Where can students seek guidance or assistance from a police officer?
There are 8 community team police offices located throughout campus with officers assigned to each area. Please encourage your students to get to know their officer by name. Students should feel free to utilize the officer as a resource and friend. To locate an officer nearest you, go to www.police.msu.edu or ask a residence hall staff member for assistance.

How can students seek help when they are walking on campus?
There are over 140 emergency green light phones on campus for students to use to call for assistance.

Theft is the most common crime at MSU. The following are ways to protect your property and prevent theft:

**Room:** Students should always lock their door, leave valuables at home or hide them, engrave their driver’s license number on their property and log serial numbers. Operation Identification security markers are available from the community police officer as well as at the front desk of any residence hall.

**Car:** Students should roll up windows, lock doors, avoid leaving valuables visible, and move cars periodically within the lot (if parked for long periods).

**Library:** Do not leave items of value, including books, unattended at any time.

**Bicycle:** University Ordinance requires students to register their bicycles. They can be registered for free online at www.police.msu.edu between 7am and 8pm every day or at the MSU parking office Monday through Friday between 7:30am and 5pm. Students should also log their bike serial number, learn to use a good U-lock and cable, and lock bikes only to appropriate bike racks.

Where can freshmen park on campus?
There is limited parking on campus. Freshmen may not have a car on campus. A car may be permitted, under extenuating circumstances, only with MSU Police parking office approval.

Where do I park when I visit my student?
Visitor parking is available in any of our paid lots or at any meter, as long as the meter is fed. You may also purchase visitor permits. Visitor permits are sold at the Welcome Center, at the MSU Police parking office, or at residence hall reception desks.
What is BAC (Blood Alcohol Concentration) and why is it important?
► BAC (Blood Alcohol Concentration) is a measure of the concentration of alcohol in the bloodstream. BAC levels are affected by the amount of alcohol consumed and the speed at which it is consumed. Alcohol absorbs quickly into the bloodstream, but it is metabolized slowly (about one drink per hour); thus speed of consumption is often what determines level of intoxication and potential for overdose.
► While coma and death can certainly occur at lower levels, a BAC of .40 is considered lethal.
► According to Michigan Law, a person with a .08 BAC or higher is intoxicated. If operating a motor vehicle at this level, the driver may be arrested and charged with a DUI (driving under the influence).
► Alcohol is a powerful depressant drug with great potential for harm. However certain protective behaviors, such as keeping track of the number of drinks consumed and drinking no more than one drink per hour, may reduce that risk of harm - including the risk of alcohol poisoning and death.
► When MSU students do choose to drink, most do one or more of the following to help reduce their risk of harm (2010 MSU NCHA Survey, N=1,462):
  • Use a designated driver
  • Eat something before and/or during drinking
  • Keep track of the number of drinks consumed

What are the legal consequences for consuming or possessing alcohol if under the age of 21?
Minor in Possession/Consumption (MIP):
► In Michigan, it is a misdemeanor offense to consume alcohol for individuals under 21 years of age and to have alcohol in their possession at any time regardless of whether they’ve consumed any of it.
► The MSU Police enforce the laws prohibiting possession/consumption of alcohol.
► If arrested, the student will spend the night in jail until his/her BAC is below .02.
► The misdemeanor offense will stay on the student’s driving record.
► The judge may order a fine from $150-250, community service, substance abuse screening, and license sanctions.
► Having an MIP may also lead to a student experiencing a more difficult time in finding employment or getting into an academic program of their choice.
► If caught driving with a BAC of .08 or above, a minor will be charged with the adult crime of Operating While Intoxicated.
► It is illegal for a minor to transport an opened or unopened alcohol container in a motor vehicle - whether it is in the driver or passenger area.
How often are alcohol and drugs used in violent situations?
When violence occurs, alcohol and/or drugs are used 60-70% of the time.

What is the most commonly used “date rape drug”?
Alcohol is the most commonly used “date rape drug”. Please encourage your student to use the “buddy system” (one person watching out for the other’s safety and health) and to drink responsibly.

What are the other “date rape drugs” and their effects?
We do not have any substantiated cases of the other “date rape drugs” being used at MSU or in East Lansing. Other date rape (sedative) drugs include:

- **GHB**: Found everywhere (homemade)
- **Rohypnol**: Found mostly in the southern states and Mexico (spring break caution)

  - **Drug Effects**: Either are felt in about 10-15 minutes, cause decreased inhibitions, feeling of intoxication at low doses, complete or partial amnesia, nausea, headache, vomiting, and/or passing out. Alcohol mixed with these drugs intensifies effects. GHB is known to cause coma or death when taken in high doses or mixed with alcohol.

  - **Prevention**: Keep beverage in sight, get your own drinks, do not accept drinks from a pitcher or other common source, do not share or exchange drinks, use the buddy system and look out for one another.

  - **Detection**: If you feel something was placed in your food or drink, call the police or go to the hospital ASAP so the drug has a better chance of being detected. The drug can leave your system as quickly as 4 to 72 hours. If possible, bring the drink in for testing as well.

What are the possible consequences for individual student involvement related to a riot, incitement to riot, unlawful assembly or civil disorder on or within 2,500 feet of a university campus?

- If the offense is a felony, the student could be suspended from any state university for up to 2 years.

- If the offense is a misdemeanor, the student could be suspended from any state university for up to 1 year.

- The court may order the individual to reimburse the public university and/or state for expense incurred as a result of the riot.

- Students found through university disciplinary proceedings to have violated the student disorderly conduct policy may be subject to suspension from the university.

What percentage of MSU students use Counseling Center services in a given year?
Roughly 5 to 7 percent of students use these services in a given year.
What is the most common problem for which students seek Counseling Center assistance?
Anxiety

What are some of the other problems for which students most frequently seek Counseling Center assistance?
Difficulties with schoolwork and grades, decisions about major/career, procrastination, anxiety, and relationship difficulties.

The transition to college contains what processes for students?
Separation from parents, development of self-identity, and the student beginning to take personal responsibility for his/her own life.

The transition to college contains what processes for parents and families?
Parents begin the letting go process while continuing to maintain an ongoing role in their student’s development, parents move toward the completion of the parenting stage, younger siblings in the family system move up in the family hierarchy.

How might you start a transition dialogue with your student?
Emphasize the first 8 weeks by suggesting that your student devise their own transitional goals and a strategy for the first 8 weeks. Identify known transitional high-risk factors. Ask your student, “What can we/I as your parent(s) do to assist you?”, say to your student, “As your parent(s), this is what we/I believe can be done to assist you.”

Getting sick more often, upset stomach and poor concentration are signs of what?
Stress, usually. These are typical physical and emotional signs of stress. 72% of MSU students reported experiencing stress in the last year (NCHA 2010). 22% reported that stress negatively affected their academics (NCHA 2010). Too much stress can lead to depression, anxiety and increased substance abuse. These can all be serious impediments to your student’s academic success. Talk with them on how to deal with stress.

Typically, do students feel and perform their best when they plan only to study or when they plan to live a balanced lifestyle?
It is more common for students to report that they feel and perform best when they are engaged in a variety of activities in addition to studying such as exercise, affiliation in student organizations, volunteer and community service contributions, career development opportunities, departmental activities, artistic and creative pursuits, etc. They might need to delay their involvement in some of these areas until after they have demonstrated some degree of academic stability and success.
What is the most common STI (Sexually Transmitted Infection) on MSU’s campus?
HPV (Human Papilloma Virus) is a common viral infection contagious from one person to another through physical skin-to-skin contact with the affected area.

How many drinks (alcohol) does an MSU student typically consume when they “party”? 
0 - 4 drinks. Drinking 0 to 4 drinks when partying is the norm on this campus. Help your student understand that most students drink moderately or not at all. It is common for students to misperceive this norm. (NCHA 2010)

After what time at night should you not eat if you are concerned about gaining weight? 
There is no time you should not eat if you are hungry.

Other than sleeping-in and not wanting to go, what is thought to be the number one reason students miss class? 
Being ill with a cold or the flu. Last year, 60% of MSU students reported having a cold or flu, and 17% reported these illnesses had a negative effect on their academics (NCHA 2010). It is important for your student to know how to avoid colds and flu (good hygiene) and how to treat them if they get one.

What percentage of MSU students report exercising vigorously enough at least 3 times a week to improve cardiovascular fitness? 
54% of students. Students need to maintain an active lifestyle to maintain proper fitness which is fundamental to weight maintenance, stress management, resistance to illness and healthy self-esteem. (NCHA 2010)

How many grams of fat can someone eating 1800 Kcal/day have and still be within the 30% recommended guidelines? 
60-65 grams of fat. Too little fat in the diet can be dangerous and cause serious health problems.

What percentage of MSU students reported smoking cigarettes in the past month? 
17% (NCHA 2010), but realize that 83% of MSU students report that they do not smoke at all (NCHA 2010). Furthermore, only 3% reported smoking daily. For more information about tobacco use and helpful tips on quitting, visit www.ucanquit.msu.edu.
When feeling ill, who do most MSU students call first?
Their parents. A recent MSU study shows that most often (73% of the time) MSU students get information on how to avoid getting sick from their parents and considered that information believable 69% of the time - surpassed only by medical staff and health educators (NCHA 2010).

MSU recommends which vaccines for incoming students?
Hepatitis B, Meningitis, Chickenpox, Tetanus/Diphtheria, Measles/Mumps/Rubella, Flu, Hepatitis A, HPV, and in some cases Pneumococcus. Students may receive any of these vaccines at Olin Health Center’s Allergy and Immunization Clinic. Immunizations are available Monday through Friday from 9am to Noon and 1pm to 4pm. To obtain these vaccines, students should bring a copy of their official immunization record with them.

According to a government survey, what percentage of college students seriously consider suicide?
10%. Only a small percentage of these students act on these thoughts; and while having serious thoughts about suicide doesn’t mean a student will make a suicide attempt, it does suggest that he or she is experiencing serious problems and should consider getting help.

Where can women go at MSU to find resources and advocacy for women’s issues?
The Women’s Resource Center was developed in 1992 to bring together and coordinate resources, to advocate for women’s issues, and to develop women’s programs for faculty, staff, and students.

What is a good resource for students of color in the residence halls?
Transition and Cultural Aides (TCAs) are undergraduate students who serve as resource agents for all students. Located in each residence hall or complex, TCAs are a resource within the residence halls in addition to mentors. They work along with the Office of Cultural and Academic Transitions (OCAT) to create an inclusive environment in regards to culture, class, geography, religion, race, gender, and ethnicity for all MSU students.

Does MSU include Lesbian-Bi-Gay-Transgender persons in its Anti-Discrimination Policy?
Yes, there are more than 1000 MSU students who identify as Lesbian, Bi, Gay or Transgender at MSU. It is expected that they be treated with the same dignity and worth as all other students.

What percentage of MSU undergraduate students report that they always/mostly use a condom when they have sexual intercourse?
Although 69% of MSU students reported using a condom the last time they had sexual intercourse, only 34% reported always using condoms. Consistent use of condoms is one way to cut down on unwanted pregnancy and sexually transmitted infections (NCHA 2010).
Are vitamin supplements necessary?
In most cases, they are not necessary if a variety of foods are eaten. Vitamins do not take the place of missed meals.

What percentage of MSU undergraduate students report that stress seriously affected their academic performance last year?
20% of male students and 28% of female undergraduate students (NCHA 2010). Knowing when and how stress affects a student, as well as giving him or her the license to regularly do those activities that have worked in the past to help them deal with stress, are all important so that stress does not affect their academic performance negatively.

What percentage of MSU students are trying to lose weight even though they are actually at or below the recommended weight?
50% of female MSU students who perceive themselves to be at their recommended weight or under that weight report still trying to lose weight. Many people think they need to lose weight when they do not need to. Perception is not always reality (NCHA 2010).

If out of the blue your heart starts pounding, you feel dizzy, it's hard to catch your breath, you feel like you might pass out or die, and you have these symptoms with some regularity, you might:
Have a panic or anxiety disorder. You should discuss these symptoms with a health professional. Other symptoms include constantly worrying about things for no apparent reason, having frequent aches and pains with no apparent physical cause, often feeling fatigued, and feeling tense or nervous all the time.

Approximately what percentage of MSU students report that the MSU campus is safe?
91% of the students reported that they feel it is “very safe” on campus and 80% report feeling “very” to “somewhat” safe on campus at night. (NCHA 2010)

What percentage of MSU undergraduate students reported last year that use of the Internet seriously affected their academics?
18% (down from 20% in 2008) reported that “Internet use” seriously affected their academics in one way or another. This effect could be caused by ‘extensive’ or ‘non-academic’ Internet use. Advise your student to set limits and to use caution when going online or gaming (NCHA 2010).