TRANSITIONING TO COLLEGE
A Resource for Families

Your 1st Year Flight Path

Contents

Crucial Conversations  4
Success Strategies  14
Campus Involvement  20
A warm Cardinal welcome to you and your student! We are excited you have chosen Ball State University for your collegiate experience. We care deeply about the well-being of our students, and we are dedicated to providing resources and support to help you and your student successfully navigate the Ball State experience.

With this in mind, we have created this “Transitioning to College: A Resource for Families” guide. I hope it is a valuable resource now and in the coming months.

In this guide, you will learn about our expectations for students and the many ways the University will support your student’s academic, personal, and professional growth. This comprehensive campus resource guide also offers discussion topics about your student’s involvement, academic progress, personal responsibility, and familiarity with essential campus resources.

Our hope and expectation is that students take advantage of opportunities inside and outside the classroom to discover and engage in campus life. Our University offers a wide range of co-curricular opportunities to help students explore their interests, develop life skills and competencies, gain leadership expertise, and participate in community engagement. At the same time, we set forth expectations for personal responsibility, academic integrity, and respect for self and others. A student’s freshman year is both rewarding and challenging as students learn to balance newfound independence with personal responsibility and academic rigor.

As parents and guardians, you are partners with Ball State in encouraging students to engage fully in their education and to keep on track with a four-year degree plan. Keep those lines of communication open—ask questions and listen carefully. Express confidence in your student’s abilities, and encourage them to look to you and their campus resources when questions arise.

We also provide opportunities for families, parents and guardians to remain engaged in their student’s experience. The Parents and Families Advisory Council (PFAC) is one of the ways to do so. If you would like to learn more about PFAC, email pac@bsu.edu.

The freshman year is truly a special time. We are grateful to you, and your student, for choosing Ball State University and including all of us in the experience with you.

With Cardinal Pride,

Ro-Anne Royer Engle
Vice President for Student Affairs

OUR COMMITMENT TO STUDENT SUCCESS

As student advocates, we:

- Embrace learning as a way of life within a climate of open inquiry, investigation, exchange of ideas, and creative activity.
- Offer programs and services to enhance students’ academic achievement and personal development.
- Promote positive relationships and healthy choices.
- Celebrate the diversity within our student body.
- Encourage students to share their concerns and guide them through problem-solving.
- Provide learning opportunities inside and outside the classroom.
- Empower students to become critical-thinking, self-reliant adults.

Students are expected to:

- Engage in active learning and career exploration.
- Contribute positively to the University community.
- Explore new interests through active involvement in campus life.
- Respect self, others, and University property.
- Comply with the Code of Student Rights and Responsibilities (available at bsu.edu/studentcode).
- Understand and observe the Beneficence Pledge (see inside back cover).
- Accept responsibility for behavior and learn from mistakes.

During this transition, you should:

- Offer support while encouraging independence.
- Maintain meaningful—not but necessarily daily—contact through phone calls and e-mails.
- Show enthusiasm and interest as your student engages in campus life and develops friendships.
- Provide guidance rather than taking action on your student’s behalf.
- Familiarize yourself with campus resources and encourage your student to seek them out as needed.
- Recognize that part of learning and personal growth involves making mistakes, encountering challenges, and experiencing setbacks.
A CONVERSATION GUIDE TO CONNECT WITH YOUR STUDENT

Communication and preparation are key elements to a successful transition to college. This guide will help you and your student effectively plan for and navigate the freshman year.

Before School Starts

Here are topics families and students should discuss before classes begin:

- Reach an agreement about your access to student information—such as midterm and final grades, advisor contact information, and class schedule. Students can grant proxy access to you through Self Service Banner on myballstate.bsu.edu.
- Remind your student to complete the required EduRisk online harm reduction module on substance misuse and sexual violence prevention. (See pages 16–18 for more information on talking with your student about making responsible choices.)
- Encourage your student to remain on campus during the week and on weekends, making it easier to engage in campus life and manage homesickness.
- Advise your student to get involved in Weeks of Welcome. Campus involvement options include student organizations, leadership and volunteer opportunities, multicultural programs, sports and recreation, and residence hall programs. (See page 19 for more about campus life.)
- Encourage your student to become fully familiar with the myballstate.bsu.edu portal. It is the student’s gateway to personal information, semester schedule information, Canvas, financial aid information, Navigate, and more.
- Set yourself up as an authorized payer on your student’s eBill online billing and payment system at bsu.edu/ebill through Student Financial Services.
- Ask your student to save the Ball State University Police Department phone number, 765-285-1111, to their cell phone, which will ensure a more direct contact with law enforcement than dialing 911. (See page 11 for information about emergency communications.)
- Discuss your student’s KEY Careers Report (KEY stands for Knowledge, Experience, and You). This individualized feedback, provided to students after Orientation, helps students make well-informed decisions about their academic major and career choice.
- Talk about the financial resources your student will need to obtain the required textbooks.
- Your student needs to submit their immunization record to the Health Center before the start of classes. Have your healthcare provider review the list of required immunizations on the Health Form.

The First Week

Your student should work toward becoming invested, comfortable, and confident in both academic life and campus involvement. The following questions may be helpful to gauge how your student is adjusting to college life.

- Did you attend the Activity Fair? Did you go to Weeks of Welcome events?
- Did you attend all of your classes? Did you sit in the front row of each of your classes? Did you introduce yourself to your professors? What was the most interesting thing you learned?
- Have you used your planner or smartphone to map out your semester? Have you reviewed the syllabus for each of your classes and put important dates for tests and assignments in your planner? Have you blocked time for work commitments, personal obligations, and studying?
- Have you found a quiet place on campus to study?
- Do any of your courses include supplemental instruction? Have you explored the free tutoring options at the Learning Center on campus?
- Have you looked through bsu.edu/bennylink and identified three student organizations to visit?
- Have you had a conversation with your Resident Assistant, Commuter Ambassador, or Academic Peer Mentor? What about someone you met in class or a student organization?

The First Six Weeks

- Did you attend Quad Bash? Tell me about it.
- For commuters, have you met with your commuter ambassador? Was that helpful?
- Your professors may be using Canvas for some of your course content. Have you attended a session to learn how to use this online system?
- Have you heard of Late Nite? Have you attended, or will you be attending? If not, why?
- Tell me about your classes. Do assignments and expectations outlined on the syllabi make sense? Have you met with professors during office hours? What are you learning?
- Have you organized a calendar or planner to keep track of due dates and campus events? bsu.edu/calendar
- Have you spoken with someone in the Career Center or your academic advisor about your Key Careers Report?
- Tell me about your roommate, floormates in the residence hall, or other people you’ve met. Have you participated in your living-learning community? If not, ask your resident assistant (RA) or academic peer mentor (APM) for details.
- If you are consuming alcohol, are you making responsible decisions about alcohol use?
- Have you updated your personal contact information using the self-service banner (SSB) on myballstate.bsu.edu? Did you make sure your emergency contact information was accurate?
- Have you and your friends checked out all the dining locations on campus? Which is your favorite?
- Can you take a selfie with Benny, Frog Baby, or the Ball State Sign and send them to me? Did you post them on social media to show your Ball State pride?

KEY (Knowledge, Experience, and You) Careers is designed specifically to help Ball State freshmen find a major and choose a career. During Orientation, students take a survey called My Vocational Situation that examines career clarity in their major and career choice. Students are required to complete the KEY Careers online experience after arriving on campus.
By Midterms
As the semester moves along, talk with your student about planning and time management, social pressures, rest, and nutrition.

• How are you managing everything? Remember, there are resources on campus to help you overcome academic and personal concerns (see pages 14–15). Are there worries or concerns you need to talk about with a member of the Counseling Center staff?
• Have you logged on to Canvas to check your grades? Have you discussed any concerns with your professors?
• Have you tried various study strategies and time management methods? Which ones work best for you?
• What campus events or activities have you attended?
• Do you feel as though you have built some friendships? If not, have you considered joining an organization to meet new people?
• When will you meet with your advisor to plan your Spring schedule? Have you checked on myballstate.bsu.edu to see if you have any holds that would prevent registration?
• Have you met with a career coach to discuss career exploration and planning?
• Did you participate in Homecoming Week?
• Have you used the free tutoring and supplemental instruction offered at the Learning Center? Do you know where it is?

Midterm grades will be sent to your student during the ninth week of the semester. Academic Advisors, success coaches, and other staff may ask for an appointment to talk about deficiencies (C- or lower) and strategies to improve student success.

End of the Fall Semester
Students have a lot on their plates as the semester comes to a close. By mid-November, they are looking forward to Thanksgiving Break, but once they return, only one full week of class remains before finals week. Focus your conversations on stress management, study habits, reasonable expectations, and positive reinforcement.

• What do you need to prepare for final exams?
• What grades are you anticipating in each of your classes? Do you have any concerns about satisfactory academic progress (SAP)? (See pages 12–13 for more information about SAP)
• Do you feel you are on track with a major selection? Do you need to engage in additional exploration with Career Center staff?
• Are you registered for the Spring semester? Did you check the status of your 4-year academic plan at the end of the Fall semester? Talk over your concerns with your advisor if you need to make any adjustments to your Spring semester schedule.
• Do you want to be more involved in student organizations? Staff in the Office of Student Life will talk with you and get you connected with people in the organizations that appeal to you.

Send your student a care package sponsored by the Residence Hall Association. Parents will receive a letter soon to place an order for a Welcome Kit, as well as reminder letters in the Fall and Spring terms to place orders for Finals Week Kits. You can also order Halloween and Spring Break care packages for your student. Visit swaku.com/bsu to order.
Start of Spring Semester
Family support continues to be an essential ingredient to student success. As your student adopts greater personal responsibility and independence, consider these talking points.

- How do you anticipate your study habits, class attendance, class preparation, and class participation will change or improve for this semester?
- If you ended the Fall semester on academic probation, what were you told about the guidelines for probation? What advice or suggestions were you given from people on campus?
- Are you aware there are still opportunities to become involved in Fraternity and Sorority Life?
- Have you reviewed each class syllabus and put all of the important dates in your planner?
- Have you visited the Career Center website (bsu.edu/careers)?
- Do you know the deadline for the Free Application for Federal Student Aid (FAFSA)?
- If you are drinking alcohol, do you feel like you are responsible and safe about it? Do you know what is considered a standard drink, the signs of alcohol poisoning, and what is available on campus to help you learn more about drinking, safety, and how to handle social pressure?

After Spring Break
By mid-March, your student will have a good sense of their academic progress. During the final weeks of the semester, help your student remain focused and make wise choices.

- Have you met with your professors during office hours?
- Did you receive any midterm deficiencies? If so, how do you plan to improve your grades?
- What kinds of activities are happening on campus?
- Have you visited the Learning Center for free tutoring?

End of the Spring Semester
April is the home stretch—one solid, uninterrupted month devoted to academics, enjoying our vibrant campus life, and the anticipation of Summer break.

- Are you considering Summer school?
- What grades do you anticipate getting in each class?
- What activities or organizations do you plan to be involved in next year?
- Are you registered for the Fall semester? Do you have any holds that would prevent you from registering for classes?
- Have you considered a Summer job, internship, or volunteer work?
- Have you updated your personal contact information using SSB on myballstate.bsu.edu? Have you checked to make sure your parent/guardian contact information is accurate?
OUR COMMITMENT TO A SAFE AND HEALTHY CAMPUS

Report anything that you think is suspicious or out of the ordinary. Simply put, if you see something, say something.

—John Foster, AVP and Chief of Police, Ball State University

The following programs and resources enhance safety, and encourage Ball State students to make wise choices.

**Safe Entertainment**
Our University sponsors many alcohol-free programs for students. One popular activity is **Late Nite**, a program held several weekends that offers free food and drinks, entertainment, and games. Other student activities include movies, comedians, and speakers, as well as **concerts and cultural events**. Students often receive free or discounted tickets.

**Charlie’s Charter**
Co-sponsored by Ball State’s Department of Public Safety and the Student Government Association, Charlie’s Charter offers students a free ride from one campus location to another, such as from the stadium parking lot to the residence hall. This first-come, first-served transportation is available from 6 p.m. to 1:30 a.m. Sunday through Thursday by calling 765-760-RIDE (7433) or 765-285-5005.

**Safety Information**
Students should review [bsu.edu/safety](http://bsu.edu/safety) for important safety information. Topics covered include alcohol awareness, campus safety tips, and residence hall safety information.

**Parental Notification Policy**
Parents and legal guardians are our partners in promoting healthy and responsible choices about alcohol use. Ball State’s parental notification policy states that the Dean of Students will notify parents after their student’s second violation of Ball State’s alcohol policy or when the first violation puts the student or others at risk. Read the complete policy at [bsu.edu/studentrights/parents](http://bsu.edu/studentrights/parents).

**Residence Hall Security**
Ball State’s residence halls have numerous security measures and safety programs in place. Parents and students will learn more about these at Orientation and during Weeks of Welcome.

**Tobacco-Free Campus**
To ensure a healthy environment to live, work, and learn, Ball State is a Tobacco-Free Campus. The policy prohibits tobacco use and vaping in all buildings and outdoor areas, except in personal vehicles with the windows rolled up and in designated tailgating areas during home football games. For more information about the Tobacco-Free Campus policy and resources available for those who want to quit, please visit [bsu.edu/tobaccofree](http://bsu.edu/tobaccofree).

OUR COMMITMENT TO EMERGENCY PREPAREDNESS

Ball State has safety protocols for many emergency situations that are rare yet possible. Please visit [bsu.edu/prepared](http://bsu.edu/prepared) and review the information there. Bookmark this website on your computer and smartphone browsers.

Ball State uses three types of notices to students:

- **Emergency Warnings**: These are sent when there is an immediate threat to the health and safety of students, and students need to take action to protect themselves from imminent danger. It is also used to notify students about class cancellation.
- **Public Safety Advisories**: These are sent if the situation poses a serious or ongoing threat to the campus community. Public safety advisories are intended to heighten safety awareness and alert campus community members of potential dangers.
- **BSUInform Notices**: These are sent when a situation is not an emergency and does not pose an immediate threat to the campus community, but is of significant safety interest to members of the Ball State community. The only purpose is to inform.

To learn more about emergency notices, visit [bsu.edu/prepared](http://bsu.edu/prepared).

The Ball State website at [bsu.edu](http://bsu.edu) is the official source of information in the event of an emergency. Other official sources include University email, opt-in text messaging and @ballstate_alert on Twitter. Information such as safety instructions for students, faculty, and staff will be provided to the campus community through these official sources. During emergency warnings, the campus sirens may emit a continuous three-minute warning sound.

**Severe Weather Communications**
When the National Weather Service issues a tornado warning, Ball State will post pertinent information on [bsu.edu](http://bsu.edu) and send a text message to subscribers of the University’s emergency text messaging system. Continue to monitor the weather via radio or television until the tornado warning has been lifted for your area. The University sends text alerts for tornado warnings only. To receive notifications about other types of weather watches, warnings, and advisories, you may want to explore free alert services such as those offered by The Weather Channel ([weather.com](http://weather.com)) and other credible sources.
TALKING WITH YOUR STUDENT ABOUT SATISFACTORY ACADEMIC PROGRESS

Many students rely on financial aid, such as student loans or grant programs, to help them meet the costs of higher education. To remain eligible to receive federal, state, and Ball State institutional aid, students must maintain a certain level of academic performance. For many students, compliance with these minimal standards presents no problem. However, there are some students who will lose eligibility for all forms of financial aid because they are not demonstrating satisfactory progress toward degree completion.

At the end of every enrollment period (Fall, Spring, and Summer), the academic record of each student will be reviewed to determine whether the student is meeting the standards for satisfactory academic progress (SAP). Satisfactory academic progress for financial aid is defined as:

- Maintaining a GPA consistent with University graduation requirements
- Staying on pace to graduate
- Completing a degree within a maximum time frame

At Ball State, students are required to earn 67 percent of their cumulative hours attempted to stay on pace to graduate. Pace is calculated by dividing cumulative hours earned by cumulative hours attempted.

Students can view the status of their financial aid on myballstate.bsu.edu. It is essential that students learn to do this, and we suggest that parents and guardians talk with their students about their SAP status at the end of each semester.

Students who are not meeting the standards will have one additional enrollment “warning period” to comply. Students who do not meet the standard will be suspended from further eligibility for aid (loans, work study, grants, etc.) until they improve the overall academic record. Students may still take classes after this point, but they must do so without the benefit of federal, state, or institutional financial aid.

Students pursuing a bachelor’s degree or associate degree are expected to complete degree requirements within a maximum time frame based on attempted hours (including transfer hours and advanced standing hours). Students will be ineligible for financial aid once they reach their maximum time frame or it has been determined they cannot complete their degree within this time frame. This time frame is 180 attempted hours for a bachelor’s degree and 90 attempted hours for an associate degree. Therefore, eligibility for aid from sources listed previously is limited to the same time frames. Exceptions: the Indiana Frank O’Bannon Grant, Indiana National Guard Supplement, and Indiana 21st Century Scholars Award are limited to eight semesters for students who are working on a bachelor’s degree. Students who receive the Indiana Child of Veteran and Public Safety Officer Supplemental Grant are limited to 124 attempted hours.

Students are urged to speak with representatives from the Office of Financial Aid and Scholarships, in Lucina Hall, Room 245, when they have questions about aid status, academic standards, and the appeal process. Complete policy information, deadlines, and forms are available for review at bsu.edu/finaid.
WHAT ARE THE CAMPUS RESOURCES AND STRATEGIES TO HELP YOUR STUDENT BE SUCCESSFUL?

Academic Advising: Students should meet with their academic advisors to prepare for each semester and to track progress toward graduation. Before dropping or withdrawing from individual courses, students should talk to advisors.

Learning Center, North Quad: Family members should ask how classes are going and reinforce the availability of the Learning Center. A weekly tutoring appointment beginning early in the semester (before the first test) provides help with course content and study strategies. Family members should also ask their students how they are managing their time. Many students struggle with time management because class schedules in college feel as though there is more free time compared to high school. A study strategies tutor can offer valuable tips students will use all through college. All services, including tutoring, are free!

The Professor: When family members hear about uncertainties with a specific class, they should encourage the student to meet with the professor. During office hours, professors will help students with course material, talk about the grade the student is earning, and the resources the professor is using.

Student Success Coaches: Staff in this office support students in the pursuit of their academic and personal goals by partnering with them to develop the tools, and skills necessary to be successful at Ball State and beyond.

15 to Finish! By completing at least 15 credit hours each semester, students will have earned 120 credit hours in the typical eight-semester (four-year) sequence. Take 15 credits every semester and graduate in four years. This is the formula for success. It will help you and your student reduce debt, accelerate graduation, and launch a career.

CAMPUS RESOURCES

Faculty and staff members are available to help your student navigate the college experience. The following individuals and departments provide a valuable campus support network:

<table>
<thead>
<tr>
<th>Role/Department</th>
<th>Contact Information</th>
<th>Services Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Advisors</td>
<td>bsu.edu/advising</td>
<td>Course selection/schedule changes; degree progress; academic policies</td>
</tr>
<tr>
<td>Career Center (Lucina Hall, Room 220)</td>
<td>bsu.edu/careers</td>
<td>Campus employment; career exploration and planning</td>
</tr>
<tr>
<td>Counseling Center (Lucina Hall, Room 320)</td>
<td>bsu.edu/counselingcenter</td>
<td>Personal or group counseling; adjustment to college; career exploration; online self-help resources</td>
</tr>
<tr>
<td>Disability Services (L.A. Pittenger Student Center, Room 116)</td>
<td>bsu.edu/disabilityservices</td>
<td>Accommodations and services for students taking on-campus and distance education courses; accessibility during campus events; faculty mentorship</td>
</tr>
<tr>
<td>Cardinal Central (L.A. Pittenger Student Center)</td>
<td>bsu.edu/cardinalcentral</td>
<td>A convenient, one-stop location for business processes, resources, and information for students and their families.</td>
</tr>
<tr>
<td>Learning Center (North Quad, Room 350)</td>
<td>bsu.edu/learningcenter</td>
<td>Free tutoring and Supplemental Instruction; test proctoring for students with disabilities</td>
</tr>
<tr>
<td>Multicultural Center</td>
<td>bsu.edu/multiculturalcenter</td>
<td>REACH Summer program for new students; support for ethnic minority students; programs and outreach to promote cultural diversity</td>
</tr>
<tr>
<td>Fraternity and Sorority Life (L.A. Pittenger Student Center, Room 133)</td>
<td>bsu.edu/greeklife</td>
<td>Involvement in fraternity and sorority life</td>
</tr>
<tr>
<td>Office of Student Life (L.A. Pittenger Student Center, Room 133)</td>
<td>bsu.edu/studentlife</td>
<td>Campus involvement; leadership and volunteer opportunities; student organizations</td>
</tr>
<tr>
<td>Residence Hall Staff</td>
<td>bsu.edu/housing</td>
<td>Residence hall policies and procedures; adjustment to college; activities and involvement; living-learning communities events and programs</td>
</tr>
<tr>
<td>Office of Financial Aid &amp; Scholarships (Lucina Hall, Room 245)</td>
<td>bsu.edu/finaid</td>
<td>Get information and answers to questions about financial aid and scholarships including Federal PLUS loans.</td>
</tr>
<tr>
<td>Self-Service Banner</td>
<td>myballstate.bsu.edu</td>
<td>Secure gateway to University information and services</td>
</tr>
<tr>
<td>Dean of Students (Frank A. Bracken Administration Building, Room 238)</td>
<td>bsu.edu/deanofstudents</td>
<td>Support and resources for students, parents, and families with personal concerns; emergency situations; when “life” happens</td>
</tr>
<tr>
<td>Web Resources</td>
<td>bsu.edu</td>
<td>Locate other resources, including online services specifically for students</td>
</tr>
</tbody>
</table>
TALKING WITH YOUR STUDENT ABOUT
ALCOHOL AWARENESS

Students who are informed and have involved parents and guardians are more likely to make healthy choices about alcohol. In fact, parents and guardians are one of the most valued and influential sources of information for students. We encourage you to establish an ongoing conversation to help prepare your student for the challenges and choices they will face during freshman year and beyond.

EduRisk Prevention Modules
Ball State is committed to student success, and one of the ways we demonstrate this is through the services we provide to students to help them achieve their educational and personal goals for fulfillment after graduation. Those services begin before students arrive on campus with our new online education modules by United Educators.

All new students are required to complete two online modules. One of the modules, “Alcohol and Drug Awareness Learning Program for Higher Education” (Know Your Limit and Opioids), provides information on substance misuse prevention using a harm reduction approach. The other module, “Impressions,” provides information on consent, sexual assault prevention, and effective bystander intervention techniques. These online modules complement the other prevention programs offered on campus that are designed to help students make healthy and safer choices. For more information, please visit bsu.edu/edurisk.

Students can access directions through their New Student Checklist after June 1st. Students will use their Ball State email address and password to access the modules. Students are expected to complete the modules prior to the start of classes in August and are strongly encouraged to complete these modules prior to arriving for the fall semester. The deadline for completing these modules is August 19th.

Consider these facts:
• One in four college women experience sexual assault or attempted sexual assault.
• Half of all sexual assaults are committed by people who have been drinking.
• Half of all sexual assault victims report they had been drinking when they were assaulted.
• Students who learn and practice effective and safe intervention strategies gain the confidence they need to intervene before sexual assault occurs.

EduRisk also has a goal to provide students with the necessary confidence and skills to intervene and to speak out against stereotypes and the attitudes that perpetuate sexual violence.

Ball State provides many other alcohol and safety awareness initiatives. All of our efforts demonstrate an ongoing commitment that will help students stay safe, make responsible choices, stay out of trouble, achieve their educational goals, and move forward on the career path they desire.

Learn more by visiting bsu.edu/edurisk.

Good Neighbor
Students are always encouraged to call for emergency assistance as needed, even at the risk of disciplinary action for one’s own conduct. When another person is in need of critical care or when a situation otherwise warrants emergency response, call 911 immediately. The Good Neighbor Policy provides University officials the opportunity to waive university disciplinary action regarding alcohol or other drugs for a student if they risked revealing one’s own violation in order to seek medical or other emergency assistance for another person. The Good Neighbor Policy typically applies only to individuals committing minor offenses and shall be the judgment of the designated university official. NOTE: The exception does not apply to any criminal charges.

Lasting Consequences
Students referred for alcohol-related offenses by law enforcement agencies, whether on or off campus, will face disciplinary consequences from Ball State. Typically, a first offense results in a warning and participation in an alcohol education program. For a more serious first offense or repeated offenses, a student may face consequences ranging from parental notification to suspension or expulsion. Poor choices often become part of public and other records—seen or requested by future employers—for years to come. For more information about Ball State’s alcohol policy and other conduct expectations, read the Code of Student Rights and Responsibilities at bsu.edu/studentcode.
Future Impact
Talk with your student about why they are attending college and discuss personal and professional goals. Share your expectations for their success and remind your student that choices made today will directly affect the future. Alcohol-related convictions can jeopardize graduate or law school admission or prevent a student from entering many professions, particularly those requiring a license, such as teaching or nursing.

Understanding Consent
It is vital that your student understands that consent is a knowing, voluntary, and clear mutual agreement to engage in sexual activity. Consent cannot be given if someone is incapacitated by alcohol, other drugs, or sleep. Students should be aware of two Ball State resources: the Center for Survivor Support (CSS) and Title IX. CSS (765-285-3775) exists to give students inclusive, survivor-centered support through confidential advocacy. The Title IX staff (765-285-1545) will respond to all reports of sex and gender-based discrimination and harassment and will take appropriate steps to address such misconduct, prevent its recurrence, and assist those affected.

Alcohol-Free Activities and Events
Your students will find many safe and fun activities to do on campus. Some examples include Late Nite, University Program Board, Living Learning Communities, Emens Artist Series, School of Music, Theatre and Dance, the Jo Ann Gora Recreation Center, Outdoor Pursuits, and Ball State athletics events. Most importantly, many of these events are free for students!

Learn more by visiting bsu.edu/alcoholawareness.

1. Explore Our Community—Go for a walk at Christy Woods or take in a show at Emens Auditorium. Explore the David Owsley Museum of Art, check out the Rinard Orchid Greenhouse, or star gaze at the Charles W. Brown Planetarium.

2. Create a Healthy Routine—Stop by Student Recreation and Wellness Center, work out, join an intramural team, take a class, join Outdoor Pursuits and go on a trip, or rent some outdoor equipment.

3. Get Involved—Join a student organization, learn a new skill, or explore a hobby. Find other students with the same experiences or interests.

4. Attend a Wellness Event—Check out events sponsored by the Counseling Center, Health Promotion & Advocacy, and Healthy Lifestyle Center to learn about ways to support your health and wellbeing.

5. Check Out CampusWell—CampusWell is a website that covers various college health issues, including alcohol and other drugs, sexual health, consent, mental health, fitness and nutrition, stress, sleep, colds, flu, and more.

6. Student Health Center—Feeling sick or unwell? Connect with one of our on-site practitioners.

7. Download Welltrack Boost—Welltrack Boost is a free app for all Ball State students. It can help you understand your stress, anxiety, and depression and teach you techniques to minimize these feelings. Welltrack Boost is a self-guided and interactive way to manage your mental wellbeing. Log in with your Ball State email address. Use this link or find the app in the App Store or Google Play.

8. Connect with Other Students on Togetherall—Togetherall is an online community that offers students a safe and anonymous place to express their thoughts, concerns, and triumphs. Students can draw strength and insights from peers with diverse lived experiences and access a range of self-directed, clinically validated tools to promote positive mental health and wellbeing.

9. Utilize Resources through the Counseling Center—Students can connect with the Counseling Center through social media (Facebook, Instagram, Twitter, YouTube, or TikTok), sign up for a self-care challenge to get regular tips on improving their mental health or stop by the Counseling Center’s Resource and Relaxation room to spend a few minutes in one of their free massage chairs or use their coloring station. They also offer therapy for free to all Ball State students.

10. Get Immediate Help—Ball State Crisis Line (765-285-HOPE)—If students are struggling with a mental health concern, Ball State University offers a 24/7 Crisis Line. The Crisis Line is staffed by trained professionals available to provide immediate support and assistance to any Ball State student who needs it.
TALKING WITH YOUR STUDENT ABOUT BECOMING INVOLVED IN CAMPUS LIFE

Active engagement in campus life has a significant and positive impact on student learning and personal achievement. Student engagement takes the form of campus employment for some students, membership in student organizations for others, and attendance at campus events for most students. They can start in a place and at a comfortable level and see where it goes (and grows) from there. Encourage your student to attend the Activity Fair during Weeks of Welcome and learn more about 300 student organizations at bsu.edu/bennylink.

Talk with your student about these campus involvement options:

**All-Campus Organizations**
Students represent Ball State in public, organize student and campus events, and develop leadership skills in these organizations that serve the greater University community.

**Department and Professional Organizations**
Students experience the work world before graduation. These groups often take part in professional conferences and network with top business leaders.

**Fraternity and Sorority Organizations**
Ball State has more than 30 fraternities and sororities promoting leadership, scholarship.

**Honorary and Professional Fraternities and Sororities**
These groups promote academic excellence and scholarship. Membership often requires a minimum grade point average or academic standing.

**Multicultural Organizations**
Students find the support and friendship of other students who share their rich cultural heritage or learn more about the diverse history and experiences of members.

**Performing Arts Organizations**
Students don’t need to be music or dance majors to join one of the bands, choirs, dance troupes, or theatre groups.

**Religious Organizations**
Students can connect with other students who share their spiritual beliefs or learn more about a religion.

**Service Organizations**
Students can give their time to a worthwhile cause while enjoying the fellowship of others who share their commitment to service and leadership.

**Special Interest Groups**
Students will find groups of all kinds here, including improv comedy, human rights, motorsports, scrapbooking, and more.

**Sports and Recreation Groups**
Wakeboarding, fishing, fencing, skydiving, and judo are just a few of the sports organizations students will find at Ball State.

**University Housing Organizations**
Students can develop their leadership skills, build a sense of community, and connect with others through University housing organizations.

**Commuter Students**
The transition from high school to college can be challenging. Sometimes this change is especially difficult for students who commute during their first year. To help these students get the most from their college experience, Ball State has created Commuter Connections. Commuter Connections will help your student become familiar with Ball State’s vibrant, welcoming campus, meet other freshmen, other commuters, and upper-level students.

In Commuter Connections, your student will be teamed up with an upper-level student known as a Commuter Ambassador and a group of other commuters. Your student’s ambassador will help answer questions about Ball State, provide opportunities to hang out and meet other commuters, and hold special events during the semester. Your student will meet the Commuter Ambassador during Weeks of Welcome at Commuting 101, an event just for commuters.
BENEFICENCE PLEDGE

Members of the Ball State University community:

• Pledge to maintain high standards of scholarship and excellence
  To work with students, faculty, and staff to strengthen teaching and learning on campus.

• Pledge to practice academic honesty
  To model and uphold academic integrity, to honor their peers and earn the trust and respect from all members of the community.

• Pledge to act in a socially responsible way
  To treat each person in the Ball State community with civility, courtesy, compassion, and dignity; to respect the property and environment of the campus.

• Pledge to value the intrinsic worth of every member of the community
  To respect and learn from differences in people, ideas, and opinions.

Find the Beneficence Pledge at bsu.edu/pledge and the Code of Student Rights and Responsibilities at bsu.edu/studentcode.

STEP IN.

WHEN SOMEONE IS IN TROUBLE
• Offer help
• Create a diversion
• Separate the person at risk from the danger

SPEAK UP.

WHEN SOMEONE IS ASSAULTED
• Acknowledge things aren’t right
• Listen carefully and offer support
• Offer to assist with resources

bsu.edu/respectconsent
#StepInSpeakUp

Campus Resources

• Our website provides a wealth of information to raise student awareness about sexual assault, dating violence, and stalking. Learn about campus prevention and involvement opportunities. bsu.edu/respectconsent