

CAMPUS & COMMUNITY

UWS Highlights Study Away Program

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Intercultural Coffee Hour celebrated the campus's diverse culture and educated those in attendance of UW-Superior's Study Away programs, as well as our National Student Exchange program, on Nov. 15.

Anya Russom is the international programs manager at UWS and organized the event. "It was the first general open information session we've had this semester for people to learn about Study Away; I was really grateful for the turnout, and it was cool that my assistant Annabelle was able to come and share her experience. We're glad to get people excited about Study Away," said Russom.

Karen Valdez, an diversity and inclusion specialist at UWS, also attended the event. "Intercultural Coffee Hour raised awareness of our Study Away programs. We are here to educate people about the process, how to pay for things, what programs are available, and what eligibility requirements you must meet," said Valdez.

Valdez said that one requirement to partici-

pate in Study Away, is to attend UWS for at least one year. "International students can also participate in Study Away. With the National Student Exchange program, you only have to be here one semester before you participate in that. GPA-wise, it's roughly a 2.5 to be eligible, but if you aren't quite there, you can work with Anya to see if you can work around that."

Both Study Away and the National Student Exchange programs incentivizes students to receive their education while experiencing another part of the world. However, the National Student Exchange program has partnerships with universities across the United States.

"So if a domestic student wants to go and study at a different university, they can. Some students don't like the cold, so they choose

to study in Florida or Texas over the colder months. It's a lot cheaper to do the National Student Exchange as you're paying your UWS tuition. There's over 300 schools we are partnered with that you can go to. Countries such as Ireland, Scotland, Ghana, Germany, and Costa Rica are available for students looking to study away," Valdez said.

Annabelle Fries is a recent Study Away returnee who still attends UWS. Her choice for a place to study was Dalkeith, Scotland.

"It was an amazing experience; I was able to see and do so much that I have never had the opportunity to do before and probably never will again. I would be back on a plane in a heartbeat if I could; it was a memorable experience," Fries said.



More information about the Study Away Program can be found in Old Main 230.

Photo by Drew Kerner

Navigating Grief Though The Holidays

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It's the holiday season, bringing lots of cheer to many, but for some the feelings of loss and sorrow. This time of year can heighten emotions like grief, which is often overwhelming.

Traditions of reunion with family and friends may bring on challenges as you navigate through rough spots to find warmth in special, unexpected places. So, what can we do to manage and cope with our grief?

Understanding how grief affects you, having conversations about what you're feeling, and finding ways to remember your loved ones can help restore a sense of balance through this time. The brain is responsible for emotion and stress that is activated during the grieving process, potentially affecting chemicals and hormonal functioning or compromising your immune system.

For this reason, it's important to take it easy and be gentle with yourself.

Unfortunately, we live in a society that has conditioned us to "buck up" and "be strong." Regardless, allow yourself the grace to honor your process and acknowledge that there is no right or wrong way to grieve. You are allowed to have emotional responses, you're allowed to not feel 100% all the time, and you're allowed to feel vulnerable.

You're grieving because you've loved, have been loved, and continue to love. Embrace that love and the cherish the memories you shared with your loved one. It can just be as simple as making a meal that reminds you of them or looking through old photographs or videos that you share.

Listen to your feelings as they guide you through your journey of grief during the

holidays. Finding a safe support system can be hard.

At the UW-Superior, Randy Barker from Student Health and Counseling Services shares what they have to offer, "Free mental health confidential services, grief being a main service." Grief is one of those things that we need to be able to talk about, validate, and feel supported. Student Health and Counseling Services offers in-person and teleservices that will be available over the holidays.

The Pruitt Center for Mindfulness is another resource. Lori Tuominen, a Death Dula and Mindfulness Coach at Pruitt reminds us of the option to sign out books that may be helpful in understanding grief, like "Being Mortal – by Atul Gawande."

Support is always available here at UWS. Wishing you peace through the holidays.



The Wisconsin archery and crossbow season is open until Jan. 7, 2024. No bucks can be harvested between Dec. 7 to Dec. 10 and Dec. 24 to Jan. 1, 2024.

Photo provided by Pixabay

Wisconsin Hunting Season End, Lower Harvest Numbers

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This season, a few hunters were left without a deer over opening weekend. I would make the statement that maybe even a few UWS students were in the same boat. In total, 92,050 were registered statewide during opening weekend according to a news release by the Wisconsin DNR. This is a 16% decrease from the 2022 deer season where 103,623 deer were registered on opening weekend.

There are a few different factors that contributed to this decrease. The 2023 season was much warmer than previous years, which made the deer slower, and less active. The lack of snow resulted in minimal deer movement. The mornings were cool but warmed up quite a bit as the day went on.

According to a new release by the Wisconsin DNR, on Nov. 17, made the prediction that a minimal number of deer would be seen

or harvested because of the warmer weather. Last hunting season, we had more snow cover a lot earlier in the season, which pushed the deer to move.

In another news release by the Wisconsin DNR, on Nov. 28, the overall deer harvest was down 17.6% statewide for the whole 2023 season compared to the 2022 hunting season. The antlered harvest was down 14.7% and the antlerless harvest was down by over 20%. These statistics are for rifle season only, not including bow, crossbow, or muzzleloader.

For those lucky to get their own deer this season, Hursh Meat Processing in Superior, WI, or Stokee's Meat Market in Duluth, MN, are two local shops willing to get the job done.

With the different hunting seasons coming up throughout December, make sure to follow rules and guidelines to allow all hunters a safe hunting season. Good luck!

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of debt, according to Emily Neumann, UWS Institutional Research and Sponsored Programs Director.

Most federal loans go into repayment status six months after graduation or after the student drops below half-time enrollment status at their college or university.

Students with loans must complete exit counseling when their

graduation date is approaching. According to Chelsea Parrish, these students receive notice to complete the online counseling first in their UWS email inbox, then to their personal email address as a follow-up if necessary. Parrish states that payment plans such as SAVE are covered in the exit counseling and that students can contact their loan providers for further information.



Happy Holidays from the Promethean Staff

Photo by Drew Kerner