**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.