



University of San Diego

# Parent and Student Guide to College Success

HEALTH | WELLNESS | STUDENT CONDUCT

## Support Your Student's Success

### Important Topics for Discussion

Partnering with parents is one of the best prevention tools the University of San Diego has in dealing with the challenges and pressures your student will face during college. Studies show that parents of college students remain a key influence. Your opinions and guidance can make a big difference, and we ask that you take time to engage your student in honest and direct conversation about some of the more prevalent issues affecting today's college students. Choices your student makes can have serious and significant academic, physical, emotional and, at times, legal consequences. Your care and concern for your student's physical safety and emotional well-being — combined with your confidence in his or her ability to thrive as a college student — can set a solid foundation for success at USD.

### Health and Wellness

According to the National Collegiate Health Assessment, academic success is impacted by various wellness concerns. Nationally, students report that issues such as stress, anxiety, balancing competing demands and decisions related to alcohol and other drugs can negatively impact academic success. However, with early conversations about health and wellness, your student can have a successful collegiate experience. For more information on conversations about health and wellness, please see page two of this guide.

### Understanding USD's Expectations and Community Standards

The University of San Diego's mission statement calls for the development of leaders dedicated to ethical conduct and compassionate service. Our Student Code of Rights and Responsibilities is designed to support that mission and to provide a productive living and learning environment for students. The code outlines behavioral expectations for students as members of the university community, and describes the disciplinary process for code violations. We encourage parents and students to review the code together, which is online at [www.sandiego.edu/conduct](http://www.sandiego.edu/conduct).



## Contents

### Conversations About Health and Wellness

- 2 Alcohol and Other Drugs
- 4 Sexual Violence
- 4 Stress and Anxiety
- 5 Body Image and Eating Disorders
- 6 Medical Care
- 7 Depression
- 7 Living in Community

### Conversations About Student Conduct

- 9 The Student Conduct Process
- 9 USD and the Local Community
- 9 The Role of Parents in the Student Conduct Process
- 10 Biased Behavior
- 10 Encouraging Independence
- 10 Family Educational Rights and Privacy Act
- 11 Alcohol and Marijuana Violations
- 11 Restorative Justice
- 12 Keeping Students Safe
- 12 Weapons
- 12 Social Media
- 13 Resources

## Conversations About Health and Wellness

### Alcohol and Other Drugs

Underage drinking and high-risk drinking (consuming four or five drinks in less than two hours) are major issues affecting college students' health in the United States. Studies show that students either consume less alcohol, or choose not to drink at all, when:

- They have accurate information about high-risk drinking and related consequences.
- They have engaged in conversation about responsible use and behavioral expectations.
- They are able to define what it means to be a responsible member of the community.

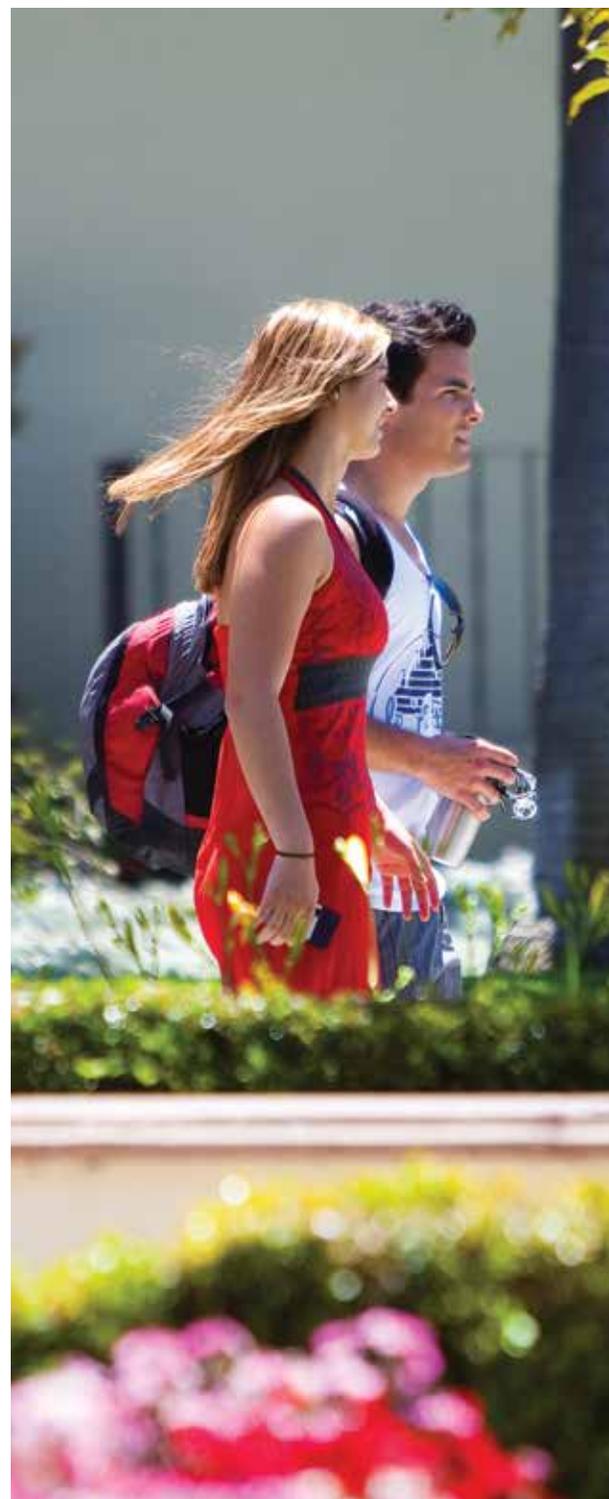
Active parental involvement during a student's first year enhances the transition to USD. As a parent, you can help challenge the assumption that "everybody drinks in college." This misperception can place a student in a position to try to "fit in" and engage in risky behaviors. Although some students 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 alcohol and more than half do not binge-drink.

Consider the facts below as you address these issues with your student:

- More than 50 percent of students who engage in high-risk drinking report their drinking had a negative impact on their academics — with more than 70 percent reporting they missed class due to their alcohol use.
- One-third of 18 to 24-year olds treated in hospital emergency rooms are intoxicated.
- It is a felony to be in possession of a fake ID or involved in the selling or distribution of fake IDs in San Diego County.
- Illicit drug abuse and the abuse of nonprescribed medication continues to rise among college students, with increased risk of legal consequences and compromised career options.

As part of USD's comprehensive approach to target problematic drinking, all first-year and transfer students are required to complete MyStudentBody — an online alcohol, other drug and sexual violence education course — prior to arriving on campus. This web-based educational program will provide your student with important information regarding high-risk alcohol and other drug use and abuse, sexual violence, tips for healthy decision-making and coping strategies to address potential high-risk behaviors of their peers.

For more information, resources or referrals, contact USD's Center for Health and Wellness Promotion (CHWP) at (619) 260-4618, or go to [www.sandiego.edu/health-wellness](http://www.sandiego.edu/health-wellness). CHWP offers confidential consultations, assessments, education and 12-step facilitation.



### Tips for parents:

- Discuss and identify strategies for making safe, responsible choices.
- Be factual and straightforward.
- Avoid glorifying risky behaviors.
- Be direct about your expectations regarding your student's behavior related to alcohol and other drugs.
- Clarify the importance of complying with USD's Code of Conduct and local laws.

#### Tips for parents:

- Ask (or educate) your student about sexual assault and how to communicate clearly and directly with others.
- Share with your student that alcohol and other drugs increase one's risk of being sexually assaulted, and one's risk of being an offender. Several drugs, such as Rohypnol and GHB, dubbed the "date rape drugs," are easily slipped into drinks without detection, making the decision to drink alcohol even riskier.
- Ensure your student knows consent cannot be given when someone is under the influence of alcohol and other drugs. The law states that "no" means no.

#### Tips for parents:

- Encourage balance through relaxation, exercise and time management.
- Discourage unhealthy coping strategies such as drug/alcohol use, isolation and procrastination.
- Talk to your student about the situation and encourage him or her to utilize campus wellness resources.
- Help keep stressful situations in perspective.

#### Sexual Violence

Many incidents of sexual violence are acquaintance related, suggesting a tremendous level of miscommunication between people about their expectations. First-year female students are at the highest risk for sexual assault between the first day of school and Thanksgiving break.

Nationally, only three percent of sexual assaults are reported, and the majority of those reported involve intoxication. For assistance in addressing questions or concerns about sexual assault, contact a Campus Assault Resources and Education (CARE) Advocate at (619) 260-2222 or visit [www.sandiego.edu/care](http://www.sandiego.edu/care).



#### Stress and Anxiety

Stress is a normal part of a person's life, but stress can turn to distress or anxiety if it is not carefully managed. A national study of college students showed that there has been an increase in stress among first-year students. Nearly 30 percent of USD students report that stress has negatively impacted their academic performance.

#### Body Image and Eating Disorders

Multiple studies have shown an increasing preoccupation with body image and eating disorders on college campuses. More than 80 percent of women and more than 40 percent of men in the United States are dissatisfied with their appearance. Society, culture, media, family and even personal ideas can contribute to this dissatisfaction with body image. There is growing concern about eating disorders. You play an important role in how your student views his or her body.



#### Tips for parents:

- Assess whether you are overemphasizing physical appearance and weight or shape.
- Listen carefully to determine if your student is overly concerned with body image or weight.
- Avoid being critical of your student's appearance and food intake or weight.
- Talk to your student about unrealistic media images and negative social pressures about body, nutrition and exercise.
- If your student has an extreme concern with weight, consult with a professional and encourage him or her to get help.

#### Tips for parents:

- Make sure your student completes all required immunizations and submits verification forms.
- If your student has an ongoing psychological or health condition, needs ongoing access to prescription medication, or if you have a student with a documented disability requesting accommodations, contact the appropriate Wellness Unit prior to arriving on campus.
- Encourage your student to carry their insurance cards (or a copy) on them at all times, and to become familiar with the benefits (i.e. copay for medicines, specialists services).



#### Medical Care

The Student Health Center provides all University of San Diego students with high-quality, accessible and convenient medical care for acute illnesses, minor injuries, medical problems, immunizations and other preventive services. There is no charge to see a nurse practitioner or doctor, but there may be fees for medications or laboratory examinations obtained at the center. Please be aware that medical emergencies are beyond the scope of this center, and care at outside facilities (such as hospitals or emergency rooms) is NOT covered by the student health fee.

All full-time USD students are required to carry health insurance. When students are admitted and/or registered for classes, their student account will automatically be charged for the USD Student Health Insurance Plan. Every academic year, students need to submit an online form to accept or waive the insurance plan. If no form is submitted, your student will remain enrolled and charged the premium for the academic year. Visit [www.sandiego.edu/healthinsurance](http://www.sandiego.edu/healthinsurance) for instructions on how to waive or enroll.



#### Depression

Due to the various challenges of college, such as adjusting to new roles and demands, students may develop a mix of emotional reactions. These may include feeling sad or depressed. When sadness is consistently experienced, it can be difficult to manage and may become problematic. According to national statistics, about 15 percent of the U.S. population will suffer from clinical depression at some time during their lifetime. Contrary to occasional sadness, clinical depression does not pass within a few days, and it can impact mood, body, thoughts and behaviors. For information on supporting your student's emotional and psychological well-being, contact USD's Counseling Center at (619) 260-4655 or go to [www.sandiego.edu/counseling-center](http://www.sandiego.edu/counseling-center).

#### Living in Community

Living on campus and having a roommate may pose new challenges for your student. Our online relationships guide can serve as a helpful resource. Go to <http://sites.sandiego.edu/youareusd/healthy-relationships/>.



#### Tips for parents:

- Provide support and acceptance.
- Be on the alert for changes in energy, level of activity, motivation and level of distress.
- If your student is depressed, encourage him or her to reach out for support or professional help.

#### Tips for parents:

- Encourage your student to discuss expectations with roommates in order to keep potential problems from escalating.
- Residential Life and Student Wellness staff members are resources if problems arise.



## Conversations About Student Conduct

### **The Student Conduct Process**

The University of San Diego has developed standards of conduct and designed processes to hold students accountable to these standards. The purpose of the conduct process is to maintain a safe environment for the campus community and to foster the personal development of students. The process emphasizes the students' personal understanding of their behaviors as well as their responsibilities to the community.

### **USD and the Local Community**

The university has an obligation to uphold local, state and federal laws. While the activities covered by the laws of the larger community and those covered by the university's rules may overlap, it is important to note that the community's laws and USD's rules operate independently and are not a substitute for each other. The University of San Diego may pursue enforcement of its own rules whether or not legal proceedings are underway or in process. The university may also use information from third-party sources, such as law enforcement agencies, news agencies and the courts, to determine whether university rules have been broken. Membership in the USD community does not exempt anyone from local, state or federal laws, but rather imposes the additional obligation to abide by all USD regulations. The code has been established to ensure community order and to facilitate students' unencumbered pursuit of education both inside and outside of the classroom.

### **The Role of Parents in the Student Conduct Process**

The university seeks to work in partnership with parents to educate students about protecting their own well-being, respecting the rights of others and accepting responsibility for misconduct and violations of the law.

#### **Tips for parents:**

We encourage you to talk with your student about these issues prior to coming to USD.

- A first step is to let your student know when, how and why you want to be informed by him or her of significant life events, as well as how you define the word "significant."
- Talk about how you envision yourself responding and give your student a chance to identify the type of response he or she would find helpful.

It is our experience that students are most afraid of disappointing and/or worrying their parents, and are secondarily concerned about incurring parental anger or unwanted interventions. Students facing troubles are often surprised to learn that their parents don't want to be "spared from the truth," and instead are relieved by the love and support expressed by most parents in times of need.

**Biased Behavior**

The University of San Diego’s mission statement affirms the institution’s commitment to advancing academic excellence and creating a diverse and inclusive community. An act of intolerance is an affront to a community that values diversity and strives to create an inclusive environment.

At USD we expect all members of the university community to comply with the law and applicable university policies, including those that set forth the standards of behavior expected of community members, such as the Student Code of Rights and Responsibilities and the Policy Prohibiting Discrimination and Harassment.

An act of intolerance is conduct that adversely and unfairly targets an individual or group on the basis of one or more of the following actual or perceived characteristics: (1) gender or gender identity; (2) race or ethnicity; (3) disability; (4) religion; (5) sexual orientation; (6) nationality; or (7) age.

**Encouraging Independence**

Parents frequently wonder why they do not hear more from the university about the progress and experiences of their students. It is a fundamental educational aim of the university to support and encourage students’ maturity and independence by helping them to assume responsibility for their own lives. At the same time, students are encouraged to communicate directly with their parents about issues of mutual concern.

**Family Educational Rights and Privacy Act**

The Family Educational Rights and Privacy Act of 1974 (FERPA) sets forth requirements designed to limit the disclosure of student educational records. The law governs access to records maintained by educational institutions and identifies what information can and cannot be released and under what circumstances. Specific information regarding FERPA can be found at [www.sandiego.edu/registrar/ferpa](http://www.sandiego.edu/registrar/ferpa).

The dean of students or a designee generally will contact parents when there is knowledge of serious circumstances adversely affecting a student, including:

- Hospitalization for life-threatening or other serious illness or injury.
- Hospitalization for alcohol poisoning.
- Misconduct that is likely to result in loss of housing, suspension or expulsion.
- Repeated alcohol or other drug violations.
- Serious mental health issues.

If appropriate, university administrators will talk with students about their thoughts, feelings and concerns regarding parental notification. When the dean of students or a designee determines that notification should occur, the students will be encouraged to contact their parents prior to the university’s phone call or letter. Parents are encouraged to follow up with a phone call to the university official identified in the letter so that we may partner even more closely.

**Alcohol and Marijuana Violations**

As is true for most American universities, the majority of violations of the code are alcohol violations. The University of San Diego takes violations of the alcohol policy very seriously.

Students under the age of 21 should not be in a room where alcohol is present. Students who are 21 or older should not have underage student guests when alcohol is present. We often become aware of off-campus alcohol violations when students are cited. First-time minor violations result in opportunities for education to change behaviors, including participation in an assessment with staff from the Center for Health and Wellness Promotion, the Health Center and the Counseling Center. Serious or repeated violations will result in additional interventions and greater consequences, which may include suspension.

You should also note that the university notifies parents in situations where it is believed that a collaborative approach will lead the student to better decisions in the future or where there are safety concerns. We want to allow students an opportunity to change behavior on their own; however, if behavior does not change, we believe involving parents is an appropriate next step. In most cases, you will receive a letter outlining the violation and sanctions and identifying contact persons and resources. We encourage you to make use of those resources.

Possession or use of marijuana and drug paraphernalia is not permitted at the University of San Diego. This includes medicinal marijuana recommended by a physician. It is important to underscore that sanctions associated with a marijuana violation may lead to suspension or expulsion from the university.

**Restorative Justice**

At USD, we seek to employ a “restorative lens” in all of our interactions with students, focusing on harms caused to relationships, the needs of students responsible, the community members impacted by their actions, and obligations students have to their community. If students responsible express a desire to right the wrong, they may have the opportunity to meet face-to-face with those they have affected to discuss the impact of their actions and help create a restorative plan to heal relationships and give back to the community in a positive way. Restorative justice creates a space for our students to cultivate conflict resolution and leadership skills, reflect on their thoughts and actions, develop a strong moral and ethical compass through interactions, and nurture empathy and compassion for themselves and others.

### Keeping Students Safe

Businesses in downtown San Diego and across the border in Tijuana, Mexico, frequently market events at nightclubs to USD students. These events include transportation to the venues on “party buses.” Marketing for these events suggests that alcoholic beverages are served. In Tijuana it is legal for students 18 and over to consume alcoholic beverages. Please confirm with your student that such literature is not a product of USD, nor are these events sanctioned by the University of San Diego.



### Weapons

In order to ensure the safety of all students on campus, possession of the following items is absolutely prohibited:

- Fireworks and explosive devices
- Dirks, daggers, swords
- Spear guns, sling shots, bows and arrows
- Firearms of any type, including air rifles, air pistols, pellet or BB guns, potato guns, blow guns
- Paintball guns or other devices capable of expelling a projectile with force of air pressure or spring action
- Knives (whether fixed or folding, having a blade length longer than 2.5 inches — unless the knife is being used lawfully in or around a residence or residential facility or for lawful use in food preparation or consumption)
- Any other form of weapon, sporting instrument, self-defense instrument, ammunition for any purpose (live or inert) and/or any weapon possessed or used in violation of the California Penal Code
- Any type of nonfunctional replica weapon

Please alert your son or daughter that such devices are prohibited and that possessing them on campus will result in disciplinary action.

### Social Media

Social Media has become an important component of college student life. While the increased online interaction can be useful if handled properly, social media can also lead to unwanted consequences if a student is not careful about their online behavior. Students should keep in mind that photos showing illegal activity, such as underage drinking, can be used to implicate them in a situation. Bullying and threats through social media may also rise to a violation of the Student Code of Rights and Responsibilities. Complaints brought to the attention of the University of San Diego will be handled in the appropriate manner.

### Resources

For many of our new students, attending college is the first time they will take on substantial independent responsibility. As a parent or family member, you may be the first person to recognize if your student needs help. We have many resources to help your student succeed.

After-Hours Emergencies	(619) 260-2222
Campus Assault Resources and Education (CARE)	(619) 260-2222
Center for Health and Wellness Promotion	(619) 260-4618
Counseling Center	(619) 260-4655
Dean of Students	(619) 260-4588
Disability and Learning Difference Resource Center	(619) 260-4655
Ethical Development and Restorative Practices	(619) 260-4590
Parent Relations	(619) 260-4808
Public Safety	(619) 260-7777
Residential Life and Housing	(619) 260-4777
Student Health Center	(619) 260-4595
United Front Multicultural Center	(619) 260-2395
University Ministry	(619) 260-4735
Women’s Center	(619) 260-2396





**STUDENT WELLNESS**

Serra Hall, Room 300  
5998 Alcalá Park  
San Diego, CA 92110-2492  
(619) 260-4655  
[www.sandiego.edu/wellness](http://www.sandiego.edu/wellness)

**OFFICE OF STUDENT AFFAIRS**

Hahn University Center, Room 232  
5998 Alcalá Park  
San Diego, CA 92110-2492  
(619) 260-4588  
[www.sandiego.edu/conduct](http://www.sandiego.edu/conduct)