Office Spotlight
Each month, we’ll be highlighting a new office within the Division of Student Affairs. This month, get to know the

**Campus Recreation Services**

Campus Recreation Services put on a rock-climbing trip that headed out to Crowders Mountain, NC on October 1-2. Seven participants were on the trip – all new to rock climbing. Lots of new skills were acquired as well as a great appreciation for what it means to be outdoors. We have another group of 12 ready to head out to Capers Island in sea kayaks next weekend. Also out on the water are our standup paddle boarding Fridays.

Our intramural program is also up and running, including indoor soccer, volleyball, and flag football. We have also hosted several groups of RA’s and their residents to our facilities to engage in some fun hall bonding games.

In addition to these outdoor adventures, CRS is currently operating nearly 20 group fitness classes, including our brand new class offering Indoor Cycling. Plus two fitness workshops were held specifically geared towards incoming freshman at the George St. Fitness Center. **Cougar Fit** is currently offered on Mondays, Wednesdays, and Thursdays and is the only dedicated faculty/staff class.

Staff:
Gene Sessoms, Director
Freddie Lipata, Assistant Director
Bucky Buchanan, Assistant Director of Fitness

Silcox Physical Education and Health Center
24 George Street
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- Related Readings (The Importance of Student Engagement)
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Changing Alcohol Culture on College Campuses

Outlined here are the key observations from a report disseminated by the Educational Advisory Board regarding alcohol use and prevention.

1.) Directors of wellness centers and offices of alcohol and other drugs describe a campus drinking culture that centers on a “work hard, play hard” mentality by students to manage anxiety and relax on the weekends, which can lead to high-risk drinking behaviors. Contacts report that students primarily use alcohol to cope with stress that results from their rigorous academic, extracurricular, and social schedules.

2.) Contacts recommend adapting delivery of the Brief Alcohol Screening and Intervention for College Students (BASICS) program to a group format in order to have a more widespread effect on campus culture. The BASICS program uses motivational interview techniques that encourage students to think about ways to balance alcohol use with their everyday lives and responsibilities. While the traditional BASICS program is delivered over a series of three 60-minute appointments between a student (who is typically required to attend due to disciplinary sanctions) and a counselor, a group BASICS session is 90 minutes long and includes a facilitator and a student organization or team. Group BASICS sessions are informal and adopt a more preventative and educational approach than traditional BASICS.

3.) Staff in alcohol and other drug offices at profiled institutions implement risk management strategies in addition to preventative and educational programming. Examples of risk-management strategies include requiring students to register parties with alcohol and other drug offices, discussions between staff and student hosts to establish a plan for emergencies, and sponsoring alcohol-free events to provide students with alternatives to drinking on weekend nights. Institution G also offers free bartending classes to undergraduates, during which students learn how to properly mix drinks and avoid over-serving their guests.

4.) Contacts leverage students’ social capital and leadership skills to develop bystander intervention and peer education programs. Student leaders respond to alcohol emergencies and provide perspectives and insights to change campus culture. Through bystander intervention programs, students attend parties incognito and help keep intoxicated students safe by offering them water and ensuring they go home with friends. Students also serve as peer educators, and they develop and facilitate programs about high-risk drinking, alcohol poisoning, and harm-reduction strategies.

5.) Many institutions have mandated online alcohol education programs that freshmen must complete before arriving on campus, but they are often lengthy, lecture-based, and do not include other topics in addition to drinking (e.g., campus violence, sexually transmitted diseases, tobacco). Contacts at Institution C and Institution F have implemented programs with additional segments on sexual assault, drug use, and mental health. The alcohol and other drug programming office at Institution D created their own video modules with student actors and customized the dialogue and topics to fit their campus culture and more effectively reach students.

6.) Directors of wellness centers, student health offices, and alcohol and other drug offices conduct surveys, offer pre-tests and post-tests, and host focus groups to assess alcohol use and student response to programs. Contacts conduct longer surveys (e.g., more than ten questions) via email every one-to two years and gather quantitative data about students’ thoughts and behaviors surrounding alcohol. Directors use shorter surveys or polls to gather information about specific topics (e.g., how students’ drinking habits vary during a large campus event like homecoming weekend). Facilitators administer pre-tests and post-tests for programs to gauge its effectiveness and measure student learning, and they rely on focus groups to gather qualitative information from specific student segments or to pilot programs and campaign strategies.

“Contacts report that students primarily use alcohol to cope with stress that results from their rigorous academic, extracurricular, and social schedules.”
Professional Development Wherever You Are

Below you’ll find TedTalks, webinars and other videos or recordings that are related to either this month’s theme, “Student Alcohol Use and Party Culture” or other Student Affairs topics. We try to keep these resources to less than an hour in length, so it’s easy to watch, listen, share and discuss without investing a ton of time. So wherever you are, engage in a little professional development today by clicking on one (or all!) of the links below.

**Colleges Brainstorm Ways to Cut Back on Binge Drinking**

*An NPR Investigation into Prevention Practices from US Colleges*

**Transforming the First Generation College Student Experience: Part II Rethinking Student Engagement and Career Development Initiatives** October 13, 2:00 – 3:00 PM ET

*Hosted by EAB* Most institutional efforts to support first generation college students have focused on what is indeed a critical area of support: the initial transition to campus. However, we know that the needs of and challenges facing first generation college students persist beyond their first semester and first year. In the second part of this two-part webinar series, we will explore new approaches to student involvement and engagement, making them more accessible to first generation students.

**Recruiting and Accommodating New Student Segments** November 15, 2016, 1:00PM ET– 2:00PM ET

*Hosted by EAB* Recognizing that traditional student populations will become increasingly competitive to recruit, this web conference will profile alternative student segments that can diversify undergraduate enrollments. While groups such as community college transfers, international English language learners, and adult degree completers make up relatively small percentages of enrollment at most colleges and universities, evidence indicates they represent the best opportunities for growth over the next decade.

The web conference will explore recruiting strategies, preferred program structures, and required student services for each population. It will also explore what these changes mean for Facilities leaders in terms of space needs.

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**Some Quick Numbers**

- About 1,825 students between ages 18-24 die from alcohol related injuries each year.
- About 97,000 students report experiencing alcohol related sexual assault.
- About 1 in 4 college students report academic consequences from drinking such as missing class or doing poorly.
- About 20% of college students meet the criteria for a alcohol use disorder.
StuArt’s Travels

Greetings from the road, fellow Student Affair-ers! It’s been a busy month for this little cougar. With a fresh group of newly minted Cougars, there was plenty to do! I met so many people who work hard so that all the these cougar cubs can be safe, healthy and amazing.

I ended last month with my new buddy Ellen Kilgore in the Dean of Students Office. I wanted to tell my folks (they’d be so proud), but she made me sign a FERPA first. Rules are rules, after all.

My next stop was over to Counseling and Substance Abuse Services with Aimee Koon, and not a moment too soon! I was starting to feel a little homesick and Aimee helped me to get more into the swing of things! Now I feel like I can take on the world!

With my time at CASAS almost over, I got to thinking about all the different kinds of help our students sometimes find themselves needing. Naturally, I headed over to the expert: Robin LaRocque in the Office of Victims Services. She told me all about how her office helps students when it’s toughest. She does a great job and it was awesome to visit her!

I started to realize that this whole Student Affairs Division thing was HUGE! I really needed to get some perspective. Who better to help me with that than Susan Hartman, the lady who seems to know just about everything! She was really helpful and even got me my own nametag (I guess I’m officially in, now)!

Well, I’m off to my next adventure! I’ll keep you posted!

Upcoming Events

SATalks
(Formerly known as “Coffee Talks”)
Final Friday of Every Month
10:00am Location: Various

October SA Talks: Student Difficulties and Challenges
Location: TBD 10a
Look for an email!!

SCCPA State Fall Conference: Bridge the Gap: Explore, Enrich, Expand
Go to sc.myacpa.org
More information here

The Clothesline Project
October 25-27 @ 11:00-3:00p
Rivers Green

SCCPA Coffee and Conversation: Student Resilience
Friday Nov 18 @ 8:30a-11:30a
Tate Center

MSPS Holiday Drop In
Tuesday Dec 6

Division Pot Luck
Tuesday Dec 20, Time: TBD
Stern Center Ballroom

NASPA Conference
March 11-15