



CAMPUS LIFE

BE SMART. STAY SAFE.

Campus crime — from theft, muggings, and sexual assault — is an unfortunate reality at colleges and universities. Don't take your safety for granted. Here are a few ways to stay on guard as the school year gets going.

- **Buddy up.** Take along a friend or two when walking around campus, especially at night. Avoid going alone to isolated or dark areas or high-risk spots like ATMs.
- **Be prepared.** Know where emergency phones are located on campus and download a safety app to your smartphone. (See “Essential Safety Apps” below.)
- **Stay alert.** Be aware of your surroundings. Lose the earbuds so you aren't distracted by music and can hear if someone approaches.
- **Stay sober.** In 75% of campus rapes, the assailant, the victim, or both had been drinking. Keep an eye on your friends at parties and events.
- **Speak up.** Would you believe that 95% of campus sexual assault goes unreported? Promptly report any abuse you know of to the dean of students and local police.
- **Lock your doors.** Never prop open a dorm door or let in someone you don't know. Keep doors and windows locked when you're sleeping or away from your room.
- **Protect your stuff.** Keep your purse or backpack secure when walking around campus. Register your bicycle with campus police.
- **Get involved.** If you ever see someone or something that looks suspicious, immediately call campus police.

ESSENTIAL SAFETY APPS

Download one of these mobile panic buttons to your smartphone for help when you're in a bind. Be sure your app of choice is properly programmed. Most services require a subscription.

1. **OnWatch** is tailor-made for college students and easily alerts friends and police.
2. **MyForce** contacts a monitoring agent who records your call and pinpoints your location, and then notifies local police.
3. **Guardly** rapidly alerts emergency contacts or campus security and reduces the steps in dialing 911.
4. **Circle of 6** lets you notify six friends for help getting out of an uncomfortable or dangerous situation.



CHEAT SHEET

IS TUTORING FOR ME?

A college student's life is filled with activities, life-long friendships, late nights, laughter, and ... oh yeah, studying. If you struggle to keep up your grades, then maybe tutoring is your way to an A.

A little help never hurt anyone, so why not push your pride aside and consider whether having a tutor is best for you. Here are three options to consider:

ASK A FRIEND OR CLASSMATE

If you're short on cash or fearful of signing up for a tutoring program, ask a friend or classmate who has a better grasp on the subject to spend a few moments coaching you through your assignments. You can even use it as an opportunity to spend time together and build community.

ASK A PROFESSOR

Many professors offer tutoring services as their schedules allow. Don't be afraid to ask. At least they'll see your willingness to learn and grow.

ENROLL IN A TUTORING PROGRAM

Nearly every campus offers tutoring programs through a particular school of study or student services. Visit your school's website to find out if there's a program that meets your need.