It’s a Matter of Balance
A Balancing Act

- The “Chico Experience”

- College = Freedom and Responsibility

- Choices: Today Decides Tomorrow

- Parents: Welcome to the ride of your lives!

- Success = Balance
University Housing & Food Service

Tips for Living In
Our Live-In Staff

- Residence Community Coordinators
- Assistant Residence Community Coordinators
- Resident Advisors
Residence Hall Security

- Magnetic keys: cannot be duplicated
- Access Cards: halls locked 24/7
- Security depends on residents:
  - Don’t let strangers in!
  - Keep your door locked!
- Strict “No solicitation” policy
- Strong relationship with University Police
Guest Policy

- Guest check-in

- No guests allowed:
  - Halloween week
  - Labor Day weekend
  - St. Patrick’s Day
  - Cesar Chavez Day
Hall Closures

- All halls will be closed, with the exception of University Village:
  - Thanksgiving Break
  - Winter Break
  - Spring Break
- The halls will close for the academic year on Friday, May 22, 2009 at 6:00pm
Hall Charges

- Take responsibility when damage occurs
- Common area damage (elevators, hallways, lobby, bathrooms)
- Communal billing process
Residence Hall & University Village Living

- Community living can be a challenge!
- Policies, procedures & consequences are outlined in *The Residence Hall Handbook*
- Policies fall under Title V: CA Administrative Code
Formal Discipline Process

- Completely confidential
- Educational, not punitive (case by case)
- Students are treated like adults & held accountable for their actions
- Parental notification - FERPA
- Conduct can affect academic standing, housing status & ability to be a student at the university
- Students work with RCC, Student Judicial Affairs and CADEC
- Drug & Alcohol Policy
Programming & Leadership Opportunities

- RHA
- Hall Councils
- Resident Advisors
- On-campus Organizations
Campus Alcohol & Drug Education Center

“Helping Students Succeed”
CADEC Goals

- **Educate** students about alcohol & drug issues
- **Encourage** students to make responsible choices
- **Sponsor** awareness & alternative events
- **Support** students dealing with alcohol & drug issues
Peer Education

- Give presentations
- Conduct awareness activities
- Organize free alternative events
- Update & maintain research library
Alcohol Poisoning Prevention

- Campus-wide campaign
- Educates students on the signs and symptoms of alcohol poisoning

**ALCOHOL POISONING IS A MEDICAL EMERGENCY**

<table>
<thead>
<tr>
<th>Signs of alcohol poisoning:</th>
<th>If you notice any of the above signs CALL FOR HELP</th>
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<tbody>
<tr>
<td>Choking and/or persistent vomiting</td>
<td></td>
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<tr>
<td>Irregular breathing</td>
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<td>- fewer than 12 breaths per minute</td>
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<td>- no breathing for 10 seconds or more</td>
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<td>Skin is cold, clammy or bluish</td>
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<tr>
<td>Your friend won’t wake up</td>
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<tr>
<th>What to do:</th>
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<tbody>
<tr>
<td>Call 911 (on campus dial 9-911)</td>
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<tr>
<td>Stay with your friend until help arrives</td>
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<tr>
<td>Turn your friend on his or her side</td>
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<tr>
<td>Monitor their breathing closely</td>
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<table>
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<tr>
<th>DO NOT:</th>
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<tbody>
<tr>
<td>Leave your friend alone or put them to bed to “sleep it off”</td>
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<tr>
<td>Let your friend drive or ride a bike</td>
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<td>Give your friend food, liquid, medicine or drugs</td>
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<td>Walk, run or exercise your friend</td>
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<tr>
<td>Put your friend in a cold shower</td>
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**CADEC:**
Campus Alcohol and Drug Education Center
858-6450, www.sdsu.edu/cadec

**IF YOU CHOOSE TO DRINK, DRINK RESPONSIBLY**
Chico Safe Rides

- Provides a safe, free ride home to students who feel unsafe or may have been drinking
- Must have CSU, Chico Student I.D. Card to ride
21\textsuperscript{st} Birthday Campaign

If you choose to celebrate with alcohol. Think before you drink:

- Alternate non-alcoholic drinks or water between alcoholic ones.
- Eat a healthy meal before you drink. Snack throughout the evening.
- Slow down, never drink more than one alcoholic drink per hour.
- Set an alcohol limit for yourself for the evening.
- Never drink when you are Hungry, Angry, Lonely, or Tired (H.A.L.T.).
- Never leave your drink unattended or accept an open beverage from a stranger.
- Arrange for a safe ride home before you begin drinking.
Survivor Series Workshops

- Free, interactive workshops
- Designed to help first-year students with adjustment to college issues
- Win prizes
AlcoholEdu

- On-line alcohol education program
- Required of all first year students
- Designed to help students make good choices
- Different sanction program for students who violate campus alcohol policy
Support For Students

- Individual Assessments
- Alcoholics Anonymous
- Narcotics Anonymous
- Chico Recovery Center
- Local counselors in the community
Parents you can help

- Talk to your students
- Discuss values regarding drugs and alcohol
- Stay in touch and talk often
Closing Message

- College-age drinking is a national problem
- Resources are available on campus
- Make responsible, healthy choices & enjoy your first year!
For more information about CADEC or CSU, Chico Alcohol Policies visit:

www.csuchico.edu/cadec
CSU, Chico Police Department

“providing a safe environment for our campus community through proactive, progressive and professional law enforcement services”
CSU, Chico Police Department

- Located at West 2\textsuperscript{nd} St. and Normal Ave.
- Open 24/7
Important Phone Numbers

- Emergency: 911
- Cell Phone: 911 or (530) 898-5555
- Non-emergency from a campus phone: x5555
- Chico Police: 897-4911
When to contact police . . .

- You or someone else has been injured
- You are afraid for your safety
- You see a crime being committed
- To register your bike
- To report lost, found or stolen property
- Suspicious circumstances . . .
What do we do?

- Proactive Police Patrol
- Medical Aid (First Responder Level)
- Special Events (concerts, dignitaries, graduation)

  COMMUNITY SERVICE UNIT:
  - Freshmen SafeStart
  - R.A.D.
  - Campus Connections
  - Operation Identification
  - LiveScan Fingerprinting
  - Bike Registration
Community Service Officers
Getting Around FREE in Chico

- City bus: During the school year; with student ID
- Campus Connections: Operates 6pm-12am, 7 days a week, on campus & U.V.
- Chico Safe Rides
How safe is Chico?

- As safe as you make it . . .
- Walk in pairs & walk with purpose!
- Keep your cell phone handy; program important numbers into your address book.
- Call a taxi, or a sober friend.
- If you’re scared to walk alone, call Campus Connections or Chico Safe Rides.
- Be smart about your decisions!
Help us help you

Program an “In Case of Emergency” number into your cell phone

This is your emergency contact (your parents, roommate, significant other, etc.)

An I.C.E. number will help us return a lost phone

Put letters “I-C-E” into the address book instead of a person’s name
If you choose to party, party safely

- Don’t feel you have to drink if you don’t want to!
- Don’t drink if you’re under 21!
- M.I.P. = Lose your driver’s license for a year!
- Watch out for “spiked” drinks:
  - Don’t accept drinks from strangers.
  - Never leave your drink unattended.
  - If your drink looks, tastes, or smells funny, throw it out.
Want to keep your stuff?

- Computers, iPods, car stereos, bikes
- Write down model, serial number, purchase price & keep in a safe place
- If possible, use an engraving tool to engrave your last name or phone number
- Remember: A picture is worth a thousand words
- Don’t leave valuables unattended
Bikes and Skateboards on Campus

- Bike riding and skateboarding (and roller blading and roller skating) are prohibited on campus 24/7.

- The fine for riding a bike or skateboard on campus can be up to $158!
Bike Laws

- Any law that applies to a vehicle in California also applies to a bicycle!

- For example, bicyclists:
  - Must stop at stop signs & red lights
  - Cannot go the wrong way down a one-way street
  - Must ride “with traffic”
Where to lock your bike

Here:

NOT here:

Feb 06

April 06
Bike Registration

- All bikes must be registered with a California Bicycle License on the frame
- Call University Police to find out when you can register your bike
- You must bring your bike to the appointment
- Bike registration costs $6 (cash or checks only)
Don’t Get Your Bike Stolen

- Lock your bike
- Use a good lock
- Don’t leave your bike locked to a bike rack when leaving for vacation or holidays
- Write down the serial number
- Register your bike
Where to lock your bike

Here:

NOT here:

Feb 06

April 06