Safety on campus is of the highest importance at Aurora University. A variety of departments including, but not limited to, Campus Public Safety, Emergency Preparedness, Residence Life, Physical Properties, Student Life, are frequently assessing the campus climate and incorporating additional safety measures as necessary. Please review this list of suggestions to protect your safety, as well as the safety of others on campus.

Please remember that campus safety and security requires your commitment to practicing safe habits. Our campus community relies on its members to share responsibility for creating a safe campus.

**General Safety Tips:**
1. Be aware of your surroundings, including people, visualize potential exit routes from an event or location in case of an emergency. Know safe and direct routes to campus destinations.
2. Keep emergency numbers in cell phone or by your landline phone, including that of your RA, campus safety (911, x555 or x5450 emergency, x6140 non-emergency)
3. Trust your instincts, especially when you feel that something is "not right."
4. Be aware of what you post on the internet, especially online social networks like Facebook and Myspace. You can never be sure of who is viewing your personal information or pictures.
5. Do not accept drinks from strangers as they could be easily contaminated with a drug.
6. If you notice another person in danger follow your school's safety and security procedures and call 911. Do not engage another person who has a weapon or involve yourself in a fight.
7. Any suspicious activity should be reported to Campus Public Safety immediately.

**At home, in an apartment building, or in a residence hall:**
1. Lock your door whenever you leave your room for ANY length of time or when sleeping.
2. Never let unauthorized persons come into your room, enter residence halls, or enter apartment security doors. Always ask to see proper identification.
3. Do not prop open campus building doors, especially residential buildings. Remove props and report the problem to an RA or Campus Public Safety.
4. Do not hide keys outside of your room or apartment. Do not put your name or address on your key rings.

**While walking or jogging:**
1. Avoid walking or jogging alone, and try not to walk or jog after dark.
2. Avoid dark or vacant areas. Walk along well-lit routes.
3. Be alert to your surroundings. If you suspect you are being followed: Run in a different direction, go to the other side of the street and yell for help, or move quickly to a lighted area, a group of people, or a blue light emergency phone.
4. Have your keys ready when returning to your residence hall or apartment. Keep your personal or valuable items concealed and close to your body.
5. Avoid wearing headphones when walking or jogging. Always be aware of your surroundings and practice risk avoidance techniques.
When driving:
1. Carry your car keys when approaching your vehicle so you can enter quickly.
2. Always check underneath your car upon approach and in the rear seat for intruders before entering your automobile.
3. Lock your doors and keep windows rolled up whenever possible.
4. Drive on well-traveled and well-lit streets.
5. Never hitchhike, and never pick up hitchhikers.
6. If someone tries to enter your stopped vehicle, sound the horn and drive to a safe area such as a convenience store.
7. If your vehicle breaks down, ask any person who stops to help to call the police. Do not allow any person access to you or inside your car. Roll down your window no more than an inch. Be aware that an accident may be staged to provide the other driver an opportunity to commit a criminal act.
8. Leave enough room between your car and the one ahead so you can drive around it if necessary.
9. Call ahead when driving to your home or apartment late at night and have someone watch you walk from your car to the residence.
10. Limit distractions such as cell phones.

Property protection:
1. Adequately protect all valuables in your room, such as wallets, jewelry, credit cards, cash and computers. Do not leave valuables or cash in plain view.
2. Protect your books and put your name in them. Do not leave them in public places.
3. Do not loan your keys to anyone.
4. Take all valuable items home with you during vacations.
5. When in a public place, keep valuable possessions out of sight. If you must leave an area for any length of time, take personal items with you.

Having trouble sleeping? Lacking motivation? Wondering if you might need help?

Monday, November 8th, 11am-2pm, in the Spartan Spot, Counseling Services will be sponsoring a “Depression Screening.” You can take a brief paper and pencil assessment, then talk with one of the counselors about your results. There’s no obligation beyond that and it’s all FREE. So come try it out or bring a friend you may be concerned about. For further information or to schedule another time for the screening if you can’t be there on the 8th, email Kesha Burch at kburch@aurora.edu or call 630-844-5118.
Recently, I was asked to present to a student group on our Aurora University campus about what it truly means to provide great customer service. The objective was to ensure that what we do in our professional roles on campus has a positive effect on those we serve. As I started to dive deep into what I wanted to convey in this presentation, I learned that everyone, not only those in what would be considered traditional “customer service” roles, could benefit from some of these basic principles.

While we may not consider ourselves customer service representatives, it is important that we know how to handle a variety of situations with professionalism and, in many cases, empathy. In many instances, you will hold the key and set the tone for the first and future encounters with those you will be working with. Examples may include working with a fellow student(s) on a project, or speaking with a professor about a grade you want to improve, or with a Residence Life staff member on a roommate conflict, etc. Many of the following Rules for Great Customer Service cannot only be used in your current employment and/or student positions but also for all encounters with faculty, staff, future employers, etc.

**Make a commitment to quality interactions.** Be dedicated to having a positive experience with whomever you are working with. If you do not provide the best service you can in a given situation, it can create problems for you later. Make sure that all bases have been covered when working with others. Have you done the research you said you would? Have the follow-up calls been made? When you are being relied upon, follow through.

**Do what you say you will do.** Hold yourself to higher expectations than the person you are working with. Never leave others in limbo. Provide what you promise. If you agreed to take on a certain responsibility in the organization you belong to...DO IT. If you need to interview someone as part of a research project you are involved in ...DO IT. If you committed to take steps to resolve a situation at work...DO IT. We are all busy, but others may need your help to resolve a situation or may rely on you to do your job so that they can do theirs.

**Know your stuff.** Be prepared. If you need to speak with a professor regarding a grade or an assignment, take the time to review the syllabus to make sure you know what questions to ask or to show that you have completed the requirements. In a work situation, there are many policies and procedures that need to be learned and followed. Review your guidebooks/manuals so that you can be prepared for whatever may come.

**Treat people with courtesy and respect.** In other words, the Golden Rule. Treat others as you would like to be treated. No one wants to interact with a disrespectful or attitude-ridden individual in any given situation. Remember that you will set the tone for this and future interactions with others. The more courteous and respectful you are, the more courtesy and respect you will receive from others.

**Focus on building relationships.** You don’t need to be best friends with everyone at work, in the classroom, or in your clubs and organizations but keeping a positive attitude, genuinely listening to concerns, and following through on what you say will foster positive and gratifying relationships with others. If you are there for others, they will be there for you.
In an effort to increase awareness of alcohol usage and to provide information to students about alcohol poisoning, Counseling Services hosted an event in Dunham Atrium over the lunch hour on Wednesday, October 20. It was at the event that I and my student volunteers asked random students to fill out a brief survey about alcohol usage. Eighty-nine students filled out the survey, which revealed that AU student alcohol usage, as reported by this sample, is actually below the national norms of students surveyed across the country. We hope that this awareness helps students see that drinking is NOT something everyone is doing.

Also at the event, students were given an opportunity to walk a pre-set straight line and obstacle courses wearing Fatal Vision Goggles (aka "Beer Goggles") with three different BAC's (Blood Alcohol Content levels). This provided the experience of a person's impairment under the influence to help students recognize what happens when drinking.

Almost all of us have heard that alcohol is a drug, but many of us do not think of the act of drinking alcohol as putting a drug into our bodies. It is important for people to understand that alcohol impairs their judgment and their peripheral and central nervous system. It is important to also realize the consequences of that impairment. The resulting statistics present a more complete picture of college drinking consequences.

To further illustrate the negative consequences of high risk drinking, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) compiled the following snapshot of annual high risk drinking consequences. All statistics include college students between the ages of 18-24. For more information, visit http://www.collegedrinkingprevention.gov.

- **Death** - 1,825 students die from alcohol-related unintentional injuries, including motor vehicle crashes (Hingson et al., 2009).
- **Injury** - 599,000 students are unintentionally injured under the influence of alcohol (Hingson et al., 2009).
- **Assault** - 696,000 students are assaulted by another student who has been drinking (Hingson et al., 2009).
- **Sexual Abuse** - 97,000 students are victims of alcohol-related sexual assault or date rape (Hingson et al., 2009).
- **Unsafe Sex** - 400,000 students had unprotected sex and more than 100,000 students report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).
- **Academic Problems** - About 25 percent of students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall (Engs et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002).
- **Health Problems/Suicide Attempts** - More than 150,000 students develop an alcohol-related health problem (Hingson et al., 2002), and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use (Presley et al., 1998).
- **Drunk Driving** - 3,360,000 students drive under the influence of alcohol (Hingson et al., 2009).
- **Vandalism** - About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol (Wechsler et al., 2002).
- **Property Damage** - More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a “moderate” or “major” problem with alcohol-related property damage (Wechsler et al., 1995).
- **Police Involvement** - About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking (Wechsler et al., 2002), and 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence (Hingson et al., 2002).
- **Alcohol Abuse and Dependence** - 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking (Knight et al., 2002).
**Warning – Important Information for Females**

AZO (phenazopyridine hydrochloride), also known as pyridium and uristat, is a medication that acts as an analgesic (pain reliever) within the urinary tract. It is commonly used to decrease the pain, irritation, discomfort or urgency caused by urinary tract infections (UTI). A UTI is an infection of the urethra, bladder or kidneys.

Why it’s our friend: AZO can help ease urinary discomfort from a UTI. It provides pain relief by soothing the mucosa lining in the urinary tract, although the exact mechanism is not known.

Why it’s our foe: AZO is not an antibiotic, and does not fight infection, but rather eases the symptoms of infection. The concern is that a student may take the medication, feel improvement of symptoms, but not seek medical attention to treat the cause (bacterial infection). The longer you delay treatment, the worse the potential infection may become. Another reason it is our foe: AZO turns your urine orange. Because of this color change, we are unable to do an in-office urine test to check for an infection. The urine test we do involves assessing the change in color on a test strip to determine if you have a UTI. The orange urine turns the whole test strip orange, therefore we do not have accurate results. We cannot determine if you have a UTI, and must then send you to a doctor for a more in-depth test. This costs you extra time to get your symptoms treated and extra money. For this reason, we recommend holding off on taking AZO when you first experience urinary discomfort, until a urine test can be performed.

Other facts about AZO: AZO can stain your clothes and your contacts. Avoid wearing contacts while taking this medication. AZO should only be taken for 2 days. There is little evidence of any benefit from continued use after 2 days if you are on an antibiotic. Prolonged use of this medication has caused yellowing of the skin and eyes. As with all medications, please read the box/label for instructions on correct usage, dosage & side effects.

**CRANBERRY JUICE or PILLS**

Will cranberry JUICE/pills treat a urinary tract infection?

Information from the National Institute of Health:

There is some evidence that cranberry/cranberry juice can help to prevent urinary tract infections; however, the evidence is not definitive and more research is needed. What they do know is that a compound in cranberry called proanthocyanidins may prevent bacteria from clinging to cells along the walls of the urinary tract and causing infection.

Cranberry is not effective to treat an existing urinary tract infection.

There is no scientific evidence that cranberry pills are effective. Researchers do not know if the active component in cranberries survives the extraction process to make pills. Also, different brands vary greatly in the amount of cranberry concentrate they contain. There is no regulation on what the daily intake should be.

Bottom line: AZO and cranberry juice/pills will not treat an existing urinary tract infection. If you are experiencing symptoms of a UTI such as pain or burning with urination; urgency; frequent urination; blood in urine; pain in lower abdomen; or fever, come to the Wellness Center for testing or see your Health Care Provider.
Me? Procrastinate? That can’t be me!

It’s November! Past the halfway point in the semester. Have you been keeping up with your work? Or is procrastination about to get the best of you?

While most students are familiar with delaying important tasks and assignments some of the time, some students take the art of procrastination to a level that threatens to sabotage their grades and their self-esteem. Luckily, there is help for those who chronically procrastinate. It is never too late to start improving your habits.

One common myth about procrastination is the belief that one “works better under pressure.” This belief may have been learned over time as a result of repeatedly doing things late and being satisfied (or, more likely, relieved) with the results. The outcome, though, might have been even more satisfactory if one had begun the task in a timely manner. Procrastinators don’t give themselves the opportunity to assess what they could really do without the pressure of procrastination.

Procrastination is a habit. Allow yourself the opportunity to try things a different way. You may find that not only do you do just as well or better than you expected without the pressure; you may also enjoy other benefits such as having less anxiety, getting enough sleep and being more pleasant for others to be around.

Some people procrastinate because they see themselves as deserving of fun or a break. It’s true that when we plan our time, we need to allow for fun and leisure activities. Otherwise, if you know you have to finish a big assignment in the next week and you plan nothing but work on the assignment, you’ll probably feel a sense of dread. Schedule relaxation time, too, and you’ll create a sense of balance instead of making your task something you’d rather avoid.

Procrastinators can tend to be disorganized. One reason it may be hard to get started is because we don’t have a clear understanding of what we are doing, or we don’t have all the resources we need to complete the task. When this is the case, using time to get organized first can help ease you into beginning your task and can make completing it more enjoyable. It’s time well spent. It may include clearing your work space, then pulling out your notes, getting books needed from the library and laying out supplies. From there, the next time you sit down to work, you will be ready to actually get work done.

Ultimately procrastination takes its toll either in the form of lowered grades and/or lowered self-esteem. Issues such as perfectionism, fear of failure or success, and anxiety can be deep underlying reasons for procrastination. These issues lay the groundwork for self-sabotage, and procrastination becomes the tool for not doing your best. To change the habit, or more importantly, to get to the root of why you might be self-sabotaging, the professional staff in Counseling Services can assist you. They can work with you on the “why” of your behaviors while also helping you develop strategies to accomplish your goals. Sometimes having a supportive person to monitor your progress is just the motivation needed to make big changes.

WANT TO KNOW MORE?
Counselors are available to help you with procrastination – or whatever’s on your mind – weekdays from 9am to 5pm at 427 S. Gladstone. Give us a call at 630-844-5118 to schedule an appointment, or send an email to rsmith@aurora.edu or mhanlon@aurora.edu.
Peer Conduct Review Board

Overview:

The purpose of the Peer Conduct Review Board is to uphold Aurora University’s commitment to strong community living standards and to ensure that the Code of Conduct is being upheld by all students through peer review. The Peer Conduct Review Board is comprised of five student members and a Convener (the Assistant Director of Residence Life). Student board members will review incidents of misconduct and recommend sanctions which will address any inappropriate behavior.

Gain Experience in:
♦ Team decision making
♦ Interviewing
♦ Communication skills
♦ Investigating human behaviors
♦ Policy review
♦ Leadership

Qualifications:
♦ Maintain good academic standing
♦ Must be a full-time undergraduate
♦ Enrolled at Aurora University for at least one semester

Responsibilities:
♦ Make a commitment to the program for one academic year
♦ Maintain confidentiality of all cases discussed
♦ Meet a minimum of once per week for approximately two hours to review cases and recommend decisions to the Director of Residence Life
♦ Maintain fairness and objectivity when adjudicating cases
♦ Must attend training session

Applications for the spring 2011 board are due to the Office of Residence Life by November 5, 2010 by 4pm.

For More Information Contact:
Dana Ginnett
Assistant Director of Residence Life

Phone: 630-844-5446
Fax: 630-844-4913
Email: dginnett@aurora.edu