



Uncommon Good College Guide



Introduction

Last Update: 04/11/2026

CENTRO Lab is proud of you. Congrats on getting into college!

This workshop and accompanying workbook were created by Profe. Bacio, Natalie Velazquez, Nathan Flores, Maria Banuelos Valdez, Nashaly Diaz, Jeanette Kouassi, and Hanna de la Rosa Rosales. This was done with a lot of hard work and dedication to guide you through your college journey.

Many of our lab members are first-generation college students of color, so this content was created by people with similar experiences to yours.

We would also like to acknowledge previous generations of CENTRO Lab members and students from Profe. Bacio's Latine Mental Health Seminar who contributed to this workshop.

If you have any questions, email centrolab@pomona.edu. Feel free to follow us on Instagram @centrolabpomona. Lastly, this workbook can also be found on our website: <https://centro.sites.pomona.edu/>

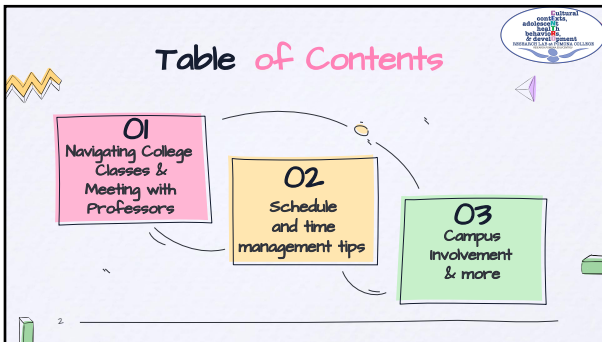
We believe that no matter what, you will walk that stage. You got this!

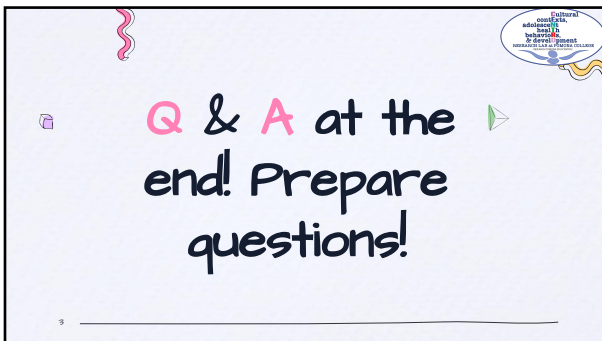


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Navigating College Classes & Meeting with Professors

The diagram illustrates the relationship between three key college-related concepts:

- Syllabus** (Pink box): Represented by an icon of a person's head with a brain.
- Office hours** (Yellow box): Represented by an icon of a person sitting at a desk.
- Types of Institutions** (Green box): Represented by an icon of a graduation cap.

Arrows indicate the flow of information or interaction:

- An arrow points from **Syllabus** to **Office hours**.
- Arrows point from both **Office hours** and **Types of Institutions** back to **Syllabus**.

A small orange cube is located near the bottom right of the diagram.

कॉलेज में पढ़ाई के दौरान
क्या करना चाहिए
क्या नहीं करना चाहिए
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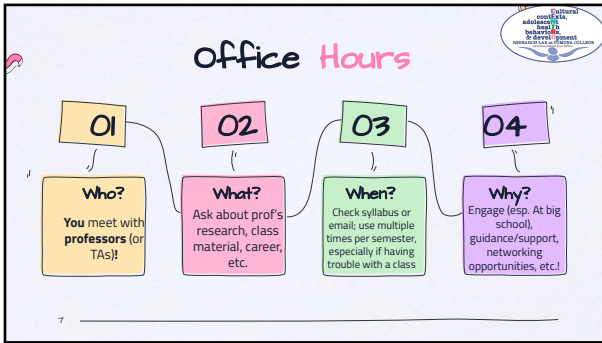
Khan Academy

What is a syllabus?

.. document provided by a **professor** or **instructor** that outlines the **structure**, **content**, and **expectations** of a course. It's a roadmap for the entire class, detailing important information such as:

- Learning objectives**
You can be informed of the class concepts, skills, and knowledge you will have at the end of the course
- Policies**
There's sections detailing policies of academic integrity, late submissions, grading, attendance and participation, and accommodations for disabilities
- Course schedule**
Expect a breakdown of the topics, readings, and assignments for each class session or week, along with important deadlines and assessment dates
- Required Materials**
You will receive a list of textbooks, readings, and other resources that students will need to access for success in the class

Office Hours



Navigating Different Types of Colleges

Size
Public universities tend to be larger and have larger class sizes (e.g. 100+ students in a class); private institutions can vary greatly; most liberal arts colleges have smaller class sizes (e.g. 15-20 students)

With bigger class sizes, it's key to talk to TAs and schedule OH to meet your professors and receive support.

Still, you need to advocate for yourself at any school

Quality education
Both options WILL provide high quality education! It often depends more on your personal preferences and needs.

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Everybody Needs a Plan!

Schedule and time management tips

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Schedule Tips!

- Create a calendar, build a personalized schedule with all of your recurring events (i.e. **work** and **school**), and assignment deadlines.
- Set **reminders** or make **lists**.
- **Prioritize**, evaluate what needs to get done first.
- Make time to have fun and **personal time** for yourself.
- Find **support** through resources at your school.
- Be **realistic** and **flexible**.

Example of what my Google Calendar looks like

- Tasks bar with all my assignments.
- All my classes, work, and appointments color coded.
- Accessible on all my devices.

Study Tips!

- Don't cram.
- Plan ahead and stick to it.
- Ask for help.
- Use the buddy system.
- Find your learning style.

- Take breaks.
- Cultivate a productive workspace.
- Reward yourself.
- Set specific goals.

Study Techniques

1. Pomodoro Method

- Set a timer for 25 minutes → focus on a single task for this block of time.
- Enjoy a five minute break!
- After four pomodoro sessions take a 15-30 restorative break.

<https://pomofocus.io/>

2. The Feynman Technique

- Write down what you know about a concept.
- Identify knowledge gaps → brush up on these topics!
- Simplify the material as much as possible, enough to explain it to a younger sibling.

General Tips:

Spaced repetition, where you increase review time as your exam date gets close is ideal!

Try verbally reviewing what material you remember *without looking at your notes.*

Build Your Ideal Study Plan Activity

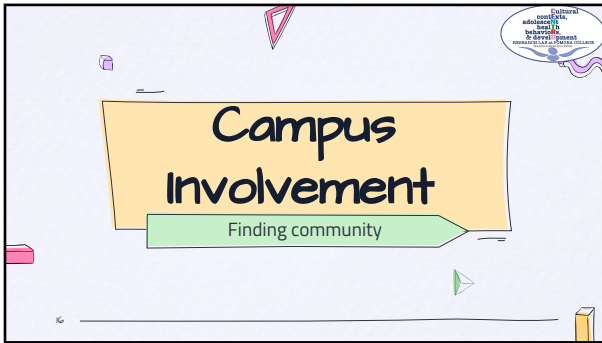
- IN GROUPS: Design your ideal study plan
- Think about:
 - Individual Learning Styles
 - Study tools
 - Study techniques
 - Physical Space
 - Self-Care

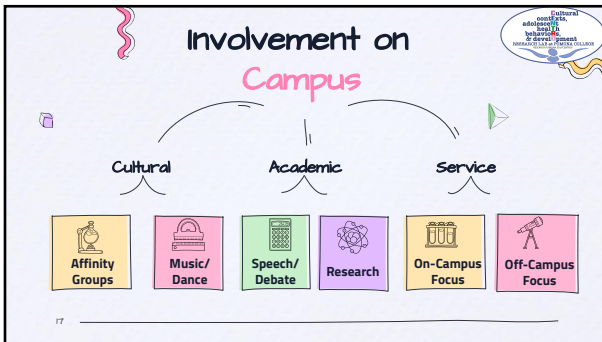
What about the negatives?

- College is demanding
- There may be difficult professors or difficult materials
- Moments when you have to pause and prioritize yourself
 - We want you to know that there are strategies!

Strategies!

- Talk to Professors about an individualized plans
- OR reach out to your Dean of Students – communicate!
- Book appointments with Writing/Qualitative Centers
- Think about P/NP grading or if you need to take a W (Policies can vary based on college)
 - Check your Academic Code of Conduct





How to get involved (some examples)

Cultural

Affinity Groups

- Social Media!
- Look up meeting times and show up!
- Community Opportunities closer to you if commute (known organizations)

Academic

Research

- Connect, connect & connect!
- Lab Managers, Professors, Current Students in the Lab
- Build a relationship with a Professor



Q and A Time!

Any remaining questions we haven't answered? This is **your** time!

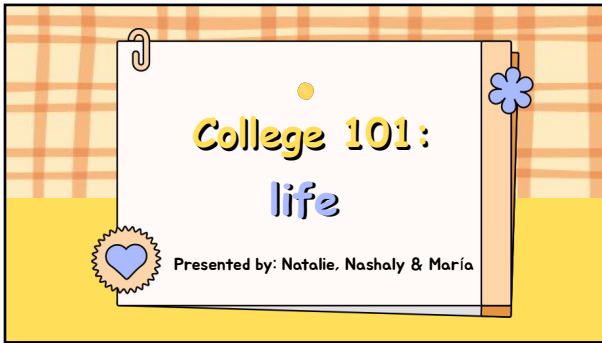
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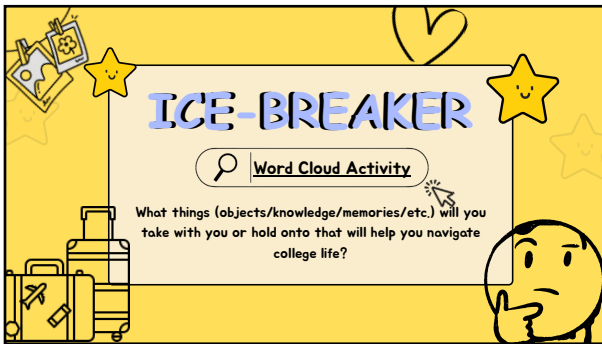


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- How to deal with homesickness in college. (2024). Mental Health America. <https://mhalational.org/how-deal-homesickness-college>
- Nelson, V. (2022, July 11). 10 conversations parents and students should have before first year of college. ILLINI FAMILY NEWSLETTER. <https://blogs.illinois.edu/view/8255/809697>
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Doing the research

Do I have to complete a housing application?

Example

Questions to consider:

- Does my school guarantees housing? If so, for how long? If not, will I commute or find housing outside of campus?
- Do I have/want to apply for **themed housing** or **accomodations**?
- Who should I contact if I have any questions?

MANAGING RENT

and other expenses

Tips for managing rent

- Research housing plans at your school
- Look into thier cost of attendance guide and plan accordingly!
- How much will be covered by fiancial aid and scholarships? How much will you pay out of pocket?
- Create a budget plan. You are not alone, seek advice from your parents.

Example

Cost Type	Continental	On Campus	Off Campus
Tuition & Mandatory Fees	\$7,538	\$7,538	\$7,538
Housing	\$10,000	\$3,266	\$10,000
Food	\$3,814	\$7,460	\$11,838
Books, Course Materials, Supplies, and Equipment	\$1,078	\$1,278	\$1,078
Transportation	\$2,074	\$2,426	\$2,090
Miscellaneous	\$2,752	\$4,583	\$4,590
Student Loan Fees*	\$49	\$46	\$46
CA Resident FIDM	\$27,076	\$16,160	\$36,710

FINANCES & WORK

Finance tips

- Open a savings account in addition to a checkings account
- Spend wisely and track your expenses:
 - Cost of attendance (ex. housing, insurance, books, etc.)
 - Personal expenses (ex. shampoo, sunscreen, etc.)
 - Money to have fun (ex. going for ice cream or the movies)
- Do you qualify for Work Study? How to apply?

Finances can be a stressful topic, take care of yourself, and don't forget that college is about learning, meeting new people and **having fun!**

Living Situations

& navigating difficult roommates

Roommates

Finding & Choosing Roommates

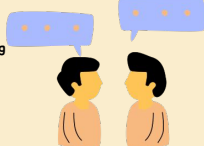
- Ask people that you know who are attending the same college (i.e., friends, classmates)
- Check on social media! Some colleges will post a 'Class of ____' page where you can get to know people in your same class, Facebook groups
- If you know you can't live with someone else, consider requesting accommodations. Reach out to Housing & Residence about this possibility!



HEALTHY RELATIONSHIPS

Tips & Tricks:

- Communicate from the beginning and be clear!
- Think about what your non-negotiables are (i.e., waking up early)
- Be ready to compromise
- Set boundaries
- Don't choose someone as your roommate just because you know them. Ask the important questions before!



Housing accommodations

Housing Accommodations Procedures

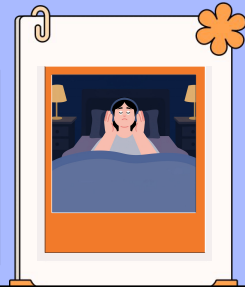
Any student requesting housing accommodations should follow the same housing application process and deadlines set by [Housing and Residential Life](#), unless the accommodation request relates to the application process, procedures, or deadlines. Students requesting disability accommodations should indicate in their on-campus housing application the need and type of accommodation that they require, as outlined in the procedures below. In addition, students must register with ARES and submit [disability documentation](#) to ARES. Accommodations in housing are approved on a case-by-case basis and are dependent on the nature of the disability and/or health condition as well as the impact in the campus living environment. ARES works in partnership with Housing and Residential Life to provide accommodations that meet the student's needs.

Housing Accommodations may include but are not limited to:

- ADA Rooms
- Emotional Support Animals
- First floor housing
- Air Conditioned Rooms

SCENARIO

You told your roommate you would like to go to sleep by 11 pm on Monday and Wednesday because you have an 8 am the next day. Over the past two weeks, your roommate has returned to the room at 11 pm with a friend and stayed talking until 1 am. This has affected your sleep and ability to focus in class. What do you do?



FINANCES

Create a list of fixed and variable expenses to determine how much to budget for each type of expense. Avoid spending money you don't have (even if you have a credit card)!



Fixed Expenses:

- Tuition & fees
- Rent & housing
- Laundry
- Gas/Transportation
- Books & Supplies



Variable Expenses:

- Eating Out
- Entertainment
- Clothing
- Hobbies
- Going Out

Homesickness

Getting familiar with the unfamiliar





COPING



- Practice and Share Gratitude → **Todo Pasa** → everything in life is temporary, both the good and the bad
- Find **activities** or **clubs** to join → Explore your hobbies (e.g. club fair)
- Stay in **contact** with your current friends → Go on long walks and call your support system (provides perspective...but also boundaries!). Write letters/cards, have photos/things that remind you of home.
- Find **community**...there's no right way to do this! → Look for opportunities to meet and interact with others
- Although it may feel like it, **you are not alone** → Other students may be feeling just as excited (and overwhelmed) as you

TALK TO YOUR PARENTS ABOUT...

- What support you need
 - Talk to your parents about what sort of support you will need from them - financially, emotionally, and physically.
- Visiting expectations
 - When, and how often, will you come home to visit during the first semester?
- Healthcare
 - Talk to your parents about what you should do if you're not feeling well and when to call a doctor. Do you know how and where to fill a prescription? Do you have a health insurance card in your wallet?

BOUNDARIES WITH PARENTS

- Structure a specific time to call your parents into your schedule
- Take time to explain to your parents your full responsibilities (activities, work, homework, etc.).
- If your family relies heavily on your support, know it's okay to take care of yourself first.

DON'T FORGET TO...

Sleep

- Prioritize sleep 7-9 hours
- You'll be better able to concentrate, remember content, less moody, and physically better off!

Do Laundry

- If you are living on campus, your dormitory will have a laundry room; most colleges charge you a \$1.00 or so for each load and \$0.50 or so to dry
- Ask your RA about how to load this money into the account used for laundry services!

Fuel your body

- Take advantage of campus events with free food!
- Most dormitories have shared kitchens you can utilize
- Stay hydrated and try to sneak a fruit or vegetable in to every meal for balance!

GETTING SICK?



- Make a care package for yourself before getting sick! Include cough syrup, Kleenex, Vitamin C packets, VapoRub, etc.
- Visit your local pharmacy or Health Center if it doesn't improve
- Get rest for a speedy recovery! Ask if you can join your classes virtually or if a peer can share notes
- Ask family for home remedies
- To avoid getting sick:
 - Wash your hands often
 - Wear a mask if there's a virus spreading
 - Get sleep!
 - Stay hydrated



Meals



Meal Plans - Dining Hall

Students living in a residence hall are required to have a meal plan. Students are billed according to the meal plan selected. There are four options:

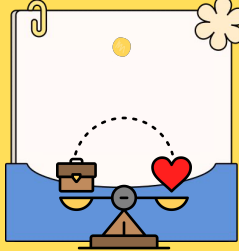
- 19 meal plan: \$5,350.00 per semester with \$190.00 flex plus
- 16 meal plan: \$5,171.00 per semester with \$160.00 flex plus
- 14 meal plan: \$5,005.00 per semester with \$140.00 flex plus
- 12 meal plan: \$4,827.00 per semester with \$120.00 flex plus

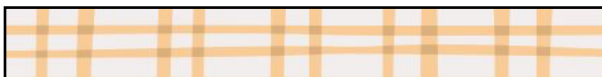
- Meal Prepping
 - if your dorm hall has a kitchen, you are able to prep your own meals
- EBT & Food Pantries
 - Do not be afraid to ask for help!
- Events at school that offer free food

Find balance between school and life

- Hang out with friends
- Explore new places
- Do something you enjoy
- Build a schedule that works for you
- Building boundaries → how much can you actually do?
 - Be realistic in your expectations of yourself and forgiving of your mistakes

Balance



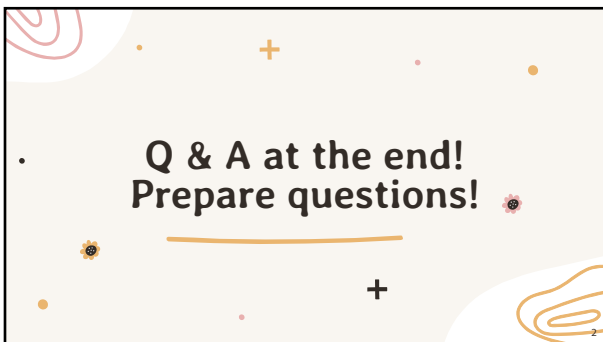


THANK YOU!

Questions?







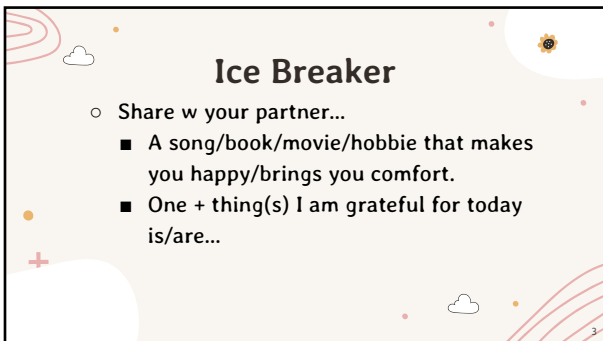


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03 Coping Strategies	04 How to support a friend





How common are these?

Anxiety
35% of college students said they had been diagnosed with anxiety

Eating Disorders
7% of college students had been diagnosed with an eating disorder by a healthcare professional in their lifetime

Depression
27% of college students had been diagnosed with depression or another mood disorder

Imposter Syndrome
56% to 82% in graduate students, college students, nurses, among others have experienced impostor syndrome

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What is Imposter Syndrome?

- A mental phenomenon that describes the self-doubt of intellect, skills, or accomplishments among high-achieving individuals.
- Symptoms:
 - Inability to realistically assess your competence and skills
 - Attributing your success to external factors
 - Berating your performance
 - Fear that you won't live up to expectations
 - Overachieving
 - Sabotaging your own success
 - Self-doubt

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Factors affecting College Students' Mental Health:

- Academic Pressure
- Isolation
- Harassment and Discrimination
- Among many others

Mental Health Conditions Diagnosed in College Students

■ Cis Men ■ Cis Women ■ Trans/Gender Non-Conforming

Source: KHN/WHI

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Learning Disabilities

- Differences in a person's brain that can affect how they read, write, speak, do math, retain and comprehend information, and more

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- Note: These differences are not related to or an indication of intelligence
- Common learning disabilities:
 - Dyslexia
 - Dysgraphia
 - Dyscalculia
 - Nonverbal LDs



ADHD

- Neurodevelopmental disorder marked by an ongoing pattern of inattention and/or hyperactivity- impulsivity that interferes with functioning or development

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- Symptoms start before age 12
- Inattention
- Hyperactivity
- Impulsivity



02 Finding Resources in College



Available Services

Therapy Access

- Many colleges make counseling and therapy resources available for students.
- Different forms of therapy may be available to students (individual, group, therapy)

Disability Resource Centers in College

- Help students achieve their academic goals by providing accommodations
 - Accommodations: a change of environment, housing, curriculum format, or equipment that allows you to gain access to content and/or complete assigned tasks
- Assist in mediation between students and faculty during the accommodations process

E.g. Monsour Counseling

Scheduling and Consultation

Scheduling

To schedule an appointment with a psychiatrist, psychologist or therapist please call (920) 421-4222. All appointments are scheduled in advance with the exception of crisis appointments. Services such as initial assessments, therapy intake appointments, individual and group therapy, and medication management are available at no charge to undergraduate students. Please note that we do not have a pharmacy on site and prescription drug costs are the responsibility of the student.

Psychiatric Consultation

Psychiatric consultation is available. There is no limit on the number of visits allowed for medication management.

Crisis Appointments

MCAPS offers same-day crisis appointments. Please call us at (920) 421-4222, or walk into MCAPS between 8:30-5:00, Monday-Friday, after hours, you can call (920) 421-4222 and press "9" to speak with an on-call therapist by phone.

Confidentiality

At MCAPS, we adhere to the American Psychological Association (APA) Ethics Code, all relevant California state laws and the Family Educational Rights and Privacy Act (FERPA). Whenever there is any discrepancy between these guidelines, we follow the highest or most stringent ethical standard, as outlined by the APA Ethics Code. Specifically, this means that no information will be revealed to anyone outside of MCAPS without written permission from the client, except as mandated by law.

Drop-In Sessions

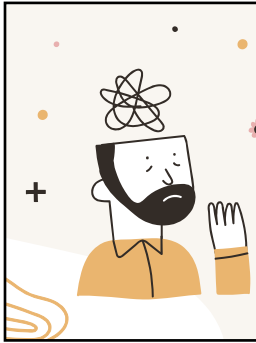
Consult with one of our therapists for an informal consultation about mental health and wellness. These consultations are offered support, space to process, and/or highlight resources; however, these meetings are not a substitute for regular therapy, counseling or psychiatric care.

Drop-In Sessions with Dr. Dana Reyes

- Therapies from 2:00pm-4:00pm
- Intended for undergraduate student affairs
- Open to all UC students
- Please email mcaps@claremont.edu to reserve your 30-minute appointment.

Drop-In Sessions with Dr. Emily Hays

- Therapies from 1:00-2:00pm
- Open to all UC students
- Stomach issues on one referral, confidential mental wellness support
- Open to all UC students
- Intended for undergraduate student affairs
- Office of Black Student Affairs
- EMAP: emaps@claremont.edu



Pláticas y Eventos

Through word-of-mouth and events hosted by your university, you will learn more about resources that will interest you and help shape your college experience! Don't be afraid to put yourself out there!

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03 Coping Strategies

Content: overcoming imposter syndrome, coping with mental health in college, daily tips, strategies and treatment.

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Imposter Syndrome & Building Resilience



Find Support

Create a safe space for yourself and others to share feelings, and determine which fears don't deserve the space you're giving them in your head.



Do "well enough"

Take a moment to "pull back" and examine your expectations, give yourself permission to do "well enough" and not "perfectly".



Acknowledge your strengths

Create a list of strengths, successes, and areas you can improve on.



Practice mindfulness

Be mindful of the situations that trigger your imposter syndrome. You have agency to reframe your thoughts!

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Questions that may arise:



- How would not getting enough sleep affect your mental health?
- How will you cope with feelings of stigma if they arise?
 - ◆ Feeling shame about a mental health diagnosis or telling new people about your challenges can make it more difficult to get treatment or ask for help when you need it.
- How will you distinguish college adjustment issues from more serious mental health problems or setbacks?

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Coping Skills



Physical

Sleep, take power naps, stretch, exercise, nourish your body

Mindfulness

Meditation, breathing exercises, journaling, gratitude, spending time outside

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Social

Spend time with people who give you energy and less time with those who steal your energy

Community

Spend time with loved ones, volunteer, participate in extracurriculars, talk to someone you trust

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Treatment

- May include therapy or counseling, prescribed medication, support groups, among others.
 - **ADHD medications** (past medical history; prescribed by medical professional)
 - **Non-stimulants** → e.g., Strattera and Qelbree
 - **Stimulants** → Immediate Vs. Extended-release (e.g., Concerta, Adderall, Adderall XR, Vyvanse, etc.)
- If stress, anxiety, or other overwhelming feelings are getting in the way of your academic or social life, reach out for help.
- Receiving treatment for mental health may seem intimidating at first, but it can be worth it!
 - If you don't feel comfortable with your first therapist, you can always request to change

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Daily “Self-Help” Practices

- Mindfulness Techniques → [UCLA Mindful App](#)
 - Non-judgmental observation of thoughts, emotions, and somatic sensations that arise in one's awareness
 - Guided breathing → begin by meditating for 5 min at a time and gradually increase to 20 min, can be done walking or sitting still
- Self-advocate as EARLY as possible, and lean on your support system
- Find a routine or schedule that works for your needs, this is a process!
- Study together → body doubling as motivation and accountability
- Utilize fidget toys or take movement breaks
- Online studying techniques → ex: [text-to-speech](#), note taking apps, [focus sounds](#)

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Mindfulness Activity

- Mindfulness Techniques Benefits:
 - helps increase ability to minimize task-unrelated thoughts and distractions
 - more attentive, finishing tasks, and potential improvement in functioning
- 7/11 breath: breathe in for 7 seconds, and out for 11
 - If you maintain the 7/11 breath for 12-15 repetitions, you can settle into 4 to 6 breaths per minute, a range that's scientifically proven to optimize long-term focus
- Take a Mindful SEAT:
 - What **S**ensations are in your body?
 - What **E**motions are you feeling?
 - What **A**ctions do you want to take?
 - What **T**houghts pop into your head?

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Box breathing

Hold for 4 counts

Inhale for 4 counts

Exhale for 4 counts

Hold for 4 counts

Benefits of box breathing:

- Brings balance to your mind and body
- Regulates your natural rhythm
- Effective in dealing with stress, anxiety and anger

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04

How to support a friend

Content: signs, starting and navigating a conversation, supporting, when to call for support, who to call, supporting YOURSELF

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Signs Your Friend Might be Struggling

Mental / Behavioral	Physical
Seeming, distant, or not themselves	Eating too much or too little
Not chatting, smiling, or laughing	Looking tired / sleeping less / more
Crying, shouting, or being angry	Not showering
Losing interest in hobbies	Hurting themselves on purpose
Worrying more	Fidgeting

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Starting a Conversation

- Find a calm and private place to chat
- Starters
 - "Hey, I'm here for you if you want to talk."
 - "We haven't talked in a while. What's been happening?"
 - "I remember you told me that you were upset about ____ last week. How are you feeling about it now?"
- If they do not want to talk, try not to pressure them. Giving them some space can help them open up when they're ready. Let them know you're there for them and let them come to you.

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Navigating a Conversation

- Don't say "What's wrong with you?" Instead do "What has happened to you? "How may I support you?"
- Validate:
 - "This is not your fault"
 - "Your feelings are valid. You're not overreacting"
 - "I totally understand your anger/ hurt/etc. with the situation"
- Just be there. LISTEN.
- Empathize with the other person's situation.
 - "You are in a tough situation";
 - "I'm so sorry you have to face this kind of problem right now."

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How to Support a Friend

Respect their privacy
If someone makes a disclosure, do not press for more details
Never share what is told to you
Continue to check in with them
Offer to walk them to your college's psychological counseling if they want/need emergency mental health counseling
Don't make judgemental comments

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When to Call for Support on Behalf of your Friend

Threatening to hurt themselves or others
Stop taking medications
Skip work or school
Stop eating
Stop bathing or showering
Withdrawing from social situations
Donating their things

Before calling for support, talk with your friend first. Call for support if you are unable to handle the situation yourself.

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Who to call for support

- Dean of Students**
Staff who support students' overall academic & personal success
- Psychological Counseling Center**

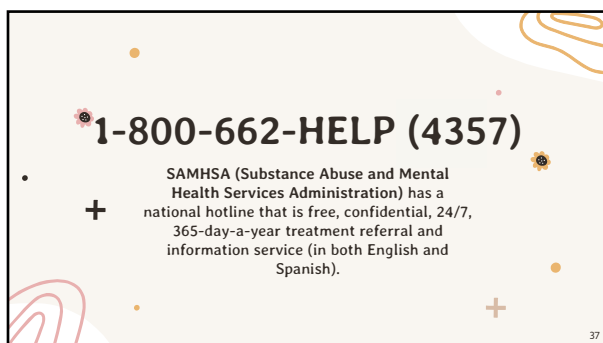
The diagram is set against a light blue background with abstract wavy lines. It features a central title 'Who to call for support' in bold black text. Below the title are two circular icons: a pink silhouette of a person and a pink silhouette of a head with a brain and a lightning bolt. To the right of the diagram is a small blue box with a white question mark.

Supporting YOURSELF After / Before Supporting a Friend

- Vicarious trauma is a natural response to witnessing the trauma of others
- Take care of yourself—> coping skills
- Don't expect to rescue or fix your friend's struggles
- Attend to your own physical and emotional health
- Get information and support

The illustration shows a woman with dark hair sitting in a meditative pose on a green mat. She is surrounded by various icons connected by arrows, representing different aspects of self-care: a yoga mat, a book, a cup of tea, a flower, a lightbulb, a heart, a leaf, and a bowl of food. The word "SELF-CARE" is written below her.

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1-800-662-HELP (4357)

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SAMHSA (Substance Abuse and Mental Health Services Administration) has a national hotline that is free, confidential, 24/7, 365-day-a-year treatment referral and information service (in both English and Spanish).

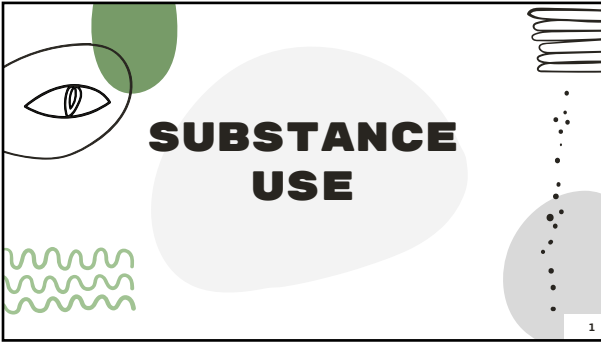
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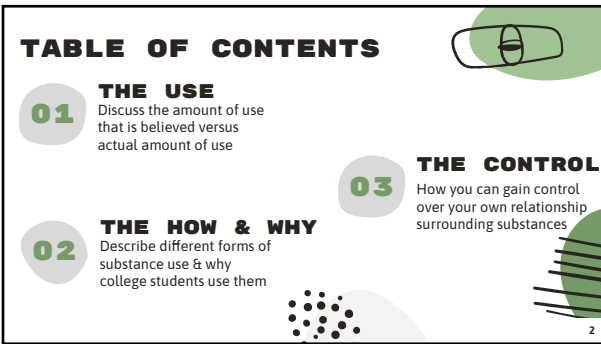
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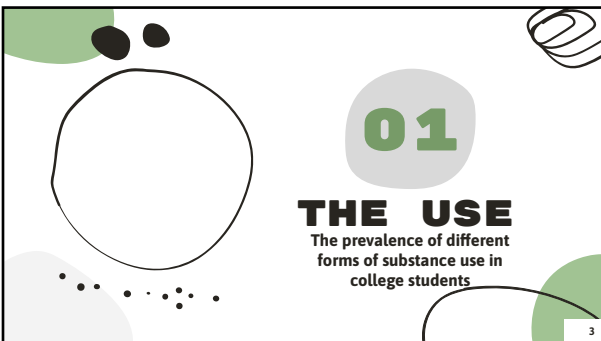
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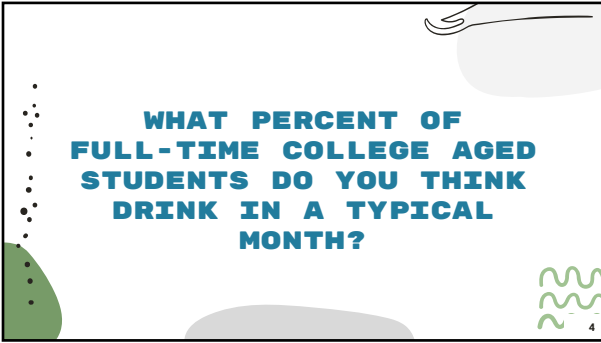
- <https://www.psychologytoday.com/us/blog/changepower/201410/9-ways-be-there-friend-without-giving-advice>
- <https://www.mind.org.uk/for-young-people/supporting-others/intro-to-supporting-friends-or-partners/#SignsMyFriendOrPartnerMightBeStruggling>
- <https://healthcare.utah.edu/hmhi/treatments/hospital-inpatient-program/when-to-see-help>
- <https://www.easternct.edu/title-ix/get-assistance/what-happens-after-i-file-a-report.html>
- <https://www.calstate.edu/attend/student-services/eop/Pages/publications-data.aspx>

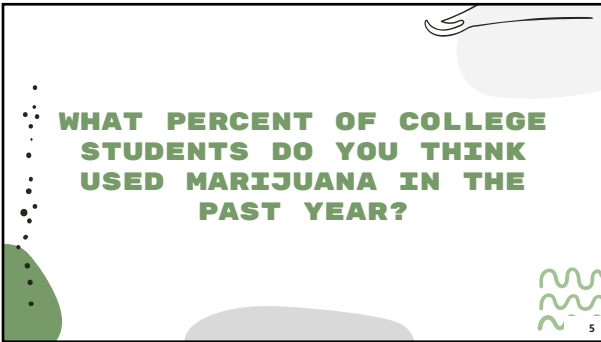
Q & A

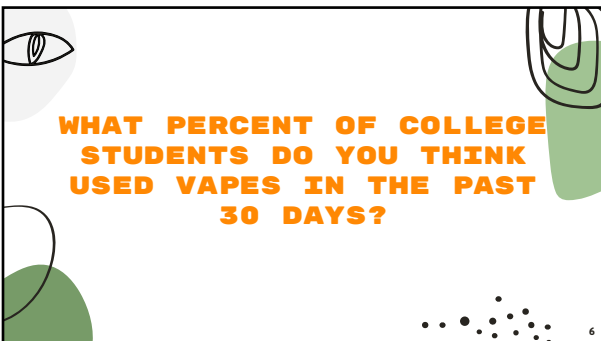


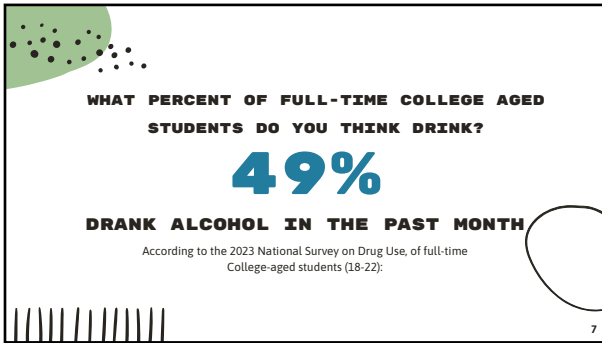


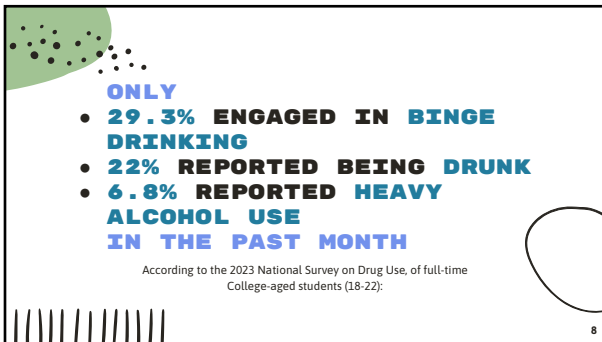


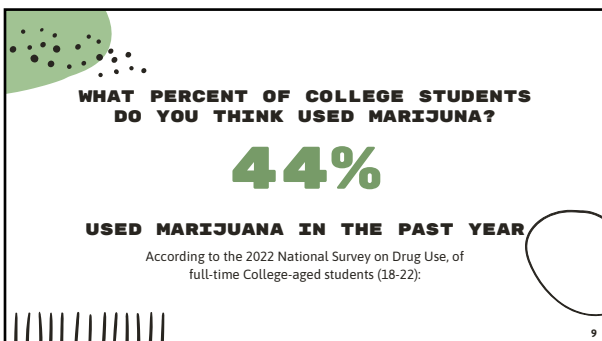


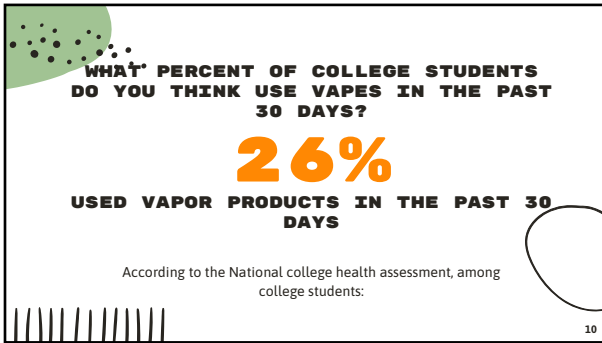


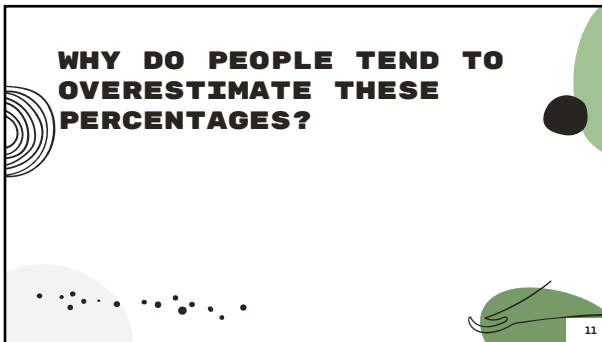


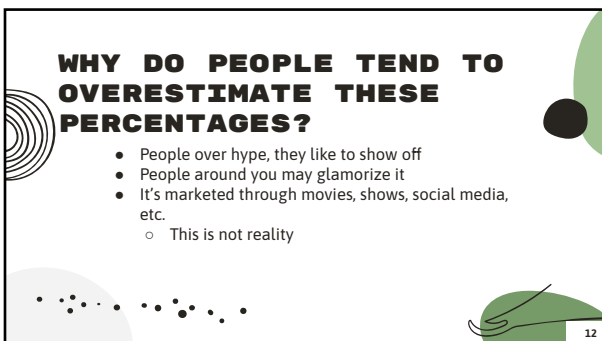


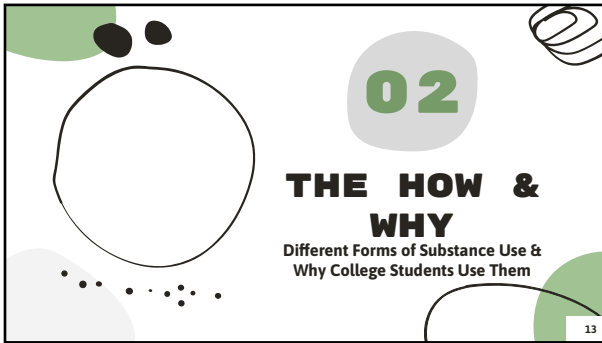


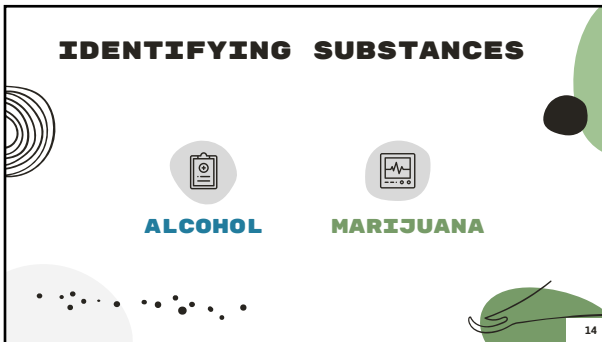












ALCOHOL | IMPORTANT TERMS · · · · ·

STANDARD DRINK

A standard drink is one alcoholic drink equivalent for different types of alcoholic beverages

ALCOHOL BY VOLUME (ABV)

Signifies the amount of alcohol in a container, typically shown as a percentage as the overall volume in the drink.

What is a standard drink?

12oz Beer	=	9-10oz Malt Liquor	=	5oz Wine	=	1.5oz Shot
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Source: National Institute on Alcohol Abuse and Alcoholism

ALCOHOL | IMPORTANT TERMS · · · · ·

BINGE DRINKING

NUMBER OF DRINKS CONSUMED ON
THE SAME OCCASION



BINGE DRINKING

- Consumption of excessive amount of drinking in a short amount of time

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ALCOHOL | BLOOD ALCOHOL CONTENT

Blood Alcohol Content: The percentage of alcohol in a person's bloodstream, and can be measured within 30-70 minutes after drinking.

Contrary to popular belief, nothing can lower BAC except time. Different factors like what you've eaten, your gender, and weight can change how you digest alcohol.

It is illegal for underage drivers to get behind the wheel with a BAC of .01 percent or higher.

Let's test it out: [BAC Calculator](#)



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ALCOHOL | FAQ'S

WHAT IS A HANGOVER?

Symptoms that occur as a consequence of over drinking.
Ex. fatigue, weakness, thirst, headache, muscle aches, nausea, stomach pain, vertigo, sensitivity to light and sound, anxiety, irritability, sweating, and increased blood pressure
Hangovers vary for everyone and can last up to 24 hrs

WHAT IS HANGXIETY?

Feeling anxiety as a psychological symptom of hangovers



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MARIJUANA | IMPORTANT TERMS

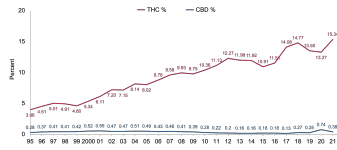
THC & CBD

- Tetrahydrocannabinol (THC) and Cannabidiol (CBD) are both substances found in Cannabis types.

POTENCY

- The potency of marijuana is the concentration or strength of THC or CBD, often shown as a percentage by weight or volume of an oil.

Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2021



Be weary of the potency of marijuana...

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MARIJUANA | IMPACTS

DIFFICULTY WITH PROBLEM SOLVING

Short-Term Effect



IMPAIRED MEMORY

Short-Term Effect to Long-Term Effect

BRAIN DEVELOPMENT

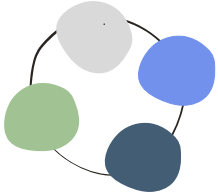
Long-Term Effect



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WHY DO PEOPLE USE SUBSTANCES?

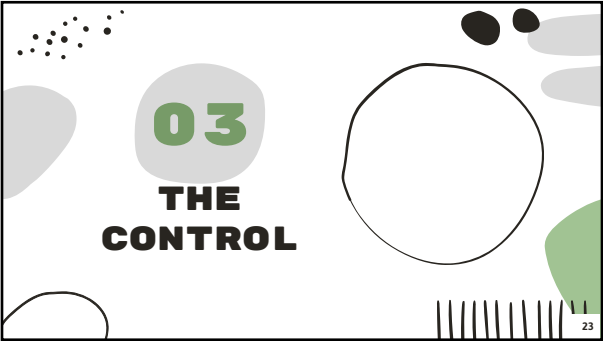
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SUBSTANCE USE MOTIVES

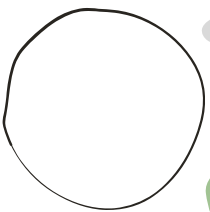
- COPING**
(Failing a test and coping)
- ENHANCEMENT**
(Feeling internally better at a social event)
- CONFORMITY**
(Wanting to be social like everyone else)
- SOCIAL**
(Having a better social experience at a party)

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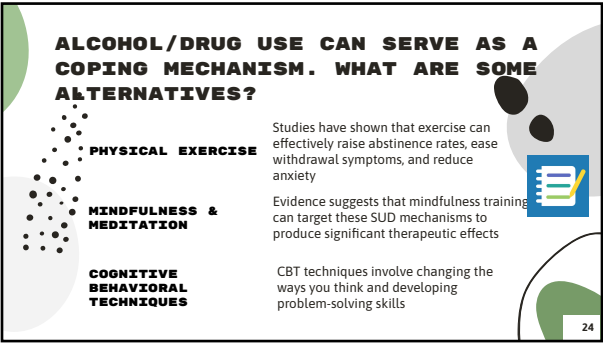


03

THE CONTROL



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ALCOHOL/DRUG USE CAN SERVE AS A COPING MECHANISM. WHAT ARE SOME ALTERNATIVES?

- PHYSICAL EXERCISE**
Studies have shown that exercise can effectively raise abstinence rates, ease withdrawal symptoms, and reduce anxiety
- MINDFULNESS & MEDITATION**
Evidence suggests that mindfulness training can target these SUD mechanisms to produce significant therapeutic effects
- COGNITIVE BEHAVIORAL TECHNIQUES**
CBT techniques involve changing the ways you think and developing problem-solving skills

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WHY DO PEOPLE DECIDE NOT TO DRINK?

25

NOT DRINKING IS A CHOICE: ONE DAY AT A TIME OR ALWAYS

UNDERSTANDING PERSONAL CHOICE

Peer pressure plays a big role in starting the drinking experience. Keep in mind that you can always make your own choice as to whether or not you want to drink!

POTENTIAL BENEFITS

E.g. alcohol can ruin sleep cycles, especially when combined with bad sleeping schedules. Keeping a healthy REM and light sleep cycle is important!

SELF-CARE AND WELLNESS

Taking care of your body is no joke, especially as we grow older. Take time to let your body recover by taking a break between days!

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IF YOU CHOOSE TO DRINK, DRINK RESPONSIBLY

ACKNOWLEDGING YOUR BODY'S LIMITS/SET DRINKING LIMITS

Understand your body's tolerance level and remember that everyone's body metabolizes alcohol differently.

EAT PROPERLY BEFORE HAND AND DRINK WATER DURING

Foods high in protein and complex carbohydrates are the most effective

PLAN SAFE TRANSPORTATION

Plan ahead of time! Do not be afraid to share your location with friends you trust.

KNOW THE RESOURCES AVAILABLE TO YOU

From sober buddies, to campus resources (campus security, health centers); understand what you can do in different situations

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PARTY SCENARIO ACTIVITY

LET'S HEAR FROM YOU...

MENTI ACTIVITY!

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REFUSAL SKILLS

- You may want to avoid the situations that make you feel pressure
- You can have an alcohol free drink in hand
- It's okay to say no or make up an excuse!
 - If you feel more comfortable you can make up an excuse
 - Ex: "I can't drink because of the medication I take."
 - You can prepare this ahead of time
- Tell those around you ahead of time that you do not plan on drinking
 - To avoid the pressure that you may feel in the heat of the moment

National Institute on Alcohol Abuse and Alcoholism (nida). Building your drink refusal skills. Rethinking Drinking. <https://rethinkingdrinking.niaaa.nih.gov/healthtips/overbuilding-your-drink-refusal-skills>

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A WORD ON DISCIPLINARY ACTIONS

- Students of color have faced harsher disciplinary action than their white counterparts (Corral & Cisneros)
- Stay informed
- Look for **Amnesty Policy** and other ways that you can help out your community!

Amnesty Policy
 The Amnesty Policy is a provision that emphasizes health and safety issues take precedence over conduct. Students are encouraged to put their health and safety or the health and safety of others above all other concerns. The College encourages reporting of health and safety emergencies and seeks to remove any barriers to reporting by providing limited amnesty for individuals who report such emergencies. This offer of amnesty refers to isolated incidents only and does not excuse or protect those who flagrantly and/or repeatedly violate the College's drug and alcohol standards and expectations. It applies only to suspected or actual medical emergencies due to alcohol or drug use and does not extend to related infractions such as assault or property damage.

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IMPORTANT TAKEAWAYS

01

THE USE

College students tend to overestimate how much others use substances. **Check your biases!**

02

THE HOW & WHY

Different types of substances can be used with differing consequences. **Look out for different reasons for using substances.**

03

THE CONTROL

Know how to **maintain a healthy relationship** surrounding substances, whether or not you partake in them

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IT'S Q AND A TIME!

ARE THERE ANY
QUESTIONS YOU
HAVE THAT WE
LEFT
UNANSWERED?
THIS IS YOUR
TIME!

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**THANK
YOU!**

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Additional Resources

Types of Resources:

This list includes the types of resources that college campuses may offer, but each college is different, so we recommend you do your own research on each college's website. Don't be afraid to ask questions about the services and resources available!

Reproductive & Sexual Health Services:

- **STI Services:** STI testing and treatment are typically provided by student health services.
- **Reproductive Health Services:** College campuses may have student health centers that offer latex barriers, emergency contraception, and pregnancy tests.

Title IX: Works towards preventing and addressing sexual harassment, sexual assault, and gender-based discrimination on campus.

- College campuses may also have centers where students impacted by sexual violence, dating/domestic violence, and stalking receive holistic support and care.

Substance Use & Addiction Services: Counseling, support groups, and referral to external resources will be available to students.

Campus Safety: Campus police, emergency response protocols, and crime prevention programs should be in place.

- Can include Campus Safety officers responding to escort students, staff, or faculty members to their desired destination, either on foot or by vehicle

Disability Resource Centers in College: Help students achieve their academic goals by providing accommodations

- **Accommodations:** a change of environment, housing, curriculum format, or equipment that allows you to gain access to content and/or complete assigned tasks
- Assist in mediation between students and faculty during the accommodations process

Additional Resources

Community Resources: Resources more fit to your needs may come from community resources such as local community-based organizations, support groups, and counseling centers

Education Opportunity Program (EOP)

Requirements	Benefits
Family Income	Academic Support Services
Application Process	Financial Assistance
Academic Record	Social Enrichment
Personal Background	Personalized Advising and Counseling
Being Accepted!	Priority Registration

Application Process: Prospective students must apply to the EOP program during the regular admissions process for the CSU system or individual campuses. This may involve submitting additional application materials, such as personal statements, letters of recommendation, or documentation of financial need.

Selection Process: EOP admissions decisions are based on a holistic review of each applicant's academic record, personal background, and potential for success in college. Admissions committees consider factors such as socioeconomic status, first-generation college status, educational disadvantages, and commitment to academic success.

Benefits of EOP Once Accepted:

Academic Support Services: EOP provides a range of academic support services to help students succeed in college, including tutoring, academic advising, study skills workshops, and supplemental instruction.

Financial Assistance: EOP may offer financial assistance in the form of grants, scholarships, or work-study opportunities to help eligible students cover the costs of tuition, fees, books, and living expenses.

Additional Resources

Cultural and Social Enrichment: EOP often sponsors cultural events, leadership development programs, and community-building activities to foster a sense of belonging and connection among students.

Personalized Advising and Counseling: EOP provides personalized advising and counseling services to help students navigate academic, personal, and social challenges. EOP advisors work closely with students to develop academic plans, set goals, and overcome obstacles to success.

Student Budget Worksheet

MONTH _____

Use this worksheet as a guide to create and track your monthly budget.

Monthly Income

Financial Aid	\$
Family Contributions	\$
Job	\$
Savings	\$
Misc Income	\$
Total Income	

School Related Expenses

Tuition	\$
Fees	\$
Textbooks	\$
Supplies	\$
Total School Related	

Variable Expenses

Groceries	\$
Eating Out	\$
Entertainment	\$
Clothing	\$
Travel	\$
Gifts	\$
Miscellaneous	\$
Transfer to Savings	\$
Total Variable	

Fixed Expenses

Rent	\$
Utilities	\$
Streaming / Internet	\$
Cell Phone	\$
Car Insurance	\$
Gas / Parking	\$
Student Loan Payments	\$
Credit Card Payments	\$
Gym Membership	\$
Laundry	\$
Total Fixed	

Total Remaining

Subtract all of your total expenses from your income.

_____ Total Monthly Income

- _____ Total School Related

- _____ Total Variable

- _____ Total Fixed

= _____ Leftover Income

You want this number to be a positive number.

Don't forget, your expenses and spending will fluctuate from month to month, so it's important to make regular adjustments. Even saving as little as \$25 a month can quickly add up. Over a year that means you can add \$300 to your savings.

Tips To Save

- Try to make a savings goal each month.
- Rent textbooks versus buying.
- Take public transit instead of using a ride share
- Use a shopping list when grocery shopping and stick to it.



Find more helpful tips on how to save. collegeave.com

