should contact their specific academic department to learn about other offerings.

THE ACADEMIC ADVISING CENTER

608.785.6950 | 1209 Centennial Hall
advising@uwlax.edu
www.uwlax.edu/aaccs

The Academic Advising Center is an integral part of the advising partnership between UWL 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

PRE-HEALTH STUDENT RESOURCE CENTER

608.785.6950 | 1209 Centennial Hall
prehealth@uwlax.edu
www.uwlax.edu/pre-health

Whether planning a career as a physician, physical therapist, physician assistant, occupational therapist, or any of the numerous health-related career possibilities, we are here to provide additional support.

The Pre-Health Student Resource Center provides:

- Comprehensive information on health professions for students, faculty and staff
- One-on-one and group academic and career advising with a focus on pre-health paths
- Workshops and events for career exploration, grad school preparation and application tips
- Opportunities to explore, shadow and network via our community partnerships
- Instruction for Introduction to Health Professions (HP 106, for credit).

WHAT IS NAVIGATE360?

Navigate360 Student is the ultimate campus companion for staying organized and connected. Manage schedules, access campus resources, connect with advisors, schedule appointments with offices such as Financial Aid, Residence Life, or the Tutoring & Learning Center. Connect with other students in classes to find study partners and receive reminders about important campus dates and deadlines.

HOW DO I ACCESS NAVIGATE360?

Search for "Navigate360 Student" in the app store. Once installed, select "University of Wisconsin-La Crosse" and log in with UWL credentials. Complete a 3-question welcome survey to connect with the right resources. Navigate360 resources will then be easily accessible.

Academic Advising

COLLEGE OF BUSINESS ADMINISTRATION (CBA)

Nicole Vidden | Erin Flottmeyer
608.785.8090 | 1205 Wittich Hall
nvidden@uwlax.edu | eflottmeyer@uwlax.edu
uwlax.edu/cba

- Accountancy
- Business Analytics
- Economics
- Finance (Risk, Insurance & Financial Planning, Personal Financial Planning)
- Information Systems
- International Business
- Management
- Marketing
- Undecided in College of Business Administration

SCHOOL OF EDUCATION (SOE)

Mackenzie Taylor
608.785.8127 | 235E Morris Hall
mtaylor2@uwlax.edu
uwlax.edu/soe

- Early Childhood Education and Special Education dual certification (ECE; birth-grade 3)
- Elementary/Middle Education (EME; grades K-9)
 - Elementary/Middle Education (K-9) and Special Education (K-12) dual certification
 - Elementary/Middle Education (K-9) and Teaching English to Speakers of Other Languages (K-12) dual certification
 - Elementary/Middle Education (K-9) and Spanish Education (K-12)
 - Elementary/Middle Education (K-9) and French Education (K-12)
- K-12 Education (grades K-12)
Majors include French; Spanish; Art; Music; Physical, Adapted and School Health Education
- Secondary Teacher Education Program (STEP; grades 4-12)
Majors include Broad Field Social Studies (concentrations in History, Political Science, Sociology), English, Mathematics, Science (concentrations in Biology, Chemistry, Physics)
- Undecided in School of Education

COLLEGE OF ARTS, SOCIAL SCIENCES AND HUMANITIES (CASSH)

including the School of Visual and Performing Arts (VPA)

Britta Osborne
608.785.8113 | 138 Wimberly Hall
bosborne@uwlax.edu
uwlax.edu/cassh

- Archaeological Studies (Cultural Anthropology)
- Art
- Communication Studies (Interpersonal Communication, Media Studies, Organizational and Professional Communication, Public Communication and Advocacy)
- Economics
- English (Literary & Cultural Studies, Medical Professions, Writing & Rhetoric)
- French (Business)
- History
- Music (Performance, Jazz Performance, Composition & Creation)
- Philosophy
- Political Science
- Pre-Law Track (pre-professional track; students will still need to select a major)
- Psychology
- Public Administration
- Race, Gender and Sexuality Studies
- Sociology
- Spanish
- Theatre & Dance (Arts Administration, Design/Technical, Multidisciplinary Studies, Musical Theatre, Performance, Stage Management)
- Undecided in the College of Arts, Social Sciences and Humanities (including the School of Visual and Performing Arts)

Academic Advising

COLLEGE OF SCIENCE AND HEALTH (CSH)

Travis Hendrickson | Guy Herling
608.785.8218 | 105 Graff Main Hall
thendrickson@uwlax.edu | gherling@uwlax.edu
uwlax.edu/csh

- Biochemistry ASB
- Biology (Aquatic Science, Biomedical Science, Molecular Genetics & Cell Biology, Environmental Science, Plant & Fungal)
- Chemistry (ASBMB Certification, Business, Environmental Science)
- Clinical Laboratory Science
- Computer Engineering
- Computer Science (Cybersecurity, Artificial Intelligence)
- Data Science
- Engineering Physics
- Environmental Science (Environmental Biology, Environmental Chemistry, Environmental Geospatial Techniques, Environmental Microbiology)
- Exercise & Sport Science - Exercise Science (Fitness track, Pre-Professional track)
- Exercise & Sport Science - Pre-professional Track/Athletic Training Dual Degree
- Exercise & Sport Science - Sport Management
- Food & Nutrition Sciences
- Geography (Geographic Information Science, Environmental Science, Humans & the Environment)
- Mathematics (Applied Math)
- Microbiology (Medical Microbiology & Immunology, Business, Environmental Science)
- Nuclear Medicine Technology
- Outdoor, Recreation, Tourism & Event Management (Community-Based Recreation, Generalist, Outdoor Recreation, Tourism & Event Management)
- Physics (Applied, Astronomy, Biomedical, Business, Computational, Optics)
- Public Health and Community Health Education
- Radiologic Science (Radiation Therapy, Diagnostic Medical Sonography, Radiologic Technology)
- Statistics (Actuarial Science)
- Recreational Therapy
- Undecided in College of Science and Health

PRE-PROFESSIONAL TRACKS

UWL students are provided the opportunity to complete requirements in a variety of pre-professional fields on the campus prior to applying to other colleges and universities for admission to their professional programs.

NOTE: Pre-professional tracks are not a major, but are declared alongside a major.

College of Science and Health
608.785.8218 | 105 Graff Main Hall
uwlax.edu/csh/academics-csh/preprofessional-programs

- Engineering (dual degree available)
- Pre-Health Student Resource Center
608.785.6950 | 1209 Centennial Hall
uwlax.edu/pre-health
- Athletic Training
 - Chiropractic
 - Dentistry
 - Genetic Counseling
 - Medical Dosimetry
 - Medicine
 - Occupational Therapy
 - Optometry
 - Pharmacy
 - Physical Therapy (dual degree available)
 - Physician Assistant Studies
 - Veterinary Medicine

TRIO Student Support Services

www.uwlax.edu/sss | 2131 Centennial Hall | 608.785.8535

Student Support Services (SSS) is a federally funded TRIO program serving first-generation college students (neither parent has a four-year degree), students who come from income-eligible households based on federal guidelines and students with a documented disability.

Upon acceptance into SSS, all students are assigned to an SSS advisor. The advisor assesses each participant individually and offers guidance based on individual need. The advisor meets with the participant at least twice a semester and may provide the student with academic, career, personal or financial aid advising. Areas of guidance traditionally include course selection, declaring a major, study skills, financial literacy, career readiness and referrals to appropriate offices.

The SSS staff also includes math and writing specialists who offer professional tutoring in their respective areas, as well as a trained team of peer tutors who can help in various math and science courses. In addition, SSS will arrange specialized tutoring for students requiring academic support in courses not covered by regular tutors.

SSS offers grant aid (supplemental financial aid) to Pell-eligible students who demonstrate significant unmet financial need. Students have the opportunity to apply for grant aid twice yearly, in fall and spring semesters.

SSS students have access to quiet, centrally located study spaces, assistive technology, peer mentoring, free printing, food pantry, cultural events, de-stressing events and a safe supportive community of belonging.

SSS can only serve 350 students annually; so selection into the program is based on eligibility requirements as well as a student's academic need and level of commitment. Once a student is selected for participation in SSS, they can utilize SSS services and programming until graduation.

To apply, visit www.uwlax.edu/sss/getting-started

Questions? Contact us at sss@uwlax.edu.



UW-La Crosse Student Support Services



@uwlaxsss

Disability Resource Center

www.uwlax.edu/disability-resource-center | 124 Wimberly Hall | 608.785.6900

The Disability Resource Center provides services to students attending UWL who have a documented disability. Disability Resource Center staff will meet with students and, based on documentation, determine appropriate accommodations to help students accomplish their academic goals and give them the support they need through graduation. Services include advising and coordination of academic, housing, dining and parking accommodations.

Students with physical, psychological, learning and sensory disabilities are eligible for accommodations and support services through the Disability Resource Center. The Disability Resource Center also provides support for students with temporary conditions (e.g., broken bones, concussions, etc.) that impact academics. If students encounter disability-related barriers at UWL, support and assistance are available to help maximize the educational experience and campus life.

For more information and to start the accommodation request process, complete the New Student Registration form on our website. Once submitted, students will be assigned an advisor to guide them through the process.

Career Services

www.uwlax.edu/aaccs | 1209 Centennial Hall | 608.785.8514

An 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.

OUR SERVICES:

INDIVIDUAL CAREER ADVISING APPOINTMENTS:

Students meet with advisors to explore internship opportunities, job market trends and employment prospects in their field. They also discuss job search strategies and graduate or professional school options that align with their career and life goals.

INTERSHIPS:

The Career Services Office coordinates hundreds of internship experiences each year allowing students to gain experience related to their academic and occupational goals. Planning for an internship begins early, commonly in their sophomore year.

HANDSHAKE:

This online career management tool is a one-stop resource for part-time and summer jobs, internships, jobs for graduates, on-campus interviews and campus career events.

JOB SEARCH DOCUMENTS AND SKILLS:

Advisors guide students through the job search process by assisting them with resumes, cover letters and interviewing skills.

GRADUATE SCHOOL ASSISTANCE:

Students meet with career advisors 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 within their organizations.

PRESENTATIONS:

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

Student Employment on Campus

144 Graff Main Hall | 608.785.8013

Many students enjoy the benefits of working part-time while going to school. Working part-time is a great way to assist with paying for the cost to attend college. Part-time work also helps students to improve their time management and organizational skills, while they are gaining valuable work experience.

With over 1,000 student employment positions awarded annually, students are encouraged to first check with their major department for openings that allow them to gain experience in their field. Additional opportunities may be available through Handshake (Career Services job portal) or the Financial Aid Office. All hired students must complete an I-9 form. A list of acceptable I9 documents can be found at uscis.gov/i-9-central/form-i-9-acceptable-documents

FOR MORE INFORMATION, VISIT:

www.uwlax.edu/finaid/info/student-employment/

or

www.uwlax.edu/human-resources/services/onboarding-center/student-employees/

Center for Civil Dialogue & Civic Engagement

www.uwlax.edu/cdce | 1120 Centennial Hall | transformative@uwlax.edu

The Center for Civil Dialogue & Civic Engagement (CDCE) at UWL is committed to fostering student empowerment, promoting a sense of belonging and enhancing campus climate through diverse initiatives, workshops, community events and research. Our efforts focus on supporting collective values, raising global awareness and creating opportunities for students, faculty and staff to engage with diverse perspectives. By promoting civil discourse, critical thinking and inclusivity, we strive to contribute to the academic, personal and professional success of all members of the UWL community.

We envision a UWL community where belonging is prioritized, and individuals are empowered to engage thoughtfully and respectfully across differences. As a hub for cultivating civic-minded leaders and promoting social change, we aim to strengthen the campus climate and ensure student success.

CORE SERVICES AND RESOURCES

Campus Climate Research: CDCE coordinates system-wide surveys, fosters open dialogues, monitors key themes and advocates for change through the Campus Climate Research Committee. We collaborate with campus partners to assess and improve belonging, aiming to support student success and faculty/staff retention. Integral to our campus climate work is offering bias education to foster a welcoming community for all.

Campus Thread: The CDCE houses Campus Thread, our campus closet, which offers free clothing to anyone in need. This resource ensures that all members of the UWL community have access to essentials without financial burden while promoting sustainability.

Civil Discourse and Free Expression: We champion civil dialogue and promote democratic values through initiatives at UWL. We lead projects and events that encourage free expression, supporting the UWL mission of fostering respectful conversations and critical engagement across diverse perspectives.

Facilitation/Workshops: CDCE offers a range of workshops that aim to raise awareness, spark reflection and promote critical thinking. Our staff is available to lead discussions on various topics, such as identity, systems and global issues. Workshops are interactive and provide participants with the opportunity for deeper engagement with crucial issues.

Reflection Room: Our Reflection Room offers a quiet space for meditation, prayer or simply relaxation. It is available to all members of the UWL community who need a moment of peace.

UWL Celebrations and Events: CDCE coordinates a variety of campus-wide celebrations and events throughout the year. These include documentary screenings, guest speakers and signature UWL Celebrates programs. Our events highlight key groups and embrace multiple perspectives.

Multicultural Student Services

www.uwlax.edu/mss | 1101 Centennial Hall | 608.785.8225

The Office of Multicultural Student Services (OMSS) uses a student-centered approach to academic excellence, leadership and the personal/social development of African American/Black, Indigenous/American Indian, Hispanic/Latinx, Asian American, Hmoob and biracial or multi-ethnic students at UWL. We advocate for the retention and graduation of multicultural students. Our mission is to create a sense of belonging through connection, authenticity, and access.

We provide opportunities for student success and advocacy to support academic progression, cultural awareness, identity development, on-campus connections and a greater sense of belonging. We value and support access, human understanding, shared values, and respect for individual differences. Our goal is to prepare students to contribute to their communities and society at large.

AREAS OF SERVICE AND OUTREACH:

- Academic Advising & Peer Tutoring
- Community building and networking
- Cultural, educational and social programming
- Financial aid and scholarship resources
- Leadership development
- Personal and financial guidance, support and advocacy for students
- Pre-College programs
- Student employment and internship opportunities
- Transfer student advisement

LEADERSHIP & INVOLVEMENT

OMSS facilitates many academic leadership opportunities and programs for students at UWL. These leadership and involvement opportunities are high-impact practices that provide practical, life-long learning for students and complement the academic mission of the university. Programs include Peer Tutoring, Hekima Scholars, and the AERIE living and learning community.

OMSS also provides leadership training, advising and administrative support for the eight active Multicultural Student Organization (MSOs) listed below. MSOs provide hands-on experiences attending retreats, conferences, leadership workshops, creating programs and planning events with and for the campus and greater La Crosse communities. MSOs welcome all identities and provide a space for individuals with shared identities to be in community.

ALANA

Asian, Latina, African, Native American Womxn

ASO

Asian Student Organization

BSU

Black Student Unity

DiSTEM

Diversity in Science, Technology, Engineering and Mathematics

HOPE

Hmong Organization Promoting Education

IOPA

Intercultural Organization Promoting Awareness

LASO

Latin American Student Organization

NASA

Native American Student Association

Records & Registration

www.uwlax.edu/records | 117 Graff Main Hall | 608.785.8951

Many services are available to students through the online WINGS Student Center. The system requires a student's username and password. Students were sent their username and password when they applied for admission.

Students use the WINGS Student Center to register for classes, display their schedules, pay bills and access tax information, add Campus Cash, access grades and GPAs, update their address, check their registration time and the name of their advisor, display their financial aid award, verify their enrollment, request advisement reports, request unofficial or official transcripts and notify the University of their intent to graduate.

GRADES

Final grades are available in the WINGS Student Center after instructors submit them at the end of the term. Grade point averages (GPAs) are finalized approximately five business days after the last final exam day. Grade reports are not mailed. Instructors notify students directly or through the online learning management system of any in-progress and/or midterm grades. Midterm grades are not posted in WINGS.

ADDRESSES

Students must keep the University informed of any address changes. Students can update their addresses using the WINGS Student Center. Students will be prompted at the beginning of each semester to update their local address unless they live in a residence hall.

CONFIDENTIALITY OF ACADEMIC RECORDS

UWL 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, establish students' right to inspect and review their records, and provide guidelines for correcting inaccurate or misleading data through both informal and formal hearings. A copy of the written procedures may be found on the Records and Registration website (www.uwlax.edu/records/FERPA).

DIRECTORY INFORMATION

UWL 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.

- Names, addresses, campus email addresses, telephone numbers, enrollment status, enrollment dates, academic level (e.g., first year, sophomore, etc.) and school/college.
- Previous institution(s) attended; past and present participation in officially recognized sports and activities; physical factors (height, weight, etc. for athletes).
- Program(s) of study, awards, honors including Dean's List, expected graduation date, degree(s) and credential(s) earned and dates awarded.

In addition to the items listed above, UW-La Crosse has designated photographs and images that are taken of students at university-sponsored activities as information that may appear in university publications, brochures, etc. without the written consent of students.

Students may restrict the release of some or all directory information under FERPA. To enter their preferences in their WINGS Student Center, currently enrolled students should follow the menu navigation: Self Service > Campus Personal Information > FERPA Restrictions. This page is also called Privacy Settings. Students who do not want directory information released should make changes to their privacy settings prior to the end of the second week of the fall semester to prevent future releases. If they change their mind about what to restrict, students must return to the Privacy Settings page to make changes.

UWL assumes that the lack of a specific request from the student in WINGS for the withholding of directory information indicates individual approval for disclosure. It should be noted that some restrictions will prevent certain information from being released, and students risk being omitted from communication from the University. Specifically, restrictions to name and home address will exclude the student's name from appearing in newspaper listings and other public postings of the Dean's List and graduation, including the commencement program. Restricting name and other academic information may also prevent potential employers and insurance companies from verifying graduation or enrollment status. UWL 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.

Records & Registration

www.uwlax.edu/records | 117 Graff Main Hall | 608.785.8951

ENROLLMENT VERIFICATIONS

A student may need to provide verification of enrollment for certain situations, such as: health and car insurance, scholarships, loans and employment. Self-service verification is available on WINGS Student Center, and we urge students and families to use this service.

FOUR-YEAR GRADUATION AGREEMENT

The University offers entering first-year students 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 www.uwlax.edu/admissions/a-four-year-graduation-agreement

REGISTRATION

New first-year students will meet with advisors during the registration period of their chosen registration date. Students will notice some classes have already been added to their schedule based on their chosen major and/or college. After advisement, students will log into their WINGS Student Center to enroll in additional classes. Students will learn how to use Schedule Planner, UWL's registration

tool, to build the rest of their class schedule and complete their registration for the fall semester. UWL staff and peer advisors will be on hand to help with any registration questions that may come up during the enrollment process.

Because new first-year students will continue to register throughout June, students will not be able to change their schedule using WINGS until all registration dates have passed. Students may add classes in WINGS through September 8, 2025, and drop classes through September 15, 2025, without instructor permission. Changes after those dates will require instructor permission, and in some cases, additional approvals.

In November, students register for the winter/spring term using the WINGS Student Center registration system. They are assigned a registration time according to the number of credits they have earned. Students should consult with their faculty or academic advisor prior to registration.

Students should be aware of the following information before attempting to change their schedule:

- A class marked as "Closed" cannot be added.
- Many classes are already filled to capacity. Once a class is dropped, it is unlikely to be added back to the schedule.
- A class should not be dropped to add another unless it has been confirmed that the desired class is open and does not conflict with the schedule. Using the SWAP method of enrollment helps prevent losing a seat if the desired class is full.

- If enrolled in a class with both a lecture and lab, dropping one part will likely result in the other part being dropped as well, depending on the course. For example, Chemistry 103 lectures, labs, and discussions are linked in groups and cannot be mixed and matched. If enrolled in CHM 103 and needing this class, do not attempt to change sections without assistance.

TEST & TRANSFER CREDIT

When AP scores have been received in July, UWL will evaluate the scores and post appropriate credits to the student's record. If a student registered for a course that is no longer necessary, the Records and Registration office will attempt to contact the student to adjust their fall schedule.

If test scores and/or transcripts from another college or university have been sent to UWL, students should check their WINGS Student Center to see what credit has been awarded, if any, and determine if changes are needed to their schedule. To view awarded credit, students log into their WINGS Student Center and select "Transfer Credit: Report". To view course placements based on the Wisconsin Regional Placement Test, students should select Course Placements & Milestones from the same list. In progress courses do not count as credits earned.

DATES, DEADLINES AND POLICIES

Important dates and deadlines for each term can be found at www.uwlax.edu/records/dates-and-deadlines

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

University Bookstore

www.uwlax.edu/bookstore | www.uwlshop.com | bookstore@uwlax.edu | Main Level, Student Union | 608.785.8855

Explore the University Bookstore! The ultimate destination for all things UWL. Discover a wide array of official UWL clothing and gift options for the whole family including hoodies, sweatshirts and T-shirts. The University Bookstore also has Apple accessories, basic electronics, health and beauty aids, snacks and so much more. Elevate the academic journey with a curated selection of quick study guides and required course materials not offered through Textbook Rental. Various payment methods are accepted, including cash, debit/credit, Campus Cash, Apple Pay, Google Pay and Financial Aid.



Textbook Rental

www.uwlax.edu/textbook-rental | textbook@uwlax.edu | Lower Level, Student Union | 608.785.8853

Textbook Rental Services provides UWL undergraduate students with an economical alternative to purchasing textbooks. Textbook Rental Services is a book rental system supported by tuition & fees, which is included in the undergraduate student bill. Students interested in building a professional library may special order textbooks at any time during the semester from the University Bookstore. Students may borrow books from Textbook Rental Services for short-term reference and research, provided some are in stock, and all students have a copy of the required book for the required class.

FALL TEXTBOOK CHECKOUT BEGINS

MONDAY
AUGUST 18, 2025

DUE DATE FOR FALL TEXTBOOKS

THURSDAY
DECEMBER 18, 2025

HOURS OF OPERATION

MONDAY - FRIDAY
8:00 AM - 4:30 PM

PLEASE NOTE: The above dates are for the Fall 2025 term ONLY. Please visit www.uwlax.edu/textbookrental for specific dates and deadlines for each term.

TEXTBOOK CHECKOUT INFORMATION

An email will be sent to all incoming first-year students during the first week of August 2025 with more information about the textbook checkout process. This email will be sent to the [student's @uwlax.edu email address](mailto:student@uwlax.edu). Physical Student ID cards are required to check out textbooks! Only students are allowed to check out their textbooks. No one else is allowed even with the student's ID.

Veteran & Military Connection

www.uwlax.edu/veteran-services | 223 Graff Main Hall | 608.785.8631

AREAS OF SERVICE AND OUTREACH

Veteran & Military Connection serves as the campus focal point for connecting veterans and National Guard members with the military-related benefits they may have received from the VA for their service. We also advise veteran & military-connected students on where to go to claim benefits, serve as the School Certifying Official to the VA or WI Department of Veteran Affairs and link veteran & military-connected students with resources on campus and in the community.

To find eligibility for veteran & military-connected education benefits, please enter the following links:

- Apply for Federal VA Benefits: <https://www.va.gov/education/how-to-apply/>
- Apply for WI State Benefits: <https://applications.dva.wisconsin.gov/mywisvets>
(--> Register/Login --> Verify Email --> Eligibility Matrix button at top)

UWL SPECIFIC BENEFITS

- Fully staffed Veteran & Military-Connected Educational Benefits Office
- Resident tuition rate for veterans and family members under Veterans Choice Act 702/301
- Resident Tuition rate for non-resident students who are members of the Wisconsin National Guard or Reserve members when they enroll at UW-La Crosse and have been a member of the qualifying unit for the six-month period immediately preceding the beginning of any semester or session at UW-La Crosse
- Priority Registration for veterans and current service members
- Transfer credit for completed military coursework
- Equivalency credit for completing Basic Training
- Approved University Military Duty Withdrawal Policy
- Active Student Veterans Association (SVA) chapter
- Dedicated Veterans & Military-Connected Lounge within Student Union
- Military Science Department/Army ROTC offered on campus
- Military-Connected speakers and presentations

FEDERAL BENEFITS

- Federal Tuition Assistance
- Ch. 33 - Post 9/11 GI Bill
- Ch. 30 - Montgomery GI Bill-Active Duty
- CH. 31 - Veteran Readiness & Employment
- Ch. 1606 - Montgomery GI Bill- Selected Reserve
- Ch. 35 - Survivors and Dependents Educational Assistance

STATE BENEFITS

- WI GI Bill
- National Guard Tuition Assistance



UW-La Crosse Veteran Services



Information Technology Services

www.uwlax.edu/its | www.uwlax.edu/its/helpdesk | 103 Wing Technology Center | 608.785.8774

STUDENT TECHNOLOGY GUIDE

Information Technology Services (ITS) provides computing, network and educational technology services. A variety of services and support are provided including: help desk, technology consultation, email, printing, file storage, password management, web applications and more. The Student technology guide is available at: kb.uwlax.edu/91037



COMPUTER LABS & RESOURCES

PC and Mac computers are available for use in the Murphy Library. They are loaded with a wide variety of application software including Microsoft Office and Adobe Creative Cloud. Scanners and color/black and white laser printers are available for use.

EAGLE HELP DESK

Technology help is available to students at the Eagle Help Desk. This includes assistance with campus email, file storage, Microsoft Office, Windows OS, macOS, and other campus-supported software. The Eagle Help Desk is the first point of contact for technology questions. Contact us at **608.785.8774**, helpdesk@uwlax.edu or stop by room 103 in the Wing Technology Center.

Our hours are Monday-Friday from 7:30 a.m.-4:30 p.m. (closed holidays). More info at: uwlax.edu/its/helpdesk

MICROSOFT 365 & EMAIL

Microsoft 365 is free for all enrolled students at UWL. This includes a UWL email account and access to download, install and use Microsoft Apps including Outlook, Word, Excel, PowerPoint, OneDrive (and more) on up to five devices (Windows, macOS, iOS, Android). Use Microsoft 365 web apps or download Microsoft Office at: portal.office.com

VIRTUAL DESKTOP

Virtual Desktop allows UWL students using Windows, macOS, iOS or Android devices to connect to and use a virtual Windows desktop similar to those in the ITS Computer Classrooms Labs. More info at: kb.uwlax.edu/107263

WIFI: UWL-EAGLE

WiFi is available throughout campus. UWL-Eagle is a secure wireless network that requires a NetID and password. It should be the default network for full access. More info at: uwlax.edu/its/network-telecom/campus-wireless-services

STUDENT PRINTING

Print anywhere from a computer and web connection, or from lab computers. All students receive a \$1.20 allocation at the beginning of the fall and spring semester. The cost per printed page is 5 cents for black and white and 60 cents for color. More info at: uwlax.edu/its/client-services-and-support/pay-for-print

LEARNING MANAGEMENT SYSTEM

Canvas is the innovative learning management system used by UWL faculty and instructional staff to enhance face-to-face instruction or teach courses totally online. Canvas allows “anytime, anywhere” access to course-related files, electronic dropboxes for assignments, online quizzes and tests, email and grades. Though most faculty use Canvas for their courses, students should note that not all faculty utilize Canvas. If a course is not visible on the course list, contact the instructor to confirm if the course will be activated in Canvas. Connect by going to: uwlax.edu/canvas. Call Canvas Support first for any Canvas related issues at **1.833.826.8719**.

WINGS STUDENT CENTER

WINGS is the name for UWL’s Student Information System (SIS). This system provides students, faculty and staff with access to information relating to recruiting and admissions, records and registration, financial aid, student financials and enhanced self-service capabilities. More info at: uwlax.edu/wings

ADDITIONAL INFORMATION

ITS provides a variety of other services, including classroom technology support. Find this information on our website at: uwlax.edu/ITS.

UWL encourages students to follow the Universities of Wisconsin Regent Policy: “Acceptable Use of Information Technology Resources.” These policies can be found in the student and staff handbooks or on the Universities of Wisconsin website under Regent Policies at: wisconsin.edu/regents/policies/

Information Technology Services

www.uwlax.edu/its | www.uwlax.edu/its/helpdesk | 103 Wing Technology Center | 608.785.8774

FREQUENTLY ASKED QUESTIONS

ACCOUNT AND PASSWORD MANAGEMENT

Our convenient 24x7 self-service password and account management page is at:

uwlax.edu/password.

Click on “First Time Access” for first-time NetID use, “Password Management” to recover or reset a password, or “Account Locked” if locked out of an account. Passwords expire every 365 days.

WHAT IS MULTI-FACTOR AUTHENTICATION?

UWL accounts require two forms of authentication for logging in (username/password and a code from a physical device). This makes accounts more secure against attacks and compromises

More info at: kb.uwlax.edu/81129

WHAT COMPUTER SHOULD I BUY?

The brand and where to purchase a computer is up to each individual. Our website lists several vendors that provide discounted prices for students.

If buying a new laptop or desktop computer or bringing one currently owned, please read our hardware recommendations at uwlax.edu/its/technology-purchases/purchasing to help ensure compatibility with campus resources.

Regardless of the choice made, security should be a priority with hardware, software, and internet usage. Ensure that the computer is covered by homeowner's or renter's insurance.

WHY BUY A MOBILE COMPUTER?

Portability and flexibility are key factors for students. Whether working alone or in a group environment, students have the opportunity to have their mobile device with them at all times. With a mobile device, students can benefit from web applications and Virtual Desktop.

WHAT OPERATING SYSTEM AND SOFTWARE SHOULD I BUY?

Current versions of Windows and macOS are supported. Microsoft 365 is provided to all enrolled students and includes Microsoft Office. If Adobe applications are needed, Adobe offers a student discount on their website.

SHOULD I DOWNLOAD ANTIVIRUS AND ANTI-MALWARE SOFTWARE?

ITS encourages safe, virus free computing. Without antivirus software, computers can become severely infected. ITS recommends all computers have antivirus software installed before using the campus network. For more information go to: uwlax.edu/its/client-services-and-support/antivirus-malware-information

DO I HAVE ACCESS TO ONLINE FILE STORAGE?

Yes! Microsoft OneDrive (1TB) and Google Drive (30GB) files can be accessed using the students' NetID from any computer with an internet connection. More info at: uwlax.edu/its/system-administration/filestorage

WHAT IS CYBER SECURITY?

Cybersecurity is a critical aspect of using the campus network and computer resources. Caution should be taken when opening suspicious emails and files. If uncertain, avoid clicking on any links. To check if a web link is valid, hover over it (without clicking) on a computer. This action is not possible on a smartphone, so extra caution is advised.

ITS will NEVER request a password. Any request for a password should be deleted immediately without a response.

If a link is inadvertently clicked or credentials are provided, it is important to change the password as soon as possible (preferably while on campus). For further assistance, contact the Eagle Help Desk.

NEED MORE INFORMATION?

Visit our Student Technology guide at: kb.uwlax.edu/91037

Check out our Knowledge Base (KB) site available 24x7 at: kb.uwlax.edu

Contact the Eagle Help Desk at: 608.785.8774, helpdesk@uwlax.edu or support.uwlax.edu

Parking Services

www.uwlax.edu/parking | 608 17th Street N | 608.785.8061

PARKING ON CAMPUS

Parking in a University of Wisconsin-La Crosse lot requires a permit or use of the Passport Parking mobile app. Permits may be purchased online or at Parking Services for annual, semester, day, weekend, or overnight parking. The Passport Parking mobile app is available for short-term parking.

PARKING PERMIT SALE

The online parking permit sale will begin in July. Permits are sold based on seniority, with first-year students purchasing the third week of the sale. Instructions will be emailed to all registered students at the end of June. Availability is not guaranteed and lots sell out quickly. A wait list will be established after permits sell out. Current rates, rules, and additional information is available on the Parking Services website.

RESIDENT OR COMMUTER PERMIT

Students living in the residence halls may only purchase a resident lot permit and students living off campus may only purchase a commuter lot permit.

Motorcycle and moped parking permits are available for designated spaces around campus.

YOUR PLATE IS YOUR PERMIT

Parking Services uses license plate recognition (LPR) technology to enforce our parking lots. Enforcement officers scan license plates with vehicle mounted cameras.

Students are required to select a lot to park in and may only park in their assigned lot.

One vehicle may be registered per permit. Additional vehicles may be added if the vehicle is registered to an immediate family member. Only one vehicle is allowed to be

VISITOR PARKING

Visitors must purchase a permit to park on campus using one of the following options:

- Pay with the Passport mobile app.
- Visit Parking Services.

Visitor parking is not allowed in resident lots, but 15-minute loading spaces are available. Parking is free during the day on weekends in commuter lots. An overnight permit is required for any overnight parking.

GETTING AROUND

Travel on campus is best done by bicycle or on foot. Bikes should be locked to the racks around campus.

- Green Bikes is a bicycle recycling program supported by UWL's Green Fund and implemented by UWL's Outdoor Connection. It costs \$15 to rent a green bike. A \$25, \$50 or \$100 deposit (depending on the quality of the bike) is also required. Deposits will be returned when the bike is returned.
- Drift Cycle is a community bike share that offers an easy to use and affordable bike rental program to residents, commuters and visitors of the La Crosse area. UWL hosts two stations, one near the Student Union and one near Whitney Dining Center. Additional stations are spread throughout the city. To utilize this program, download the "Drift Cycle" app.
- Jefferson Bus Lines and Coach USA provide service all over the United States. The bus stop is on the North Side of the Student Union.
- Amtrak offers service to Milwaukee, Chicago, and Minneapolis with connections to other parts of the US.
- American Airlines has daily flights from the La Crosse Regional Airport (LSE).
- Groome Transportation provides airport shuttle service to the Rochester and Minneapolis airports.

CITY AND REGIONAL BUS SERVICE

The La Crosse Municipal Transit Utility (MTU) offers two bus services for UWL students. The Unlimited Passage (U-PASS) provides bus service on any MTU route in La Crosse or Onalaska at NO FARE when students show their UWL Student ID. The Safe Ride Bus also has NO FARE and runs Thursday, Friday and Saturday nights from 10:30 p.m. to 3 a.m. The Safe Ride Bus will run from on and off campus housing areas and downtown La Crosse every 15 minutes during these three nights and no identification is required. Students will have a safe ride home with their friends.

Scenic Mississippi Regional Transit (SMRT) buses run Monday-Friday to Crawford, La Crosse and Vernon counties. Free internet service is provided on buses. Rides are \$5 each way and are not included in student fees. Discount cards are available for purchase. More information is available on the Parking Services website.

Residence Life

www.uwlax.edu/reslife | 1000 Eagle Hall | 608.785.8075

The Office of Residence Life strives to create affirming and inclusive homes for our residents where all people can achieve academic and social success through experiential learning and building meaningful relationships.

THE RESIDENCE HALLS

Approximately 3,000 students reside on campus across ten residence halls. First-year students are required to live on campus, with most residing in traditional residence hall rooms shared with one or two roommates. In these halls, common lounge areas, bathrooms and kitchens are shared among residents. Eagle Hall offers suite-style living, where three roommates share a space on either side of a joint bathroom. Communal lounges and a kitchen are also available within the building. Reuter Hall, designed for upper-class and graduate students, features apartment-style living with four individual bedrooms within each enclosed unit. More details on residence halls, amenities and services can be found on the department's website.

SUPPORT & INVOLVEMENT

We have a team of experienced, professional staff who are directly involved in monitoring services, counseling, relationship-building, community development and accountability. Each residence hall has a Residence Director and Resident Assistants (RAs). Residence Directors consist of our full-time Master-level and current Graduate-level staff who live in each community and supervise the RA team. Resident Assistants are full-time students who personally connect with residents to help them develop a sense of belonging within the student community.

Our team hosts a multitude of events, all centered around the goals of interpersonal, academic and cultural growth. Students are encouraged to be actively involved in their living community.

Additionally, each residence hall has a Core Team that plans social events and engagement opportunities for the residence hall community. Interested in joining a hall's Core Team? Inform a Resident Assistant at the start of the fall semester. This opportunity provides a great way to meet other students in the building and build connections within the residence hall community.

EMPLOYMENT OPPORTUNITIES

The Office of Residence Life employs one of the largest number of students on campus. Positions include: Desk Assistant, Resident Assistant, Custodial Assistant, Mail Center Assistant and Summer Conference Assistant. All positions focus on leadership and professional development and are supervised by both peer leaders and full-time staff. Getting a job in a residence hall is a great way to give back to the community and develop skills to prepare for future opportunities. We encourage students to watch for position postings beginning in July or when they arrive on campus.

SAFETY

All residence hall entrances are locked 24 hours a day. Hall residents and university staff can enter the residence hall with an Eagle ID Card. Any guests to the residence halls must be escorted by a hall resident at all times. Students are expected to carry their room key and student ID with them at all times and to keep their room door locked.

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

Security cameras are installed in all residence halls at entrance and exit doors, first-floor elevator lobbies, first-floor stairwells, and various common lounge areas on the first or basement floors.

Fire safety procedures are explained at the beginning of the year. Fire drills are planned every semester. Smoke detectors are mounted in every room and fire extinguishers are located on every floor, wing or cube.

Safety is our top priority. Please review our list of prohibited items on our website.

ROOM ASSIGNMENTS & MOVE-IN

Room assignments will be emailed to students. After receiving their room and roommate assignments, students should contact their new roommate. It is important that roommates determine who will bring what, such as a TV and microwave. Information about move-in and links to move-in time sign-up will be emailed to students in July.

Residence Life

www.uwlax.edu/reslife | 1000 Eagle Hall | 608.785.8075

WHAT TO BRING

Start with what makes a place feel like home. That might be a four cup coffee pot, a picture of close friends or a favorite blanket. Then fill those boxes with necessities. Remember to coordinate with roommates to avoid bringing duplicate items. With limited space, thoughtful planning can help create a comfortable and functional living environment. Our students tell us that necessities include:

- Small microwave (1000 watts or less)
- Snacks
- Box fan
- One or two sets of plastic-ware (plates, forks, etc.)
- Sandals to wear in the shower and a shower tote to carry shampoo
- Pillow
- Extra-long twin size bedding (can be found at most stores)
- Fused power strip (surge protector)
- Umbrella
- 1 set of towels
- Hangers
- Laundry basket and laundry supplies
- School supplies
- Alarm clock
- If lofting a bed - furniture for under a loft (79" or less in length)
- Social Security Card and Photo ID
- Toilet paper, if living in Eagle or Reuter

WHAT NOT TO BRING

What should be left at home? Many students find they bring more than necessary. Consider whether four towels are needed or if one will suffice. Seasonal items like winter boots and coats can often be brought later on a trip home. We also provide a lot of things for student use at our front desks like pots and pans, vacuums, games, etc. Be sure to check the Residence Life policies to know what is not allowed as this is not an exhaustive list:

- Air fryers
- Instant Pot
- Homemade lofts - we provide them
- Trash can and recycling bin - we provide them
- Fridge - we provide one
- Pets - other than fish!
- Air conditioners (we provide them for medical needs)
- Space heaters
- Lamps with plastic shades, halogen lamps, or multiple light lamps
- Non-LED lights
- Non-fused or multi-plug outlets
- Hoverboards or electric skateboards
- Items with the potential for an open flame (candles with wicks, incense to burn, fireworks/firecrackers)
- "Food board" - board which places weight on the built in bookshelves
- Items that produce wireless signals (routers, printers, etc.)

Rooms in Eagle, Laux, Reuter, Sanford, O. White and Wentz are carpeted. People living in other halls often bring an area rug to cover tiled floor.

Bedding:

Mattress size is 33" x 79".
Extra long, fitted twin sheets will fit perfectly.

RESIDENCE LIFE WEBSITE

The Office of Residence Life provides updates and resources online at www.uwlax.edu/reslife to help students and families stay up to date on what is happening in the residence halls and on campus. Move-in instructions, maps, housing application information and much more is available.

RETURNING HOUSING APPLICATION

Returning Housing Application Opens – October 6, 2025

Returning Housing Application Due – November 1, 2025

Returning Housing Cancellation Deadline – March 1, 2026

On-Campus Banking Services

www.uwcu.org | Room 1135, First Floor, Student Union | 608.232.5000, ext 3100

UW CREDIT UNION

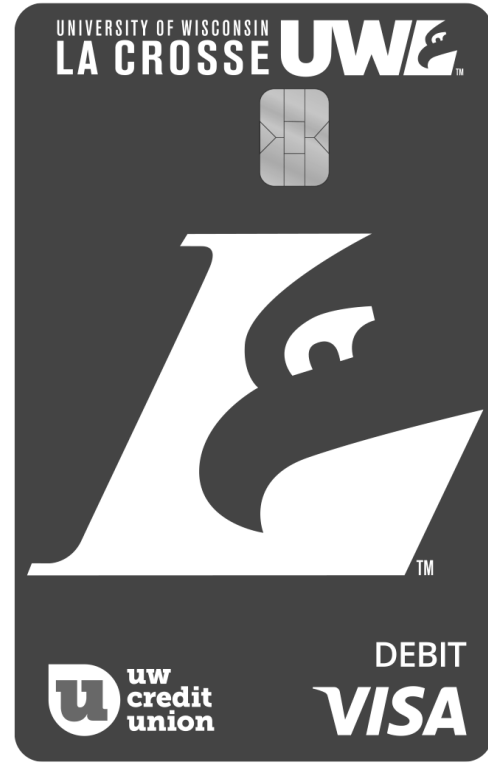
UW Credit Union is a community-focused, member-owned not-for-profit. We make it easy for UW-La Crosse students to manage their finances. Enjoy fewer fees, better rates and surcharge-free ATMs. Plus, free online, mobile and text banking and more!

We are here for all students at our branch in the Student Union (next to the Eagle ID office) Monday through Friday, 9 a.m. to 5 p.m. Stop in to say “hello” and to pick up an Eagle debit card.

Official campus partner of financial services to the UW-La Crosse community.

www.uwcu.org

Federally Insured by NCUA.



Off-Campus Banking Services

ALTRA FEDERAL CREDIT UNION

www.altra.org

COULEE BANK

www.couleebank.net

STATE BANK OF LA CROSSE

www.statebankfinancial.com

ASSOCIATED BANK

www.associatedbank.com

MARINE CREDIT UNION

www.marinecu.com

US BANK

www.usbank.com

BMO HARRIS BANK OF LA CROSSE

www.bmoharris.com

PARK BANK

www.parkbankplace.com

COMMUNITY CREDIT UNION

www.communitycu.com

CITIZENS STATE BANK

www.citizensstatebank.us

RIVER BANK

www.riverbank.biz

WELLS FARGO BANK-ONALASKA

www.wellsfargo.com

Cashier's Office

www.uwlax.edu/cashiers | 121 Graff Main Hall | 608.785.8719

2025-26 ESTIMATED YEARLY COSTS				
	TUITION & FEES*	ROOM Traditional Double	MEALS Stryker Classic Meal Plan	TOTAL
WISCONSIN	\$10,117	\$4,693	\$3,191	\$18,001
MINNESOTA**	\$10,476	\$4,693	\$3,191	\$18,360
MIDWEST TUITION RATE***	\$14,284	\$4,693	\$3,191	\$22,168
NON-RESIDENT	\$19,564	\$4,693	\$3,191	\$27,448

In addition to these costs, students can expect to spend from \$1,500 to \$2,000 each semester on personal costs such as transportation, clothing and entertainment.

* UWL has a Textbook Rental Service which is included in the tuition cost.

** 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 <https://www.ohs.state.mn.us/mPg.cfm?PageID=120>

*** The Midwest Tuition Rate includes selected students who are residents of Illinois, Indiana, Iowa, Kansas, Michigan, Missouri, Nebraska, North Dakota, Ohio or South Dakota. This program is managed by the Admissions Office.

TERMS AND CONDITIONS OF FINANCIAL RESPONSIBILITY

All students must electronically sign the [Terms and Conditions of Financial Responsibility at the time of registration each semester](#). New students have a checklist (to-do) item in their WINGS Student Center for signing this agreement. By agreeing to the terms, students agree to pay, in full, the amount of any fees, tuition, housing and meal plan costs, special course fees and other miscellaneous charges incurred in connection with attendance at UWL, on the dates indicated by UWL for each semester.

Payment is required on the 10th day of classes for fall and spring semesters. Finance charges start with the 2nd billing cycle in September (for fall) and February (for spring). The 1.50% finance charge is based on the outstanding balance and is assessed on any amounts not paid by the due date indicated on the student bill. Payment in full is required prior to registration for future semesters.

- **Online payment via an electronic check:** This is a fast, free and secure method of making a payment. The payment will post to WINGS within seconds. [This is the preferred method of payment, allowing full control over when payments are posted.](#) Payment is made through the WINGS Student Center under Finance, or through the Cashier's Office website: www.uwlax.edu/cashiers. Students, parents and guests can make payments. Students will be charged \$20 for online payments returned for insufficient funds.

- **Online payment via Credit/Debit Card (MasterCard, VISA, Discover, American Express, & Diners Club):** Card companies charge a 2.95% convenience fee. Payment is made through the WINGS Student Center under Finances or through the Cashier's Office website. Students, parents, and guests can make payments.
- **Edvest/529 Plans:** Request Edvest/529 distributions early and plan accordingly. An official tuition statement from UWL is not required before submitting a distribution request to an Edvest/529 plan. These plans typically send payments directly to UWL via paper check or ACH. Many 529 College Savings plans now offer a digital distribution option (electronic ACH), which saves time and provides real-time payment tracking. When initiating a withdrawal, it is important to check with the plan administrator to determine whether digital distribution is available. Once the plan administrator sends the payment directly to UWL, allow 1-2 days for the payment to post to the student's WINGS account. In some cases, check processing and mailing can take up to two weeks, so sufficient time should be allowed. www.uwlax.edu/cost
- **Check and/or Cash payment at Cashier's Office.** Please note the student ID# on the check. Students will be charged a fee for checks returned for insufficient funds.
- **Check payment mailed to the Cashier's Office** will be posted to the student account on the business date received. Please make checks payable to UWL and note the student ID# on the check. Mail payments to UWL Cashier's Office: 121 Graff Main Hall, 1725 State Street, La Crosse, WI 54601. Students will be charged a fee for checks returned for insufficient funds.

Cashier's Office

www.uwlax.edu/cashiers | 121 Graff Main Hall | 608.785.8719

SEMESTER BILLING SCHEDULE			
	FALL 2025	SPRING 2026	INFO
FIRST BILL EMAILED	August 29	January 23	Email from studentAR@uwlax.edu (around 5 p.m.) notifying that the bill is available
PAYMENT DUE	September 15	February 6	Payment is due by the 10th day of classes.
DAILY FINANCE CHARGES	September 16	February 7	Start accruing 1.50% finance charge. Bill must be paid to avoid future registration holds.

HOW TO VIEW THE BILL

Billing reminders are emailed to students at their official university email address. **Students have the option of setting up Parent Portal** accounts for parents to access their [billing](#) accounts and receive [billing](#) emails when new bills have been posted. See information to the right. Students can also print or email their bill from WINGS. Charges can be incurred throughout the semester. No paper bill is mailed to students' home address due to Family Educational Rights and Privacy Act (FERPA). FERPA is a Federal law that protects the privacy of student education records.

A \$25.00 non-refundable registration fee is charged each semester when registering for classes. Students are still responsible for this fee even if classes are dropped before the semester starts. This charge is automatically posted to WINGS and will be reflected on the billing statement.

Bill due dates are posted online at www.uwlax.edu/cashiers. The bill must be paid in full before a student can register for future semesters.

PARENT/GUARDIAN WINGS ACCESS

There are two separate options available for students to provide parents permission to discuss their records. The student can authorize access to 1) the online billing payment system and 2) discuss student records with staff. Without this permission, UWL offices are unable to discuss the student's account or records with parents due to FERPA regulations.

Give Parent/Guardian Access to VIEW/PAY BILL (Cashnet)

1. Log in to WINGS with a NetID and password
2. Go to Finances (in the middle of the page), click on Grant Access to View/Pay Bill, scroll down to "Send a payer invitation"
3. Enter Payer Invitation required fields and click Send invitation
4. Upon completion, parents will receive their unique log in information. Additional instructions to pay can be found at <https://www.uwlax.edu/cashiers/> payment option button.

Give Parent/Guardian Permission to Discuss Student Information (Comply with Federal FERPA Law)

- Follow the set-up instructions at <https://kb.uwlax.edu/internal/page.php?id=115349>
- It is a FERPA violation if we discuss an account without the student's permission
- Access for each parent/guest remains in place until the student revokes the access
- We are unable to give instructions to navigate WINGS to someone other than the student
- Upon completion of set up, the student will need to share the PIN with the guest that received access.
- Any questions regarding access can be directed to the Cashier's Office.

Guest Personal Identification Number (PIN)

* *Note: Guests do not have access to WINGS and will not log into WINGS with the guest FERPA Secure PIN, but this PIN will allow guests to contact departments.*

1. Log into WINGS
2. A guest FERPA Secure PIN must be set up to provide permission to discuss financial or academic records. This can be done for up to three guests. To proceed, review the FERPA information and then check the box stating, "I Accept These Terms"
3. Three boxes will appear, allowing up to three guests to have guest FERPA Secure PINs. In each box, enter the guest's name next to "Name," then click "Set PIN" to generate a six-digit number associated with that guest. Select the checkboxes for "Finances" and/or "Academic Records" based on the desired level of access.
4. Once completed, scroll to the bottom of the page and click "Save" to apply the FERPA Secure PIN settings.

* *Note: Names, PINs, and guest access permission can be updated at any time by editing the Name field, selecting or deselecting the "Finances" and/or "Academic Records" checkboxes, and clicking "Set PIN" again to generate a new PIN. Be sure to click "Save" after making any changes to ensure the FERPA Secure PIN settings are updated.*

Cashier's Office

www.uwlax.edu/cashiers | 121 Graff Main Hall | 608.785.8719

FINANCIAL AID DISTRIBUTION DATES	
FALL 2025	Begins August 27
SPRING 2026	Begins January 21

FINANCIAL AID REFUNDS & OTHER REFUNDS

If financial aid funds, scholarships or excess payments applied to the student's WINGS account are more than the balance due, the excess is paid back to the student as a refund. It is strongly encouraged to sign up for Nelnet.

UWL uses Nelnet to electronically deposit student refunds directly into the checking or savings bank account provided. The service is free, highly secure and utilizes SSL encryption, keeping information safe and private.

FOR THE FASTEST REFUND, fill out personal banking information ahead of time to prevent delay in receiving refunds.

Students who do not sign up for direct deposit will receive their refund checks by mail to the permanent home address on file. Checks are mailed by default, so it is crucial that students always have their current address on file. If the address is not valid, students risk having their refund checks returned or lost. Allow two weeks for processing and mailing.

NEED TO CHANGE AN ADDRESS FOR BILLING AND TAX REPORTING PURPOSES?

Access WINGS to view/change individual student information regarding tuition/fees, local/legal addresses, class schedule and tax reporting. The student's NetID and password are required to access WINGS.

Form 1098-T is the IRS Tuition Statement issued to all students who had qualified tuition and other related educational expenses billed to them during the previous calendar year. It serves to alert students that they may be eligible for federal income tax education credits as part of their Federal Income Tax Return. For the 2025 tax year, check with the UWL Cashier's website at www.uwlax.edu/cashiers for additional details.

WITHDRAWING FROM THE UNIVERSITY | FEES & REFUNDS

Any new or transfer students choosing not to attend prior to the first day of classes must contact the Admissions Office. If this is not done, students will be placed on class rosters and will be responsible for payment of tuition and fees.

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 students will be assessed a \$50 withdrawal fee. The amount of refund (if any) is determined by the effective date of the withdrawal.

WITHDRAWAL DATES

For classes starting Tuesday, September 2, 2025:

September 2, 2025-September 15, 2025

- 100% Refund + \$50 Withdrawal Fee

September 16, 2025-September 29, 2025

- 50% Refund

September 30, 2025 or Later

- No Refund

If the student received financial aid, refund requirements of the Higher Education Amendments may affect the student's refund or balance due to the University. Please note that students are still responsible for payment of bill due when withdrawing from UWL.

ROOM AND MEALS REFUND

Students who withdraw from the University shall be refunded room and meals paid in advance on a weekly-prorated basis. Calculation of the refund amount begins on the Monday of the week following the withdrawal date. The \$150 housing deposit is non-refundable.

Financial Aid Office

www.uwlax.edu/finaid | 215 Graff Main Hall | 608.785.8604

FEDERAL DIRECT LOAN BORROWERS

First-time borrowers in the Federal Direct Loan program need to complete federally required Entrance Loan Counseling (ELC) and sign a Master Promissory Note (MPN) for their loan. Both requirements can be completed at studentaid.gov.

PARENT LOANS

Parents who wish to apply for a Federal Direct Parent PLUS Loan must have their student complete the FAFSA. In addition, the parent must apply for the Parent PLUS Loan online at studentaid.gov and can complete a Direct Parent PLUS Master Promissory Note on the same site. Students do not need to be eligible for need-based federal student aid to qualify, however, the parent/borrower must not have an adverse credit history.

PRIVATE STUDENT LOANS

These are private, non-governmental loans for higher education offered by various lenders. Students do not need to be eligible for need-based federal student aid to qualify. More information about applying for these types of loans is available at www.uwlax.edu/finaid/financial-aid-quick-links/private-student-loans.

CALCULATING HOW MUCH TO BORROW

Borrow only the amount needed. A helpful worksheet (Calculating How Much You Need to Borrow) is available at www.uwlax.edu/finaid/info/types-of-aid/loans.

Current cost of attendance and an “estimate your campus bill” tool can be found at www.uwlax.edu/cost.

FEDERAL WORK-STUDY

Students who have been awarded/accepted a Federal Work-Study Award and have submitted a Federal Work-Study Assignment Questionnaire will be notified about their work-study position/assignment in mid-August. Award amounts average out to about eight to ten hours of work per week, depending on department needs.

PART-TIME JOB OPPORTUNITIES

All students are welcome to search for on-campus and off-campus part-time jobs listed in the Handshake website at www.uwlax.joinhandshake.com/login. Additional information on Student Employment can be found at www.uwlax.edu/finaid/info/student-employment.

SCHOLARSHIPS

Students who are receiving private scholarships must report these awards to the Financial Aid Office either via WINGS or by completing the “Scholarship & Other Resources Notification” form available at www.uwlax.edu/finaid/financial-aid-quick-links/common-forms. For more information about UWL scholarships as well as an extensive database of outside, private scholarships, visit the UWL Scholarship Resource Center webpage www.uwlax.edu/scholarships.

LATE FINANCIAL AID APPLICANTS

Students may apply for financial aid throughout the 2025-26 academic year although certain program funds may have been exhausted. Families must complete the Free Application for Federal Student Aid (FAFSA) at studentaid.gov.

REFUNDS

Students are encouraged to set up direct deposit for any refund they might receive. In the “Finances” section of WINGS Student Center, choose the “Student Choice Refund” option to set up direct deposit for refunds.

SAVE MONEY BY GRADUATING ON TIME

Tuition and fees are based on 12-18 credits per semester. Students who enroll in an average of 15 credit hours a semester are more likely to graduate on time. Along with tuition and fees, when also considering the cost of housing, food, transportation, supplies and miscellaneous expenses, graduating on time can help reduce expenditures. Read our helpful tips for graduating on time: www.uwlax.edu/finaid/info/graduate-on-time.

MN RECIPROCITY

Residents of Minnesota must apply for reciprocity and be approved or will be charged the non-resident tuition rate. Apply for MN reciprocity at mnaid.guarantorsolutions.com/StudentPortal/Login.

FERPA (Family Educational Rights and Privacy Act)

To allow the Financial Aid Office to discuss information with parents or other designated individuals, a FERPA Secure PIN must be set up in the WINGS Student Center. Information on how to set this up can be found at <https://kb.uwlax.edu/115349>.

Scholarship Resource Center

www.uwlax.edu/scholarships | 0130 Student Union | 608.785.8852

WHO WE ARE

UWL's Scholarship Resource Center (SRC) encourages students to focus on alternative funding options that match with their personal achievements and unique personalities. The SRC is committed to helping students locate scholarships that fit their unique qualifications, educate them regarding submitting high quality applications and see them further their education by receiving scholarships to fund that education. We accomplish this by simplifying the scholarship search process and offering valuable resources to help our students stand out in their applications. Staying organized and setting aside time for applications is the first step; the second step is actually completing the application. Visit our webpage or stop by our office to set up a scholarship plan. We also encourage parents to be active in the scholarship process.

OUR SERVICES

Students can make an appointment or stop by our office for assistance with scholarship searching, application review, essay brainstorming and essay proofreading. We also host a variety of different scholarship workshops throughout the semester. At each of these workshops we give away a \$50 scholarship to a student.

OUTSIDE SCHOLARSHIP DATABASE

External organizations are a significant source of scholarships, but we understand that finding the right ones can be time-consuming. That's why the SRC offers an Outside Scholarship Database, where we list scholarships specifically for UWL students.



It Make\$ Cents!

www.uwlax.edu/it-makes-cents | 0130 Student Union | 608.785.8852

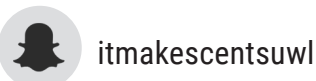
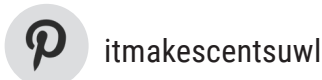
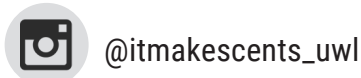
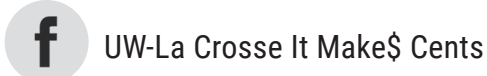
IT MAKE\$ CENTS! FINANCIAL LITERACY PROGRAM

The mission of It Make\$ Cents!, a financial literacy program at UWL, is to provide students with knowledge, skills and resources to develop an understanding of personal finance, including, but not limited to, fostering spending awareness, developing a budget, acquiring appropriate banking knowledge and determining financial aid options.

The program aims to accomplish its mission through extensive collaboration with other University entities to create and present a comprehensive financial literacy package. This will include outreach activities, social media, group outreach, and online financial tools/assistance to increase awareness and understanding of relevant financial issues, empowering students to achieve success in their current educational goals and future financial freedom.

WHAT DOES THE PROGRAM OFFER?

- One-on-one consultations with Financial Peer Mentors
- Assistance in personalizing budgets, saving plans and paying for college
- Fun-filled special events
- Engaging workshops
- Daily topics, tools and contests via Facebook, Snapchat, Instagram and X
- Online curriculum with useful lessons on various topics



JOIN US AT OUR "WELCOME WEEK" EVENTS!

Alumni & Friends Foundation

www.uwlax.edu/foundation | Cleary Alumni & Friends Center | 608.785.8489

The focus of the UWL Alumni & Friends Foundation is building lifelong relationships and raising private support to advance UWL. It provides alumni and friends the opportunity to stay connected with campus, get involved, and give back. Every year, thousands of alumni and friends contribute to the advancement of the university by giving their time, talent, and resources, creating a lasting impact in the UWL community.

Stay connected to UWL by attending alumni events, coming back for a visit, cheering on our athletic teams, nominating an alumnus for a distinguished alumni award, wearing maroon and gray, and keeping up with all the amazing things happening at UWL by engaging with us on social media – not seeing a form of engagement that spark excitement? Reach out to foundation@uwlax.edu and we can help!

- Philanthropic support is integral to the mission of preparing UWL students for the world. The UWL Alumni & Friends Foundation is the largest private funding source for the university. Donor gifts directly support UWL. There are over 800 funds to give to at UWL - whatever the interest or passion, supporting UWL is easy!

RESOURCES WE PROVIDE TO STUDENTS

- Scholarships: Many scholarships have been established over the years by alumni and special friends of the university to enhance students' experiences and make their education more affordable. Learn more: uwlax.edu/foundation/impact/scholarships-and-fellowships/
- Student Philanthropy Council: An undergraduate student club promoting a culture of philanthropy at UWL. Learn more: uwlax.edu/foundation/impact/student-philanthropy-council/
- Student Outreach Center: Our team of students calls, emails, and texts UWL alumni and friends each spring and fall semester on behalf of the UWL Fund. They work to reach thousands to deliver the latest campus news, update contact information, and invite donors to make a gift in support of students.
- Caps Off to Commencement: A one-stop shop for soon-to-be graduates. Each semester, this event is hosted at the Cleary Alumni & Friends Center to provide future alumni with all their commencement and resource needs. Learn more: uwlax.edu/commencement/students/caps-off-to-commencement/
- Student & Alumni Networking: We connect students with alumni to learn more about their respective fields and life post-graduation.

RESOURCES WE PROVIDE TO GRADUATES

- Alumni Networking Events: Get to know fellow alumni nearby and stay connected to the UWL community
- Alumni & Campus News: Each fall we distribute our alumni magazine, The Lantern, to alumni to keep up to date on milestones and important stories on campus. We also distribute monthly emails, called LightReads, to alumni and friends about current campus updates and stories. Want to get on our mail or email list? Reach out to foundation@uwlax.edu.
- Distinguished Alumni Awards: Each year, we recognize alumni who are excelling and demonstrating what it means to live maroon in their lives. Want to nominate an outstanding alumnus? Nominate them at uwlax.edu/foundation/connect/awards/nomination.
- Giving Back Opportunities: Alumni and friends play a key role in supporting the advancement of the university and the success of our students. It is because of donors that we are able to take students' educational experiences from excellent to exceptional. To make a difference, make a gift any day of the year on our website or join us for our annual giving day, One Day for UWL, to celebrate the power of philanthropy together. Though the student experience lasts only a short time, alumni status is lifelong. After moving on from UWL, returning to campus for a visit is always encouraged.

Campus Safety & University Police

www.uwlax.edu/police | 605 17TH ST. N., La Crosse, WI | Non-Emergency 608.789.9000 | Emergency 608.789.9999

Campus safety remains a vital consideration as students begin their journey at UW-La Crosse. University Police are dedicated to ensuring that UWL is a secure environment for living and learning. The following overview highlights available safety measures and encourages open dialogue about shared responsibilities in maintaining a safe campus community.

UWL employs a staff of police officers that patrol the campus 24 hours a day, 7 days a week. University Police's primary responsibility is ensuring the safety and security of the campus community and facilities. University Police are fully certified law enforcement officers with responsibilities that include criminal matters, enforcement of laws and university codes, emergency medical response, and student, staff, and visitor assistance. Police provide training to the campus community on a wide range of topics, including personal safety, ALICE/active threat response, fire safety, theft prevention, self-defense, emergency response, first aid/CPR/AED, and more. Training opportunities can be found at www.uwlax.edu/police/community-education-request-form/.

Adequate lighting, blue lights, and secure walkways help enhance safety on campus. Landscaping is also planned and carried out with safety in mind. Campus police officers and facilities personnel continuously review and evaluate areas for safety concerns which include watching for lights that need to be replaced or areas that need additional lighting.

Statistical information about crime on campus and the community is collected and reported in UWL's Annual Security Report. Information of these crimes which include sexual harassment, rape, date rape, and corresponding university policies are available at www.uwlax.edu/student-life/student-resources/annual-security-report/. To request a hard copy of this report, please contact the Office of Student Life, 149 Graff Main Hall, 608.785.8062.

WHAT CAN STUDENTS DO?

1. Know what to do in an emergency by reviewing the UWL emergency response plan at: www.uwlax.edu/police/emergency-management/emergency-response-plan/
2. Ensure enrollment in emergency notifications via the University Police website.
3. Stay alert and mindful of the surrounding environment.
4. Lock doors and bikes to prevent crimes.
5. When going out at night, use the buddy system. Go out with friends and go home with friends.
6. Avoid overconsumption of alcohol.
7. If something seems suspicious, report it to the police immediately.

WHAT CAN FAMILIES DO?

Most freshmen are legal adults who would not appreciate a safety lecture. However, families can reinforce and discuss best practices for students to stay safe. Always communicate care and concern for the student's well-being.



Counseling & Testing Center

www.uwlax.edu/counseling-testing | 2106 Centennial Hall | 608.785.8073

Our Counseling Center's mission is to promote students' psychological, academic, social and cultural growth through professional and confidential counseling services. We accomplish this by maintaining an environment of compassion, collaboration and inclusivity. Our Testing Centers mission is to meet the needs of any examinee by providing access to professional and efficient testing services that adhere to nationally recognized standards.

Office Hours:

Monday - Friday | 8:00 a.m. - 4:30 p.m.

Urgent Care (Crisis):

Monday - Friday | 12:00 p.m. - 4:00 p.m.

Relaxation Room:

Monday - Friday | 8:00 a.m. - 4:30 p.m.

COUNSELING SERVICES

If a student is having personal or mental health difficulties, they may find it helpful to meet with one of our clinicians. Our counseling services are free and confidential*. We offer brief individual and group counseling services. Our staff consist of licensed mental health professionals and supervised professionals-in-training.

Students seek help for a variety of reasons, including:

- Adjustment/transition concerns
- Anxiety
- Grief and loss
- Relationship problems
- Depression
- Drug and alcohol difficulties
- Disordered eating
- Sexual assault
- Family problems or concerns
- Identity-related concerns

LET'S TALK

Let's Talk provides free, no appointment needed, drop-in consultations at locations outside the Counseling & Testing Center (CTC). Students are seen on a first-come, first-served basis. No subject is off limits. Just drop in for a friendly and confidential* consultation. It's not a substitute for formal counseling, but the Let's Talk consultant will listen to specific problems and discuss options. Still have questions? We encourage a discussion with a Let's Talk consultant. Call, click or visit for times and locations. Visit uwlax.edu/counseling-testing/lets-talk/ for more information.

URGENT CARE

Urgent Care hours are for students experiencing a mental health crisis (examples of crises include suicidal thoughts, thoughts or urges to harm another person or a recent traumatic event). These appointments are available to students on a first-come, first-served basis. Available Monday - Friday 12:00 p.m. - 4:00 p.m. in person at the CTC.

SELF-HELP RESOURCES

The CTC has an extensive list of self-help resources which students can access at any time: uwlax.edu/counseling-testing/self-help/.

TESTING SERVICES

Our Testing Center is a member of the National College Testing Association and participates in the NCTA Proctor Network. We follow best practices of the Association of Test Publishers (ATP) and the Council for the Advancement of Standards in Higher Education (CAS). We are an approved test center for many distance learning programs, an ETS computer testing center, and a provider of UW Placement exams. Additionally, we offer exams for select test providers, including Pearson, Meazure Learning, and PSI. Call, click or visit us in person if any assistance with the testing process is required. Visit uwlax.edu/counseling-testing/testing/uwl-testing-center/ for more information.

** Confidentiality: Students can be assured that all personal information discussed with a counselor will remain confidential. Counseling records are not part of a student's academic record and 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.*

CARING | COMPASSIONATE | CONFIDENTIAL

Student Health Center

www.uwlax.edu/student-health-center | 1300 Badger Street, Suite 1030 | 608.785.8558

**THE ONLINE HEALTH INFORMATION FORM SHOULD ALREADY BE COMPLETED.
IF THE FORM HAS NOT BEEN COMPLETED, PLEASE ENSURE IT IS SUBMITTED
WITHIN TWO WEEKS OF THE START DATE.**

The Student Health Center (SHC) is operated by Mayo Clinic Health System in La Crosse, and provides state-of-the-art primary care to students enrolled at the University of Wisconsin-La Crosse and Western Technical College (WTC). The SHC is dedicated to cost-effective, evidence-based, student-centered healthcare that promotes wellness and academic success in an atmosphere of kindness, inclusivity and respect.

The Student Health Center is staffed with Mayo Clinic providers which include Board Certified Family Physicians, Certified Family Nurse Practitioners, Physician Assistants, and Registered Nurses. Our Physical Therapists, Physical Therapy Assistants, Medical Assistants, Medical Lab Technologists and office staff are experienced in working with the unique health care needs of college students.

WHO CAN USE THE STUDENT HEALTH CENTER?

All UWL and WTC students who are enrolled in the current semester are eligible to utilize the Student Health Center. Students are required to show their student ID card every time they visit the Student Health Center. During the fall and spring semesters, a fee is automatically included with tuition for UWL students. Students who are not enrolled for credits during winter session and summer session may also use the Student Health Center after they pay the student health fee. Please visit our website for more information on fees: www.uwlax.edu/student-health-center/fees--costs

CONSULTATION AND 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 Center, Athletics, International Education and Engagement, Residence Life, County Health Department, local hospitals/clinics). All information in a student's health record is entirely confidential and will not be 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.

EMERGENCY SERVICES

Emergency services are available at two local medical centers—Mayo Clinic Health System - La Crosse and Gundersen/Emplify. Since emergency services are not included in the health center fee, students are advised to be familiar with their family insurance plan coverage.

WHAT ABOUT INSURANCE COVERAGE?

Students are not required to have insurance to receive care at the Student Health Center. As described above, payment of student fees covers most costs. 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.

Student Health Center

www.uwlax.edu/student-health-center | 1300 Badger Street, Suite 1030 | 608.785.8558

SERVICES PROVIDED BY THE STUDENT HEALTH CENTER:

PRIMARY CARE

The Student 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 Student Health Center is open Monday through Friday from 8 a.m.-4 p.m. For Winter and Summer sessions, the Health Center is open from 8 a.m.-12 p.m. (noon). Hours vary during summer and winter sessions. See our website for a current schedule. Students may call 608.785.8558 to schedule an appointment. Please note: a \$15 charge is assessed for missing an appointment without sufficient notification.

ACUTE CARE

Students can call 608.785.8558 to make same-day appointments for acute illnesses. The Student Health Center has same-day appointments available each day the clinic is open. We do have a limited number of appointments and may refer students to care in the community if we are over capacity. Extremely ill students may be referred to the local Emergency Room. After hours urgent care is available at one of the local hospitals or clinics (Mayo Clinic Health System and Gundersen/Emplify). Costs for care at other hospitals or clinics are not covered by the student health fee and are the responsibility of the student.

PHYSICAL THERAPY SERVICES

The Physical Therapy (PT) 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 Department also provides comprehensive rehabilitation for students who have undergone orthopedic surgeries. The state-of-the-art PT facility features selectorized and inertial equipment. PT evaluations and re-evaluations are covered by the student health fee—there is no additional charge for these. A rehabilitation fee is charged for each course of in-house treatment each semester (www.uwlax.edu/student-health-center/fees--costs).

MINOR INJURY CARE

Students needing injury care after Student Health Center hours or on weekends should utilize one of the local emergency rooms or walk-in clinics for sprains, strains and burns and lacerations requiring stitches.

MINOR SURGICAL PROCEDURES

Procedures requiring only local anesthesia can be performed at the Student Health Center. These include 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 gynecological exams, PAP testing, contraceptive services, genitourinary care and STI (Sexually Transmitted Infections) testing.

Student Health Center

www.uwlax.edu/student-health-center | 1300 Badger Street, Suite 1030 | 608.785.8558

LABORATORY SERVICES

The Student Health Center Laboratory provides a wide variety of services, both in-house and through contracted laboratories. A laboratory utilization fee of \$5 is charged for each visit to the laboratory regardless of how many tests are done. 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 \$15 administrative charge for supplies, faxing or mailings.

ALLERGY INJECTIONS

Allergy injections can be arranged at the Student Health Center for a fee of \$10 per visit, regardless of the number of allergy injections received during the visit. The student's personal physician or allergist must supply the allergen medication and written orders for injections. 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 \$15 charge is assessed for not keeping an appointment.

STI SCREENING

Confidential HIV & STI testing is available at the Student Health Center by appointment or via our walk-in STI clinic.

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. If the student received the meningococcal vaccine at age 12, a booster is recommended prior to starting college.

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 to educate college students about their health, medical care, health choices, and the appropriate use of medical facilities and resources.

NUTRITION SERVICES

Nutritional services are offered by a Registered Dietitian, including nutrition for weight management, disordered eating, sports nutrition, cholesterol control and diabetic diet. Once a referral is made by one of our Student Health Center providers, appointments can be made through the Student Health Center reception.

PSYCHIATRIC SERVICES

Psychiatric services are available to students. Primary care providers often treat mental health conditions, and referrals to a psychiatric provider are available for more complex or chronic conditions, if needed.

NO SHOW FEE

Please note that students who do not keep their appointment will be charged a \$15 No Show fee. This fee will be added to the student's bill. Students who arrive late, don't show for appointments or cancel their appointments at the last minute prevent other students from being seen. Students must cancel their appointment prior to the scheduled time to avoid being charged the No Show fee. Students can call 608.785.8558 and select Option 1 (day or night) to cancel an appointment. Services offered by the Student Health Center are a valuable resource to all students.

What matters most in the Student Life Office is student success.

The University of Wisconsin-La Crosse is committed to its belief in *mens corpusque* (“mind and body”) and seeks to provide a student-centered education in environments that are safe, diverse, equitable, inclusive and engaging. Our purpose in the Student Life Office is to support and encourage students’ growth and well-being in ways that enable them to thrive. We strive to empower students to share responsibility in the learning process and to create a positive learning community. Our vision is that students will participate actively in this process, uninhibited by ability, culture, gender, race, sexuality, religion or socio-economic barriers. We imagine students becoming self-determined individuals and well-informed citizens who are caring and compassionate for others and themselves.

The Student Life Office challenges students through individual and group interventions, and we support them by offering innovative programs and opportunities. Our outreach includes wellness programming, alcohol and drug education, policy and safety awareness, violence prevention and other activities that support student transitions to and through the university. We recognize that collaboration is important to students’ success and we aim to work closely with faculty, staff and families to ensure our work is mindful, supportive and current.

OUR SERVICES:

- Advising and student referral
- Campus Assessment Response And Evaluation (CARE) Team
- Communication, support and assistance to faculty concerning student absences and other student issues
- Conflict resolution services
- Investigation of student complaints and grievances
- Legal services
- Response to incidents against students concerning harassment
- Support services for returning adult students
- Violence prevention services
- Wellness & Health Advocacy services
- Withdrawals from the university

VIOLENCE PREVENTION

www.uwlax.edu/violence-prevention

bmccoaughey@uwlax.edu

*Help for Sexual Assault, Relationship
Violence and Stalking*

UWL 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. Violence Prevention is here to assist with advocacy, information and support, to empower informed decision-making and awareness of available options in challenging situations. Services are free, confidential and available to all UWL students, faculty and staff members.

UWL Violence Prevention provides:

- Referrals to resources, such as: counseling, medical care, legal help and academic or financial assistance
- Safety planning
- Information on reporting options (University conduct and/or police), campus policies and procedures and victim rights (Please note: reporting an assault is not required to receive assistance.)
- Assistance with applying for a restraining order
- Advocacy and support during interviews and hearings

Student Life

www.uwlax.edu/student-life | 149 Graff Main Hall | 608.785.8062

STUDENT ADVOCACY AND EMPOWERMENT

www.uwlax.edu/student-life

While at UWL, students may experience distressing situations, including: physical and mental health concerns, academic concerns, relationship issues or homesickness. The Student Life Office offers services to advocate and empower students through difficult situations. Services include: advising and referral support, absence notifications to faculty for emergency situations, bridging students to the many campus/community resources, student complaint and grievances and consultation regarding withdrawing from the university. The Student Life Office is an excellent first stop for any questions. When unsure of where to go, visit the office for guidance and support in thriving at UWL!

STUDENT CONDUCT

www.uwlax.edu/student-life

The student conduct process is designed to address the student's relationship to the institution and its behavioral standards and policies. Our process is grounded in education and development and practices fundamental fairness to all involved. The student conduct process focuses on assessing the impacts of an individual's behavior on the learning environment of others and facilitating student growth, learning and development. Our philosophy is guided by the notion that mistakes can be invaluable learning opportunities for students. It is our goal with the student conduct process that we cultivate a safe community for all students, staff, faculty and guests at UW-La Crosse.

WELLNESS AND HEALTH ADVOCACY

www.uwlax.edu/wellness

wellness@uwlax.edu | Instagram: @UWLpeerhealth

The goal of Wellness and Health Advocacy is to support and empower the campus community by providing relevant health education and programming. We promote health across several areas of wellness, including: physical health, mental health, sexual health, alcohol and other drug use and social health.

The Peer Health Advocates, our student educators, work to provide engaging opportunities for health education so that students can make healthy and informed choices. Find us in the residence halls, tabling in the Student Union, on social media, in Graff Main Hall and all over campus!

SECOND YEAR EXPERIENCE

The Second Year Experience Program assists second-year students in exploring the critical issues and tasks that are unique to the second year of college. The program provides support for second-year students by connecting them to peers, faculty, staff and campus resources, in order to enhance their academic and professional success. The program also helps to build a community of support outside of the classroom, aiding in their self-exploration, exposing them to diverse perspectives and helping define academic and co-curricular goals.

Intercollegiate Athletics

www.uwlathletics.com | 126 Mitchell Hall | 608.785.8616

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

UW-La Crosse sponsors 21 intercollegiate sports, 12 for women and nine for men. 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-La Crosse holds national membership affiliations in the National Collegiate Athletic Association (NCAA) and the National Collegiate Gymnastics Association (NCGA).

The Eagles have won 443 conference titles and 79 national titles in ten different sports. Historically, the Eagles rank second in the number of national titles, as compared to all other Division III schools. Athletic teams practice and compete in outstanding facilities, including Cartwright Center (gymnastics and wrestling), Mitchell Hall (gymnastics, swimming & diving, men's and women's basketball, volleyball and wrestling), Roger Haring Stadium at Veterans Memorial Field Sports Complex (football, soccer, lacrosse and men's & women's outdoor track and field) and the Fieldhouse (men's & women's indoor track and field). The softball team practices

and competes at the North Campus Softball Complex, while the baseball team competes at beautiful Copeland Park in La Crosse. The men's and women's cross country teams host an annual invitational at Maple Grove Venues, LLC in West Salem. The men's and women's tennis teams practice and compete at Green Island Tennis Park in La Crosse. The golf team practices and competes at Forest Hills Golf Course in La Crosse and The Golf Club at Cedar Creek in Onalaska. The Fieldhouse officially opened in the 2023 spring semester. The 144,000 square-foot facility located east of Roger Haring Stadium, includes a 200-meter NCAA competition indoor track, all-sport surface infield, walking and jogging track on the second level and space for 1,500 spectators. It also features women's and men's team locker rooms, space for team meetings, an office suite and equipment storage.

All UW-La Crosse students can attend all regular-season home athletic events at no extra cost with their Eagle ID.

Keep updated with the Intercollegiate Athletics Department at www.uwlathletics.com. Be sure to follow the Eagles on Facebook (@UWLaCrosseAthletics), X (@UWLathletics) and Instagram (uwlathletics).

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**NCAA DIVISION III
ATHLETIC TEAMS**

443

**CONFERENCE
TITLES**

79

**NATIONAL
CHAMPIONSHIPS**

New Student & Family Programs

www.uwlax.edu/new-student-and-family

The New Student and Family Programs Office assists all new students and their families as they transition into successful college students. We build partnerships with students, parents and families through communication, programming and resources. We host New Student Orientation, Welcome Week, Family Weekends, among other event. Eagle Mail, our New Student and Family newsletter, is updated at the beginning of each month on our website. Subscribers will receive monthly email reminders when new content is available. Don't forget to look for us on Facebook at www.facebook.com/uwl_nsf or Instagram @uwl_nsf!

NEW STUDENT ORIENTATION (AUGUST 28-SEPTEMBER 1)

New Student Orientation is for all new students to UWL and offers a variety of programs, services, activities and fun events designed to welcome and introduce students to all of the engagement opportunities at UWL. All new first year students will have the opportunity to meet with Eagle Guides, experienced UWL student leaders. Eagle Guides will share their advice to life on campus, transitioning to college, dining, study spaces and more. Through New Student Orientation, there are plenty of opportunities to meet other new and returning students, find out ways to get involved and prepare for the academic year!

WELCOME WEEK (SEPTEMBER 2-14)

Welcome Week is our celebration of new students! These events help students feel comfortable in their new campus environment, learn information for the UWL experience and participate in activities with other students, staff and community members.

FAMILY WEEKEND (OCTOBER 10-12)

We are always excited to invite families to campus and have the opportunity to explore the La Crosse area! Hotel blocks are listed on our website.

PARENTS & FAMILIES

Parents/Guardians have the opportunity to serve on the Parent Advisory Board. The University of Wisconsin-La Crosse Parent Advisory Board is a group of current parents who are committed to investing in UWL and its future by serving in an advisory capacity as we prepare our students for lifelong success. Members of the Parent Advisory Board serve in a leadership role through participation and service.

Off-Campus Faith Communities

ASSEMBLY OF GOD

Assembly of God - 608.519.0760
2510 Shelby Rd, La Crosse

BAPTIST

Faith Baptist Church (Independent) - 608.788.1165
3615 S 28th Street, La Crosse

First Baptist Church (ABC/USA) - 608.782.6553
1209 Main Street, La Crosse

BUDDHIST

Diamond Way Buddhist Center - 608.620.4836
507 Main Street, La Crosse

CATHOLIC

Roncalli Newman Catholic Parish - 608.860.6001
1732 State Street, La Crosse

EASTERN ORTHODOX

St. Elias Orthodox Church - 608.782.8641
716 Copeland Avenue, La Crosse

EPISCOPAL

Christ Episcopal Church - 608.784.0697
111 9th Street N, La Crosse

EVANGELICAL FREE

First Free Church - 608.782.6022
123 Mason Street, Onalaska
Bethany Free Church - 608.781.2466
3936 County Road B, La Crosse

HMONG

Hmong Faith Alliance Church - 608.784.8711
2127 Pine Street, La Crosse

ISLAM

Othman bin Affan Masjid - 608.784.7167
206 Rose Street, La Crosse

JEWISH

Congregation Sons of Abraham - 608.784.2708
1820 Main Street, La Crosse

LUTHERAN

English Lutheran Church (ELCA) - 608.784.9335
1509 King Street, La Crosse

First Lutheran Church (WELS) - 608.784.3867
400 West Avenue S, La Crosse

Faith Lutheran (LCMC)- 608.782.3696
1407 Main Street, La Crosse

METHODIST

Bridges United Methodist Church - 608.782.3018
310 4th Street S, La Crosse

Faith United Methodist Church - 608.782.2526
1818 Redfield Street, La Crosse

NONDENOMINATIONAL

Living Word Christian Church - 608.787.5922
2015 Ward Avenue, La Crosse

PRESBYTERIAN

First Presbyterian Church - 608.784.4248
233 West Avenue S, La Crosse

SEVENTH DAY ADVENTIST

Seventh Day Adventist Church - 608.782.4038
2117 La Crosse Street, La Crosse

UNITED CHURCH OF CHRIST

First Congregational Church (UCC) - 608.784.8137
2503 Main Street, La Crosse

St John's United Church of Christ - 608.784.3314
630 West Avenue S, La Crosse

UNITARIAN

Unitarian Universalist Fellowship of La Crosse - 608.796.9993
401 West Avenue, La Crosse

Recreational Sports

www.uwlax.edu/recsports | 608.785.5225

UWL students study hard, work hard, and play hard. After putting down the books, explore the Rec Sports Department! We have programs and facilities designed to stay active, meet new people, and reduce stress. So let's move!

RECREATIONAL EAGLE CENTER (REC)

Looking for a court to play a three-on-three game or how about an indoor track for those cold winter months? With over 133,000 square feet of activity space, the Recreational Eagle Center (REC) offers numerous spaces to meet all indoor sport and fitness needs. Spaces include the Fitness Center, courts of all varieties (racquetball, multi-activity & basketball) and houses most of the programs and services found below.

OUTDOOR CONNECTION TRIPS & GEAR RENTAL

With rugged bluffs, scenic valleys, and the majestic Mississippi flowing through, the La Crosse area offers numerous opportunities to begin an outdoor adventure. Outdoor Connection offers outdoor trips to locations near and far to match any skill level. No experience is necessary! Planning an adventure? Outdoor Connection offers low-cost outdoor gear rental. Whether its inline skates, ice skates, showshoes, bikes or a hammock to use around town, or tents, sleeping bags, backpacks or paddling equipment, Outdoor Connection has it covered!

SPECIAL EVENTS

Rec Sports offers a variety of unique recreation and sport events throughout the year. There is something for everyone and activities include: REC Fest, Moonlight Mile, Turkey Trot 5K Run/Walk, Night on the Slopes, Canoe Battleship and more! Try new activities, win prizes, meet new friends and have a blast with us!

INTRAMURAL SPORTS

The Intramural Sports Program is one of the most popular extracurricular activities on campus. Intramurals offers team, dual and individual sport leagues where participants compete for the coveted intramural champion t-shirt. Competitive and recreational leagues are available. Groups can create their own teams, or the free agent list can be used. The Rec Sports staff organizes the leagues, supervises play, tracks league standings, and coordinates tournaments; all that's needed is to be a good sport and have a great time.

CLIMBING GYM

The REC Climbing Gym is the destination for adventure, challenge, and community! Our state-of-the-art facility aims to introduce and share the sport of climbing with individuals of all backgrounds, skill levels and abilities. Whether a beginner or a seasoned pro, our goal is to foster a welcoming, inclusive space where participants can explore their potential, build community, and challenge themselves. Our staff are committed to supporting both recreational climbers and those seeking to refine their skills in a collaborative, safe, and engaging environment. To get started, stop in anytime we're open and a friendly staff member will help. All essential climbing gear is available to UWL students at no charge.

Key features:

- Top rope, bouldering and lead climbing available
 - 21 feet high & 2,560 square feet of climbing surface
 - 25 climbing lanes, 7 with auto belay devices
 - Over 50 routes & bouldering problems
- 12x12 Kilter Board - Coming Soon!
- Classes & Events

Recreational Sports

www.uwlax.edu/recsports | 608.785.5225

GROUP FITNESS CLASSES

Rec Sports offers 40+ group fitness classes per week to meet a variety of interests, fitness levels and schedules. From kickboxing and Zumba to cycling and yoga, the Group Fitness Program offers it all for an affordable supplemental fee of \$40 per semester with discounts and free classes available the first week of each semester.

FITNESS CENTER

Come on into the Fitness Center for a great workout. This state-of-the-art facility is over 13,000 square feet complete with cardio and strength equipment for every workout need. There is also 25 yards of turf for agility, functional training workouts and stretching.

INSTRUCTIONAL PROGRAMS

Learn something new through Rec Sports Instructional Programs. Programs offered include First Aid/CPR/AED Certification, Into to Mindfulness and Self Defense classes.

SECOND FLOOR FITNESS & TRACK

Our second floor fitness space offers cardio equipment, strength equipment and a 200 meter track. The space is great for those new to fitness or those who prefer an environment that is less crowded with more opportunities for privacy. There are fewer heavy weights, however the equipment is the same great quality as in the Fitness Center.

PERSONAL TRAINING

Looking to grow confidence and experience while establishing a consistent exercise routine? Certified trainers are available to help set realistic goals and create a customized program to achieve them. Whether preparing for a first 5K, learning how to back squat, or ramping up training for a competition, a trainer will be matched to meet specific needs. The excellent personal training staff will guide improvements in training effectiveness by educating on proper technique and training methods. Paid 1-1 training, custom six-week workout programs and free fitness equipment orientations are available.

MITCHELL HALL POOL LAP SWIMMING

Mitchell Hall's pool is a six lane, 25-yard competitive pool which is open for lap swimming at lunch time during the week, and evening and weekend hours as well. Current faculty, staff and students just need to bring their current UWL ID with them to gain access to the open lap swim hours. Enter the pool through the Mitchell Hall Locker Rooms on the lower level.

SPORT CLUBS

Travel, camaraderie and good times are a few hallmarks of the UWL Sport Club Program. Clubs practice during the week and compete on weekends. Each sport and recreation-oriented club/student organization is organized and led by students, for students.

Our sport clubs include:

- Archery
- Baseball
- Basketball (W)
- Bowling
- Boxing
- Equestrian
- Fishing
- Gymnastics
- Hockey
- Lacrosse
- Rugby
- Soccer
- Table Tennis
- Triathlon
- Volleyball
- Ultimate Frisbee
- Waterski & Wakeboard
- Weightlifting

Visual & Performing Arts

ART

608.785.8230 | art@uwlax.edu

105 Lowe Center for the Arts

The Department of Art fosters intellectual growth, visual literacy, and artistic production within a vibrant, supportive community. Art students receive personalized instruction in state-of-the-art studios, with most studio courses limited to 15 students to ensure ample mentorship opportunities. Students may take classes in diverse studio art disciplines, including drawing, painting, print media, photography, ceramics, design, digital art, jewelry and metals, blacksmithing, and sculpture, all taught by dedicated faculty experts.

Art students can pursue degrees tailored to their interests: a Bachelor of Arts (B.A.) focusing on studio art and related electives, a Bachelor of Science in Art Education (B.S.E.), which leads to Wisconsin state teacher certification. Additionally, students can earn a minor in Art, Art History, Art Therapy, Photography, or Digital Media Studies and Design.

Our University Gallery is free to all and regularly hosts faculty, and prominent regional and national artists. For more information, please visit uwlax.edu/academics/department/art or explore our gallery at uwlax.edu/university-gallery.

MUSIC

608.785.8409 | music@uwlax.edu

234 Lowe Center for the Arts

The Department of Music is the musical core for UWL. Our mission is to provide diverse musical experiences for our music majors and minors, all UWL students and the greater La Crosse community. Any student, regardless of major, is invited to join our choirs, concert bands, jazz ensembles, Screaming Eagles Marching Band, orchestra and wind ensemble.

Participation in most ensembles satisfies General Education requirements.

For the music major or minor, the music department provides a strong foundation for its degree programs through quality courses in music history, theory and applied music lessons and ensemble experiences. Whether teaching, performing or preparing for further music study, take the first and most important step toward a fulfilling life in music with us. Audition to the major or minor is required. Please visit our website for more details and to schedule an audition.

If music is an extracurricular passion or creative outlet, there are many opportunities to engage with it in a friendly, professional atmosphere. In addition to the previously mentioned ensembles, opportunities also include chamber music groups, jazz combo, and contemporary/jazz vocal ensemble. Students should register for these ensembles (one credit each) at the same time as other academic classes. Ensemble audition material, if required, is posted in August and auditions occur the weekend prior to the first week of classes.

To learn more, visit www.uwlax.edu/music and find us on Facebook and YouTube by searching **UW-La Crosse Music**.

THEATRE & DANCE

608.785.6701 | kshulka@uwlax.edu

154 Lowe Center for the Arts

The Department of Theatre & Dance at UWL is an innovative and challenging theatre arts program. The Theatre & Dance program strives to provide students with the tools necessary to function as complete artists and self-realized individuals, combining theatrical training with a strong liberal arts curriculum. Theatre & Dance students experience all aspects of theatrical production

while giving them the opportunity to receive advanced undergraduate training in performance, musical theatre, arts administration, stage management, design/technology (sound, lights, costume, scenic, etc.) or multidisciplinary theatre studies and dance (minor only).

All UWL students, regardless of major, are invited to participate in any UWL production. Whether experienced in theatre and dance or not, we welcome involvement both onstage and off. Students work with both faculty and guest directors, designers and choreographers on a wide variety of theatrical offerings. Opportunities to become involved are announced across campus, or contact the theatre department for information.

2025-2026 IMPORTANT DATES

Major/Minor/All Interested Meeting

- Tuesday, September 2 at 5:20 p.m. in Toland Theatre, Lowe Center for the Arts.

Auditions for Spring 2026 Theatre & Dance Productions

- November 2025. Dates and times to be determined.

Dates for additional auditions, productions, meetings and more, will be posted on the Theatre & Dance website. For more information, please visit www.uwlax.edu/theatre-and-dance.

University Centers

www.uwlax.edu/uc | 3200 Student Union | 608.785.8888

ACTIVITIES

THE COVE

608.785.8866

2200 Student Union

The COVE - Center for Organizations, Vision, & Engagement is the Student Organization suite located in 2200 Student Union. The COVE is a space specifically for all Recognized Student Organizations to come together to share ideas, collaborate and find resources. It physically houses: Campus Activities Board, COVE Graphics Garage, Leadership & Involvement Center, Green Fund, Fraternity and Sorority Life, designated Multicultural Student Organizations, the Pride Center, Student Association, UWL Votes and the Racquet Press. The "front porches" in each of the spaces are an extension of the organization's office space, giving students the opportunity to interact with others in a relaxed setting. Although some porches are open for any student to sit in, students are asked to respect these spaces and be mindful that organizations use this space for meetings and gatherings. Public computers and workspaces, two conference rooms, as well as a variety of graphics supplies are also available for use within The COVE.

The COVE is also home to the Campus Food Pantry, a free service provided to all faculty, staff and students.

COVE GRAPHICS GARAGE

608.785.6488

2200, The COVE, Student Union

covegraphics@uwlax.edu

Provides resources and opportunities not only for Recognized Student Organizations, but for all UWL students and staff. The COVE Graphics Garage offers free graphic design services and low-cost printing and

LEADERSHIP & INVOLVEMENT CENTER

608.785.8866

2200, The COVE, Student Union

LIC@uwlax.edu

Offers a variety of leadership, involvement and service opportunities for students, including support of the Ugetconnected volunteer portal and MyOrgs Student Organization database. Signature programs within the LIC include the National Society for Leadership & Success (NSLS), The Chancellor's Volunteer Service Award, UWL Days of Service and the UWL Leadership Summit.

CAMPUS ACTIVITIES BOARD (CAB)

608.785.8870

2246, The COVE, Student Union

www.uwlax.edu/cab

CAB is a student-run programming board that provides cultural, educational and entertaining activities for the entire campus community. Events, such as small and large concerts, comedians, craft nights, bingo, game nights and special events are offered weekly and are open to all students!

Eagles@Night

Eagles@Night is a weekly Friday night program that offers something different every week, usually in the Student Union. From trivia to a Bob Ross painting night, to live band karaoke, there is always something to do on a Friday night! Events are open to all students.

STUDENT ORGANIZATIONS/MYORGS

608.785.8866

2200, The COVE, Student Union

orgs.uwlax.edu

Student involvement and activities play a significant role in enhancing the overall educational experience. Co-curricular activities offer opportunities for students to develop meaningful life skills outside the classroom. The sooner new students become engaged on campus, the more confident they will feel about their classes and themselves. Joining a Recognized Student Organization is one of the easiest ways to make friends and ease the transition into college. Staff in the COVE provide daily assistance to over 200 Recognized Student Organizations in areas such as program planning and implementation, fund raising, publicity, leadership development and financial assistance with student organization grants.

MyOrgs provides resources regarding Publicity Guidelines, Cash Boxes, Flyers & Posters, Fundraising Registration Forms, Event Funding Assistance, Trademark & Licensing Artwork Approval Form (t-shirt/apparel printing) and information on starting a Recognized Student Organization.

MyOrgs also provides students with online convenience for managing and tracking Recognized Student Organizations, leadership and co-curricular participation. Students can log on to the MyOrgs site, review current Recognized Student Organizations and express interest in joining an organization! Existing club members can recruit new members, track service/volunteer work hours, create news articles, post event information, create elections and more.

University Centers

www.uwlax.edu/uc | 3200 Student Union | 608.785.8888

SUSTAINABILITY

www.uwlax.edu/sustainability

Through education, engagement and action, UWL works to advance environmental sustainability on campus and build a campus culture of environmental responsibility. There are various ways for students to engage and further these efforts, including utilizing the Green Fund, a student funded entity that provides grant money to fund sustainability programs and projects across campus. Stop by the COVE to learn more about the progress being made on campus and ways you can help out.

PRIDE CENTER

2216, The COVE, Student Union

www.uwlax.edu/pridecenter

The Pride Center provides education, advocacy, outreach, support and resources for UW-La Crosse LGBTQIA+ students, faculty, staff and their allies. We work collaboratively to improve the campus climate and foster a sense of belonging for all LGBTQIA+ students, faculty and staff. The Pride Center aims to affirm, include, and celebrate individuals across the spectrums of gender identity, gender expression, sexual and romantic attractions, while being inclusive of the intersectional experiences, perspectives, identities, and needs of LGBTQIA+ students, faculty, and staff. Through the Pride Center's LGBTQ+ 101, LGBTQ+ Advocacy and other workshops, trainings, student-led panels, Queer Coffee, Rainbow Unity and Transform Student Organizations, we work to create a welcoming environment where all individuals can be their most authentic selves. Within the Pride Center is the Library and Relaxation Room which is open to students whenever the Union is open.

FRATERNITY & SORORITY LIFE

608.785.8870

The COVE, Student Union

www.uwlax.edu/university-centers/orgs/fraternities-sororities/welcome

Membership in a fraternal organization can be an enriching experience. The Fraternity & Sorority Life community is rooted in the four pillars of: friendship, scholarship, leadership and service. Members of the community engage in a variety of different areas of campus and the wider La Crosse community that provide unique and enriching experiences for the members. Through their participation, members learn how to better the world around themselves by living value-driven lives. Currently, there are three national social sororities on campus: Alpha Phi (ΑΦ), Alpha Xi Delta (ΑΞΔ) and Sigma Sigma Sigma (ΣΣΣ). Additionally, there is one national social fraternity on campus, Delta Sigma Phi (ΔΣΦ).

FACILITY OPERATIONS

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

WELCOME DESK & TICKET OFFICE

608.785.8877

First Floor, Student Union

www.uwlax.edu/university-centers/event/ticket-information

The Welcome Desk is a service center for all students and guests. Student staff assist with questions regarding the Student Union and the campus. Tickets for many events hosted by Campus Activities Board and Recognized Student Organizations along with MTU bus passes are available for purchase at the Welcome Desk. Other services provided: PLAY area equipment and lawn games check out, lost and found and pay for print station.

COMPUTERS

2200, The COVE, Student Union

Four computers for general student use are available in the COVE on the second floor in the Eagles' Nest Lounge. The computers are available whenever the COVE is open. A pay for print station is also located near the computers in the COVE.

UNIVERSITY RESERVATIONS & AUDIO VISUAL LIGHTING SUPPORT (AVLS)

608.785.8895 (Reservations)

3200 Student Union

608.785.8871 (Event Support)

www.uwlax.edu/reservations

University Reservations and Audio, Visual & Lighting Support (AVLS) assists the university community by coordinating reservations, offering information for event planning and serving as a liaison with the university. The Reservations Office offers assistance for events and meetings occurring in the Student Union. In addition, they can assist with scheduling classrooms (when classes are not scheduled) and outdoor events. AVLS consists of experienced technicians who help Student Organizations develop and produce events of all sizes. Staff are trained to assist with anything from playing background music to providing full concert production support.

University Centers

www.uwlax.edu/uc | 3200 Student Union | 608.785.8888

DINING SERVICES

DINING SERVICES

608.785.8891

1131 Student Union

<https://www.uwlax.edu/university-centers/services/dining-services/dining-plans/>

University Dining Services are provided by Chartwells, a contracted food service partner, and overseen by the University Centers team. We work together to ensure students have access to quality meals, a wide variety of food options and a great dining experience.

DINING PLANS

On Campus Plans

All students living in a residence hall are required to participate in the Dining Plan Program. Students may choose from either The Stryker Classic Plan or The Stryker Deluxe Plan. The Stryker Classic Plan has 19 meals per week and \$115.00 Dining Dollars. The Stryker Deluxe Plan has 21 meals per week, \$150.00 Dining Dollars and 30 Block Meals. Students select their dining plan when they complete their housing application.

Meals for the week start/reset on Friday at breakfast and go until Thursday at 11:59pm. Unused meals do not roll over from week to week and will be lost if they are not used.

The dining plans allow students to use their meals in Whitney Center (Main Dining Room and Badger Street Station) and two meals per day at designated dining venues in the Student Union, all of which are deducted from the 19 or 21 meals per week.

Students living in Reuter Hall have the additional option of The Reuter Plan, which has \$115.00 Dining Dollars and 45 Block Meals.

All On Campus Dining Plans expire at the end of the day, on the last day of finals each semester. Any unused Dining Dollars, Meal Swipes or Block Meals will be lost. Meal plans reset for spring semester and will start with dinner the Saturday before classes start.

Off Campus Plans

Students living off campus are not required to purchase a dining plan, but dining plans are still available to them. We offer the Talon Block Plan which comes with 60, 40 or 20 Block Meals. Purchasing 60 Block Meals includes an additional four Blocks for free. Purchasing 40 Block Meals includes an additional two Blocks for free.

Talon Dining Plans roll over from semester to semester and expire on the last day of summer term.

Talon Block Plans can be purchased in the Card Office or online through GET Mobile.

Students living off campus can purchase an On-Campus Dining Plan if they would like. These plans expire at the end of the semester and can be purchased at the Card Office.

Information for all Dining Plans

Dining Dollars are a part of all On-Campus Dining Plans, they are accepted at all dining locations to purchase food items.

Blocks are pre-set meals that are available at every dining location on campus. They are part of the Stryker Deluxe, the Reuter and the Talon Dining Plans. At Whitney Main Dining, a Block meal will be an entry into the dining room, and it is all you care to eat. All other dining locations on campus will have a Block Menu posted.

Students are required to have their Eagle ID card or digital ID with them to access their dining plan.

WHITNEY CENTER DINING AREAS

608.785.8610

www.uwlaxdining.com

Whitney Center is the primary dining facility on campus, serving residential students. When eating in Whitney Center, students may use either the Stryker Plans, the Reuter Plan, Block Meals, Dining Dollars, Campus Cash, cash or debit/credit cards. The dining areas located in Whitney Center are:

Main Dining Room

This venue offers a variety of dining options. Breakfast features a variety of egg choices, breakfast meat, hot cereal, pancakes and waffles, bagels and muffins and fresh fruit.

At lunch and dinner, students can choose from a variety of comfort foods, vegetables, hot entrees, pasta, pizza, soups, made-to-order deli sandwiches and an extensive salad bar. Vegetarian and vegan entrees and sides are also available at every meal. Items such as pastries, cookies and desserts are offered daily at the bakery station. A variety of cereals, yogurt & mix-ins, ice cream, condiments and beverages are also available throughout the day.

Badger Street Station

Badger Street Station hosts our popular sub shop, Badger Street Subs, our Convenience Store and the On-The-Go program. Meal swipes and Block Meals can be used to purchase subs or an On-The-Go meal. Additionally, any items found in this area can be purchased with Dining Dollars, Campus Cash, debit/credit cards or cash. When eating at the sub shop, students receive a sub of choice, chips or a piece of fruit and a beverage. For convenience, we have a variety of grab-and-go options, such as premade sandwiches, hot and cold breakfast, and snack packs.

University Centers

www.uwlax.edu/uc | 3200 Student Union | 608.785.8888

STUDENT UNION DINING AREAS

When eating in the Student Union, students may use Block Meals, Dining Dollars, Campus Cash, cash or debit/credit cards. Students on any of the Stryker Dining Plans may use up to two meal swipes a day in the designated venue(s) in the Student Union. The dining areas located in the Student Union are:

Erbert & Gerbert's Sandwich Shop (subs, wraps, soup, chips and beverages); **Einstein Bros. Bagels** (bagels, shmears, breakfast sandwiches and baked goods); **Grilled It!** (chicken tenders, burgers and fries); **Sono** (tacos, quesadillas and burritos), **Sandwich of the Day** (chef-made lunch specials, Monday-Friday); **Stryker's Café** (breakfast wraps and omelettes); **Sushi Do** (sushi, dumplings and boba tea). Vegan and vegetarian options are available in each venue.

On-The-Go is the convenience store located next to Einstein Bros. Bagels in the Student Union. The store features pre-made sandwiches and salads, frozen entrees and desserts, snacks and beverages, and Sushi Do sushi. Another convenience store is located at Whitney Dining Center next to Badger Street Subs.

MURPHY'S MUG

First Floor, Murphy Library

Serving Caribou Coffee, Murphy's Mug offers a variety of coffees, hot and iced espresso drinks, and teas. Baked goods, soup, sandwiches and salads are also available.

CENTENNIAL CUP

First Floor, Centennial Hall

Featuring Starbucks Coffee, this venue serves a variety of coffees, hot and iced espresso drinks, and teas. Baked goods, soup, sandwiches and salads are also available.

FOOD ALLERGIES AND SPECIAL DIETS

We know dining is such an important part of campus life. UWL ensures a safe and delicious dining experience for individuals with food allergies or medical conditions that require specific diets. Our staff is pleased to work with any food accommodations that may be needed. To learn more, please visit our dining plans website.

The **A9 Eatery** is our dedicated kitchen and serving area for students with food allergies and dietary needs. Located in Whitney Dining Center, the A9 Eatery offers full service meals.

UNIVERSITY IDENTIFICATION CARDS: EAGLE ID OFFICE

EAGLE ID CARD OFFICE

608.785.8891

1131 Student Union

uwlcardoffice@uwlax.edu

The Eagle ID Card serves as the official University of Wisconsin-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 when they arrive on campus.

NOTE: ID cards may not be shared with any other person. Students must always carry their ID card with them, as they are required for university services.

University Centers

www.uwlax.edu/uc | 3200 Student Union | 608.785.8888

Where can I use my meal plan?

Location	Meal Swipes (Classic & Deluxe)	Block Meals (Deluxe)	Talon Block Plans	Reuter Plan	Dining Dollars	Campus Cash	Credit/Debit Cards
WHITNEY CENTER							
Main Dining Room	✓	✓	✓	✓	✓	✓	✓
The A9 Eatery	✓	✓	✓	✓	✓	✓	✓
Badger Street Station	✓	✓	✓	✓	✓	✓	✓
Badger Street Subs	✓	✓	✓	✓	✓	✓	✓
STUDENT UNION							
Einstein Bros Bagels		✓	✓	✓	✓	✓	✓
Breakfast @ Stryker's Café	✓	✓	✓	✓	✓	✓	✓
Grilled It	✓	✓	✓	✓	✓	✓	✓
Sono	✓	✓	✓	✓	✓	✓	✓
Sandwich of the Day @ Stryker's Café		✓	✓	✓	✓	✓	✓
Taste of Home @ Stryker's Cafe		✓	✓	✓	✓	✓	✓
Sushi Do @ Stryker's Café		✓	✓	✓	✓	✓	✓
Erbert & Gerbert's		✓	✓	✓	✓	✓	✓
On The Go		✓	✓	✓	✓	✓	✓
MURPHY LIBRARY							
Murphy's Mug		✓	✓	✓	✓	✓	✓
CENTENNIAL HALL							
Centennial Cup		✓	✓	✓	✓	✓	✓

University Centers

www.uwlax.edu/uc | 3200 Student Union | 608.785.8888

WAYS TO USE THE EAGLE ID CARD

- **The Official ID** – The Eagle ID card provides access to residence halls, computer labs, Dining Services, Health Center services, Strength Centers, the Recreational Eagle Center, (REC takes both virtual and physical student IDs, download the UWL REC app to get the virtual ID), Textbook Services, Library Services, Vending Machines and regular season athletic events. 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.
- **Campus Cash** – Campus Cash is an internal university prepaid debit account that offers the advantage of convenience, security and accountability while minimizing the need to carry cash on campus. Campus Cash may be used at all campus dining locations, the UWL Bookstore, Textbook Services, the Badger Street Station Convenience Store, the Recreational Eagle Center, residence hall laundry machines, pay-for-print, beverage and snack vending machines and Pepsi machines on campus. Campus Cash carries over until the student leaves UWL.
- **GET Mobile** – GET Mobile is an application available to everyone at UWL and it allows the following:
 - Upload an ID Photo
 - Purchase Campus Cash
 - Purchase Block Meal Plans
 - Check account balances for Campus Cash, Dining Dollars, meal swipes and blocks
 - Use digital ID for Dining Locations

The GET Mobile app is available for download in both the App Store & Google Play Store.

- **Wisconsin Voter ID** – The Eagle ID may be used as an official ID document when voting in Wisconsin. It is important to sign the back of the card if it will be used for this purpose. The Eagle ID does not register an individual to vote.

REPORT AND REPLACE A LOST EAGLE ID

There are two options to report a lost card:

- Visit the GET Mobile website: www.uwlax.edu/University-Centers/eagle-id-get.cbord.com/.
- Visit the ID Card/Dining Office at 1131 Student Union to report a lost card and purchase a new Eagle ID Card.

Should replacement of the original Eagle ID Card be required, the following charges apply:

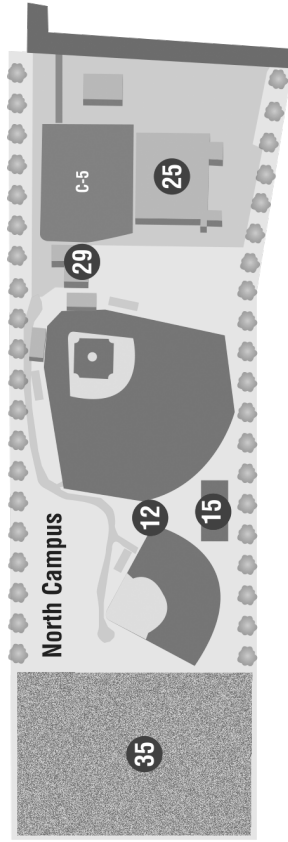
- Replacement due to loss/theft - \$20
- Replacement due to damage - \$10 (the damaged card must be returned)

STUDENT UNION SERVICES

All Gender Restrooms
Audio Visual Lighting Support
Campus Cash
Campus Sustainability Resources
Catering Services
Commuter Student Lounge
Computers - the COVE
COVE Graphics Garage
Dining Opportunities
Dining Plans
Eagle ID Cards
Event Funding Assistance
Family Room
Food Pantry (the COVE)
Fraternity & Sorority Life (FSL)
Fundraiser Registration
Laundry Refunds
Leadership & Involvement Center
Lost & Found
MTU Bus Passes
Nametags
OZZI Tokens (for reusable food containers)
Pride Center/Safe Space
Print Stations
Publicity Registration
Recreation Equipment & Lawn Games Checkout
Student Association
Student Newspaper (Racquet Press)
Student Organization Resources
Theater
Ticket Sales
University Reservations/Event Support
UW Credit Union
Vending Machines
Vending Refunds
Veteran's Lounge
Welcome Desk



NORTH



North Campus

UW-La Crosse

uw/lax.edu

1725 State St. | La Crosse, WI 54601

- Commuter Parking (C Lots)
- Resident Parking (R Lots)
- Motorcycle/Moped Parking
- Parking Pay Station

1/4 mile

EAST AVE.

To 90



- RESIDENCE HALLS**
- **1 Angell Hall - C2
 - **2 Coate Hall - D2
 - **3 Drake Hall - C3
 - *4 Eagle Hall - E3
 - **5 Hutchison Hall - C2
 - 6 Laux Hall - E6
 - *7 Reuter Hall - E6
 - **8 Sanford Hall - E6
 - *9 Wentz Hall - C3
 - **10 White Hall - D6
- OTHER FACILITIES**
- **11 Archeology Center - B5
 - 12 Baseball/Softball Fields - G3
 - *13 Cartwright Center - A5
 - *14 Centennial Hall - B4
 - 15 Challenge & Ropes Course - F3
 - *16 Child Care Center - D4
 - *17 Cleary Alumni & Friends Center - E5
 - *18 Cowley Hall - C5
 - *19 Fieldhouse - C7
 - *20 Graff Main Hall - A5
 - *21 Health Science Center - C1
 - 22 Heating Plant - B5
 - 23 Hoeschler Tower - B4
 - *24 Lowe Center for the Arts - B3
 - *25 Maintenance Building - G5
 - **26 Mitchell Hall - B6
 - *27 Morris Hall - A4
 - *28 Murphy Library - C4
 - *29 North Field Equipment Building - G4
 - *30 Parking Services - D5
 - Police Services - D5
 - *31 Prairie Springs Science Center - C5
 - *32 Recreational Eagle Center - D3
 - *33 Roger Haring Stadium at Veterans Memorial Field Sports Complex - C6
 - *34 Soccer/Lacrosse Building - E7
 - 35 Student Recreation Fields - G1
 - 36 Student Union - D5
 - 37 Veterans Memorial Field Sports Complex - D7
 - 38 Veterans Memorial Monument - C6
 - 39 West Campus Chiller Plant - C1
 - **40 Whitney Center - D2
 - *41 Wimberly Hall - D4
 - *42 Wing Technology Center - A4
 - *43 Wittich Hall - B5

*Handicapped accessible
 **Limited accessibility