Safe Living: New Student Orientation

Presented By:

University Counseling Center
Judicial Affairs
Women's Center for Education & Service
University Housing
University Health Center

Texas A&M University-Corpus Christi
Here Today:

- Ms. Angela Walker, Assistant Dean of Students
- Dr. Amanda Drum, University Housing Director
- Dr. Carla Berkich, University Counseling Center Director
- Ms. Deanna Mazzocco, University Health Center Director
- Lt. Melissa Wright, University Police Department
- Ms. Rhonda Wilson Williamson, Women’s Center Director
Did You Know?

Bacterial Meningitis can cause death in as little as 24 hours.
Student Health Insurance

70% of college students have no medical insurance.
Student Health Insurance

www.tamuinsurance.com
Recommendations to Stay Healthy

- Bring a First Aid kit
- Wash your hands!
- Update your contact information
  - ICE
  - SAIL
Did You Know You Can...

Keep your vaccinations current.
Wash Your Hands.
Did You Know?

It can take as long as 14 hours to get from Corpus Christi to San Antonio during an evacuation.
Have A Plan!

Know **where** you are going

Know **how** you will get there

**Communicate** with home
Have A Plan!

University Assisted Evacuation

When can I return?

www.tamu.cc.edu

http://www.tamu.cc.edu/hurricane/HURRICAN.HTM
Did You Know You Can...

Keep all personal contact information in SAISL up to date.

Use your Islander email account.
Did You Know?

Identity theft is the fastest growing crime in America with half a million new victims each year.
What’s needed to commit this crime?

- Social Security Number
- Date of Birth
- Other identifying info such as address & phone number
- To learn more visit: www.idtheft.gov.
Did You Know You Can...

• LEARN your Banner ID and Use it in place of your SSN.
Did You Know?

There are 70 million active Facebook users and 230 million MySpace accounts with an average of 230,000 new accounts created every day.
MySpace & Facebook Safety

- Don't forget that social networking sites are public spaces.
- Be mindful of how much you inform people about yourself.
- Don't post anything that would embarrass you later (or now).
Did You Know You Can...

Remember: WWW means the World Will Watch!
Did You Know?

1 in 12 women and 1 in 45 men will be stalked in their lifetime.
Stalking Is:

- A Crime based on control, threats, and fear
- A stalker can be:
  - A stranger
  - A friend/acquaintance
  - A former intimate partner
- Stalker’s behavior is grounded in obsessive love or hate
- Stalkers will follow and contact the victim after being told not to
If you are being stalked:

- Notify the police immediately
- Keep a diary
- Record Telephone Conversations
- Get a Protective Order
- Keep all correspondence
- Tell everyone
Did You Know You Can Protect Yourself...

- Stay Alert
- Change your routine
- Use buddy system
- Change phone number
- Develop a Personal Safety Plan
- Do not dismiss any threats
Calling for Help

Code Blue Phones

Classroom Emergency Phones
1 in 4 college aged women are victims of rape, or attempted rape.
Rape on College Campuses

85% of rapes on campus are acquaintance rapes
What is Sexual Assault?

- Sexual assault is ANY sexual act committed without the victim's consent.

- **REMEMBER** – Alcohol renders you unable to give or receive consent to sexual activity.
Rape on College Campuses

- 42% of college women who are raped tell no one about their assault
Reporting Procedures:

- Off Campus – Contact local law enforcement
- On Campus – Contact University Police
- On Campus Resources can assist in reporting
Did You Know We're Here To Help You

UPD - 361-825-4444
Student Affairs - 361-825-2612
Women's Center - 361-825-2792
Univ. Counseling Center - 361-825-2703
Sexual Assault Hotline: 361-881-8454
Depression among college students is increasing on campuses nationwide.
Did You know?

Nearly half of all college students have felt so depressed they couldn’t function at least once during the school year.
Signs of Depression

- Feelings of hopelessness or being trapped
- Withdrawal from friends and family
- No appetite or increased appetite
- No interest in activities
- Insomnia or increased sleeping
- Anxiety and agitation
- Feeling tired or rundown
- Difficulty concentrating, remembering or making decisions
- Sense that life has no purpose
- Feelings of worthlessness or guilt
- Depressed mood
- Increased alcohol or drug use
- Recurrent thoughts of death or suicide
Did You Know?

Suicide is the second leading cause of death among college students.
Did You Know?

Depression can be treated.
Suicide can be prevented.
Know when to ask for help

Know where to get help.
We are here to help

University Counseling Center
Texas A&M University-Corpus Christi
Phone: 361-825-2703
www.counseling.tamucc.edu
Did You Know?

94% THINK the average Islander drinks once a week or more.

• However, Only 20% of Islanders do.
- 1997 - LSU student dies of acute alcohol poisoning
- 1998 – A Rutgers University student, Michigan University Student & Stanford University Student die within 1 week from alcohol related falls.
- 2004 - New Mexico State University student dies of alcohol poisoning.
- 19 year old freshmen at Arizona State University dies of accidental acute alcohol intoxication.
2008

75 students at San Diego State arrested as the result of an extensive undercover drug operation.
Alcohol & Drug Use Leads to:

- Lower GPAs
- Life-compromising situations
- Life-changing events that:
  - Rob you of your dreams
  - Rob you of your life
Alcohol Destroys Futures

- Alcohol is involved in 40% of all college academic problems and in 28% of college dropouts.

- At every college, the heaviest drinkers make the lowest grades.
Date Rape Drugs

- Heard of these?
  - G, Georgia Home Boys, Grevious Bodily Harm, Liquid Ecstasy, Cat Valium, Special K, Vitamin K, Forget-me pill, Roofies, Ruffies

- For More Information, visit: www.RAINN.org
Did You Know You Can...

Watch Your Drink.
Choose not to drink alcohol.
COMMUNICATE

Parents
Students
University…

We all need to work together
Did You Know?

The Secret to Success is:

- Have a plan
- Choose to be healthy
- Update your personal information
- Take care of yourself
- Ask for help when needed
- Be responsible and stay informed