

The

WaringSchool

Health Department presents:

Helping You to Stay Healthy
After Graduation

Dear Class of 2020,

Congratulations on your upcoming graduation! I am so thankful to have had the opportunity to teach you this year in our Group 5 Health class and hope you have enjoyed our time together. Though you might not have realized it at the time, each year your Health classes were structured around six major themes, areas we visited at different age-appropriate levels as you grew. These themes were: Staying Alive, Self Care, Mental Health, Relationships, Substances, and Sex/Sexuality/Intimacy. As you prepare to leave Waring, I wanted to find a way to help you with continued learning in these areas. So, in the following pages you will find information related to those six themes, tips and tricks, reminders, and other important things that will help you lead a happy and healthy life beyond Waring. Please keep in mind that this is by no means an exhaustive list of resources nor should it be used in place of seeking medical attention - but I hope it helps! Good luck!

With love and light,

Colleen

Colleen Jenkins and the Waring School Health Department

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Staying Alive - Dorm Room Checklist

- First aid kit (get mini versions of whatever you can! Everything will fit nicely in a small tupperware box that you can keep under your bed or in your closet)
 - Ibuprofen/Advil
 - Acetaminophen/Tylenol
 - Cough drops
 - Dayquil/Nyquil (or preferred daytime/drowsy cold medicines)
 - Cough medicine
 - Band-aids of all sizes
 - Antibiotic ointment or Neosporin
 - Hydrocortisone cream (for itch)
 - Vitamin C packets
 - Hand sanitizer
 - Tums
 - Benadryl
 - Anti diarrheal medication
 - Dramamine (for long road trips!)
 - Microwavable hot pack
 - Reusable ice packs
 - Medical scissors
 - Sunscreen
 - Aloe
 - Buggy spray
 - Vaseline
 - A thermometer
 - Tweezers
 - Ginger Ale or ginger chews and saltines
 - Chapstick
 - Multivitamins
 - An ace bandage
 - Eye drops
 - Tinactin (in case you get athlete's foot from the shower)
 - Lysol spray
 - Lysol wipes
 - Pedialyte and/or Gatorade
- Toiletries
 - Shower caddy
 - Flip flops to wear in the shower
 - Bathrobe
 - Your favorite shampoo, conditioner, face wash, body wash, moisturizers, body lotion, etc.
 - Deodorant
 - Razor
 - Shaving cream
 - Cotton swabs
 - Your prescriptions
 - Baby powder
 - Face masks
 - Nail file and clippers
 - Contact solution and contact storage cases
 - Eyeglass cleaner and mini repair kit
 - Tampons and/or pads
 - Tissues
 - Toothbrush (and spares)
 - Toothpaste
 - Mouth wash
 - Floss

- Face wipes
 - Makeup and makeup remover
 - Hair styling products
 - Hair brush, comb, hair accessories (elastics,
 - pins, headbands, scrunchies)
 - Perfume/cologne
 - Hand soap
 - Hand sanitizer
 - Tweezers
- Laundry hamper/basket
 - Laundry detergent
 - Dryer sheets
 - Fabric softener
 - Coins for washer/dryer
 - Drying rack
 - Shoe rack or bucket
 - Clothes hangers
 - Jewelry (and a safe place to store it!)
 - Tea and coffee
 - Mugs
 - Electric tea kettle
 - Mini coffee machine
 - Mini fridge
 - Snacks!
 - Reusable water bottles
 - A set of a few plates/bowls/silverware
 - Sponge & dish soap to wash silverware
 - Books to read for pleasure
 - Linen spray
 - Ear plugs (trust me: you'll use them!)
 - A sleep mask
 - Small lamp or book light
 - Desk lamp
 - Extra light bulbs
 - Your laptop and charger
 - Laptop case or backpack
 - Your cell phone and charger
 - Headphones
 - A day planner/agenda
 - Pens, pencils, highlighters, colored pencils, markers, sharpies
 - Hanging mirror
 - Safety pins
 - Miniature vacuum
 - Lysol wipes
 - Fabric Febreze (for common area couches, etc.)
 - Air fresheners
 - Mini garbage can and bags
 - Bedding (make sure you confirm the size of your school's dorm mattresses before purchasing!)
 - Mattress pad (trust me: you want it)
 - 2 sets of sheets (fitted sheet, top sheet, pillow cases)
 - A comforter
 - Blankets
 - Pillows
 - Stuffed animals
 - Notebooks, binders, folders
 - Notecards
 - Sticky notes
 - Printer
 - Printer paper and ink
 - Scissors
 - Tape
 - Glue stick
 - White out
 - Paperclips
 - Thumb tacks
 - A calculator
 - A ruler
 - A box fan

- Heated blanket (if your dorm allows)
- Area rugs
- Under bed storage containers and boxes
- Command hooks for decorating
- Pictures and knick knacks from home
- Tapestries/wall hangings/posters
- Hanging twinkle lights
- Command hooks/strips
- Succulents (pretty and easy to keep alive!)
- Cork board (easy to hang on the wall and good for calendars/photos/reminders)
- A sewing kit
- A TV
- Extension cords
- Surge protector
- An umbrella
- Your clothes
- A portable speaker
- An alarm clock

Staying Alive - Moving Off Campus

There are many important things to consider when moving off campus to an apartment or other off campus housing. Here's a list of things to look out for:

- What is the neighborhood like? Is it safe?
- Are there nearby grocery stores, banks, public transportation systems?
- Who are your neighbors?
- Is there parking? If applicable, is the cost of parking included in the rent? Is it safe to park in the street?
- What are the heating/cooling systems? Do they work?
- If applicable, how much is rent? Going forward, a general rule to follow is that rent should cost no more than 30% of your monthly income. Are utilities (heat, water, electricity, cable, internet, etc.) included in your rent? Keep in mind that oil prices can vary year to year - ask your landlord what utility prices have looked like in years past.
- How much does it cost to have wifi installed? Who are the local providers?
- Make sure the windows and doors lock securely.
- Make sure windows can open for ventilation and fresh air, or to act as a fire escape if necessary.
- In which direction do the windows face? Will you get enough light?
- Look for signs of past leakage, mildew, plaster/paint damage, insects or animal traces
- Make sure appliances are all functional and clean. Don't be afraid to look in the fridge/oven/etc.
- How much storage space is there?
- How old is the wiring?
- How present is the landlord?
- Make sure there are functioning smoke alarms throughout
- Make sure there is at least one functioning carbon monoxide detector
- Is there a fire extinguisher, or are you expected to purchase one yourself?
- **Before signing a lease:** read the fine print carefully. Unless you are sure you will stay in the place for the foreseeable future, don't sign a "long-term lease". Try to negotiate for 6 months to a year's commitment at most. Agree to rent month-to-month after that. Make sure you know what you are responsible for. Don't hesitate to ask questions before signing, and always keep a copy. If and when you sign the lease, take pictures of everything in the apartment before you move in, just in case your landlord tries to charge you for damages.

Staying Alive - How to write a resume, cover letter, and reference list

The following information is adapted from the Endicott College Career Essentials Gull Guide

Resume Checklist

- Would you hire yourself? Evaluate your resume based on the following questions.
 - Who are you? Does your resume communicate the type of internships/jobs that you are looking for?
 - What can you do for me? Does your resume indicate future value by emphasizing prior accomplishments?
 - Do you have the skills I'm looking for? Does your resume include the keywords that employers are looking for? Are they easy to find?
 - Is your experience relevant to my needs? Have you described your experience (academic, professional, volunteer) succinctly yet clearly, so employers know what you have to offer? Do you have the right education/credentials?
 - Can I easily get in touch with you? Is your contact information easy to find and correct?
- General guidelines
 - Resumes should ideally be one page, unless you have a LOT of relevant experience.
 - Use standard fonts such as Times New Roman, Ariel, or Calibri.
 - Use bold, capitalization, and underlining sparingly - but consistently.
 - Keep the document lined up and consistently spaced. Margins are best set at 1", but may be narrower.
 - PROOFREAD! It is essential that the document has NO errors.
- Contact information
 - Make your name the largest font on your resume so it stands out (14-16pt font). Your contact information, along with the rest of the content, can be smaller (11-12pt font)
 - Include your home town/city and state (not your street address - this isn't necessary); your school address should be listed separately under "Education".
 - Include only your cell phone number and be sure that your voicemail message is professional.
 - If you use LinkedIn regularly, be sure to include a link to your profile.
- Education
 - As a college freshman and sometimes as a sophomore, you can include your high school information, but beyond that it should be omitted unless directly related to your future career plans.
- Experience

- List all experiences that will make you a good candidate for a position including but not limited to paid, unpaid, full time, part time, internship, athletic, academic, leadership or volunteer experience.
- Do not use terms like “responsible for”, “I”, or “me” when describing your responsibilities. Instead use descriptive action verbs that describe them to showcase what skills you bring to a future employer.
- Do not repeat the same information when describing responsibilities.
- Use appropriate verb tense when describing past and present experiences.
- Include accomplishments and achievements using quantities and amounts to enhance the description.

Powerful Resume Verbs

You Led a Project

If you were in charge of a project or initiative from start to finish, skip the verb “led” and try one of these instead:

- Chaired
- Controlled
- Orchestrated
- Organized
- Coordinated
- Oversaw
- Executed
- Planned
- Headed
- Produced
- Operated
- Programmed

You Envisioned and Brought to Life a Project

And if you actually developed, created, or introduced that project, try:

- Administered
- Built
- Charted
- Created
- Designed
- Developed
- Devised
- Founded
- Engineered
- Established
- Formalized
- Formed
- Formulated
- Implemented
- Incorporated
- Initiated
- Instituted
- Introduced
- Launched
- Pioneered
- Spearheaded

You Saved the Company Time or Money

Hiring managers love candidates who have helped a team operate more efficiently or cost-effectively. To show them how much you’ve saved, try:

- Conserved
- Consolidated
- Decreased
- Deducted
- Diagnosed
- Lessened
- Reconciled
- Reduced
- Yielded

You Increased Efficiency, Sales, Revenue, or Customer Satisfaction

Along similar lines, if you can show that your work boosted the company's numbers in some way, you're bound to impress. In these cases, consider:

- Accelerated
- Achieved
- Advanced
- Amplified
- Boosted
- Capitalized
- Delivered
- Enhanced
- Expanded
- Expedited
- Furthered
- Gained
- Generated
- Improved
- Lifted
- Maximized
- Outpaced
- Stimulated
- Sustained

You Changed or Improved Something

Talk about any amazing changes you made at your office with these words:

- Centralized
- Clarified
- Converted
- Customized
- Influences
- Integrated
- Merged
- Modified
- Overhauled
- Redesigned
- Refined
- Refocused
- Rehabilitated
- Remodeled
- Reorganized
- Replaced
- Restructured
- Revamped
- Revitalized
- Simplified
- Standardized
- Streamlined
- Strengthened
- Updated
- Upgraded
- Transforme

You Managed a Team

Show what an inspirational leader you were with terms like these:

- Aligned
- Cultivated
- Directed
- Enabled
- Facilitated
- Fostered
- Guided
- Hired
- Inspired
- Mentored
- Mobilized
- Motivated
- Recruited
- Regulated
- Shaped
- Supervised
- Taught
- Trained
- Unified
- United

You brought in Partners, Funding, or Resources

Were you “responsible for” a great new partner, sponsor, or source of funding?

Try:

- Acquired
- Forged
- Navigated
- Negotiated
- Partnered
- Secured

You Supported Customers

- Advised
- Advocated
- Arbitrated
- Coached
- Consulted
- Educated
- Fielded
- Informed
- Resolved

You Were a Research Machine

Did your job include research, analysis, or fact-finding? Mix up your verbiage with these words:

- Analyzed
- Assembled
- Assessed
- Audited
- Calculated
- Discovered
- Evaluated
- Examined
- Explored
- Forecasted
- Identified
- Interpreted
- Investigated
- Mapped
- Measured
- Qualified
- Quantified
- Surveyed
- Tested
- Tracked

You Wrote or Communicated

Was writing, speaking, lobbying, or otherwise communicating a big part of your job? Try these words:

- Authorized
- Briefed
- Campaigned
- Co-authored
- Composed
- Conveyed
- Convinced
- Corresponded
- Counseled
- Critiqued
- Defined
- Documented
- Edited
- Illustrated
- Lobbied
- Persuaded
- Promoted
- Publicized
- Reviewed

You Achieved Something

Did you reach your goals? Don't forget to include that on your resume with words like these:

- Attained
- Awarded
- Completed
- Demonstrated
- Earned
- Exceeded
- Outperformed
- Reached
- Showcased
- Succeeded
- Surpassed
- Targeted

[For Resume Examples and Cover Letter Outline & Examples, check out this Google Folder content.](#)

Reference List example

YOUR NAME

City, State, Zip Code, Cell Phone #
Email, LinkedIn

PROFESSIONAL REFERENCES

Name, Title, Relationship to You
Company/Organization
Street Address
City, State, Zip Code
Contact phone number
Email address

Repeat

Repeat

Staying Alive - Successful Interviewing

The following information is adapted from the Endicott College Career Essentials Gull Guide

Preparation

- **Know the process!** First round interviews are typically 30-60 minutes and have three stages:
 - 1. Introduction - the interviewer will introduce themselves as well as any other panelists who you will be interviewing with. You can establish positive rapport with the interviewer by giving them a firm handshake, smiling, making eye contact, and making appropriate small talk.
 - 2. Proving yourself - the interviewer will ask questions to attempt to determine your qualifications and fit with the company and position. Your job is to use concrete examples to show that you are the most qualified candidate .
 - 3. Closing - the interviewer will ask if you have any questions. You should **ALWAYS** ask a few questions to show interest in the company or position. If the interviewer does not tell you about the next step in the process, ask about it.
- **Do the research!** One of the things your interviewer will be looking for will be your knowledge of the company and position. In order to obtain this information you will want to look over the website carefully. You can also look to places like LinkedIn or Glassdoor for additional information. To make sure you are clear about the position you are interviewing for, be sure to read the job posting carefully.
- **Match your skills!** After you have researched the job, think about why you would be a good candidate for this job. For every skill or personal quality that the employer is seeking, think of a specific example from your own work, school, or extracurricular experience that demonstrates the skill. Utilize the STAR formula to describe your examples and paint a picture for the interviewer: Situation (Give your interviewer context for what you are describing), Task (What were you charged with doing?), Action (What steps did you take?), and Result (What did you achieve?)
- **Practice!** You should take advantage of mock interviews at your school, typically held in the Career Center, to practice answering typical interview questions. In addition to this, you should review lists of sample questions and practice with a friend.
- **Prepare questions!** Prepare some questions to ask during the interview that will help you learn more about the company and position. After conducting your research you will be able to ask richer, more specific questions which will help you learn as much as you can.

- **Decide what to wear!** In general, you should choose professional, clean attire. First impressions matter and you should try to appear mature and confident. Try a suit, long sleeved-shirt, and conservative tie with dark socks, or professional looking blouses/sweaters. Try to avoid high heels with open toes, over the top jewelry, and scents.

At the Interview

- **Your interview begins the moment you walk into the building.** In addition to arriving on time, act professionally at all times and be respectful to everyone in the organization that you come across, even those who aren't involved in your interview. Keep in mind that you are being evaluated at all times.
- **Use a firm handshake.** This conveys confidence and professionalism.
- **Be concise and keep to the point.** Listen carefully to the interviewer and give the specific information they are seeking. If the question is unclear, ask for clarification before you answer. If you are asked a difficult question, take the time to formulate your answer - feel free to say something like "That's a great question. I'd like to take some time to think about it, can I answer a bit later?". Avoid saying things like "um" and "uh" as fillers.
- **Be positive!** Avoid saying anything negative about previous supervisors, professors, or experiences. Even when you are asked a negative question, such as "what is the worst job you've ever had?", try to find a way to answer positively. In your response, briefly describe a negative experience in a neutral way, but end by saying that you learned from the experience.
- **Convey your knowledge.** Share knowledge you have learned about the company when opportunities arise during the interview.
- **Ask questions.** While you don't want to bombard the interviewer with questions during the interview, asking a few thoughtful questions will show that you are engaged and interested. After all, you are also interviewing the employer to make sure that the job is the right fit for you! Not just the other way around!

Ending the Interview

- **Say "yes" to closing questions.** If the interviewer asks you if you have any questions at the end of the interview, always say "yes" and ask one or two thoughtful questions that weren't addressed during the interview. If the interviewer has already addressed all of your questions, you can always skip to asking about the next steps in the process.
- **Find out the next step in the process.** In all likelihood, the interviewer will tell you when a decision will be made about bringing candidates in for the next round of interviews or about making an offer. If not, you should ask when you can expect to hear from the company. It is appropriate to ask if

you can follow up and in what way the interviewer would like you to follow up (via phone or email).

- **Get a business card.** Not only will you be able to follow up with the interviewer if you have their card, but you will also have the correct spelling of their name and their title. If you are interviewed by more than one person, get the business card of each person who interviews you.
- **Send a thank you note or email.** You have just come out of an interview and are feeling great - but you are not done yet! It is essential that you write a thank you note after every interview. Hiring staff take notice, so make sure you are leaving a lasting positive impression.
 - Thank you sample:
Dear Mrs. Smith,
Thank you for taking so much of your time to meet with me yesterday and for all your efforts to arrange my visit. After speaking with you and other members of the team, I am convinced the partnership and events coordinator position is a perfect fit for me. I believe my diverse experience in event management, coupled with my creative and positive nature will allow me to make an immediate impact on the Special Olympics community. As I mentioned in our meeting, the Special Olympics and this position aligns well with my professional and personal philosophy. I embrace the opportunity to cultivate relationships and meet the needs of all stakeholders. I look forward to the potential of joining your team!
Best,
Colleen Jenkins
- **Evaluate your performance.** Take the opportunity to learn from your interview experience. There are many more interviews in your future throughout your career. Think about what you did well as well as what you could do to improve in your next interview.

Sample Interview Questions

Questions you may be asked during the interview

- Tell me about yourself.
- Why are you interested in this company/industry and what skills or experiences do you hope to gain?
- What are your interests outside of school and work?
- Why should we hire you rather than another candidate?
- What do you consider to be your greatest strengths?
- What are some of your weaknesses?
- What motivates you most in a job?
- How do you think a former supervisor would describe you?
- How do you define success/failure?

- Where do you see yourself in 5 years? 10 years?
- Why did you choose to attend your university?
- Why did you choose your major?
- What was your favorite/least favorite course in school and why?
- If you had to start all over again, what would you change about your education?
- What plans do you have for continuing your education?
- Do you believe your grades accurately reflect your abilities? Why or why not?
- What have you read recently in your field?
- What skills have you developed at school and at work?
- What did you like most/least about your most recent job or internship?
- What were the biggest pressures at your last job and how did you handle them?
- In what kind of work environment are you most comfortable?
- Give an example of a time when you had to prove your credibility to others.
- Tell us about a situation where you took initiative or took on a leadership role.
- Lets say your supervisor gave you 10 things to do by the end of the day and you realize you can't possibly finish them. What would you do?
- Tell us about a time you had to learn something completely new.
- Give an example of a conflict you had with a co-worker and how you handled it.
- Give an example of an accomplishment of which you are proud.
- Give an example of a challenge you faced and how you overcame it.
- Give an example of a time when you received criticism. How did you respond?
- Describe a time you had to make a decision but did not have all the information you needed. How did you handle this?
- What is the best team you have ever been a part of and why?

Questions you can ask during the interview

(If your research or the interviewer hasn't already provided answers to the following questions, you may want to ask them!)

- Is there anything that I could learn or read prior to starting this position?
- What kind of training is provided for this position?
- What are your expectations for the person hired for this position?
- What is the first project I could expect to do in this position?
- How often is each employee's performance reviewed and how is feedback given?
- What qualities make a person successful in this organization? How is success defined in this organization?
- Can you describe an average week in this position?

- What are the most challenging aspects of this position?
- What are your expectations for the person in this position during the first six months to a year?
- Would you mind describing your own experience at this company, such as how long you've worked here and what you enjoy most about working here? What is the coolest project you have worked on?
- Does this organization have a policy regarding promotion from within?

Questions you should avoid asking during an interview

- Don't ask about salary. The employer should be the first to mention salary - save this conversation for when a job is offered to you after the interview, and plan on negotiating! You should research salaries in your career field and geographic location (www.salary.com or www.payscale.com are good resources for this) in case the employer brings it up during the interview.
- Don't ask about vacation or other benefits until you receive a job offer. The employer may think you are more interested in the perks rather than the job.

Staying Alive - Finances

Helpful websites

- <https://www.experian.com/credit/credit-cards/>
- <https://www.nerdwallet.com>
- www.turbo.intuit.com, specifically
<https://turbo.intuit.com/blog/credit-cards/>,
<https://turbo.intuit.com/blog/credit-score/>, &
<https://turbo.intuit.com/blog/debt/>

Budget apps

- Mint (for saving more and spending less)
- YNAB and EveryDollar (for zero-based budgeting)
- PocketGuard (for a simplified budgeting snapshot)
- Clarity Money (for all-inclusive budgeting)
- Goodbudget (for shared envelope-budgeting)
- Personal Capital (for tracking wealth and spending)

What is credit?

Credit is the ability to borrow money or access goods or services with the understanding that you'll pay later. Creditors grant credit based on their confidence you can be trusted to pay back what you borrowed - which is typically based on your financial history. If creditors consider you creditworthy, you have "good credit". Your credit history is summarized in files known as credit reports, compiled by independent credit bureaus. Banks, credit unions, credit card issuers, and other creditors voluntarily report your borrowing and repayment information to these bureaus. Your credit report is made up of information on the following:

- The number of credit card accounts you have, their borrowing limits, and current outstanding balances.
- The amounts of any loans you've taken out and how much of them you've paid back.
- Whether your monthly payments for your accounts were made on time, late, or missed altogether.
- More severe financial setbacks such as mortgage foreclosures, car repossessions, or bankruptcies.

What is a credit score?

Creditors use a three-digit number known as a credit score as the first step in deciding whether or not to issue credit. Your credit score distills the information on your credit reports into something that is easy to interpret - this is fair and

minimizes bias. The higher the credit score, the better off you are and more likely you are to receive a loan or have the ability to apply for a credit card, etc.

Should I get a credit card?

This is a very personal decision. Do your research!

Talk to your bank, or read:

<https://www.experian.com/blogs/ask-experian/should-i-get-a-credit-card/>

How do I file my taxes? (<https://www.irs.gov/filing/individuals/how-to-file>)

How much you pay in taxes is determined by your income. Right now, you are likely still considered what is called a “dependent”, meaning your parents are still responsible for you and therefore paying taxes on your behalf. Eventually, you will need to do this on your own. Luckily, the internet has made this incredibly easy over the years. Here are three main ways to file your taxes once you are required to do so:

1. File your taxes manually by filling out a form called a 1040 according to instructions provided by the IRS. Mail the form to the IRS, along with any payments you owe. (FREE!)
2. Use a tax software program or the website of a service like TurboTax or H&R Block. The service will walk you through a series of questions about your income and potential deductions, fill out your 1040, and file it electronically for you. (You’ll likely need to pay a small fee.)
3. Get professional help from an accountant or tax preparer, who will work with you to maximize your refund and fill out your tax return on your behalf. (You will have to pay the professional you work with - cost varies.)

Staying Alive - Staying Safe at Night

Remember our discussions about "The Red Zone" - a period of time where college freshmen are at their most vulnerable when it comes to being in danger and more specifically at increased risk for sexual assault.

- Arrival on campus (August) through Thanksgiving break (November)
- Students who identify as female are at increased risk
- Assaults typically happen between midnight and 6am on Saturdays and Sundays
- For 90% of sexual assault victims, the perpetrator is an acquaintance, so potentially someone you have met in your first few weeks at school
- Almost always occurs in the context of partying where alcohol has been consumed by perpetrator and/or victim
- Risk factors contributing to Red Zone:
 - Students away from home for the first time
 - Increased use of drugs and alcohol because unsupervised
 - May not be consuming responsibly due to inexperience
 - Lack of reliable friend group to look out for one another
 - Presence of sororities and fraternities on campus
- You will likely discuss the Red Zone and other concerns related to it at your college orientations, and your schools will outline resources available to you on your specific campuses
 - That being said, current science and advocacy groups indicate that simply discussing the Red Zone is not enough to protect incoming students.
 - Programs like Green Dot exist and teach bystander intervention training. I encourage you to look at your school's website and see if such programs exist, and if they do - participate in them! Schools with programs like this have 17% fewer cases of interpersonal violence compared to the schools that don't

Tips for staying safe on campus

- Get familiar with your surroundings
- Know where public/campus safety is
- Blue light emergency phone stations?
- Always lock your dorm room door when you leave
- Stay in a group
- Make sure your phone is charged
- Guard your drink
- Behave in your dorm room
- Don't post pictures you may regret posting
- Chose a DD
- It's OK to say no

- Know your limit
- Find friends you can trust
- Don't walk by yourself after dark
- Sign up for programs like green dot or self defense
- Eat before you drink
- Don't mix substances
- If you get separated, stay in touch with friends
- Drink plenty of water
- Don't take alcohol from strangers
- Avoid free alcohol given out at parties (NEVER drink the jungle juice)
- Don't forget your ID
- If you're concerned about something, call your RA or 911

Staying Alive - Recommended reads

- Kelly Williams Brown's *Adulthood, How to Become a Grown Up in 535 Easy(ish) Steps* - you now have a copy of this... you're welcome!
- Mari Andrew's [Am I There Yet? The Loop-de-loop, Zigzagging Journey to Adulthood](#) (copy in the Waring School Library)
- Keith Bradford's [College Hacks](#)
- Jen Sincero's [You Are a Badass at Making Money](#)
- Dave Ramsey's [The Total Money Makeover](#)

Self Care - Nutrition

Let's start by reviewing a few key terms and providing some examples for each -

- **Macronutrients**
 - **Protein:** bodies need protein to build and maintain muscle, bone, and skin, as well as to help cells function properly. Protein on your plate helps you to feel full after eating.
 - Protein is found in meats, fish, eggs, dairy, nuts, beans and some grains
 - **Carbohydrates:** these are one of the main energy sources for your body and are NOT the enemy! After eating carbs, your liver breaks them down into glucose (blood sugar) and your body uses this energy for cells, tissues, and organs.
 - Carbs can be categorized as simple or complex, depending on how fast your body can digest and absorb sugar. Simple carbs are found in fruits, dairy products and table sugar. Complex carbs are found in whole grain breads and cereals, legumes, and starches.
 - Some people believe that "complex carbs" are better for you than "simple carbs," but really they just serve different purposes. Simple carbs are easily digested and offer your body immediate energy, whereas complex carbs take longer to break down, thus providing energy throughout the day. It's good to eat both so you can avoid "sugar highs" and "sugar lows".
 - **Fat:** is essential for the absorption of vitamins and is important in growth and keeping you healthy because it is crucial for cellular function and body insulation. Fat gives food taste and also helps you to feel full for longer. There are 3 types of fats in the diet
 - Saturated fats come from meats
 - Trans fat is a fat that has been chemically altered to have similar properties to saturated fat. These are also known as hydrogenated fats or oils.
 - Mono and polyunsaturated fats come from vegetable sources and are also found in fish, nuts, avocados, and seeds.
- **Micronutrients** are vitamins and minerals

Tips for eating in the dining hall

- Be creative! Make an english muffin pizza with sauce from the pasta bar and shredded cheese from the salad bar.
- Eat from a variety of food stations
- Go out to eat sometimes if your budget allows

- Have lots of snacks in your room - grabbing a few pieces of fruit from the dining hall is always a good idea on your way out
- Remember to eat vegetables
- Drink lots of water!
- Don't be afraid to eat alone
- Try to go to the dining hall at the same time each day and aim for 3 meals a day

Recommended podcasts, all available on iTunes

- The Mindful Dietician - Fiona Sutherland
- The Eating Disorder Recovery Podcast - Tabitha Farrar
- Love, Food - Julie Duffy Dillon
- Body Kindness - The Body Kindness
- The Body Love Wellness Podcast - Golda Poretsky
- Reclaiming You - Sarah Vance
- Food Psych - Christy Harrison
- Every Body - Daria Matza
- Don't Salt My Game - Laura Thomas

Recommended Instagram accounts

- @immaEATthat
- @therealife_rd
- @karalydonrd
- @chr1styharrison
- @avacadoadaynutrition
- @emilyfonnesbeck_rd
- @yourhappyhealthyrd
- @dietitiananna
- @foodpeacedietitian
- @themindfuldietician

Other resources

- <https://www.theprojectheal.org>
- <https://www.theprojectheal.org/body-project>
- <https://bodyimagemovement.com>
- <https://www.sizediversityandhealth.org>
- [Poodle Science](#)
- <https://www.feast-ed.org>
- <https://www.nationaleatingdisorders.org>

Hydration

Question: How much water should I drink each day?

Answer: Divide however much you weigh in pounds in half - drink that many ounces per day (convert to cups to make it easier: 8 ounces = 1 cup)

Example:

Weight: 200 lbs

200 lbs / 2 100 oz

Ounces to cups: 100 oz / 8 = 12.5 cups

Try it out:

Weight: _____ lbs

_____ lbs / 2 _____ oz

Ounces to cups: _____ oz / 8 = _____ cups

Question: What can I drink besides water to stay hydrated?

Answer: You can also count things like decaf coffee, decaf/herbal tea, seltzer waters, and milk into your fluid count. Other examples: anything sweetened with stevia (Crystal Light Pure, Zevia soda, Diet Paul Newman's lemonade as examples) or anything unsweetened (HINT water, seltzer water, unsweetened tea). You can also mix seltzer water with 100% fruit juices to make it taste sweeter. But everything in moderation - sugary drinks are okay occasionally as well (Gatorade, soda, sweetened iced teas)

Hydration for athletes

- Current research shows that fluid replacement guidelines for the general population are insufficient for an athletic population.
- That being said, no standardized recommendation or volume of water will be accurate since fluid replacement demands are incredibly individualized (factors contributing to this: sweat rate, amount of fluid lost during sport, and many other physiological variables influencing drinking behavior)
- Because of this, following suggested drinking recommendations for athletes can be potentially harmful
- **Exercise associated hyponatremia** - an acute, rapidly progressing emergency caused by overhydration. Untreated, dangerous fluid imbalance can cause brain damage, pulmonary edema, and death
- There is a lot of conflicting information out there regarding hydration for athletes:

- It is recommended that during exercise, athletes should only drink when they are thirsty instead of attempting to ingest as much fluid as they can tolerate (to avoid EAH which can lead to death)
- BUT thirst is a poor indicator of hydration status in humans (have you ever heard someone say: “If you wait until you’re thirsty to drink, you are already dehydrated”?)
- Research has demonstrated that humans only replace up to 70% of fluid losses if we drink until the cessation of thirst
- Sports drinks are often chosen over water with the intended goal of replacing electrolytes lost through sweat, but the electrolyte content found in many sports drinks is inadequate and often gives athletes things

Suggested hydration guidelines for athletes: (based on amount of activity per day, but also depends on intensity)

Less than 1 hour	1 hour	1-3 hours	3+ hours
2 liters per day	3 liters per day	4-5 liters per day	4-14 liters per day

Self Care - Exercise

Most college campuses offer a wide variety of options when it comes to staying physically active (rock wall, ski club, spin classes, dodgeball tournaments, intramural sports) and you should prepare to take full advantage of all of them! During your first week on campus, you should make a point to visit the athletics center and gym. They will probably have hard copies of exercise class schedules, the gym hours, and someone at a desk that can answer any questions you have about your school's specific offerings.

Not only is being active in college a great way to make friends, but it provides a healthy break from your schoolwork and helps manage [stress and mental health concerns](#). It is important to focus on feeling healthy and taking care of our bodies, not on avoiding the "freshman 15" weight gain. Remember, your body is beautiful the way it is, and it's normal for our bodies to change throughout our lifetime.

Stretches You Can Do at Your Desk or in the Library

Sitting for extended periods of time can be a struggle. Try to schedule frequent breaks and get up and walk around. If you're in the zone, try these simple stretches -

1. Torso turn: sit in your chair and reach for the back, turning to the side as far as you can reach. Repeat in the other direction.
2. Overhead reach: sit with your hand behind your neck, elbow lifted towards the ceiling. Lift the elbow higher to the ceiling and slightly to the side, keeping the lift as you lean. Repeat on the other side.
3. Open the chest: bring both hands behind your chair and clasp hands together, lift arms into the air as far as you are able.
4. Neck tilt: place fingertips underneath your seat on both sides of your body. Hold firmly while tilting the neck to one side, ear to shoulder. Repeat on the other side, pausing during transitioning if anything feels tight.
5. Hamstring and calf stretch: prop a leg up on a chair or open desk drawer. Keeping the leg straight, lean down over it. Pull the toes towards you for a deeper stretch in the lower leg. Repeat on the other side.
6. Cross legs: cross your legs, lean forward while bringing the chest as close to the knee as possible. Repeat on the other side. For a deeper stretch, place outside of the foot on the opposite knee in a figure 4 shape and lean forward.

Explore these additional resources -

[College student work habits are related to physical activity \(NCBI\)](#)

[Tips on staying fit in college from USDA](#)

[Harvard Medical School on exercise and fitness](#)

Self Care - Sleep

So you've been told your entire life that you need 7.5-8.5 hours of sleep per night, but that doesn't always happen - or work for everyone. It's important that you find a routine that works for you. Check out the [National Sleep Foundation website](#) for more on sleep, and use the following tips and tricks to get the most out of the sleep you do get!

- Avoid caffeine after mid-day.
- Be active during the day - exercising on a regular basis can help you to feel tired at the end of the day.
- Avoid working out close to bedtime. If you need to move late at night, try [yoga](#) or [tai-chi](#).
- Use your bed for sleep and relaxing only and NOT for doing work!
- Try to keep a consistent schedule by going to sleep and waking up at around the same time each day.
- If you have noisy roommates/neighbors, try wearing earplugs or using a white-noise machine. ([Headspace offers excellent sleeping resources that you can access for free on YouTube!](#))
- Drinking alcohol can interfere with your ability to stay asleep and get good quality rest, even though it may make it easier to FALL asleep. So, avoid nightcaps during the week.
- Make sure your room is as dark as possible - turn off computer monitors, dim alarm clock lights, and close your window blinds. You could also try an eye mask.
- If you are unable to fall asleep within 15-30 minutes of lying down, try getting up and doing something relaxing until you feel tired again, and then go back to sleep (meditate, read a book, doodle)
- Take a warm shower or drink a hot cup of herbal tea before bed.
- Stop work at least 20 minutes before you go to sleep and begin relaxing.
- Disconnect from screens around an hour before trying to go to sleep - the blue light interferes with your ability to relax!
- Keep a journal by your bed in case you have ruminating thoughts - you can write them down and then forget them.
- Most people's natural circadian rhythm dips between 1-3 pm. Have you noticed or did you know that other countries participate in siestas? This usually won't disrupt your normal sleep if you nap correctly.
- To nap correctly, choose the right time of day. Best time is after lunch between 2 and 3, when your body naturally starts to become fatigued. Avoid dinner time: this throws off your schedule. Keep naps short - 20 mins. Set the scene and limit caffeine.

Self Care - Routine Exams

Here is a list of tests that are suggested for adults in their 20s. Keep in mind that these are not appropriate for all individuals. Consult your doctor if you have any questions about the timing of these exams!

- Complete physical exam - should be done yearly to determine your health status and develop a relationship with your doctor. Some pediatricians will see you through college, but some people like to find new doctors after high school.
- Skin test - the best way to catch something like skin cancer is to see a dermatologist regularly. Check yourself once a month for new or suspicious moles and freckles and get a total body exam by your dermatologist yearly.
- Dental exam - you should be getting your teeth cleaned every 6 months to check on the health of your teeth, gums, tongue, and mouth, and to look for signs of oral cancer.
- Periodontal exam - once a year, your dentist should perform a periodontal exam by taking x rays.
- Bloodwork - your doctor will decide when you need to get blood drawn, but usually this happens every year.
- Eye exam - for most people eye exams are not necessary, but if you notice a change in your vision, consult a doctor.
- Pap Smear - screens the uterine cervix for possible STDs and ovarian cancer and is recommended annually for all women over the age of 21. ([Learn more here](#))
- Breast and testicular cancer screening - your doctor will likely check for these things at your annual physical, but you should also perform routine examinations. Learn how to do a [self breast exam here](#) and [self testicular exam here](#).
- If you're engaging in high-risk sexual activity, consider bringing up [PrEP](#) or [PEP](#) with your doctor(s).

Self Care - Meditation and Mindfulness

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.” - Jon Kabat-Zinn

“Sitting in meditation is nourishment for your spirit and nourishment for your body, as well.” - Thich Nhat Hanh

Interested in purchasing a singing bowl like the one we used at Waring? Try [Tibetan Arts & Healing](#), a local shop in Salem.

[Headspace offers special student prices](#) for their app, which we used extensively at Waring. Sometimes they even offer the app for free to students - so watch out for special deals!

From Headspace

- [What is mindfulness?](#)
- [Top 13 Meditation Tips](#)
- [Science Backed Benefits of Meditation](#)

Activities

- Mandalas - The word mandala comes from the ancient Sanskrit language, relating to “circle” or “center”. Since mandalas are loosely based upon circular shapes and repetitive patterns, coloring a mandala can promote relaxation. There are many mandala coloring books available, or free print outs accessible at <https://colormandala.com>
- Labyrinths: These are a 3,000 year old tool still used today as a form of meditation. A labyrinth has a single, winding, unobstructed path from the outside, always moving toward the center. People use these to relax by re-tracing a path over and over, with their fingers, by coloring, or by walking through a physical labyrinth. Often you may repeat a word or phrase to help feel calm and focused during this time. There are many printable versions of labyrinths that can be found online or at <https://labyrinthociety.org/download-a-labyrinth>, as well as local physical labyrinths worth exploring.

Videos

- [The Power of Meditation](#)
- [Singing bowl sounds](#)
- [Fireplace with music](#)
- [Snowfall with music](#)
- [Ocean with music](#)
- [Sunrise with music](#)
- [Flowers with music](#)
- [Nature with music](#)
- [Water with music 1](#)
- [Water with music 2](#)

Podcasts

- [New Headspace Podcast: Radio Headspace](#)
- [Headspace: Watch and Listen "Packcasts"](#)
- [10% Happier with Dan Harris](#)
- [Untangle: Mindfulness for Curious Humans](#)
- [The Daily Meditation Podcast](#)

Smartphone/tablet apps and websites

- [Headspace](#) - This is the app we use in Health. Meditation packs, singles, wide variety of themed guided and unguided meditations including sleep sounds & kids meditations.
- [Breathe](#) - Themed meditations with meditation trackers.
- [Calm](#) - Focuses on "mental fitness", sleep health, and relaxation. Guided meditations, meditative music & videos for mindful movement.
- [Insight Timer](#) - Meditation timers with some guided relaxations and singing bowl sounds.
- [The Mindfulness App](#) - Variety of guided meditations with meditation clocks and reminders to practice.
- [Buddhify](#) - "Meditation done differently" themed and customisable meditations
- [Sattva](#) - Meditations that draw from Vedic principles of meditation. Meditations, sounds and music delivered by Sanskrit scholars.
- [Stop, Breathe & Think](#) - Emphasizes finding peace anywhere you are. Guided meditations with progress trackers.

Self Care - Recommended Reads

- Health at Every Size - Linda Bacon PhD
- Nutrition for Dummies
- The Eating Instinct (Food Culture, Body Image, and Guilt in America) - Virginia Sole-Smith
- Body Kindness - Rebecca Scritchfield, RDN
- Intuitive Eating - Elyse Resch and Evelyn Tribole
- The Intuitive Eating Workbook for Teens - Elyse Resch, MS, RDN
- Anti-Diet - Christy Harrison, MPH, RD
- Body Respect - Bacon & Aphramor
- Self Compassion - Kristin Neff, PhD
- The Easy College Cookbook: 75 Quick, Affordable Recipes for Campus Life - Candance Braun Davidson
- You Suck at Cooking: The Absurdly Practical Guide to Sucking Slightly Less at Making Food: A Cookbook
- Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking - Samin Nosrat
- Mind Gym - Gary Mack
- Time's Special Edition of The Science of Sleep
- Wherever You Go, There You Are - Jon Kabat-Zinn
- The Headspace Guide to Meditation and Mindfulness - Andy Puddicombe
- Mindfulness For Beginners: Reclaiming the Present Moment and Your Life - Jon Kabat-Zinn
- Peace in Every Step: The Path of Mindfulness in Everyday Life - Thich Nhat Hanh
- The Mindfulness Essentials Series - Thich Nhat Hanh
- How to Meditate - Pema Chodron
- Mindful Movements - Thich Nhat Hanh

Self Care - Am I Sick?

College campuses have student centers with nurses and counselors on call if you feel under the weather. Be sure to check out your school's specific offerings and hours of operation - before you feel sick! That way, you know what to do and where to go if you start to feel poorly.

Is it the cold or the flu?

Signs and symptoms	Cold	Flu
Fever/Chills	Low fever, if any	Usual, can be high
Headache	Rare	Usual
General aches/pains	Mild, if any	Usual, often severe
Fatigue, weakness	Mild, if any	Usual, often severe
Runny/stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Cough	Mild-moderate	Common, often severe

When in doubt: call your parents!

Symptoms you shouldn't sit on (aka go to the doctor right away) include -

- Urinary frequency/urgency/pain
- Unusual genital symptoms
(discharge/itch/pain/swelling/heat/tenderness/lesions)
- Temperature over 100.4 for more than 5 days
- Severe abdominal, chest, or pelvic pain.

Mental Health - Information for College

The following was taken from trusted resources such as [NAMI](#) and [NIMH](#) - refer to these organizations for more information.

NAMI offers specific resources for college students that can all be found [here](#). To download the complete college guide, titled Starting the Conversation, click [here](#). Both are incredibly helpful. See links to specific resources that I found most useful below.

You spent much of your Waring Health career discussing mental health - including warning signs or signs and symptoms, how to help a friend, treatment options, and statistics. Here are links to review that information in terms of specific pathologies that you might come across - [Anxiety](#), [Depression](#), [SAD](#), [Bipolar](#), [Eating Disorders](#), [OCD](#)

Additional resources -

- [College Guide video](#)
- [Navigating a Mental Health Crisis](#)

& keep this in mind -

- Mental health conditions are common. In fact, one in five young adults will experience a mental health condition during college. If you develop a mental illness, remember that you are not alone.
- Exercise, sleep and diet are important. Your physical health and mental health are connected and impact one another. Remember to take care of your body in order to take care of your mind.
- Know where and when to seek help, and who to talk to. Make yourself aware of resources and care options on and off campus. If you start to feel overwhelmed, don't hesitate to reach out to the counseling center or a trusted advisor.
- Understand your health privacy laws. Devise a plan on whether and how you will allow your school to share sensitive information about your mental health with your family or a trusted adult. Find out if your school has an authorization form, or use the one included in our guide.
- There are warning signs. Verse yourself on the warning signs of mental health conditions and how to respond.

Mental Health - How to find a specialist

At many points in our lives it can be helpful and important to connect with counseling services. There are many options available to you. Here are a few different types of therapists defined -

Psychologists: these are doctoral degree (PhD or PsyD) experts in psychology. They study the human mind and human behavior and are also trained in counseling, psychotherapy, and psychological testing. The psychologist's main role is to help people identify and change inaccurate perceptions that they may have of themselves and the world around them. Psychologists are not licensed to prescribe medications.

Psychiatrist: these are medical doctors (MDs) who specialize in the diagnosis and treatment of psychiatric illnesses. Psychiatrists are licensed to prescribe medications as part of their treatment regimen and are also trained in psychotherapy, a form of "talk therapy".

Social Worker: these are specialists that provide social services in health-related settings that are now governed by managed care organizations. Their goal is to enhance and maintain a person's psychological and social functioning as well as help people deal with relationships and solve personal and family problems. Social Workers can also be therapists if they take the appropriate training to become licensed counselors (LICSW - Licensed Independent Clinical Social Workers) (Think: Meg Ferguson-Sauder!)

Licensed Professional Counselors: these counselors are what you would think of as therapists and are required by state licensure laws to have at least a master's degree in counseling and 3,000 hours of post-master's experience. Counselors can help with a range of problems, including depression, addiction and substance abuse, suicidal impulses, stress management, self-esteem issues, issues of aging, emotional health, and family parenting, and marital or other relationship problems. They often work closely with other mental health specialists.

Finding a specialist - most college campuses have counselors on site in their student centers that you can access for free and will be able to refer

you to local professionals. Check in with your student center at your own school to see what types of services they offer and what their hours are!

Mental Health - Coping How-Tos

Here is a list of things that can be helpful when coping with mental health issues, many of which we/you utilized during your time at Waring! Remember: find what works best for you and practice self care.

- The following hotlines are helpful to have on hand
 - Mental Health: 1-800-950-6264 or text NAMI to 741741
 - Suicide: 1-800-273-8255 or text HELLO to 741741
 - Self harm: 1-800-366-8288 or text CONNECT to 741741
 - Domestic Violence: 1-800-799-7233 or text SUPPORT to 741741
 - LGBTQ+: 1-866-488-7386 or text START to 678678
 - Sexual Assault: 1-800-656-4673 or text HOME to 741741
 - Abortion: 1-866-439-4253 or text HELPLINE to 313131
 - Eating Disorders: 1-800-931-2237 or text NEDA to 741741
 - Grief: 1-800-445-4808 or text CARE to 839863
- Try a fidget. [Tangle](#) offers small, quiet fidgets that can be helpful for nervous hands or distracted minds.
- Meditate! Meditation has been shown to help with things like anxiety and depression. Go back to the meditation/mindfulness section for an extensive list of options.
- Use meditative tools like [hand labyrinths](#).
- Aromatherapy
- [Light therapy](#)
- Journaling
- GO OUTSIDE! Try a [nature walk](#)
- Stretch often and/or try some yoga
- Explore new [podcasts](#) that will make you laugh, calm down, or dance around. Here are a few suggestions from Meg Ferguson-Sauder: [Moth Radio Hour](#), [This American Life](#), [The Happiness Lab](#), and [Song Exploder](#)
- Read a book for pleasure - not for school or work
- Draw/doodle/color. Try [mandalas](#), or putting pencil to paper in any way that feels good.

Mental Health - Recommended reads

- Self-Compassion, written by Kristin Neff, PhD
- Ten Arguments for Deleting Your Social Media Accounts Right Now, written by Jaron Lanier
- The Body Keeps The Score, written by Bessel Van der Kolk, MD, Sean Pratt, et al.

Relationships - Making friends at college

I'm sure you laughed when you read this header. "How to make friends? Ha-ha, so lame." - but deep down, admit it: you're nervous! & that's totally normal. Here are a few tips and tricks when it comes to making (good) friends at college -

College Info Geek offers a comprehensive guide to making friends in college, and it's actually really helpful. [Take a look](#). Here are the takeaways -

- You have control over who you do and don't spend time with
- Actively seeking out friends means you're more likely to have people around you who energize you, make you laugh, and support you during challenging times
- College is a unique time in your life where you are surrounded by people your age who are experiencing the same things as you and potentially share your interests. Take advantage of this! Schools offer endless programming. Go to everything - even if it seems lame. You never know who or what you might find there.
- Places to find friends include: campus events, campus organizations, class, your dorm, informal hangouts, around campus, online, internships or assistantships, and campus jobs.
- Branch out from your initial friend group. It's okay to spend time with the people you meet during your first few days or weeks on campus, but remember there is a whole campus full of potential friends!

What about friends back home? It's important to understand that friendships change as you age, and each relationship is different. You and your friends will change a lot once you go to school, and that's okay. If you want to stay in touch with your friends from high school while in college, try to be intentional. Schedule weekly phone check-ins or send each other snail mail! When you're home, make time to see each other. & if you end up drifting apart, it's okay. Be gentle with each other!

Here are some more resources for you to explore -

- [Niche Blog - here's how you actually make friends in college](#)
- [VICE: how to make friends in college](#)
- [Making friends when you're shy](#)

Relationships - What if I hate my roommate?

Starting college involves a lot of new and intimidating experiences, especially if you will be living on campus. If you've never shared a room, the experience can be even more challenging! Whether you decide to live with someone you already know or decide to be placed randomly, sharing a small space with another person can be a challenge. Try going into the experience without any expectations. You could become best friends for life with your first college roommate, or, like me, your roommate could end up being quite strange and transferring after the first semester. After freshman year, most people find their squad and you have some choice in where you live/with who. But until that day, keep these things in mind!

- Roommate agreements should be taken seriously: by both of you. Resident Assistants (RA) in your building will likely require everyone to sign a roommate agreement at the start of the school year. This sets the rules for your room - what you can and can't have in your dorm, when quiet hours are, things like that.
- Communicate with your roommate about when you both like to go to sleep, where you like to study (room or library?), if you plan to party on the weekends, your standard of cleanliness, how you feel about visitors - these are all important conversations to have up front. If for some reason things go south, you can refer back to this conversation.
- Don't be afraid of confrontation - if you're unhappy with a situation, chances are your roommate is too.
- Talk to your RA. That's what they are there for - they are trained to handle any situation you could be in. They've also likely had their own experiences with a bad roommate as well, and are valuable resources. They might offer to mediate a meeting with you and your roommate.
- Get out of the room. Finding other places you feel comfortable on campus is very helpful - even if you love your roommate!
- If you're in your room and don't want to engage with your roommate, throw on some headphones.
- Remember that you have options. There are often vacancies in other dorms on campus after the first semester! You could potentially move in with a friend or start the process over.

- Lastly, remember to give it time before you do anything. This is a huge adjustment for you, and you don't need to be best friends with the person you live with. There are [many different kinds of roommates](#) and chances are, you aren't fun to live with all of the time either!

Relationships - Healthy romantic relationships

This section's information was found on www.loveisrespect.org, a trusted and valuable resource that you should explore further for more information.

Healthy romantic relationships are based on

- **Healthy communication**
 - Open, honest, and safe communication is a fundamental part of a healthy relationship. The first step to building a relationship is making sure you both understand each other's needs and expectations. So, talk to each other! Try these tips -
 - **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
 - **Respect Each Other.** Your partner's wishes and feelings have value, and so do yours. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
 - **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
 - **Be Supportive.** Offer reassurance and encouragement to each other. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
 - **Respect Each Other's Privacy.** Just because you're in a relationship doesn't mean you have to share everything and constantly be together. Healthy relationships require space.
- **Healthy boundaries**
 - Boundaries are a good way to keep relationships healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries should never make you feel trapped or like you're "walking on eggshells" around your partner. Healthy boundaries should never restrict your ability to -
 - Go out with your friends without your partner
 - Participate in activities and hobbies you like
 - Not have to share passwords to your email, social media accounts, or phone
 - Respect each other's individual likes and needs.

What isn't a healthy relationship?

Unhealthy relationships are often based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviors are a big deal. Possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing, or other abusive behaviors are exertions of power and control, and signs that you are in danger. Remember that abuse is a choice and you deserve to be respected!

If you think your relationship is unhealthy, it is important to make your safety a priority. Consider these points moving forward:

- Understand that a person can only change if they want to. You can't force your partner to alter their behavior if they don't believe they're wrong.
- Focus on your own needs. Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep. If you find that your relationship is draining you, consider ending it.
- Connect with your support systems. Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, our advocates are always ready to talk if you need a listening ear.
- Think about breaking up. Remember that you deserve to feel safe and accepted in your relationship.

Even though you cannot change your partner, you can make changes for yourself to stay safe. Try these [safety planning tips](#), look into a [restraining order](#), [chat with a peer advocate](#), or take [loveisrespect.org's healthy relationship quiz](#) to learn more.

Here are other resources to explore -

- [College 101: A Guide to Healthy Relationships for Freshmen](#)
- [Ted on 3 skills everyone needs for healthy romantic relationships](#)
- [Dating abuse statistics](#)

Substances - Party on... safely!

I'd like to remind you that Waring does not condone/encourage underage drinking or drug use - but we are not oblivious to the realities of college campuses in this country. We want you to have the knowledge base required to make smart decisions so you can keep yourself safe and healthy. If you're going to consume alcohol or take drugs, consider the following.

Once you all get on your college campuses as incoming freshmen, you enter something called the "Red Zone".

The **Red Zone** is a period of time where college freshmen are at their most vulnerable when it comes to being in danger and more specifically at increased risk for sexual assault.

- Arrival on campus (August) through Thanksgiving break (November)
- Students who identify as female are at increased risk
- Assaults typically happen between midnight and 6am on Saturdays and Sundays
- For 90% of sexual assault victims, the perpetrator is an acquaintance, so potentially someone you have met in your first few weeks at school
- Almost always occurs in the context of partying where alcohol has been consumed by perpetrator and/or victim
- Risk factors contributing to Red Zone:
 - Students away from home for the first time
 - Increased use of drugs and alcohol because unsupervised
 - May not be consuming responsibly due to inexperience
 - Lack of reliable friend group to look out for one another
 - Presence of sororities and fraternities on campus
- You will likely discuss the Red Zone and other concerns related to it at your college orientations, and your schools will outline resources available to you on your specific campuses
 - That being said, current science and advocacy groups indicate that simply discussing the Red Zone is not enough to protect incoming students.
 - [Programs like Green Dot](#) exist and teach bystander intervention training. I encourage you to look at your school's website and see if such programs exist, and if they do - participate in them! Schools with programs like this have 17% fewer cases of interpersonal violence compared to the schools that don't
- How can you stay safe during the Red Zone and throughout your college experience?
 - Get familiar with your surroundings
 - Know where public/campus safety is
 - [Blue light emergency phone stations?](#)

- Always lock your dorm room door when you leave (When I was in school I lived in a suite - a dorm with a door from the hallway leading to a common space with 4 rooms and a bathroom off of the common space. We never locked the suite door, but I always locked my bedroom door. One Saturday a random drunk person walked into our suite thinking it was their own and pooped in the recycling bin, on the floor of the common area, and puked in our bathroom. Someone tweeted about it and it went viral. Moral of the story: lock your door!)
- Stay in a group
- Make sure your phone is charged and carry a cable or portable charger in your purse
- Behave in your dorm room
- Don't post pictures you may regret posting
- Chose a DD
- It's OK to say no
- Know your limits
- Find friends you can trust and develop a safety system
- Don't walk by yourself after dark
- Sign up for programs like green dot or self defense
- Eat before you drink
- Don't mix substances
- If you get separated, stay in touch with friends
- Drink plenty of water
- If you're going to drink, bring your own.
- Don't take alcohol from strangers
- Avoid free alcohol given out at parties (***NEVER*** drink the jungle juice)
- Guard your drink
- Don't put your drink down - and if you do, get a new drink.
- Don't forget your ID
- If you're concerned about something, call your RA or 911
- If you are engaging in sexual activity, make sure it is CONSENSUAL!
[If for some reason you still don't understand consent as a concept, please re-watch this classic video that explains consent using a tea metaphor.](#)
- Also make sure you are practicing safe sex habits by way of protection. [Learn more here.](#)

Here are more resources for you to explore -

[1 in 6](#)

[Campus PRISM](#)

[End Rape On Campus \(EROC\)](#)

[Black Women's Blueprint](#)

[Clery Center for Security on Campus](#)

[Futures Without Violence](#)

[Jana's Campaign](#)

[JED Foundation](#)

[Know Your IX](#)

[It's On Us](#)

[Love Is Respect](#)

[Men Can Stop Rape](#)

[National Sexual Violence Resource Center \(NSVRC\)](#)

[Peace Over Violence](#)

[PreventConnect](#)

[Rape, Abuse and Incest National Network \(RAINN\)](#)

[Stop Sexual Assault in Schools](#)

[Students Active For Ending Rape \(SAFER\)](#)

[Student Activism in School Guide](#)

[SurvJustice](#)

[Victim Rights Law Center](#)

[Let's talk more specifically about alcohol, a college campus favorite.](#) If you're choosing to drink, you need to know:

- Difference between [blacking out](#) and [alcohol overdose](#)
- We learned from watching [If They Had Known](#) that mixing substances can be incredible dangerous and fatal - [learn more in this TedEd talk](#)
- When it's time to call 911: If the person is unconscious, semi-conscious, or unresponsive, check for these symptoms of alcohol or drug overdose:
 - Cannot be roused and are unresponsive to your voice, shaking, or pinching their skin.
 - Skin is cold, clammy, pale, bluish, and/or blotchy.
 - Breathing is slow - eight or fewer breaths per minute.
 - Experience lapses in breathing - more than 10 seconds between breaths.
 - Exhibit mental confusion, stupor, or coma.
 - Have seizures, convulsions, or rigid spasms.
 - Vomit while asleep or unconscious and do not awaken.



- Remember what “a drink” actually is. 12oz of beer = 5oz of wine = 1.5oz of liquor (a shot of vodka or whiskey)
- Try to set a limit for yourself before you start drinking for the night, and don't pass that limit.
- Pace yourself. Space your drinks evenly so you don't accidentally drink too much, too quickly. The quicker you consume alcohol, the more it will affect you. Try alternating an alcoholic beverage with a glass of water.
- Know what you are drinking. NEVER. DRINK. THE. JUNGLE. JUICE. Don't put your cup down.
- Make sure you've eaten and have food in your stomach before you start drinking.
- Remember that YOU DON'T HAVE TO DRINK OR PARTY IF YOU DON'T WANT TO, and that doesn't make you “uncool”. People will honor and respect your choices.
- Know that your dorm rooms are not free-for-alls. Try to be quiet and avoid having too many people in your room - RAs and campus police will take notice.

Marijuana - If you're going to school in Massachusetts, it's important you understand the new laws related to legality of marijuana use. If you're going to school out of state, [be sure you understand the laws in that state](#). It's also important to understand that your school might have specific and more restrictive rules in place that prohibit smoking on or near campus.

- In the state of MA, medicinal and recreational use of marijuana is legal for adults ages 21 and over. There is a series of laws that promote safe use, just like alcohol and tobacco.
- Even for adults ages 21 and over, there are rules about where marijuana can be used, how much can be grown/possessed by an individual, how it's transported, etc.
- Regardless of age, marijuana cannot be consumed in any form in public or on federal land. Those who violate this law can face a fine.

- The law strictly prohibits consuming marijuana while operating a vehicle. It is illegal to drive under the influence of marijuana.
- Like alcohol, there cannot be “open container” of any form of marijuana in your car while on the road or at a place where the public has access. It must be stored in a closed container in the trunk or a locked glove compartment. This law is enforced by a \$500 fine.
- Police use a number of approaches to determine if someone is impaired by alcohol and/or drugs while driving - what used to be called “Field Sobriety Tests” are now called “Roadside Assessments” and can be used to determine alcohol impairment OR drug impairment.
- Other factors that may lead to OUI may include driving behavior of the driver prior to the stop which led to the stop and/or how the driver responds to being stopped: pulled car over immediately, wrong side of the road, presentation - red glassy eyes, slurred speech, dry mouth, lethargy, statements, etc.
- Police departments nationwide are currently training what are called Drug Recognition Experts (DREs) which are officers with more specialized training that allows them to perform a 12-step test in order to determine what type of drug the person is under the influence of.
- As of right now there is not a chemical test for marijuana (unlike the BAC test for alcohol) The court relies on the observations of the officer and actions of the driver.
- If it is determined that a driver is operating a motor vehicle under the influence of marijuana, at minimum the person is removed from the road and the vehicle is towed from the scene.
- Under juvenile reform laws, any child under the age of 18 can be considered for something called a diversion, which allows them to avoid having a record as long as they meet requirements set forth by the juvenile court
- Adults 21 and over may hold up to one ounce of marijuana on their person and 10 ounces in their homes. These adults are allowed to grow up to 6 plants in their home and a maximum of 12 plants if there are 2 or more adults living in the residence. They cannot be visible from a public place.
- IT IS ILLEGAL FOR THOSE UNDER THE AGE OF 21 TO CONSUME, GROW, PURCHASE, OR POSSESS MARIJUANA. There are medical exceptions to this law. Those who violate this law will pay a civil penalty and/or complete a drug awareness program, depending on their age. Beyond that, schools and employers may have policies against using marijuana, and you could lose your job/position on a sports team/financial aid for college.
- If an individual between the ages of 18 and 20 purchases or attempts to purchase marijuana products or accessories, it is punishable by a fine.
- Individuals younger than 18 face notification of a parent or legal guardian, a fine, and completion of a drug awareness program.

- If this person is under the age of 17 and fails to complete the drug awareness program within one year, they may face delinquency proceedings.
- Those who supply marijuana products or accessories to a person under the age of 21 face fines of up to \$2,000 or imprisonment, or both.

Additional resources

- <https://moreaboutmj.org>
- <https://mass-cannabis-control.com/the-laws/>

Sex/Sexuality/Intimacy - Healthy and safe sex

It is important to note that despite what you see in the media and hear about when gossiping with friends, not everyone in college is hooking up or having sex. You should feel absolutely NO pressure to engage in sexual activity, and if you do, you should talk about it with someone you trust or seek out professionals working in the health center on campus. It's also important to understand that the term "hook up" means a variety of different things to different people, and one that adds to a lot of confusion, social pressure, and stigma.

Check out these Ted Talks -

- Al Vernacchio: [Sex needs a new metaphor](#)
- Cindy Gallop: [Make Love, not Porn](#)

I would also recommend reading up on the work of [Cindy Pierce](#), a health educator comedian (how cool is it that such a thing exists?!)

Cindy's research tells us that -

- Despite the perception that everyone is hooking up, research done at universities shows that isn't the case. (Your school likely shares this information on the website of the health center)
- There is a lack of understanding around consent, assault, mistreatment of women, and unhealthy body perceptions for all as a result of hookup culture that is aggravated by pornography.
- PORN DOES NOT EQUAL SEX IRL. Hookup culture tends to mimic what is seen in pornography and does not focus on mutual pleasure.

If you are going to have sex/hook up, here are some tips for staying healthy and being safe -

1. BYOC (bring your own condom). Don't rely on a partner to have condoms, dams, or lube. Always have your own supply, and check the expiration dates before use. Temperature and light exposure can affect the integrity of safer sex supplies so always store them in a cool, dry place.

2. Role-play safer-sex conversations with friends. Brainstorming strategies for dealing with difficult responses and practicing what to say can help you to be more comfortable and assertive when the time comes to talk about it for real. The best input and advice may come from people who share your experiences and who truly understand your concerns. (and remember: if you aren't ready to discuss these things out loud, you probably aren't ready to do them.)

3. Create basic limits and boundaries around safer sex in advance. Writing them down can help remind you that they're important and nonnegotiable.
4. Avoid substances so you can make sound decisions. Always remember that drinking or taking drugs can interfere with your and your partner(s)'s ability to give consent.
5. Make safer sex part of sex, rather than something that interrupts sex. For example, put on male or female condoms together.
6. Don't rush into higher-risk activities. First take your time with low- or no-risk activities, which can help build trust and communication (and also feel really good).
7. If you have a history of sexual or other abuse and feel this interferes with your ability to be safe, seek the help of a therapist, counselor, or support group to assist you in your healing and to help you select partners and sexual settings that make you feel comfortable.
8. Choose partners who don't put all the responsibility for safer sex on you. Look for partners who are comfortable putting safety discussions on the table and who see safer sex as a priority.
9. Work toward being able to talk more candidly about sex and sexual health with friends and partners. It's easier to be safe when you don't feel ashamed.
10. Don't feel bad about yourself if you find this difficult. Many of us were taught that talking about sex isn't "romantic" or "polite." But we can, and we do—and it gets easier with practice.

Sex/Sexuality/Intimacy - Contraception and pregnancy

Part of safe & healthy sex is making sure you are using contraception appropriately. As we've discussed over the years, there are a variety of options available, and you and your partner should decide what works best for you. (Remember: the only way to ensure you won't get pregnant is to NOT have sex)

Methods of contraception in order of effectiveness -

- Abstinence (100% effective)
 - Must use every time, costs \$0
- Birth control implant (99% effective)
 - Can last up to 5 years, can cost \$0-\$1300
- IUD (99% effective)
 - Can last up to 3-12 years, can cost \$0-1300
- Birth control shot (94% effective)
 - Get shot every 3 months, can cost \$0-\$150
- Birth control vaginal ring (91% effective)
 - Replace monthly, can cost \$0-\$200
- Birth control patch (91% effective)
 - Replace weekly, can cost \$0-\$150
- Birth control pill (91% effective)
 - Take daily, can cost \$0-\$50
- External condom (85% effective)
 - Must use every time, can cost \$0-\$2
 - Your college center likely hands these out for free!
 - Helps prevent STDs during oral, vaginal, or anal sex
- Internal condom (79% effective)
 - Must use every time, can cost \$0-\$3
 - Helps prevent STDs during vaginal or anal sex

[There are even more birth control methods & options - learn here.](#)

& here are some additional resources for you to explore -

- [Birth Control Tales](#)
- [UCSC on Abstinence](#)
- [Health and Human Services on Abstinence](#)

Here is some information on [emergency contraception](#) - Planned Parenthood has the most straightforward resources on this. Emergency contraception can be

effective and prevent pregnancy for up to 5 days after unprotected sex. [Learn more here.](#)

If you think you might be pregnant, **do not panic!** Health centers on campus likely have free pregnancy tests and nurses on call for you to speak with. Check out [your local Planned Parenthood](#) as well. Here is a link to access [abortion clinics near you.](#)

Sex/Sexuality/Intimacy - STIs/STDs

Each year, there are an estimated 20 million new STD infections in the US. Anyone who is sexually active can get an STD. Some groups are more affected by the and more at risk:

- Adolescents and young adults
- The LGBTQ+ community
- Pregnant women and infants
- Racial and ethnic minorities

The good news, as you know, is that [STDs are PREVENTABLE!](#) Try the following:

1. Understand your risk
2. Practice abstinence (no sex=no STDs!)
3. Know your body (if something doesn't look or feel right, seek help!)
4. Use condoms
5. Have fewer partners
6. Get vaccinated and get tested
7. Talk with your partner(s)

Your school likely offers free testing on a semi-annual basis through the health center, so be on the lookout for that. You can also find free testing centers near you through organizations like the [CDC](#) or Planned Parenthood.

Remember that STDs are super common and that most people will get one at some point in their life. You are in a unique age range (15-24) where you have a higher chance of getting an STD than anyone else. Some of the most common STDs can be cured with antibiotics and aren't dangerous if treated properly... but others can cause serious health problems, especially if you don't get treatment. If you get an STD, it doesn't mean you're "dirty" or a bad person!

For more information -

- [Planned Parenthood information on STDs](#)
- [CDC information on STDs](#)
- [How to tell your partner you have an STD](#)

Sex/Sexuality/Intimacy - Recommended reads

- [S.e.x. - The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties](#), written by Heather Corinna
- [What You Really Really Want: The Smart Girl's Shame Free Guide to Sex and Safety](#), written by Jaclyn Friedman
- [American Hookup - The New Culture of Sex On Campus](#), written by Lisa Wade
- [The Guide to Getting It On](#), written by Paul Joannides
- [Sex, College, & Social Media - a Commonsense Guide to Navigating Hookup Culture](#), written by Cindy Pierce

Additional Resources

[CDC College Health & Safety guide](#)

[CDC College Health Podcast](#)

[CDC Tips for Spring Break](#)

[American College Health Association A-Z Health Topics](#)