



The
Safety & Wellness
WEB

A MESSAGE FROM STUDENT DEVELOPMENT



Dear UR Students and Families,

Welcome to the University of Richmond! Students, we look forward to introducing and orienting you to all the opportunities that are waiting for you at Richmond. And Families, we know this is a time of inquiry and excitement for you, too, and we look forward to welcoming you into our campus community.

Part of transitioning to college involves understanding the expectations that come with being a productive member of this unique community. We want our students to make responsible choices and have a healthy and safe experience. College campuses nationwide, including Richmond, are addressing issues related to high-risk drinking, drug use, and sexual misconduct, because the consequences of making negative choices often have repercussions that can last a lifetime.

This brief document outlines many of the expectations and policies that are explained in more detail in the University's Student Handbook (studentdevelopment.richmond.edu/student-handbook). It also includes information on safety, prevention, and available resources. Many of our award-winning educational programs are peer-led – allowing students to educate and learn from one another.

We know that not every student will engage in unhealthy or illegal behavior, but unfortunately the actions of a few can affect the whole community. We expect students to become informed about our expectations and opportunities before they join our Spider community. We also encourage students and families to talk candidly about the information contained within this document. Family conversations regarding these issues are healthy, meaningful, and an excellent way to prepare for the extraordinary opportunities that await us all.

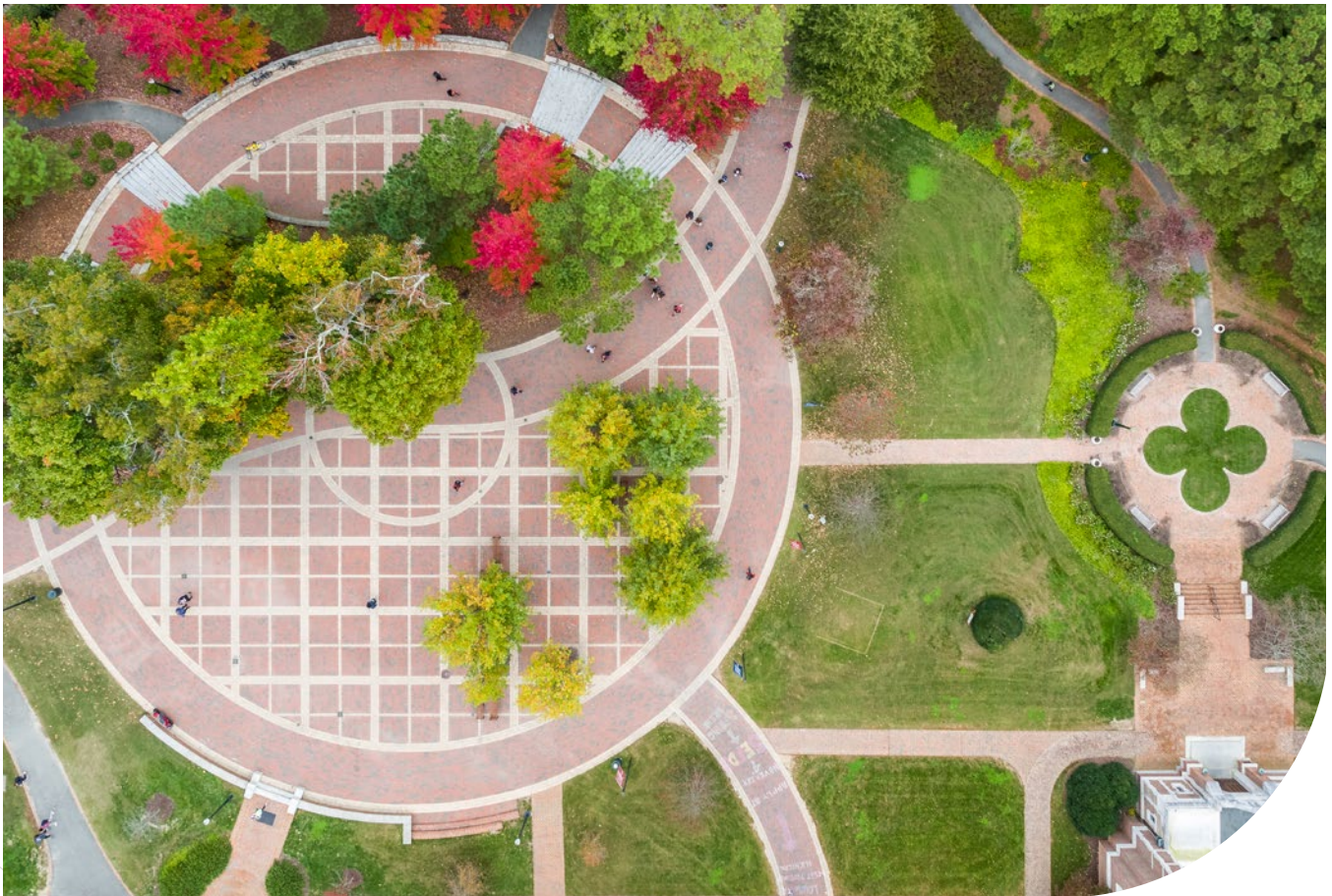
On behalf of my colleagues across campus, we look forward to seeing you soon.

Sincerely,

A handwritten signature in black ink that reads "Steve D. Bisese". The signature is written in a cursive style with a large, stylized 'S' and 'B'.

Steve Bisese

Vice President for Student Development



THE SAFETY AND WELLNESS WEB

The University of Richmond fosters student wellness and safety through a tightly knit web of resources and a campus community that puts students first. The University recognizes and embraces the interplay of physical, spiritual, and mental health, and the capacity of these interconnected threads to influence well-being throughout their lives.

Thread One:	
Wellness Programming	4
Thread Two:	
Campus Wellness and Collaboration	6
Thread Three:	
Culture and Community	7
Thread Four:	
Spider Safety	11
Thread Five:	
Get (and Stay) Connected	13
Wellness Calendar:	
What to Expect During the First Year of College	14

Thread One: Wellness Programming

In keeping with the University of Richmond's mission to increase knowledge of healthy behaviors and foster personal wellness, every undergraduate student is required to complete wellness courses addressing alcohol education, sexual assault prevention, bystander education, and general wellness. In addition, the University has optional resources to support student wellness.



for College and fosters discussion among peers about how they can reduce risk, prevent negative consequences associated with alcohol and other substances, and identify specific resources on campus related to substance use. WELL 085 is mandatory for all incoming first-year and transfer students to complete within their first year at Richmond. Students are placed in a class for the fall semester of their first year; the time and location of the assigned workshop will appear on the student's class schedule.

Required Wellness Programs

AlcoholEdu for College is an online education program that uses the latest prevention techniques and evidence-based research to educate students about the impact of alcohol on the mind and body. Whether or not students choose to drink, this course empowers them to make well-informed decisions and to learn skills to cope with the drinking behaviors of others. This two-part course is mandatory for all incoming first-year and transfer students, and must be completed within the first semester of enrollment.

Sexual Assault Prevention for Undergraduates is an online education program that teaches students about issues associated with sexual violence through interactive skill-building exercises. Students learn about healthy relationships, consent, fostering a healthy and safe campus environment, and details about campus resources related to sexual misconduct. This two-part course is mandatory for all incoming first-year and transfer students and must be completed within the first semester of enrollment.

WELL 085 Alcohol Education and Prevention Workshop is a one-time, in-class portion of the University's overall alcohol education graduation requirement. This two-hour workshop expands on knowledge gained in AlcoholEdu

WELL 086 Bystander Education Program expands on the knowledge gained during first-year orientation related to bystander intervention and provides students with awareness, education, and skills practice to assist them with engaging in proactive behaviors to intervene in situations of sexual misconduct. Upon completion, students are equipped with basic bystander skills that will allow them to identify appropriate options for intervention and extensive knowledge of sexual misconduct resources. This course is mandatory for all second-year students and must be completed within the first six weeks of the fall semester of the student's second year at Richmond.

In addition to the programs listed above, all students are required to complete two **WELL 090 General Wellness Topics**. WELL 090 courses address a variety of health and wellness concerns college students may encounter, such as stress management, sexual health, nutrition, and exercise. It is strongly recommended that students complete the WELL 090 requirement before their third year.

Successful completion of the requirements listed above is mandatory for graduation.

Optional Training and Peer Advocacy Groups

The **Wellness Education Bandits** are UR students who receive extensive peer education training to educate their classmates about college lifestyle and wellness issues. Comprehensive training prepares Bandits to: provide confidential education sessions; facilitate dynamic outreach programs; encourage physical, mental, and spiritual health; create informative awareness events; and promote community support to create a healthy campus culture. Bandits are dedicated to providing education and community support with sensitivity to race, gender, sexual orientation, culture, religion, and individual capabilities. Bandits are selected via application, and team members are expected to attend weekly meetings and volunteer at both Student Health Center and Bandit events.

The Peer Sexual Misconduct Advisors (PSMAs) are students from Westhampton College, Richmond College, and the Law School who serve as confidential peer advisors trained in Title IX policy, procedure, and emotional support resources. PSMAs are selected through a competitive application process, complete extensive training, and are available 24/7. PSMAs can provide students with information on reporting options, processes, and procedures; accompany students during their reporting processes; connect students to resources and funding options as needed (transportation, health care needs, etc.); help students report sexual misconduct violations to appropriate officials; communicate with Title IX Coordinators on behalf of a student; assist students in completing reporting forms; and accompany students to St. Mary's Hospital or other medical providers.

Mental Health First Aid (MHFA) is a national program offered at the University that trains faculty, staff, and students to recognize the warning signs of mental health or substance use problems or mental health crises. During this training, participants learn risk factors and warning signs of mental

health and substance use problems; gain information on depression, anxiety, trauma, psychosis and substance use; receive a five-step action plan to help someone who is developing a mental health problem or is in crisis; and are provided with evidence-based professional, peer and self-help resources. The 8-hour course can be completed in one day or in two 4-hour sessions. UR has three fully-trained MHFA instructors on campus who work to bring a heightened awareness of mental health concerns to reduce the stigma and increase confidence throughout our campus community in addressing mental health issues.

Everfi partners with the University to provide the required AlcoholEdu and Sexual Assault Prevention programs. In addition, they have extensive resources and programs for students and parents online at everfi.com/partners/colleges-universities/higheredparents.

Ally Training programs are offered by the Office of Common Ground to educate members of the University community about LGBTQ+ and racially marginalized community issues and identities to create a network of allies. Common Ground and LGBTQ Campus Life work to ensure that the entire University community benefits from the experiences and perspectives of its LGBTQ+ members.



Thread Two: Campus Wellness and Collaboration

The University is a national leader in teaching resilience as a critical component of wellness, and encourages students to take active roles in their health and well-being — as students and as preparation for their lives after graduation.



Health and Well-being Unit

The University's belief in the collaborative nature of wellness underpins the important work of the Health and Well-being Unit, which integrates medical, counseling, and health education efforts and acts as the principle advocate for a healthy campus community. The Unit is comprised of Counseling and Psychological Services (CAPS), the Student Health Center, University Recreation, and Health Promotion. This team-based integration of services and collaborative care fosters a health care partnership that facilitates access, continuity of care, communication, and optimal outcomes for students. The University believes that by increasing the resources for "upstream" programs and activities associated with healthful decision-making and prevention, and by encouraging positive habits (e.g., nutrition and exercise, stress management, sexual health), it will proactively augment the "downstream" services associated with intervention and rescue.

Well-being Center

The new Well-being Center, opening in fall 2020, will be the home of the Health and Well-being Unit. This comprehensive facility will include all campus health care in one location, providing easy access for students, and is designed to support student learning, well-being, and

success. The Well-being Center will play a critical role in the health and well-being of the campus community by providing affordable and convenient health and wellness services and programs delivered by professionals attuned to the unique stressors and needs of college students.

Dietary Counseling and Support

A variety of dietary options and resources are available on campus. The University offers free and confidential nutrition counseling and assistance for all students through consultations with a registered dietitian.

Common reasons students seek help include concerns related to high blood pressure or cholesterol, diabetes, digestive problems, disordered eating, sports nutrition, weight gain or loss, dietary restrictions, food allergies, making healthy choices on campus, and learning new ways to eat with little time.

Dining Services strives to provide a balanced diet to meet the dietary needs of all students, and will work one-on-one with students who have food allergies and medically prescribed special diet needs. Students with special diet needs or food allergies should contact the registered dietitian (see [Resources page 13](#)).

Sick on campus?

The common cold, flu, and other common illnesses occur on college campuses. Students can help protect themselves from illness by making sure they are getting enough sleep, washing their hands, practicing good dietary habits, and exercising. Flu shots are offered at the Student Health Center, which also provides treatment for illness and injury. Students who are ill can use an online meal request form so that a friend or roommate can pick up an illness-appropriate meal.

Thread Three: Culture and Community



Community Expectations

The University believes that community is not just a place, but an action. Being part of the Richmond community means that each member will take care of themselves, others, and this place we all call home. To that end, there are expectations that need to be met as a member of the Richmond community. These expectations can be found online in the student handbook at studentdevelopment.richmond.edu/student-handbook, but we want to highlight a few of them.

Alcohol

- Commonwealth of Virginia law prohibits the purchase, possession, or consumption of an alcohol beverage by a person under 21 years of age.
- The University does not condone illegal or otherwise irresponsible use of alcohol. Depending on the nature of the incident, violations may include verbal warnings, and/or a referral to the appropriate University official, and/or arrest.
- An individual is considered in possession of alcohol if the alcohol can be reasonably associated with them.

Examples include, but are not limited to, alcohol found in a resident's room or apartment, alcohol being carried or transported by an individual, and any open container of alcohol resting near an individual.

- Drinking in public spaces that are not covered by an Alcohol Beverage Commission permit is prohibited. Examples of public spaces include, but are not limited to, outdoor spaces, residence hall lounges, classroom buildings, the Commons, Heilman Dining Center, and athletic venues.
- Students are expected to carry their University ID and another form of legal age identification with them if they are consuming alcohol. Failure to present identification to a University official or police officer upon request, or falsely representing one's age (e.g., possessing or presenting a fake ID) is a violation of University policy.
- Students are expected to use alcohol appropriately, regardless of their age. This includes, but is not limited to, driving under the influence, public intoxication, consuming alcohol to the point of hospitalization, or providing alcohol to underage individuals.

Tobacco and Vaping

The purchase or possession of any tobacco product (chewed, absorbed, dissolved, or ingested), nicotine vapor product, or alternative nicotine product by any person less than 21 years of age is illegal in Virginia. Any person 18 or older who is active duty military personnel is exempt from this law.

A nicotine vapor product means any noncombustible product containing a heating element, power source, electronic circuit or other mechanical means that can produce vapor from nicotine in a solution or other form.

URPD believes that nicotine addiction is best treated by health professionals rather than the criminal justice system. If URPD receives a complaint regarding tobacco or vaping, a referral will be made to the appropriate Dean's Office as a conduct violation. Repeat offenders or unique circumstances could result in the issuance of a summons. Any vaping or tobacco products may be confiscated and ultimately destroyed by URPD.

Other Drugs, Including Marijuana

- The illegal manufacture, distribution, possession, or use of drugs, narcotics, pharmaceuticals, and/or drug paraphernalia is prohibited. Students who violate the University's drug policy face University sanctions and may likely face criminal prosecution.
- The University's drug policy covers illegal drugs as defined by the Drug Control Act of the Commonwealth of Virginia, including prescription medications used by an individual other than the person for whom the drugs are prescribed, legal drugs used outside of their recommended directions, and/or other substances used as drugs.
- An individual is considered in possession of drugs or paraphernalia if the drugs or paraphernalia can be reasonably associated with them. Examples of association include, but are not limited to, drugs or paraphernalia found in a resident's room or apartment, or drugs or paraphernalia carried in a backpack.
- Driving under the influence of drugs, public intoxication due to drug use, and consuming drugs to the point of intoxication are prohibited by University policy as well as state law.
- The possession of marijuana for personal use or sale is illegal in Virginia and on our campus. In addition, any possession of an illegal drug is a violation of the 2008 Reauthorization of the Higher Education Act of 1965, and may impact a student's ability to receive financial aid. Drug violations may include a criminal arrest and/or referral of the incident to the appropriate Dean, and may lead to criminal arrest.
- Parents are notified for drug violations and for situations where a student has been hospitalized for

extreme intoxication. Notification will occur at the conclusion of the conduct process.

Safe Spiders Protocol

The University encourages students to seek medical assistance for themselves and others in cases of significant intoxication as a result of alcohol or other substances. If medical assistance is sought, the intoxicated student and any student actively involved in assisting that student will not be charged with a violation of the University's Alcohol, Tobacco, and Other Drug Policy. More information can be found at studentdevelopment.richmond.edu/student-handbook.



Respecting Others

The University prohibits discrimination and harassment against applicants, students, faculty, or staff on the basis of race, religion, national or ethnic origin, age, sex, sexual orientation, gender identity, gender expression, disability, status as a veteran, or any classification protected by local, state, or federal law.

Several policies in the University's Standards of Student Conduct are in place to ensure that everyone can live, learn, and thrive on our campus. These policies promote a community of care and respect for others and the University as a whole. The following conduct is prohibited:

- Acts of violence, including physical abuse or assault, threatening behavior, or harassment and/or discrimination;
- Theft of University property or the property of others;
- Vandalism of University property or the property of others; and
- Possession, storage, use of, or attempt or threat to use any kind of ammunition, explosives, firearms, or weapons.

Hazing

Hazing is defined as any action or situation, created intentionally or unintentionally and with or without the consent of the persons subjected to the action or situation that produces mental or physical harm, embarrassment, harassment, or ridicule. The University policy on hazing states that no student or any person affiliated with the University shall engage in hazing, as defined above.



Examples of forbidden hazing activities include, but are not limited to:

- Intimidation, threats, and verbal hostility;
- Forcing alcohol or other drug consumption;
- Hitting or any physical contact with an individual with paddles, even in so-called fun exchanges, and other types of beatings;
- Sexually degrading activities;
- Pressuring an individual to get a brand or tattoo or to shave his or her head;
- Requiring an individual to sleep in uncomfortable places or depriving them of sleep;
- Forcing an individual to do physical exercise;
- Forcing an individual to swim, which can result in drowning;
- Forcing an individual to wear unusual clothing;
- An activity that intentionally or unintentionally subjects an individual to mental or physical harm, embarrassment, harassment, or ridicule; and/or
- Forcing an individual to do personal errands of any kind.

The University Code of Conduct explains the processes and penalties of hazing. In addition to University sanctions, hazing may also lead to criminal charges as violation of Virginia criminal law or other applicable laws, rules, and regulations.

Sexual Misconduct

The University values a learning community in which all members feel secure physically and intellectually. As such, the University prohibits all forms of sexual misconduct as well as retaliation against anyone who reports or witnesses an incident of possible sexual misconduct.

Sexual misconduct includes a broad range of behavior that includes, but is not limited to, non-consensual sexual intercourse, non-consensual sexual contact, sexual exploitation, stalking, dating/relationship violence, domestic violence, hazing, and sexual harassment.

To view the Policy Prohibiting Sexual Misconduct in its entirety, including definitions of prohibited sexual misconduct, please visit prevent.richmond.edu/_common/sexual-misconduct-policy.pdf.

The prevention of sexual misconduct, particularly sexual violence, is an institutional priority. The University is unwavering in its commitment to support survivors of sexual assault, to respond promptly to reports of any type of sexual misconduct, and to investigate and adjudicate reports in a manner that is fair and equitable to all parties involved.

Reporting Incidents of Sexual Misconduct

The University supports and encourages prompt reporting of sexual misconduct. All reports made to the University are taken with the utmost seriousness. Reporting incidents allows the University to respond in an effort to stop such misconduct, eliminate any hostile environment, take reasonable steps to prevent a recurrence of such misconduct, and address any effect that such misconduct may have on the larger University community. Students do not have to make a formal complaint to receive medical care, academic accommodations, or other support. Students can make a report without any further participation in any investigation. To report an incident of sexual misconduct to the Title IX Coordinator please visit report.richmond.edu. To file a criminal report with the URPD please call (804) 289-8911.

Instances of sexual misconduct may violate both the University's Policy Prohibiting Sexual Misconduct and the law. As a result, the University encourages survivors to pursue their complaints through both the University's Title IX administrative process and through the criminal justice system. Title IX is a federal civil rights law which protects from discrimination on the basis of sex. This discrimination includes sexual harassment, including sexual violence.

Supporting Students Involved in the Title IX Administrative Process

The Title IX Coordinator will work with students involved in the Title IX administrative process to coordinate protective and supportive measures, provide information about available resources, explain their rights, and inform them of the University's Title IX process.

Sometimes the University may impose temporary measures to stabilize the situation and support the individuals involved in the reports. Interim remedial measures may be put in place on behalf of the complainant, the respondent, and/or witnesses in the investigation. Remedial measures may also be implemented to prevent retaliation. Requests for interim measures can be made whether or not a student decides to file a complaint with the University or with the police.

Some examples of interim measures are no-contact orders, modification of class schedules, alternate housing arrangements, academic modifications (such as paper extensions or alternative test dates), changing work schedules or job assignments, and/or restricting access to extra-curricular activities such as student clubs and organizations, if both complainant and respondent are members.

Students seeking such assistance should contact the Deputy Title IX Coordinator for Students (see [Resources page 13](#)).

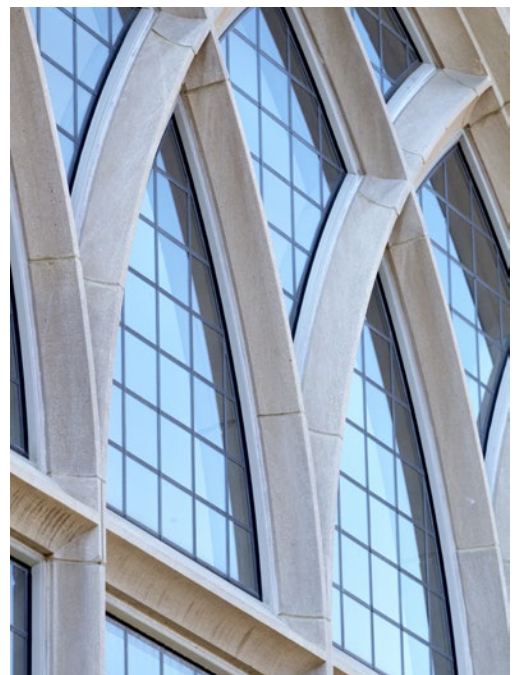
For more information on the University's Title IX Administrative Process, including supportive measures, reporting and resources, please visit prevent.richmond.edu.

Campus Conduct Process

The University's conduct policies apply from each student's first day on campus until graduation. The policies apply on campus, and in certain circumstances can also apply off campus and while on study abroad. If a student is charged with an alleged violation of University policy, the student will initially meet with a conduct officer (usually an Area Coordinator or College Dean) to discuss the incident in question. If the student accepts responsibility for the violation, the incident can be resolved in that meeting, including a determination of appropriate sanctions.

Sometimes, a student will choose to have the situation determined by a conduct board. Depending on the nature and severity of the policy violation, the conduct board can either be a student board or a board made up of campus administrators. Conduct boards determine responsibility and appropriate sanctions.

If a student is found responsible for a violation of University policy, they will be given sanctions that are appropriate to the offense and consistent with previous resolutions of a similar nature. These sanctions may include but are not limited to conduct probation, suspension, community restitution, and reflection assignments.



Thread Four: Spider Safety

While the University of Richmond will be a “home away from home” for the next four years, living on campus is not the same as living in one’s own home. Students are encouraged to be intentional and thoughtful about their well-being and personal safety. This includes locking doors, locking bicycles and belongings, communicating plans to friends when leaving campus, and being aware of others and actions around them both on and off campus. The URPD offers educational seminars and demonstrations and also encourages students to report on-campus suspicious behavior via a Yellow ERTS phone or by calling (804) 289-8715.

In the event of a campus emergency, the University uses **UR Alert** to provide critical, safety, and/or severe weather information via text messages, email, and/or phone calls. The UR Alert system requires individuals to register or “opt-in” to receive alert messages. Students, faculty, and staff are strongly encouraged to register for the service. **Parents may also enroll in UR Alert.** Visit the [UR Alert](#) page for more information and sign-up instructions.

The University also utilizes the **LiveSafe** app ([livesafemobile.com](#)), which can be downloaded from the Apple Store or Google Play. This app delivers two-way, real-time interactions that include location-tagged text, calls, photos and videos; scalable mass notifications; relevant safety resources, and peer-to-peer safety tools including the option of sharing information on concerning behavior and reporting safety hazards.

The **Outdoor Warning System (OWS)** consists of clusters of outdoor speakers centrally located on campus capable of playing a recorded message or live audio from URPD. The system is most frequently used to alert persons outside to seek immediate shelter indoors due to an approaching tornado. The OWS is tested once a semester, and the timing of these tests is announced in advance. Campus buildings also have interior alarm systems for weather, fire, and other emergencies.

A **Timely Warning** is an email notification disseminated by the URPD to students, faculty, and staff when a crime has been reported and is considered to be a serious or ongoing threat to the campus community. The intent of a warning regarding a criminal incident(s) is to enable people to protect themselves and aid in the prevention of similar crimes.





University of Richmond Police Department (URPD)

The University maintains a Commission on Accreditation for Law Enforcement Agencies (CALEA) accredited sworn law enforcement department which acts as the primary law enforcement agency for our campus. The URPD is operational 24 hours a day, 365 days a year. The department's communication center is similarly staffed all day, every day, and functions as a dispatch center for calls for service and provides information to our campus community.

» ***Reporting a crime or emergency***

Cell Phone: (804) 289-8911; students are encouraged to program this number into their cell phone.
Campus Phone: Dial extension 8911

» ***Reporting a non-emergency***

Examples include: Vehicle jump starts, escorts, requests to open or close campus doors, parking requests after hours, etc.
Cell Phone: (804) 289-8715
Campus Phone: Dial extension 8715

» ***Reporting a mental health concern***

Students, faculty, and staff may convey a concern about a member of the University community online by completing the confidential "Conveying a Concern" form available at studentdevelopment.richmond.edu/student-concerns/index.html.

» ***If immediate assistance is needed because of a threat to someone's safety, call the police:***

On-campus situations: Call UR Police emergency (804) 289-8911 or 8911 from any campus phone.
Off-campus situations: Call 911 to access local police responders

Off-Campus Conduct

Each member of the campus community is expected to respect the University's valuation of personal responsibility and accountability — even when they venture or live off campus. The University reserves the right to become involved in disputes between students living off campus and neighbors. This may include incidents in which a complaint is received from a neighbor of students renting space in the community. Maintaining a strong community is a cooperative effort between Richmond area residents, students, local police departments, and appropriate University officials.

Transportation and Parking

The University maintains a robust transportation system connecting campus with the city of Richmond, including late-night shuttle service. The University also offers safe parking on campus for student vehicles. URPD offers assistance with issues such as jumping a dead battery or providing a motor vehicle safety check before students drive home for breaks. Please visit the parking and transportation web pages to become familiar with options to travel around our greater community.

Thread Five: Get (and Stay) Connected

Resources

Student Conduct Processes (through College Deans)

Richmond College rc.richmond.edu, (804) 289-8061
Westhampton College wc.richmond.edu, (804) 289-8468

Counseling and Psychological Services

healthcenter.richmond.edu/caps/index.html
(804) 289-8119

Dietitian

Karen Hensley
email: khensley@richmond.edu, (804) 289-8521

Emergency Management

preparedness.richmond.edu
Brittany Schaal, Director
email: bschaal@richmond.edu, (804) 289-8855

Environmental Health and Fire Safety

ehs.richmond.edu
Mike Miller, Director
email: mmiller3@richmond.edu

Everfi

everfi.com/partners/colleges-universities/higheredparents

Health Center

wellness.richmond.edu/healthcenter/contact/index.html
(804) 289-8064

Parking/Transportation

transportation.richmond.edu
Natalia Green, Director
email: ngreen@richmond.edu

Police

police.richmond.edu
Dave McCoy, Asst. Vice President of Public Safety
and Chief of Police
email: dmccoy2@richmond.edu

UR Alert

alert.richmond.edu

Sexual Assault and Title IX

Confidential Campus Resources

- Advocate*
email: advocate@richmond.edu, (804) 801-6251
- Counseling & Psychological Services (CAPS)
email: CAPS@richmond.edu, (804) 289-8119
- Chaplaincy (ordained staff only)
email: chaplaincy@richmond.edu, (804) 289-8500
- Law School Peer Sexual Misconduct Advisors (LPSMAs)
email: lpsma@richmond.edu
- Peer Sexual Misconduct Advisors (PSMA)
email: psma@richmond.edu
- Sexual Misconduct Prevention Educator
email: ktingle@richmond.edu, (804) 289-8654
- Student Health Center
email: healthcenter@richmond.edu, (804) 289-8700

Other Sources of Support (Not Confidential)

- Director of Compliance & Title IX Coordinator
Kris Henderson
email: khender3@richmond.edu, (804) 289-8186
- Deputy Title IX Coordinator for Students
Tracy Cassalia
email: tcassali@richmond.edu, (804) 289-8464
- Deputy Title IX Coordinator for Faculty/Staff
Carl Sorensen
email: csorensen@richmond.edu, (804) 289-8747
- UR Police Department
8911 (campus phone), or (804) 289-8911
- Deans' Offices
Richmond College: (804) 289-8061
Westhampton College: (804) 289-8468

Confidential Off-Campus Resources

- Greater Richmond Regional 24/7 Hotline*: (804) 612-6126
- LGBTQ Partner Abuse & Sexual Assault 24/7 Helpline*:
1-866-356-6998
- Safe Harbor*, safeharborshelter.com, 24-hour helpline
(804) 612-6126
- YMCA*: (804) 643-0888

Forensic Medical Exams

- St. Mary's Hospital (forensic nurse examiner on call 24/7):
5801 Bremono Rd., (804) 281-8184
- VCU Medical Center (forensic nurse examiner):
(804) 628-0623 or (804) 663-0975

*denotes survivor only resources

2019-20 WELLNESS CALENDAR:

What to Expect During the First Year of College



September

- Learn how to live with your roommate(s)
- Adjust to life without curfews; and learn to manage your own time to sleep, study, exercise, and socialize
- Learn to navigate the campus social scene and meet new friends
- Meet academic demands: learn how to study, prioritize assignments, and manage time
- Develop a financial budget
- Learn to feel very comfortable being you, and overcome feeling you can't be yourself

October

- Get to know professors (and see them as partners and allies); meet with them during office hours
- Manage midterm exams and midterm grades
- Learn how to push past procrastinating and manage time

November

- Register for second semester classes
- Take a longer-term view (set goals for next semester, next year, college career)
- Remember to take care of yourself (eat well, exercise, and sleep!)
- Contemplate social behaviors and perhaps experience the consequences of some bad (yet surmountable) decisions; seek guidance from the campus community and myriad on-campus resources

December

- Prepare for final exams and final papers
- Face mixed emotions about leaving new friendships over winter break

January

- Readjust to living away from home (again) after return from winter break
- Seek a fresh start; try to change some habits from the first semester or increase healthy behaviors such as getting enough sleep, eating well, and exercising regularly
- Adjust to the addition of new students in the residence hall, or loss of friends who may be abroad
- Start thinking about summer opportunities for research, internships, and study abroad

February

- Deal with the “winter blues” (even in temperate Virginia!)
- Experience a challenge to personal values and deal with consequences
- Know that you are better equipped to make stronger choices having successfully navigated the fall semester
- Continue pursuing possible summer experiences (internship or job at home)

March

- Enjoy “spring break” whether going home or traveling
- Register for sophomore year classes
- Explore sophomore opportunities (e.g., Sophomore Scholars in Residence)

April

- Prepare for academic pressures as the semester ends, with papers, projects, and exams due
- Experience spring fever, with bursts of energy or decreased focus on academics
- Sign up for sophomore housing through the room selection process

May

- Prepare for and complete final exams and other projects
- Finalize living situation for the following academic year
- Evaluate your first-year performance, academically or socially, and plan for a new start in the fall
- Feel great about being a Spider and anticipate the bright future that awaits!

Adapted from Your Freshman Is Off to College: A Month-By-Month Guide to the First Year, by Laurie Hazard and Stephanie Carter (2016).

