KEYS TO IMPORTANT AND MEANINGFUL CONVERSATIONS FOR YOU AND YOUR NEW STUDENT

LOYOLA AND FAMILIES PARTNERS IN EDUCATION
The beginning of college life can be exciting, daunting, liberating, and anxiety-provoking - all at the same time! Loyola is fully committed to guiding, supporting, and encouraging you as you begin this new educational journey. We encourage you to take some time to explore several topics of conversation that are critical to all college environments. At Loyola, we want you to feel the comfort of a supportive environment when the inevitable challenges of college life emerge. We recommend that you begin having some of these conversations now, as effective communication is one of the keys to a rewarding college experience.

WELCOME HOME!
Conversation Topics

- Alcohol and Other Drugs
- Emotional Health
- Diversity, Equity, and Inclusion
- Healthy Relationships
- Physical Health
- Fitness and Wellness
Alcohol Use in College

It is important for parents/guardians and students to realize the prevalence of alcohol use among college students. For example, according to the 2018 National Survey on Drug Use and Health (NSDUH):

- 54.9 percent of full-time college students ages 18 to 22 drank alcohol in the past month.
- 6.9 percent engaged in binge drinking (5 or more drinks on a single occasion for men or 4 or more drinks on an occasion for women) in the past month.
- 9.6 percent engaged in heavy alcohol use (binge drinking on 5 or more days in the past month).

These rates are higher than those for their non-college-attending peers.

Furthermore, the impact of alcohol-related consequences is often more significant than many parents/guardians and students realize. In fact, recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) indicate that:

- Drinking by college students ages 18 to 24 contributes to an estimated 1,519 student deaths each year.
- There are an estimated 696,000 assaults by another student who has been drinking.
- There are 97,000 cases of sexual assault or date rape related to alcohol use each year.
Alcohol Use and Family History

Alcohol Use Disorder is a multi-faceted disease that involves a set of complex factors which include: Genetics, Family history, Environment, Gender, and Mental health.

Alcohol Use Disorder is most correlated with genetics and family history. In addition to a strong heritable association, environmental factors, such as being exposed to peers (i.e. roommates) who are heavy drinkers, or using alcohol for the first time at an early age, also contribute to alcohol addiction.

Mental health considerations are of critical importance to the alcohol conversation. More specifically, students who are symptomatic of, or who have been diagnosed with a mental health syndrome, such as anxiety, depression, or bipolar disorder, are more likely to have a co-occurring alcohol use concern.

Combining alcohol with anti-depressants could potentially be fatal. Alcohol itself can cause depression, and alcohol keeps some anti-depressants from working as well as they should. This combination could lead to an increase in suicidal thoughts and/or actions.
Keys to an Honest Conversation

- Engage in a conversation about your student’s current alcohol use and related behaviors.
- Consider whether your student has had a history of alcohol-related consequences.
- Talk about any possible history of alcoholism or alcohol-use concerns among family members.
- Discuss alcohol-related dangers, such as potential legal and/or University consequences for behaviors such as possessing a fake ID, public intoxication, potential harms related to pre-gaming, binge-drinking, and high-risk drinking, violence, unsafe sexual behavior, and/or academic decline.
- Understand that Loyola has adopted a Responsible Action Protocol (RAP), which allows for the consideration of help-seeking behavior regarding alcohol emergencies as a health and safety matter rather than a conduct matter.
Marijuana
Marijuana use among college students is at the highest rate it has been in 35 years, with 43% of full-time college students reported having used some form of marijuana at least once in the past year, revealing an increase from reported marijuana use in the past year in 2017 (38%).

Furthermore, past 30-day reported marijuana use among college students doubled from 5.2% in 2017 to 10.9% in 2018.

Nicotine Vaping
Nicotine vaping represents one of the largest proportional increases for any substance in 40 years. Nicotine vaping among college students more than doubled between 2017 (6.1%) and 2018 (15.5%).

Adderall
The non-prescribed use of Adderall has increased by 67% over a 6-year period. Significant mood swings are associated with Adderall the longer Adderall is abused. Over time, Adderall, in fact, negatively affects working memory, focus, and sleep quality, creating a viscous cycle.

Cocaine
There has been a significant increase in cocaine use among college students between 2013 (2.7%) and 2018 (5.2%), which marks the highest level of use in the past decade.

Opioids
Opioid use in college has decreased from 5.4% in 2013 to 2.7% in 2018.
Keys to an Honest Conversation

Discuss the possibility of any potential drug use concerns before your student arrives at Loyola. Addressing areas of behavior that are problematic before college is a way to reduce issues while your student is in college.

Engage in a conversation with your student about the standards you have before your student arrives at Loyola. As parents/guardians, it is important to be realistic and firm about your expectations.

Maintain a non-judgmental perspective during your conversations about drugs. Try to remain calm and well-informed. If you become concerned, it is important to address your concerns and to not minimize the potential severity of your student’s behaviors or attitudes regarding drug use.
Mental Health

Counseling Center staff members have extensive experience working with students. We are interested in the personal experience of our students and seek to work collaboratively on personal, social, and academic goals. We embrace and appreciate the richness brought by the intersections of the gender, ethnicity, race, sexual orientation, age, physical and mental abilities, spiritually, socioeconomic status, physical attributes, as well as other personal and social characteristics that comprise individual identity.
Supportive Strategies
Many of life’s unexpected and challenging experiences often feel outside of a student's control. These experiences may cause stress, feelings of helplessness, depression, loss of previous ability to concentrate, or impulsive decision making. We work with students to combat and alleviate these, and many other, forms of distress. In fact, we work with over 40% of all students before they graduate and students who use counseling center services graduate with higher GPAs and are more likely to graduate with honors.

Family Support
A supportive network is vital to a student’s success. Please consider having a discussion with your student about the resources available at the Counseling Center, and offer encouragement for your student to seek services if they’re needed. We also encourage families to contact the Counseling Center with any questions or concerns they have about their student. While counselors are bound by ethical and legal requirements of confidentiality, we are able to provide general consultation and recommendations to families and loved ones.
Keys to an Honest Conversation

- What resources are available at the counseling center on campus?
- How do you know when you are stressed? What are your triggers?
- How will you cope with stressful situations when you are away at school?
- If friends and a family are your support system, how will you stay in touch?
- How will you manage any pre-existing mental health concerns?
- Where will you receive ongoing treatment? How will you manage your medications?
- When should we call the Counseling Center at Loyola to discuss with a staff member how to best meet your needs?
Diversity, Equity, and Inclusion

One of the best things about college and university campuses across the country is that they are becoming more and more diverse. Today, about 45% of all undergraduate college students are students of color (American Council on Education, 2019). Students of different races, ethnicities, socioeconomic statuses, sexual orientations, gender identities, religious affiliations, beliefs and a host of other identities come to learn and grow on college campuses, together.

Diversity of social identities, equity in how people are treated and inclusion of everyone so that everyone has a sense of belonging is a good and necessary thing for quality learning. A number of studies by the American Council on Education (ACE, 2012 & 2019) and the American Association of University Professors (AAUP, 2000) have found:
Diversity in the classroom encourages critical thinking and challenges stereotyped preconceptions.

Learning in diverse communities helps prepare college students to become good citizens in an increasingly complex, pluralistic society.

A sense of belonging (inclusion) is needed for healthy human development and for strong academic growth.

Diversity has both direct and indirect positive effects on the educational outcomes and experiences of college students.

Diversity helps all students achieve the essential goals of a college education. It enriches the educational experience.
Keys to an Honest Conversation

Discuss how a commitment to diversity, equity and inclusion is an integral part of the mission of Loyola.

Think about who you are socially, culturally and ethnically. Consider how much you have thought about these identities earlier in your life and how much you think about them now. Discuss how these identities shape your perspectives, approaches and ways of being.

Think about what living and learning in a college community that is diverse may be like for you. Talk about the parts that will be exciting. Consider what parts will be easy for you. Discuss the parts that will stretch you.

Discuss the resources and opportunities Loyola offers to support diversity, equity and inclusion.

Consider how commitments to diversity, equity and inclusion support your personal educational and career goals.

Identify ways you can be active in seeking out opportunities to support and learn more about diversity, equity and inclusion at Loyola.
Healthy Relationships

• According to the Centers for Disease Control (CDC, 2019):
  • Nearly 1 in 11 female teens and about 1 in 15 male high school students report having experienced physical dating violence in the last year.
  • 1 in 9 females, and 1 in 36 male high school students, report having experienced sexual dating violence in the past year.
  • Twenty-six percent of women and 15 percent of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime, reported first experiencing these, or other forms of violence, by that partner, before age 18.
Unhealthy, abusive, or violent relationships can have severe consequences and long-term negative effects:

- Victims in unhealthy relationships are more likely to: Experience symptoms of depression and anxiety;
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol;
- Exhibit antisocial behaviors, like lying, theft, bullying or hitting.

- Violence in an adolescent relationship sets the stage for problems in future relationships, including intimate partner violence and sexual violence perpetration and/or victimization throughout life.
Keys to an Honest Conversation

- What qualities are you looking for in a partner?
- What values do you think are important in dating relationships?
- Whose relationship would you most like yours to be like? Why?
- What should you do if someone you’re dating threatens you? What if someone you are dating tells you to keep quiet and not tell anyone, even though you know it is wrong?
- What are some red flags in unhealthy relationships? How would you identify them?
- When should you call the Women’s Center to talk with a confidential resource?
Loyola University Student Health Services supports the education and development of students by promoting their optimal health and well-being. Our mission is to provide evidenced-based care of acute illness/injuries and to provide both active health promotion and disease prevention services for students. Our staff of physicians, nurse practitioners, nurses, and medical assistant are committed to providing a welcoming environment where diversity, equity and inclusion are valued and demonstrated in our organization practices, policies, services and programs. We respect the uniqueness of the students we serve and embrace the opportunity to provide culturally sensitive health care.

Supportive Strategies
The Student Health Center is designed to complement the care students receive from their primary care provider at home. We manage most acute, short-term medical problems, as well as some preventative care. All currently registered students, both undergraduate and graduate, are welcome to access Student Health Services during the fall and spring semesters.

Family Support
We at Student Health Services recognize that family support is critical to our students’ well-being while at Loyola. We encourage families and students who have chronic health conditions or other concerns to meet with us during orientation or early in the school year to help make a smooth transition to campus life.
Keys to an Honest Conversation

- What will you do to make sure you are eating healthy while at school?
- How will you assure that you can maintain good sleep habits while you are at school?
- What will you do for exercise while at school?
- How will you prevent yourself from getting sick while at school? What will you do if you do get sick?
- How will you manage any chronic health conditions while away at school?
- How will you manage any medications while at school?
Fitness and Wellness

The Department of Recreation and Wellness encourages the whole student to be active, healthy and inspired by offering programs and facilities to keep a sound mind and body, contributing to their success as a member of the Loyola community. We do this by offering the following:

**Fitness and Aquatic Center**

The Fitness and Aquatic Center (FAC) offers students a variety of facilities and spaces to fit every physical activity need. From the beginner to the advanced, the FAC offers 115,000 square feet of activities for everyone. From the swimming pool, running track, climbing wall and basketball courts, to the fitness studios and cardio equipment, there is something for everyone at the FAC.
Club Sports
Loyola's Club Sport teams bridge the gap between intramural sports and varsity athletics, allowing you to enjoy extramural competition without the pressures of highly-structured varsity sports. Clubs are student directed, with members being required to assume responsibility for organizing contests and fundraising activities, while also providing a great opportunity to develop leadership skills. Most club teams compete in leagues against other local and regional teams and some teams even compete in national competitions.

Intramural Sports
Looking for a little friendly competition? We offer several different intramural leagues and tournaments throughout the year including basketball, soccer, volleyball, flag football, softball, dodgeball, and Kan Jam! Student participation in the intramural sports program makes it one of the largest activities on campus. You need not be a star athlete to participate! Play for the fun of it and experience for yourself why intramural sports is where the action is.

Outdoor Adventures
Our Outdoor Adventures department offers weekend outdoor trips throughout the academic calendar, a few extended 5-7 day trips including OAE Spring Break, provides group teambuilding sessions, a Pre-Fall wilderness orientation program for first year students and a weeklong outdoor retreat at the end of the school year called Discovery.
Personal Training
Our nationally certified Personal Trainers will tailor a program to a client’s specific needs. Individual sessions or personal training packages can be purchased for the individual or partner training.

Group Exercise Classes
Group exercise classes led by nationally certified instructors are offered free to all members or guests of the Fitness and Aquatic Center. Class offerings include: yoga, Zumba, Spin45, BodyPump, BodyCombat and many more! Registration for each class begins 30 minutes prior to the start of class at the Welcome Desk.

Aquatics
The Mangione Aquatic Center at the Fitness and Aquatic Center offers something for all types of swimmers. The pool consists of a shallow end, eight lap lanes, and a diving well with one meter and three meter boards. Our hot tub is perfect for individuals that want to relax or our sauna is a great way for individuals to work up a sweat and loosen tight muscles. We offer a variety of equipment for workouts including fins, kick boards, noodles, and paddles all free of charge! For our young swimmers, coast guard approved personal flotation devices (PFD’s) are also available.
Keys to an Honest Conversation

🔗 How will you be able to incorporate physical activity into your Loyola schedule?
🔗 What types of activities are you interested in to increase or maintain physical activity levels?
🔗 What does your physical activity involvement currently look like and how you want that to change when you get to college?
🔗 What impact does participation in physical activity have on your mind and body?
🔗 What challenges will you face to make fitness a part of your week? What do you need to overcome those challenges?
Loyola’s Core Values

Academic Excellence
Focus on the Whole Person
Integrity
Honesty
Diversity
Community
Justice
Service
Leadership
Discernment
Constant Challenge to Improve