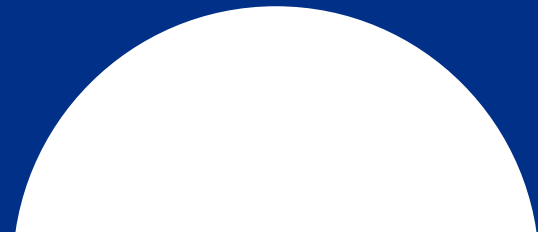
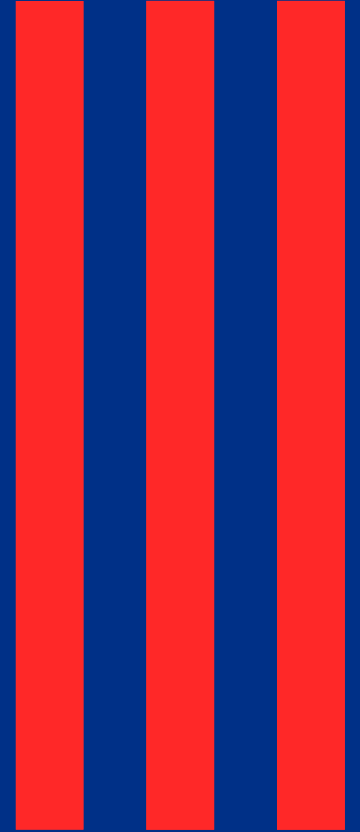


CONNECTING TO STUDENT LIFE

Chapter 5



CHAPTER OBJECTIVES

Explore Student Life resources at Louisiana Tech

Understand multicultural competence and recognize opportunities for cultural diversity

Access information about organizations, events, and activities

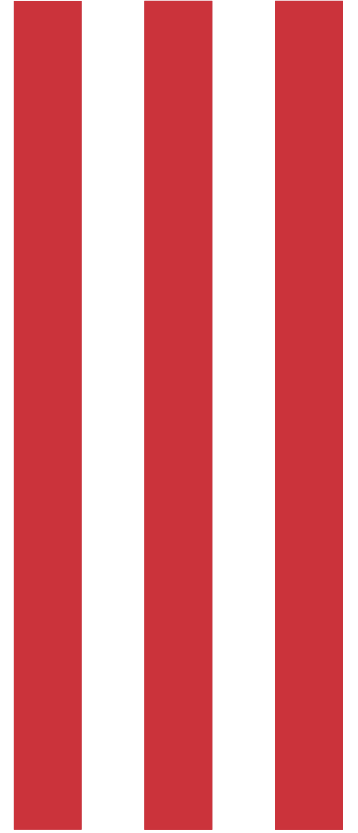
Identify sources for recreation, health and wellness, counseling, career, and dining services



“We want you to get involved, enjoy your freshman year, develop as a person, and pursue academic excellence.”

SAM SPEED

DEAN, STUDENT ENGAGEMENT AND UNDERGRADUATE RECRUITING



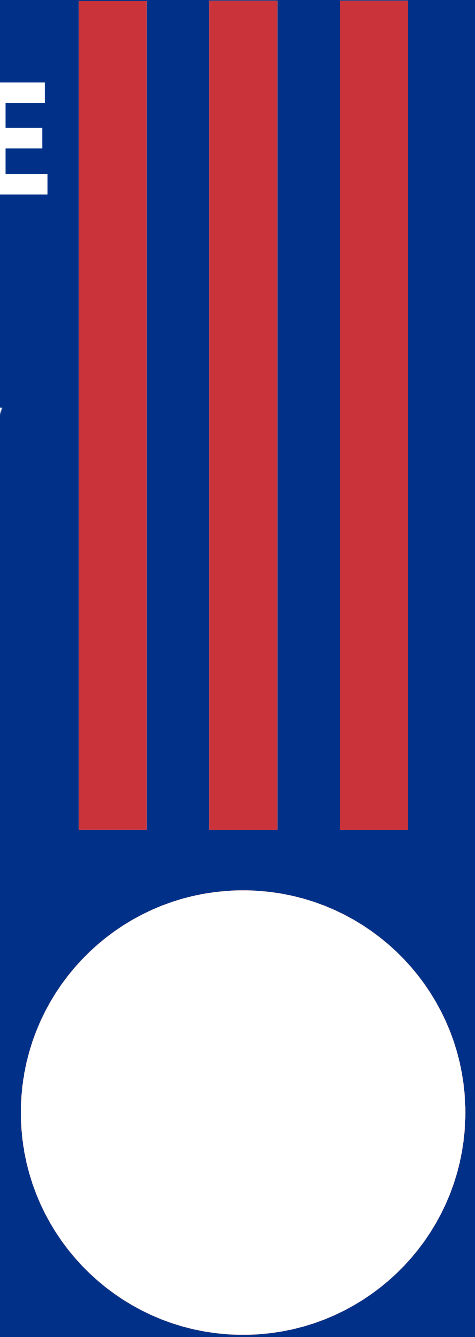
CULTURAL COMPETENCE

What is diversity and why is it important?

Diversity encompasses race, ethnicity, sexual orientation, religion, socio-economic status, age, interest, differing abilities, and more!

Eight Reasons Why Diversity Matters in a University Setting (Hyman and Jacobs, 2009)

- Expands Worldliness
- Enhances Social Development
- Prepares for Future Career Success
- Increases Knowledge Base
- Promotes Creative Thinking
- Enriches Multiple Perspectives
- Prepares for Work in a Global Society
- Enhances Self-Awareness



DIVERSITY AT LOUISIANA TECH



The Bulldog Cultural Center and the International Student Office provide warm, welcoming, encouraging, and inclusive environments for students, faculty, and staff ,



LOUISIANA TECH STUDENT ORGANIZATIONS


**Over 160 Student Organizations
Encompassing:**

- Service Organizations
- Religious Groups
- Sorority/Fraternities
- Special Interest Groups
- Professional Associations
- Honor Societies
- Student Government





STUDENT RESOURCES



There are a lot resources
around campus designed to
help you connect and have a
great college experience.
What resources do you
already know about?

RESIDENTIAL LIFE

Perks to living on-campus:

- Resident parking keeps you close to your classes, recreation, and more
- Variety of housing options to fit every budget and preference.
- Resident Assistants help foster connection through community events and provide the support necessary to have a great living experience.



Wyly Tower 202

318.257.4917

housing@latech.edu

CAMPUS DINING

On-Campus Dining Locations:

- The Tech Table
- Chick-fil-A
- Subway
- Moe's Southwest Grill
- Sushic
- Starbucks
- Quick Eats – Richardson Hall, Tolliver Hall, College of Business



COUNSELING SERVICES

SERVICES OFFERED:

- Individual Counseling
- Group Counseling
- Crisis Intervention
- Ethics Training
- Medication Management
- Smart HABITS Academy
- Alcohol & Other Drug Education

Keeny Hall 310

318.257.2488

counseling@latech.edu



CAREER CENTER

SERVICES OFFERED:

- Job Exploration Services
- Career Preparation Seminars
- Resume Reviews
- Professional Dining Etiquette
- Handshake Career Platform
- Career Fairs
- Career-Planning Courses (COUN 200 & 303)
- Career Library
- On-Campus Interview Spaces

Keeny Hall 337

318.257.4336

careercenter@latech.edu



TESTING & DISABILITY SERVICES

SERVICES OFFERED:

- Standardized Testing Services
- CLEP Credit Exams
- Major Field Exams
- Liaison assisting students with qualifying disabilities in working with faculty, staff, and community agencies.
- Available accommodations for eligible students include:
 - Extended time on tests/assignments, distraction-reduced environments, consideration for classroom breaks, preferred seating, and assistance with notes.



Wyly Tower 318
318.257.2969
tds@latech.edu

INTERNATIONAL STUDENT OFFICE



Back of Tolliver Hall

318.257.4321

iso@latech.edu

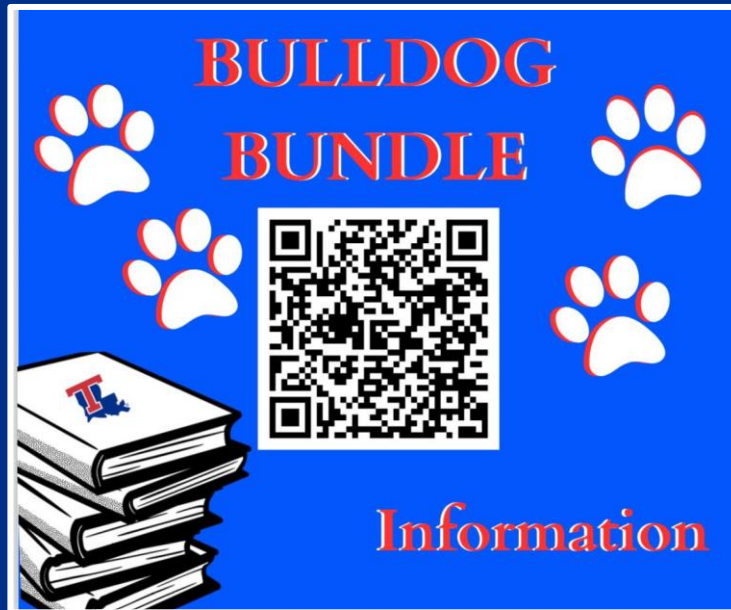
SERVICES OFFERED:

- International Picnics, International Scholarship Dinner, Cultural Festivals, and more.
- International Recruitment and Admissions
- International Student Orientation
- Assisting ISO students in applying for social security cards, driver's licenses, and ID cards
- Resource for cultural information
- Student Ambassador Programs
- Dessert Social
- Coffee Hour Fridays
- Seminars and workshops

BARNES & NOBLE BOOKSTORE

SERVICES OFFERED:

- Bulldog Bundle - \$23 / credit hour
- Opt in/out within first 7 class days.
- Textbook purchases and rentals
- Purchase Scantrons
- School supplies
- Licensed Tech Gear
- Graduation Regalia
- Graduation Class Rings
- VIP Events & Sales



Barnes & Noble Building (exterior Quad)

318.257.3066

RECREATION SERVICES



Lambright Sports & Wellness Center
318.257.4634

SERVICES OFFERED:

- Intramural Sports each quarter
- Club Sports
- Aerobics, Group Workouts, and Spin Classes
- Fitness Assessments
- Personal Training
- 7.5 Acre Park with Running Trails, Picnic Tables, Pavilions, and a Frisbee Golf Course
- Indoor Rock Wall
- 6 – Lane Bowling Alley
- 6 Full-Size Basketball Courts
- Indoor/Outdoor Pool
- Billiards
- Racquetball Courts
- Ping Pong Tables
- Two fitness areas

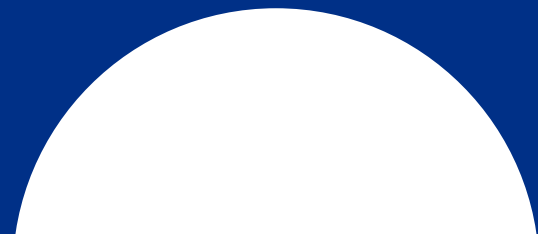
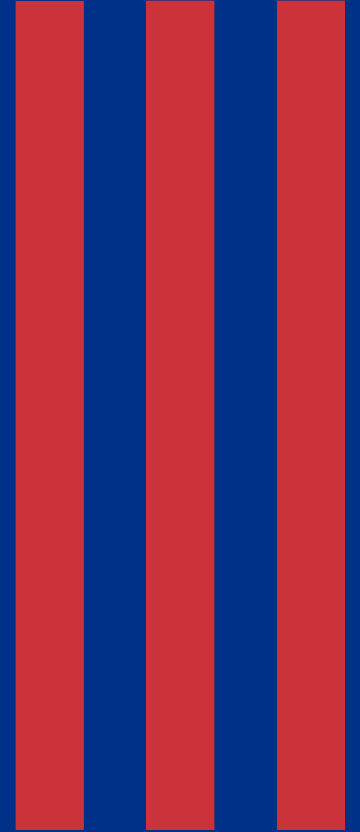
ATHLETICS



- Member of Conference USA (CUSA)s
- Year-round Sports
- Free Admission to All Home, Regular Season Sporting Event
- Louisiana Tech Athletics App
- Numerous Post-Season Appearances including 6 National Championships (Football – Div II & Women's Basketball – Div. I)
- Full NCAA Division I Participating Sports:
 - Baseball / Softball
 - Men's & Women's Basketball
 - Track & Field
 - Cross Country
 - Bowling (Women)
 - Soccer (Women)
 - Tennis (Women)
 - Golf (Men)
 - Football
 - Volleyball (Women)

MAKING HEALTHY DECISIONS

Chapter 8



CHAPTER OBJECTIVES

Understand the safety resources available on campus

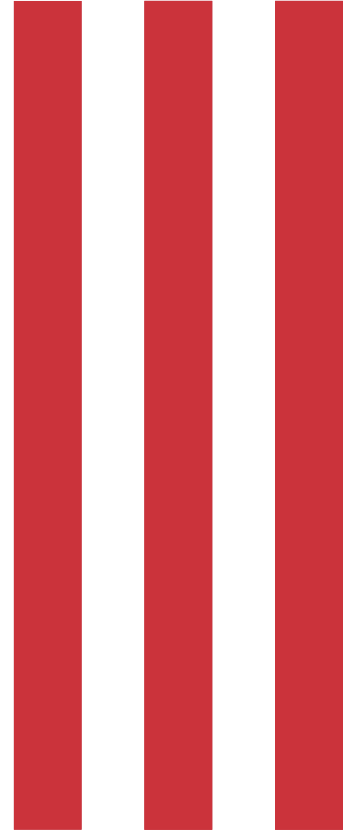
Articulate tips and strategies for maintaining personal safety and protection

Define and recognize hazing and harassment

Demonstrate effective choices for physical wellness



**There are many choices
and decisions you will
have to make in college.
What (or who) will guide
you and impact those
decisions?**

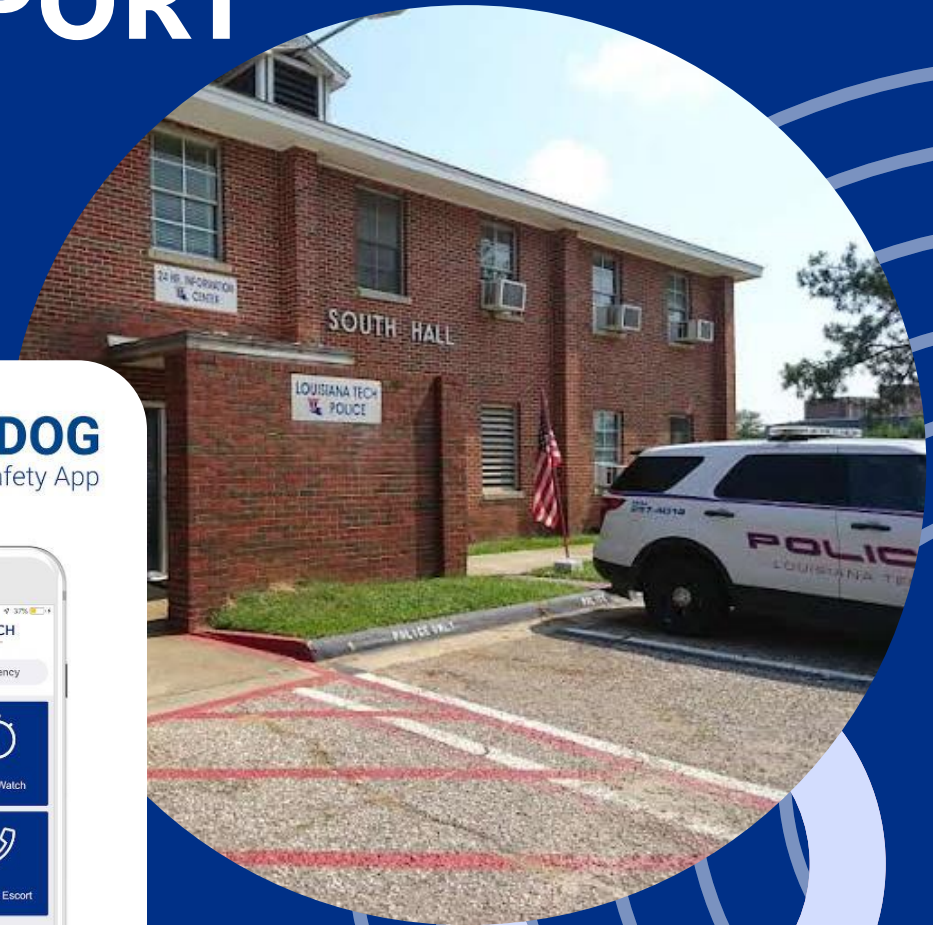
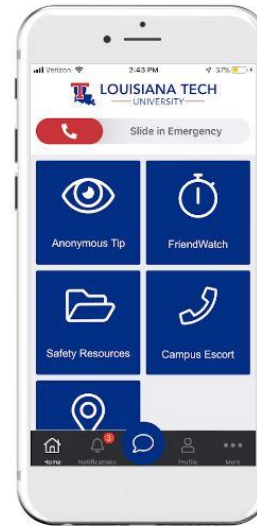


SAFETY, SECURITY, AND SUPPORT

Being protected, safe, and supported while on campus is **everyone's** responsibility. The University Police, the faculty and administration, counseling services, and many more are actively working to ensure your safety. But let's not forget that you must play a part yourself.

TIPS TO HELP WITH SAFETY AND CRIME PREVENTION:

- Be alert and pay attention.
- Utilize golf cart escort service – 318.257.4018
- Lock the doors to your car and residence
- Report suspicious activity
- Download the Safe Dog App



THE SAFE DOG APP

- Available on Android and iPhone
- Send in Anonymous Tips
- FriendWatch tracker
- Easily call campus police
- Request Escort Services



HAZING & HARASSMENT

HAZING

Any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them regardless of a person's willingness to participate.

Hazing is against state law (RS 17:1801) and campus policy. Hazing is **not tolerated** by Louisiana Tech University and student training is required.



HAZING & HARASSMENT

HARASSMENT

Unwanted and unwelcome conduct directed against a person based on one or more of a person's protected characteristics or status which is so severe or pervasive that it creates an intimidating, hostile, or offensive environment.

- May be Physical, Verbal, or Non-Verbal
- Stalking
- Sexual Harassment
- Cyber-Bullying

If you or someone you know is impacted by harassment on campus, contact the Title IX Office in Wylie Tower 1526.



SEXUAL HEALTH



Although a natural and functional part of life, it can also lead to:

- Unwanted pregnancy
- Sexually Transmitted Infections (STI's)
- Emotional Consequences

Deciding to engage in sexual activity should not be taken lightly. Be sure to consider:

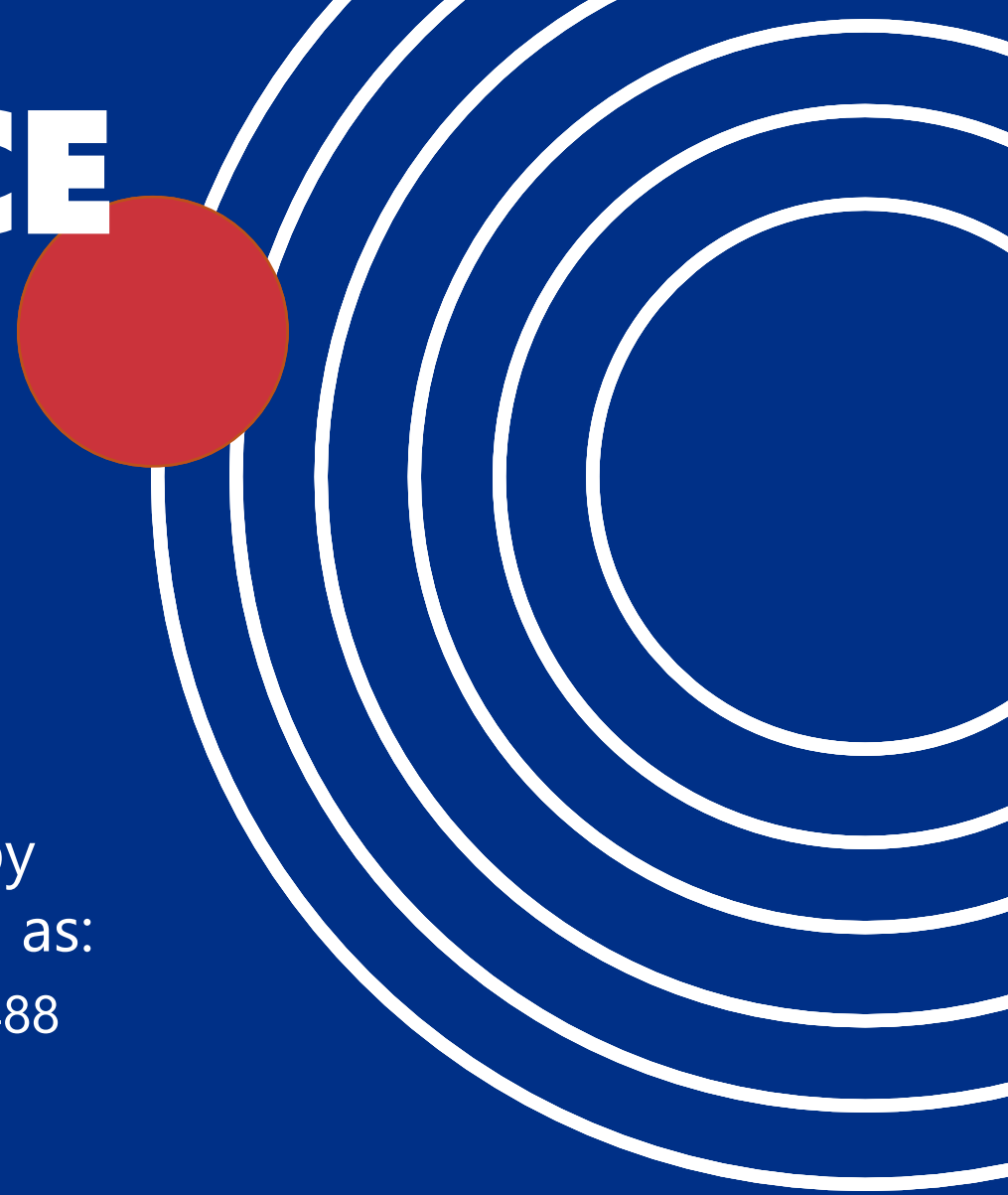
- **Abstinence** – choosing to not be sexually active
- **Monogamy** – being sexually exclusive
- **Education** – making informed decisions
- **Communication** – define comfort levels and precautions
- **Protection** – use a condom
- **Vaccination** – protect yourself against HPV and Hepatitis
- **Screening** – getting tested and seeing your physician regularly

SEXUAL VIOLENCE

This next slide will include statistics and information on sexual assault and rape. If you are not comfortable with this topic, please feel free to step outside of the classroom.

If you or someone you know have been impacted by sexual assault, please utilize campus resources such as:

- The Counseling Center (free and confidential) – 318.257.2488
- Campus Police – 318.257.4018
- National Sexual Assault Hotline – 800.656.HOPE
- National Coalition Against Domestic Violence – hopeline.com

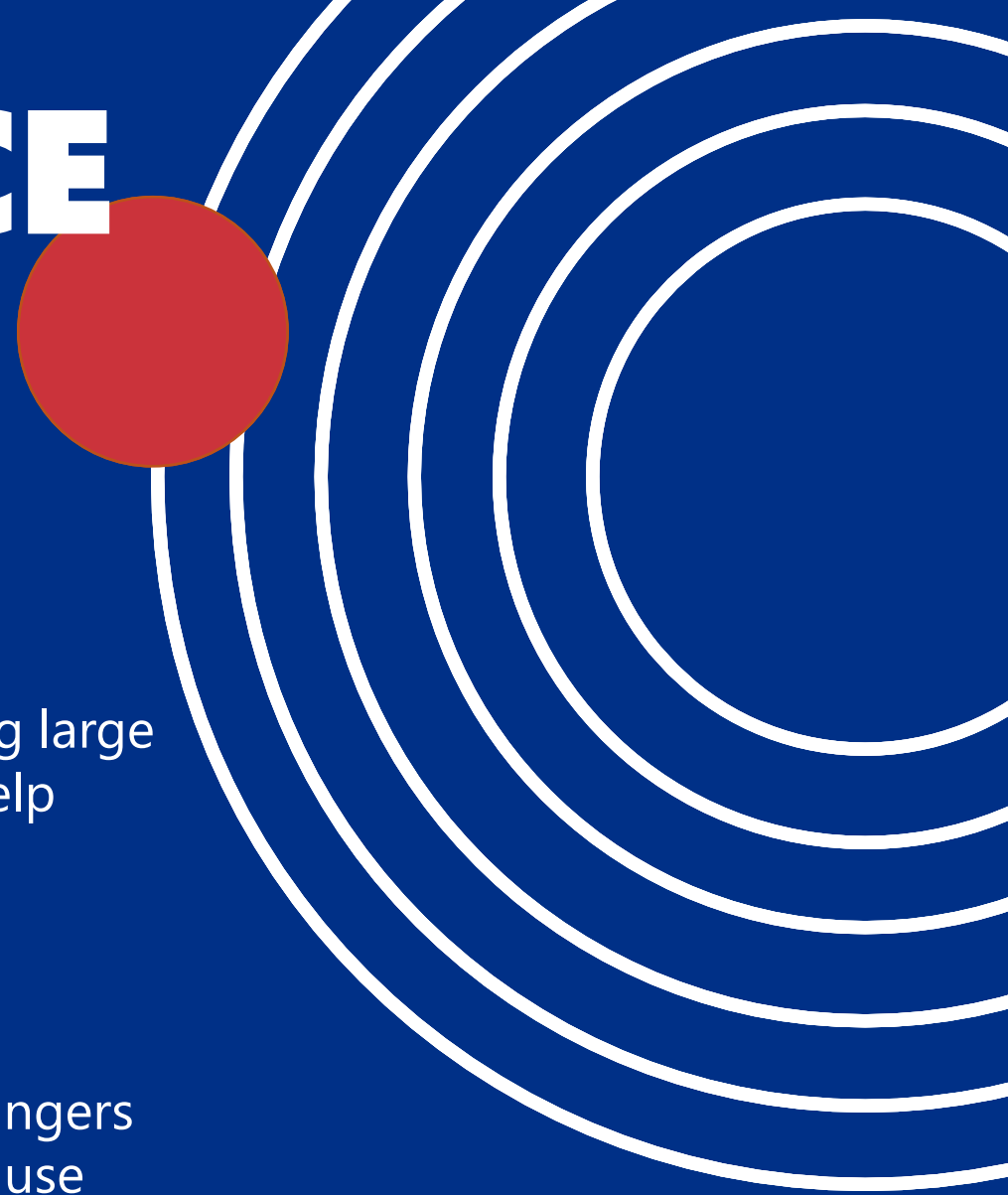


SEXUAL VIOLENCE

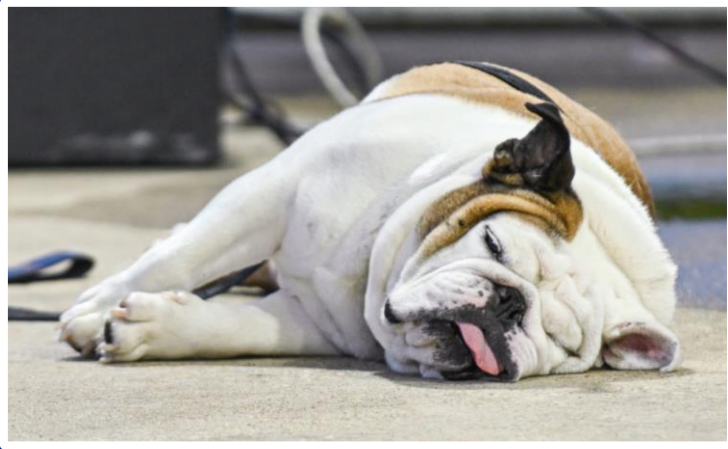
Sexual assault and rape are real threats that college students face. 13% of college students and 1 in 5 college women experience rape or sexual assault at some point. (RAINN.ORG)

80% of assaults go unreported, with alcohol and drugs playing large roles in a majority of reported assaults. Follow these tips to help protect yourself and avoid this from happening to you:

- Know your sexual rights
- Communicate personal boundaries early in a relationship
- Listen to your basic instincts and be cautious in dating strangers
- Use clear judgement if consuming alcohol and avoid drug use
- Steer clear of unfamiliar surroundings
- Use the "buddy system" and surround yourself with friends



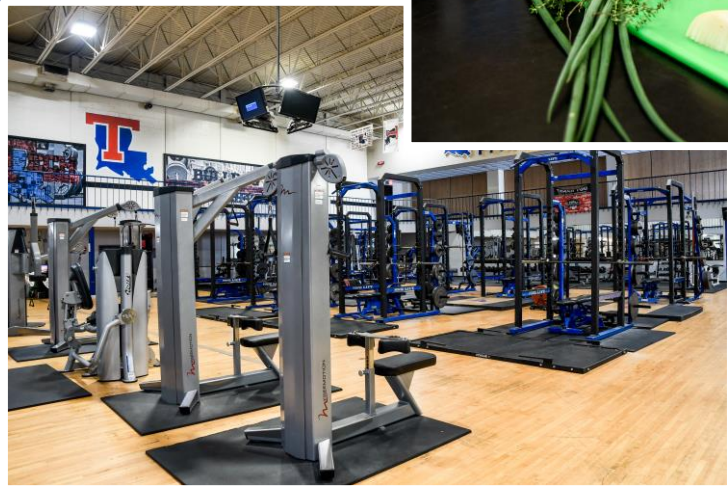
TAKING CARE OF YOURSELF



Get adequate rest (at least 8 Hours) to help avoid problems like sickness, stress, and depression.



Good nutrition is crucial to avoiding feel and perform your best.



Regular exercise is a important in maintain health and reduce the risk of disease and injury.

MAINTAINING PHYSICAL HEALTH

THE BALANCING ACT

- Eat a diet that is healthy and adequate
 - Utilize the **Good Nutrition Mission Food Pantry**
- Engage in regular exercise at the **Lambright**
- Educate yourself about drug and alcohol use and maintain a healthy perspective
- Practice a regular and healthy sleep pattern
- Understand and practice health behaviors related to sexual and romantic relationships
- Maintain regular doctor and dentist appointments
 - Consult the medical professionals at the **TechCare Student Health Center** as needed.

