



A MESSAGE FROM THE DEAN OF STUDENTS

Greetings Parents and Students,

As co-chairs of the Alcohol and Other Drug Task Force (AOD), we are writing to update you on the progress we've made since the beginning of this academic year. In February 2008, this newsletter referenced the work we had been doing since AOD's inception in 2005. Over the past years, the task force has implemented policy changes (including the 12-month, three-strike removal policy in residence halls) and worked diligently to educate students about the impact of alcohol and drugs on the campus community. We are in our fourth year of a program that has every first-year student complete the online alcohol education program AlcoholEdu. This proactive prevention tool has been cited as a national best practice for educating communities about the risks of alcohol abuse and curbing binge drinking among college students.

This year we have selected seven targeted and strategic focus areas related to prevention, education and environmental management. Our seven subcommittees, which comprise students, faculty and staff, include: *the freshman year experience; enforcement and access; policy; messaging and marketing; social programming and space; academic partnership; and external relations*. It is interesting to note that an overwhelming number of student leaders wanted to be involved (more than 50 were nominated for 25 committee spots). After our kick-off meeting in early November, we held a five-hour in-service program the following month featuring a national expert on the subject of alcohol and drug prevention. Brandon Busteed, founder and CEO of Outside the Classroom, spoke to the group about alcohol abuse on college campuses and discussed effective practices that are available to help address this complex national issue. This training ignited a community dialogue on our own alcohol culture on campus, which grew into a productive discussion on strategies that will help us achieve measurable improvements in this area. We also booked Mr. Busteed as a featured speaker at RWU in February – his presentation focused on “High-risk Drinking: Moving from Individual Action to Institutional Action.”

This January, we started the new year by sending six professional staff members from the Office of Student Affairs, Health Education, Counseling Center, Student Programs and Leadership, and Public Safety to attend a national conference on alcohol prevention. The NASPA Alcohol Abuse Prevention and Intervention Conference provided a forum to discuss the latest national research from our colleagues and their recommendations for successful practices in alcohol prevention. We gleaned important strategies for strategic planning and discovered new ways to align AOD efforts with our institutional mission. Furthermore, we learned some of the bold steps colleges and universities are taking to transform the culture on their campuses.

During the conference it was affirmed that using an environmental strategy as the foundation of our alcohol prevention and education efforts continues to reflect national best practices. This approach involves changing the living/learning environment through education, policy and enforcement. At Roger Williams, we will continue to apply comprehensive environmental strategies to reduce high-risk drinking by providing consistent messages about the University's alcohol policy, reducing high risk traditions, limiting access to and the availability of alcohol, educating about policies and consequences, and through community standards clearly integrating policy and consistent enforcement.

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During the spring semester, our subcommittees will focus intensely on their respective areas of exploration, analyze relevant data, benchmark other peer institutions and best practices, and make recommendations. We plan to involve the entire student body in open student forums and focus groups to get feedback. Before the semester ends we expect to forward final recommendations for review to President Nirschel and Vice President of Student Affairs John King. Over the summer, we will be fastidious in our communication of any and all resulting changes to students and parents.

The AOD task force is open to feedback on our education and prevention efforts, and we encourage students or parents to e-mail us directly with comments or suggestions. Roger Williams

University is committed to the safety and well-being of all students and values the help of parents, families and members of our local community as we continue to improve alcohol-prevention efforts and ultimately, the total student experience.

Best regards,

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WHAT ARE THE H.A.W.E.'S?

The Health Education Office at Roger Williams University is home to the HAWE's, or Health and Wellness Educators. These ten students are selected from the student body and assigned to live in a residence hall where they will be responsible for supporting the wellness of its students by providing educational programming geared towards developing healthy lifestyles. The mission of the HAWE's at RWU is to provide education to Roger Williams University students on maintaining a healthy lifestyle and making safe and healthy choices around alcohol with accurate information.

During the Spring 2009 Semester, the HAWE's will be focusing on three major campus-wide interventions. Focus topics include a campaign to reduce the availability of alcohol to students under the age of 21, promoting healthy eating with the "Eat This, Not That" campaign, and educating students on the signs, symptoms, and prevention of sexually transmitted diseases.



For more information about the Health and Wellness Educators and the services they provide, please contact Donna Lynn Darmody in the Health Education Office at Ext. 3413.

THE NEW FACE OF PUBLIC SAFETY

The Roger Williams University Department of Public Safety recently welcomed two new administrators. John Blessing has taken the reigns as director of Public Safety, and Pamela Moffatt is the new associate director. Both are Roger Williams graduates with advanced degrees in criminal justice, and each brings a wealth of experience and expertise to the department.

Blessing, a lieutenant on the Rhode Island State Police force since 1985, has also served as acting Rhode Island state fire marshal, officer in charge of major crimes unit, and was credited with a major narcotics arrest leading to the seizure of 25,000 packets of heroin. In addition to his many accomplishments, his appointment to the Governor's Council on School Safety and his involvement with the Station Night Club fire afford him the critical experience necessary to protect our entire campus community.



Moffatt, a lieutenant on the Rhode Island State Police Force since 1986, joins the RWU campus community with specialized training and expertise in domestic violence, sexual assault, narcotics and auto theft investigations. Of her many appointments by R.I.

Governor Donald Carcieri to various task forces and councils, most unique and relevant to RWU is her seasoned experience on the Governor's Commission on Prejudice and Bias.

"We are fortunate to have found such highly respected and decorated professionals," said Vice President John King. "After a thorough hiring search, it is clear that we have recruited some of the best talent in the field."

Under Blessing and Moffatt's leadership, the Roger Williams University community can be confident that each person's safety is of paramount concern and that all community members will be treated with professionalism and equality.

HANG OUT AT THE HAWK'S NEST

The Hawk's Nest, located in the Campus Recreation Center, is a great place for students at RWU to hang out. We are open Monday to Friday from 10 a.m. to 11 p.m., and 12 p.m. to 11 p.m. on weekends. The Hawk's Nest offers recreation opportunities for everyone, including two pool tables, two foosball tables, three flat screen televisions and Nintendo Wii and XBOX 360 gaming systems. With our comfy chairs and Bon Appétit's Seattle's Best coffee bar, the Hawk's Nest is an excellent place to study as well.

In addition to just hanging out, student clubs and organizations may reserve the Hawk's Nest for small gatherings and functions. Many clubs have already taken advantage of the new space. Each Thursday evening in the Hawk's Nest, the Musician's Guild holds its weekly open mic event, Expression Session. Creative students come out to showcase their skills through music, poetry and even stand-up comedy! The Hawk's Nest can be reserved by filling out a Student

Space Reservation Form in the Office of Student Programs and Leadership.

This semester, we also plan to modify our Monday Night Programming series, the 10 Spot, by featuring more pool and video game tournaments and forming a Wii bowling league.

Whether students are looking for a place to study or to take a study break, the Hawk's Nest is a unique place to do both!



SPRING LEADERSHIP OPPORTUNITIES AROUND

The spring semester brings with it numerous chances for students to engage in leadership development opportunities through the Department of Student Programs and Leadership. The following student leadership programs are open to all RWU students.

SOAR Leadership Development Program

With opportunities for individuals from all class years to get involved, the SOAR Leadership Development Program is an opportunity for students to learn more about how individuals, groups and communities create social change. Using an interactive curriculum complete with readings, films, music and other activities, SOAR is offered each semester and helps students to learn essential leadership development qualities – including congruence, commitments, collaboration and managing controversy with civility – that will assist them both in college and beyond. The spring 2009 class of SOAR - Emerge is filling up, but applications will be available in April for students interested in participating in the fall 2009 program. The program begins with an overnight, off-campus retreat and meets weekly on Wednesday evenings. We encourage all students to consider participating in SOAR!

Leadership University

On April 25, 2009, students from across campus will gather for Leadership University, a one-day conference designed to build the leadership skill sets of students interested in positional leadership opportunities on campus. With a motivating keynote speech, networking opportunities and more than 30 educational sessions on a variety of topics designed by RWU faculty, staff and students, Leadership University is an annual tradition that should not be missed! Open to the entire campus community, registration for the event is free and opens in March.

Positional Leadership Opportunities

As groups prepare for the 2009-10 academic year, many departments, clubs and organizations will begin selecting and electing new leaders. Students might find leadership opportunities with Team CARE, admissions or student advocacy of interest. Other students might find positional leadership roles in

one of our more than 80 clubs and organizations. Elections for most clubs and organizations take place in late March and early April. No matter what your student is interested in – from campus programming to student government to campus media – there are involvement opportunities that exist to meet the needs of our entire campus community.

Students interested in making connections and leadership opportunities should visit the Department of Student Programs and Leadership, located in the Campus Recreation Center. Staff members are accessible by emailing studentprograms@rwu.edu or calling (401) 254-3088.



MAXIMIZING YOUR RESIDENTIAL EXPERIENCE THROUGH A LIVING-LEARNING COMMUNITY

By Kari Pohl, Head Resident Assistant for Maple Hall

Four years ago, I was an incoming freshman and was terrified out of my mind. I had never been away from my Boston-area home and did not know a single person who attended Roger Williams University. The only thing I was sure of was my dream to be a marine scientist. When I filled out my housing application over the summer before entering college, the option to live in a living-learning community (LLC) seemed like an obvious choice, so I happily noted my interest in the aquaculture unit. This decision to live with students of my major may be one of the best decisions I made in my college career. My roommate and I had every lab together and I had a floormate in just about every class. There is nothing better than already knowing a familiar face to sit next to or to claim as a lab partner on your first day of class.

My fondest memory from freshman year was during second semester finals. Every freshman science major has to pass a huge chemistry test, which causes a lot of stress and endless days of studying. The day of the big test, my entire residence hall gathered together in the common area and studied for six hours. Between the dozen of us, studying was both fun and efficient. After the test, everyone began to pack to depart for the summer. I have never seen so many people hug and cry as we all left. Many of my floormates continue to be my close friends and lab partners today, three years later.

I became a resident assistant (RA) my sophomore year and I literally jumped for joy when I was placed back in the Aquaculture unit. Now I would get to help students in my same field achieve their dreams. From an RA's perspective, the community that formed in my resident hall was instantaneous. The first night my residents arrived, they organized – by themselves – when they were going to dinner and made sure that everyone was included. Every single night, there were at least three students in the common area studying together. The academic and social support network created by the aquaculture residents made my living area one of the best places to hang out on campus. Again, to this day, most of my former residents all live together in the same upperclassman residential areas.



Programming is an integral part of residence halls. All RAs are required to do a minimum of six programs per semester. Recently, many RAs in Living Learning Communities have been exceeding that number. As a freshman, I was relatively uninvolved, so I made sure that my programs would be well advertised and be exactly what the students wanted. As an RA for an LLC, I organized many tutoring sessions to aid my residents in math and chemistry, held a study abroad information and planning forum, and, of course, created many stress-reduction programs. I am both happy and slightly ashamed to say that the last two RA's of the Aquaculture unit, as well as the other LLCs, have organized programs even more exciting and helpful. I am now the Head Resident Assistant of Maple Hall

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and, although I am no longer part of an LLC, I can witness firsthand the amazing programs that are created. Last year, the RA of LLC Healthy U took his residents on a hike and had Chef Bob teach them about healthy cooking. The Law & Order unit got to witness a mock arrest and visited a prison. More recently, the P.E.A.C.E. (People Enthusiastic About Cultural Experiences) unit has had cultural dinners and the aquaculture unit got a private tour of the Woods Hole Oceanographic Institution in Massachusetts.

One of the most memorable aspects of college is college life – meeting new people and learning the skills necessary for the “real world” (after graduation). Living-learning communities give students the option of instantly meeting students with similar interests and future goals. Whether incoming freshman or upperclassmen, I have seen LLCs give students the necessary confidence boost and academic support to truly allow for a successful college career. My advice to any incoming student is simple: get involved, make sure to study, and try out a year in an LLC.

WHAT EVERY STUDENT SHOULD KNOW ABOUT LIVING LEARNING COMMUNITIES

By Jen Stanley, Director of Residence Life

Living-learning communities (LLCs) can enhance a student's college experience by connecting their academic experience with their life outside the classroom. For more than a decade, RWU has offered a variety of experiences that build these bridges between the curricular and co-curricular. Over the last two years in particular, the LLC programs have grown in new and exciting ways. Currently, there are six structured communities: Aquaculture (designed for marine science majors); Healthy U (designed for individuals interested in personal wellness); Law & Order (designed for criminal justice majors); P.E.A.C.E. (designed for People Enthusiastic About Cultural Experiences); Building and Design (designed for architecture and historic preservation majors); and the Honors Area (designed for students in the honors program). Each area has a specifically appointed RA who has a passion for the focus of that particular LLC.

An exciting new addition to RWU's living-learning program is the opportunity for students to propose their own unique community based on their own special interests. Groups of four, six, eight or ten students can develop their own LLC based on an academic or thematic interest. Each group of students is required to complete an application describing their proposed community. Student groups selected for the self-proposed LLCs will be eligible for priority lottery placement into one of our LLC living areas, including the new north campus residence hall, scheduled to open in August 2009. Students can learn more about living-learning communities and the application process at information sessions throughout the month of January and in early February.

WINTER BLUES? CEN TO THE RESCUE!

The Campus Entertainment Network has an exciting semester of programming ahead. We are looking forward to hosting many great artists as well as introducing the RWU community to some unique opportunities to plant love in February, skate into spring and rock out in April. Students can join us for March Meltdown activities starting with the Spring Sports Pep Rally on March 25. And don't miss RWU's biggest tradition – Spring Weekend! – April 29 to May 2.

DEDICATED HAWKS PREPARED FOR SEASON PLAY

Despite the six-week winter break for the students, the RWU Department of Athletics has remained active during the intersession. The women's basketball team got a chance to get away from the New England cold and snow for a week, taking a five-day trip to Hawaii to participate in the 2008 Hoop N Surf Classic. The Hawks took on two nationally ranked NAIA Division II teams, with visits to Pearl Harbor and the Waikiki Aquarium in between.

The men's basketball team departed for its holiday trip at the crack of dawn on New Year's Day, flying south to Orlando to take part in the ECAC Holiday Festival. The Hawks played two hard-fought games against Johns Hopkins University and Neumann College. On their days off, the young men got a chance to relive their youth with a trip to Disney World, spending time at Magic Kingdom, Animal Kingdom and Universal Studios.

The wrestling team also remained busy during the winter break. On Sunday, January 4, RWU hosted the Scott Viera Invitational (in memory of the late assistant coach), from which the Hawks emerged as champions. On the following weekend, the team spent 10 hours in the van driving down to the prestigious Virginia Duals, which featured some of the best teams in all of collegiate wrestling. The Hawks ended the weekend with a 2-2 record, including a win over Division I Duquesne University.



IMPROVING AWARENESS AND WELLNESS

The Counseling Center staff is aware that as many students and families move into a new year there may arise new life pressures that impact wellness. For some it may be managing financial pressures, while for others it is preparing for another academic semester filled with changes and new experiences. Mindful of the challenges facing the campus community, the Counseling Center staff is working to initiate community programs to increase support and knowledge about making healthy life decisions.

In collaboration with student leaders, specifically the PEER (Peer Educators with Expertise in Referrals) Program, we are working to improve student awareness and help students confront these types of issues in their lives. The PEERs provide workshops in the residence halls to decrease stress and increase the importance of self-care. In December, the PEERs brought a team of Bristol Community College massage therapy students and their instructors to RWU to provide free massages and information about managing stress during finals. We are pleased to say that more than 125 RWU students attended the program.

When students feel stress, they may feel tempted to engage in unhealthy behaviors. During the spring semester, the PEERs will be working with the Counseling Center staff to provide screening programs on topics such as eating, alcohol and gambling. The screenings will allow students an opportunity to complete a brief survey and receive immediate feedback from a counselor on these topic areas. This creates an environment for students

to learn more about their own behaviors and how those behaviors impact their lives. Additionally, the screenings provide an opportunity for students to receive suggestions about improving their personal wellness by finding better ways to manage stress.

Our services are confidential, which means we cannot share information about the fact or nature of students' visits to the Center without their permission. However, as a parent you are welcome to call us to share your concerns or to consult with one of our counselors. All full-time and residential

undergraduate students are eligible for all of our services, free of charge. The Center for Counseling and Student Development is located on the second floor of the Center for Student Development, and we can be reached at (401) 254-3124.



RWU WOMEN'S CENTER AIMS TO RAISE FUNDS AND AWARENESS TO END VIOLENCE

According to the Centers for Disease Control, each year one in four adolescents reports experiencing verbal, emotional, physical or sexual abuse in a dating relationship. The statistics are frightening but preventable. That is why the RWU Women's Center, for the seventh year, will host their annual V-Day dramatic production to raise awareness and money for agencies and organizations that work to end violence against women and girls.

V-Day is a global movement to stop violence against women and girls. A catalyst that promotes creative events to increase awareness, raise money and revitalize the spirit of existing anti-violence organizations, V-Day generates broader attention for this imperative social cause. Through V-Day campaigns, local volunteers and college students produce annual theatrical benefit performances to raise awareness and funds for anti-violence groups within their own communities.

On March 7, 2009, the RWU Women's Center will feature *A Memory, A Monologue, A Rant and A Prayer*. This theatrical production, performed by a cast of 15 RWU students, is a collection of poems and essays shedding light on this very important topic. For more information, contact the RWU Women's Center at (401) 254-3294.



INTERCONNECTED AND INTERDEPENDENT: THE INTERCULTURAL CENTER

Students, staff, faculty members and community partners who visit the Intercultural Center all embody the Center's motto of "welcoming people of all nationalities, faiths and social identities." As current events remind us how interconnected and interdependent we are in a global society, our institutional progress continues to infuse principles of diversity and inclusion across the campus to mirror national and global trends.

At the Intercultural Center, students learn to value multiple perspectives even as they voice their own ideas. Drop by at any time and you are likely to overhear Bridge to Success mentors publicizing their youth program to residential advisors, members of the Muslim Student Association or other curious students. Other conversations are in Spanish or Arabic as students encounter each other in our Center's lounge.

Multicultural Affairs:

MSU (Multicultural Student Union), SAFE (Sexuality Advocacy for Everyone), STAND (an anti-genocide activism group) and many other student groups produced fine fall semester programs such as MSU's Chrismahanukwanzaaka, a holiday celebration for all. SAFE held World AIDS Day and Bingo for a Cure, which raised almost \$1,000 for a local AIDS organization. STAND's Bikes for Farato fundraiser purchased and shipped bikes so children in a small African country can travel the great distances from their homes to school. Spring semester plans include MSU's Black History Month programs with cultural scholars, films and student-led discussions. In addition, SAFE is sponsoring the first ever RWU Pride Week and STAND will host their first PEACE Week.

International Affairs:

This semester we are excited to welcome 13 new international students from countries as far away as China, Pakistan, Ghana, Kuwait and the Cote d'Ivoire. We are looking forward to Global Fest, a full day of international festivities on April 1, during which students share their cultures, food, dress and geography with other students and enjoy performances from around the world. Many international students have also been participating in the host family program, connecting with faculty and staff sponsors (and their families) from across the RWU community.

Spiritual Life Program:

Our Spiritual Life program continues to grow and our student faith groups have been active. Roman Catholic Mass, Hillel meetings, Muslim Student Association meetings and Intervarsity Christian Fellowship gatherings were held weekly last semester with a dedicated group of attendees. Each faith group has adopted a service project. The Newman Club, for example, is raising funds their flagship program Turn Up the Heat, which helps support Rhode Island residents who cannot afford to heat their homes. We also hosted a Community Conversation called The God Squad, which was an open forum where students were invited to ask any question they wanted to about religion. Questions discussed included: "What do Jews think about Muslims?;" "How are Protestant Christians different from – and the same as – Roman Catholic Christians?;" and "What do Islam, Judaism and Christianity have in common?" Other programs have included a speaker on abortion/right to life issues as well as a campus prayer walk, and we look forward to our annual Interfaith Breakfast this spring.

For more information on our continuing intercultural efforts, please visit www.rwu.edu/studentlife/multiculturalaffairs/.



DINING TO SAVE THE EARTH

At Bon Appétit in the Dining Commons, Earth Day is one holiday we hold near and dear. For one day of the year, April 22, institutions and organizations dedicate their time to providing education and goals to help reduce the harmful effects people may have on the Earth. As a result of the detrimental environmental consequences of landfill gasses, diminishing excess waste is a top priority for Dining Services at RWU.

Whether they know it or not, on Earth Day – also known as Low-Carbon Day – students at RWU eat what is known as a low-carbon diet. Our culinary team pays special attention to limiting beef, cheese, tropical produce, airplane-freighted items and paper and plastic disposables while increasing local produce and biodegradable goods. The low-carbon diet was created as an additional way to educate consumers on how their food choices impact the world around us. Visit www.eatlowcarbon.org for more information.

TIPS FOR A HEALTHY SPRING

Just a few health reminders to parents and students as the spring 2009 semester begins:

If your private health insurance or prescription plan has changed, please fax a copy (front and back) to Health Services so that we can put it in your student's health record. Fax copies to (401) 254-3305, or have your student bring a copy of the card to Health Services on their next visit.

As we all know, with winter comes cold and flu season. Living in close proximity to one another, as college students do, lends itself to spreading germs and illness. Maintaining a healthy lifestyle with proper sleep, diet and exercise is the best defense. In addition, the importance of good hand-washing and general hygiene should not be underestimated. If our students develop symptoms of upper respiratory infection or influenza, they can be seen at Health Services for assessment and care. The following website provides important information about Flu prevention, assessment and treatment:

www.rwu.edu/depository/health/Fluseasonishere.pdf

In the blink of an eye, the first days of spring will be upon us. Many students are already planning for spring break. This can be a much-needed opportunity for rest and relaxation. Whether a student stays local or takes advantage of the time to travel, a little planning can go a long way for a fun and safe spring break. The following links may provide helpful information specific to college spring break and general traveling consideration:

- www.cdc.gov/
- www.vanderbilt.edu/alcohol/springbreak.html
- travel.state.gov

UNICARD POINTS: THE WAY TO PAY ON AND OFF CAMPUS!

At Roger Williams University, the student ID is a passport to student life. UniCard Points is a declining balance account attached to the student ID card. Money deposited onto the UniCard Points account can be used at any of the locations listed below. There are never any fees to use UniCard Points, and with no danger of debt or overdraft fees, UniCard Points are a great budgeting tool!

UniCard Points are accepted for payment at all on-campus food services locations, the campus bookstores, laundry machines, vending machines and Health Services.

The following off-campus merchants also accept UniCard Points:

- Bristol House of Pizza
- Bristolian Pizzeria
- Classic Pizza
- Domino's Pizza
- Floral Symphony
- Leo's Ristorante
- Pizza Caldo
- Sip N Dip
- Wood Street Pizza
- CVS Pharmacy
- Jade Palace Restaurant

More off-campus merchants are coming soon!!!

To deposit, visit the Bursar's Office located on the first floor of the Administration Building or call them at (401) 254-2454.

Visit www.unicardpoints.com for more information!



If you know others who would be interested in receiving this newsletter, or care to change your email address, please send current email addresses to advancement@rwu.edu

While every effort has been made to ensure that information is accurate and up to date, we're writing about a dynamic educational environment, and it is not possible to guarantee that all items will be accurate at all times.



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