

First-Year Student Goals

at UW-River Falls



Developing confidence and competence as a university student

If you are meeting this goal, you are:

- Seeking opportunities for learning in and out of the classroom.
- Developing your educational and career goals.
- Taking advantage of opportunities to learn from people who have differing opinions, perspectives, and experiences than your own.
- Using campus resources to help you achieve your goals.
- Acquiring and integrating knowledge, abilities, and ethics in order to form a foundation for lifelong learning.
- Developing a sense of independence, self-advocacy, and time management.

Establishing positive connections with faculty, staff, and classmates

If you are meeting this goal, you are:

- Creating relationships with peers who provide support for academic and social experiences.
- Interacting with faculty and staff, in and out of the classroom.
- Meeting regularly with your academic advisor for educational and career planning.
- Welcoming relationships with people who are different from you (different in race, religion, socioeconomic status, sexual orientation, gender, political views).

Understanding the impact of your personal choices

If you are meeting this goal, you are:

- Taking responsibility for choices and decisions you make as a student and member of the university community.
- Behaving in an ethical and principled way with an awareness of your own values and how they are similar to and different from others.
- Recognizing the impact of your actions on the larger community.
- Taking responsibility for your academic, personal, financial, and professional success.
- Making an effort to infuse sustainability into your daily living.

Engaging in behaviors that promote your personal health and well-being

If you are meeting this goal, you are:

- Maintaining a sense of balance among your academic, personal, and social priorities.
- Exhibiting healthy behaviors for nutrition, sleep, and exercise.
- Developing a sense of personal potential and direction.
- Coping with stress and adversity.
- Making responsible and legal choices regarding alcohol and drug use.
- If you choose to engage in intimate or sexual relationships, doing so in a healthy way.

Recognizing yourself as a member of a diverse campus community

If you are meeting this goal, you are:

- Developing an awareness and respect for differences between people.
- Becoming aware of university values and learning appropriate academic and community conduct.
- Actively involved in creating an inclusive campus community.