



In this chapter, you will learn about alcohol, depression, and sexual assault. You will also learn about sleep, smoking, stress management, and sexual health. Learning about these topics will help you successfully navigate potential problems many college students face.

All of these reflect potential class topics in your 101 seminar. Please read this chapter before your Prevention and Outreach lesson to supplement your awareness on each topic.

When you are done with this chapter, you should be able to:

- Recognize common issues facing college students
- Issues that have the potential to impact safety, emotional or psychological wellness, personal satisfaction, or academic success at risk
- Engage in behaviors that promote wellness and prevent risk
- Identify campus resources for support with these issues