***STUDENT AFFAIRS***

**ENRICHING YOUR UWL EXPERIENCE**

STUDENT AFFAIRS
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**Campus Child Center making her a better teacher**

Annie Gesteland has helped hundreds of college students grapple with the day-to-day challenges of parenting. And along the way, those students and their children have helped Gesteland get on track as a successful teacher.

When the Burlington, Wisconsin, native arrived on campus as a freshman, she stopped by the Campus Child Center looking for a chance to volunteer. That’s what Gesteland did her first semester. The next semester, Gesteland became a paid teacher assistant. The opportunity not only gave her some needed income, but also helped put her farther along on her career path. “At the Campus Child Center, I have gained so much experience that will benefit me as a teacher one day,” she says.

Dawn Hays, director of the Campus Child Center, has helped Gesteland a lot during college. “She has been there for me as a mentor and as a guide in my future career path,” notes the early childhood major. “Dawn is an amazing director for the center and she has definitely helped me establish my future career.”

Gesteland encourages students to consider working with one of the many Student Affairs programs right on campus – either as participant, volunteer or worker. “They provide so many different jobs on campus and so much support to students as we go through our college experience,” she notes. “They want the best for them as they go throughout their college career.”

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**UNIVERSITY CENTERS**

**Student Association changed my life**

Ben O’Connell

When he transferred to UWL, Ben O’Connell had a hard time adjusting to campus. It was difficult simply getting to know people. That changed when he became a student senator his sophomore year. “I love serving my fellow students and advocating for them on campus and with local, state and national government,” says O’Connell who was elected student body president.

Student Association gave O’Connell motivation to do the most he could for UWL. Along the way, he made some of his best friends. “Student Association transformed my life at UWL and I wouldn’t be where I am without it,” he says.

University Centers has been at the center of O’Connell’s transformation. It houses the Student Senate chambers and it’s home to the COVE, the student organization and leadership hub. O’Connell worked at the COVE during summer and forged new friendships while getting firsthand knowledge of the importance University Centers is for students. He has visited many colleges and confidently says the COVE is unmatched.

Through those experiences, O’Connell has found a mentor in Larry Ringgenberg, University Centers director and Student Association advisor. “He always gives great advice and helps show me and other Student Association representatives how we can accomplish our goals,” notes O’Connell.

O’Connell encourages students to discover their passion. “Don’t sit on the sidelines and wonder if you should or shouldn’t take a chance and join, just do it,” he says. “The only way you’ll know if you like it or not is if you try.”

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**STUDENT LIFE**

**From out-of-place to peer leader**

Marissa Marino

As a first-generation college student, Marissa Marino felt out-of-place on campus. She sensed she knew even less than other students whose parents didn’t attend college.

So, Marino sought somewhere to connect. That led her to the Office of Student Life, where she eventually became an Eagle Guide — a peer leader for new students. “This position gave me the opportunity to connect with my peers and faculty members, which has given me a sense of belonging at UWL,” explains Marino. “The Student Life Office has continued to open doors to many opportunities and different resources that have been positive.”

Marino was challenged to get out of her comfort zone. She found it hard to ask questions. But being an Eagle Guide changed that.

Marino was often asked questions for which she didn’t know the answer. She had to reach out to faculty and others to help the first-year students she was mentoring. “By doing this for other students, it allowed me to feel confident in finding answers for myself,” Marino says. “It has since allowed me to have a more successful academic career, as I feel comfortable asking questions I would have been previously nervous to ask.”

Marino cites Sarah Joslyn in the Student Life Office as key to helping her grow. “She has shown me that a great idea can start with one person’s input and become better with the influence and ideas of others,” notes Marino. Mariano adds that programs like this are a great way to meet peers and make a positive impact on incoming first-year students.
Residence Life provides a great support network

ANITA JACOBS, RESIDENCE LIFE

Andrew, senior and member of the tennis team, truly believes that Residence Life is a fantastic experience. Although his roommate change after the first year, Andrew's attitude has remained the same. "Residence Life has a great support network, and is there when you need it. I've noticed that faculty and administration are very helpful, and he adds, "I've had a lot of roommates in my time at UWL, and I think they have helped me succeed in my academic endeavors." 

Health Center is the cure for stress

CLARE FISCHER, PHYSIO THERAPY

Total of four years, Clare Funk and past student of the University of Wisconsin-La Crosse School of Nursing. Clare is currently pursuing her undergraduate degree at UW-Stout where she plans to continue her education. She is very passionate about helping others and making a difference in their lives. 

"I am a huge advocate for health and wellness," Clare says. "I believe that the health center is a great resource for students, and it’s nice to have someone to talk to when you’re feeling stressed or overwhelmed." 

Athletics put her on the track to success

KEMMESHA THOMAS | INTERCOLLEGIATE ATHLETICS

Thomas says being part of the team helps her with challenges. "I had teammates and coaches who I could talk to and know they would give honest feedback, even if it is not what I wanted to hear," she says. "The support system that I had from my teammates and coaches was crucial in my success." 

The REC shaped me into who I am today

HATIM ALRUWAILI | RECREATIONAL SPORTS

"The REC shaped me into who I am today," Hatim Alruwaili says. "It is an affordable option that is easily accessible. The staff is understanding and comforting. From the moment you walk in, you feel at ease."

My outlook on life has greatly changed

COURT HOLLAND | CURRICULUM, METRICS AND PSYCHOLOGY

COURT HOLLAND | CURRICULUM, METRICS AND PSYCHOLOGY

"My outlook on life has greatly changed," Holland says. "I have learned to appreciate the little things in life and to value the people around me." 

ENRICHING YOUR UWLEXPERIENCE

Health Center is the cure for stress. Wellness and healthy living is a priority at the University of Wisconsin-La Crosse. The Student Health Center offers a variety of services to support your physical and mental health. From urgent care to counseling, they have the resources to help you stay healthy and happy. 

Athletics put her on the track to success. Intercollegiate Athletics at the University of Wisconsin-La Crosse offer opportunities to participate in various sports. Whether you're a seasoned athlete or just starting out, there's a sport for you. 

The REC shaped me into who I am today. The Recreation and Wellness Center provides a variety of activities to promote physical and mental well-being. From swimming and fitness classes to recreation sports, the REC has something for everyone. 

My outlook on life has greatly changed. Holland's experience at UW-La Crosse has had a transformative impact on his perspective. "I have learned to appreciate the little things in life and to value the people around me," he says. 

The University of Wisconsin-La Crosse offers a wide range of programs and services to support student success. Whether you're interested in academics, athletics, or personal growth, there are resources available to help you achieve your goals. Enrich your UWL experience by exploring all the opportunities that UW-La Crosse has to offer.