Dear UR Students and Families,

Welcome to the University of Richmond! Students, we look forward to introducing and orienting you to all the opportunities that are waiting for you at Richmond. It is with extreme excitement that we look forward to welcoming you into our campus community.

And Families, we know this has been a very unusual time as we maneuver around COVID-19. We have spent much of the spring/summer preparing for various operational scenarios amidst so much uncertainty. As always, the University values safety and wellness first and foremost. For information about the University’s response to COVID-19, visit richmond.edu/coronavirus.

Part of transitioning to college involves understanding the expectations that come with being a productive member of this unique community. We want our students to make responsible choices and have a healthy and safe experience. College campuses nationwide, including Richmond, are addressing issues related to high-risk drinking, drug use, and sexual misconduct, because the consequences of making negative choices often have repercussions that can last a lifetime.

This brief document outlines many of the expectations and policies that are explained in more detail in the University’s Student Handbook (studentdevelopment.richmond.edu/student-handbook). It also includes information on safety, prevention, and available resources. Many of our award-winning educational programs are peer-led — allowing students to educate and learn from one another.

We know that not every student will engage in unhealthy or illegal behavior, but unfortunately the actions of a few can affect the whole community. We expect students to become informed about our expectations and opportunities before they join our Spider community. We also encourage students and families to talk candidly about the information contained within this document. Family conversations regarding these issues are healthy, meaningful, and an excellent way to prepare for the extraordinary opportunities that await us all.

On behalf of my colleagues across campus, we look forward to seeing you soon.

Sincerely,

Steve Bisese
Vice President for Student Development
The University of Richmond fosters student well-being and safety through a tightly knit web of resources and a campus community that puts students first. The University recognizes and embraces the interplay of physical, spiritual, and mental health, and the capacity of these interconnected threads to influence well-being throughout their lives.
Thread One: Well-Being & Clinical Care

The University is a national leader in teaching resilience as a critical component of well-being, and encourages students to take active roles in their health and well-being — as students and as preparation for their lives after graduation.

The University’s belief in the collaborative nature of well-being underpins the important work of the Health and Well-Being Unit, which integrates medical, counseling, and health education efforts and acts as the principle advocate for a healthy campus community. The Unit is comprised of Counseling and Psychological Services (CAPS), Student Health Center, University Recreation, Disability Services, and Health Promotion. This team-based integration of services and collaborative care fosters a health care partnership that facilitates access, continuity of care, communication, and optimal outcomes for students. The University believes that by increasing the resources for “upstream” programs and activities associated with healthful decision-making and prevention, and by encouraging positive habits (e.g., nutrition and exercise, stress management, sexual health), it will proactively augment the “downstream” services associated with intervention and rescue.

Well-Being Center

The new Well-Being Center, opening in fall 2020, will be the home of the Health and Well-Being Unit. This comprehensive facility will include all campus health care in one location, providing easy access for students, and is designed to support student learning, well-being, and success. The Well-Being Center will play a critical role in the health and well-being of the campus community by providing affordable and convenient health and wellness services and programs delivered by professionals attuned to the unique stressors and needs of college students.

UR Well

UR Well represents the University initiative to create a culture of well-being on campus. The Health & Well-Being Unit provides a holistic and integrated approach to creating a thriving, collaborative campus culture. Key campus partners strengthen the efforts of the Unit by providing UR WELL programs and services that contribute to the culture of well-being.

Student Health Center

The Student Health Center physicians and nurses provide students access to efficient and effective primary care services. Our staff is dedicated to delivering the highest quality care demonstrated by our on-going AAAHC (Accreditation Association of Ambulatory Health Care, Inc.) accreditation.

Services include treatment of acute and chronic illnesses, injuries, disease prevention, health maintenance, peer education and mental health-related care. For questions regarding services, contact 289-8064.

Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) at the University of Richmond offers a wide range of short-term mental health services to currently enrolled, full-time, degree-seeking students, (as well as full-time undergraduate visiting students living on-campus; e.g., exchange students) at the University of Richmond. Services include individual counseling, well-being seminars, skill-building programs, crisis intervention, consultation, and psychiatric services. Over 20% of UR students use CAPS in a single academic year. CAPS is fully accredited by the International Association of Counseling Services (IACS).
Thread Two: Well-Being Programs

In keeping with the University of Richmond’s mission to increase knowledge of healthy behaviors and foster personal wellness, every undergraduate student is required to complete wellness courses addressing alcohol education, sexual assault prevention, bystander education, and general well-being.

Required Well-Being Programs

AlcoholEdu for College is an online education program that uses the latest prevention techniques and evidence-based research to educate students about the impact of alcohol on the mind and body. Whether or not students choose to drink, this course empowers them to make well-informed decisions and to learn skills to cope with the drinking behaviors of others. This two-part course is mandatory for all incoming first-year and transfer students, and must be completed within the first semester of enrollment.

Sexual Assault Prevention for Undergraduates is an online education program that teaches students about issues associated with sexual violence through interactive skill-building exercises. Students learn about healthy relationships, consent, fostering a healthy and safe campus environment, and details about campus resources related to sexual misconduct. This two-part course is mandatory for all incoming first-year and transfer students and must be completed within the first semester of enrollment.

WELL 085 Alcohol Education and Prevention Workshop is a one-time, in-class portion of the University’s overall alcohol education graduation requirement. This two-hour workshop expands on knowledge gained in AlcoholEdu for College and fosters discussion among peers about how they can reduce risk, prevent negative consequences associated with alcohol and other substances, and identify specific resources on campus related to substance use. WELL 085 is mandatory for all incoming first-year and transfer students to complete within their first year at Richmond. Students are placed in a class for the fall semester of their first year; the time and location of the assigned workshop will appear on the student’s class schedule.

WELL 086 Bystander Education Program expands on the knowledge gained during first-year orientation related to bystander intervention and provides students with awareness, education, and skills practice to assist them with engaging in proactive behaviors to intervene in situations of sexual misconduct. Upon completion, students are equipped with basic bystander skills that will allow them to identify appropriate options for intervention and extensive knowledge of sexual misconduct resources. This course is mandatory for all second-year students and incoming transfer students and must be completed within the first six weeks of the fall semester of the student’s second year at Richmond.

In addition to the programs listed above, all students are required to complete two WELL 090 General Wellness Topics. WELL 090 courses address a variety of health and wellness concerns college students may encounter, such as stress management, sexual health, nutrition, and exercise. It is strongly recommended that students complete the WELL 090 requirement before their third year. Everfi partners with the University to provide the required AlcoholEdu and Sexual Assault Prevention programs. In addition, they have extensive resources and programs for students and parents online at everfi.com/partners/colleges-universities/higheredparents. Successful completion of the requirements listed above is mandatory for graduation.
Additional Well-Being Programming

Our Health Promotion Department leads and supports a holistic approach to the health and wellness of students, faculty, staff, and community members. We frequently partner with campus-wide departments to offer educational programming and prevention services, while creating and building community. Our prevention and educational approach to health and wellness focuses on changing behaviors, healthy lifestyle choices, and creating a unified culture to educate the campus community on the lifelong benefits of maintaining a healthy and well-balanced lifestyle.

We strive to empower the university community to make informed decisions and develop skills that enhance well-being, to foster a campus environment in which employees and students thrive intellectually, spiritually, socially, and physically by developing collaborative relationships and educational outreach. Some programs worth mentioning.

Dietary Counseling and Support
A variety of dietary options and resources are available on campus. The University offers free and confidential nutrition counseling and assistance for all students through consultations with a registered dietitian. Common reasons students seek help include concerns related to high blood pressure or cholesterol, diabetes, digestive problems, disordered eating, sports nutrition, weight gain or loss, dietary restrictions, food allergies, making healthy choices on campus, and learning new ways to eat with little time.

Dining Services strives to provide a balanced diet to meet the dietary needs of all students, and will work one-on-one with students who have food allergies and medically prescribed special diet needs. Students with special diet needs or food allergies should contact the registered dietitian (see Resources page 14).

Mental Health First Aid (MHFA)
MHFA is a national program offered at the University that trains faculty, staff, and students to recognize the warning signs of mental health or substance use problems or mental health crises. During this training, participants learn risk factors and warning signs of mental health and substance use problems; gain information on depression, anxiety, trauma, psychosis and substance use; receive a five-step action plan to help someone who is developing a mental health problem or is in crisis; and are provided with evidence-based professional, peer and self-help resources. The 8-hour course can be completed in one day or in two 4-hour sessions. UR has three fully-trained MHFA instructors on campus who work to bring a heightened awareness of mental health concerns to reduce the stigma and increase confidence throughout our campus community in addressing mental health issues.

Mindfulness and Meditation
Mindfulness practice can help us focus on the present moment, become aware of our immediate surroundings and fully accept our thoughts and feelings. A variety of programs are offered on a daily basis designed to enhance individual practice, create a more mindful community, and offer instruction in mindfulness and meditation [https://healthpromotion.richmond.edu/programs-and-resources/mindful-ur.html]. This is an opportunity to share knowledge of the mental, physical, emotional, and spiritual — the science-based benefits of meditation. Those who choose to join these programs will experience the tangible benefits of mindfulness and meditation in their own lives and will be encouraged to share and articulate them.

Ally Training
Programs are offered by the Office of Common Ground to educate members of the University community about LGBTQ+ and racially marginalized community issues and identities to create a network of allies. Common Ground and LGBTQ Campus Life work to ensure that the entire University community benefits from the experiences and perspectives of its LGBTQ+ members.

Collegiate Recovery Program
The UR Recovery Web provides a supportive environment within campus culture that reinforces the decision to engage in a recovering lifestyle. The program goal is to create a space for students in recovery from substance use disorder to develop friendships, community, and a positive identity specific to being in recovery. By providing space, support, staffing, activities, and housing our students will have a community in which to thrive. This will foster a feeling of belonging and an affirmation of their identity as a college student in recovery. Engaging in sober activities will continue their development as a person in recovery and an engaged citizen in the world.

University Recreation
The hub of University Recreation is the on campus fitness center, the Weinstein Center for Recreation and University Recreation offers a variety of quality recreational programs including:

- Fitness: a variety of fitness classes, personal training, health assessments, and special programs
- Intramurals: a variety of team and individual sports that stress the importance of participation within the boundaries of good sportsmanship
- Sport Clubs: Sport clubs give students the chance to play in non-varsity sports while developing skills in administration, organization, and fundraising
- Outdoor Adventure: programs include trips, ropes course, equipment rental and bike share
Thread Three: Peer Advocacy Groups

Students are recognizing the need to be involved in this well-being movement and as a result we are seeing an increasing number of student wellness peer educator and advocate groups. Some of the more active groups include:

Wellness Education (Bandits)
The Wellness Education Bandits are UR students who receive extensive peer education training to educate their classmates about college lifestyle and wellness issues. Comprehensive training prepares Bandits to: provide confidential education sessions; facilitate dynamic outreach programs; encourage physical, mental, and spiritual health; create informative awareness events; and promote community support to create a healthy campus culture. Bandits are dedicated to providing education and community support with sensitivity to race, gender, sexual orientation, culture, religion, and individual capabilities.

PSMAs
The Peer Sexual Misconduct Advisors (PSMAs) are students from Westhampton College, Richmond College, and the Law School who serve as confidential peer advisors trained in Title IX policy, procedure, and emotional support resources. PSMAs are selected through a competitive application process, complete extensive training, and are available 24/7 while classes are in session. PSMAs can provide students with information on reporting options, processes, and procedures; accompany students during their reporting processes; connect students to resources and funding options as needed (transportation, health care needs, etc.); help students report sexual misconduct violations to appropriate officials; communicate with Title IX Coordinators on behalf of a student; assist students in completing reporting forms; and accompany students to St. Mary’s Hospital or other medical providers.

CAPS Outreach Interns
Outreach Interns provide a variety of outreach and educational programs for UR students on issues related to college student mental health and well-being. These issues may include positive psychology, stress management, relationship issues, CAPS services, online mental health screening, and wellness issues (e.g., exercise, sleep). CAPS interns are encouraged to collaborate and co-program with other groups and organizations (e.g. Active Minds, Images, Web Bandits, PSMAs). The CAPS interns are also involved in planning a “Stress Out” event near the end of each semester (in partnership with Chaplaincy staff).
Community Expectations

The University believes that community is not just a place, but an action. Being part of the Richmond community means that each member will take care of themselves, others, and this place we all call home. To that end, there are expectations that need to be met as a member of the Richmond community. These expectations can be found online in the student handbook at studentdevelopment.richmond.edu/student-handbook, but we want to highlight a few of them.

Alcohol

- Commonwealth of Virginia law prohibits the purchase, possession, or consumption of an alcohol beverage by a person under 21 years of age.
- The University does not condone illegal or otherwise irresponsible use of alcohol. Depending on the nature of the incident, violations may include verbal warnings, and/or a referral to the appropriate University official, and/or arrest.
- An individual is considered in possession of alcohol if the alcohol can be reasonably associated with them.

Examples include, but are not limited to, alcohol found in a resident’s room or apartment, alcohol being carried or transported by an individual, and any open container of alcohol resting near an individual.
- Drinking in public spaces that are not covered by an Alcohol Beverage Commission permit is prohibited. Examples of public spaces include, but are not limited to, outdoor spaces, residence hall lounges, classroom buildings, the Commons, Heilman Dining Center, and athletic venues.
- Students are expected to carry their University ID and another form of legal age identification with them if they are consuming alcohol. Failure to present identification to a University official or police officer upon request, or falsely representing one’s age (e.g., possessing or presenting a fake ID) is a violation of University policy.
- Students are expected to use alcohol appropriately, regardless of their age. This includes, but is not limited to, driving under the influence, public intoxication, consuming alcohol to the point of hospitalization, or providing alcohol to underage individuals.
Parents are notified for drug violations and for situations where a student has been hospitalized for extreme intoxication. Notification will occur at the conclusion of the conduct process.

**Safe Spiders Protocol**

The University encourages students to seek medical assistance for themselves and others in cases of significant intoxication as a result of alcohol or other substances. If medical assistance is sought, the intoxicated student and any student actively involved in assisting that student will not be charged with a violation of the University's Alcohol, Tobacco, and Other Drug Policy. More information can be found at studentdevelopment.richmond.edu/student-handbook.

**Respecting Others**

The University prohibits discrimination and harassment against applicants, students, faculty, or staff on the basis of race, religion, national or ethnic origin, age, sex, sexual orientation, gender identity, gender expression, disability, status as a veteran, or any classification protected by local, state, or federal law.

Several policies in the University's Standards of Student Conduct are in place to ensure that everyone can live, learn, and thrive on our campus. These policies promote a community of care and respect for others and the University as a whole. The following conduct is prohibited:

- Acts of violence, including physical abuse or assault, threatening behavior, or harassment and/or discrimination;
- Theft of University property or the property of others;
- Vandalism of University property or the property of others; and
- Possession, storage, use of, or attempt or threat to use any kind of ammunition, explosives, firearms, or weapons.
**Sexual Misconduct**

The University values a learning community in which all members feel secure physically and intellectually. As such, the University prohibits all forms of sexual misconduct as well as retaliation against anyone who reports or witnesses an incident of possible sexual misconduct.

The prevention of sexual misconduct is an institutional priority. The University is unwavering in its commitment to support survivors of sexual assault, to respond promptly to reports of any type of sexual misconduct, and to investigate and adjudicate reports in a manner that is fair and equitable to all parties involved.

**Reporting Incidents of Sexual Misconduct**

The University supports and encourages prompt reporting of sexual misconduct. All reports made to the University are taken with the utmost seriousness. Reporting incidents allows the University to respond in an effort to stop such misconduct, eliminate any hostile environment, take reasonable steps to prevent a recurrence of such misconduct, and address any effect that such misconduct may have on the larger University community. Students do not have to make a formal complaint to receive supportive measures such as No Contact Orders, academic or housing accommodations or other types of support. To report an incident of sexual misconduct to the Title IX Coordinator please visit report.richmond.edu. To file a criminal report with the URPD please call (804) 289-8911.

Instances of sexual misconduct may violate both the University’s Policy Prohibiting Sexual Misconduct and the law. As a result, the University encourages survivors to pursue their complaints through both the University’s Sexual Misconduct Process and through the criminal justice system.

**Supporting Students Involved in the Sexual Misconduct Process**

The Title IX Coordinator will work with students involved in the University’s Sexual Misconduct Process to coordinate supportive measures, provide information on campus and community resources, explain their rights, and inform them of their options under the University’s Sexual Misconduct Process.

Sometimes the University may impose measures to stabilize the situation and support the individuals involved in the reports. Supportive measures may be put in place on behalf of the complainant, the respondent, and/or witnesses in the investigation. Supportive measures may also be implemented to prevent retaliation. Requests for supportive measures can be made whether or not a student decides to file a formal complaint with the University or with the police.

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**Hazing**

Hazing is defined as any action or situation, created intentionally or unintentionally and with or without the consent of the persons subjected to the action or situation that produces mental or physical harm, embarrassment, harassment, or ridicule. The University policy on hazing states that no student or any person affiliated with the University shall engage in hazing, as defined above.

Examples of forbidden hazing activities include, but are not limited to:

- Intimidation, threats, and verbal hostility;
- Forcing alcohol or other drug consumption;
- Hitting or any physical contact with an individual with paddles, even in so-called fun exchanges, and other types of beatings;
- Sexually degrading activities;
- Pressuring an individual to get a brand or tattoo or to shave his or her head;
- Requiring an individual to sleep in uncomfortable places or depriving them of sleep;
- Forcing an individual to do physical exercise;
- Forcing an individual to swim, which can result in drowning;
- Forcing an individual to wear unusual clothing;
- An activity that intentionally or unintentionally subjects an individual to mental or physical harm, embarrassment, harassment, or ridicule; and/or
- Forcing an individual to do personal errands of any kind.

The University Code of Conduct explains the processes and penalties of hazing. In addition to University sanctions, hazing may also lead to criminal charges as violation of Virginia criminal law or other applicable laws, rules, and regulations.
Some examples of supportive measures are no-contact orders, modification of class schedules, alternate housing arrangements, academic modifications (such as paper extensions or alternative test dates), changing work schedules and/or job assignments.

Students seeking such assistance should contact the Deputy Title IX Coordinator for Students (see Resources, page 14).

For more information on the University’s Sexual Misconduct Process please visit prevent.richmond.edu.

**Campus Conduct Process**

The University’s conduct policies apply from each student’s first day on campus until graduation. The policies apply on campus, and in certain circumstances can also apply off campus and while on study abroad. If a student is charged with an alleged violation of University policy, the student will initially meet with a conduct officer (usually an Area Coordinator or College Dean) to discuss the incident in question. If the student accepts responsibility for the violation, the incident can be resolved in that meeting, including a determination of appropriate sanctions.

Sometimes, a student will choose to have the situation determined by a conduct board. Depending on the nature and severity of the policy violation, the conduct board can either be a student board or a board made up of campus administrators. Conduct boards determine responsibility and appropriate sanctions.

If a student is found responsible for a violation of University policy, they will be given sanctions that are appropriate to the offense and consistent with previous resolutions of a similar nature. These sanctions may include but are not limited to conduct probation, suspension, community restitution, and reflection assignments.
Thread Five: Spider Safety

While the University of Richmond will be a “home away from home” for the next four years, living on campus is not the same as living in one’s own home. Students are encouraged to be intentional and thoughtful about their well-being and personal safety. This includes locking doors, locking bicycles and belongings, communicating plans to friends when leaving campus, and being aware of others and actions around them both on and off campus. The URPD offers educational seminars and demonstrations and also encourages students to report on-campus suspicious behavior via a Yellow ERTS phone or by calling (804) 289-8715.

In the event of a campus emergency, the University uses UR Alert to provide critical, safety, and/or severe weather information via text messages, email, and/or phone calls. The UR Alert system requires individuals to register or “opt-in” to receive alert messages. Students, faculty, and staff are strongly encouraged to register for the service. Parents may also enroll in UR Alert. Visit the UR Alert page for more information and sign-up instructions.

The University also utilizes the LiveSafe app (livesafemobile.com), which can be downloaded from the Apple Store or Google Play. This app delivers two-way, real-time interactions that include location-tagged text, calls, photos and videos; scalable mass notifications; relevant safety resources, and peer-to-peer safety tools including the option of sharing information on concerning behavior and reporting safety hazards.

The Outdoor Warning System (OWS) consists of clusters of outdoor speakers centrally located on campus capable of playing a recorded message or live audio from URPD. The system is most frequently used to alert persons outside to seek immediate shelter indoors due to an approaching tornado. The OWS is tested once a semester, and the timing of these tests is announced in advance. Campus buildings also have interior alarm systems for weather, fire, and other emergencies.

A Timely Warning is an email notification disseminated by the URPD to students, faculty, and staff when a crime has been reported and is considered to be a serious or ongoing threat to the campus community. The intent of a warning regarding a criminal incident(s) is to enable people to protect themselves and aid in the prevention of similar crimes.
University of Richmond Police Department (URPD)
The University maintains a Commission on Accreditation for Law Enforcement Agencies (CALEA) accredited sworn law enforcement department which acts as the primary law enforcement agency for our campus. The URPD is operational 24 hours a day, 365 days a year. The department’s communication center is similarly staffed all day, every day, and functions as a dispatch center for calls for service and provides information to our campus community.

» Reporting a crime or emergency
Cell Phone: (804) 289-8911; students are encouraged to program this number into their cell phone.
Campus Phone: Dial extension 8911

» Reporting a non-emergency
Examples include: Vehicle jump starts, escorts, requests to open or close campus doors, parking requests after hours, etc.
Cell Phone: (804) 289-8715
Campus Phone: Dial extension 8715

» Reporting a mental health concern
Students, faculty, and staff may convey a concern about a member of the University community online by completing the confidential “Conveying a Concern” form available at studentdevelopment.richmond.edu/student-concerns/index.html.

» If immediate assistance is needed because of a threat to someone’s safety, call the police:
On-campus situations: Call UR Police emergency (804) 289-8911 or 8911 from any campus phone.
Off-campus situations: Call 911 to access local police responders

Off-Campus Conduct
Each member of the campus community is expected to respect the University’s valuation of personal responsibility and accountability — even when they venture or live off campus. The University reserves the right to become involved in disputes between students living off campus and neighbors. This may include incidents in which a complaint is received from a neighbor of students renting space in the community. Maintaining a strong community is a cooperative effort between Richmond area residents, students, local police departments, and appropriate University officials.

Transportation and Parking
The University maintains a robust transportation system connecting campus with the city of Richmond, including late-night shuttle service. The University also offers safe parking on campus for student vehicles. URPD offers assistance with issues such as jumping a dead battery or providing a motor vehicle safety check before students drive home for breaks. Please visit the parking and transportation web pages to become familiar with options to travel around our greater community.
Thread Six: Get (and Stay) Connected

Resources

Student Conduct Processes (through College Deans)
Richmond College  rc.richmond.edu, (804) 289-8061
Westhampton College  wc.richmond.edu, (804) 289-8468

Counseling and Psychological Services
caps.richmond.edu
(804) 289-8119

Dietitian
Karen Hensley
email: khensley@richmond.edu, (804) 289-8521

Disability Services
disability.richmond.edu
Emily Heft
email: eheft@richmond.edu, (804) 289-8615

Emergency Management
preparedness.richmond.edu
Brittany Schaal, Director
email: bschaal@richmond.edu, (804) 289-8855

Environmental Health and Fire Safety
eh.s.richmond.edu
Mike Miller, Director
email: mmiller3@richmond.edu

Everfi
everfi.com/partners/colleges-universities/higheredparents

Health Center
healthcenter.richmond.edu
(804) 289-8064

Health Promotion
healthpromotion.richmond.edu
Heather Sadowski, Director
email: hsadowsk@richmond.edu

Parking/Transportation
transportation.richmond.edu
Natalia Green, Director
email: ngreen@richmond.edu

Police
police.richmond.edu
Dave McCoy, Asst. Vice President of Public Safety and Chief of Police
email: dmccoy2@richmond.edu

University Recreation
recreation.richmond.edu
Marti Tomlin, Director
email: mtomlin@richmond.edu

UR Alert
alert.richmond.edu

Sexual Assault and Title IX

Confidential Campus Resources

- Center for Awareness, Response & Education (CARE) Advocates*
  email: advocate@richmond.edu, (804) 801-6251
- Counseling & Psychological Services (CAPS)
  email: CAPS@richmond.edu, (804) 289-8119
- Chaplaincy (ordained staff only)
  email: chaplaincy@richmond.edu, (804) 289-8500
- Law School Peer Sexual Misconduct Advisors (LPSMAs)
  email: lpsma@richmond.edu
- Peer Sexual Misconduct Advisors (PSMA)
  email: psma@richmond.edu
- Healthy Relationship & Violence Prevention Educator
  email: ktingle@richmond.edu, (804) 289-8654
  Resource must report non-identifying information to URPD to comply with Clery Act
- Student Health Center
  email: healthcenter@richmond.edu, (804) 289-8700

Other Sources of Support (Not Confidential)

- Director of Compliance & Title IX Coordinator
  Kris Henderson
  email: khender3@richmond.edu, (804) 289-8186
- Deputy Title IX Coordinator for Students
  Tracy Cassalia
  email: tcassali@richmond.edu, (804) 289-8464
- Deputy Title IX Coordinator for Faculty/Staff
  Carl Sorensen
  email: csorense@richmond.edu, (804) 289-8747
- UR Police Department
  8911 (campus phone), or (804) 289-8911
- Deans’ Offices
  Richmond College: (804) 289-8061
  Westhampton College: (804) 289-8468

Confidential Off-Campus Resources

- Greater Richmond Regional 24/7 Hotline*: (804) 612-6126
- LGBTQ Partner Abuse & Sexual Assault 24/7 Helpline*:
  1-866-356-6998
- Safe Harbor*, safeharborshelter.com, 24-hour helpline
  (804) 612-6126

Forensic Medical Exams

- St. Mary’s Hospital (forensic nurse examiner on call 24/7):
  5801 Bremo Rd., (804) 281-8184
- VCU Medical Center (forensic nurse examiner):
  (804) 628-0623 or (804) 663-0975

*denotes survivor only resources
2020-21 WELLNESS CALENDAR:
What to Expect During the First Year of College

September
- Learn how to live with your roommate(s)
- Adjust to life without curfews; and learn to manage your own time to sleep, study, exercise, and socialize
- Learn to navigate the campus social scene and meet new friends
- Meet academic demands: learn how to study, prioritize assignments, and manage time
- Develop a financial budget
- Learn to feel very comfortable being you, and overcome feeling you can’t be yourself

October
- Get to know professors (and see them as partners and allies); meet with them during office hours
- Manage midterm exams and midterm grades
- Learn how to push past procrastinating and manage time

November
- Register for second semester classes
- Take a longer-term view (set goals for next semester, next year, college career)
- Remember to take care of yourself (eat well, exercise, and sleep!)
- Contemplate social behaviors and perhaps experience the consequences of some bad (yet surmountable) decisions; seek guidance from the campus community and myriad on-campus resources

December
- Prepare for final exams and final papers
- Face mixed emotions about leaving new friendships over winter break
January

- Readjust to living away from home (again) after return from winter break
- Seek a fresh start; try to change some habits from the first semester or increase healthy behaviors such as getting enough sleep, eating well, and exercising regularly
- Adjust to the addition of new students in the residence hall, or loss of friends who may be abroad
- Start thinking about summer opportunities for research, internships, and study abroad

February

- Deal with the “winter blues” (even in temperate Virginia!)
- Experience a challenge to personal values and deal with consequences
- Know that you are better equipped to make stronger choices having successfully navigated the fall semester
- Continue pursuing possible summer experiences (internship or job at home)
- Explore sophomore opportunities (e.g., Sophomore Scholars in Residence)

March

- Enjoy “spring break” whether going home or traveling
- Register for sophomore year classes
- Sign up for sophomore housing through the room selection process

April

- Prepare for academic pressures as the semester ends, with papers, projects, and exams due
- Experience spring fever, with bursts of energy or decreased focus on academics

May

- Prepare for and complete final exams and other projects
- Finalize living situation for the following academic year
- Evaluate your first-year performance, academically or socially, and plan for a new start in the fall
- Feel great about being a Spider and anticipate the bright future that awaits!

Adapted from *Your Freshman Is Off to College: A Month-By-Month Guide to the First Year*, by Laurie Hazard and Stephanie Carter (2016).