

## **Things to talk about:**

### **Topics to discuss prior to Fall arrival:**

Pros and Cons of: Fraternity/Sorority; Organizations/Club Sports; Athletics  
What do they involve, represent, mean to you?

Skills needed for success: Time Management and adapting to class schedules  
If you find yourself struggling, get help at the Study Center or Counseling Services

Class preparation is different from high school – work outside the classroom is typically 3 hours prep and review to 1 hour in the class room.

Read all assignments, learn to take complete notes, use test taking strategies.  
(Help available in the Study Center or Counseling Services)

Pitfalls of Social Life: Prioritizing responsibilities, knowing when to say “no”, substance abuse and its potential dangers, popularity and risk-taking behavior, getting help if needed.

Alcohol: see information page

Prescription Drugs: If the prescription does not belong to you, the drug in your possession is illegal and will be treated according to Shepherd’s drug policy.

Illegal Drugs: Shepherd has a zero tolerance policy for some drugs and hefty fees attached to others. Please become familiar with our student handbook on-line.

Sex – Consensual and Non-consensual: Understand that consent must be given freely and without coercion or impairment. See our policies on Title IX and Relationship Violence.

Overnight Guests: Practice how to talk to a roommate about things that are important to you or need to be modified.

Do you know where to get help? Student Affairs is the division that tends to student needs and concerns. The Division Office is in the Student Center and you can contact them at 304-876-5214 to seek further direction.