Welcome to Partners in Success
Offices of the Dean of Student Life
Texas A&M University
Aggie Class of 2021

- Incoming Freshman Class = 10,000+
- Female = 47.5%
- Male = 52.5%
- CS, Galveston, Qatar, HSC, Law School, McAllen = 68,625
- TAMU College Station (Fall 2017) = ~60,000
- Varied religious beliefs
- Multiple racial & ethnic backgrounds
- Disabilities/special needs
- Different sexual orientations
- Urban, suburban & rural hometowns
- Varied socioeconomic backgrounds
- Different family situations
- Range of ages
Program Overview

- Transitions
- Self-Care
- Resiliency
- Academic Success
- Finances/Insurance
- Health & Safety
- Living in Aggieland
“I’m still a part of the family – I just don’t live at home anymore. And I still need a place to stay when I come home to visit!”

-Kim
Major Differences for Students

- Academics (intensity, expectations)
- Independence (time, health, decisions)
- Multiple changes
  - New experiences
  - Roommates
  - Group Work
  - Accountability
- Parents at a distance
Transitions: Communicating Today

Don’t forget to unload the dishwasher

Did you finish your homework?

We have to go to your grandmother's house for Thanksgiving.

Dad and I talked, we are going to buy you a car next month.

U are??? Omg thank u

No. We're not. I just wanted to make sure you were getting my texts.

That was cruel
Transitions: Emotions

Happy, Happy, Happy
Crisis, Crisis, Crisis

“Everyone says college is the best time of your life. I think it is the most stressed I’ve ever been.”

-College Student on Pinterest
Self-Care

MENTAL HEALTH
• stress levels
• anxiety & depression

PHYSICAL HEALTH
• eating, sleeping, exercising
• vaccinations, check-ups

OTHER
• seek healthy outlets
• create a good support system
• participate in college life

Send this message to your student:
Self-care is important!
“Resilience is adaptation in the face of adversity, trauma, tragedy, threats, or stress.”

- American Psychological Association
Resilience – What builds it?

- Social support
- Optimism and confidence
- Use of resources
- Problem-solving skills
- Emotional stability
- Humor
- Tenacity
- Keep things in perspective
Academic Success: Connections

• Developing a commitment to learning
• Making connections
• Texas A&M Community
  o Faculty
  o Academic Advisors
  o Student Affairs Staff
  o Fellow Students
• Service & Leadership
Academic Success: Resources

- Academic Success Center
- Academic Advisor
- Disability Services
- Libraries
- Tutoring
  - Academic Department
  - Peer Tutoring
  - On and off campus
- University Writing Center
Finances & Insurance
Finances & Insurance

Employment
On and off campus
How much?

Budget
How much?

Insurance
Homeowner’s/Renter’s
Health Insurance
Student insurance – shs.tamu.edu
Health & Safety: Personal Responsibility

Physical
- Avoid being a victim
- Property safeguards
- Crime prevention

Texas A&M University Police Department/Federal Clery Act Crime Alerts:

“The safety of our community does not have borders. It is the goal of every law enforcement agency to protect the citizens that we serve. Be the eyes and ears of your police department. When you see suspicious activity contact the Texas A&M University Police Department at 979-845-2345, the College Station Police Department at 979-764-3600, or the Bryan Police Department and the Brazos County Sheriff’s Office at 979-361-3888. Together we can make a difference in our community.”
Health & Safety: Personal Responsibility

Internet Use
- Twitter
- Instagram
- Snapchat
- Facebook

Stalking
Harassment
Identity Theft
Health & Safety: Hazing

- Illegal by Texas State law & Student-rules.tamu.edu
- Not limited to any particular group
- Consent is not a defense
- Some example of activities:
  - Sleep Deprivation
  - Forced consumption of food/beverages
  - Mandated Tasks (e.g., cleaning, driving)
  - Blindfold and made to follow orders
  - Humiliating tasks
Health and Safety: Alcohol

In one month:

Prevalence of Drinking

- 59% drank alcohol

Prevalence of Binge Drinking

- 39% engaged in binge drinking (5 or more drinks on an occasion)

Prevalence of Heavy Drinking

- 12% engaged in heavy drinking (5+ on an occasion/5+ times per month)
Health and Safety: Alcohol

- Risk factors:
  - alcohol is available & inexpensive
  - binge drinking
  - self-medicating

- Majority of students make good decisions

- Research: Parents who talk to their children have a positive impact—in many cases, the greatest impact.
Health and Safety: Drugs

- Factors associated with drug use
  - stress
  - course load
  - curiosity
  - peer pressure
- Prescription Drugs
- Emerging trends
Health and Safety: Sexual Misconduct

- Survey results: 25% of all women and 7% of all men experienced unwanted touching of a sexual nature.

- On-going education for the prevention of power-based interpersonal violence at TAMU:
  - Sexual assault, dating violence, domestic violence, stalking, sexual harassment

- Bystander intervention
  - To reduce and ultimately end sexual violence, EVERYONE must get involved.
Health and Safety: Resources

- University Police Dept. (UPD) (979) 845-2345
- HelpLine/Student Counseling Service (979) 845-2700
- Dial-a-Nurse (979) 458-8379
- Student Assistance Services (979) 845-3113
- Critical Incident Response Team (CIRT)
- TellSomebody.tamu.edu
- StopHate.tamu.edu
Living in Aggieland: Get Involved

- Division of Student Affairs
  - Student Organizations
  - Sport Clubs
  - Student Government
  - Student Newspaper and Yearbook
  - Student Radio
- Academic Affairs
- Student Employment
- Student Representation on Committees

Get involved (but not over-involved) & Get Connected!
Questions? Email Us!

studentlife@tamu.edu
scs@tamu.edu

Thanks & Gig ‘Em!