

## University 101 Menu Offerings 2009-10

*The divisions of Academic Affairs and Student Affairs, in conjunction with the ACN, have compiled a list of classroom presentations regarding campus resources, student academic development and student personal development entitled the University 101 Menu. All of these presentations can be tailored to fit the specific needs of your classroom and students. If you are interested in scheduling any of the presentations, please contact the scheduling person as indicated in the presentation description. If you have any general questions, please do not hesitate to contact Ericca Rolland, Director of the First Year Center, at [pollacke@uwm.edu](mailto:pollacke@uwm.edu) or 229-6760.*

### **Student Resources**

#### **Academic Support Resources at UWM**

10-30 minutes

Johanna Dvorak: email [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

This presentation alerts first year students to tutoring services on campus. Weekly group tutoring, Supplemental Instruction, online tutoring, residence hall tutoring and walk-in tutoring services are featured. Media and other resources are discussed. This presentation can be tailored to needs of a particular class or group.

#### **Be on Top of Your Game: Harness the Power of PantherLink**

30-50 minutes, PowerPoint & Online Demo

Bruce Maas, CIO; e-mail Cheryl Maederer at [maederer@uwm.edu](mailto:maederer@uwm.edu).

Study, play, work—the life of a UWM student. PantherLink, UWM's e-mail and calendar service, can get you organized and keep you connected. Learn how PantherLink calendar can help ensure you're on time for class, not miss a beat when it comes to campus activities, sports and events, and help you fit your work schedule into your busy life. Course schedules, creating personal calendars, advisor/tutoring/mentor scheduling, and the Subscription Center are all part of the power of PantherLink. A new feature in the works will let you save attachments to and send attachments from your PantherFile (file storage and sharing) account right in PantherLink. Organization is one of the keys to success. PantherLink can help keep you focused and “in the loop” so you can make the most of your UWM experience.

#### **Center for Volunteerism & Student Leadership**

Between 5-10 minutes, PowerPoint.

Laurie Marks, Director of Center for Volunteerism & Student Leadership, [lmarks@uwm.edu](mailto:lmarks@uwm.edu), x3161

The mission of the Center for Volunteerism & Student Leadership (CVSL) is to foster an ethic of service and leadership within the UW-Milwaukee campus community by promoting and supporting volunteerism that addresses human and societal needs. Individuals can come into the CVSL to learn about volunteer opportunities at local non-profit agencies, one day events, scholarships, leadership opportunities and job opportunities for work-study students.

#### **Enhance Your College Experience by STUDYING ABROAD!**

5-15 minute presentation

Rachel McGraw & CIE study abroad office staff – Email: [overseas@uwm.edu](mailto:overseas@uwm.edu), Phone: x5182

Studying abroad is an academic and personal investment in any student's future! It can offer students a deeper understanding of the world outside the United States, help boost employability, and can enhance the value of a college degree. Learn how to take advantage of all of the exciting and affordable international opportunities UWM offers during the summer, UWinterIM, semester or academic year! Students from all majors can benefit from this invaluable opportunity.

#### **First Year Center: Where Success Starts!**

15-30 minutes

Adriane Klingbeil, First Year Center, [abartsch@uwm.edu](mailto:abartsch@uwm.edu) or x5385

Student Mentors will present an overview of the services and programs of the First Year Center while helping build community in the classroom through the use of icebreakers or teambuilders. There will also be time to ask student leaders any questions regarding life at UWM!

#### **Getting Involved on Campus**

Basic introduction would be 10-15 minutes - A more in-depth session would be about 30 minutes

Tom Dake, [dake@uwm.edu](mailto:dake@uwm.edu), x5780.

Becoming an active participant in campus life is an important component of success in college. While academic learning is the primary goal of college, extracurricular activities help you learn and grow beyond the walls of the classroom and can provide you with hands-on training to better prepare you for your future career. In addition, the good friends and times encountered through being actively involved on campus can help transform what is sometimes a large and overwhelming institution into a place you can call “home.” Whether you are new to UWM or have been around for years, this session can assist you with your involvement goals and help you make the most of your extracurricular experience at UWM.

## Getting Involved in Undergraduate Research

5-15 minutes (can be tailored to fit request)

Kyla Moore, Associate Director, Office of Undergraduate Research, [kylam@uwm.edu](mailto:kylam@uwm.edu), x2666

This presentation introduces students to the Office of Undergraduate Research as a resource that can help them find a faculty research mentor, earn credit in their major by assisting on a research project, learn how to effectively present their research experience, and prepare for graduate school.

## Intro to the Department of Recreational Sports & Facilities

5-15 minute presentation (tailored to fit request)

Sara Schillinger, Fitness Program Director/student staff

Email us: [sj@uwm.edu](mailto:sj@uwm.edu) or Call us: x5072

The Department of Recreational Sports and Facilities (RSF) provides educational experiences and opportunities to develop healthy lifestyles, lifelong learning, student leadership and personal success by offering comprehensive recreational, health and wellness programs and quality facilities. RSF enhances the quality of life at UWM by facilitating a sense of belonging and camaraderie while providing safe and inviting facilities, a positive university environment, campus involvement and community enrichment. At the Klotsche Center/Pavilion, we offer students and members a variety of recreation opportunities and services in the areas of fitness, wellness, intramurals, open recreation and aquatics. This presentation will give an overview of what we have to offer and we'll answer any question you may have about our programs, services or facilities.

## Intro to the LGBT Resource Center

5-15 minute presentation (tailored to fit request)

Jennifer Murray, Director/Warren Scherer, Program Coordinator and LGBT Resource Center student staff

Email us: [uwm-lgbt@uwm.edu](mailto:uwm-lgbt@uwm.edu) or Call us: x4116

Our mission is to increase the awareness, education, and presence of LGBT topics and concerns on the UWM campus and to provide a resource for students and campus community members wanting to learn about and advocate for LGBT issues. To this end we provide student-inspired programming, education, outreach and social groups in an attempt to create an inclusive and welcoming campus environment for all students, staff and faculty members. This presentation will give an overview of the services that the LGBT Resource Center provides. We will share information about upcoming social and educational forums, activities, programs and events sponsored by the LGBT Resource Center. We will also discuss various ways students can become involved with activities and outreach initiatives conducted by the LGBT Resource Center.

## Library Instruction Program & Information Literacy

Competency Variable

<http://www.uwm.edu/Libraries/ris/instruction/course.html> or

Molly Susan Mathias, Library Instruction Coordinator  
[mathiasm@uwm.edu](mailto:mathiasm@uwm.edu) or x6828

UWM instructors are invited to request an in-class workshop with a librarian to lead students through the process of information selection, retrieval and evaluation. Workshops may be held in the library computer labs or librarians can make classroom visits. Library instruction sessions can include interactive online tutorials, innovative learning technologies, traditional instruction and demonstration, hands-on experience, and a building tour. A graded assignment with a library activity is the best motivator for students to learn about research, information resources and library services. Our library instruction program is founded on the Association of College and Research Libraries' guidelines for information literacy, which encourage students to Ask (What information is required?), Find (Know what resources to use and develop a search strategy), Evaluate (Select among sources and investigate the information), and Use (Integrate new information and cite and attribute sources.) Research experience contributes to students' critical thinking skills and establishes life-long information gathering proficiency. If you need assistance developing a library component for your class, please contact Molly Mathias.

## Managing Your PAWS

30-45 minutes

Seth Zlotocha, Academic Advisement Coordinator,  
Department of Enrollment Services, [zlotocha@uwm.edu](mailto:zlotocha@uwm.edu) and x3045.

In recent years, student administration systems have been transformed from little more than repositories of student data to dynamic systems that allow for students to oversee and interact with their records. Active oversight and interaction on the part of students can enhance their academic experience by giving them direct ownership over the decisions they make and create a smoother transition between the various stages of college academic life ranging from admission to graduation. This presentation is designed to teach students about the various functionality and nuances of the PAWS system, including tracking your degree program, utilizing course planning, running a degree progress report, finding your advisor, applying for graduation, among other topics. Each session will be tailored to meet the needs and time constraints of the audience.

## Maximize Your Potential: Utilizing your Advisor, A Vital Resource

15-20 minutes

Kristin Roosevelt x2558, [kroosev@uwm.edu](mailto:kroosev@uwm.edu)

Educate students about an invaluable resource: their Academic Advisor. Help them discover the possibilities the academic advising experience can offer. Academic Advisors strive to help students be proactive and take ownership over their academic progress and potential. Advisors assist students with university policies, academic planning and goals, and educational opportunities outside of the classroom. Academic Advisors will challenge students to think about goals after college, and support students in supplementing their education at UWM with involvement and activities that will build and enhance their résumé.

## Off-Campus Housing Q&A

60 minutes

Keri Duce - contact the Neighborhood Housing Office, x6999, [duce@aux.uwm.edu](mailto:duce@aux.uwm.edu), or Union WG85

Off-Campus Housing Q&A is a session where the Neighborhood Housing Office and the University Legal Clinic explain how to find quality off-campus housing and landlords in the surrounding UWM Neighborhoods. The presentation is about 45 minutes with 15 minutes at the end for students to ask specific questions about their current or upcoming living situations.

Everything from average rent, roommate issues, civic responsibility, and landlord/tenant rights are covered.

## Online Tutoring

5, 15, 30, or 50 minutes

Johanna Dvorak: email: [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

The presenter can introduce or demonstrate an online tutoring session to students, so they can take advantage of online tutoring services from off campus. Longer demonstrations will require a computer lab or laptops. Most 100-200 level courses are available.

## Supplemental Instruction (SI)

5-10 minutes

Johanna Dvorak: email [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

This talk is designed to introduce a class to their Supplemental instruction leader who will explain weekly review sessions, times and the advantages of Supplemental Instruction for difficult and large lecture courses. SI courses are listed at

[www.uwm.edu/Dept/tarc/](http://www.uwm.edu/Dept/tarc/)

## Your UWM Women's Resource Center

15-30 minutes

Sue McCarthy, UWM Women's Resource Center, [suzimac@uwm.edu](mailto:suzimac@uwm.edu) or x2852

The WRC enhances awareness and understanding at UWM of the diversity of women's lives and experiences, and the role gender plays in everyone's life through our mission of education, support, and advocacy. We promote and support the health and well-being of students and help students to address their problems, recognize their individual and collective power, and achieve their full educational, career and personal potential at UWM and beyond. We build partnerships and advocate for change to create a campus climate that enhances the quality of life for all members of the University community. Given the breadth and depth of the WRC's programs and services we serve as a resource to students in a variety of ways in their academic, personal, and professional lives. This presentation will provide an overview of upcoming programs & events, our programs & services, and the many ways in which we are a resource to students, faculty, and staff at UWM.

## *Personal Development*

### Ally Training: How to be an Ally

45-75 minutes

Jennifer Murray, Director/Warren Scherer, Program Coordinator & LGBT Resource Center student staff.

Email us: [uwm-lgbt@uwm.edu](mailto:uwm-lgbt@uwm.edu) or Call us: x4116

What does it mean to be an ally? How can friends and associates prevent violent language and anti-LGBT discrimination from occurring as often as it does? The first step in becoming an LGBT ally is to learn more about LGBT-identified persons. This training will raise awareness about the inequities that LGBT-identified people often experience, and the importance of being supportive and informed about why LGBT people are not always safe. Be knowledgeable, be trustworthy, and be the best ally you can be. Now is the time to engage in this important campus conversation.

### Got Stress?

45 – 60 minutes

Sarah Belstock, Norris Health Center, [belstock@uwm.edu](mailto:belstock@uwm.edu) or x4675

What is stress, and how does it impact our ability to thrive in the college environment? Discuss positive techniques for coping with stress and review available stress management resources.

### Budgeting Basics for Students

10-20 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu), [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

This session will introduce students to the need for and the uses of simple weekly or monthly budgets. It will also show a budgeting tool on paper and direct them to a simple online form as well. The need for saving will be stressed as will the uses and abuses of credit cards.

**Cosmo Says You're Fat? Well, I Ain't Down With That! Body Image, Eating Disorders, and the Campus Culture**  
45-60 minutes  
Sarah Belstock, Norris Health Center, [belstock@uwm.edu](mailto:belstock@uwm.edu) or x4675

What do negative body image, disordered eating, and eating disorders look like, and how can you help a friend who is suffering? A critical look at the role of society and the campus culture in perpetuating issues regarding body image and eating disorders.

#### **Dealing With Conflict**

1 -2 hours (can be tailored to fit request)

Sue McCarthy, UWM Women's Resource Center, [suzimac@uwm.edu](mailto:suzimac@uwm.edu) or x2852

Do you seek out or thrive on conflict in your work or personal life? Or do you find it scary, upsetting, and avoid it whenever possible? Conflict is inevitable and natural and is often influenced by socialization factors. Dealing with conflict is critical to success in all areas of life. As people learn to deal with conflict and think of it differently, self esteem and self efficacy improves. This engaging experiential workshop helps participants identify ways they typically respond to conflict and how they have been socialized to respond to conflict. Participants will have an opportunity to discover how they handle conflict, increase their awareness of their feelings in conflict situations, identify ways social messages influence how we to respond to conflict, and explore new ways to handle difficult situations.

#### **Fitness: Where do I Start?**

45-75 minute presentation (tailored to fit request)

Sara Schillinger, Fitness Program Director/student staff  
Email us: [sj@uwm.edu](mailto:sj@uwm.edu) or Call us: x5072

Are you interested in a starting a fitness program, but don't know where to begin? We will give you the basics of starting a fitness program that's right for you. We will also include information on how to utilize our (Recreational Sports & Facilities) programs, services and facilities to better your health. This program can be tailored to more specific questions students might have.

#### **Gender – Socialization & Stereotypes (Act Like A Man/Act Like A Woman)**

1 - 2 hours (can be tailored to fit request)

Sue McCarthy, UWM Women's Resource Center  
([suzimac@uwm.edu](mailto:suzimac@uwm.edu) or x2852)

Jen Murray, LGBT Resource Center ([irmurray@uwm.edu](mailto:irmurray@uwm.edu) or 4116)

This workshop is designed to look at the ways gender role messages are communicated and reinforced, and the personal effects of these messages. Through interactive small and large group activities, discussion, &/or video clips we will explore attitudes, myths, and misconceptions surrounding gender identity and how rigid gender roles and expectations limit opportunities for people to express and explore all aspects of themselves and their interests.

#### **Lean on Me: How to Help a Friend Without Falling Over**

45-60 minutes

Sarah Belstock, Norris Health Center, [belstock@uwm.edu](mailto:belstock@uwm.edu) or x4675

Concerned about a friend's emotional health or risky behaviors? What are the warning signs of distress, and when is it appropriate to let them know that you're worried? Learn strategies and skills for approaching friends with your concerns for their well-being and information regarding resources for referral.

#### **LGBT (Lesbian, Gay, Bisexual, Transgender) 101**

45-75 minute presentation

Jennifer Murray, Director/Warren Scherer, Program Coordinator & LGBT Resource Center student staff.

Email us: [uwm-lgbt@uwm.edu](mailto:uwm-lgbt@uwm.edu) or Call us: x4116

Do you know what the acronym LGBT stands for? Do you know the difference between labels and identities? During this presentation, participants will discuss definitions and terms related to LGBT communities, as well as dynamics of sexual orientation and gender identity. This presentation will raise questions about stereotypes, myths, misconceptions and common assumptions that people make of each other. The audience will learn various ways they can become involved with the LGBT Resource Center on the UWM campus. This program can be tailored to include course- relevant hot topics (i.e. LGBT healthcare) and interactive activities (i.e. simulation of "coming out" process) if requested in advance.

#### **LGBT Panel Discussions**

45-75 minute presentation

Jennifer Murray, Director/ Warren Scherer, Program Coordinator & LGBT Resource Center student staff.

Email us: [uwm-lgbt@uwm.edu](mailto:uwm-lgbt@uwm.edu) or Call us: x4116

Panel discussions are designed to educate the general campus population and greater community about LGBTQQA (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning and Ally) identities and topics of interest. Panels will be comprised of students and other community members who are willing to openly and honestly discuss their experiences in LGBT communities as it relates to the course content. Participants will be encouraged to ask questions and interact with the panel.

#### **Make Good Decisions: Drugs, Alcohol and the Campus Culture**

60 – 75 minutes

Sarah Belstock, Norris Health Center, [belstock@uwm.edu](mailto:belstock@uwm.edu) or x4675

Why do we drink or use other drugs, and how can we get what we want out of drinking by learning to use alcohol in a safe and positive manner? A critical look at alcohol and other drugs, their cultural role, and how and why we party.

## Never Say DIE-t: Healthy Eating for Everyone

30 – 50 minutes

Colleen Bernstein, Norris Health Center, [colleenb@uwm.edu](mailto:colleenb@uwm.edu) or x6668

Norris Health Center's registered dietitian and health educator team up to give students the tools they need to eat right. This workshop will review the latest Food Pyramid guidelines, demonstrate food portions and portion control, and address popular diet myths and facts. Students will learn the basics of buying, making, and preparing food – as well as when to throw out those old leftovers! Healthy choices at fast food chains and restaurants around campus will also be covered.

## Sexual Harassment or Just Jokes? Drunk Sex or Date Rape?

1 - 2 hours (can be tailored to fit request)

Sue McCarthy, UWM Women's Resource Center, [suzimac@uwm.edu](mailto:suzimac@uwm.edu) or x2852 and Marty Cavan, UWM Police Department

Recent reports suggest a persistent and disturbing pattern of sexual harassment in our schools and highly publicized charges of sexual assault on college campuses and in our community. What is unwanted sexual attention? When does no mean no? What is consent? Women and men need to know their rights and responsibilities, as well as implications of sexist behavior. Through activities, video, discussion and lecture this workshop will explore gender differences in how fears of sexual violence affect our lives, learn about a continuum of sexual violence and better understand what constitutes sexual harassment, sexual assault, and violence against women.

## Safe Space Training

1.5 - 3 hours

Jennifer Murray, Director/Warren Scherer, Program Coordinator & LGBT Resource Center student staff.  
Email us: [uwm-lgbt@uwm.edu](mailto:uwm-lgbt@uwm.edu) or Call us: x4116

The Safe Space program was initiated to create a safer campus environment that appreciates and celebrates the diverse student population that attends UWM. This interactive training is provided to staff, faculty and students across campus so they are aware of and attentive to the needs of lesbian, gay, bisexual or transgender students and their allies. Our goal is to provide a welcoming environment for all people at UWM so they can feel included as well as invited to share in the totality of their identities. This training will address information about language and terms, specific challenges LGBT students face, guidelines for referrals in counseling and harassment reporting, and resources available on and off campus. The training will be interactive and all participants will receive a training resource manual.

## What Does a Feminist Look Like?

1-2 hours (can be tailored to fit request)

Kathy Miller-Dillon, Center for Women's Studies ([kmdillon@uwm.edu](mailto:kmdillon@uwm.edu) or x5382) and Sue McCarthy, UWM Women's Resource Center ([suzimac@uwm.edu](mailto:suzimac@uwm.edu) or x2852)

What is a feminist? What does it mean to "be" a feminist? This workshop will explore feminism and help to inform participants understanding of what feminism means to them. This session will provide a safe space for participants to explore assumptions and gain new information and perspectives that open the possibility for change. This interactive learning experience will address questions about what a feminist is, what feminism stands for, past & present day feminists, fears/concerns about identifying as a feminist, myths and stereotypes, and more!

## Academic Development

### College Note Taking Strategies

20-50 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu) or call x5672

This presentation will introduce one or more note-taking strategies for taking efficient notes in lectures or from textbooks. The Cornell method, T- Notes, and mapping using Inspiration are examples which can be addressed.

### College Time Management Strategies

30-50 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu), [tarac@uwm.edu](mailto:tarac@uwm.edu) or call x5672

This presentation shows students techniques for maximizing their time for academics. Topics can include developing a weekly and semester calendar, avoiding procrastination, and developing a study schedule.

### College Textbook Reading Strategies

20-50 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu) or call x5672

This presentation will help students read college textbooks efficiently, skim and scan for key points, and use some speed reading tips for faster comprehension.

### **Creating and Preparing a Successful Career**

50-75 minutes

Tom Bachhuber, Director, Career Development Center

UWM students have justifiably high expectations for how their education will translate to a meaningful, financially rewarding career path. A college degree is not a ticket to a satisfying career or life, however—but rather provides the knowledge, skills and tools to attain both. This workshop will provide content, discussion and hands-on activities in helping students begin to set college major/career goals, explore career options, learn about internships and the process for building a meaningful, marketable college education at UWM. This workshop can be customized to class needs and curriculum.

### **Implementing College Study Strategies**

50 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu) or x5672

This presentation is an overview especially for first year students on effective strategies as they transition to college academic life. Highlights include where to study, how much to study, time management techniques, efficient textbook reading, note taking and test taking tips.

### **Problem solving techniques for Math and Science**

10-15 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu), [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

There is a way to approach math and science problems that relieves confusion. The best approaches talk about systematic methods that rely on what is already known to check and solve what is unknown. The session will explain how to apply these methods even to the dreaded "word problems."

### **Reducing Test Anxiety**

30 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu), [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

Some students freeze on exams even if they believe they are prepared. Learn some test preparation tips and ideas to reduce tension during an exam to improve your performance.

### **Test Preparation and/or Test Taking Strategies**

30-50 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu), [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

A key to good grades lies in frequent review of course concepts. This presentation helps students select important information and how to organize it for an exam. Test taking strategies for various types of exams are highlighted.

### **Study and test preparation techniques for math and science**

10-20 minutes

Johanna Dvorak: email [jdvorak@uwm.edu](mailto:jdvorak@uwm.edu), [tarc@uwm.edu](mailto:tarc@uwm.edu) or call x5672

Math and science courses have their own vocabularies and their own challenges while studying, reading the text and preparing for exams. This presentation will include a discussion of techniques for making this material accessible and enjoyable to review, and show how information can be reinforced in many different ways.