

# RA magazine

FEBRUARY 2015

## *The Campus Safety Issue*

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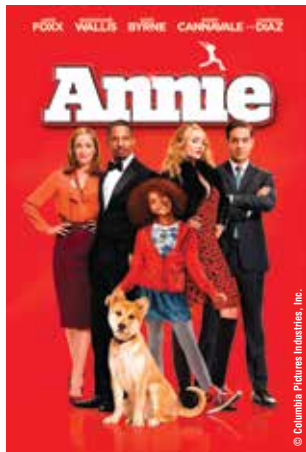
issue twenty-one

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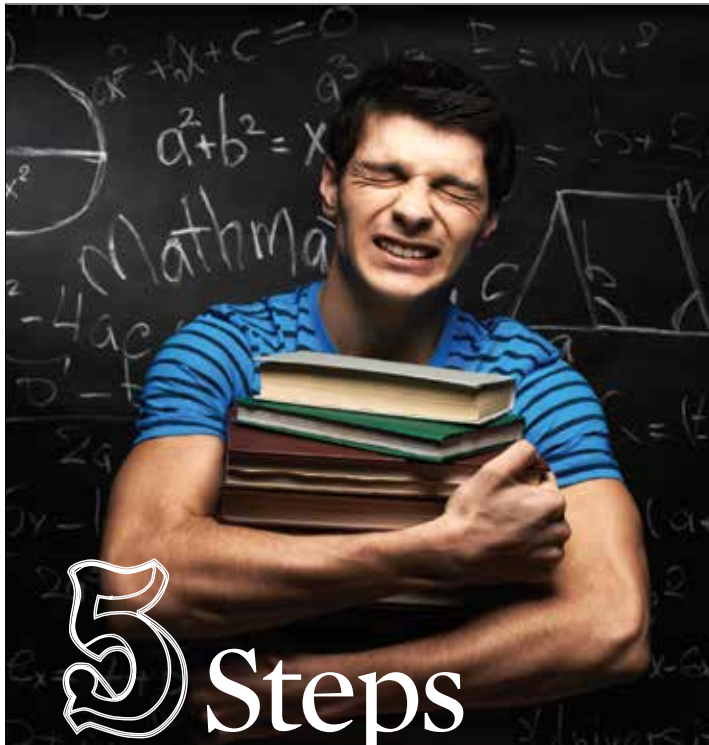


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# RA magazine

Which Best Picture Oscar® Winning movie is your favorite?

## EDITOR IN CHIEF

Kate Rowley ..... *Out of Africa*– Stunning landscapes, epic music, with the brilliant actors Meryl Streep and Robert Redford.

## SALES MANAGER

Mike Grana ..... *The Departed* – You cannot beat the all-star cast of Jack Nicholson, Matt Damon and Leonardo DiCaprio, along with a story that has you on the edge of your seat!

## ACCOUNT EXECUTIVES

Bryan Colombini ..... *Gladiator*– Amazing acting, a wonderful score, and outstanding CGI.

Lydia Bishop ..... *The Hurt Locker* – This takes you through a battle, the one less portrayed, in war films.

Mike Eyler ..... *Ben Hur* – because “Let My People Go!!”

Sarah Garegnani ..... *Dances with Wolves* – The soundtrack is great!

## ACCOUNT MANAGERS

Alex Pieschel ..... *The King’s Speech* – I love true stories, it’s great to get a better look at history.

Jennifer Morrow ..... *Million Dollar Baby* – It shows that women can do anything they set their mind to.

Lindsay Myers ..... *Schindler’s List* – It’s such a powerful movie, and I like being able to follow the German dialogue.

## MARKETING

Jeff Bernth ..... *Rocky* – It’s the movie that shows you sometimes even when you lose you really win.

Kshipra Datar ..... *West Side Story* – It had a great storyline with the Sharks vs. the Jets and one of the most iconic songs, *I Feel Pretty*.

## ART

Ellen Woltering ..... *Argo* - I am a sucker for movies set in the late 70s, early 80s.

Steve Reardon ..... *A Beautiful Mind*– It’s a great performance from Crowe and great that the movie brought the Nobel Prize winner Nash to the public’s attention.

## PROOFREADER

Randy Andrews ..... *Gone with the Wind* – Even after 75 years, some of the scenes are still amazing to watch considering they were shot without CGI - the burning of Atlanta for example.

## COPYWRITER

Kelsey Wesche ..... *Casablanca* – Because the airport scene is one of the greatest moments in movie history.

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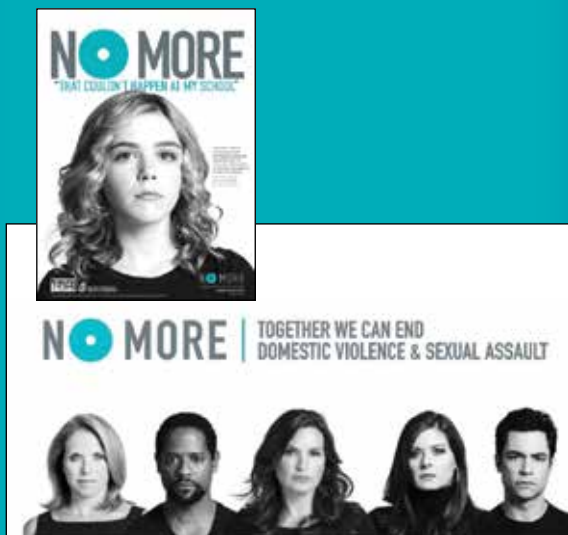
# MIXING Booze, Drugs & Sex: HOW CHEMICALS CONTRIBUTE TO Sexual Assault



The combination of drinking, sex and college students is nothing new in relation to our nation's perception of the college experience. However, the staggering rise in the number of sexual assault discussions occurring from the combination of these three factors is plaguing universities across the country as the federal government urges them to take action.

# Sexual Assault Awareness videos now available for your program!

## 1 @ 2 MANY



Contact your Account Manager to add these and many more videos to your channel or streaming site!

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### CHEMICALS *contribute to assault*

It's no surprise that alcohol is the number one drug used by perpetrators to help facilitate sexual assault. According to the National Institute on Alcohol Abuse and Alcoholism, "Alcohol contributes to sexual assault through multiple pathways, often exacerbating existing risk factors." Today, at least half of all sexual assault cases involve alcohol consumption by the victim, the perpetrator or both.

Tactics some colleges have tried to lower the number of alcohol-related sexual assaults include urging college students to drink less or be more responsible, yet it seems these pleas from higher education officials have done nothing to lower the staggering statistics. "What we can do is change community norms so the perpetrator's behavior is no longer acceptable," believes Jane Stapleton, who is the co-director of Prevention Innovations Research and Practices for Ending Violence Against Women at the University of New Hampshire (UNH).

Currently, the U.S. Department of Education's Office for Civil Rights (OCR) recommends that "schools should inform students that the school's primary concern is student safety, that any other rule violations will be addressed separately from the sexual violence allegation, and the use of alcohol or drugs never makes the victim at fault for sexual assault."



### Defining Diminished Capacity and Consent

By definition, sexual assault is a gender neutral umbrella term covering everything from unwanted touching to rape, and has a higher likelihood of occurring on campuses when drugs or drinking are prevalent. Yet, according to the Women's Center of Northwestern University, "each state has its own legal definition and criminal code, meaning that the definitions of acts that constitute sexual assault vary."

Drinking and drugs can easily blur signals, speech and actions when interpreting boundaries, leading to a situation that crosses over into assault. To reduce the risk of these situations happening, a key component of any sexual assault education program is to ensure all students understand the definitions of consent and diminished capacity. Consent is defined as a voluntary, positive agreement between participants to engage in a specific sexual activity. It must be understood that consenting to one behavior does not give the green light to another sexual behavior. Consent can be withdrawn verbally or non-verbally so the only way someone can be sure they have consent is to ask directly.

We've covered consent; now let's talk about diminished capacity. According to the Rape, Abuse and Incest National Network's website [www.rainn.org](http://www.rainn.org), "Diminished capacity exists when an individual does not have the capacity to consent." RAINN lists sleeping, passing out and being under the influence of drugs or alcohol as some of the most common reasons someone would not be able to provide consent. Diminished capacity is important to understand because the aggressor is in clear violation of taking advantage of someone who was unable to give consent.

## A Quick Look at Drugs Used in Sexual Assaults

Not all sexual assaults occur when drugs or alcohol are willingly taken. Some victims are unknowingly slipped drugs by perpetrators. Below are four of the most common types of date rape drugs, their nicknames, their effects and more. These drugs are often hard to detect because they leave the body quickly, usually within just a couple of days.

*If you believe one of your residents is under the influence of one of these drugs, call your campus health services or local hospital immediately. For tips on partying safely, be sure to catch the bulletin board of the month on page 11.*

	<b>Rohypnol</b>	<b>GHB</b>	<b>Benzodiazepines</b>	<b>Ketamine</b>
<b>Also called:</b>	Roofies, Rophies, Rope, the Forget Pill, Whiteys, Erasers	Liquid X, Liquid E, G, Cherry Meth, Soap, PM, Vita G	Any anti-anxiety and sleeping medications in the United States, such as Xanax, Doral, Klonopin, Valium and Restoril. With a prescription, these are legal forms of Rohypnol.	K, Special K, Purple, Black Hole, Vitamin K
<b>Looks like:</b>	A small white tablet resembling aspirin. The new pills turn liquids blue when added.	A clear, odorless liquid or white crystalline powder	Prescription pills	A white powder
<b>How it's used:</b>	Quickly dissolves in liquid and takes effect 30 minutes after ingestion. Effects peak within 2 hours and have lingering effects for 8 hours or more.	Kicks in about 15 minutes after ingested with effects lasting 3 to 4 hours. Because it's often homemade, its effects are unpredictable.	Works just like Rohypnol by dissolving in liquid and taking effect quickly after ingestion.	Used by veterinarians, this general anesthetic is a fast acting liquid that is slipped into drinks. It is absorbed into the blood within 30 minutes and lasts up to 4 hours.
<b>Effects:</b>	Increased blood pressure, memory impairment, drowsiness, dizziness, confusion, nausea and loss of muscle control	Sedation, drowsiness, impaired mobility, slowed heart rate, headache, slurred speech, unconsciousness, coma, death	Impairs or abolishes the ability to resist sexual aggression or assault, increases blood pressure, dizziness, confusion, nausea	Out of body sensation, hallucinations, loss of time and identity, altered perceptions of sight and sound, impaired motor function, slurred speech
<b>Lasts for:</b>	Leaves the body within <b>36-72hrs</b>	Leaves the body within <b>10-12hrs</b>	Leaves the bloodstream within <b>24hrs</b>	Leaves the body within <b>48hrs</b>

# Bystander Intervention:

## An Effective Solution in Ending Sexual Assault?

Honor codes are long-standing principles in the collegiate world that define what constitutes proper behavior regarding plagiarism, alcohol and drug use, hazing, theft and fighting. Yet for most colleges, an honor code does not exist for sexual assault, leaving schools nationwide scrambling to come up with a solution for this growing issue. Many universities have turned to bystander intervention programs, which increase the responsibility of anyone in the vicinity of a possibly threatening situation to intervene.

Bystander intervention programs teach college students how to check in with and help out others to thwart sexual assault, excessive alcohol consumption, destructive behaviors, depression, eating disorders and more. In fact, some of your residents may have engaged in bystander intervention and not even realized it – like if a resident prevented an intoxicated friend from driving home or stopped an acquaintance from starting a fight by diverting the conversation.

According to the National Sexual Violence Resource Center's Engaging Bystanders in Sexual Violence Prevention program, the bystander approach shifts responsibility to discourage victim blaming, changes the perception of the sexual violence into more of a community issue, and offers to change social norms surrounding sexual violence. "What we can do is change community norms so that the perpetrator's behavior is no longer acceptable," says Jane Stapleton, co-director of Prevention Innovations Research and Practices for Ending Violence Against Women at the University of New Hampshire (UNH) in a *Campus Safety Magazine* article titled "Bystanders: Your Best Weapon Against Sexual Assault."

Traditionally, it seems that sexual violence prevention programs have focused mainly on women as possible victims and young men as potential perpetrators.



However, according to the *Campus Safety Magazine* article referenced above, Dr. Gary Margolis, managing partner for Margolis, Healy and Associates, believes that this outdated method can simultaneously seem like male bashing and victim blaming since it focuses solely on the victim and doesn't mention the offender's role.

A recent *New York Times* article titled "Stepping Up to Stop Sexual Assault" explored encouraging the idea that sexual assault is everyone's issue, stating, "The hope is that bystander programs will have the same impact on campus culture that the designated driver campaign has had in reducing drunken driving deaths."

Typically, there are four steps each bystander moves through before they decide to act; however, situational factors such as the number of witnesses, the setting of the incident, the level of urgency and the level of uncertainty can have an effect on whether the bystander actually intervenes. Research conducted by Harvard University states that one of the main witness struggles of bystander intervention involves knowing when to step in to help if several other individuals are present. The assumption that someone else will take on the responsibility of intervening if the situation calls for it looms large.



Another prevalent reason as to why bystanders may refrain from intervening is aligned with misjudging a situation and having to deal with the embarrassing aftermath of intervening when it isn't necessary.

With all of the advantages of bystander intervention education, how are colleges actually using this tactic in their sexual assault prevention plans? Virginia Tech created the Bystander Intervention Playbook as part of their resources on sexual assault, which breaks down bystander intervention tactics into simple sports-like plays along with other clever bystander intervention strategies.

The University of Arizona C.A.T.S. Life Skills Program partnered with the National Collegiate Athletic Association (NCAA) and national leading experts to develop the Step UP! Be a Leader, Make a Difference program. Step UP! aims to raise awareness of bystander behaviors, increase motivation to help, assist in developing the confidence needed to respond to a situation and deliver the skills necessary to ensure the safety of others. Other universities are even providing training before students step on campus. As a preventative measure, Vassar launched a peer education bystander intervention program in the fall of 2014, complete with an online sexual assault, dating violence and stalking course called Every Choice that each student must complete before arriving on campus.

In summary, bystander intervention programs thrive on the fact that people make decisions and conduct actions based on the feedback they get from others. By examining the cultural conditioning, social expectations and cultural norms placed on us, our reactions to someone else's thoughts or behaviors can help prevent negative and unwanted conduct from becoming full-blown sexual assault. Since we're all bystanders any time we socialize with others – we're in charge of promoting positive behaviors and stopping negative ones.

## 4 Steps to Bystander Intervention

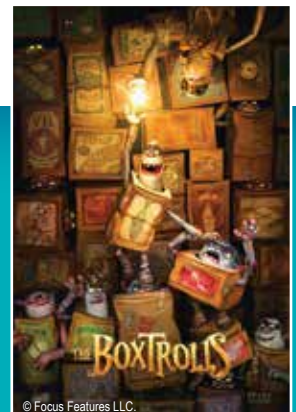
In order to intervene, someone has to:

1. Notice the incident and analyze what's happening and why
2. Interpret the incident as foreshadowing to a possible emergency
3. Assume responsibility for stepping in
4. Use bystander intervention tactics to diffuse the situation including direct language, distractions, delegation to others who can assist and checking in with the possible victim

## Free Resources to Learn More!

Visit the National Sexual Violence Resource Center's website [www.nsvrc.org](http://www.nsvrc.org) to access free booklets, podcasts, webinars, newsletters, guides and much more on sexual violence. For more information on bystander intervention programs, visit:

- [www.theredflagcampaign.com](http://www.theredflagcampaign.com)
- [www.livethegreendot.com](http://www.livethegreendot.com)
- <https://www.notalone.gov/>
- <http://www.health.ny.gov/publications/2040>



**AVAILABLE NOW FOR YOUR CHANNEL OR SITE**

# Host a March Madness Pool



**A**re you ready for the college basketball madness that kicks off on March 17th? Help your floor get into the spirit of the 68 team single-elimination tournament by hosting your own March Madness pool, complete with a kick-off party on Selection Sunday to set the mood for the next month.

## Print Some Brackets

You can't have a March Madness event without brackets, so find one online, print it out and fill in all of the teams. Make a bunch of copies for those that are interested in playing and have everyone start filling in their picks. You'll want to have your residents give you a copy of their bracket so you can determine a winner at the end of all 68 games and possibly post score updates along the way.

## Create a Point System

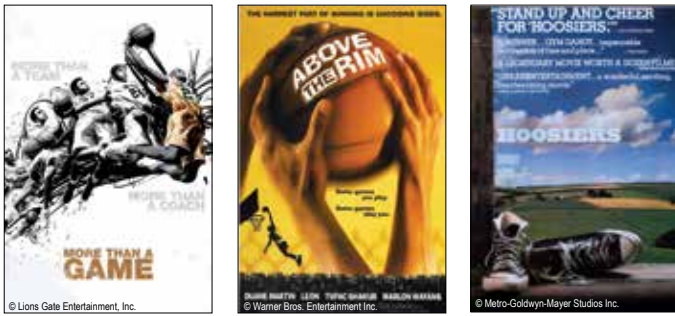
Make each round worth a select number of points and write down the scoring system on your bracket before you make copies. Standard scoring systems typically award the following:

- 1 point for first round wins
- 2 points for second round wins
- 3 points for third round wins
- 4 points for fourth round wins
- 6 points for fifth round wins
- 10 points for sixth round wins

Increase participation by offering prizes as incentives for filling out a bracket and playing along. In addition to offering a little something to the person with the highest point total at the end of the tournament, you might also choose to host a raffle. To gather entries, give participants one entry for every winning team chosen, so the better your residents' picks, the more chances they will get to win! Even if someone is knocked out during the early rounds of the tournament, they still stand a chance to win something.

## Keep a Leaderboard Somewhere Public

Got a common room, kitchen or lounge somewhere on your floor? Post the winning team for each round somewhere public so your residents can see what teams have been eliminated. It's up to you whether you want to tally up residents' scores during the tourney and how often you want to post who's in the lead.



## Celebrate Without Watching a Single Game!

As your residents pick their teams on Selection Sunday or if you have any downtime between games, show one of these classic basketball titles.

## Selection Sunday Snack Attack!

As you make your picks, here are some quick and easy snacks to munch on that won't foul out calorie-wise!

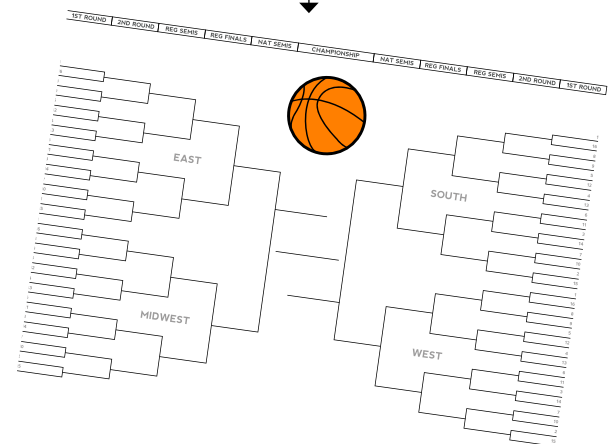
- Trail mix
- Popcorn
- Guacamole
- Hummus
- Yogurt covered pretzels
- Baked pita chips
- English muffin pizzas

Pierre E. Debbas / Shutterstock.com



## Free Printable 2015 March Madness Brackets!

Log on to [www.printyourbrackets.com](http://www.printyourbrackets.com) to print out free blank brackets.





*Recipe using  
only your  
microwave!*

## ***Microwave Chocolate Mug Cake***

You don't need a full chef's kitchen to make a delicious cake. For this recipe, all you need is a microwave, your favorite coffee mug and the listed ingredients.

4 tbsp cake flour  
(plain flour, not self-rising)  
4 tbsp sugar  
2 tbsp baking cocoa  
1 egg  
3 tbsp milk  
3 tbsp oil  
3 tbsp chocolate chips  
(you can add more or less)  
1 dash vanilla  
Powdered sugar to top

1. Add dry ingredients into a coffee mug and mix well.
2. Add the egg and mix thoroughly.
3. Pour in the milk and oil, mix well.
4. Add the chocolate chips and vanilla essence, mix again.
5. Put your mug in the microwave and cook for 3 minutes at 1000 watts.
6. The cake will rise over the top of the mug, but don't be alarmed!
7. Allow to cool and top with powdered sugar.

# Bulletin BOARD OF the Month:

# Party Tips on Tap

Let's face it, most of your residents are used to hearing what not to do when it comes to partying. That's why it never hurts to remind your residents that there are tips out there to help them stay safe while not putting a damper on their evening. Help your floor stay safe during a night out with this clever 3-D bulletin board idea.

Create  
Your 3D  
Game!

Create an informative, eye-catching 3-D display of the popular party game Beirut by using actual Solo cups. Create an overhead view by using whole cups and feature facts about drinking and partying scattered across your board.

You'll need to create the appearance of a table using construction paper, poster board or bulletin board paper.

Next, glue the bottoms of the cups to your bulletin board in a triangle formation with four rows. There will be four cups on the rows closest to the table's ends, with three cups in the next row, followed by two cups in the third row. Finish with only one cup toward the center of the table.

Now, select facts from the right and add them to your board. Feel free to add your own safety tips as well. To make this look even more realistic, you can even add a ping pong ball!



Use these callouts on your board to share information with your residents!

■ **Text your friends.**

Let them know the who, what, where and when of your plans for the evening.

■ **Don't drink the punch!**

You never know exactly what's in it. Also, always watch someone pour your drink.

■ **Take your drink to the bathroom.**

And anywhere else you go. No one will think it's weird and it makes it easier to keep an eye on it.

■ **Prefer the passenger seat.**

If you've had anything that puts you in the category of "under the influence," do not drive. Call a cab, ride home with a friend, or let someone sober in your group drive.

■ **Speak up about what you do and don't want.**

If hooking up is on your agenda, be clear about what you want and don't want to happen. Speaking your mind can help you avoid becoming uncomfortable.

■ **Fake it!**

No one will know your mixed drink is only soda or your beer can contains water from the sink.

■ **Finalize a game plan.**

Go out in a group and figure out how you're getting home before you go to avoid 2 a.m. confusion.

■ **Eat something.**

Save yourself from embarrassment and a hangover by taking care of yourself. Eat something before you go and know your limits.

■ **If someone takes it too far...**

Don't be afraid to seek medical help for someone who has had too much to drink. If someone seems dangerously intoxicated, tell your Hall Director and call EMS.

MONTHLY *must-haves*

**Campus Couture**

Represent your school with collegiate sportswear from **Prepsportswear.com**. Don't see exactly what you like? Don't worry, each item is customizable.



**3-in-1 Breakfast Station**

The Nostalgia Electrics 3-in-1 Breakfast Station offers a mini-griddle, toaster oven and coffee brewing in one tidy gadget making you a multi-tasking marvel. Check it out on **Amazon.com** for **\$71.95**.



*trendy musts for every college student*

# Monthly **Must-Haves**



BLACK



SAPPHIRE



PINK

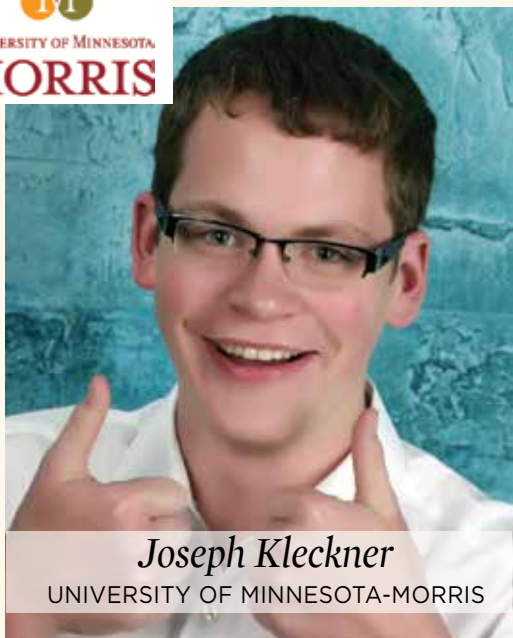


GRAY

**Hidden Headphones**

Don't stress over staying warm and still being able to listen to your motivational mix during an outdoor run. The Runphones® Wireless headphones sync to your phone via bluetooth and play your tunes through the headband while keeping your ears toasty. The adjustable speakers are removable for washing of the headband and comes in 4 different colors. The snug fit keeps sweat at bay and is made with hypoallergenic, machine-washable fabric. Runphones® can be found at **Runphones.Sleepphones.com** for **\$99.95**.

[Get to Know Other RAs]



*Joseph Kleckner*

UNIVERSITY OF MINNESOTA-MORRIS

**WHERE YOU LIVE:** David C. Johnson Independence Hall

**YOUR MAJOR:** English & Communications

**STUDENTS LIVING ON YOUR FLOOR:** 28

**FAVORITE THING ABOUT BEING AN RA:** Watching my residents grow throughout the year as they enter a new chapter in their lives. I really like being a part of this process for them and helping them out with whatever I can.

**WHAT ARE THE BENEFITS OF INTEGRATING MOVIES INTO YOUR RA PROGRAMMING EVENTS?** It creates a nice transition into serious discussion. I usually pick themes in the movies that relate to their own lives, and it takes pressure off of the residents.

**DESCRIBE YOUR FAVORITE PROGRAM WHERE YOU USED MOVIES TO ENHANCE PROGRAM CONTENT.** Some of my residents come from military families, so for Veterans Day, we watched *Act of Valor* as a floor. We talked about the soldiers featured in the movie, and shared stories about relatives and friends that have served in the military. We also discussed some issues that veterans face including PTSD and integration into civilian life.

**WHAT ADVICE WOULD YOU OFFER YOUR FUTURE RAs?**  
Be flexible. If your residents want to do something you have no interest in, give it a shot. It will give you a chance to bond with your floor and offer a new experience.

**BEING AN RA MEANS:** Being there for and helping out your residents and co-RAs.



*Jazzy Williams-Smith*

MCDANIEL COLLEGE

**WHERE YOU LIVE:** Rouzer

**YOUR MAJOR:** English

**STUDENTS LIVING ON YOUR FLOOR:** 37

**FAVORITE THING ABOUT BEING AN RA:** I absolutely love being the first person to welcome the freshmen to their new homes, and being the person that they can trust to come to for help.

**WHAT ARE THE BENEFITS OF INTEGRATING MOVIES INTO YOUR RA PROGRAMMING EVENTS?** You find out a lot about your residents by asking them about their favorite movies or watching a movie with them and listening to the comments that they make during and after the movie.

**DESCRIBE YOUR FAVORITE PROGRAM WHERE YOU USED MOVIES TO ENHANCE PROGRAM CONTENT.** I did a program with *Silver Linings Playbook*, which is an awesome movie! Before we watched the movie, I had my residents talk about their favorite memory and attach a song to that memory. I'm going to create a playlist for them from the compiled list of songs and give it to them at the end of the year.

**WHAT ADVICE WOULD YOU OFFER YOUR FUTURE RAs?**  
Be ready for anything and try to stay up to date on movies and music. Staying up to date will almost always give you a starting point to talk with your residents.

**BEING AN RA MEANS:** Being an awesome person and role model all of the time.

# How to Achieve the Perfect Siesta



Missing the days where naps were actually part of your teacher-approved curriculum? When executed correctly, naps can produce numerous mind and body benefits without impacting your nightly sleep schedule. In fact, according to the National Sleep Foundation, a quick nap of 20-30 minutes can help improve your mood, level of alertness and even your performance without leaving you feeling groggy or interfering with your nightly sleep schedule.

## ACCORDING TO MOTHER NATURE

Science says mammals are born to nap! Approximately 85% of the animal kingdom is meant to sleep in short bursts during the day. What does this mean for humans? According to HowSleepWorks.com, our bodies are made to hit peak sleepiness during two daily periods - 2 to 4 a.m. and 1 to 3 p.m. Research by Professor Jim Horne from Loughborough University states that from the ages 13 to 21, we get up later than any other time in our lives, so this has an effect on when the most optimal afternoon nap time is.

## TYPES OF NAPS

***The Power Nap:*** Around 10-20 minutes in length, this quick snooze is best for boosting energy and alertness.

***The Hangover Nap:*** Naps clocking in around 30 to 45 minutes tend to leave the napper feeling groggy upon waking up, with dragging effects lasting up to 30 minutes. Avoid this nap by either cutting shut eye down to 20 minutes or extending it to a full hour.

***The Shift Extender:*** This nap averages 60 minutes and is perfect before a stint at work or a big presentation. This hour-long chunk of sleep benefits cognitive memory processing and can help you better remember places, faces and facts.

***The Full-Cycle Nap:*** Lasting 90 minutes, this type of snoozing allows your body to complete one whole sleep cycle, letting your creativity, emotional memory and procedure memory recharge. Take one of these before an important exam or before working on a project deadline.





*"Twenty minutes keeps you from upsetting your schedules, getting into deeper sleep, and waking up groggy and refreshing you enough to continue safely,"*

- stated Joyce Walsleben, an associate professor at the NYU School of Medicine to international media magazine *The Week*.

### CAN'T SLEEP? MELATONIN CAN HELP!

Melatonin is a hormone produced in the brain that helps regulate your sleep and wake cycles. Used to combat jet lag, insomnia and more, it can help regulate sleep-wake cycles. It's helpful in case you accidentally overdo it nap-wise and is available in the dietary supplement aisle at most grocery and drug stores.

### CREATING THE PERFECT SLEEP AMBIANCE

Find somewhere safe, comfortable and quiet and don't forget to set an alarm. If you're battling noise, pop in some headphones and play some white noise sounds or soothing music. It's harder to fall asleep when you're chilly, so you might want to grab something to cover up with such as a jacket or blanket. Avoid anything too heavy since it could cause you to oversleep! Although not necessary for a good nap, a sleep mask can help create a darker environment to fall asleep faster.

{ *Did you know:* It takes 50% longer to fall asleep when you're sitting upright vs. lying down. }

### NASA CLAIMS NAPS ARE GOOD!

A NASA study led by David F. Dinges, professor at the University of Pennsylvania School of Medicine, tested the effects of napping on commercial airline flight pilots flying a standard itinerary between Hawaii, Japan and Los Angeles. On average, the pilots showed that a 26 minute NASA nap in flight when the plane is manned by a copilot improved performance by 34% and boosted alertness by 54%.

### EXPERTS AGREE: THERE IS NO MAGIC SLEEP NUMBER!

Sleep needs depend on the individual and his or her basal sleep need and sleep debt. Basal sleep refers to the amount of sleep our bodies regularly need to perform optimally, while sleep debt refers to sleep loss that occurs from factors like cramming for midterms, all night get-togethers, sickness and other factors. However, as a guideline, experts at the National Sleep Foundation recommend 7-8 hours for most adults.

### FAMOUS NAPPERS:

- Winston Churchill
- John F. Kennedy
- Ronald Reagan
- Eleanor Roosevelt
- Albert Einstein
- Thomas Edison



# Campus Safety Apps

## *fantastic freebies*

Whether you're walking home from a late night class, meeting someone new for a first date or even taking a solo jog around campus, it's important to have help within your immediate reach. The prevalence of smart phones, GPS and other digital solutions has made campus life seem safer in case of an emergency, and there are a number of free apps that put help in the palm of your hand with as little as a swipe and a tap.

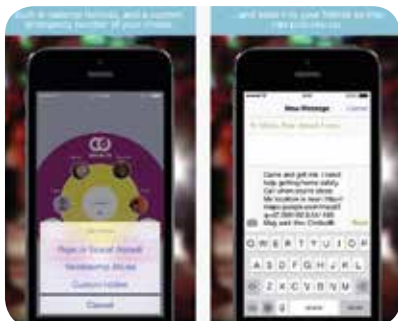
Below are four free apps, some with additional premium services, that can not only assist in a potentially dangerous situation, but also provide peace of mind. Share these apps with your residents and discuss ways to stay safe in different scenarios on and off campus.



### *Circle of 6 iPhone and Android Apps*

A winner of the national "Apps Against Abuse" competition launched by Vice President Joe Biden and White House Office of Science and Technology and Health and Human Services (HHS) Secretary Kathleen Sebelius, **Circle of 6** alerts six contacts of your choice of an emergency with only two taps. Perfect for a range of potentially dangerous situations like needing an interruption in a tense situation to scrambling for a ride home, this app sends your circle one of three predetermined text messages, complete with your location's address and a map.

Designed for students, **Circle of 6** is fast, easy to use and discreet with icons that represent actions. This app also features pre-programmed national hotline numbers and a programmable number for campus security, police departments or 911. In his congratulatory speech announcing **Circle of 6** as one of the "Apps Against Abuse" winners, Vice President Biden stated, "Just as technology is changing the way young people communicate with each other every day, it's also changing the way young people can protect themselves and their friends from becoming victims of sexual violence."





## *Hollaback!* iPhone and Android Apps

From cat calls to unwanted comments to physical contact, this app is designed to help stop street harassment by allowing users to log the “who, what, where” of an incident. **Hollaback!** lets users snap a photo of their harasser “caught in the act” and give a description of what happened. Once submitted, the location of the incident is recorded on a map and the harasser’s photo is posted on street harassment prevention website [ihollaback.org](http://ihollaback.org). This app then warns others of areas in which harassment activity has recently occurred.

**Hollaback!** is focused on creating a crowd-sourced initiative to end street harassment by letting the movement gain steam as victims share their stories. In fact, since January of 2011, **Hollaback!** has trained more than 300 self-identified leaders in more than 26 countries in the global movement to end street harassment.



## *bSafe* iPhone and Android Apps

**bSafe** delivers a robust personal safety app that sends an emergency message to specific contacts with the touch of just one button. This app allows you to send your “guardians,” or select contacts in your phone, SOS text messages with a link to a map showing your location

via GPS. A unique feature about **bSafe** is that it will also call your designated primary contact in addition to sending your SOS texts.

If you’re threatened, just tap the SOS button and a loud siren is set off, your location is broadcasted to your “guardians” and the app starts recording audio and video. For less serious situations, the app also boasts a feature called “Fake Call” with six timing options for when the call should be initiated.

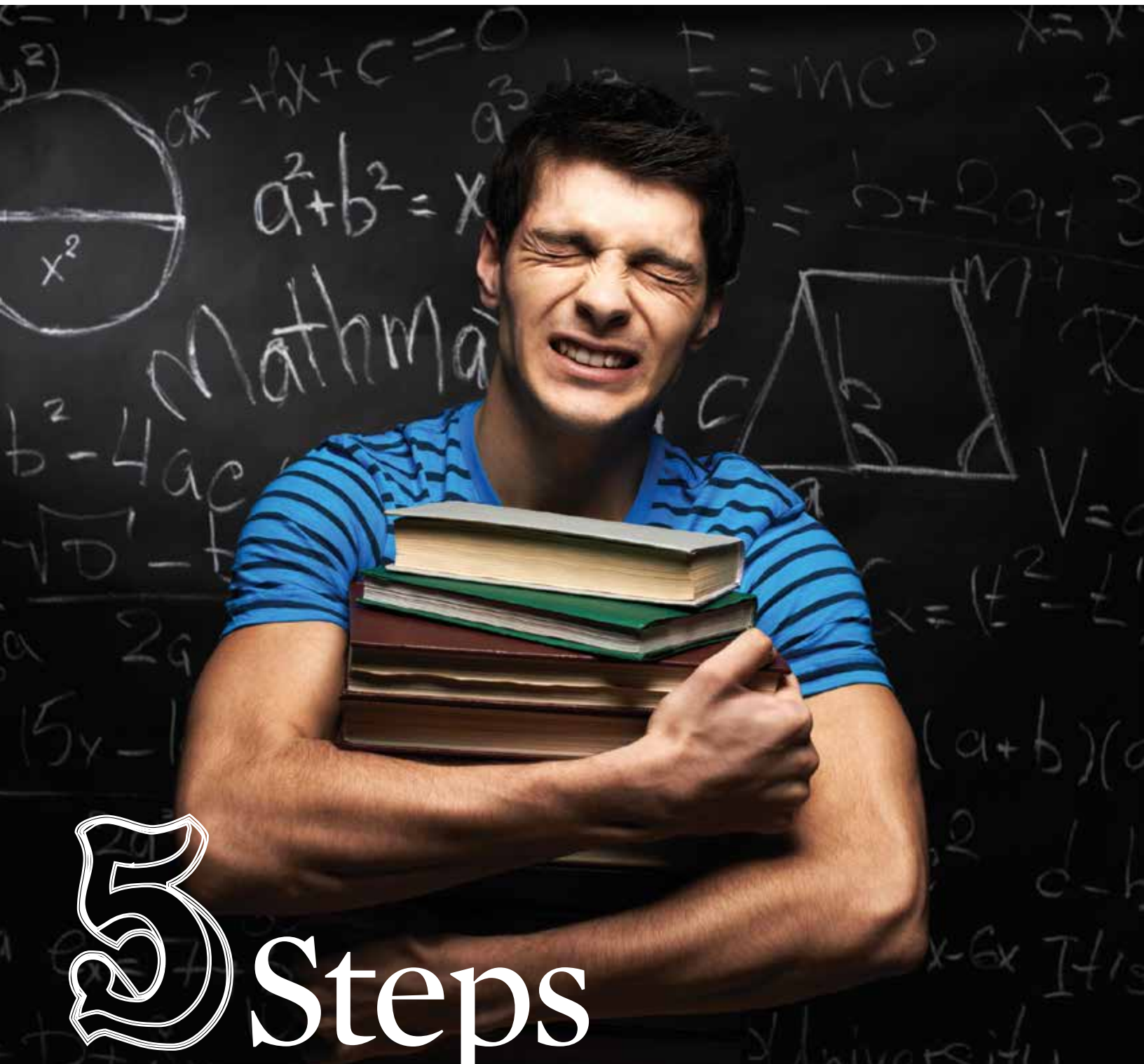


## *Guardly* iPhone, Android and BlackBerry

**Guardly** separates itself from the rest of the safety app pack by placing an automated phone call to your contacts with your name, location and the type of emergency at hand. You’ll be able to customize locations you frequent like home, school and work, as well as the

type of emergency you’re experiencing (such as allergic reaction, walking home alone, etc.). Their Safe Campus solution goes beyond providing GPS data to also include indoor positioning technology (IPS) to provide the name, floor and room number of the caller in less than 5 seconds to campus dispatch. **Guardly** IPS is the only mobile safety app to deliver both GPS and indoor location data of emergency callers.





# 5 Steps

to recover from a first semester slump

It's the beginning of a new year and new semester – meaning it's the perfect time for a fresh start if the last couple of months didn't go exactly as planned. During almost every college experience, there are some highs and lows in terms of academic achievement and motivation, especially as the newness of college wears off. If your residents are looking for some guidance on how to snap out of a first semester slump, try encouraging them to get back into the swing of things using the steps below. They'll work for you, too.

## STEP 1: TAKE A GOOD HARD LOOK AT WHAT WORKED AND WHAT DIDN'T

In order to effectively change someone's academic performance, it pays to analyze and dissect the behaviors that both helped and hindered success. Be forewarned, though, as this stage is also known as the "end of the pity parties" that your residents may be throwing themselves. It'll take some self-realization, but once your residents are honest about the effort they put forth, the opportunity to learn from their mistakes will blossom.

Encourage all who want to do better academically to take a look at a time when they achieved an academic goal versus a time that they failed. What did they do differently? How can they apply what worked when they succeeded to the time when their results weren't what was expected? What resources did the professor provide to students

who needed extra help and did your residents utilize these?

## STEP 2: CREATE A NEW GAME PLAN

Once your residents know what they're doing wrong, you can help point them in the right direction regarding what to do next. According to motivational blogger Chris McCombs in a post on his website about making the comeback of your life, "Once you're aware that you don't like where you are, and you want to change, the first step is to simply accept your current circumstances and understand that change always starts with you, not what's going on out there."

Sometimes, skipping class, not reading the assigned material or failing to properly prepare for an exam is the culprit of a dismal semester. If any of these causes played a role, your residents probably have a good idea of how to remedy them. However, if your residents' lackluster performance was the result of not understanding the material, encourage them to look into all available academic and campus resources including their university assigned academic advisor, campus tutoring and student success centers. Office hours are another tool that your residents may not be utilizing, so be sure to encourage them to meet with professors if they're having a problem with the class material.



### STEP 3: START WITH BABY STEPS

Sometimes a slump can happen because there's too much going on zapping energy, draining motivation and creating unnecessary stress. While goal setting is obviously an important part of following a newly created game plan, it can seem overwhelming in the beginning. Encourage your residents to start small. For example, suggest that instead of studying in one huge chunk right before an exam, they dedicate 20 minutes after each class to review what was learned that day. By accomplishing a small goal like this, they'll probably not only feel more proactive and knowledgeable, but they'll also have a building block to add another baby step to.

According to The Change Blog written by blogger Peter Clemens,

*“Rituals can help us get through our daily lives, but they can also prevent us from venturing outside of our comfort zone...The people we interact with on a daily basis can influence our emotions and perceptions.”*

Let's apply this quote toward your residents' lifestyles. This might mean less time playing PlayStation 4 with friends who aren't concerned about getting decent grades and more time hanging out with students who have similar academic goals. Start conversations around changing habits and routines by asking about the last time your residents shook up the routines they've set for themselves.

### STEP 4: STICK WITH IT

Not all days will be easy when trying to change a former bad habit or rise out of a slump; it's more like an ebb and flow of motivation. When you or your residents are feeling a little defeated, look for inspiration in the form of someone who has study habits you admire, a blog that resonates with what you're going through or even a friend who has great advice. It might also help to schedule your days to help you stay on track of what you want to achieve.

Attempting not to deviate from a new plan but slipping a little? Try committing to a goal with a few witnesses present. This creates a sense of accountability and makes it harder to back down since you don't want to admit to this group that you've failed. Blogger Chris McCombs' favorite example of creating accountability is the Alpo challenge, an idea that originated with personal development coach Tony Robbins.

The Alpo challenge involves an unappetizing can of puppy chow and making a public proclamation to complete a specific goal by a stated date or you will eat the entire can of dog food right in front of them. While this idea seems pretty extreme and isn't recommended, you get the idea. This example creates external accountability and allows you to maybe even gain some supporters along the way. If you or your residents are too shy to enlist the help of a few friends to serve as witnesses, try posting the goal somewhere you're sure to see it every day.

### STEP 5: MOVE ON

Remember, what's done is done, so there's no going back and undoing that test you could have aced or the paper you should have researched more. As Chris McCombs states in the article quoted above,

*“Your problems do not define you - it's how you deal with your problems that makes you who you are.”*

Forgive yourself for last semester's mistakes and recognize when you're being hard on yourself. Encourage your residents to do the same. Since complaining has no place in climbing out of a rut, do your best to eliminate it. Nourish a positive attitude, adapt to change, keep moving forward and always remember that you can't be a leader of your life if you act like a victim.



*Take time to forgive yourself and move on*

# MOVIES THAT CONNECT

Want to talk about campus safety with your residents but unsure of how to bring it up? The movies below incorporate alcohol abuse and sexual assault, two of the major issues occurring on many college campuses across the nation. Feel free to use these films in your discussions about drinking and consent during meetings and events with your residents.



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## 28 DAYS

New York journalist Gwen's party image works well to cover up her emotional baggage. Yet, when it creates a scene at her sister's wedding, she's ordered to re-evaluate her life during a 28-day stay at a rehabilitation facility for drugs and alcohol abusers.



© Magnolia Pictures

## COMPLIANCE

A twisted practical joke results in the sexual assault of an employee in the back of a fast-food restaurant. Based on true events, this movie demonstrates abuse of power, how jokes can take a horrifying turn and the tragic consequences of not speaking up when something doesn't seem right.



© Metro-Goldwyn-Mayer Studios Inc.

## LEAVING LAS VEGAS

An alcoholic Hollywood screenwriter lost everything because of his addiction and is ready to drink himself to death. A non-interference pact with prostitute Sera complicates his plan as they form an unlikely friendship.



© Columbia Pictures Industries, Inc.

## THE GIRL WITH THE DRAGON TATTOO

The film adaptation of this popular novel illustrates the real life effects of sexual violence on victims and survivors, ultimately emphasizing the importance of getting help and driving home the message that the effects of these crimes can haunt someone for his or her lifetime.



Visit [RAMAGAZINE.COM](http://RAMAGAZINE.COM) for additional movie suggestions

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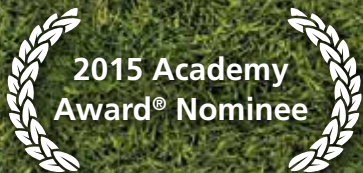
**"A MOVING 12 YEAR EPIC  
THAT ISN'T QUITE LIKE ANYTHING ELSE IN THE HISTORY OF CINEMA."**

-ANDREW O'HEHIR, SALON

PATRICIA ARQUETTE    ELLAR COLTRANE    LORELEI LINKLATER    AND    ETHAN HAWKE

# Boyhood

Written and Directed by  
Richard Linklater



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