CAMPUS & COMMUNITY

Promethean advice column Dear Dad and College Cousin

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Editor's Note: The Promethean is offically starting an advice column with two of our student reporters, named BJ and Emily. The questions below are gathered from real students on campus. If you would like to submit a question, please email it to promethean@uwsuper.edu. All questions will be approved by the editors and published anonymously. Questions will be awnsered by both parties unless otherwise requested.

DEAR DAD & COLLEGE COUSIN, How do I get a Valentine before Valentine's Day?

DEAR HOPELESS VALENTINE,

Here's 2 pieces things that will put you on the right path to celebrating the anniversary of when Saint Valentine drove all the snakes out of Ireland*:

1- If you're already in a relationship:
I don't care how long you've been dating someone, you should always still ask your partner to be your Valentine. Don't take them for granted. Keep things exciting. Show them you appreciate them.

2- If you're not in a relationship:
Ask someone to do something non-threatening. I swear this is true; The first time I hung out with my wife was completely innocent. I had causally been introduced to the new girl at work. A few weeks later, she asked if I wanted to come over as she was "having some work people over to watch UFC".

I had zero intentions of attempting to date this girl and found her offer of "team-building" to be a fun idea. I was shocked when I was the only one who showed up. We went on 6 dates before I even knew or suspected we were dating. We got married a little over a year later. Hit up that person you've been thinking about and ask them to watch a bad horror movie with you. Tell them you've been dying to try that one restaurant. Tell them you've got no one to hit up the Wellness Center Climbing Wall with. Invite them to do something that puts you in the same room and allows you to laugh together. It takes all the "date" pressure off of things and lets both people relax and have fun. Surprising things can happen when the pressure is off.

*Now that I think about it, St. Patrick's Day might be the one about snakes and Ireland. The rest of my advice stands though.

Sincerely,
Dad

DEAR HOPELESS VALENTINE,

Well, first off, if anyone who is reading this knows how to secure a Valentine, please be a dear and let me know, because I also am very single right now. As both a hopeless romantic and someone going through her first breakup, I can tell you one thing for sure. Dating sucks. I could tell you that you shouldn't worry about focusing on romantic love, but if you're anything like me, you know that and don't want to hear it.

So, here's some actual advice for you. Dating apps are probably not going to be your friend here if you want something serious. For the love of god, put yourself out there and please just go and talk to someone, or use your friends and have them set you up with someone. Talk to that cute guy in your class, compliment that girl you always smile at in the hallway, or be the first person to text when your friend tells you that they know someone you would get along with, but do something to meet someone in person, and even though it's hard, you really do have to put yourself out there, because daydreaming or swiping on an app really isn't going to get you very far.

We all want to be with someone, and whether you admit it, all of us want our Valentine's day to be filled with tacky heart decorations and a box of chocolates where half of the flavors are going to make you gag. As someone who really does believe in love, I know that your person is out there, but how you find them? I think that's something that you just stumble into without realizing what's really happening.

But, take my advice with a grain of salt, my Valentine's day is likely going to be spent dressed up in pink, and ending with a pint of ice cream watching a rom com in my dorm. I would also like to publicly announce that if anyone is interested in being my valentine then they should feel free to contact me with their qualifications or questions.

I wish the best of luck to you in your love life (Lord knows I need some too),

Hopelessly wishing for a valentine,
Your college cousin

DEAR DAD & COLLEGE COUSIN, What are some good weekend activities?

DEAR WEEKENDER,

One of the most amazing things that people in college fail to appreciate until it's too late, is having too much free time on their hands / being bored. You have a veritable smorgasbord of activities at your fingertips. All too soon, you will have roughly 7 minutes of free time per week.

Embrace the time and opportunities you have now. Get involved in something, join a club or an intramural sport, go bird watching, go for a swim, challenge a couple people to a Monopoly session, take a yoga class, take two friends to the nearest thrift store and each spend $10 on new outfits to go to dinner in, paint something, host a movie night, go to a pet shelter and pet the puppies and kittens, call your parents, check out a new restaurant, learn a new skill, read the Necronomicon, whatever… Just put your phone down and do something, anything, with the gift of free time.

The Promethean has a list of upcoming activities on page 8. I promise you, after college you will never have the opportunities and availability that you do now.

Stories and memories are made when you step outside your comfort zone and live your life.

Sincerely,
Dad

DEAR WEEKENDER,

Well, as someone who doesn't really go and do stuff a lot of times outside of her classes, here is a totally complete list of things that I usually fill my weekends with.

1)Sleeping. A lot.

2)All of the homework I told myself that I would get done throughout the week that I didn't even open my computer for.

3)All of the dorm chores I told myself that I was going to start and didn't even get out of bed for.

4)If you like sports at all, or want to learn, go and see if there are events happening this weekend, or see if the school has other free events posted on the campus calendar (literally google "UWS Campus Calendar" and you'll find stuff to do, I promise)

5)Sundays consist of at least 2 hours of existential dread of my future career and life, and also attempting to try and personally solve every issue the world has ever faced. At this point, it's a very special part of my weekly routine.

6)Target/Walmart runs

7)Sleeping.

On a serious note, just look online and talk to people that you know about if there is stuff going on, and if you have a lot of free time, take the opportunity to try and go out and do something you normally wouldn't, there are plenty of spaces online that can help you learn new things, or find stuff to do.

Best of luck to you as you figure out something to do with your weekend (I'll be doing the same).

Wishing for her own plans this weekend,
Your college cousin

DEAR DAD & COLLEGE COUSIN, I am not originally from the United States, how do I stay motivated during winter?

DEAR UNMOTIVATED,

Here's my guide to staying motivated during the winter:

The first 2 weeks of winter, you enjoy all of the Hallmark Winter activities. You go for a walk and admire the pretty snow, maybe throw a snowball at a friend, grab a hot cocoa while you look at Xmas lights, maybe even embrace your inner child and go tubing or sledding.

After the first 2 weeks of winter, think about how awful winter is and begin the angry countdown until Spring. The secret to living in Wisconsin/Minnesota is learning that we have 3 awesome seasons and 1 terrible season. You can't fully appreciate the 3 great seasons if you don't suffer through one terrible season. I guarantee people who live in Hawaii for years don't appreciate "84 degrees & sunny" as much as someone living here.

Since you're now stuck inside for 3 months, hit up the gym, make plans with friends to explore the various activities on campus that you haven't yet or just hang out. Take this time to reflect on how our ancestors didn't have indoor plumbing and be thankful you no longer have to collect wood for heat or wake up with frost in your eyelashes.

I also recommend getting a tanning salon membership, seriously. Go a couple times a week, just for a few minutes per time. Don't go to get bronzed, just to remember what sunshine feels like. There is something about those tanning bed lights that helps keep those winter blues away, at least for me. Medical advice varies on tanning so do your due diligence before signing up for the "Leathery Old Lady Beyond Her Years" package

Sincerely,
Dad

DEAR UNMOTIVATED,

Oh, do I understand this question more than anything. I am a summer girl through and through, and I hate the cold and hate winter about 95% of the time. But also, as a born and raised Wisconsin girl, this question is one that I understand completely. Winter is hard. And I can guarantee that you aren't the only person struggling with it, I grew up in snow and cold and hard winters and still hate it.

My best advice to you in surviving a cold, terrible Midwest winter is this, realize how hard it is for your body to be in the cold and do things to help yourself and your body fight back.

You probably don't realize it, but part of the reason you feel so unmotivated is because your body is taking a hit. Drink lots of water, use lots of lotion and chapstick, and wear sunscreen (you don't just need these in the summer, the cold will dehydrate you). Take vitamin D and get a sun lamp to help fight off the lag from there being so little sun. Take warm showers after you're out in the cold for long periods, and learn how to dress for the cold so it's not as hard to deal with the snow and ice when you do sadly have to go outside and sprint across campus to get to your classes, even when it's snowing and freezing out. Also, remember to get out of your space, go somewhere else to do the things you were already going to, and even if you don't want to leave your house or dorm, even just getting out of your bed and sitting on the ground will make a difference, focus on doing small things instead of jumbling things onto your to-do list, they will feel more achievable.

You're not the only one who is so cold and unmotivated right now.

Best of luck in the frozen tundra,
College Cousin