For many undergraduate students, leadership and service opportunities are an important aspect of their collegiate career.

By becoming involved, students are able to give back to their community, learn more about themselves, and explore career possibilities—all while building their resume!

If you are a student looking for resources to help you begin your extra-curricular adventure, stop by 221 Cartwright and check out the Leadership and Involvement Center (LIC)! At UW-L, the LIC is an office that facilitates these extracurricular experiences for students by connecting them to organizations both on campus and in the greater La Crosse community.

If you are unsure of where to start in regards to becoming involved, the LIC offers personal consultations for organizations, classes, and individuals. The advisors in the office will connect you to resources, such as volunteer opportunities, on-campus organizations, and other projects that match your academic interests. Kaila Stencil, a volunteer peer mentor, says that if you are looking to get involved in any way, “this is the place to visit!”

Events put on by the LIC that you may be familiar with include the Leadershape Institute, Make a Difference Day, and the Volunteer Fair; however, very few students seem to be familiar with the campus food pantry. UW-L collects food donations from the community and from campus organizations in order to provide for students and staff who may be in need. People who are interested in utilizing this resource do not need to provide any type of financial evidence, and their identity is kept confidential.

According to Stencil, there are many supplies available to students at no cost, including: “a variety of foods such as canned foods, vegetables, pasta, snacks, peanut butter, in addition to personal hygiene products, and so much more!”

An additional lesser known resource that the LIC offers for all UW-L students is the opportunity to complete StrengthsQuest once a semester at no cost. This program is intended to help students identify their strengths, and to help them explore how to be most effective within a team dynamic. In return, many students who utilize StrengthsQuest incorporate the results of the test into their resumes in order to make themselves more marketable to employers.

Now is the time to take charge of your college career. This resource is specifically designed to benefit you! Email involvement@uwlax.edu, call (608) 785-6600 or drop into the LIC office located at 221 Cartwright Center today and schedule your appointment to enrich your extracurricular experiences.

“Now is the time to take charge of your college career!” - Karley Clayton
Physical Activity Mentor Program

By: Abigail Kirchman
Peer Advisor

Are you looking for a way to get involved on campus and in the community? Would you enjoy the opportunity to learn more about living an active, healthy lifestyle and sharing your newfound knowledge with others? Interested in going into the following fields: physical activity, education, rehabilitation, and working with people with disabilities? If so, consider getting involved in the Physical Activity Mentoring Program.

The Physical Activity Mentoring Program is an eight-week program where students become mentors for children and adults with disabilities. Students are properly paired with a participant based on their application. Once they complete a training session and have become certified in First Aid and CPR, the real fun can begin! Mentors meet with their participants for two hours a week for the duration of eight weeks and have the option to continue meeting once the program has ended.

Activities that mentors participate in with their mentees can stretch across a wide range of options like swimming, hiking, bowling, snowshoeing, and t-ball. Activities are mostly based on what the participant enjoys, their age, ability, and what they wish to accomplish. Locations range from on-campus facilities such as the Rec and Mitchell Hall to community locations like Myrick Park where some of the monthly group activities are organized. Through these activities, students and their mentees are able to become more active, accomplish goals, and become more involved within their community.

If interested in the Physical Activity Mentoring Program, the UW-L web page has an abundant amount of information. By visiting the following website, http://www.uwlax.edu/physical-activity-mentoring/, information on how to apply, Q&A pages, and contact information can be found. The Physical Activity Mentoring Program is a great opportunity to become more involved and active within the community by having an amazing experience mentoring a child or adult with a disability.

RAQ Radio: A Creative On-Air Community

By: Brandon Forcier
Peer Advisor

If you are a person having strong viewpoints or a passion for music, then RAQ Radio may be the right fit for you! “If you are a person that has strong viewpoints or a passion for music, then RAQ Radio may be the right fit for you! RAQ Radio is a student run radio station located right here at UW-L in the Wing Technology Center building. This radio station is unique because it offers a wide variety of show formats. According to Kalon Bell, the program director for RAQ Radio, “The general formats include sports talk, differing music formats, community based talk shows, and much, much more!” Each radio show is live from Noon to 11:00 p.m. Monday through Friday, which allows for an open dialogue between the listeners and hosts, if the program desires it. Each show ranges from one to two hours.

The coolest feature of RAQ radio is the public accessibility; anyone from any location can listen live to a show by going to www.raqradio.com. A full list of the Spring 2015 semester show description and times can also be found at www.raqradio.com.

Now you might be wondering, “how do I get involved?” In response to this question Kalon said that, “The people primarily involved are in the Broadcast and Digital Media Emphasis of the Communication Studies Department, but ultimately RAQ is open to any student or community member that wants to receive practical radio experience.”

This means that you do not have to be in the Communication Studies major and you do not need any prior experience to be able to host your own show. Any new member will receive training on how to use all of the proper equipment prior to going on air. To get started with your own show all you have to do is email raqp@uwlax.edu to get involved. If you have any questions regarding RAQ radio, please feel free to contact Kalon Bell, or the faculty advisor of RAQ Radio, Dr. Pat Turner!
Student Association: Student Leaders Amongst Us

By: Madeline Marquardt
Peer Advisor

As the snow begins to melt, and the temperatures begin to rise so does the anticipation for the on-campus student elections that occur each spring.

On April 14, 2015 the Student Senate elections will be held, but what exactly is Student Senate and how does it differ from Student Association?

According to Hayley Kresnak, Student Association Vice President, “Student Association works with and for students to improve student life on campus, in the La Crosse community, and in the state of Wisconsin. Members of Student Association include student senators, directors, the President and the Vice President.”

She added, “Technically every student is a member of Student Association however, and here is why. Technically Student Association is the student body, while Student Senate is the governing body that works to fulfill the purpose and goals of student association that I mentioned before.”

Student Association is an extremely important organization on campus. It allows student voices to be heard, and allows the student body to have an enormous impact on our campus community.

Kresnak encourages every UW-L student interested in Student Association to become involved. The first step students can take is attending one of the weekly Student Association meetings. Student Senate meets every Wednesday at 6:00 p.m. in Port O’Call, and at each meeting there is an allotted amount of time designated for student concerns. Kresnak also recommends students reach out to any of the senators, as well as either herself or President, Kaylee Otterbacher with their questions or concerns either via email at kresnak.hayl@uwlax.edu and otterbac.kayl@uwlax.edu or stop into their office located at 235 Cartwright Center.

“I would encourage students to become involved with Student Association for a number reasons. Wisconsin is a unique state, in that student’s right to organize and govern themselves is written into state statute. Students in Wisconsin have a great deal of power and influence, becoming involved is the best way to exercise that great voice.”

Kresnak concluded, “I got involved with Student Association as a senator and was blown away by how much my voice mattered on campus and in the state and decided to go further. To me my experience in Student Association has been the best experience in my time at UW-L.”

What’s Happening at UW-L?

Fall Registration Begins
◊ Monday, April 13

Last Day of Classes
◊ Friday, May 8

Finals Begin
◊ Monday, May 11

Finals End
◊ Friday, May 15

Commencement Ceremony
◊ Sunday, May 10

First Summer Session
◊ Tuesday, May 26 - Friday, June 19

Second Summer Session
◊ Monday, June 22 - Friday, July 17

Third Summer Session
◊ Monday, July 20 - Friday, August 14

First day of Fall Semester
◊ Tuesday, September 8

“I got involved with Student Association as a senator and was blown away by how much my voice mattered on campus and in the state and decided to go further. To me my experience in Student Association has been the best experience in my time at UW-L.” - Hayley Kresnak
After graduation, I will be moving to Indiana to attend Ball State University to complete my masters degree in Student Affairs Administration. Career-wise, I plan to spend my life dabbling with student affairs; ideally, I would like to serve as a Dean of students at a small college. Likewise, I have a running bucket list of over 250 goals that I need to complete—they vary from finishing an entire coloring book to hiking a 500 mile trail in Spain (which I completed already!) What I will miss about UW-L is living a block away from Iguana's—I love those burritos. Of course, I will also be missing the phenomenal friends that I have made over my four years here! What I will miss about the Academic Advising Center is the support network. Between my fellow peers and our supervisor Sharie, I know that I will always have someone to count on. I am most excited to graduate, because it means that I will never have to take a biological sciences class again!

Madeline Marquardt

As a first semester senior I like to think that I still have time to figure out what I want to do after graduation, but in reality December 2015 will be here before I know it. As of now, I plan to begin applying to graduate schools for Public Relations, and have recently begun exploring the field of Student Affairs. I have my heart set on moving to Colorado, or one of the Carolinas but honestly I would be happy with any change of scenery. I would love to work for a corporation working as a Public Relations Specialist, or Social Media Specialist in the future. What I am going to miss most about UW-L is well...everything. From our beautiful campus, and the breathtaking city of La Crosse, to all of the friends I have made during my time here, there is no where else I would have rather attended for my undergrad. What I am going to miss most about the Academic Advising Center is the support network. Everyone is so welcoming and supportive. Working as a Peer Advisor has been one of the most rewarding experiences I have ever had. I have learned so much, and met so many incredible people. My time in the Academic Advising Center has truly been irreplaceable.