EMBARK ON YOUR PATH.

We'll show you the way.

2018-19

RESOURCE GUIDE
FOR NEW STUDENTS AND FAMILIES

UNIVERSITY OF WISCONSIN-LA CROSSE

For more information visit: www.uwlax.edu/parents-family
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<td>608.785.8576</td>
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<td>1140 Centennial Hall</td>
<td>215 Graff Main Hall</td>
<td>117 Graff Main Hall</td>
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<tr>
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<td>email: <a href="mailto:finaid@uwla.x.edu">finaid@uwla.x.edu</a></td>
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<td>email: <a href="mailto:recsports@uwla.x.edu">recsports@uwla.x.edu</a></td>
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<td>103 Wing Technology Center</td>
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<td>Cleary Alumni &amp; Friends Center</td>
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<td>email: <a href="mailto:studentlife@uwla.x.edu">studentlife@uwla.x.edu</a></td>
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## Important Dates

### FALL 2018 SEMESTER
- **New Student Orientation** .................................................. Friday, August 31 – Monday, September 3
- **Residence Halls: New Freshman Move-in** ......................... Friday or Saturday, August 31 or September 1 (date will be assigned to student)
- **Labor Day Holiday** ............................................................ Monday, September 3
- **Classes Begin** ................................................................. Tuesday, September 4
- **First Tuition Payment Due** ................................................ Monday, September 17
- **Family Weekend** ............................................................ Friday, October 12 – Sunday, October 14
- **Last Day to Withdraw from Classes with a ‘W’** ................. Monday, October 29
- **Winter Session Registration Begins** ................................. Friday, November 9
- **Last Day to Withdraw from the University** ........................ Friday, November 16
- **Thanksgiving Recess Begins** ............................... Wednesday, November 21 (5:30 p.m.)
  (Residence Halls Remain Open)
- **Classes Resume** ............................................................ Monday, November 26
- **Spring Registration Begins for Freshmen** ......................... Freshmen begin Sunday, November 11 (students will be assigned a date)
- **Last Day of Classes** ....................................................... Wednesday, December 12
- **Final Exams** ................................................................. Friday, December 14 – Wednesday, December 19
- **Residence Halls Close** .................................................... Thursday, December 20 (10 a.m.)

### JANUARY 2019 WINTER SESSION ............................................. Monday, January 7 – Friday, January 25
For the students taking Winter Session Classes: All Residence Halls remain open.

### SPRING 2019 SEMESTER
- **Residence Halls Open** ....................................................... Saturday, January 26 (11 a.m.)
- **Classes Begin** ................................................................. Monday, January 28
- **First Tuition Payment Due** ................................................ Monday, February 11
- **Spring Break** ................................................................. Friday, March 15 (5:30 p.m.) – Sunday, March 24
  (Residence Halls Remain Open)
- **Classes Resume** ............................................................ Monday, March 25
- **Last Day to Withdraw from Classes with a ‘W’** ............... Friday, March 29
- **Summer Registration Begins** ........................................... Monday, April 8
- **Fall Registration Begins** ................................................. Monday, April 15
- **Last Day to Withdraw from the University** ..................... Friday, April 19
- **Last Day of Classes** ........................................................ Friday, May 10
- **Final Exams** ................................................................. Monday, May 13 – May 17
- **Residence Halls Close** .................................................... Saturday, May 18 (12 p.m.)

### SUMMER 2019 SESSIONS
- **Reuter Hall available for summer residents** ................... Sunday, May 19
- **Summer Session I:** .......................................................... Tuesday, May 28 – Friday, June 21
- **Summer Session II:** .......................................................... Monday, June 24 – Friday, July 19
- **Summer Session III:** ......................................................... Monday, July 22 – Friday, August 16
- **Residence Halls Close** .................................................... Saturday, August 10

*Dates subject to change.*
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.

Faculty advisors are assigned to each undergraduate student based on 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.

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

A SPECIAL NOTE TO PARENTS AND FAMILIES

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

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

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

We hope you will join with the AAC to encourage your student to:
- Make an effort to ‘connect’ with at least one faculty member. Faculty really do want to build relationships with their students.
- Visit the Academic Advising Center early in the first semester to learn about the wide range of services and support available.
- Learn about, and make use of, all the campus resources that UWL provides to make students’ academic and social experiences the best they can be.
DEANS’ OFFICES

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

COLLEGE OF BUSINESS ADMINISTRATION

Nicole Vidden
608.785.8090 | 138 Wimberly Hall
nvidden@uwlaus.edu
www.uwlaus.edu/cba

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

COLLEGE OF LIBERAL STUDIES

Sandy Keller | Peter Stovall | Kathy Elgin
608.785.5454 | 260 Morris Hall
skeller@uwlaus.edu | pstovall@uwlaus.edu | kelgin@uwlaus.edu
www.uwlaus.edu/cls

Archaeological Studies (Cultural Anthropology Emphasis)
Economics
English (Literature, Writing, and Rhetoric)
French (Business)
German Studies (Business)
History (World, Regional, and Topical)
Philosophy
Political Science
Pre-Law Track (pre-professional track)
- Students will still need to select a major
Psychology
Public Administration
Social Studies Education (Broad Field)
Sociology
Spanish (Business)
Women’s Studies
Undecided in College of Liberal Studies
SCHOOL OF ARTS AND COMMUNICATION

Sandy Keller
608.785.5454 | 260 Morris Hall
skeller@uwlax.edu
www.uwlax.edu/cls

Art
Communication Studies (Advocacy and Communication
Criticism, Broadcast and Digital Media, Interpersonal
Communication, or Organizational and Professional
Communication)
Music (History, Jazz Performance, Music Theatre, Performance,
Piano Pedagogy, Theory)
Theatre Arts (Arts Administration, Design/Technical, General
Studies, Stage Management, Music Theatre, Performance)
Undecided in School of Arts & Communication

SCHOOL OF EDUCATION

Ashley Cree | Mai Chao Duddeck
608.785.8127 | 145 Graff Main Hall
acree@uwlax.edu | mduddeck@uwlax.edu
www.uwlax.edu/soe

Early Childhood-Middle Childhood (PreK-6)
Middle Childhood-Early Adolescence (1-8)
Early Childhood-Adolescence certification (PreK-12) - includes
majors in French, German Studies, Spanish, Art, Music (Choral,
General, Instrumental), Exercise & Sport Science-Physical
Education Teaching, and School Health Education
Early Adolescence-Adolescence certification (Middle Level/
Secondary) - majors include Biology, Chemistry, Computer
Science, Mathematics, Physics, Broad Field Social Studies,
English, Geography, History, Political Science, Sociology
Undecided in Education

COLLEGE OF SCIENCE AND HEALTH

Carla Burkhardt | Guy Herling
Scott Stine | Christopher Stindt
608.785.8156 | 205 Graff Main Hall
cburkhardt@uwlax.edu | gherling@uwlax.edu
sstine@uwlax.edu | cstindt@uwlax.edu
www.uwlax.edu/sah

Biochemistry ASB
Biology (Aquatic Science, Biomedical Science, Cellular and
Molecular, Environmental Science, Plant and Fungal)
Chemistry ACS (Business, Environmental Science)
Clinical Laboratory Science
Computer Science
Exercise & Sport Science-Exercise Science (Fitness track or Pre
Professional track)
Exercise & Sport Science-Sport Management
Geography (Geographic Information Science, Environmental
Science)
Mathematics (Applied Math, Education Emphasis)
Microbiology (Biomedical, Business, Environmental Science)
Nuclear Medicine Technology
Physics (Applied, Astronomy, Biomedical, Business,
Computational, Optics)
Public Health and Community Health Education
Radiation Therapy
Recreation Management (Community, Generalist, Outdoor,
Tourism)
Statistics (Actuarial Science)
Therapeutic Recreation
Undecided in College of Science and Health
PRE-PROFESSIONAL TRACKS

Scott Stine | Christopher Stindt
608.785.8156 | 205 Graff Main Hall
sstine@uwlaus.edu | cstindt@uwlaus.edu
www.uwlaus.edu/sah

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

TUTORING SERVICES

Students who are seeking extra assistance in a specific academic area may contact the academic department to find out about tutoring services. Some departments have student tutors who work in a lab setting. Students can stop by for assistance during designated lab hours. Other departments require that students contact the faculty members for assistance. Many UWL students get assistance with math, science and English courses by working with tutors in Biology/Microbiology (251 Murphy), Chemistry (251 Murphy), Mathematics (273 Murphy), Physics/Earth Science (251 Murphy) and the Writing Center (257 Murphy).
Student Support Services (SSS) is a TRIO program funded by the U.S. Department of Education. Students are initially eligible for the program if neither parent graduated from a four-year college, if they are receiving substantial financial aid, or they have a physical disability and/or a diagnosed learning disability.

At the time of acceptance into the Student Support Services program, all students are assigned an SSS advisor and an SSS Peer Coach. The advisor assesses each participant individually and offers guidance based on need. The advisor will meet 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, and referrals to appropriate offices.

A math specialist and math peer tutors are available daily to provide tutoring in 050, 051 and all the 100 and 200 level math courses. In addition, workshops on Pre-Statistics are offered.

Writing and science peer tutoring are also provided daily at SSS by trained, upper level academically successful students. Other peer tutors can be hired for one-on-one tutoring in a variety of other subjects by contacting our tutor coordinator.

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

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

Finally, SSS can only serve 350 students, so selection into the program will be based on eligibility requirements, student's academic need and level of commitment.

ACCESS Center

The ACCESS Center provides services to students attending UWLa who have a documented disability. ACCESS Center staff will meet with students and based on documentation, determine appropriate academic accommodations to help students accomplish their academic goals and give them the support they need through graduation.

If you have a documented physical, sensory, psychological, or learning disability that is challenging you, get the support and assistance you deserve to help you make the most of your education and campus life activities.
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. Services available to students include the following:

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

**Internships:**
The Career Services Office coordinates over 800 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, exclusively for UWL students, is a one-stop resource for part-time and summer jobs, internships, jobs for graduates, on-campus interviews and campus career events.

**Job Search Tools:**
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 with their organizations.

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

---

**Student Employment on Campus**

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.

It must be noted that UWL uses an onboarding system which allows employees to easily complete most of their new hire paperwork online. Employees are responsible for providing acceptable I-9 identity verification documents. Onboarding and I-9 verification must be submitted and received by HR prior to beginning employment.

**Questions about acceptable documents or employment can be directed to Devyn Marazes.**

**Email:** dmarazes@uwlax.edu  
**Phone:** (608) 785-8009

**More information:** www.uwlax.edu/human-resources/student-employment/student-employees/
The Office of Multicultural Student Services (OMSS) promotes academic excellence, leadership, and the personal/social development of African American, American Indian, Hispanic/Latino(a), Asian American, and biracial or multiethnic students at UWL. Our goal is to assist students to succeed academically, to enhance their sense of belonging, and to graduate from the university better prepared to contribute to their communities and the society at large.

The office provides leadership opportunities and advocacy to support cultural diversity and to help prepare all students to interact in a diverse world. In addition, the office provides access to multicultural resources and offers opportunities for the campus and broader community to collaborate and participate in diversity experiences. OMSS models inclusive excellence and supports collaborative campus and community efforts that promote access, equity, human understanding, shared values, and respect for individual differences.

**AREAS OF SERVICE AND OUTREACH:**
- Academic and financial aid retention
- Academic Success Institute (summer bridge program)
- Advising & Peer Tutoring
- Cultural, educational, and social programming
- Leadership development
- Personal guidance, support, and advocacy for students
- Pre-college programs and tutoring
- Transfer Student Advisement

**STUDENT ORGANIZATIONS:**
OMSS leadership and involvement opportunities provide practical, life-long learning for students as well as compliment the academic mission of the university.

- Students taking advantage of leadership endeavors provided by OMSS usually have the opportunity to plan, execute and participate in activities like multicultural and diversity student organizations’ leadership training, attend various retreats, conferences and much more.

OMSS provides leadership training, advisement, and administrative support for the nine active multicultural student organizations listed below:

- ALANA - Asian, Latina, African, Native American Womxn
- ASO - Asian Student Organization
- BSU - Black Student Unity
- HOPE - Hmong Organization Promoting Education
- IOPA - Intercultural Organization Promoting Awareness
- LASO - Latin American Student Organization
- NASA - Native American Student Association
- SFT - Students for a Free Tibet
- DiSTEM - Diversity in Science, Technology, Engineering and Math
WINGS—Student Services via the Web

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

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 apply for graduation.

GRADES

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

ADDRESSES

It is important for students to 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, to establish the right of students to inspect and review their education records, and to provide guidelines for the correction of inaccurate or misleading data through informal and formal hearings. A copy of the written procedures may be found 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, attendance (full-time/part-time, classification) and school and/or college status.
- Previous institution(s) attended; past and present participation in officially recognized sports and activities; physical factors (height, weight, etc. for athletes).
- Major and minor field of study, awards, honors including Dean’s List, expected graduation date, degree(s) conferred, and date(s) 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. Addresses are not considered confidential and will be released if requested by a third party.

Currently enrolled students may withhold disclosure of information under FERPA. Students may restrict release of some or all directory information in their WINGS Student Center by the following navigation: Personal Information> Privacy Settings> Edit FERPA/Directory Restrictions. Students who do not want directory information released must make changes to their privacy settings prior to the end of the second week of the fall semester. UWL assumes that the lack of a specific request from the student in WINGS for the withholding of directory information, within the time period mentioned above, indicates individual approval for disclosure. Please note that restrictions to some personal information will exclude the student’s name from appearing in newspaper listings of the Dean’s List and graduation. It should be noted that restrictions will prevent certain information from being released, and that students risk being omitted from communication from the University.

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.
Enrollment Verifications
There may be times when a student will need to provide verification of enrollment. Oftentimes this is necessary for health and car insurance, scholarships, loans, and employers. Self-service verification and good student discount is available on WINGS Student Center, and we urge students and families to use this service.

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

Registration
New freshmen will meet with advisors during the registration period in the afternoon of their chosen registration date. Students will notice some classes have already been added to their schedule. These courses were added based on the chosen major and/or college. After advisement, students will go to a computer lab to log into their WINGS Student Information System to enroll for 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 freshmen will continue to register throughout June, students will not be able to change their schedule using WINGS until all registration dates have passed (after July 1). Students may add classes in WINGS through September 10, 2018 and drop classes through September 17, 2018. Changes after those dates will require instructor permission.

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 Registrar’s office will contact the student to adjust the fall registration.

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 each term.

Students should be aware of the following information before attempting to change their schedule:
• Many classes are already filled to capacity. You cannot add a class that is “Closed.”
• Do not drop a class from your schedule to add another class unless you have determined the class you want to add is both open and does not have a time conflict with the rest of your schedule. Once you drop a class it is unlikely you will be able to add it back to your schedule. Use the SWAP method of enrollment in the WINGS Student Center unless you are only dropping a class or only adding a class.
• If you are enrolled in a class with both a lecture and lab, dropping one part will likely drop the other part, depending on the class. Chemistry 103 lectures, labs and discussions are in a series and are not “mix and match”. If you are enrolled in CHM 103 and need this class, please do not attempt to change sections.
The University Bookstore offers an assortment of leisure reading books, course study aids, and classroom resource material not offered through Textbook Rental. Also available in the store are insignia sportswear, gifts and novelties, greeting cards, gift cards, school supplies, basic electronics, calculators, beverages, snacks, and health and beauty aids. Purchases may be made by: cash, check, debit cards, VISA, MasterCard, Discover Card, American Express, and Campus Cash.

Textbook Rental Services provides UWL undergraduate students with an economical alternative to purchasing textbooks. Textbook Rental Services is a book rental system supported by segregated fees, which is included in the student bill. The fee is included on the student bill for undergraduate students. Students interested in building a professional library may special order textbooks at any time during the semester from the University Bookstore. In addition, students may borrow books from Textbook Rental Services for short-term reference and research.

<table>
<thead>
<tr>
<th>FALL BOOKLISTS AVAILABLE</th>
<th>FALL TEXTBOOK CHECKOUT STARTS</th>
<th>DUE DATE FOR FALL BOOKS</th>
<th>HOURS OF OPERATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday August 20, 2018</td>
<td>Tuesday August 21, 2018</td>
<td>Thursday December 20, 2018</td>
<td>Monday - Friday 8 a.m. - 5 p.m.</td>
</tr>
</tbody>
</table>

**PLEASE NOTE:** The above dates are for the Fall 2018 term ONLY. Please visit www.uwlax.edu/textbookrental for specific dates and deadlines for each term.
TECHNOLOGY GUIDE FOR NEW STUDENTS

Information Technology Services 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. An on-line technology guide for students is available at: uwla\text{.edu/its/technology-quick-start-guides/new-student-technology-guide}

ITS OPEN COMPUTING LABS AND RESOURCES

Open computing access labs are available in Murphy Library. Computers have Windows 10 and Mac operating systems loaded with a wide variety of application software including Microsoft Office. Scanners and color/black and white laser printers are available for use.

EAGLE HELP DESK

Computer help is available to students at the Eagle Help Desk. Help includes assistance with campus email, file storage, Microsoft Windows and Office products, Mac products, and other campus-supported software. The Eagle Help Desk is your first point of contact for technology questions. Call us at (608) 785-8774, or stop by Room 103 in the Wing Technology Center. More information and hours are available online at: uwla\text{.edu/its/helpdesk}

EMAIL ACCESS

The UWL standard for e-mail is Office 365 and Office 2016 on the desktop.

OFFICE 365

Office 365 is available for all students while enrolled at UWL. Students will be able to download, install and use Microsoft Office 2016 at no cost on up to five devices. Visit: portal.microsoftonline.com

UWL MOBILE

UWL Mobile is a web based site for accessing WINGS, D2L, campus directory, maps, etc. from any mobile device. Visit: www.uwlax.edu/mobile

VIRTUAL DESKTOP

Virtual Desktop allows UWL students using Windows, Macintosh, Apple iOS or Android devices to connect to and use a Windows desktop similar to those in the ITS Computer Classrooms and Labs.

WIRELESS

Wireless is available throughout campus. Wireless information for your device can be found at: uwla\text{.edu/its/get-connected/wireless-wifi-access}

STUDENT PRINTING

You can print remotely from your own 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.

LMS - D2L

LEARNING MANAGEMENT SYSTEM

Desire2Learn (D2L) is an innovative learning management system used by UW-La Crosse faculty and instructional staff to enhance face-to-face instruction or teach courses totally online. D2L allows “anytime, anywhere” access to course-related files, electronic dropboxes for assignments, online quizzes and tests, e-mail, and grades. Though most faculty use D2L for their courses, students should note that not all faculty utilize D2L. If they do not see one of their courses on their course list, they should contact the instructor to find out if the course will be activated in D2L. You can connect by going to: uwla\text{.edu/d2l}

OTHER INFORMATION

Information Technology Services provides a variety of other services including classroom technology support. The campus website provides information on campus events, directories of people and services, and other information. UWL follows the Principles of Responsible Use to which all users are bound. These policies are in the student and staff handbooks which are available electronically on the campus website.
<table>
<thead>
<tr>
<th>FREQUENTLY ASKED QUESTIONS ABOUT INFORMATION TECHNOLOGY</th>
</tr>
</thead>
</table>

**What kind of computer should I buy?**
Information Technology Services maintains a list of recommended hardware specifications. The brand and place to buy a computer is up to each individual. Our website lists several vendors that provide discounted prices for students. Please read our recommendations if you are buying a new computer to help ensure compatibility with campus networks. Whichever choice you make keep security in mind, with your hardware, software, and how you use the Internet. Be sure your homeowner’s insurance or renter’s insurance covers any computer your student may bring with them.

If you have questions about a computer you currently own, please feel free to call the Eagle Help Desk.

**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, Virtual Desktop, and UWL mobile while on the go.

**What operating system and software should I buy?**
Please be sure any computer you plan to use on campus has a current Mac OS or Windows 10 operating system. Software savings on Microsoft and Adobe products are available for students through the WISC software site at www.wisc.edu

**Need more information?**
Visit our on-line student guide at: uwlax.edu/its/technology-quick-start-guides/new-student-technology-guide

Call the Eagle Help Desk at 785-8774 or e-mail us at: helpdesk@uwlax.edu
LIVING ON CAMPUS
Parking permit sales begin in mid-July for students living in the residence halls. Spaces are limited and selected by seniority, starting with seniors. Students may purchase permits on the Parking and Transportation Services website using their NetIDs. Current rates and rules are also on the website. Parking permits for new freshmen will be sold online on a first-come, first-served basis. Please see the website for more information.

LIVING OFF CAMPUS
Parking in any university lot requires a valid university parking permit or payment for use at a pay station. Motorcycle and moped parking permits are available for designated lots around campus. Rates are posted on the parking website.

VISITOR PARKING
Visitors must purchase a permit to park on campus using one of the following options:
- Pay stations are located in commuter lots.
- Pay by phone using instructions provided on the pay stations or by downloading the smartphone app.
- Visit Parking and Transportation Services.
Visitor parking is always prohibited in resident lots because the lots are sold out to students. Short-term spaces are available in resident lots for loading/unloading. Parking is free during the day on weekends only in commuter lots, but overnight parking is prohibited without a permit.

YOUR PLATE IS YOUR PERMIT
Vehicle license plates are used as permits to park on campus. 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 upon purchase of a permit. Additional vehicles may be added if they belong to family members.

GETTING AROUND
Travel on campus is best done by bicycle or on foot. Bikes can be locked to the racks around the halls. Some students have their own cars, but those who don’t should check an online ride board. Students who have a car and would like riders to share expenses will post their destination.
- Jefferson Bus Lines and Badger Bus provide service all over the United States. There is a pickup location on campus.
- Amtrak offers service to Milwaukee, Chicago, and Minneapolis where other train connections are available for trips to other parts of the United States. The depot is located at 601 St. Andrew Street. The phone number is 608.782.6462 or 800.872.7245
- Delta and American Airlines are passenger airlines which serve the La Crosse area. The airport is located off Interstate 90 on French Island.
- The adventurous student can even try cross-country skis, canoes, or a riverboat to see a bit of the countryside.

CITY AND REGIONAL BUS SERVICE
The La Crosse Municipal Transit Utility (MTU) offers two bus services for UWL students. First, the Unlimited Passage (U-PASS) provides bus service on any current MTU route in La Crosse or Onalaska at NO FARE when students show their UWL student ID. Second, the U-PASS/Safety Bus also has NO FARE and runs Thursday, Friday, and Saturday nights from 9pm-3am (10pm-3am on Thursday evenings). The Safety 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 $3 each way and are not included in student fees. Discount cards are available for purchase. More information is available at Parking and Transportation Services.
Residence Halls

The Residence Life Program at UWL offers 3,500 students the opportunity to live, learn, and grow together. Besides providing clean and affordable housing, the residence halls provide opportunities to enhance learning outside the classroom. The office hours are 8:00 a.m. to 4:30 p.m., Monday through Friday.

MISSION STATEMENT
The University of Wisconsin-La Crosse Residence Life Program develops living environments to enhance the academic mission of UWL through creating inclusive communities, supporting experiential learning, and building meaningful relationships. We are student-centered, we care, and we have fun!

Each residence hall has a Hall Director and Resident Assistants (RAs). A Hall Director, a full-time, live in professional with a Master’s Degree in Student Affairs Administration or Counseling, manages each residence hall. This staff member helps students gain the maximum benefits from their college experience. In Angell, Coate and Hutchison Halls there is also an Assistant Hall Director who is a current graduate student.

A Resident Assistant is available to help students in each community. The RA is also a full-time student who personally connects with the residents to assist them in developing a sense of belonging among other students. The RA acts as a campus resource person to help with personal and academic concerns. Encourage your student to seek out the RA should you have questions or concerns at any time.

Every residence hall has a variety of opportunities to get involved. Students can start groups based around common interests, attend social events, or join Core Team. Core Team also plans events, allows residents to meet one another, and generally exists to make the hall a great place to live. Core Team begins recruiting students during the first few weeks of school.

Students can also find others who share similar interests by joining or forming an interest group called a Link. They even allow students to get funding for activities they enjoy doing such as attending movies, learning to crochet, bake or play tabletop games. Links are available through the Student Embassy on the Residence Life website. Encourage your student to get involved!

Front Desks are a central hub of each residence hall community. They are a great resource for students, providing items that can be checked out such as cooking equipment, sports equipment, and board games. They can even purchase a pizza at a minimal cost and the Desk Assistant will bake it for them! Each hall’s front desk is open Sunday 11AM to Midnight, Monday-Thursday 10AM to Midnight, Friday 10AM to 3AM and Saturday 11AM to 3AM. The front desk employs about 15 hall residents. This is a sought after student job.

STUDENT ROOMS ARE FURNISHED WITH:

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

ALL 11 RESIDENCE HALLS ARE SMOKE-FREE (INCLUDING E-CIGARETTES) AND EQUIPPED WITH:

- Computer lab
- Game room
- Floor lounges
- Front desk
- Kitchen
- TV room
- Laundry room
- Gender inclusive bathrooms
- Study areas
- Vending machines

COMPUTER CONNECTIVITY/PRINTING:

All residence hall rooms have access for both wireless and wired internet connections. Data cords are available for purchase for $5 from the front desk of the hall. Each hall also has a computer room that can be used by residents and are connected to the University network. You can print documents from your room to designated print stations around campus. Wireless devices (smartphones with hotspots enabled, wireless printers, etc.) are prohibited in the residence halls as these devices create hotspots which interferes and slows down building internet connectivity.

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Residence Halls

ROOM ASSIGNMENTS ARE MADE IN THE SUMMER

After receiving their room and roommate assignments, students should contact their new roommate. Since most rooms are 15' x 11.5', it is important that roommates determine who will bring what. Things such as a TV, microwave, stereo, and carpet are just a few items that need not be duplicated.

Move-in instructions and a map directing them to their hall will be emailed in mid-August. To make your move-in experience as smooth as possible, we ask that you please follow those instructions. In a separate mailing your student will receive information about linens available to purchase for their room. A portion of these sales are then returned to campus to benefit the overall student hall governance group, The Student Embassy.

SAFETY

Building access is gained via the use of the student’s ID card. The main entrance of the residence halls are unlocked between the hours of 10 AM - 10 PM on weekdays and 11 AM - 10 PM on weekends; at other times only hall residents and university staff have access with their ID cards. Side and back doors are locked 24 hours a day but are accessible via the ID card from 7 AM - 10 PM.

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. 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.

For safety, the following items are examples of items prohibited in the residence halls:
• Hot plates, open coil appliances, toasters, pizza ovens, and George Foreman type grills
• Open flames (candles, incense, potpourri pots, etc.)
• Halogen lamps
• Gooseneck lamps with plastic shades or the 5-light incandescent floor lamps
• Space heaters
• Wireless printers
• Smart phone hot spots

COMMUNICATION

To help students be aware of what is happening in the residence halls and on campus, the Office of Residence Life webpage (www.uwlax.edu/reslife) posts on-going residence hall information. This includes fall move-in instructions and maps, campus school year closings, etc. Weekly emails are sent to residents, and there are numerous posters and flyers posted in the residence halls.

PACKING IDEAS

Alarm clock
Box Fan
Comforter/blanket/sheets
First Aid Kit
Fuse power strip
Hangers
Laundry basket
Laundry detergent/fabric softener
Medications
Pillow(s), pillowcases
Mattress pad
Posters
Room Decor
Shower caddy or bucket
Silverware/dishes/cup/mug
Toiletries
Towels

BEDDING

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

Don’t forget to check our website for a list of prohibited items and a suggested packing list!
On-Campus Banking Services

UW Credit Union
800.533.6773
Room 1135, First Floor,
Student Union
www.uwcu.org

Since UW Credit Union’s founding more than 85 years ago, making banking easy for students has been our mission. With us, you’ll get access to the latest technology and friendly service. Enjoy surcharge-free ATMs plus convenient services like our app and mobile wallet options. Our on-campus branch is located in the Student Union next to the Eagle ID office, and we’re open Monday through Friday, 9 a.m. to 5 p.m., or visit uwcu.org. Federally Insured by NCUA.

Off-Campus Banking Services

Altra Federal Credit Union
www.altra.org

Associated Bank
www.associatedbank.com

BMO Harris Bank of La Crosse
www.bmoharris.com

Citizens State Bank
www.citizensstatebank.us

Community Credit Union
www.communitycu.com

Coulee Bank
www.couleebank.net

Marine Credit Union
www.marinecu.com

Park Bank
www.parkbankplace.com

River Bank
www.riverbank.biz

State Bank of La Crosse
www.statebankfinancial.com

US Bank
www.usbank.com

Wells Fargo Bank-La Crosse
www.wellsfargo.com
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, 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. On the 11th day, a second billing statement is processed. A 1.5% finance charge will be assessed on any amounts not paid by the due date indicated. Payment in full is required prior to registration for future semesters.

PAYMENT

- **Online Payment Via 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 as YOU control 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 2.75% convenience fee. 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.

- **Check and/or Cash payment at Cashier’s Office** located at 121 Graff Main Hall, 1725 State Street. Please note the student ID# on the check. Students will be charged $20 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 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 $20 for checks returned for insufficient funds.

- **Edvest/529 Plans**
  - Request your Edvest/529 distribution early. Plan Accordingly!
  - You do not need to wait for an official tuition statement from UWL to submit a request to your Edvest/529 plan. https://www.uwlax.edu/info/cost-to-attend/
  - Edvest/529 plans pay UWL directly via a paper check. Some plans can take up to two weeks before the check reaches UWL. Allow for processing and mailing time.
  - An owner of an Edvest/529 plan can request electronic transfer of funds to their personal account. Edvest/529 plans cannot pay UWL electronically.

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## 2018-2019 ESTIMATED YEARLY COSTS

<table>
<thead>
<tr>
<th></th>
<th>TUITION &amp; FEES*</th>
<th>ROOM</th>
<th>MEALS</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>WISCONSIN</td>
<td>$9,231</td>
<td>$3,825</td>
<td>$2,506</td>
<td>$15,562</td>
</tr>
<tr>
<td>MINNESOTA**</td>
<td>$9,231</td>
<td>$3,825</td>
<td>$2,506</td>
<td>$15,562</td>
</tr>
<tr>
<td>MSEP***</td>
<td>$12,379</td>
<td>$3,825</td>
<td>$2,506</td>
<td>$18,710</td>
</tr>
<tr>
<td>NON-RESIDENT</td>
<td>$17,901</td>
<td>$3,825</td>
<td>$2,506</td>
<td>$24,232</td>
</tr>
</tbody>
</table>

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.ohe.state.mn.us/sd/reciprocity/apply1.cfm

*** The Midwest Student Exchange Program (MSEP) includes selected students who are residents of Illinois, Indiana, Kansas, Michigan, Missouri, Nebraska, or North Dakota.
HOW TO VIEW THE BILL

• Billing reminders are emailed to students at their official university e-mail 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 below. Students can also print or e-mail 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 your WINGS account 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.

<table>
<thead>
<tr>
<th></th>
<th>FALL 2018</th>
<th>SPRING 2019</th>
<th>INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST BILL EMAILED</td>
<td>August 31</td>
<td>January 24</td>
<td>A reminder to view the bill is sent to student’s university email address.</td>
</tr>
<tr>
<td>FIRST PAYMENT DUE</td>
<td>September 17</td>
<td>February 8</td>
<td>Payment is due by the 10th day of class.</td>
</tr>
<tr>
<td>IF BILL IS NOT PAID, SECOND PAYMENT DUE</td>
<td>October 18</td>
<td>March 12</td>
<td>Avoid 1.50% finance charges by paying total amount. Bill must be paid in full prior to future registration.</td>
</tr>
<tr>
<td>FINANCE CHARGES ADDED</td>
<td>October 19</td>
<td>March 13</td>
<td></td>
</tr>
</tbody>
</table>

GIVE PARENTS/GUARDIANS ACCESS TO WINGS STUDENT CENTER

Your student can authorize your access to 1.) Online billing payment system and 2.) Individual student records. Your student is highly encouraged to set up both options early in the semester. Failure to set up parent access prevents the Cashier’s Office from speaking with parents regarding your student’s account due to FERPA laws.

GIVE PARENT/GUARDIAN USER ACCESS TO VIEW/PAY BILL (CASHNET)

1. Students, log in to WINGS at wings.uwlax.edu with your NetID username and password
2. Go to Finances (in the middle of the page) click on Grant Access to View/Pay Bill>scroll down to Parent Pins>click on Add New.
3. Upon completion, parent will receive their unique log in information. Additional instructions to pay can be found at https://www.uwlax.edu/cashiers/payment options button.

GIVE PARENT/GUEST USER PERMISSION TO VIEW STUDENT INFORMATION [COMPLY WITH FEDERAL FERPA LAW]

1. Students, log in to WINGS at wings.uwlax.edu with your NetID username and password.
2. Click Main Menu>Self Service >Guest Users, Add a Guest User (green box).
3. Access to WINGS Student Center account. Fill in your guest user name and guest user email address. Students can give parents or guests access to their WINGS Student Center account. Students control what parents or guests can view and do. 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. Parent/guest can be given access to:
   - Request Official Transcript
   - Update Contact and Emergency Information
   - View or Update Contact Information
   - View Class Schedules
   - View Grades
   - View What I Owe
   - View Advisor Information
   - More!
4. Upon completion, parent or guest user will be notified.

If you have any questions regarding access, please contact the Cashier’s Office.
FINANCIAL AID DISTRIBUTION

KEY DATES

FALL 2018: Distribution begins September 5
SPRING 2019: Distribution begins January 30

WITHDRAWING FROM THE UNIVERSITY - FEES AND REFUNDS

1. 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.

2. Any student choosing to withdraw after classes have begun must complete the formal withdrawal process through the Office of Student Life, 149 Graff Main Hall. Please note 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 4, 2018:

• 09/04/18-09/17/18: 100% Refund + $50 withdrawal fee
• 09/18/18-10/01/18: 50% Refund
• 10/02/18 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 you still are responsible for payment of your bill due to 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 REFUNDS:

If the financial aid funds applied to the student’s WINGS account are more than the balance due, the excess is paid back to the student as a financial aid refund. UWL has partnered with Nelnet to deliver refunds directly to your bank account. FOR the FASTEST REFUND, fill out your banking information ahead of time to prevent delay in receiving refunds. This is a free, quick, safe and easy process to complete.

If banking information is not filled out, refund checks are mailed out to your home address in WINGS and take two weeks.

SCREENSHOT OF YOUR WINGS ACCOUNT TO SET UP YOUR REFUND.
FEDERAL DIRECT LOAN (DL) BORROWERS
First-time borrowers in the Federal Direct Loan (DL) program need to complete federally required Entrance Loan Counseling (ELC) and sign a Master Promissory Note (MPN) for their DL. Both requirements can be completed at https://studentloans.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 https://studentloans.gov and can complete a Direct Parent PLUS Master Promissory Note on the same site. You 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. You 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/alternative-education-loans.

CALCULATING HOW MUCH TO BORROW
Borrow only the amount you need. A helpful worksheet (Calculating How Much You Need to Borrow) is available at www.uwlax.edu/finaid/resources/publications/brochures.

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. Awards are based on approximately ten hours of work per week.

ONLINE PART-TIME JOB SERVICE
All students are welcome to search for on-campus and off-campus part-time jobs listed on the Financial Aid web site at www.uwlax.edu/career-services/handshake.

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/scholarships. For more information about UWL scholarships as well as an extensive database of external, 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 2018-19 academic year although certain program funds may have been exhausted. Families must complete the Free Application for Federal Student Aid (FAFSA) at https://fafsa.gov.

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

SAVE MONEY BY GRADUATING ON TIME
In-state students who take 15 or more credit hours a semester could save an estimated $19,000 in tuition and fees (based on a 120-credit program with standard tuition and fees) by graduating on time. Tuition and fees are based on 12 credits per semester making any credits between 12 and 18, almost free credits. Adding the cost of books/supplies, room, board, transportation, and miscellaneous saved by graduating on time can greatly increase the total amount of savings.

That’s cash that could potentially be used for other important purchases: a car, a down payment on your first house or a kick start for your graduate school career. In addition, graduating on time means you reduce the amount of student loan debt you’ll have to repay. Plus, you’ll make your parents happy! So add it up - and graduate on time. Read our helpful tips for graduating on time: http://www.uwlax.edu/add-it-up.
UWL’s Scholarship Resource Center (SRC) encourages students to focus on alternative funding options that match up 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 ultimately, see them further their education by receiving scholarships to fund that education.

We accomplish this by simplifying the scholarship search and offering valuable resources that help our students stand out in their applications. Staying organized and setting aside time for applications is the first step. Visit our webpage or our office to set up a scholarship plan. We also encourage parents to be active in the scholarship process. Search our database and email scholarship suggestions to your student with a click of a button!

EMERGENCY FINANCIAL AID

The University of Wisconsin-La Crosse maintains a Scholarship Resource Center (SRC) where students can locate and apply for funding opportunities that fit their unique qualifications. The SRC collaborates with other university entities to provide programming centered on the application process, including personal statement writing, building a resume, editing, and prioritizing applications.

The SRC also maintains an Outside Scholarship Database with listings of scholarships specific to the students at UWL. Students can search for scholarships and email scholarship suggestions with a click of a button!
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 plans to accomplish this mission through extensive collaboration with other University entities in order to create and present the best holistic financial literacy package to students through a variety of fashions, including outreach activities, social media, group outreach activities, and online financial tools/assistance, to increase awareness, understanding, and knowledge of relevant financial issues that will empower them to achieve success with regard to 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 Twitter
• Online curriculum with useful lessons on various topics

SOCIAL MEDIA

Facebook: UW-La Crosse It Make$ Cents
Twitter: @ItMakesCentsUWL
Instagram: itmakescents_uwl
Pinterest & Snapchat: itmakescentsuwl

Join us at our “Welcome Week” events!
HOW THE UWL FOUNDATION HELPS UWL:
Private support is integral to our mission of preparing students for the world. The Foundation is the largest private funding resource for the University, and our donors’ gifts directly benefit UWL.

THE FOUNDATION’S CURRENT PRIORITIES:
1. The “Share the La Crosse Experience” scholarship campaign has been working to grow scholarships for UWL students since 2013.
2. The UWL Fund, an unrestricted fund to cover the campus’ most pressing needs. Annual giving keeps the University strong and our alumni and friends connected to campus.
3. Each of the University’s Colleges and Schools has needs that exceed funding provided by the state. These funds focus on college and department needs.

UWL STUDENT PHILANTHROPY COUNCIL
- The UWL Student Philanthropy Council gives undergraduate students an opportunity to serve as philanthropy ambassadors for UWL, sharing the importance of philanthropy with students and the campus community, and to celebrate the impact donors have at UWL.
- The Student Philanthropy Council (SPC) is made up of high-performing, civic-minded students interested in philanthropy and impacting the future of UWL.
- The SPC holds monthly events around campus to raise awareness about philanthropy including: programming in the Residence Halls, events in the Union, Thank A Donor Day, and Philanthropy Week. Learn more at www.uwlax.edu/foundation/about-us

SCHOLARSHIPS & AWARDS
Many scholarships have been established over the years by alumni and special friends of the University in an effort to enhance students’ experiences and make their education more affordable.

ELIGIBILITY
Scholarship committees select recipients on the basis of the qualifications designed by the donor, faculty recommendations, grade point average, and other materials deemed appropriate by departmental committees.

All scholarships are contingent upon full-time enrollment at UW-La Crosse for the year of the award, except where otherwise indicated. With few exceptions, scholarships and awards are paid for the academic year following the presentation ceremony.

APPLICATION
For 2019-20 scholarships, Incoming Freshmen and Continuing Students can apply for scholarships online between October 1 - February 1.

DID YOU KNOW?
Nearly every area of campus has been impacted by alumni and friends who love UWL.
Annual giving supports the work of students, faculty and staff each year. The generosity of donors helps make the “UWL Experience” possible.

Students benefit from experiential learning opportunities with help from donors.
Powerful, hands-on experiences outside of the classroom are made possible to students in the form of internships, study abroad opportunities, and undergraduate research projects.

Over 850 students are impacted by scholarships each year.
Each spring the UWL Foundation is able to award over $1 million. Over 250 unique opportunities have been established by alumni and friends in an effort to support students in their education.
Campus safety should be on your list of concerns as your student sets out for UW-La Crosse. University Police works hard to make UWL a safe place to live and learn. This brief outline of what we do and what you and your student can do to maintain safety is presented as information and a conversation starter.

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.

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 https://www.uwlax.edu/student-life/student-resources/annual-security-report/. If you would like a hard copy of this report, please contact the Office of Student Life, 149 Graff Main Hall, 608.785.8062, and one will be sent to you.

WHAT CAN STUDENTS DO?
1. Know what to do in an emergency by reviewing the UWL emergency response plan at: https://www.uwlax.edu/police/emergency-management/emergency-response-plan/.
2. Sign up for emergency notifications through the University Police website.
3. Be aware of your surroundings.
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 you see something 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. Let your student know you are always concerned about them.
Our mission is to promote students’ emotional, academic, social, and cultural growth through counseling, crisis intervention, and outreach within an atmosphere of confidentiality and inclusivity. To meet the needs of UWL and the region, we also provide comprehensive testing services that adhere to nationally-recognized standards.

COUNSELING SERVICES
If a student is having personal or mental health difficulties, they may find it helpful to meet with one of our counselors. Our counseling services are free* and confidential**. Our clinical staff includes licensed psychologists and licensed professional counselors, along with postdoctoral psychology residents, and practicum counselors.

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
- Academic difficulties
- Sexual assault
- Family problems or concerns

LET’S TALK
Let’s Talk provides free, no appointment needed, drop-in consultations at locations outside the Counseling & Testing Center. Students are seen on a first-come, first-served basis. No subject is off limits. Just walk in for a friendly and confidential** consultation. It’s not a substitute for formal counseling, but the Let’s Talk consultant will listen to your specific problems and discuss options with you. If you have questions, we encourage you to discuss them with a Let’s Talk consultant. Call, click, or visit for times and locations.

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 M-F 2:00-4:00 PM.

ACADEMIC SKILLS SERVICES
Our academic specialist offers individual sessions and group workshops covering topics such as:

- Study skills
- Test preparation
- Test-taking skills
- Note-taking skills
- Time management
- Memory

TESTING SERVICES
Our Testing Center is a member of the National College Testing Association (NCTA), and the College Consortium of Testing Centers (CCCTC), and follows best practices of the Association of Test Publishers. We are an approved testing center for most distance learning programs, an ETS Computer Based Testing site, and a testing site for UW Placement Exams.

Testing requirements and scheduling can be complicated. Call, click, or visit if you need any assistance with the testing process.

*Fees: General counseling services are free; however, there is a fee for ADHD Testing.

**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
The Student Health Center (SHC) provides state-of-the-art primary care to students enrolled at the University of Wisconsin-La Crosse (UWL) 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 Health Center staff consists of Board Certified Family Physicians, Certified Family Nurse Practitioners, Physician Assistants, Registered Nurses, Physical Therapists, Physical Therapist Assistants, Medical Assistants, Medical Lab Technologists, and office staff who are experienced in working with the unique health care needs of college students.

WHO CAN USE THE STUDENT HEALTH CENTER?

All UWL & WTC students who are enrolled in the current or following semester are eligible to utilize the Student Health Center. Students are required to show their student ID card every time they visit the 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 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-and-costs

CONSULTATION & REFERRAL

With a student’s permission, consultations and referrals may be made with several on or off campus offices, (e.g. Dean of Students, Counseling and Testing Center, ACCESS 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 - Franciscan Healthcare, and Gundersen Health System. 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 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.
SERVICES PROVIDED BY THE HEALTH CENTER

**Primary Care**
The Health Center provides a full array of primary care clinic services. These services include physical exams, asthma care, acute illness, dietary counseling, and mental health. The center is open from 8:00 a.m. – 4:00 p.m., Monday, Wednesday, Thursday, and Friday and 9:00 a.m. – 4:00 p.m. Tuesdays during the fall and spring semesters. Hours vary during summer session and winter intersession. See our website for a current schedule. Students may call 608.785.8558 to schedule an appointment. Please note: a $10 charge is assessed for missing an appointment without sufficient notification.

**Urgent Care**
Students can call 608.785.8558 to make same-day appointments for acute illnesses. The Health Center has same-day appointments available each day the clinic is open. An urgent care clinic is available during office hours for assessments of urgent medical needs and injuries. After hours urgent care is available at one of the local hospitals or clinics (Mayo Clinic Health System – Franciscan Healthcare and Gundersen Health System). 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 Health Center Physical Therapy Department provides a wide range of evaluation and non-operative treatment services for different musculoskeletal conditions including sport-related injuries and back and neck pain. The PT 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 (currently $35) is charged for each course of in-house treatment each semester (www.uwlax.edu/Student-Health-Center/Fees-and-costs).

**Minor Injury Care**
The Student Health Center provides care for sprains, strains, and lacerations requiring stitches and burns. The Health Center has x-ray services available for a nominal fee ($35) which includes reading by a radiologist. Students needing injury care after Health Center hours or on weekends should utilize one of the local emergency rooms or Urgent Care walk-in clinics (see Urgent Care above).

**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 testing.
SERVICES PROVIDED BY THE HEALTH CENTER

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 $10 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 $10 charge is assessed for not keeping an appointment.

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 your 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 for educating college students about their health, their medical care, their 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. Appointments can be made through the Student Health Center reception desk.

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

NO SHOW FEE
Please note that students who do not keep their appointment will be charged a $10 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.

STI Screening
Confidential HIV & STI (Sexually Transmitted Infections) testing is available at the Student Health Center by appointment or via our walk-in STI clinic.
The mission of the Student Life Office (SLO) is to enrich and support the UWL community through programmatic opportunities, as well as individual interventions.

We challenge and support individual growth through educational outreach, including the areas of wellness, alcohol education, campus safety, violence prevention, and programming for students in transition.

We strive to meet individuals where they are along their journey by providing the assistance and guidance they need and deserve. SLO is a campus resource and an integral part of the Division of Student Affairs.

SERVICES OFFERED:

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 Resource Center, first-year experiences and orientation, and withdrawals from the university.

STUDENT LIFE/VIOLENCE PREVENTION
www.uwlax.edu/violenceprevention
ipeterson@uwlaex.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. The Violence Prevention Office (VPO) is here to assist you with advocacy, information, and support, so that you can make informed choices about the options available to you in these situations. Services are free, confidential, and available to all UWL students, faculty, and staff members.

STUDENT LIFE/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 (SLO) offers services to advocate and empower students through difficult situations. Services include: advising and referral support, bridging students to the many campus/community resources, conflict resolution services, legal consultations, student conduct services, student complaint and grievances, and consultation regarding withdrawing from the university. When you don’t know where to go, go to SLO and we’ll help you thrive at UWL!

STUDENT LIFE/WELLNESS AND HEALTH ADVOCACY
www.uwlax.edu/wellness
kebert@uwlaex.edu
The goal of Wellness and Health Advocacy is to empower students by providing them with the knowledge and tools necessary to lead a healthy, balanced lifestyle. We offer educational programs, advocacy, and serve as a resource for college students related to a variety of health issues. We educate through various methods on seven dimensions of health including physical, emotional, environmental, occupational, spiritual, social, and intellectual. We work to provide honest, straight-forward information to help students make healthy choices regarding many topics including substance abuse. If you have questions, do not hesitate to contact our office.
FIRST YEAR EXPERIENCE
www.uwlax.edu/parents-family
sjoslyn@uwlax.edu
The First Year Experience serves UWL students and their families.
First Year Experience (FYE) provides programming and services to ALL students and their families as they navigate through the college experience. The FYE office is here to provide you with any type of information. We specialize in making connections with the parents and families of our students in their first year. No question is too big or small; please feel free to call us anytime, and we will do our best to assist you. You will also be receiving electronic issues of Eagle Mail, our Parent and Family newsletter, to keep you in the loop with UWL happenings! Don’t forget to look out for us on the web at www.uwlax.edu/parents-family.

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

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

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

Respect the Need for Privacy and Quiet - Commuter students may feel at a distinct disadvantage from students living in the residence halls who are able to come and go as they please, choose to pick up their clothes or leave them on the floor, and, in general, feel they are becoming independent from family and high school friends.

Residential students will also be closer to the library, student centers, and other study areas on campus. These areas will also be available to commuter students; however, if your student chooses to study at home, help determine a suitable area for studying, one that provides a well-lit reading area and is as free as possible from interruptions and distractions.

Acknowledge the Transition from Adolescence to Adulthood - It may be time to reassess curfews, consider limiting questions concerning whereabouts, and take the lead from your student regarding the amount of information he or she is willing to pass along. This is also a good time for your student to take responsibility for personal decisions and choices.

Negotiating college bureaucracy can be quite a challenge. While it may be easy and seem natural for you to call the University if a problem arises, have your student make that call. He or she will benefit far more if left to handle the situation without your assistance.

Participate in Campus Activities - UWL has quite a bit to offer the community members. You may want to sign up for an extension course, go to a football game, or attend a concert. The more you know about UWL, the easier it will be to relate to your new college student.
Athletics are an important and exciting part of campus and community life at the University of Wisconsin-La Crosse. Whether you are a participant or a spectator, UW-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 20 intercollegiate sports, 11 for women and nine for men. Women’s golf was recently added as a varsity sport and starts competition in fall 2018. 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 404 conference titles and 71 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, wrestling, men’s and women’s indoor track and field) and Roger Harring Stadium at Veterans Memorial Field Sports Complex (football, women’s soccer, men’s and women’s outdoor track and field, and men’s and women’s tennis). The softball team practices and competes at the newly renovated 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 Ettrick (Wisc.) Golf Club.

All UW-La Crosse students can attend all regular-season home athletic events at no extra cost. Keep updated with the Intercollegiate Athletics Department at www.uwlathletics.com. Be sure to follow the Eagles on Facebook (facebook.com/UWLaCrosseAthletics) and Twitter (@UWL Athletics).
Off-Campus Faith Communities

Assembly of God
River of Life Assembly of God - 782.2780
1214 Cty. Rd. Ph, Onalaska

Baha’i
Baha’i - 784.7024
2555 7th St. S., La Crosse

Baptist
Faith Baptist Church (Independent) - 788.1165
3615 S. 28th St., La Crosse
First Baptist Church (ABC/USA) - 782.6553
1209 Main St., La Crosse
Temple Baptist Church (Independent) - 781.2878
1326 N Salem Rd., La Crosse

Buddhist
Diamondway Buddhist Center - 620.4836
507 Main St., La Crosse

Catholic
Blessed Sacrament Catholic Church - 782.2953
130 Losey Blvd S, La Crosse
Holy Trinity Catholic Church - 782.2953
1333 13th Street S, La Crosse
Roncalli Newman Center - 784.4994
1732 State St., La Crosse

Jesus Christ of Latter Day Saints
Church of Jesus Christ – LDS - 783.4636
701 Well St., Onalaska

Eastern Orthodox
St. Elias Eastern Orthodox Church - 782.8641
716 Copeland Ave., La Crosse

Episcopal
Christ Episcopal Church - 784.0697
111 N. 9th St., La Crosse

Evangelical Free
First Evangelical Free Church - 782.6022
123 Mason St., Onalaska
Bethany Evangelical Church - 781.2466
3936 County Road B, La Crosse

Hmong
Hmong Faith Alliance Church - 784.8711
2127 Pine St., La Crosse

Islam
Othman bin Affan Mosque - 784.7167
206 Rose St., La Crosse

Jewish
Congregation Sons of Abraham - 784.2708
1820 Main St., La Crosse

Lutheran
English Lutheran Church (ELCA) - 784.9335
1509 King St., La Crosse
Faith Lutheran Church (LCMS) - 782.3696
1407 Main St., La Crosse
First Evangelical Lutheran (WELS) - 784.1050
400 West Ave. S., La Crosse

Methodist
Wesley United Methodist Church - 782.3018
721 King St., La Crosse

Presbyterian
First Presbyterian Church - 784.4248
233 West Ave. S., La Crosse

Seventh Day Adventist
Seventh Day Adventist Church - 782.4038
2117 La Crosse St., La Crosse

United Church of Christ
First Congregational Church (UCC) - 784.8137
2503 Main St., La Crosse

Unitarian
Unitarian Universalist Fellowship of La Crosse - 796.9993
401 West Ave., La Crosse

Area Code (608)
UWL students study hard, work hard, and play hard. Once you put down your books, check out the Rec Sports Department! We have programs and facilities designed to help you stay active, meet new friends, and reduce your stress levels. So let’s play!

**FACILITIES**
Looking for a court to play your three-on-three game or how about an indoor track for those cold winter months? With a combined total of over 346,000 square feet of activity space, Mitchell Hall and the Recreational Eagle Center (REC) offer numerous facilities to meet all of your indoor sport and fitness needs.

**OUTDOOR CONNECTION GEAR RENTAL**
With rugged bluffs, scenic valleys, and the majestic Mississippi flowing through, the La Crosse area has many opportunities for you to begin your first or next outdoor adventure. The Outdoor Connection offers programs that will teach you new skills before you start that outdoor activity. There are also many opportunities to take part in group excursions and earn certification in different activities. With state-of-the-art training facilities and a wide variety of equipment for rental use, you’ll have all of the tools you’ll need to start exploring!

**GROUPX CLASSES**
Rec Sports offers a variety of exercise classes that meet all types of interests, fitness levels and schedules. Offering everything from kickboxing and step aerobics, to power yoga, the GroupX program offers it all.

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

**SPECIAL EVENTS**
Rec Sports offers a variety of unique recreation/sport events throughout the year. There is something for everyone and activities include: tournaments, skill competitions, road races, endurance challenges, and mini festivals held in the REC. Try new activities, win prizes, meet new friends, and have a blast with us!

**CLIMBING WALL**
The sport of rock climbing is a great alternative to traditional exercise. It develops strength, improves endurance and increases self-confidence! Whether you are a beginner or experienced climber, the REC’s climbing wall has something for you! This state-of-the-art facility simulates a variety of rock formations and utilizes hundreds of moveable hand and foot holds to provide participants a fun mental and physical challenge. All essential climbing gear is available to UWL students at no charge (includes: harnesses, belay devices, climbing ropes, and shoes).
FITNESS CENTER
Come on into the brand new Fitness Center (open Fall 2018) for a great workout. This state of the art facility is over 13,000 sq. ft., complete with cardio and strength equipment for all of your workout needs. Also, inside you will find 25 yards of turf for agility workouts or just a place to stretch. In addition to the Fitness Center you will also find cardio and weight equipment on the track. Trained staff will be here for you to ensure your safety, introduce you to new equipment, and to discuss your training methods.

Take advantage of our certified personal trainers and variety of training programs we offer to get in the best shape of your life. Our excellent personal training staff will guide you to improve your training effectiveness by educating you on proper technique and training methods.

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

ACTIVE CLUBS INCLUDE:
Alpine Ski, Archery, Baseball, Women’s Basketball, Bowling, Boxing, Equestrian, Fishing, Men’s & Women’s Hockey, Men’s & Women’s Lacrosse, Men’s & Women’s Rugby, Ski & Snowboard, Men’s & Women’s Soccer, Table Tennis, Triathlon, Men’s & Women’s Volleyball, Men’s & Women’s Ultimate Frisbee, Waterski and Wakeboard, and Weightlifting.

EMPLOYMENT
The Recreational Sports Department employs over 250 students. It truly is a program for the students by the students. Positions available include lifeguards, fitness instructors, officials, building managers, intramural supervisors, customer service representatives, special event supervisors, outdoor connection staff, promotions specialists, climbing wall staff and strength center supervisors.

MEMBERSHIPS
Current UWL students are members of the Recreational Eagle Center and may purchase a membership for their spouse/partner at a discounted rate.
“EXPERIENCE for a lifetime” is available for all students through participation in the arts. Students enjoy a wide range of arts activities through the classroom/studio setting and through opportunities to perform, design, or exhibit in a wide range of venues.

ART
608.785.8230
105 Center for the Arts
The Department of Art provides an educational environment that encourages intellectual development, visual literacy, and artistic production and fosters the development of graduates who are active citizens and advocates for the arts. Students are encouraged to develop their own artistic vision as artists and to engage in meaningful creative endeavors, studio practice, research, and outreach in the visual arts.

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

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

MUSIC
608.785.8409
234 Center for the Arts
Whether music is a career choice, extracurricular passion, or creative outlet, students will find a friendly and professional atmosphere in the Music Department. All students are invited to join over 20 musical groups including bands, choirs, jazz ensembles (instrumental and vocal), marching band, and orchestra. Several ensembles require an audition while others have no restrictions for participation. Students should register for ensembles at the same time as other academic classes. Auditions, if required, occur during the first week of classes. Yearly musical theatre productions are open to all students as well. Visit www.uwlax.edu/music to learn more about the Music Department.

THEATRE ARTS
608.785.6701
154 Center for the Arts
The Department of Theatre Arts at UWL is an innovative and challenging theatre arts program. The Theatre Arts program endeavors 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 Arts students experience all aspects of theatrical production while giving them the opportunity to receive advanced undergraduate training in performance, musical theatre, arts administration, theatre management, design/technical (sound, lights, costume, scenic, etc.), or general theatre studies.

All UWL students are invited to participate in any productions. Whether or not you are experienced in theatre, we welcome your involvement. 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 you can contact the theatre department for information.

Important dates for the 2018-2019 school year include:

Major/Minor/All Interested Meeting............Sept. 4, Oct. 22, Jan. 28 & March 11
Open Auditions for The Laramie Project, Almost Maine, and Enchanted April...Sept. 4-5 at 6:00 p.m.
Urinetown (musical).......... Nov. 11 (time TBA)
Cat in the Hat and the Country Wife..................... Jan. 26 & 30 at 6:00 p.m.

For more information or to order season tickets, please contact the Department of Theatre Arts at 608.785.6701 or visit www.uwlax.edu/theatre-arts.
University Centers

I. ACTIVITIES

The COVE
608.785.8866
2200 Student Union

The Center for Organizations, Vision, and Engagement (COVE) is the student organization suite located in 2200 Student Union. The COVE is a space for all student organizations to come together to share ideas, collaborate, and find resources specifically for student organizations. It physically houses several student organization offices, including: Campus Activities Board, COVE Admin, COVE Graphics, COVE Programming, Fraternity and Sorority Life, eight designated Multicultural Student Organizations, College Feminists, International Student Organization, the Pride Center, Student Association, Students Advocating Potential Ability, and the Racquet. The ‘front porches’ in each of the spaces are an extension of organization’s office space. 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, as well as a variety of graphics supplies are also available for use within the COVE.

COVE Admin (608.785.8866), COVE Graphics (608.785.6488), and COVE Programming (608.785.6600), are two student-staffed groups that operate out of the COVE and provide resources and opportunities not only for student organizations, but for all students. COVE Graphics offers free graphic design services and low-cost printing and laminating for a variety of projects. COVE Programming offers a variety of leadership, involvement, and service opportunities for students, including support of the Ugetconnected volunteer portal and MyOrgs student organization database.

The COVE is also home to the Campus Food Pantry, a free service provided to all faculty, staff, and students. Interested users should visit the COVE desk to register for access to the pantry.

Student Organizations/MyOrgs
608.785.8866
2200, The COVE, Student Union
https://uwlmyorgs.collegiatelink.net

Student activities and involvement contribute greatly to the student’s overall educational experience. Co-curricular involvement provides opportunities outside the classroom for students to gain meaningful life skills. The sooner new students become established on campus, the better they will feel about classes and about themselves. Joining a 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 students with online convenience for managing and tracking student organizations, leadership, and co-curricular participation. Students can log on to the MyOrgs site, review current student organizations, and express interest in joining an organization! Existing club members can recruit new members, track service/volunteer work hours, create news articles, post event flyers, create elections, and more.

Campus Activities Board (CAB)
608.785.8873
2236, The COVE, Student Union
www.uwlax.edu/cab

CAB is a student-run programming board that provides entertaining and educational activities for the entire campus community. Any student can become a member. Events such as concerts, comedians, and educational events are offered to students, faculty, staff, and the community. These activities may include fine arts programming such as theater, music, lecture, and dance. The Distinguished Lecture Series also offers the university community an opportunity to hear speakers of national prominence due to their significant contributions to society. CAB meetings are held on the 1st and 3rd Tuesday of the month at 5:00 p.m. in the Student Union.

Pride Center
2216, The COVE, Student Union
www.uwlax.edu/pridecenter

The Pride Center works to empower all members of the UWL Community by providing students, faculty, and staff with a further awareness of issues related to LGBTQ+ identities. Through ally workshops, trainings, student-led panels, and student organizations, the Pride Center fosters a safer and more inclusive environment for all individuals to be their most authentic self. Books and documentaries are available for check out, as well as other resources to help further learn about various sexual orientations and gender identities. In an ever-changing world, the Pride Center works to continually support and advocate for the needs of LGBTQ+ individuals, with the goal being that every student is successful while attending UW-L.
I. ACTIVITIES (CONT.)

Fraternity & Sorority Life
608.785.8870
The COVE, Student Union
greeklife@uw lax.edu
https://www.uwlax.edu/university-centers/get-involved/fraternities--sororities/welcome/

There can be no experience that can be as enriching as membership in a fraternal organization. The Fraternity & Sorority Life community is rooted in the four pillars of: brotherhood/sisterhood, leadership, service, and academic development. Members of the community engage in a variety of different areas of campus and the wider La Crosse community development that provide unique and enriching experiences for the members. Through their participation, members learn how to better the world around themselves by living values driven lives. Currently, there are three national social sororities on campus: Alpha Phi (ΑΦ), Alpha Xi Delta (ΔΞΔ), and Tri Sigma (ΣΣΣ). Additionally, there are five national social fraternities on campus: Chi Phi (ΧΦ), Delta Sigma Phi (ΔΣΦ), Lambda Chi Alpha (ΛΧΑ), Sigma Alpha Epsilon (ΣΑΕ), and Sigma Tau Gamma (ΣΤΓ).

The Safe Space
The COVE, Student Union

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

II. 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.

Information Center & Ticket Office
608.785.8877
First Floor, Student Union
www.uwlax.edu/university-centers/Event/Ticket-Information

The Information Center is a service center for all students and guests. Student staff assist with questions regarding the Student Union and campus. Tickets for many campus events are sold at this location, including tickets to Campus Activities Board (CAB) events, and student organization-sponsored events. MTU bus passes are also available for the campus and La Crosse community. Equipment for the Recreation Room in the lower level of the Student Union is available for check out at the Information Center. The Information Center is the location for the building’s lost and found items. A print station is also available here!

Computers
2200, The COVE, Student Union

Four computers for student use are available in the COVE on the second floor. The computers are available whenever the COVE is open.

University Reservations & Event Support
608.785.8895 (Reservations)
3200 Student Union
608.785.8871 (Event Support)
www.uwlax.edu/reservations

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

III. CAMPUS DINING SERVICES
608.785.8891
1131 Student Union
www.uwlax.edu/university-centers/services/dining-services/dining-plans/

University Dining Services are administered through the University Centers Office and are provided by a contracted food service company, Chartwells, a private company selected on a competitive bid basis on both price and program. University personnel work cooperatively to ensure compliance with the contract and to assist in providing quality dining services to the students.

Dining Plans
All students living in the residence halls are required to participate in the Dining Plan program. Students may choose from the Eagle, Eaglet, Big Eagle, or Mega Eagle dining plans. The Dining Plan allows students to eat all of their meals in Whitney Center (Main Dining Room, Chars, Badger Street Station) and one meal per day may be eaten at a designated venue located in the Student Union. Residents living in Reuter Hall have the additional option of the On-Campus Talon block dining plan.

Each of the plans has some versatility built into them. The Eagle and the Eaglet both have Maroon Dollars available as part of their dining plan and the Mega Eagle has $350.00 in Maroon Dollars. Maroon Dollars can be used in any of the dining venues to purchase food items a la carte. The Big Eagle includes 50 block meals which can be used in any of the dining venues to purchase items from the block meal menu. Additional Block Meals (in bundles of 10 block meals) can be purchased at any time and added to students’ dining plans to provide additional flexibility.

The Off-Campus Talon plan consisting of 60 block meals, is available for students living off campus or commuting. An Introductory Plan consisting of 20 block meals is also available. Both plans can be used anytime throughout the year.

Students are required to have their Eagle ID Card with them to use their dining plan. The ID card as well as the dining plan are for personal use and may not be shared with other students except when using a guest meal.
III. CAMPUS DINING SERVICES (CONT.)

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 any of the Eagle or Talon dining plans, Maroon Dollars, Campus Cash, Cash, or Debit/Credit Cards. The dining areas located in Whitney Center are described below:

Main Dining Room
This venue offers a variety of meal options. Breakfast features a variety of egg choices; breakfast meats such as bacon, sausage, and ham; hot cereal, pancakes, waffles, bagels, and muffins. At lunch and dinner, students can build their own salad at the salad bar, or choose from a variety of stations featuring comfort foods, vegetarian & vegan options, pasta, pizza, soups, and made to order sandwiches. Items such as pastries, cookies, and desserts are offered daily at the bakery station. You will also find a variety of cereals, yogurt and mix-ins, ice cream, condiments and beverages available throughout the day.

Chars
Chars is one of the retail areas where students can eat up to two of their meals each day (for students on the Eaglet, when used, these meals are deducted from their 14 meals for the week). Traditionally there are three different dining platforms in this area with two of them being the same throughout the year and one area switching each semester based on a student vote. The Grill features burgers, chicken strips and fries. Breakfast all day is a popular choice featuring made to order omelets. The third platform has rotated popular venues such as Smokin’ Aces (barbeque), Amazing Mac (macaroni & other noodle dishes) and Meltdown (upscale grilled cheese sandwiches). From 8pm-midnight, Chars becomes the late night dining concept.

Badger Street Station
Badger Street Station hosts three different venues: the Convenience Store, Mondo Subs and the On-the-Go To Go program. The Convenience Store has a variety of items from bread and milk to laundry soap.

Any items found in this area can be purchased with Maroon Dollars, Campus Cash, or Credit Cards, or cash. Mondo’s is the campus sub shop where all sandwiches are made to order. When eating here students get a sub of choice, chips or a piece of fruit, and a beverage. For our students on the go we have the On-the-Go program. This program allows student to grab a cold sandwich or salad, chips or piece of fruit; cookie, and a beverage. If choosing to eat breakfast, students get a choice of bagel/cream cheese, yogurt parfait or cereal; juice cup and milk. From 10:30 a.m. – 1:30 p.m., a hot option is available with students receiving an entrée and beverage. The hot option rotates daily. Students can use up to two meal swipes each day at Mondo Subs and two swipes each day for the On-the-Go program (for students on the Eaglet, when used, these meals are deducted from their 14 meals for the week). A variety of smoothie flavors and a granola bar are also available for one swipe.

Food Allergies and Special Diets
We are able to work with students who have food allergies or need to follow special diets. Please contact the dietician at 608.785.6480 to discuss your dietary needs.

Student Union Dining Areas
When eating in the Student Union, students may use Block Meals, Maroon Dollars, Campus Cash, Cash or Debit/Credit Cards. Students on any of the Eagle meal dining plans may use one meal swipe a day at Mondo Subs the designated dining venue. The dining areas located in the Student Union are described below:

Dining Areas ................................................................. First Floor
There is a variety of dining areas throughout the first floor of the Student Union:
Erbert & Gerbert’s Sandwich Shop (subs, wraps, soup, chips, and beverages); Grilled It! (chicken tenders, chicken & fish sandwiches, vegan burgers, French fries, etc.); Sono (tacos, quesadillas and burritos); Hisso Sushi, Kitchen Classics (comfort food, rotating daily), and the La Crosse Café (stir fry and homemade pasta dishes). Vegan and vegetarian options are available in each concept.

Einstein Bros. Bagels .......................................................... First Floor
Einstein Bros. Bagels offers a variety of bagels, and shmears and egg sandwiches for breakfast. Throughout the remainder of the day the menu includes a variety of bagels, bagel sandwiches, fruit cups, and bakery selections. Coffee and bottled beverages are also available. Adjacent to Einstein’s is the Earth Table (soup and build-your-own salad bar) and the On-the-Go area which features Hisso Sushi, CreEaFe hummus bowls, pre-made sandwiches, snacks, and beverages.
Cellar Lower Level
Features wood fired pizza, and a classic grill menu with burgers, wings, and French fries. Pasta bowls are also available. After 2pm, wings and pasta bowls are available from the menu.

Pop-Up Restaurant
A Pop-Up restaurant is proposed for the lower level of the Union featuring a different menu concept each month.

Dinner To Go-Meal Deal
Dining Services, in the Kitchen Classics area, offers a whole rotisserie chicken, 2 large sides, and 4 homemade biscuits for 4 Block Meals. Place your order (online, drop off order, or call) by noon on Monday and pick up and have dinner with friends on Tuesday.

Murphy's Mug
First Floor, Murphy Library
Murphy's Mug offers a variety of coffees, lattes, cappuccinos and teas. Additionally, this area offers the On-the-Go concept which features a variety of sandwiches, salads, sides, bakery items, and bottled beverages.

Centennial Hall
First Floor, Centennial Hall
This area hosts an On-the-Go concept which features a variety of sandwiches, wraps, salads, soup, bakery items, and bottled beverages. A variety of coffees, lattes, frappuccinos, and espressos are available.

IV. UNIVERSITY IDENTIFICATION CARDS: EAGLE ID OFFICE

608.785.8891
1131 Student Union
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 have their photo taken.

NOTE: ID cards may not be shared with other students or non-students. Students should carry their ID card with them at all times as they are required for university services. Visit the Eagle ID website to access your campus account for meal plans and campus cash using the Get Funds button.

The Eagle ID Card provides numerous benefits, both to the university and to the student.

Ways to Use the Eagle ID Card

• The Official ID – Access to residence halls, computer labs, dining services, strength centers, the Recreational Eagle Center, Textbook Services and library services. It also serves as a bus pass for transportation on the city bus system. Students must have their ID card with them to access these services.

• 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, snack vending machines and most soda machines on campus.

• Get Funds – Students are able to manage certain aspects of their ID card through the Get Funds website. Features include: balance checking on the dining plan, Maroon Dollars and Campus Cash accounts, lost card reporting, and the ability to make online deposits to the Campus Cash accounts and Block Meal accounts.

• Wisconsin Voter ID – Your Eagle ID may be used as an official ID document when voting in Wisconsin. Please be sure to sign the back of your card if you intend to use it for this purpose.

Report a Lost Card
There are two options to report a lost card:

• Visit the Get Funds website: www.uwlax.edu/University-Centers/ eagle-id get
  cbord.com/uwlax
• Visit the Meal Dining Plan/ID Card office at 1131 Student Union to report a lost card and receive a new Eagle ID Card.

Replacement of the Eagle ID Card
Your Eagle ID Card is valid to use for your entire time on campus as a student (Note: the expiration date on your card is for voting purposes only.)

Should you need to replace your original Eagle ID Card, the following charges apply:

• Replacement due to loss/theft - $20
• Replacement due to damage - $10 (you will be asked to turn in the card).
• Replacement due to normal wear on the mag stripe – No charge (you will be asked to turn in the card)
The UWL Alumni Association is here to help you stay connected to UWL, provide opportunities for you to network and support your transition from college student to alumni.

We have resources for you as a student, including:

- Preparing you for the professional world
- Connecting you with alumni in your field of study
- Offering Legacy Scholarships to students that have alumni parents or relatives
- Assisting with events that large groups of alumni, friends and donors will attend

We’re also your one-stop-shop after you graduate, providing services such as:

- Hosting networking events to bring fellow alumni together in your area
- Keeping you updated with campus news
- Helping plan reunions with your student organization, club, athletic team, or graduating class
- Honoring distinguished alumni and connecting award recipients with current students

We know you are only a student for a short-time, but you will be an alum for a lifetime. Once you move-on from UWL, we hope you will come home and visit!

Did you know?

The UWL Alumni Association is a dues-based organization. Membership fees and contributions help support Legacy Scholarships, networking events, distinguished alumni awards and other programming.

When you join, you support the efforts of the UWL Alumni Association and are eligible to win Random Acts of Membership (UWL gear packages chosen multiple times a year), discounted access to the REC after you’re no longer a student, special invitations, exclusive discounts on apparel in our online-stores and other great benefits.

We offer a special “New Grad Membership” price for one-year after you graduate. Check out more information about membership and benefits at www.uwlax.edu/alumni.

“We’ll hang the lantern in the old college tower over the south door. You won’t need a key, the door will be open.”

- English Professor O.O. White, 1939