Wellness

Your wellness is a vital component of your experience at USD. You’ll be making choices that affect your academic and social life. Some of those choices will be around how to stay healthy by sleeping and eating well, and about how to manage competing demands and stress. One decision you may be faced with early on is regarding alcohol and other drugs. Here are some questions to consider:

What are your boundaries involving alcohol and other drugs? How will you make decisions about drinking? Will you choose to spend time with those who use drugs? Whom will you talk with for guidance?

Despite the fact that many students are not 21, college is the time when many young adults begin to test their limits with alcohol. Although some students experience problems because of excessive drinking, the majority of students are not problematic drinkers. Nearly 25 percent of USD students report that they almost always choose not to drink, and more than half do not binge-drink. Those who do experiment with alcohol and other drugs engage in more risk-taking behavior, which can negatively impact one’s academic performance and lead to significant consequences, including serious injury and alcohol poisoning. Additionally, heavy alcohol use and binge drinking increases one’s risk of being sexually assaulted and one’s risk of being an offender.

At a minimum you are expected to make choices that promote the safety and well-being of yourself and the USD community. Similarly, you are expected to follow the law and respect the USD Student Code of Rights and Responsibilities. Ultimately, smart and healthy decision-making around alcohol is your responsibility. Many students choose not to drink. If you choose to drink, know your limits and identify steps to protect yourself from excessive problematic drinking.

For assistance in making decisions regarding alcohol and other drugs, please visit the Center for Health and Wellness Promotion.

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Make the Choice to Strive for the Ideal

In each of your choices related to community, relationships and wellness, don’t accept the minimum. As a Catholic, values-based university, USD takes seriously its obligation to assist you in thinking through these and other key issues. These are the choices that matter and have the potential to impact your life not only while you’re in college, but well into the future. As such, they deserve serious consideration.

The University of San Diego offers a variety of resources to help inform your decision-making. For more information about any of these issues, please go to www.sandiego.edu/choices or visit the following offices:

Center for Health and Wellness Promotion
Hahn University Center, Room 161 • (619) 260-4618
www.sandiego.edu/chwp

Counseling Center
Serra Hall, Room 300 • (619) 260-4655
www.sandiego.edu/usdcc

Student Health Center
Maher Hall, Room 418 • (619) 260-2395
www.sandiego.edu/healthcenter

United Front Multicultural Center
Student Life Pavilion, Room 418 • (619) 260-2395
www.sandiego.edu/unitedfront

University Ministry
Hahn University Center, Room 238 • (619) 260-4735
www.sandiego.edu/um

Women’s Center
Student Life Pavilion, Room 420 • (619) 260-2396
www.sandiego.edu/womenscenter
Making the Choices That Will Shape Your Experience

College is an exciting time—a time of new friends, new experiences, new opportunities, a new environment. College is also a busy time—activities to participate in, events to attend, people to meet, not to mention homework. In the midst of all that is new, immersed in an unfamiliar environment away from the people on whom you’ve relied for years, it’s easy to lose sight of who you are and what you believe in. You’ll be presented with all sorts of choices during your time at USD: what to major in, where to live; what clubs and organizations to join; what to do with your evenings and weekends; where and how much to study; clubs and organizations to join; what to do with your evenings and weekends; where and how much to study; and with whom to spend your time. One important key to making wise decisions is to remember that these are choices. Don’t just go along with the crowd in order to fit in; don’t take the path of least resistance for the sake of convenience. The choices you make while on campus can set you up for both your standing at the university and your future. The choices you make while on campus can set you up for both your standing at the university and your future.

Community

Engaging in the life of the USD community has many academic and social advantages. Participating in this community is a choice and includes living in the residence halls, joining a student organization or participating in the many opportunities offered. It also means making the choice to try new experiences. Being part of a community also means learning from the diverse culture around you. The diversity of the community provides a rich context in which to learn, both inside and outside the classroom. Here are some questions to consider:

What are your boundaries regarding difference? With whom will you spend your time? How will you meet, develop relationships with, and learn from those who are different from you? Whom will you talk with for guidance?

When you arrive at USD, you will meet people from a wide variety of states, and even from other countries. This variety, this diversity of people, can lead to great learning, but it also has the possibility of creating great tension. The key is to open your mind and heart to those who may experience and view the world differently. The University of San Diego is striving to become a culturally diverse and culturally competent community. The University of San Diego is striving to become a culturally diverse and culturally competent community. Relationships involve making new friends at USD, living with roommates and adjusting to changing relationships with family and friends “at home.” Relationships can present many choices, one of which may include decisions about sexual intimacy. Here are some questions to consider:

What are your boundaries regarding sex? How will you make decisions about what is and what is not acceptable to you? Whom will you talk with for guidance?

We may not make the best decisions if we take popular culture as our guide for appropriate sexual decision-making. In fact, much of popular culture often glosses over the fact that sex is an important choice worth considering very carefully. Human sexuality is a beautiful and powerful gift. It has a unique life-giving and unifying power. Each one of us is called to inform our decision-making with the wisdom of others and the traditions of those who have gone before us.

Mature people are honest about sex. They are truthful about its power, straightforward about their guiding values and honest about the level of intimacy that is appropriate for each relationship.

At a minimum, you are expected to respect all those you meet, especially those different from you. Respect means actively working to understand differences, avoid offending or insulting others, and help create an environment where all feel safe and included.

Ultimately, diversity leads to a keen appreciation of differences and of people who are different from you. The key is to actively seek relationships with people who come from different backgrounds, have had different experiences, or see the world differently.

For assistance in making decisions regarding diversity, please visit the United Front Multicultural Center.

Relationships

Relationships are an integral element of the USD community. Relationships involve making new friends at USD, living with roommates and adjusting to changing relationships with family and friends “at home.” Relationships involve making new friends at USD, living with roommates and adjusting to changing relationships with family and friends “at home.” Relationships are an integral element of the USD community.

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At a minimum, you are expected to respect the rights and integrity of others and to foster an environment where all feel safe and free to make the informed choices that are appropriate for them.

Ultimately, healthy sexual relationships align with your deepest values and beliefs. What informs your values about sex? Peers? The teachings of your faith tradition? Pop culture? Sexual decision-making should be informed by and consistent with your values and reflect the unique power of sex.

For assistance in making decisions regarding sex, please visit the Student Health Center, the Women’s Center or University Ministry.

For assistance in addressing questions or concerns about sexual assault, contact a Campus Assault Resources and Education (CARE) advocate at (619) 260-7777.

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OFFICE OF THE DEAN OF STUDENTS
Hahn University Center, Room 232
5998 Alcala Park
San Diego, CA 92110-2492
(619) 260-4988
www.sandiego.edu/choices