



PARENT, FAMILY *and* SUPPORTER HANDBOOK

Office of First-Year Experience

2019–20

LETTER FROM THE DIRECTOR OF FIRST-YEAR EXPERIENCE

Dear Susquehanna
Parents, Families and Supporters,

On behalf of Susquehanna University, I welcome you and your family to the SU community! Your student is attending one of the finest institutions of liberal arts higher education in the country. The whole university has been busy preparing for your River Hawk's arrival.

Throughout their time at Susquehanna, your student will experience significant growth intellectually, developmentally and interpersonally. The faculty, staff and administration at SU aim to challenge and support your student during this time through coursework, global experiences, and opportunities for involvement and leadership. As parents and supporters, you are influential partners in your student's educational journey. We hope the information in this handbook provides helpful information and advice as you coach your young adult through this exciting college experience.

We look forward to seeing you again on Move-in Day (Aug. 29) and Family Weekend (Oct. 4–6).

Once again, welcome to Susquehanna!

Sincerely,
Samantha R. Proffitt, M.Ed.
Director of First-Year Experience

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HELPFUL PHONE NUMBERS

University Switchboard (570) 374-0101

(570) 372-xxxx

Admission	4260
Athletics	4270
Blough-Weis Library	4317
Bookstore	4232
Career Development Center	4146
Center for Academic Achievement	4412
Center for Diversity and Inclusion	4302
Chaplain's Office	4303
Counseling Center	4751
Dining Services	4282
Disability Services	4412
Global Opportunities Program	4697
Information Technology	4502
Johnson Center for Civic Engagement	4066
Mailing Services – Student Mail Center	4231
Office of First-Year Experience	4753
Office of Leadership & Engagement	4225
Public Safety	4444
Registrar	4109
Residence Life	4133
School of Arts & Sciences	4268
Sigmund Weis School of Business	4454
Student Financial Services	4450
Student Health Center	4385
Student Life	4134
Violence Intervention and Prevention Center	4063

2019–20 ACADEMIC CALENDAR

FALL 2019

- » **Aug. 29, Thursday**
Move-in Day
- » **Aug. 29–Sept. 1, Fri.–Sun.**
Fall Orientation
- » **Sept. 1, Monday**
Classes begin
- » **Sept. 6, Friday**
Course Drop/Add deadline
- » **Sept. 11, Wednesday**
Regular withdrawal deadline for first 7-week courses (new first-year students only)
- » **Sept. 20, Friday**
Regular withdrawal deadline for 14-week courses
- » **Oct. 4, Friday**
Late withdrawal deadline for first 7-week courses
- » **Oct. 11, Friday**
Extended withdrawal deadline for 14-week courses (new first-year students only)
- » **Oct. 19–22, Sat.–Tues.**
Midterm Break
- » **Nov. 1, Friday**
Regular withdrawal deadline for second 7-week courses (new first-year students only)
- » **Nov. 4–12, Mon.–Tues.**
2020 Spring Semester Registration
- » **Nov. 27–Dec. 1, Weds.–Sun.**
Thanksgiving Holiday
- » **Dec. 13, Friday**
Last Day of Classes
- » **Dec. 14–15, Sat.–Sun.**
Reading Days
- » **Dec. 16–19, Mon.–Thurs.**
Final Examinations

SPRING 2020 (PROVISIONAL)

- » **Jan. 20, Monday**
Classes begin
- » **Jan. 24, Friday**
Course Drop/Add deadline
- » **Jan. 29, Wednesday**
Regular withdrawal deadline for first 7-week courses
- » **Feb. 7, Friday**
Regular withdrawal deadline for 14-week courses
- » **Feb. 21, Friday**
Late withdrawal deadline for first 7-week courses
- » **March 7–15, Sat.–Sun.**
Spring Break
- » **March 25, Wednesday**
Regular withdrawal deadline for second 7-week courses
- » **March 27–April 6, Fri.–Mon.**
2020 Fall Semester Registration
- » **April 3, Friday**
Late withdrawal deadline for 14-week courses
- » **May 1, Friday**
Last Day of Classes
- » **May 2–3, Sat.–Sun.**
Reading Days
- » **May 4–7, Mon.–Thurs.**
Final Examinations
- » **May 13, Wednesday**
Commencement

Comprehensive calendar online at
www.susqu.edu/academic-calendar.

SUSQUEHANNA FACTS & TRADITIONS

QUICK HISTORY

- » Founded in 1858 (like the address, 1858 Weber Way)
- » Our name officially became Susquehanna University in 1895
- » We adopted the colors of orange and maroon in 1903
- » Amos Alonzo Stagg Sr., the “grand old man of football,” for whom the Division III football championship game is named, coached here with his son from 1947–1952

FUN FACTS

- » In 2018, we installed a 14-acre solar array providing 30% of our electricity, the largest university-sponsored array in PA. We also became the first PA university to be named a Bee Campus USA affiliate.
- » In 2018 we were ranked the 16th most popular study abroad program by the Princeton Review
- » Snoop Dogg, The Doors, All Time Low, and Nick Jonas have performed on campus (not simultaneously!)
- » WQSU 88.9 The Pulse is our award-winning radio station, and the most powerful student-run college radio station in Pennsylvania
- » Two alumni have recently won Emmys, for NBC’s “The Voice” and Showtime’s “All Access”

(SOME) TRADITIONS

THANKSGIVING DINNER

A more formal event here on campus, students dress up and go to dinner in Evert Dining Room, where faculty and staff members serve turkey with all the fixings! Whether your server is a professor, a career advisor, or the provost, everyone has a good time and great food.

CANDLELIGHT SERVICE

Since 1966, this is one of Susquehanna's most cherished annual traditions. Students, faculty, staff and community members gather in Weber Chapel to celebrate the season. The university chaplain presides, assisted by the university president and accompanied by numerous student musical ensembles.

SPRING WEEKEND

The Student Activities Committee (SAC) provides multiple carnival rides, carnival games with prizes, and, of course, carnival food! The first few hundred people receive a free t-shirt, and there is a party at TRAX that night as well.

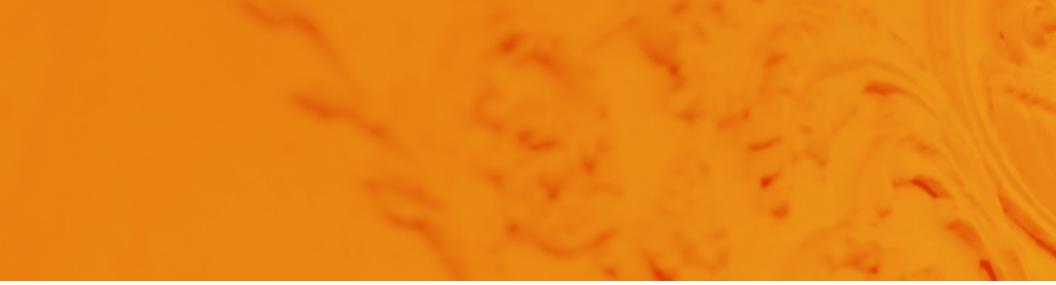
SU SERVE

A monthlong event in the spring, sponsored by the Johnson Center for Civic Engagement, SU SERVE encourages alumni, current students, faculty and staff to participate in community service. In past years, we have completed more than 25,000 hours of service with more than 750 organizations.

ORANGE & MAROON DAY

A more recent tradition, May 1 is officially Orange & Maroon Day! Everyone breaks out the school colors to show some spirit, be it a hat, spring scarf, shirt, shorts, socks or all of the above!





PARENT, FAMILY & SUPPORTER PHILOSOPHY

The purpose of this policy is to clarify the circumstances and procedures under which the university may notify parents, families and supporters regarding information about a student without the consent of the student.

UNIVERSITY PHILOSOPHY REGARDING THE ROLE OF PARENTS, FAMILIES AND SUPPORTERS AND THEIR STUDENT'S EDUCATION

Susquehanna University believes parents and supporters should have a role in their student's education. For this reason, we believe it is appropriate to partner with parents and supporters so that together we can help students become independent thinkers and decision-makers.

Of course, our primary relationship is with students. We prepare them for successful lives after graduation, guide them toward good decisions and help them learn from the outcomes of those decisions. We expect students to take primary responsibility for their education: they are accountable for fulfilling their academic requirements, meeting their financial obligations and adhering to the university's expectations for appropriate conduct.

PARENTAL NOTIFICATION POLICY

Because parents and other family members know their students well, they can play an important role in supporting and advising students during these critical years. Parents and supporters can encourage and support students' development by discussing with them their needs, helping them become self-advocates and directing them toward appropriate resources.



Over the course of students' undergraduate years, parents and supporters develop valuable insights about the Susquehanna experience. We encourage them to share their comments, questions and opinions with us. To help keep parents informed, we will use a variety of university publications, online communities and our website to communicate about university developments, policies and expectations.

Together, we can support the learning and success of our students.

For more information on when parental notification may occur, visit www.susqu.edu/parent-notification.

FEDERAL LAW REGARDING DISCLOSURE OF EDUCATIONAL RECORDS

The right of access to information in a student's educational record is governed by the Family Educational Rights and Privacy Act (FERPA). The right of access to other information, such as medical or counseling records, is governed by applicable state or federal law. As a general rule, students attending a college or university, regardless of age, have the right under FERPA to control disclosure of information from their educational records. Under FERPA, students must give a signed consent for the release of confidential educational records (e.g. course schedule, grades, GPA, etc.) except under specific exceptions (e.g. requests from federal or state authorities). Directory information (e.g. student's name, academic program, class year) may be disclosed without the student's prior consent. A student may request that any of this information not be released by writing to the Office of the Registrar or Vice President for Student Life.

PUBLIC SAFETY & EMERGENCY PROCEDURES

Your student's safety and security are paramount at Susquehanna. The Department of Public Safety serves the campus community 24 hours a day, seven days a week. In addition to safety & security, emergency preparedness and investigations, the public safety department is involved in proactive efforts in building trust and open communication with our campus community.

EMERGENCY ALERT SYSTEM

Susquehanna has an emergency text alerting system for our campus community. Students, faculty and staff are automatically enrolled in this system to receive texts and emails in the event of a campus emergency. Our campus community will receive text messages or email within seconds. Students should verify current information in Regroup and add parent and supporter contact information in July (<https://regroup.com/signup>). Students will need to enter a current SU ID and password to log in. Once logged in, the student profile is located on the top menu bar at the far right.

TO ADD PARENTS AND FAMILY TO THE EMERGENCY ALERT SYSTEM:

1. Click on My Profile
2. Click on Add New Phone Number and/or Add Another Email Address
3. Enter the required information and check the box for "TEXT" and "I ALLOW REGROUP TO SEND ME VOICE & TEXT MESSAGES"
4. Click on Save at the bottom of the screen.

These services and tools, along with additional information about emergency procedures, can be found at www.susqu.edu/safety.

EMERGENCY CONTACT INFORMATION

To make sure that all contact information is up-to-date, especially for rare emergency situations, we encourage you to advise your student to update their Emergency Contact Information on their mySU account, under the Current Student tab. By selecting Student Information, then Emergency Contact Info Update, your River Hawk can ensure that all information is accurate and updated.



RESOURCES FOR PARENTS, FAMILIES & SUPPORTERS OF FIRST-YEAR STUDENTS

*Adapted from Navigating the First College Year: A Guide for Parents
by Richard Mullendore and Leslie Banahan*

FIRST-YEAR CHALLENGES

COLLEGE PARENTS AND SUPPORTERS CAN HELP FIRST-YEAR STUDENTS OVERCOME CHALLENGES

As your college student heads off for the first year, you know there will be challenges ahead—both for your student and you. This is a year of transition for everyone. Your student will face challenges in many areas, and you may feel that you will be unable to help your student if you are not there in person.

It is common for students to face reasonable challenges throughout their college career. Therefore, we help students learn the skills they need to persevere when faced with a challenge.

Here are nine major areas in which many college students encounter challenges during their first-semester transition to college. Parents should consider how they can best help their student gain mastery and independence in these areas.

ACADEMIC CHALLENGES

While most students understand that college will be different and harder than high school, few realize exactly what those differences will be. Help your student look at course syllabi, talk to professors, and carefully consider the types of assignments and amount of coursework required. Some of the students who have the most academic difficulty are those who are taken off-guard by the academic differences.

SOCIAL CHALLENGES

Your student enters a new social world in college. They begin their college career with a clean slate and will need to recreate their social world. Making new friends, negotiating life with a roommate and gaining independence are challenging. Your student will likely feel social pressure to make friends, join groups, find forms of entertainment, and make decisions about alcohol, drugs, sex and other social activities. Helping your student anticipate the changes and decisions he or she will face will help in thinking carefully about what is important.

CHALLENGES OF RESPONSIBILITY

Students will be held accountable for their actions in college, and will likely be expected to be more responsible than they may have been in high school. Your student will be responsible for making decisions about studying, eating, socializing, finances, health and time management. It may be a new experience for your student to be held accountable and not be able to turn to you. Although you will still be an important source of support and advice, your student will need to assume ultimate responsibility for their decisions and actions.

CHALLENGES OF INDEPENDENCE

Entering college is an important and difficult step in independence. Your student may be living a long distance from home and may have difficulty adjusting to the many changes of being away. They will make decisions that you, as parents, will not know about. Managing money, health and day-to-day existence is up to your student. The more that you can do to support independence now, the sooner your student will become comfortable with it.

PHYSICAL CHALLENGES

College students face several physical challenges because their lifestyle changes so drastically. Your student may gain or lose weight due to a variety of factors such as stress, snacking or no longer playing sports. It is also likely that students' sleep schedules will

change drastically, which can impact their health. You can help your student through this by helping them understand the meal plan, the Health Center and other available resources on campus. Encourage your student to think about nutrition, to continue to exercise and try to keep a (fairly) set sleep schedule. Physical challenges are inevitable, but prepared students are better able to confront them.

TIME MANAGEMENT

One of the most important skills in college is time management. College students spend much less time in class, and are expected to do much more coursework outside of the classroom than when they were in high school. Coursework is often given in larger chunks rather than smaller daily assignments. Many students also have on-campus or off-campus jobs. Help your student think about how to keep track of obligations and assignments, how to break large assignments into manageable chunks, and how to say “no” to activities when studying or sleep is more important. Help your student find a good planner or calendar and use it to keep track of assignments, deadlines and appointments. Finally, make sure that your student knows there are resources such as the Center for Academic Achievement to help them practice these skills.

LIFE SKILLS

Many students who head off to college have not had to develop many general life skills prior to their first year away. Help your student understand how to use a credit card responsibly, how to do laundry, how to balance a checkbook, and how to budget and shop for food. Buy a good alarm clock. They will also need to share a space with another person, ask for help when they need it, and reach out to people they don’t know. These are all essential skills for college and beyond, which you can help your student develop both before and while they are at Susquehanna.

ACADEMIC SUPPORT

ASKING THE RIGHT QUESTIONS

College provides a new academic start for students. Students who breezed through high school may find themselves challenged for the first time, while students who found themselves labeled as poor students may find that the fresh start gives them new energy and passion for their studies.

Your student may worry about grades, feel overwhelmed by the amount and difficulty of the work, or generally feel discouraged. What can you do to help them through this?

First of all, listen! Let your student vent. Sometimes, that may be all that is necessary to relieve frustration. Second, ask some questions to help your student try to figure out what can be done to make things better.

12 QUESTIONS YOU MIGHT ASK

1. Have you talked to the professor about the problem?
2. How much time are you spending on your work outside of class?
3. Where are you studying?
4. When are you studying?
5. How are you managing your time?
6. How are you reading your material?
7. Have you considered getting help at the Center for Academic Achievement?
8. Have you considered forming a study group?
9. How are you doing at taking class notes?
10. Are you encountering a specific stumbling block?
11. What are your academic goals?
12. What do you plan to do now?



HELPING YOUR STUDENT FIND SUPPORT

As a college parent or supporter, you want to support your student in any way that you can. You talk on the phone, you send care packages, and you listen when they share, but there is a limit to what you can do. You will need to help your student find increasing independence and a sense of responsibility by encouraging the use of appropriate on-campus support systems.

HERE ARE SOME POSSIBLE SOURCES OF SUPPORT:

- » Professors
- » Your student's academic advisor
- » The Center for Academic Achievement (CAA)
- » Faculty Mentor
- » The Office of Disability Services
- » The library and research librarians
- » The Career Development Center
- » A resident assistant (RA)
- » The Center for Diversity and Inclusion
- » Counseling Services
- » Health Services
- » Religious and Spiritual Life
- » A friend
- » The Office of Leadership and Engagement

ENCOURAGING CAMPUS INVOLVEMENT

WHY YOU SHOULD ENCOURAGE YOUR COLLEGE STUDENT TO GET INVOLVED

Most students go to college to learn. Most know, or soon discover, that their academic work in college will be more rigorous than the work that they did in high school.

However, the college years are also about cocurricular learning, which happens outside of the classroom. Some students worry that getting involved in activities or organizations on campus will distract them from their academic pursuits rather than enhance their academics.

However, research suggests that students who are involved in cocurricular activities are more engaged in their college experience (Astin, 1995). Additionally, being involved in cocurricular activities allows students to develop essential skills that employers often seek in candidates such as leadership, communication, problem-solving and teamwork.

Your college student is learning to find their own path. However, as a college parent or supporter, you can encourage your student to take advantage of the many opportunities available on campus. Help your student think about the benefits of getting involved in groups and activities that Susquehanna offers.

HERE ARE A FEW THINGS TO CONSIDER:

- » Getting involved will give your student the opportunity to meet new people. College is about making new friends, understanding different perspectives and meeting people from different walks of life. Getting involved in campus activities gives your student the chance to meet a variety of people beyond those they encounter in residence halls or classes.
- » Susquehanna offers opportunities, often at little or no cost, that your student may not easily encounter again. Performers come to campus, discounted tickets are offered to performances and athletic events, and world-renowned speakers visit campus to give addresses or conduct workshops. Don't pass these up!
- » Your student will have the opportunity to feed a new interest, and may discover hidden talents or new passions.
- » Your student will have the opportunity to connect with Susquehanna in new and different ways. They may begin to feel more a part of either the college community or the wider community, and feel an increased a sense of loyalty and identity as a member of SU.
- » Your student may discover a new career path by participating in clubs or organizations that lead to new directions.
- » Being involved in some groups may be a résumé builder. Although this shouldn't be the primary reason for joining a group or participating in an activity, your student might take on a leadership role within a club, which is great to add to a résumé.
- » Getting involved in groups that share common interests or attending activities offered by the Office of Leadership & Engagement can be fun! It's as simple as that. Everyone needs a break to have some fun once in a while.

ADDITIONAL RESOURCES

Sending your River Hawk off to college evokes all sorts of emotions ranging from happiness to apprehension. Fortunately, there are several books and articles available that can help ease this transition.

WE HOPE YOU FIND THESE HELPFUL:

- » *Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years* by Helen E. Johnson & Christine Schelhas-Miller
- » *Navigating the First College Year: A Guide for Parents & Families* by Richard H. Mullendore & Leslie Banahan

IMPORTANT SU ACADEMIC GUIDELINES

Academic standards exist at every college and university. Many are common throughout higher education while others are specific to particular schools. Standards are both an indicator of general educational quality and a means by which an individual student's achievement and progress can be measured. Susquehanna's academic year is composed of 28 weeks of instructional time, and in each semester a full-time student must be enrolled in at least 12 semester hours of credit.

TO RECEIVE THE FULL BENEFIT OF A SUSQUEHANNA EDUCATION, EACH STUDENT HAS THESE BASIC RESPONSIBILITIES:

- » To attend class regularly (if a student misses the equivalent of two weeks of class in a 14-week course or one week of class in a seven-week course, the faculty member may remove the student from the course with a final grade of F),
- » To meet with their faculty advisor to build a strong working relationship,
- » To make steady progress toward graduation, and
- » To understand and follow university policies outlined in the Student Handbook, a link to which can be found on our website (www.susqu.edu/student-handbook)

For more information regarding advising and course selection, adding and dropping classes, course loads, grading and other policies, visit www.susqu.edu/catalog.

CENTER FOR ACADEMIC ACHIEVEMENT

The Center for Academic Achievement (CAA) supports students in developing skills that promote learning as they experience transitions throughout and beyond college. Our professional staff members address students' needs through intellectually engaging programming, academic workshops and individual meetings.

- » **ACADEMIC SUPPORT:** Professional CAA team members take a strengths-based, whole-person approach to address students' needs. Tutoring and model student programs focus on courses that fulfill Central Curriculum requirements: biology, chemistry, languages, math and writing.

- » **OFFICE OF DISABILITY SERVICES:** Students registered with DS may receive appropriate accommodations for academics, housing and dining. Temporary accommodations are provided as appropriate for certain injuries.
- » **STUDENTS OF CONCERN:** The CAA team can provide support to students in distress, who many need to reduce course loads or take some time away from the university.

To make an appointment, students may email caa@susqu.edu or call [\(570\) 372-4412](tel:(570)372-4412).

REGULAR HOURS ARE:

Monday–Friday 8:15 a.m.–4:30 p.m.

Closed from noon–1 p.m. for lunch

Drop-in hours available Monday–Thursday 2–4 p.m.
and Friday 10 a.m.–noon

OFFICE OF DISABILITY SERVICES

The Office of Disability Services, located within the Center for Academic Achievement, is committed to providing accommodations to students with disabilities to ensure equal access to all university programs and activities. Our Director of Disability Services works with your student to develop self-advocacy skills and provides support to help your student be successful at SU. Some of the services offered include academic accommodations, housing and dining accommodations, and access to assistive technology.

For more information on services and the process for obtaining accommodations, visit www.susqu.edu/academics/academic-resources/disability-services or contact the Director of Disability Services by emailing disabilityservices@susqu.edu or calling [\(570\) 372-4412](tel:(570)372-4412).

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CAREER DEVELOPMENT CENTER

From one-on-one advising to résumé and cover letter reviews, the Career Development Center offers a range of services from students' first year to their senior year.

OTHER SERVICES INCLUDE:

- » Career assessment inventories and major exploration advisement
- » Collaborative programs, Résumé Doctor events, workshops and mock interviews
- » Internship and job search assistance
- » On-campus recruiting, employment/internship fairs and employer info sessions
- » Sample graduate school entrance exams, preparation materials and bulletins
- » Networking events and alumni mentoring programs/events
- » Interview rooms for Skype and phone interviews
- » Online resources, including a job and internship search database
- » Break Through Career Treks (fall semester) and annual Break Through alumni networking conference (spring semester)
- » Fellowship advising for undergraduate and postgraduate fellowships and scholarships

For more information about internships, career planning, events and on-campus employment, visit www.susqu.edu/career and our mySU page.

To make an appointment, students may call **(570) 372-4146**.

REGULAR HOURS ARE:

Monday-Friday 8:15 a.m.-4:30 p.m.

Quick Question drop-in hours available

Monday-Friday 2-4 p.m.





WELLNESS

DINING SERVICES

All first-year students living on campus will have a meal plan, and commuter students may opt into a meal plan as well. There are a variety of places on campus where the meal plan applies, which your River Hawk will learn to navigate in their first weeks and months at Susquehanna. Students living on campus may either sign up for 10, 14, 21 or 35 meals a week, all of which are supplemented by varying levels of Flex (money that can be used at all dining locations on campus). Commuter students may choose to have 5 or 7 meals a week (supplemented by Flex), or 75 meals for the semester (also supplemented by Flex).

Your student may also need to take into consideration their dietary restrictions. Evert Dining Room, the primary dining location on campus, offers a wide variety of options and accommodations for various dietary restrictions.

More information about meal plans and dietary restrictions can be found at susqu.campusdish.com, or by contacting Susquehanna University Dining Services directly at [\(570\) 372-4282](tel:(570)372-4282).

HEALTH SERVICES

It is the mission of the Susquehanna University Student Health Center to provide easily accessible, current, competent, respectful and high-quality medical care to the students of Susquehanna University. Students are encouraged to actively participate in self-care, healthy lifestyle choices, and decisions in treatment towards healthy outcomes. All interactions are confidential. The staff recognizes that in advocating for a student's healthy behavior, we are engaged in promoting lifelong wellness.

We partner with Geisinger to offer high quality, compassionate and confidential medical care in a safe and supportive environment.

Our team of physicians, nurse practitioners and nurses are available for sick visits, physical exams, women's and men's health issues, preventive care and more.

An on-call nurse from the Student Health Center is available for medical advice 24 hours a day, 7 days a week from Move-in Day to Commencement.

Student drivers are available to transport students to medically related appointments.

REGULAR HOURS ARE:

Monday–Friday, 8 a.m.–4:30 p.m.

Closed from noon–1 p.m. for lunch

In the event of an emergency, please call 911.

To schedule an appointment, call **570-372-4385**. For urgent medical advice after hours, call **570-374-9164** to reach the student health or counseling center on-call provider.

For more information regarding services, health service fees, FAQs, forms and Geisinger Medical Center, visit the Student Health Center's website at www.susqu.edu/health-center.

COUNSELING CENTER

The Counseling Center offers a confidential environment to collaborate with students on their mental wellbeing. The center is committed to providing culturally competent service, and seeks to meet students' needs in the best way possible. SU counselors have

expertise in depression, anxiety, trauma recovery, LGBTQ concerns, overcoming discrimination, identity concerns and family-of-origin issues. Special programs include alcohol and drug prevention, peer education training, Koru mindfulness classes, support groups for anxiety, first-year transition and students of color, and many others. The Counseling Center also partners with a student organization, the SU Student Wellness Club, to help promote healthy students on a healthy campus.

The Amy E. Winans Center for Wellness provides wellness and personal growth initiatives for all students, with a particular focus on first-year students as they make the transition to independent college life.

THE WELLNESS COMMITTEE COORDINATES THE AMY E. WINANS CENTER ACTIVITIES AND PROGRAMS, WHICH MAY INCLUDE:

- » Koru mindfulness
- » Stress management techniques
- » Yoga and meditation
- » Study abroad health and wellness
- » Suicide prevention
- » Stress Less Week
- » Take 5: Break zones located in the Blough-Weis Library and the Center for Academic Achievement

To make an appointment, students may call **(570) 372-4751** or visit the Counseling Center.

REGULAR HOURS ARE:

Monday–Friday, 8:30 a.m.–4:30 p.m.

Closed from noon–1 p.m. for lunch

Earlier or later appointments available on a limited basis.

Walk-in hours available from 10–11a.m. and 2–3 p.m. weekdays.

RELIGIOUS & SPIRITUAL LIFE

At Susquehanna, religion and spirituality are as diverse as the student body. We embrace and celebrate it! SU's affiliation with the Lutheran church (ELCA) is lived out in a bold affirmation of the religious pluralism of the Susquehanna community. The university chaplain invites the SU community to use our gifts and talents in service to others, particularly the most vulnerable among us.

THERE ARE A NUMBER OF RELIGIOUSLY AFFILIATED ORGANIZATIONS FOR STUDENTS TO PARTICIPATE IN:

- » Catholic Campus Ministry is an organization devoted to helping students learn about and grow in their Roman Catholic faith
- » Hillel provides educational, cultural and social involvement opportunities for Jewish students to explore and celebrate their Jewish identity
- » InterVarsity Christian Fellowship encourages Christians on campus through weekly on-campus worship services, Bible studies and other fellowship activities.
- » Living Spirit Ministry (LSM) invites all Christians to grow in faith and service through worship, fellowship and service opportunities
- » Better Together is composed of students with diverse religious and nonreligious perspectives dedicated to bringing people together to work for a better world for all.
- » Young Life is a nondenominational Christian ministry that reaches out to local high school students by building relationships through meetings and events.
- » Muslim Student Association provides fellowship and support for Muslim students living out their religious identity and practice on campus.

For more information on other organizations and religious and spiritual life at SU, visit www.susqu.edu/chaplain.

TALKING WITH YOUR STUDENT ABOUT ALCOHOL

Adapted from the National Institute on Alcohol Abuse and Alcoholism

For many parents and supporters, bringing up the subject of alcohol is no easy matter. Your student may try to dodge the discussion, and you may feel unsure about how to proceed. To make the most of your conversation, take some time to think about the issues you want to discuss before you talk with your student. Consider, too, how your student might react and ways you might respond to their questions and feelings. Then, choose a time to talk when both of you have some “down time” and are feeling relaxed.

You don’t need to cover everything at once. In fact, think of this talk as the first part of an ongoing conversation. And remember, make it a conversation, not a lecture!

YOUR STUDENT’S VIEWS ABOUT ALCOHOL. Ask your college student what they know and think about alcohol and drinking. Why do they think college students drink? Listen carefully without interrupting. Not only will this approach help your student to feel heard and respected, it can also serve as a natural lead-in to discussing alcohol topics.

HELPFUL TIPS

- » Talk honestly with your child about substance abuse.
- » Listen carefully instead of judging.
- » Give accurate information.
- » Ask what your student wants from their college experience.

- » Help your student recognize that there are ways to attain those goals without negative risks.
- » Help them to differentiate between negative and positive risk.

IMPORTANT FACTS ABOUT ALCOHOL. Some college students believe that they already know everything about alcohol, but myths and misinformation abound.

HERE ARE SOME IMPORTANT FACTS TO SHARE:

1. Alcohol is a powerful drug that slows down the body and mind. It impairs coordination, slows reaction time, and impairs vision, clear thinking and judgment.
2. Beer and wine are not “safer” than hard liquor. A 12-ounce can of beer, a 5-ounce glass of wine and 1.5 ounces of hard liquor all contain the same amount of alcohol and have the same effects on the body and mind.
3. On average, it takes 2 to 3 hours for a single drink to leave a person’s system. Nothing can speed up this process, including drinking coffee, taking a cold shower, or “walking it off.”
4. People tend to be very bad at judging how seriously alcohol has affected them. That means many individuals who drive after drinking think they can control a car—but actually cannot.
5. Anyone can develop a serious alcohol problem, including a college student.

Consuming alcohol under the age of 21 is illegal. Students caught drinking underage, or violating the Code of Student Conduct for any other reason, are subject to the university’s conduct process. As a policy, the Selinsgrove Police Department will be contacted if students are found under the influence of alcohol and/or under the influence or in possession of drugs. The Student Handbook (www.susqu.edu/student-handbook) lays out the expectations for being a member of the Susquehanna community. Students are responsible for understanding the SU community standards.

TALKING WITH YOUR STUDENT ABOUT HEALTHY RELATIONSHIPS & CONSENT

Adapted from Washington State University (Rarig, 2017) and Parent Toolkit (2017)

Susquehanna University has created several initiatives to further improve our work around violence prevention, but we cannot do this alone. We need you—parents, supporters, caregivers, role models and mentors—to join the conversation about violence prevention and healthy relationships.

We encourage you to have open conversations with your student—regardless of their gender—about dating, sexual relationships, healthy boundaries and consent. Your River Hawk needs to know they can always come to you if they have questions or need support.

If you've already started having conversations about healthy relationships with your student, we encourage you to continue. We recognize that these conversations aren't easy; it can feel difficult or awkward to talk with your student about violence prevention and relationships.

CONVERSATION STARTERS

TO GET THE CONVERSATION STARTED,
KEEP IT SIMPLE:

LOOK FOR OPPORTUNITIES to weave topics of sex, gender, dating and communication into everyday conversations. You could talk about a film, TV show, news story or blog post that relates to these topics, and ask your student what they think about it.

ASK QUESTIONS LIKE: What do you think about that relationship? Do you think the people in that film communicated well? Why or why not? Have you ever thought about whom you might talk to if you felt unsafe in a relationship?

TALK ABOUT VALUES your family or community of friends share and what these look like in dating and sexual relationships.

» **For instance:** It was important for me to find someone who also wanted to have kids someday; have you ever thought about some things that you would want your partner to agree with you on? It's not always easy to compromise and



there are some situations that you might not want to compromise. For instance, if your partner needs to live in one area of the country to be successful after graduation and you need to be in another part of the country, how would you navigate those conversations?

ASK SILLY QUESTIONS, try sparking conversation by asking questions so that your student feels like they are the one “teaching” you. Based on their answer, respond in a way that allows you to convey what you want your child to know.

» **For instance:** When I was still dating, when one person agreed to let another person walk them home, it implied that they were going to hook up. Is that still a thing?

TALK ABOUT CONSENT, and the university's definition of consent in sexual interactions.

» **Conversation starters:** You know how you refuse to let anyone on your phone without asking first? It's the same with your body. People should respect you and ask before getting too close. You always have the right to say yes or no depending on your comfort level.

REINFORCE THAT RIVER HAWKS TAKE ACTION. You may hear your student use words like "bystanding" and "upstanding" as we teach that concept when discussing gender-based violence. We encourage our students to look out for one another, as this is a defining aspect of our community. Encourage your student to step in and take action when they see someone in a risky situation or someone who needs help.

» **Conversation starters:** Remember when your little brother was getting picked on and you stepped in to help him? How might those skills come in handy in college? Why is it important to step in and help people even if we don't know them? What would you do if it was one of your friends who was trying to be aggressive toward someone else? How might you intervene? How might you get them help?

ASK ABOUT THE PREVENTION WORKSHOPS your student is attending. As part of First-Year Experience, your student will be required to attend Metamorphosis Theatre, an interactive performance during Summer Preview Day, discussing topics such as healthy relationships and consent. Additionally, they are required to take an online course over the summer. Each of these trainings, including the many scheduled prevention workshops offered across campus throughout the school year, are opportunities to further the conversation at home.

» **Conversation starters:** How was that online module you had to take for SU? Did you get anything useful out of it? I saw you got to attend a theatre performance during Preview Day; what was one thing you learned? If you "didn't learn anything," then what was one point they discussed that reinforced something you already knew?

TALK ABOUT BOUNDARIES, and let your student know that no one has the right to push them further than they want. These boundaries include the right to leave a relationship (including toxic friendships) that is not working for them.

- » **Conversation starters:** What would you do if you were hanging out with someone and you asked them to leave you alone and they kept texting you or came to your building unannounced? What resources on campus did you learn about that might be able to help you?

TRY, TRY, TRY AGAIN: *“Even if they look like they are not listening, if they know that an adult in their life cares, that has an impact. Even if parents [mess] it up and they forget everything they wanted to say, they’ve already opened the door.”*—Justine Finn, Founder and Director of Relation-Shift

YOU STILL PLAY A VITAL ROLE IN INFLUENCING YOUR STUDENT TO MAKE HEALTHY DECISIONS THROUGHOUT LIFE, EVEN WHILE AWAY AT COLLEGE.

By educating yourself about this important issue, you will be better prepared should your student ever come to you asking questions about how to handle a particular situation. Visit our website (www.susqu.edu/title-ix) to learn about new initiatives to prevent gender-based violence on campus. Additionally, the Student Handbook (www.susqu.edu/student-handbook) is a great place to learn more about the university’s process for handling instances of gender-based violence.

THE VIP CENTER

The VIP (Violence Intervention and Prevention) Center is a new space on campus in the lower level of the Blough-Weis Library devoted to preventing violence before it starts, through comprehensive prevention programming. This center also provides confidential counseling services through Transitions of PA.

Whether an incident happened on campus, off campus or before coming to campus, free and confidential services are available for your student.

TRANSPORTATION SERVICES

Susquehanna offers several transportation options to help students get home for breaks and other travel. BreakShuttle stops at several cities in Pennsylvania and neighboring states. We also provide shuttles that are available to students at any time.

For information regarding break shuttles, scheduling, rates and locations, and non-SU transportation services, visit www.susqu.edu/transportation.

THE SUSQUEHANNA ID CARD

Students are required to have their ID with them at all times while at Susquehanna.

RESIDENCE HALLS/BUILDINGS – Students must have their ID card to get into their residence hall, and it will only allow them into the hall in which they reside. Some buildings and rooms, such as the Writers Institute and the Publishing and Editing Suite, also require an ID card to enter during certain times of the day.

MEAL PLAN – To use a meal swipe or Flex, students must have their ID card. Meal swipes can be used at The Hawks' Nest, Clyde's Place, The Periodic Table (Ele's) and Evert Dining Room. Flex may also be used at these locations, as well as at Scholarly Grounds and Starbucks.

LAUNDRY – In each residence hall on campus, there is a laundry room with washers and dryers. Laundry expenses are included in the tuition and fees, so students will not need to pay to do laundry at the machines. Students can visit www.susqu.esuds.net to see which washers and dryers are available in their residence hall and how much time is left on each machine.

SU BUCKS – This is money, separate from the meal plan, that your student can put on their ID card through their personal account with the Campus Dish website. It may be used at Charlie's Coffeehouse and at vending machines on campus.

SAVE THE DATE!

MOVE-IN DAY & CONVOCATION • AUG. 29, 2019

FAMILY WEEKEND • OCT. 4–6, 2019

The Susquehanna community welcomes all family members and friends to return to campus to visit with their students and partake in many scheduled events.

To ensure we can contact you, please make sure we have your updated contact information! Complete the Parent Contact Information Form at www.susqu.edu/parent-update-form.



EAT, STAY, PLAY, SHOP: *SELINSGROVE INFORMATION*

EAT

LOCAL

- » AMATO'S
- » BELLA'S PIZZA
- » BELLA'S BLISS BAKERY
- » BJ'S
- » BOT'S TAVERN
- » SUSHI MASA
- » TASTE OF PHILLY
- » THE BREW PUB
- » THE KIND CAFÉ
- » WHETSTONE KITCHEN
- » WICKED DOG GRILLE

CHAIN

- » APPLEBEE'S
- » CHIPOTLE
- » LONGHORN STEAKHOUSE
- » MOD PIZZA
- » MOE'S SOUTHWEST GRILL
- » PANERA BREAD
- » PAPA JOHN'S
- » PERKINS
- » RED ROBIN
- » SUBWAY
- » TEXAS ROADHOUSE

And more!

STAY

- » CAMPBELL'S
BED AND BREAKFAST
- » COMFORT INN
- » ECONO LODGE
- » FOX BORO BED AND BREAKFAST
- » HAMPTON INN

- » HOLIDAY INN EXPRESS
- » RIVER VIEW INN
BED AND BREAKFAST
- » SELINSGROVE INN
- » THE STAINED GLASS INN



PLAY

NEAR (WITHIN 5 MILES)

- » ALL IN ADVENTURES
ESCAPE ROOMS
- » AMC THEATRES
- » HOOPLA'S FUNPLEX AND
MINIATURE GOLF
- » SELINGROVE SPEEDWAY
- » SUNSET SKATING RINK
- » SUSQUEHANNA RIVER /
ISLE OF QUE
- » TUBING PENN'S CREEK
(\$2 rental from
Outdoor Rec)

FARTHER (WITHIN 30 MILES)

- » BLOOMSBURG THEATRE
ENSEMBLE
- » CAMPUS THEATRE
(Lewisburg)
- » CLYDE PEELING'S
REPTILAND
- » POINT DRIVE-IN
- » RAYMOND B. WINTER
STATE PARK (beach
and hiking trails)
- » SHIKELLAMY STATE
PARK: MARINA AND
OUTLOOK (hiking,
biking, canoeing
and other)

- » STRIKE ZONE LANES
- » SUNBURY ICE RINK
- » SUNBURY SKATE PARK
- » T&D CATS OF THE WORLD

AND BEYOND! (WITHIN 65 MILES)

- » HERSHEY
- » KNOEBEL'S
AMUSEMENT RESORT
- » TANGER OUTLETS
(Hershey)

SHOP

- » DOWNTOWN SELINGROVE
(Market Street)

- » MONROE MARKETPLACE
(The Strip)

- » SUSQUEHANNA
VALLEY MALL

STAYING CONNECTED

OFFICE OF FIRST-YEAR EXPERIENCE

 FIRSTYEAR@SUSQU.EDU

 [INSTAGRAM.COM/SUSQUFYE](https://www.instagram.com/susqufyey)

 [FACEBOOK.COM/SUSQUFYE](https://www.facebook.com/susqufyey)

 [TWITTER.COM/SUSQUFYE](https://www.twitter.com/susqufyey)

PARENTS' E-NEWSLETTER

If you have provided your email address to the university, you will automatically receive a monthly e-newsletter as the parent of a first-year student. If not, please submit your email address at: www.susqu.edu/parent-update-form.

CHECK US OUT ON SOCIAL MEDIA!

 [FACEBOOK.COM/SUSQUEHANAU](https://www.facebook.com/susquehanna)

 [TWITTER.COM/SUSQUEHANAU](https://www.twitter.com/susquehanna)

 [INSTAGRAM.COM/SUSQUEHANAU](https://www.instagram.com/susquehanna)

 [YOUTUBE.COM/USER/SUSQUEHANAUTUBE](https://www.youtube.com/user/susquehannautube)

SUSQUEHANNA CURRENTS MAGAZINE, PUBLISHED FALL AND SPRING

www.susqu.edu/currents

Vendor to place
FSC logo at min. size
(12mm high)

Susquehanna
UNIVERSITY