Wisconsin Covenant Scholars

By: Abby Kirchman
Peer Advisor

Are you one of the many students still looking for an organization to join on campus? Still looking to get involved with a welcoming group that volunteers and also offers campus exploration programs? Well the Wisconsin Covenant Scholars may be just what you are looking for.

Whether you signed the Covenant in eighth grade or not, any student is welcome to participate in the meetings and volunteering opportunities. The Wisconsin Covenant Scholars volunteer at the Children’s Museum downtown and the Humane Society in Onalaska. The executive team brings in professionals from the Academic Advising Center, Counseling and Testing Center, Study Abroad Office, and the Financial Aid Office during their meetings.

Each Residence Hall on campus will have one Scholar Hall Representative. Any member interested in being a Hall Representative will relay the information they receive at the meetings to their Hall Council. They will also be in charge of notifying their Hall council of volunteer opportunities (open to anyone) the Wisconsin Covenant Scholars schedule.

If you are looking to get involved on campus, consider the Wisconsin Covenant Scholars. The Scholar’s meet bi-weekly, every 1st and 3rd Tuesday of every month in room 1403 of Centennial Hall from 5pm-6pm if you would like to check it out! As a Wisconsin Covenant scholar you will have the opportunity to volunteer, meet new people, make new friends, and learn more about campus.

Important Dates You Should Know!

- November 11
  Spring Registration Begins
- November 15
  Last day to withdraw from UW-L
- November 26
  Thursday classes on Tuesday
- November 27
  Friday classes on Wednesday
- November 27
  Thanksgiving Break
- December 2
  Classes Resume
- December 11
  Last day of classes
- December 12
  Study day, no classes
- December 13-18
  Final exams
- December 15
  Commencement
- December 27
  Grades posted
- January 6
  Winter Intercession classes begin
Learn About the Public Speaking Center

By: Lily Van Driessche
Peer Advisor
Throughout our time at UW-L, we all need to make speeches or oral presentations. Wouldn’t you like to receive advice from your peers, have help with outlines, speech anxiety tips, and more? Well, now you can! UW-L’s new Public Speaking Center is located in Murphy 251 (within the Murphy Learning Center) and is a free resource for ALL UW-L students!

According to Dr. Tony Docan-Morgan, Director of the Public Speaking Center, “The Public Speaking Center helps students with any kind of oral presentation or speech…anytime [a student] needs to get up in front of an audience for any purpose, we can help.”

The Public Speaking Center is staffed by trained Peer Consultants who, according to Dr. Docan-Morgan, “want to go above and beyond.” The peer consultants are currently putting together a workshop on reducing public speaking anxiety.

The center is open M-F and Sundays and while appointments are encouraged, they are not required. It is recommended you stop in at least a week before your assignment is due.

Overall, the primary goal of the Public Speaking Center is to “give students a service where we can help [them] be better speakers in life—period.” Dr. Docan-Morgan

Ask Your Peer Advisor
Lily!

By: Victoria Preuss
Peer Advisor

- Lily Van Driessche is a senior Peer Advisor at UW-L, and is currently finishing up an Interpersonal Communication major with a minor in Organizational and Professional Communication.
- She has hopes to one day travel to Scotland because their accents are her favorite.
- Lily is currently involved with the Vanguards, Alpha Phi, and the Peer Advisors.
- Of all the movies to pick from, the X-Men and the Men in Black movies are her favorites.
- One of the passions she has is helping people with intellectual disabilities. Along with that, she also has a passion for baking, cooking, and organizing.
Looking to Make Your Mark?

By: Samantha Gregory
Peer Advisor

Advocates for Children, a service organization on campus, is committed to helping the students of UW-L make their mark, starting right here in our own community. They are a group of “fun loving students who want to help save the world” starting with those who are to become our future. How do they intend to do this? Treasurer Megan Zimmermann answers, “As advocates we strive to not only get involved with children and show them their potential, but also to raise awareness and give a voice to those who don’t have anyone to speak for them.”

Advocates for Children seeks to meet these goals by volunteering with various children’s programs and organizations in the area, including Big Brother’s Big Sister’s, The Children’s Museum, the Salvation Army, the YMCA, and Horse Sense for special riders. They are focused around promoting fun, interesting, and exciting things for children to do during their free time.

Are you ready to make your mark?
“Yes! Sign me up!”

If you are interested in becoming a member of Advocates for Children email Amber at schade.ambe@uwlax.edu. Then, come to the next meeting (updates will be sent out after you contact Amber) and get excited to make your mark with other students who are making theirs too!

You can also check out UW-L’s MyOrgs page at https://uwlmyorgs.collegiatelink.net to find more ways to be involved in this organization and others on campus.

“Children are like wet cement. Whatever falls on them makes an impression.”
Dr. Haim Ginott

Ask Your Peer Advisor Abby!

By: Samantha Gregory
Peer Advisor

• Abby Kirchman is currently a sophomore Peer Advisor at UW-L, and is pursuing Therapeutic Recreation and Pre-Occupational Therapy.

• A few of Abby’s dreams are to travel to Italy, make a difference in others’ lives and become an occupational therapist.

• She is currently involved with the Wisconsin Covenant Scholars, being a Desk Assistant in Sanford Hall, the Secretary for Sanford, and is a member of the Pre-OT club.

• One of her favorite things about La Crosse are bluff hikes, the Rotary Lights, and walking through Myrick Marsh.

• Abby’s favorite part of advising is having a student leave with a smile on their face, knowing she was able to provide them with helpful information.
Peer Advising is a part of the UW-L Academic Advising Center located in 1140 Centennial Hall. Peer advisors help students get answers to questions they have regarding not only the registration process, but academic, career, and personal concerns as well. They can provide a developing relationship that can be very beneficial during your college years.

Peer advisors are not intended to replace your faculty/academic advisor; rather, they provide an alternate perspective on your academic process. Peer advisors support advisees and refer them to other appropriate campus offices and staff for further assistance.

Peer advising takes place in the Academic Advising Center as well as in residence halls and in many other locations on campus.

By: Victoria Preuss
Peer Advisor

Interested in a career in physical therapy, occupational therapy, being a fitness specialist, or even a personal trainer? Well the great news is that we have two different majors that set you up perfectly for these.

At UW-L we offer the Exercise and Sport Science majors of Fitness and Pre-Professional Fitness. There are a few differences in these two tracks that you should be aware of before thinking of applying to either of these. First, when applying to these programs, only the Fitness track requires you to do an interview. However, they both require you to have completed 30 credit hours, have an overall GPA of 2.75, pass the fitness exam, and earn a “C” or higher in either BIO 103 or BIO 105 or MIC 100 as well as a “C” or higher in HPR 105.

Another difference between the two is that Fitness is more geared towards being a fitness specialist or a personal trainer, whereas Pre-Professional is more geared towards pursuing graduate school to be a physical therapist or occupational therapist, among other things. One of the final differences is that the Fitness track also requires you to do an internship.

Both of the tracks offered are excellent choices if you decide you want to be in the exercise field. For more information on applying, you can contact Guy Herling at gherling@uwlax.edu or Richard Mikat, ESS Program Director at rmikat@uwlax.edu. For an overview of either track, call the Academic Advising Center at 785-6950 to schedule an appointment.

Are You Interested in Peer Advising?

Peer advising provides the informal ‘student-to-student’ setting while also helping students find answers to their questions. Being a Peer Advisor will help you build your communication skills, make connections on campus and give you a great experience to add to your resume.

Hiring for the 2014-2015 academic year will take place during the spring semester. If you are interested in applying for a Peer Advisor position, you can stop by the Academic Advising center to pick up an application form and/or to find out more information.

Know the Difference in ESS!

left to right: Victoria Preuss, Samantha Gregory, Lily Van Driessche, Abby Kirchman