



GUIDE 1 OFF-CAMPUS LIVING



Presented by the USD Committee on Health and Wellness Initiatives Alcohol Policy Task Force

GUIDE FOR OFF-CAMPUS LIVING

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Welcome to the Neighborhood

As a University of San Diego student, you are a member of a vibrant and compassionate learning community. By making the choice to live off campus, you are joining another community that extends beyond the University of San Diego. As a result, you have certain rights and responsibilities. The residential communities throughout the San Diego area strive to maintain a quality of life that recognizes and respects all community residents. Success in achieving this objective requires commitment from everyone.

Always remember that as a student of the University of San Diego, your actions reflect the university's mission and values. Therefore, whether you are on campus or off campus, you are expected to follow the university's Student Code of Rights and Responsibilities, which can be found online at www.sandiego.edu/archways.

The students, staff, faculty and administrators who are members of the Committee on Health and Wellness Initiatives Alcohol Task Force created this guide for you. We hope you will find the information helpful in making safe and important decisions related to off-campus living. We welcome your questions and comments, so please feel free to contact us at (619) 260-4618, or e-mail us at chwp@sandiego.edu.

Living on Campus

Things to Consider

- If you live on campus, you can walk to classes, libraries, computer labs, dining areas and friends' rooms. You don't have to waste time and money driving to school and finding a parking space.
- Living on campus allows you to meet more students and establish more friendships than perhaps you would if you live off campus. Living in a residence hall means that there always will be someone around with whom to study, chat or grab a bite to eat. You also will be well informed of campus activities and how to be involved in them.
- Living on campus eliminates the headache of paying multiple monthly bills.
- University of San Diego statistics show that students who live on campus have a higher GPA than those living off campus.
- When living in a residence hall, it may be difficult to find complete privacy.
- Most residence hall rooms are double occupancy and your personal space is limited.

Off-Campus Living: Where Do I Begin?

If you decide to live off campus, start by narrowing down the area and type of dwelling — a house, apartment, condo or room in a family's home — in which you would like to live. New students who plan to live off campus should plan to arrive in San Diego 15 to 30 days before the beginning of the semester to secure housing. By avoiding the rush, you will be more likely to find an ideal off-campus situation. Housing is available in San Diego year-round; however, the longer you wait the more likely it is that you may have to accept a place that does not perfectly suit you.

Consider a location's proximity to public transportation, laundry facilities, shopping and off-street parking. Bus routes and city transportation guides are available online through the San Diego Metropolitan Transit System. For schedules, go to www.sdcommute.com.

Local Resources

- USD Residential Life's list of off-campus housing: www.sandiego.edu/residentiaallife/offcampus/resources.php
- Roommate and other locator services: www.easyroommate.com
- Craigslist: www.craigslist.com
- Disability services: Call (619) 260-4655 to get details about the accessibility features of various San Diego apartment complexes.
- Friends or other off-campus students: Ask them about where to live and the pros and cons of their neighborhoods. If you find a place you like, ask the residents whom you see on the grounds or by the pool if they are happy with the environment, management and facilities.
- **San Diego Reader:** www.sdreader.com
- **San Diego Union-Tribune:** www.signonsandiego.com
- Crime Statistics: To check out neighborhood crime statistics, go to www.sandiego.gov/police/stats/index.shtml

Check Out The Security Features

- Are the doors equipped with deadbolts or shielded doorknob locks?
- Have the locks been re-keyed since the last tenant moved out?
- Can visitors be observed without opening the apartment door either through a door “peephole” or window?
- Are all first-floor, fire escape, or other accessible windows equipped with locks?
- Is lighting adequate at the building entry doors and along walkways?
- Are the outer doors kept locked at all times?
- Does the residence have a working smoke detector and at least two emergency escape routes?

For more information:

www.dca.ca.gov/publications/landlordbook/index.shtml

Create a Budget

The first month will be the most expensive.

Estimate your moving costs. Be sure to include the following when working on your budget for that first month:

- Rent (some landlords require first and last month's rent)
- Security deposit
- Cable hook-up and first month of service
- Electricity deposit
- Moving costs — truck rental, boxes and other supplies
- Furniture
- Telephone hook-up
- Internet
- Food and supplies
- Entertainment
- Tuition, fees, books and supplies
- Parking pass
- Car insurance and fuel
- Bus pass
- Renter's insurance
- Pet care
- Other bills

Utility and Cable Estimates

To estimate utilities for an apartment, contact the customer service departments of San Diego Gas & Electric and give them the address. They will be able to give you the average cost for the unit over a 12-month period, plus the lowest and highest bills. To estimate your costs or to activate your utilities once you've moved in contact:

- **San Diego Gas & Electric**
(800) 411-7343 or www.sdge.com
- **Cox Digital Cable** (Phone, Internet and cable TV)
(619) 262-1122 or www.cox.com/SanDiego
- **Time Warner Cable** (Phone, Internet and cable TV)
(800) 872-0204 or www.timewarnersandiego.com
- **Water Department**
(619) 515-3500 or www.sandiego.gov/water

Tips for Sharing Utility Bills

- Make sure all of your roommates' names are on all of the bills associated with your residence. Assign the person in charge of coordinating the bills to be the primary account holder.
- Save your billing statements.
- Make your payments on time. Be clear with your roommates about when bills are due. Mail your local bills at least three days before the printed due date in order to assure that your payment will be processed on time.

Roommate(s)

Make a Choice

- **What about living with a friend?** Friends can be awesome roommates as long as you really know them and are OK with how they live. However, almost all friends have annoying little habits and these habits will only be magnified once you move in together. Decide if living together is worth risking your friendship.
- **How about living with a stranger?** A stranger may be a great choice because it's an opportunity to make a new friend. If it doesn't work out, at least you didn't damage a long-term relationship. With a stranger, you must learn more about who they are before you move in together.
- **Do you have common interests?** Try to pick someone with whom you share at least one common interest.
- **Similar living habits?** Discuss your daily schedules and sleep patterns. In what kind of order do you expect to keep your home? Are you the neat and clean type or are you less concerned with your home's appearance? Do you like having guests over or do you enjoy time alone? What about party habits? Do you have similar ideas about what is acceptable and unacceptable behavior? These all are important issues that must be discussed to determine if there could be any potential conflicts.
- **Sensitivities?** Decide in advance if you or your roommate will have pets. Discuss any allergies either of you might have.

Set Rules

When you've found your roommate, establish house rules to help maintain a good relationship.

- Decide when or how many friends to have over
- Schedule study time
- Decide if you can borrow each other's belongings
- Delegate cleaning chores
- Sign a roommate agreement

A roommate agreement may help avoid conflicts. The agreement may include:

- Rent: Who pays it? How much?
- Utilities: Electric, gas, water, cable, telephone, Internet. Who is responsible for what?
- Parking: Who gets to park where? Can a parking schedule be made?
- Cleaning: How often? Who is responsible?
- Food: Cook for each other? Share groceries? Clean up?
- Noise: Music volume?
- Privacy: Knock before entering?
- Damage: Who pays? What about damage from guests?

- Smoking: Is it allowed? If so, where?
- Visitors and parties: When? How often?
- Pets: Are they allowed? Who is responsible for them?

Communicate

Maintain a good relationship by communicating openly. Deal with problems immediately.

Be Considerate and Respectful

Treat others as you would want to be treated. Ask your roommate how you can help; taking an assignment to campus may be helpful. If you are nice to your roommate, hopefully your roommate will reciprocate someday. You will not always agree with your roommate, but be sure to give him or her the respect they deserve. Remember that your roommate may not agree with everything that you do, either.

Safety Tips

Make Your Home Appear Occupied at All Times

- Set at least one interior light on a timer to turn on at night when you are not at home.
- Never leave notes indicating that you are not home.
- Leave a radio or TV on while you are gone.
- Invest in dusk-to-dawn lights for the exterior.
- Stop mail and newspaper deliveries when you will be out of town.
- Never leave a message on your answering machine that says you aren't at home.

Protect Valuables

- Keep your personal property secure.
- Keep valuables such as money, wallets, jewelry and purses out of view.
- Do not leave valuables unattended in common areas such as laundry rooms and lounges.

If Serious Issues Arise

- Contact the USD Legal Clinic for advice (619) 260-7470.
- Contact California's Consumer Affairs Office at www.dca.ca.gov.
- For serious problems, seek mediation. If a roommate physically threatens or assaults you, steals your belongings or otherwise breaks the law, call 911 or USD Public Safety at (619) 260-2222.
- Inform your landlord about issues regarding the residence.

- Engrave property such as computers, stereos and other electronic equipment. This would aid in the recovery of your property if it is stolen.
- Check smoke detectors twice a month to make sure they are working properly.

Never Open Your Door to Anyone Until the Person has Identified Himself or Herself

- If it is a repairman, call the company to verify his position before opening the door. Never leave the repairman alone, even for a few minutes.
- Do not let strangers into your house to use the phone. Make the call for them.
- Do not place hidden keys outside your door (burglars know ALL of the hiding places).
- Do not attach a name or driver's license to a key chain.
- Be careful when you lend or give someone your keys.

- Remember to lock up every time you leave your home.
- Do not panic if your apartment has been entered! Leave right away in case the intruder is still inside, and call the police and property owner. Do not touch or move anything until the police have arrived.

Bicycles

- Get a good bike lock (D or U locks or combination locks are best, or ask for a recommendation at a bike shop).
- Lock your bike to something secure, such as a bike rack or lamppost, which cannot be removed.
- Lock up removable parts such as wheels or take smaller parts such as light fittings with you.

Cars

- Keep them locked and use a security device.

Safety Tips

Walking Alone

- If you often walk home in the dark, get a personal attack alarm.
- Do not take short cuts through dark alleys or parks. Walk facing the traffic so a car cannot pull up behind you unnoticed.
- Carry your bag close to you with the clasp facing inward. Carry your house keys in your pocket. If someone grabs your bag, let it go. If you try to hold onto it, you could get hurt.
- If you think someone is following you, check by crossing the street to see if the person follows. If you are still worried, get to the nearest place where there are other people — a restaurant, store or anywhere with a lot of lights — and call the police.
- If you jog or cycle regularly, try to vary your route and time. Stick to well-lit, paved roads. If you use an iPod, remember that you cannot hear traffic or someone approaching you from behind.


- If a car stops and you are threatened, scream and shout, and set off your personal attack alarm if you have one. Get away as quickly as you can. If you can, make a mental note of the number and description of the car.
- Don't hitchhike or take rides from strangers.
- Self-defense and safety awareness classes may help you feel more secure <http://www.sandiego.edu/safety/RAD.php>.

Public Transportation

- Try to stay away from isolated bus stops, especially after dark.
- Sit near the driver, especially on an empty bus.

When Going Out

- Ensure that someone knows where you are going, who you are with and when you will return.
- Socialize with trustworthy friends.

- 
- Designate a sober driver whose decisions you trust, and who can watch over their friends.
 - Look out for one another, stay together AND leave together.

Be a Good Tenant and a Good Neighbor

- Pay rent and any utilities as agreed.
- Comply with all county, city and state regulations.
- Keep the rental unit clean and sanitary.
- Properly dispose of all waste.
- Properly operate plumbing, electrical and heating systems.
- Do not engage in, or allow, any illegal activity.

Get to Know Your Neighbors

- After moving in, introduce yourself and exchange numbers.
- Build a relationship to make future problems easier.
- If you are having an event that could be disruptive, let them know ahead of time.
- Respect local codes and ordinances that were developed to protect your rights and your neighbors' rights.
- Respect your neighbors. Mutual respect is important for the entire community.
- Be a quiet neighbor. Noise is the source of most complaints.
- Be responsible for your guests.
- Be responsible for your pets. Don't forget about the leash law. For more information, go to www.sdhumane.org.



“Party bus” night club events marketed toward USD students are not sanctioned or affiliated with the university and create risky situations for students and the neighborhood communities. As a member of our community make responsible choices about participation in these events and remember to respect San Diego noise ordinances.

Remember the San Diego beach ban. Be responsible and know the law. <http://www.sandiego.gov/cityattorney/beachban.shtml>

Weekend Life

San Diego A-Z

- A – Apple picking in Julian
- B – Bowling at Clairemont Bowl
- C – Cheer on the Toreros!
- D – Dancing (downtown or Pacific Beach)
- E – Elevator to the top of the Manchester Hyatt
- F – Finals Feeding Frenzy at USD
- G – Goal! USD soccer scores!
- H – Horton Plaza, the Haunted Trolley Tour and Hillcrest
- I – Ice skating at UTC in La Jolla
- J – Jewel of Coronado – the Hotel Del
- K – Kites aloft at Mission Bay
- L – La Jolla Cove seals lounging on the sand
- M – Movie tickets at a discount through the UC Box Office
- N – Nighttime kayaking with one of USD's outdoor trips
- O – Old Globe Theatre's Broadway-bound productions
- P – Padres baseball at Petco Park
- Q – Quietude on campus in Founders Chapel
- R – Rose Canyon hiking
- S – Surfing the legendary spots: Swamis, LJ Shores and Tourmaline
- T – Take the trolley anywhere, explore!
- U – University Ministry retreats
- V – Violins sing at the San Diego Symphony
- W – Weekend programming at Aromas
- X – Xperience the xtreme sports of skateboarding and snowboarding
- Y – Yoga at one of San Diego's many studios
- Z – Zoo like no other: the world famous San Diego Zoo

For local event listings visit www.signonsandiego.com

Safe Party Planning

Don't Get CAPPed

In an effort to curb noise complaints and encourage party-givers to have safe and responsible parties, the San Diego Police Department implemented the Community Assisted Party Program (CAPP). Loud parties can get your house CAPPed, which could mean you would not be allowed to have parties for one year. Your house can be CAPPed for a variety of reasons including: excessive noise, littering, public drunkenness, underage drinking, illegal parking and increased traffic.

The San Diego city ordinance defines an unruly gathering as “a gathering of five or more persons on any private property (including property used to conduct business), in a manner which causes a disturbance of the quiet enjoyment of private or public property by any person or persons.” Disturbances include, but are not limited to:

- Excessive noise or traffic
- Obstruction of public streets by crowds or vehicles

- Drinking in public
- Consumption of alcohol by minors
- Fighting
- Disturbing the peace
- Littering

For more information, contact the San Diego Police Department at (619) 531-2000.

Be a Courteous Neighbor and a Responsible Host

- Keep guest lists and noise to a minimum.
- Know your guests: It is illegal to provide alcohol to anyone underage.
- Respect your neighbors' property and inform your guests that you expect them to do the same.
- Alert law enforcement if there are early signs that a party is getting out of control.
- Schedule a post-party cleanup for the next day.

Check out www.sandiego.gov for more information about other alcohol policies, the city's no smoking ordinance (43.1001-43.1010) and the social host ordinance (56.60-56.63).

If alcohol is being served:

- Ensure that all guests have a designated driver or a designated cab. College Cab is available at (619) 291-3333.
- Have a car key check stand.
- Take steps to ensure that guests under the age of 21 do not have access to alcohol.
- Serve high protein low-salt food and a variety of non-alcoholic drinks throughout the night.
- Avoid drinking games.
- Allow guests to spend the night if necessary.
- If a neighbor calls with a complaint while your party is in progress, resolve the issue promptly.

Note: Prior notification to neighbors about a party will not excuse a homeowner or tenant from receiving a CAPP if that party violates the Unruly Gathering Ordinance.

What to Do if You're Over 21 and Plan to Drink

Identify Your Goals

If you choose to drink and are of legal age, you may want to explore new ways of reducing the risk of harm to yourself or others. First, consider what your goals are if you choose to drink.

I plan to...

- have fun with my friends.
- meet new people.
- be more outgoing.
- remember what I did.

I do not plan to...

- throw up.
- black out.
- be hung-over.
- get arrested.
- embarrass myself.
- get in a fight.
- be taken advantage of.

Under 21: Drinking Isn't Worth the Risk

- Fake IDs: If you get caught, the penalty is a \$250 fine and/or 24 to 32 hours of community service and/or six months in county jail, plus a one-year suspension of your driver's license.
- Attempting to purchase alcohol: A maximum \$100 fine and/or 24 to 32 hours of community service and one-year suspension of your driver's license.
- Caught in possession of alcohol: A \$250 fine and 24 to 32 hours of community service, plus a one-year suspension of your driver's license.
- Purchase of alcohol: A \$250 fine and/or 24 to 30 hours of community service, plus a one-year suspension of your driver's license.
- Zero Tolerance Law: If you are under 21 and have even a sip of alcohol and are caught driving, you will get a one- to three-year suspension of your driver's license.
- Refusal to submit to a blood alcohol test: This is considered an admission of guilt to driving under the influence of alcohol.

Note: If the University of San Diego is notified of any of these violations, the USD Code of Conduct is enforced.

As a member of the USD community you are held to the Student Code of Rights and Responsibilities at all times.
<http://www.sandiego.edu/discipline/rules.php>

Beware: Risky Combinations

- Alcohol and stress
- Alcohol and breakups
- Alcohol and anger
- Alcohol and sex
- Alcohol and operating a motor vehicle
- Alcohol and skateboarding
- Alcohol and biking
- Alcohol and swimming
- Alcohol and boating
- Alcohol and other drugs (including prescription drugs)

If You Choose to Drink, Set a Safe Limit

- It is best to have three or less drinks.
- Avoid pre-partying.
- Avoid going to a bar after midnight.
- The risk of alcohol poisoning increases when a person rapidly drinks either shots or mixed drinks.
- Plan ahead and set a reasonable drink limit.
- Eat a full meal before you drink.
- Understand how alcohol affects men and women differently. Women will have a higher concentration of alcohol in their blood than men who weigh the same and have had the same number of drinks.
- Avoid drinking games.
- Use a designated driver or get a cab ride home. Don't drink and drive! Call College Cab at (619)291-3333.
- Alcohol intensifies one's mood. Avoid drinking if you feel angry or depressed.

What's a Standard Drink?



Beer
12 oz.



Wine
5 oz.



**Hard
Liquor**
1.5 oz.

Tips for cutting down:

- Keep track of how much you drink. Know the standard drink sizes so that you can count your drinks accurately.
- Pace and Space: drink no more than 1 drink per hour and alternate with non-alcoholic drinks.
- Know and avoid your triggers—if certain activities or feelings trigger your urge to drink, plan on doing something else like going to a movie, taking a walk, or playing basketball.

How to tell if a friend is overly intoxicated

- Unable to stand or walk without help
- Vomiting related to drug or alcohol ingestion
- Panic
- Trouble breathing
- Convulsions
- Disorientation or unresponsiveness
- Bluish, cold or clammy skin
- Injury plus intoxication

Note: If a person shows any of these signs, do not procrastinate call 911 immediately for help.

How to Care for a Person While Waiting for Emergency Response

- Find out what and how much the person ingested.
- Reduce stimuli, create a quiet, safe place; try to keep the person calm and conscious.
- Check airway for breathing.
- Initiate CPR if you are qualified.

USD's College Cab: Your Safe Ride Home

If you find yourself stranded, want to leave an uncomfortable situation or are unable to drive for any reason, you have a guaranteed safe ride home—ride 24 hours a day, seven days a week—with USD College Cab.

Simply call (619) 291-3333 and a cab will be on its way. Cab charges are billed to USD and students have two weeks to pay \$10 of the fare or the full amount will be billed to their student account.

You always have a choice. Consider these safe party strategies:

- ☐ Choose not to drink.
- ☐ Limit the amount you drink.
- ☐ Limit the time you hang out with friends who drink more often than you.
- ☐ Choose not to attend social events where heavy drinking will occur.
- ☐ Choose to drink less and/or refuse drinks.
- ☐ Find ways to have fun in social situations without alcohol.
- ☐ Identify healthy alternatives to reduce stress.
- ☐ Discuss risk reduction goals with friends, boyfriend or girlfriend.
- ☐ NEVER accept a drink from someone you don't know.
- ☐ NEVER leave your drink unattended. ALWAYS discard unattended drinks.

Stay Connected to USD

**The University of San Diego offers many ways for you to be active and involved.
Go to www.sandiego.edu for updates and links to:**

- Associated Students
- Clubs and organizations
- Intramurals and sports clubs
- Athletic events
- Community Service-Learning
- University Ministry
- Experiential Learning & Adventure Center
- Peer advising
- On-campus employment
- Peer Education (Center for Health and Wellness Promotion)
- United Front Multicultural Center
- Preceptorial program
- Torero Squad
- On-campus presentations, performances, panels and symposia
- Greek Life
- Tutoring
- Research
- Residence Hall Association (RHA)
- Women's Center
- International Programs
- USD Ambassador program
- USD tour guides
- JCP Fitness Center/
Mission Fitness Center

Important USD Campus Phone Numbers:

USD Campus Phone Numbers

Academic Support	(619) 260-5995	Financial Aid	(619) 260-4514
Athletics	(619) 260-4803	Health Center	(619) 260-4595
Bill Payment	(619) 260-4561	Mission Crossroads	(619) 260-4625
Book and Supply Purchases	(619) 260-4551	Mission Fitness	(619) 260-7488
Campus Card Services	(619) 260-5999	Parent Relations	(619) 260-4808
Center for Health and Wellness Promotion	(619) 260-4618	Public Safety (non-emergency)	(619) 260-7777
Counseling Services	(619) 260-4655	Residential Life	(619) 260-4777
Course Scheduling	(619) 260-4557	Student Life	(619) 260-4588
Disability Services	(619) 260-4655	University Ministry	(619) 260-4251
Emergency	(619) 260-2222	USD Legal Clinic	(619) 260-7470

Community Resources

Emergencies	911
San Diego Non-Emergency	(619) 531-2000
Sharp Memorial Hospital, 7901 Frost St.	(858) 939-3400
Mercy Hospital, 4077 Fifth Ave.	(619) 294-8111
UCSD Medical Center, 200 Arbor Drive	(619) 543-6222

Transportation

College CAB	(619) 291-3333
San Diego International Airport	(619) 400-2404
Montgomery Field	(858) 573-1440
Amtrak	(800) USA-RAIL
Coaster Commuter Train	(800) COASTER

San Diego Transit Information	http://www.sdcommute.com
Cloud 9 Shuttle	http://www.cloud9shuttle.com
Luxury Transportation Inc.	(858) 693-3377
San Diego Trolley	(619) 595-4949

Visitor Services

San Diego Convention & Visitors Bureau	(619) 232-3101
International Visitors Council	(619) 291-8105
San Diego Convention Center	(619) 525-5000
Travelers Aid Society	(619) 295-8393
Visitor Information Center	(619) 276-8200



